

Native American Heritage Month

Reflection as you wait for the Service to begin:

Focus on the image of the Apache Christ before you and listen to the sound of the native American flute as we quiet ourselves for prayer.

November is National Native American Heritage Month. It celebrates the diverse and rich culture, history, and traditions of Native peoples. The observance is also a time to educate anyone and everyone about the different tribes, raise awareness about the struggles native people faced in the past, as well as in the present. American Indian pictures, words, names, and stories are a crucial part of American history and help mold our life today. Today, there are about 4.5 million Native Americans in the United States, making about 1.5 percent of our population. We are encouraged to take some time to learn about and celebrate their culture this month of November.



Welcome and Introduction by Fr. Ron

Chant *Repeat several times after the cantor introduces:*

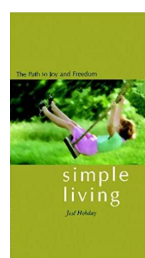
Come and pray in us, Holy Spirit, come and pray in us,
come and visit us, Holy Spirit, Spirit come, Spirit come.
#42 Songs and Prayers of Taize

A Lakota Prayer by Fr. Ron

Chant *Repeat after the cantor introduces, and again after each verse by cantors:*

Bless the Lord my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.
#9 Songs and Prayers of Taize

Reading From Sr. Jose Hobday in *Stories and Awe and Abundance*



Sister José was one of the great spiritual teachers of our times. Born in Texas to a Seneca-Iroquois mother and a Southern Baptist father, José was both a Seneca elder and a Franciscan nun. She became a full-time lecturer and for decades gave workshops across the country on prayer and spirituality.

She used her Native American insights about love of the earth, family, community and the simple life to inspire others to live a more authentic life of prayer, simplicity, poverty, peace and wonder.

In her classic book, Simple Living, recently republished by Continuum, she writes that simple living "is about freedom. It's about a freedom to choose open and generous living rather than a secure and sheltered way. ... Simple living is about moving through life rather lightly, delighting in the plain and the subtle."

Chant *Repeat after the cantor*

Sacred Silence, holy ocean, gentle water, washing over me;
help me listen, Holy Spirit. Come and speak to me.

BB545

Extended Silence

Chimes

Chant 3x *Repeat after the cantor, then again after each verse.*

O Lord, let my prayer rise before you like incense,
my hands like an evening offering.

BB839

Participants are invited to come forward and drop a grain or two of incense on the charcoal as you say a prayer of praise or petition silently, while the singing continues.

Our Father

Sioux Prayer *by Fr. Ron*

Song *sung by all*

For the Healing of the Nations, Lord, we pray with one accord;
For a just and equal sharing Of the things that earth affords.
To a life of love and action Help us rise and pledge our word.

Lead us now, Lord, into freedom, From despair your world release;
That redeemed from war and hatred, All may come and go in peace.
Show us how through care and goodness Fear will die and hope increase.

You, creator God, have written Your great name on humankind;
For our growing in your likeness Bring the life of Christ to mind:
That by our response and service Earth its destiny may find.

BB428

Thank you for joining us...

Please plan to join us again on December 3, the first Thursday of December
at 7:00 p.m. Central Time.

Keep Native American Heritage alive this November, and for all the months to follow!
Here are a few ways you can celebrate this month.

1. Read a Native American history book, or a novel that dives into the history and traditions of native people. Movies like *Pocahontas* tend to sensationalize truth about Native American history so reading a book will likely give you a more realistic vision.
2. Play a game of lacrosse! Believe it or not, lacrosse was on variety of indigenous stickball games the American Indians played as early as the 12th century.
3. There are a few movies made about Native Americans that aren't as over sensationalized and are definitely worth a watch. Try *Reel Injun*, *Smoke Signals*, *Bury my Heart at Wounded Knee*, and *Winter in the Blood*.
4. Get in the kitchen and try a native recipe! There are tons of mouthwatering recipes from native soups, to roasted duck, or even pumpkin bread for a tasty fall treat.
5. Finally, learn the true story about the very first thanksgiving. What you were taught in elementary school isn't quite accurate.

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