

PATHWAYS TO SPIRIT

Volume 10 Issue 1

Winter 2006

10th Anniversary Spiritual Gathering “Sacred Voices of the Lakota Nation” April 8, 2006

Through the guidance of Wakan Tanka (Great Mystery), and his gifts, the buffalo and the horse, a proud people known as the Lakota evolved a way of life that brought about a history rich in arts, stories, language, sacred songs and ceremonies.

On April 8th, **Pathways to Spirit**, along with **Sunrise Ranch** in Loveland, Colorado and the **City of Loveland**, is honored to bring community and spiritual leaders from the Pine Ridge, Rosebud, and Cheyenne River Reservations in South Dakota to share their wisdom, knowledge and cultural traditions with all who are willing to listen.

Many of you were with us in 2004 when we gathered at the Sylvan Dale Ranch and we hope you will join us again. Some of you shared with us the healing that your spirit received from opening your hearts and minds to the wisdom of the elders.

A portion of our day will be spent honoring Selo Black Crow and Wallace Black Elk who are no longer with us. Many were so deeply moved by their talks and we will be sharing some of their wisdom again.

One of our speakers will be Harry Charger from the Cheyenne River Reservation in South Dakota. His teaching is one of the practice of compassion and balance. His work follows the natural order of Wo'nye, (truths) the Lakota Lifeways, as taught through Lakota Star Knowledge. He tells us that truth is expressed through the 444 guiding principles to help a human being live in harmony and in good relation with

all of life.

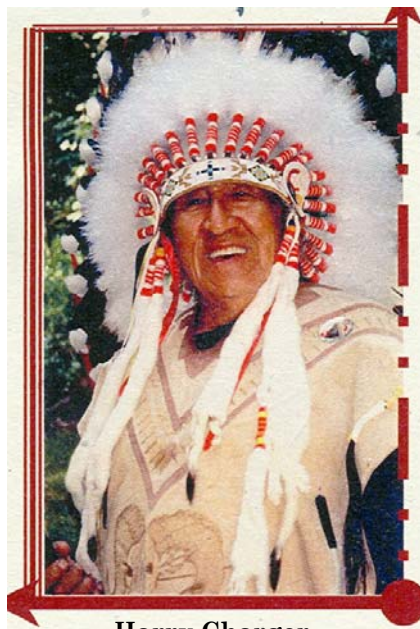
Truth is taught through words, but also through actions, through songs and ceremonies, and through simple physical presence according to Harry Charger.

Harry Charger's Lakota name is Wa'Anata. He is a Sun Dancer, a Sun Dance Leader, and a ceremonial Buffalo Dancer. His community honored him twice with a Naca (Bonnet Wearer) ceremony affirming Lakota Spiritual Leadership.

He has applied his knowledge to reduce alcoholism in reservation communities, and is currently focusing on diabetes and cancer treatments.

Another speaker, Dave Swallow, Jr., from the Pine Ridge Reservation, will join us. Dave is fluent in his language, history, and the treaties made and broken with the U.S. government. Dave is a recognized spiritual leader from the Porcupine District. To sit with him as he sings the sacred songs and tells the stories of how the ceremonies, designs of the bead and quill work and habits of everyday life came

about will bring a smile to your heart and a compassion for a people in exile on the reservations. According to Dave, their culture is “a critical element for their survival as a people and is in great jeopardy of being lost completely”.



Harry Charger

Nyla Helper is a descendent of a long line of medicine people from the Hunkapa Lakota band of Chief Sitting Bull. Her great, great grandfather, Samuel Helper, was one of the few survivors of the infamous “Wounded Knee Massacre” that took the lives of 300 unarmed men, women and children in the winter of 1890. Nyla will share this story of survival and some of the women's ways.

Howard Bad Hand, author of “Native American Healing” will join us to share his respect for the teachings of the sacred ceremonial songs

and how they gave him direction in life.

Other invited speakers are Albert White Hat, Harvey Iron Boy, and Alice Four Horns.

Tickets are \$15 for the day and \$12 for students/seniors (60). Lunch will be available for \$7 payable at the door.

Check www.pathwaystospirit.org for more information and directions. Call Pathways at (970) 282-8573 for tickets and lunch reservations. Seating is limited so get your tickets early.

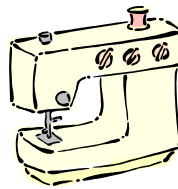
NATIVE AMERICAN SEWING PROJECT

by Cynthia Cunningham

The Native American Sewing Project is seeking a donation of \$160 to purchase a new sewing machine for Melvina Winters of Pine Ridge. Melvina plans to set up a sewing center in her home. We'd also like to provide her with some scissors, measuring tape, thread and two folding tables for fabric layout and pattern

cutting. We plan to send Melvina two new matched machines, one which has already been donated.

We are always happy to support these small sewing centers on the



reservation as they are quickly becoming gathering places providing many hours of connection and friendship for women on the reservation as well as a place to make traditional clothing.

Thank you for all your support in 2005. May 2006 be even better.

