

# Pembroke Diocesan Council

## Day of Reflection

Sat. Sept 23, 2023  
Our Lady of Fatima Parish Hall Renfrew

### Highlights



Gathered in Circle for Drumming and Power Point Presentation

Members from across Pembroke Diocese gathered in Renfrew at Our Lady of Fatima Parish Hall on Saturday, September 23 for the annual Diocesan Day of Reflection. Seated in a circle, members listened and watched drumming by the women from Bonnechere Inodewizin Abinodjinish Kikinamagan (BIAK).

Interspersed with the drumming, was a presentation by Dr. Emilie Pigeon, Assistant Professor at Our Lady Seat of Wisdom College in Barry's Bay "Comparing Ojibway and Catholic Spiritualities".

Maintaining the spiritual nature of the day, the afternoon presented an opportunity for the Sacrament of Reconciliation followed by a Memorial Service for deceased members.

Our lunch was complimented by a choice of hearty soups and a dessert of apple crisp, kindly provided by Our Lady of Fatima CWL members.



Drummers from the BIAK program sing a welcome song.

These women are members of the Bonnechere Algonquin First Nation, a community within the Algonquins of Ontario. The group is part of a mobile unit that travels to different locations in Renfrew County offering free drumming and teaching circles under the "EarlyON Education Program", a part of the County of Renfrew Child Care and Early Years Division. They educate children and their families on the Algonquin culture, language, drumming, crafts, and storytelling. They also participate and share their culture at other community events such as our Day of Reflection.

Time was allotted for questions. We learned that the women made their own regalia and drums from hides of moose, deer, or elk. We were told that if a drum has been made of bear skin, it was not used in the winter so it doesn't wake bears from hibernation. The drummers began with a welcoming song and ended with a safe travelling song. Some of their songs were gifted from other Indigenous groups. They talked about the sacred circle, the four directions and what the four colours represent to them, and their following of the Seven Grandfathers Teachings (humility, bravery, honesty, wisdom, truth, respect, and love).

## An Indigenous Lord's Prayer

Great Spirit, our Creator, who is in all places,  
Sacred is your name.  
May your wisdom guide us,  
Your will be done in our lives, as it is  
throughout Creation.  
Provide for us today, the nourishment we  
need,  
And forgive us our wrongs,  
As we forgive those who have wronged us.  
Lead us on the path of understanding and  
respect.  
And protect us from ignorance and harm.  
For you are the source of all power, beauty  
and love.  
From generation to generation, forever and  
always. Amen.

*Source: United Church of Canada 2023 Prayer Service  
"Celebrating Indigenous Spirituality and Resilience"*

The prayer was included as part of the morning prayer service.

Painted Rocks Gifted to all in attendance



Made and gifted by Our Lady of Fatima CWL members, these painted rocks were shared with everyone in attendance at the Day of Reflection. The "**Kindness Rock Project**" was encouraged by Faith Anderson, past National Chairperson of Community Life as a way of spreading love, joy, support and a whole range of other emotions to those around us, often in an unexpected way. Everyone in attendance went home with a rock of their choosing. Thanks to Our Lady of Fatima members for this inspiring gift.



Dr. Emilie Pigeon explaining her work.

Dr. Emilie Pigeon highlighted the similarities between Ojibway and Catholic spiritualities such as the belief in one Creator, a flood story, belief in a spirit in all things, the existence of good and evil, life after death, and a strong prayer life, to name a few.

Dr. Pigeon's material is based on the work of Dan F. Jerome, a Chippewa-Michif elder, educator, artist, and musician from North Dakota with whom she has had a professional working relationship.

In addition to teaching, Dr. Pigeon also works for and with Indigenous Communities assisting in research in defence of treaty rights and political interests. She also sits with the Truth and Reconciliation group for the Diocese of Pembroke.