

Outline of the Sacrament

Preparation

Learn about the history of the land where you will be attending. Write down a few facts. Learn a new story. Read an essay from an indigenous writer. Put yourself at the feet of radical indigenous activists. Follow an indigenous artist on instagram. Spend time meditating on the land and the land's (human and non-human) relatives.

Day of

Recommended: wake up 30 minutes before sunrise to eat a simple breakfast. Focus on whole foods and consider how those foods came to you. Consider incorporating foods that are/can be harvested locally.

-----Sunrise-----

Begin fasting.*

For as long as you are able, be with the land. Hike, kayak, drive up to an outlook point, sit in a park, put a blanket in your backyard, go for a walk, look out the window. If you are connecting in community, share stories, songs, information about the land. Share space. Share time. When you're ready, consecrate a space for your ritual reflection. *(See reverse side.)*

In as much as you are able, donate to Indigenous Food Systems Network. Be generous according to your situation. Donate the money you would have spent buying food for Thanksgiving dinner.

-----Sunset-----

End fasting. Eat a simple meal that highlights foods grown in your region, preferably by you or someone in your community. Contemplate the generosity of the land. Offer gratitude.

** - I suggest a fast from eating, if this is within your capacity to do. Your fast might appear differently. This choice is a response to the feasting of American Thanksgiving, but can be manifested in a variety of safe ways.*

Ritual

Mark a space. This could be ceremonial or just sitting in a circle. There is no wrong way to name a space as long as you do it with intentionality and steer clear of appropriation. Invite your community to prepare elements to share in the ritual. Distribute power/responsibility wherever you can.

Music

Chime, song, collective humming

Poem/Quote/Song/Story

Share something that invites the tone and content of the day into the space. Specifically look for work that highlights BIPOC folx.

Land Acknowledgement

A land acknowledgement is one way to honor the land and its relatives and to put the United States and its history into a larger context.

Breathe

Invite someone to guide your breath, to bring an awareness to the cycles of breath moving in your body: inhale, climax, exhale, small death. Notice how each cycle invites us into the rhythms of the land.

Poem/Quote/Song/Story

Discuss your journey around indigenous allyship/sovereignty

For BIPOC folx, this might be a journey around resistance, self-love, internalized oppression. For white folx it might be about owning ancestors, decolonizing dating practices or unlearning white supremacy. Ask questions. Be honest. Look stuff up.

Make a commitment to how you are going to show up for the work of indigenous allyship/sovereignty

Be specific. What will you DO? Brainstorm. Untangle. Look for answers that aren't obvious. Look for places in your own practices where you can recalibrate, invite in new influences, shift your language or otherwise live out decolonization tangibly in your life.

Meditate on your commitments

Poem/Quote/Song/Story

Breathe

Slit with your breath, the connective tissue between you and the land.

Music

Chime, song, collective humming

Resources for Preparation

Otaes

patreon.com/otaes
@ndn.o

Indigenous Action Media

Indigenouaction.org
@indigenouaction

Indigenous Food Systems Network

Indigenousfoodsystems.org

International Indigenous Youth Council

IndigenousYouth.org
@iiyc

Native Land

native-land.ca

The Red Nation

TheRedNation.org
@therednationmovement

When the Light of the World Was Subdued, Our Songs Came Through

Edited by Joy Harjo (Poet Laureate of the US 2019-2020)
JoyHarjo.com

Native Governance Center

NativeGov.org

United States Department of Arts and Culture

Resource for Land Acknowledgement
<https://usdac.us/nativeland>

The Sacrament of Mourning

V.1 - 2020

by kimmothy cole

The last Thursday in November has been observed as a national holiday since Abraham Lincoln* declared it a day for "Thanksgiving and Praise to our beneficent [Father](#) who dwelleth in the Heavens." Before that, it was customary for colonizers to have thanksgiving feasts whenever they had something to celebrate (often, the stealing of land, military victories over indigenous nations or the massacres of indigenous people). Thanksgiving is steeped in settler-colonial violence and a history of American genocide against the indigenous people of Turtle Island. When I first stopped celebrating Thanksgiving, I thought it would be enough to stand silently in defiance. In reality, remaining a silent un-observer did very little to dismantle the holiday in myself or my community. This Sacrament is meant to be a response to the celebration of American Thanksgiving: an attempt to chip away at the dominant narrative and offer a tool for developing practices that move us towards truth, accountability and reconciliation.

How you celebrate is up to you. This resource is a guide, the outline of a dog for you to color in or add wings to. Practicing the ritual in community is recommended, but not necessary. Adapt as you need for your body, your situation and your community.

** Less than a year before, Lincoln oversaw the largest state execution in US history when 38 members of the Dakota Tribe (chosen by him off*

of a list of a possible 303) were executed for resisting their colonizers in service to their people and land.