
August 2026



first LIGHT FIELD notes

What's happening,
what we're learning
& what's next.



Programs

Kettle's on: For Everyone

Wed, August 12 1:30 to 3:30 pm

Kettle's on: For Seniors

Mon, August 10 & 24 1:30 to 3:30 pm

Our Ways: Drumming

Wed, August 19 6 to 8 pm

Sharing the Path: Peer Support

Tue, August 4, 11, 18 & 25 6 to 8 pm

Healthy Baby Club

Mon, August 3, 10, 17 & 31 10 am to 12 pm

Growing Spirits

Tue, August 4, 11 & 18 10 to 11 am

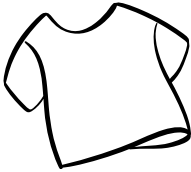
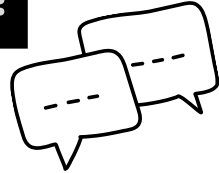
Traditional Dance Class (ages 5 to 10)

Sat, August 15 & 29 1 to 2 pm

UPCOMING EVENTS

GATHERING OF VOICES: FALL FEAST

Thurs, Sept 24



ORANGE SHIRT DAY (NATIONAL DAY OF TRUTH & RECONCILIATION)

Wed, Sept 30

SISTERS IN SPIRIT VIGIL

Sun, Oct 4



more info & registration
coming soon!



JAM RECIPE



Simple Berry Jam

- 4 cups fresh berries
- $\frac{3}{4}$ to 1 cup sugar (adjust per berry)
- 1 to 2 tablespoons lemon juice

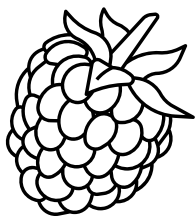
STEPS

1. Combine berries and sugar in a pot over medium heat.
2. Mash gently as it warms, stirring often to prevent sticking.
3. Once bubbling, add lemon juice and simmer for 15 to 25 minutes, until it thickens and coats the back of a spoon.
4. Pour into clean jars and let cool before storing in the fridge, good for about 3 weeks (for longer storage, this recipe can be canned using a standard water bath method).

Low Sugar Option:

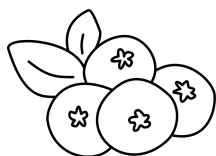
Swap sugar for 2 tablespoons of chia seeds, added after mashing. Simmer on low for 10 minutes, stirring occasionally. Chia does the thickening work naturally. Add honey or other safe sweetener to taste if desired.

BERRY NOTES (JAM)



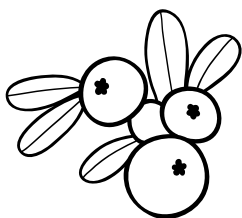
RASPBERRIES

Use as written, 4 cups berries. Seedier texture unless strained. If you want a smoother result for the low glucose raspberry version, strain the raspberries first to remove their seeds, then add chia for thickening.



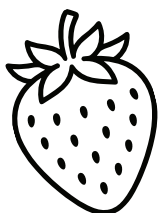
BLUEBERRIES

Use as written, 4 cups berries. Sets softer, smooth texture.



PARTRIDGEBERRIES

Use 4 cups berries, add 2 to 3 tablespoons extra sugar (or sweetener). Mash a bit longer, skins are tougher.



STRAWBERRIES

Use 3 to 4 cups berries, cut simmer time to 10 to 15 minutes. Strong flavour, good for blending with a milder berry.

SHE WAS THE GIRL

She was born a nameless, naked child
to a mother who loved her
and to a creature who wanted her.
It took her. Year after year
day after day, it took her.
Awaiting his wrath, innocence stolen
hungry, beaten and broken.

She was the girl in the mirror

One day the creature was not there.
She couldn't see him, but he could see her
and he took her down a path of distraction.

Men, booze,
gambling and drugs.
Self-worthlessness,
he had kept her.

She was the girl in the mirror

She was broken and longed
to be loved and accepted.
But, no healthy love came.
Broken hearts, broken bones,
broken dreams and broken promises.
Something what she thought was love
had found her. But she couldn't.
She pushed it so far away.
She was still the same little girl,
bright blue eyes, tears streaming down her cheeks.

She was the girl in the mirror

As she stood alone,
with a thousand voices in her hear,
"You are nothing",
"You don't belong",
"You are alone".
She only craved peace, love and safety,
but it was not hers to have.

He had a tight grip on her and
rejoiced with every mistake she made.

She was the girl in the mirror

in the mirror

Waves in waves out,
crashing through her life,
Wearing her down like
waves upon the rocks.
As he stood above her like a marionette,
pulling her strings,
making her every move.

She was the girl in the mirror

Her years came and went.
The years were long, painful, and empty.
She was oh so tired.
He had beaten her, he had won.
Nothing left, time to go.
Her peace and purpose would never come,
so she thought.

