

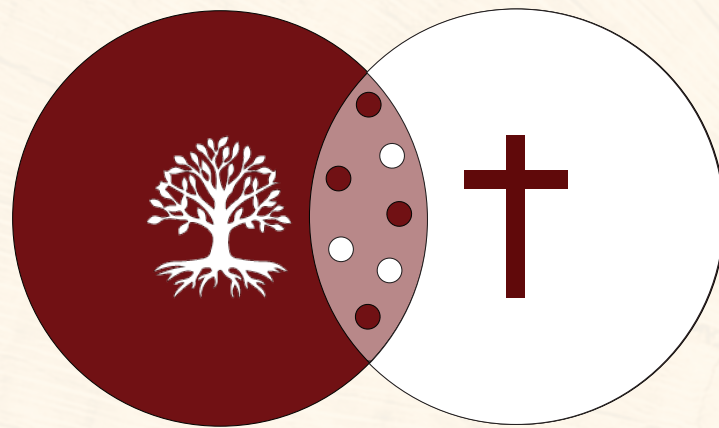
# KENDASAWIN

*How we Learn*



KATERI NATIVE MINISTRY





## TWO PATH LEARNING

As Indigenous Christians Kateri Native Ministry finds itself at the crossroads of two incredible sources of wisdom and learning.

The **Kendasawin** Program uses an evidence-based approach that allows us to embrace both our Traditional and Christian heritages and ask important, universal questions to help better understand our place in Creation:

**Meaning:** *Who am I?*

**Connection:** *Where do I come from?*

**Purpose:** *Why am I here?*

**Hope:** *Where am I going?*

## KEY AIMS

1. Guide participants to have a broad holistic view of Creation.
2. Offer Indigenous participants opportunities to explore and reclaim their identity.
3. Shift consciousness of non-Indigenous participants through experiential land-based learning.
4. Provide a new way of looking at relationships.



## LEARNING WITH LOVE

Kateri Native Ministry's **Kendasawin** program helps both Indigenous and Non-Indigenous participants develop wisdom practices that promote life, love and respect for all Creation.

The central goal of the program is to educate and provide transformation opportunities for both Indigenous and Non-Indigenous learners in our mission of healing, reconciliation and spiritual growth.

Whenever possible we work with elders and feather carriers from the local community to help us create a culturally safe and balanced environment for Indigenous participants to explore their identity.

## CORE BELIEFS

The Creator is Love  
 The Creator is present everywhere and in all things  
 Healing comes through love  
 Love tears down all walls



## LAND-BASED LEARNING

Kateri's **Kendasawin** program brings learners to the land so they can see the love of God manifested all around them. When we stop, watch, and listen we realize how lucky we are to be part of this magnificent Creation.

Land-based learning is a transformative experience that promotes life in an incredible way. It calls us to ask "*Am I good for Creation?*" and guides us to live a more balanced, more harmonized life. Nature reminds us that life is not stagnant, and encourages to grow in our spiritual lives through the love of God.



## PEACEFUL WATERS

For programs hosted in the National Capitol Region, learning activities will take place at Naategeamaa, a beautiful 230-acre property on the Ottawa river. We host regular events such as mass, prayer days and workshops. In 2019 we begin plans to build a Healing and Training Lodge.

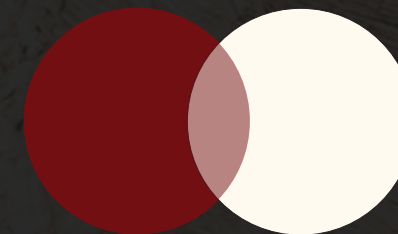
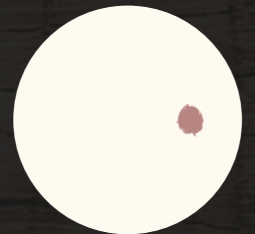
We are also a mobile ministry and regularly travel to communities across Canada, including the Far North, as well as the United States.

## RELATIONSHIPS OF LOVE



Many Indigenous people have been separated from traditions, culture, land, and even family causing a loss of identity and massive disruption.

It can be difficult to maintain a strong sense of self in a dominant society. Finding meaning, connection, purpose and hope are vital for mental, physical, spiritual and emotional health.



Healing comes from a safe, inclusive and balanced learning environment where we can fully celebrate our rich Indigenous and Christian heritages.



