

PATHWAYS TO SPIRIT

Volume 11, Issue 3

Fall, 2007

A SEASON OF THANKS AND GIVING

Here we are again, ending another year in our lives. Hopefully a year filled with joy and prosperity. Hopefully a year where we have had enough nutritious food to eat, a dignified place to live, vacations, warm homes in the winter and cool ones in the summer. For most of us, those things are just taken for granted. We have so much to be grateful for.

Not too far away in South Dakota, the story is completely different. The winter has already come and winter needs are already here. Proper nutrition is still lacking for many. Many elders have diabetes and are on kidney dialy-

sis machines most of the day three days a week. Many factors cause weak immune systems and sickness comes hard in the winter and many don't make it to see the green grass of the spring.

So once again, we ask for your help. At this time of year propane is urgently needed as there is not enough funding for all to keep their homes heated during the winter.

We are already receiving an average of 10 calls a day for propane assistance. This will increase as the cold intensifies.

Won't you please sacrifice something in this season of giving to donate towards our propane fund. It costs around \$500 to fill the average tank. The least amount we can purchase for delivery is \$120.

You may not think it possible in America, but last year several people actually froze to death in their beds as they had no propane for heat. What a senseless death!

Please send your donations as soon as possible so we can prevent needless sickness and suffering.

Blessings to all!

THOUGHTS FROM A VOLUNTEER

by Cheri Franke – Iowa

"I am a red man. If the Great Spirit had desired me to be a white man he would have made me so in the first place. He put in your heart certain wishes and plans, in my heart he put other and different desires. Each man is good in his sight. It is not necessary for Eagles to be Crows. We are poor....but we are free. No white man controls our footsteps. If we must die...we die defending our rights."

Chief Sitting Bull
(1831?-1890)

I wonder how many people are aware that November was Native American Heritage month. I didn't know until I was invited to help celebrate it with

some native people for Veterans Day. They held a small pow wow at the Veteran's hospital to honor native soldiers who have served and died for this country.

I am always amazed when I see them carry in the American Flag. How can these people honor a country that has wronged them so greatly? But, then I have to see them as the true warriors that they are. Their sense of honor goes beyond politics and government. It is not defined by whom, but why they serve. They love America, all of it.

Every little bit of it, from the tiny pebbles that the ants carry to the

very wind that blows across it. They love the critters and the creatures, the trees and the grasses, the rain and the very sun that shines upon it all. And most of all, they love the life that flows through it all. And the life is in its people, all of its people.

We have changed much in the lives of native peoples but gratefully we have not changed who they are, a people of honor. We still have much to learn from them.

I share these thoughts with all of you as I ponder why I volunteer.

Happy Holidays

GET YOUR FREE ALBERTSONS COMMUNITY PARTNER CARD

Our new Albertsons Community Partner Cards have finally arrived. Since the store changed ownership we were unable to get the cards until now. Each time you shop at Albertsons, show your Community Partner Card that slides onto your keychain and Pathways receives a donation. It really adds up and we really need the funds. Won't you please write or email us for your free card today? This is a great way to help without putting out extra funds.

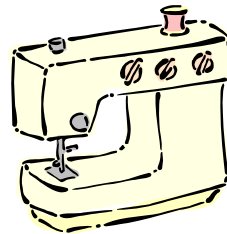
CURTAINS FOR HABITAT HOUSES ON THE ROSEBUD RESERVATION

by Cynthia Cunningham

Iris Anda of Carbondale, Colorado, who has been a seamstress for 30 years, volunteered and taught two curtain and shade making workshops this fall on the Rosebud Reservation as a guest teacher for Habitat for Humanity and Sinte Gleska University's Human Resource Department. Eight Lakota women who are Habitat for Humanity homeowners attended each workshop and have now made curtains and warm shades for their own Habitat homes. As well, the women received "sweat credits" for their participation in the workshop. A big thank you to Iris for funding her own travel, donating the designer fabrics, and for teaching. Congratulations to all the participants for designing and sewing beautiful curtains for their new homes. **Your cash donation of \$20 to the Pathways Habitat sewing project will go into a fund to help this class purchase what they must buy to make curtains and shades (rings, rods, hooks, lining fabric, and thread). Your gift can make a difference.**

Seven more used, reconditioned sewing machines from our Native American Sewing Project were given to Lakota women.

Thank you to Michelle Perrett of Valentine, NE who did a wonderful job distributing these sewing machines to Lakota women. Michelle knew a number of Lakota women who were quilting together without machines of their own and who were unaware of the Pathways sewing project. She distributed these machines to them and now has more requests that we hope to be able to fulfill by Christmas. **The cost of reconditioning a used donated sewing machine is \$20 per machine. Your cash donation will recondition and provide a sewing machine for a Lakota woman this holiday season.**



Studio Bernina's financial gift this fall to provide high quality sewing machines.

Pathways received over \$700 from Studio Bernina of Boulder. This was a donation from their fall fabric exchange and sale. It will go toward buying higher quality sewing machines (they are faster, stronger and more versatile) for women on the Lakota reservations who support themselves and their families by sewing professionally.

Thank you once again to Susan Igou and the women in her Bernina Studio sewing classes for this cash gift as well as the many used and new sewing machines and tools she has given us along with her unwavering support over the past 12 years. Many Lakota women and their families benefit from her thoughtful care.

So, Pathways' sewing project continue to grow and our team of volunteers has accomplished much this fall.

WE COULD WIN A \$1000 DONATION

Surf the Internet for a Good Cause

Our Pathways to Spirit web site has a page where you can shop at different online stores and we receive a percentage of your expenditure. If you do any of your holiday shopping online, please consider going into our web site and click on "SHOP" and help us without even having to write a check.

