



## Building Relationships with Indigenous Catholic Women

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### Suggested Activities

- Drop in at the local Indigenous organization office. Introduce yourself and identify the size of the council you represent. Ask if there are some projects that could be worked on together.
- Work on advocacy projects together. Source Indigenous people for suggestions (REDress Project, missing and murdered women, housing concerns).
- Seek out *kokums* (grandmothers) and other respected elder groups and knowledge keepers.
- Invite elders as presenters on topics such as treaty rights, “Doctrine of Discovery” (simplified), the history of residential schools or complex trauma in the Indigenous population.
- Pray together on the National Day for Truth and Reconciliation (September 30<sup>th</sup>).
- Participate in organized walks and gatherings as a show of support, such as National Day of Awareness for Missing and Murdered Indigenous Women and Girls/Red Dress Day (May 5<sup>th</sup>) or National Day for Truth and Reconciliation/Orange Shirt Day (September 30<sup>th</sup>).
- Attend a funeral or wake.
- Attend a powwow.
- Visit with local elders/*kokums*/grandmas and share tea or a meal. Start by offering a conversation about yourself (e.g., share your struggles with your family) and ask if they would like to share something about their struggles. It is a way of supporting one another. First, get to know each other, pray for and with each other and have something in common to discuss.

It is strongly recommended that local parish councils try to meet face to face (encounter) with Indigenous women—it is all about relationship building.