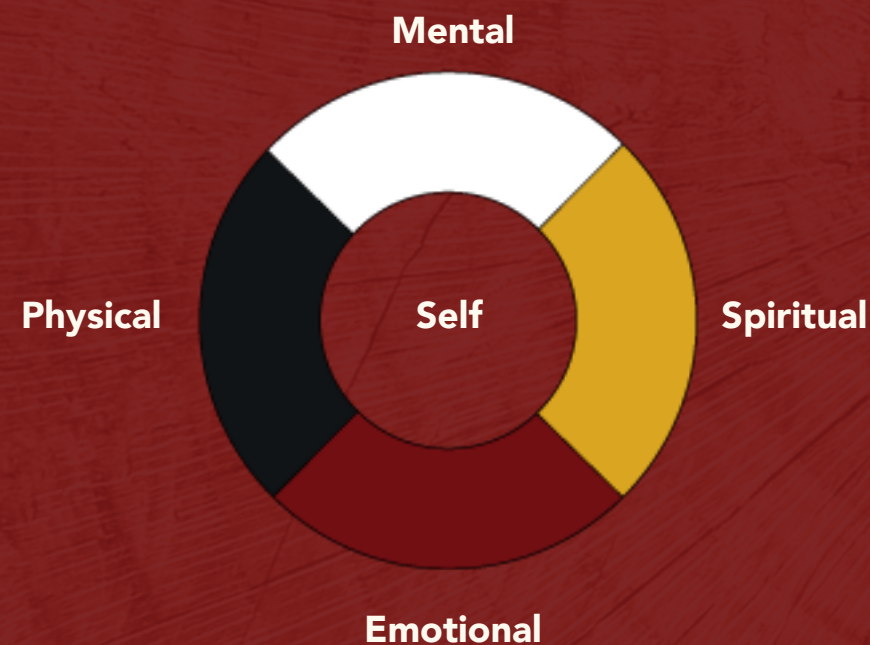
When we discover that the Creator is love and that love is in all things, it brings us new life, new vision and a new hope for the future.



## HEALING

Everyone needs healing, particularly in this key time of reconciliation. Healing allows us to let go of past wounds and work towards a future filled with hope, respect, purpose and life.

The Medicine Wheel offers transformative healing and growth by helping us reflect on who we are and reminding us that everything is connected. It is an Indigenous way of looking at the world that focuses on developing as a whole being rather than focusing on just knowledge.



## TRY IT FOR YOURSELF!

Look at the circle right now and ask yourself, **what area of my life could use more healing?** What parts am I comfortable with, and what parts am I not paying as much attention to?

The **Kendasawin** program is organic and versatile. We consult with each group before arrival to determine what teachings will best meet their needs. For Indigenous communities, we use regional teachings and collaborate with local elders as much as possible.

## STRUCTURE

We use a wide variety of traditional teachings and activities like Creation Stories and Mask-making to help participants bring new awareness in their lives and to help them work towards healing.

Each session generally follows a similar format:

- 1. Prayer, Ceremony or Song:** We prepare our hearts to be grateful and receptive.
- 2. Teaching / Activity:** An Elder or instructor shares a wisdom or a practice and explains how it can be applied to better our lives.
- 3. Sharing Circle:** Participants reflect on the teaching and are free to share their personal experience.
- 4. Q&A:** Elders or instructors give clarification on the teaching, and ask for feedback.

## WHO IS IT FOR?

We bring Indigenous awareness to individuals, workshops and large groups. For both Traditional and Christian organizations, we tailor each session to meet your specific needs on the road to life, hope and healing.

Some of the groups we teach include:

- |                      |                          |                       |
|----------------------|--------------------------|-----------------------|
| - Elementary Schools | - Interest Groups        | - Parishes            |
| - High Schools       | - Indigenous Communities | - Spiritual Directors |
| - School Boards      | - Counsellors            | - Seminaries          |
| - Universities       |                          |                       |

## WANT TO LEARN MORE?

Get in touch with us today to see how Indigenous teachings can enrich your life!

613-565-4180  
[www.katerinativeministry.ca](http://www.katerinativeministry.ca)





**Kateri Native Ministry**  
211 Bronson Ave, Suite 300  
Ottawa, On, K1R 6H5  
613-565-4180  
katerinativeministry.ca

**Donna Naughton**  
dnaughton@katerinativeministry.ca

**Hasina Rakotoarisoa, S.J., JCD**  
hasina@katerinativeministry.ca