

## **Medicine for Each Other?**

*4 90-minute Zoom sessions on the Autumn Equinox, September 22nd, 2021*

At the conclusion of this First Light year-long journey, Wabanaki and non-Wabanaki come together with healers, elders, and young people around our central aspiration to be medicine for each other. What is medicine today, and how might we be medicine to one another in a world of betrayal? How do we become our own healers and work to make amends and to begin a new chapter of relationship? What do we ask of each other? What can we pledge to one another?

Given that young people often have the foresight to face old divisions with new vision and approaches, we will hear from a council of Native and non-native young people. Our central hope is that after the journey of truth telling, exploring our own fears, and learning tools for change, we will be able to begin to lift each other up in relationship and action. Our only goal is to expand Wabanaki belonging, presence and relationship to land.

### **First Circle: What is medicine today?**

We begin with a holistic view of what is medicine and what is recovery today? And how do we be medicine to one another in a world of betrayal?

### **Second Circle: What is reconciliation?**

We hear from a Council of Elders speaking first to their own community and then to each other with a moderator posing essential open questions, what is reconciliation to you in terms of the return of land and the conversations around it? Is it possible today to come at things in a right way? What commitments can we make to one another?

### **Third Circle: What future can we make?**

We next hear from a Council of Youngers with a moderator asking questions about their lives to illustrate similarities and differences in what they must carry each day. What do we ask of each other? What can we pledge to one another?

### **Final Circle: Commitments to each other**