

MINWAASHIN LODGE TWO SPIRIT GROUP



Feb 2009

GROUP ACTIVITIES



February 5, 2009-Planning Session

The Group will brainstorm Activities for the upcoming year.

Those who have not finished their mitts are able to do so.

3-6pm

Potluck Dinner Served

February 12, 2009-A Gift of Self-Love

A creative workshop on

exploring your gifts and ways to bring self-love into your life.

3-6pm

Potluck Dinner Served

February 19, 2009-Sexual Identity/Expression vs Our Place in Community

A Two Spirit Perspective

A presentation by Wanda Seguin on how Western Culture views sexuality vs A Cultural Perspective/Prior to Contact and the Residential Schools. Discussion will follow the presentation.

3-6pm

Potluck Dinner Served

February 26, 2009-The 7 Sacred Teachings and How They Look In Our Lives

An interactive workshop on the 7 Sacred Teachings and how they work in your life.

You will also have an opportunity to explore and reflect on your Own Medicine Wheel and those Teachings.

3-6pm

Potluck Dinner Served

REGISTRATION IS NECESSARY FOR ALL ACTIVITIES AS SPACE IS LIMITED

To register contact Wanda , Two Spirit Program Coordinator
(613)741-5590 Ext. 260 or email wseguin@minlodge.com
424 Catherine St. 2nd Floor, Ottawa, Ontario K1R-5T8

What is Two Spirit?

Prior to colonization, gender expression was viewed as a continuum between masculine and feminine. This continuum is reflected in a person's intellectual, emotional, physical and spiritual place within themselves and their community.

The term Two Spirit brings together and honours those individuals who walk with a balance of male and female energy.

This is an environment for those who identify as a woman.

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