We are encouraging you to shop at iGive.com. What's iGive.com? In case you were wondering, iGive.com is an online shopping mall where up to 26% of each purchase at over 680 participating stores is donated to your favorite cause. For a limited time, they will even add a bonus \$5 donation when you make your first

purchase within 45 days of joining. It's free, by the way.

Our organization is eligible to win \$1000. It's easy-just visit online stores through iGive.com. More visits by you means more chances for Pathways to win. No purchase is necessary-It's totally free.

*The more stores you visit, the more chances for us to win. (Up to 10 entries per day per person)

*Each visit to a different iGive.com store counts as an entry in the sweepstakes.

*Tell your friends

You **must** enter the site through our web page in order for us to benefit. You'll be amazed that most of your favorite stores can be reached through iGive.com.

For those who purchase books, remember through our shopping site you can go to Amazon or Barnes and Noble Booksellers. You must enter their sites through our web page for us to benefit.

Give us a call if you have any questions and we can walk you through it.

www.pathwaystospirit.org

THE SHOCK OF POVERTY

by Jennie Russell

When one travels to a developing country, poverty is an expectation. This was the case when I traveled to Rwanda in 1992. I was aware of the depth of the need of my fellow humans in this country that was in the middle of a civil war and one that had no resources that were vital to anyone else in the world.

When I traveled to Pine Ridge, SD in 2000, I was not prepared for what I encountered. I was just 350 miles from my comfortable home in Fort Collins, Colorado. I was not prepared for the devastating poverty that my fellow humans must live in. Not in the very prosperous United States anyway. Not so close to my home. These conditions sent me into a deep depression and what I experienced was life changing.

What we take for granted, many of those living on the Pine Ridge and Rosebud Reservations in South Dakota, consider luxuries. The weather in this area is harsh. Summer temperatures often climb above 110 degrees. The winters are bitterly cold with -30-50 degrees not uncommon. With these climatic conditions come the threat of tornados, flooding and snow storms.

Housing is pitiful, substandard and often non-existent. Most lack central heating or cooling, clean running water, indoor plumbing or telephone service. Many live in shacks or trailers without what we consider necessities. Those that are homeless must stay with relatives. If there are no relatives to stay with, there are no homeless shelters to house and feed them. Most have few changes of clothes and what they have are second hand. Many are lucky if they earn \$6500 per year. Few have reliable transportation to travel on very poorly maintained roads. While visiting last summer, I purchased some hand made jewelry that allowed an elder woman to pay her electric bill. She is one of those that live in the HUD housing. One might consider her fortunate, until one considers the black mold that infests these dwellings causing respiratory illnesses and some kinds of neurological problems. Many of these dwellings have to be destroyed due to this mold problem.

Common daily needs include toilet paper, diapers for children, blankets to keep warm, beds to sleep in, stoves to cook on and in many cases,

nutritious food to eat. It has been my experience that people look forward to the summer ceremonial season because there are people who come and share their food with them.

These proud, happy people have been made to hide their sacred ceremonies, not speak their native languages, and are feared for their religious and spiritual practices that are an integral part of their daily lives. The Lakota are a kind, loving group of people who experience now, what our African American brothers and sisters have and do also, extreme racism.

Why should we help our Lakota brothers and sisters? Because their treatment and their continued hardships are a reflection of what is the worst part of ourselves and our history. No one deserves to live as many of our Lakota friends must. It is truly heartbreaking. My Lakota friends say, "Mitakuye Oyasin" which means, "we are all related". I believe we are and that we have a responsibility to help those who need it. I ask you to consider all of the blessings that you have in your life and find it in your heart to help lift this magnificent people out of the depths of poverty.

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: pathwaystospirit@comcast.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 _____ Propane _____ Electricity _____

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



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Virgin Birth of a White and a Black Buffalo Calf in Pennsylvania

How did this happen? The Woodland Zoo in Farmington, Pennsylvania decided to bring in two female buffalo to their facility. One of the females was pregnant when she arrived. After she had the calf, it was sold, 6 months later, she gave birth to another calf, this time it was white. Buffalo carry for 9 months as humans do. The other female she lived with gave birth 9 months later to a black buffalo after the white calf stood upon the earth-again no male present.

Chief Arvol Looking Horse, 19th generation Keeper of the Sacred Pipe, said this event has brought another great message to us from the animal nation. He also said, "So far, since 1994, the same time that Global Warming was being announced, there have been at least 4-6 every year of these sacred buffalo calves that have stood upon the earth. Not only the buffalo have showed these signs to

tell us of this great urgency that is upon us, but in many part of the world, there have been other animal nations showing this sacred color. This color represents the south, the direction in which we pass through to the spirit world, a completed cycle. This interpretation has to do with the Sacred Bundle I take care of. It carries a prophesy from the White Buffalo Calf Woman who brought the Sacred Pipe to the Lakota people. This birth is another sign, but brings more awareness of this urgency. This new birth has to do with 2 female buffalo kept in captivity, with no male buffalo present. It would be hard to believe, but in this instance, the place they live has kept this quiet, because they did not want to be accused of artificially inseminating the female buffalo.

The people on Earth are choosing to

focus on a new way of life that is hurting us all in the global community. This way of life chooses war, hurting one another physically and verbally, and continued desecration to the Earth in taking more than what we truly need in her resources. These decisions not only hurt our own people, but the animal nations are dying in large numbers to extinction by this new way of life we are accepting. Mother Earth is going to have a hard time to continue to bring food to all life. These decisions need to be changed very soon and are in each and every one of your hands more than ever. Respect to the spirit of life needs to be brought back; boundaries need to be put back into place and faith needs to be present in everyone's life once again. We have no choice but to listen! May Peace prevail on Earth in a Sacred Hoop of Life where there is no beginning and no ending."