One Heart, One Mind

Nurturing New Generations

This Pathways project send donated knitted and crocheted hats and baby socks to new born babies of teen mothers on the reservation. Thanks to an overwhelmingly rich assortment of beautiful handmade hats, socks, and blankets, we made a large shipment to the Lakota Tiwahe (family) Center on the Rosebud Reservation just before Christmas.

Pathways would be happy to contrib-

ute a copy of each of Kristin Spurkland's two books, *"Knits from the Heart, Quick Projects for Generous Giving"*, and *"Crochet from the Heart, Quick Projects for Generous Giving"*, to any group or program that agrees to hold a knitting worship or gathering to benefit this project.

Pathway's is listed in her latest book as a charity to crochet for. We are very grateful for that listing.



If your group is interested in holding an event to do this please phone us or visit our website.

(970) 282-8573

URGENT NEED FOR PROPANE FUNDS

With the weather situation the way it has been in the last few weeks in South Dakota, we are in great need of funding to purchase propane.

40 below zero has been common during the night and many of the people who live in trailer houses have really

been very cold due to poor insulation under the trailers.

This is especially difficult for the elders and families with young children, many of whom suffer with asthma and diabetes. \$100 worth of propane is only lasting about 2

weeks, if that. We have used \$5000 in propane donations in the last 2 1/2 months.

Please share your warmth with a family in need on the reservation. It's a long way to spring in South Dakota and we are out of funding.

THANK YOU TO A VERY SPECIAL COUPLE

We wish to express our deepest gratitude and thanks to Tracy and Lois Perry of Longmont, Colorado. Tracy, accompanied by his wife Lois, has been driving our semi trailer to the reservation for many years. Lois may have more pictures than we do.

Unlike other drivers, Tracy gets right in there and helps unload the semi as well as doing local furniture pickups.

In our early years we would have a different driver for each trip provided by Empire Warehouse. For about 4 years Tracy and Lois have been our steady helpers.

Volunteering is nothing new to this couple. You can find them at Children's Hospital in Denver, Colorado every Thursday helping with kids who are sick and need help.

Tracy has also been known to get on his motorcycle and ride for charity.

So, we want to thank Tracy and Lois for their loving support and understanding of the difficulties on the reservation. We treasure them very much.

Donations can be made through PAY PAL

We keep trying to make it easy for you to donate to our causes. **Pay Pal** is a great way that many have used to send financial contributions. Just go on the internet and sign up for **Pay Pal** and they will deposit the money in our account. This is especially helpful for donations coming from out of the country.

MONTHLY DONATIONS CAN BE MADE BY AUTOMATIC TRANSFER FROM YOUR BANK TO OURS!

CALL OR EMAIL TODAY FOR THE PROPER FORMS.

YES! PLEASE COUNT ME AS A SUPPORTER OF PATHWAYS TO SPIRIT

4307 Goldeneye Drive, Ft. Collins, CO. 80526 (970) 282-8573 www.pathwaystospirit.org email: pathways@webaccess.net

Please make your tax-deductible donations payable to: Pathways to Spirit

Name _____ Phone _____

Address _____

Enclosed is my contribution of _____ \$25 _____ \$50 _____ \$100 _____ Other

Earmark my contribution for: General Operating Budget _____ Moving Mobile Homes _____

Native American Sewing Project _____ Jennifer Black Elk Humanitarian Fund _____ Propane _____

PLEASE NOTIFY US OF ANY ADDRESS CHANGE. BULK MAIL IS NOT FORWARDED.



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Complete Shelter Workshop

August 27-September 2

The Complete Shelter Workshop will be another one the exciting events that Pathways to Spirit has planned for our 10 Year Anniversary Celebration.

House Alive is a non-profit organization in Oregon that conducts workshops all over the world. Their mission is to help empower people to realize their dream of an affordable and beautiful home. Pathways is partnering with the owner, Coenraad Rogmans, to build a small, 300 square-foot cabin, made out of straw bales and other natural materials and finish it off with a "living roof", a solar panel for lights and a composting toilet. Almost all the materials will be locally harvested.

Participants of this workshop will learn how to build with natural

materials such as straw bales as well as learn to build foundations, work with earthen plasters and install a composting toilet. Natural design, passive solar and small solar electric systems will be covered.

Half of the participants attending this workshop will be Lakota People on the reservation. The rest will be paying workshop participants. Included in this weeklong workshop will also be Lakota ceremonies and a sharing of Lakota culture.

Participants will be camping on the land where this cabin is being built. The workshop begins on a Sunday morning and ends on Saturday evening.

Coenraad will be coming to Ft. Collins the last weekend in April to go to Pine Ridge with us. We will take

him to see the land on which the cabin will be built and to meet some of the people that will be involved.

We realize that a 300 square foot structure is not going to be for a family. The idea is to learn how to do and then the workshop participant can learn to build a house of any size.

Coenraad loves teaching natural building. He says, "My experience is that everyone can do it, the materials and techniques are very forgiving and people produce beautiful product almost without exception. This makes the whole experience very uplifting and hopeful."

If you are interested in joining this workshop, please contact Coenraad at www.housealive.org