

*Welcome through Prayer*Activities

One way in which members can keep those in need in the forefront of their minds and also welcome others is to pray for and bless them during their daily activities. Examples:

1. While bathing, pray for women who walk for miles to find clean water.
2. When entering the front door, pray for the homeless.
3. When sitting down to a meal, remember those who have lost family members.
4. While preparing food, pray for those who will not eat today.

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5. When celebrating a birthday, pray for the unborn.
6. While walking the streets in safety, pray for women for whom the street is a workplace, a place of violence and abuse.
7. While readying children for school, pray for those for whom education is only a dream.
8. When going to church, pray for those who are not free to practice their faith.
9. When tucking children into bed, pray for those children who have no place to lay their heads.

*“Welcome, friend!”
to Tea and Conversation*

Activities

Refugee and immigrant women often have a more difficult time learning English in Canada than do their husbands and children. Husbands go to work and children go to school where they learn the language and have opportunities to practice. Mothers who are not in the workforce and who are at home caring for small children or elderly or sick relatives often have little chance to practice language skills. The elderly are often isolated at home.

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How can these women be welcomed? If your community offers informal opportunities for women to practice language skills through conversation consider volunteering either as a conversationalist or as a child minder to free the mother to participate.

If your community does not offer these opportunities, consider hosting an “afternoon of conversation”. If you have children or grandchildren bring them along to provide opportunities for young refugee and immigrant children to play and use language while their mothers relax and chat over tea. A similar gathering could be held for elderly persons.

**“Welcome, friend!”
Walking with First Nations Sisters**

Activity

To welcome First Nations sisters and remember the missing and murdered First Nations women, councils could sponsor a parish meeting on the theme of the missing women. Invite a speaker from the local First Nations community. The meeting could open and close with prayers available from the Sisters in Spirit campaign such as the one found on the reverse of this card.

*Oh, Great Spirit,
Whose voice I hear in the winds,
And whose breath gives life to all the world,
Hear me! I am small and weak,
I need your strength and wisdom.*

*Let me walk in beauty
And make my eyes ever behold the red and purple sunset.
Make my hands respect the things you have made
And my ears sharp to hear your voice.
Make me wise so that I may understand
The things you have taught my people.
Let me learn the lessons you have hidden in every
leaf and rock.*

*I seek strength, not to be greater than my brother,
But to fight my greatest enemy ~ myself.*

*Make me always ready to come to you
With clean hands and straight eyes.
So when life fades, as the fading sunset,
My spirit may come to you without shame.
All my Relations!*