She was the girl in the mirror

As she sat there
in front of the mirror,
waiting for her creature to die;
fading in and out of reality
as it was her only choice,
her mirror fell,
broken on the floor
into a mosaic of a thousand pieces of herself.
As she picked up pieces,
a distorted image appeared in front of her...

She was the girl in the mirror

The distorted picture of herself,
looking back at her,
waiting for a response, waiting for her to
love her, embrace her, save her.
Finally, she could see her
misshapen, unprotected, unhealed reflection.
She decided to let him go.
Her reflection was hers to bare
and she was okay with that.

She was the girl in the mirror

a poem by Bonnie Earle (2023)
Goose Bay, Labrador

REFLECTIONS from COMMUNITY

Elder Marjorie Muise writes about
wetlands, memory, and responsibility

The western portion of Newfoundland is home to bogs, fens, swamps, and marshes found along Routes 406 and 407, as well as the Trans-Canada Highway. These wetlands have been home to me and my family all my life.

The marshes and bogs provided many things for us, including food.

Walking barefoot in the marshes also had benefits for my feet. It improved circulation, massaged the soles, softened calluses, and helped with balance and coordination. The natural environment of marshes and bogs can also be calming and help reduce stress.

Wetlands are where land and water meet. They provide homes for many plants and animals, help filter water, absorb excess rain, and protect against flooding. They also store carbon and help care for the climate.

On any typical day in spring, summer, or fall, the marshes and bogs of western Newfoundland provided several types of berries. Mi'kmaq families gathered marsh or squash berries, bakeapples, cranberries, partridgeberries, wild red raspberries, and blueberries. Some were preserved for winter, while others were enjoyed throughout the summer and fall.

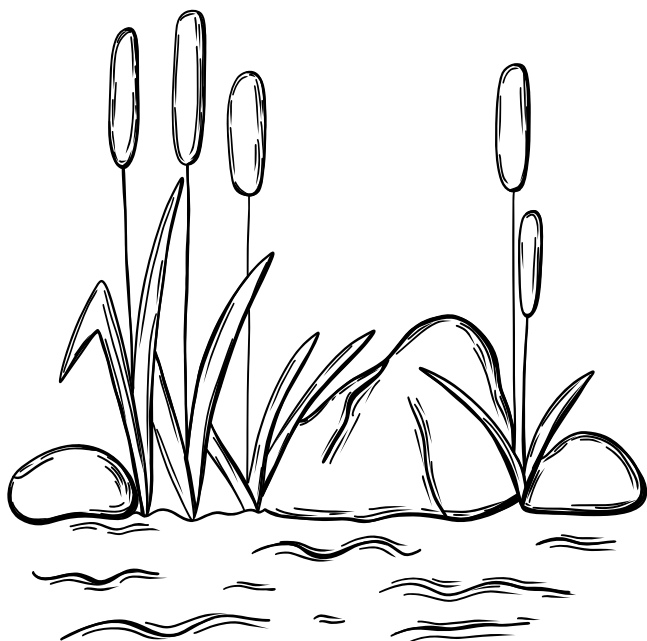
The pitcher plant, Newfoundland and Labrador's emblem since 1954, is also found in the province's marshes and bogs. It is a testament to nature's ability to adapt and survive in challenging environments.

There are many threats to our wetlands: development, pollution and industrial runoff, climate change, and invasive species.

One thing that gets me every time is all-terrain vehicles destroying these lands. There are not enough regulations from government. Off-road vehicles can damage wetland habitats and harm entire ecosystems.

We all have an obligation to take care of our wetlands. They offer us opportunities to birdwatch, fish, hike, and explore. They give us food, shelter, water, and so much more.

Msit No'kmaq.



\\ /
**How is
the land
speaking
to you?**
/ /

sisters in spirit

share your vision for MMIWG2S+
gatherings and support



FEEDBACK WELCOME

Is there something you hope to be
included in Sisters in Spirit
Vigils, or Red Dress Day events?

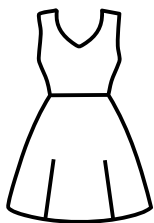
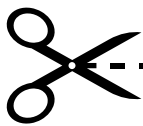
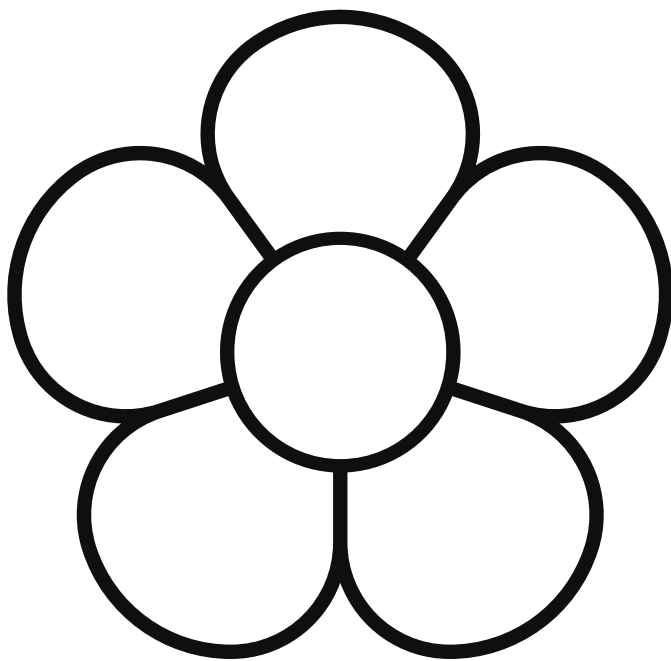
Are there other gatherings you'd
like to see for families and loved
ones of those affected?

We are always accepting
feedback and suggestions!

Fill out our online form: firstlightnl.ca/sis

or contact our team! info@firstlightnl.ca
(709) 726-5902

BEADING PATTERN



sistErs in sPirit

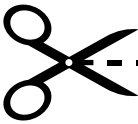
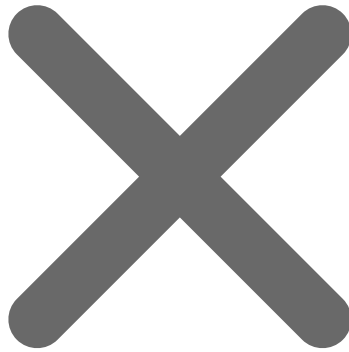
share your vision for MMIWG2S+
gatherings and support

FEEDBACK WELCOME

Wed, August 26 1:30 to 3:30 pm

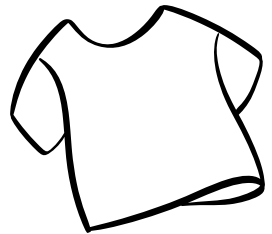
learn more at firstlightnl.ca/sis

BACK OF PATTERN

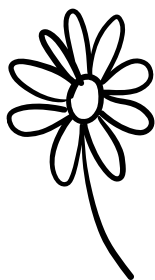


VOLUNTEERS WANTED

volunteer to support
our Merch Store and
upcoming Orange
Shirt Day events



firstlightnl.ca/volunteer



ADVOCACY

What we're working on

IN JUSTICE

Working to bring cultural programming back into correctional institutions - because culture should not stop at the gate.

IN HEALTH

Building an Indigenous Health Clinic shaped by community needs - because culturally safe care should be close to home.

IN NATURE

Working with Parks Canada and the City of St. John's on a National Urban Park - because land, water, and community belong in the same conversation.

IN GOVERNANCE

Creating resources for cities and towns to decolonize their processes - because we deserve municipal staff and councillors who listen to Indigenous voices.



where can i
get a First
Light shirt?

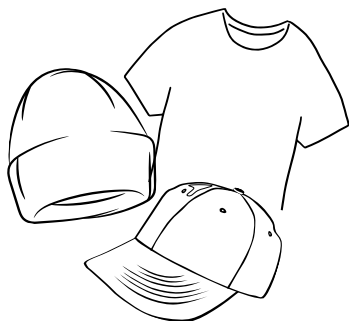
are orange
shirts available?

how can i
support?

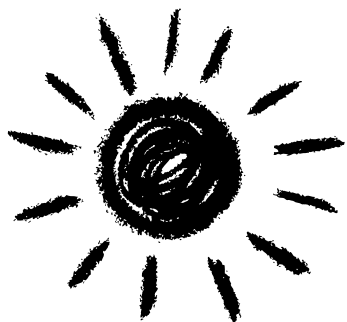
ONLINE STORE NOW OPEN!

hats, shirts & more to come!

shop.firstlightnl.ca



Read more at firstlightnl.ca/articles



SUMMER

The land remembers
cooler days

Now the grass bows
brittle by noon

and we call it summer

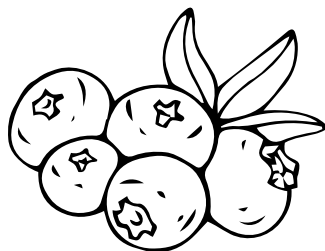
like it's still
the word we mean

SEARCH-A-WORD

C O W F S L S E O V N P B O I L
 K N S E W E V D L K E T I E N M
 R Q E R H W D D L P C R R R D E
 S R T S T A I N S D P R D W D D
 T U U B A Q N E G T R A S Z Q S
 H B N X T A Y Z H S J V E N Q F
 T A Q S Y R R E B E U L B K L L
 R C N V H V H N Y V K V C O A U
 A J E D X I N Q V R W T W L U B
 S K K P S S N U C A U E Z B G J
 P Q C W S W E E T H R K I T C U
 B W L J W E Q N I S F C D A R M
 E H K D Q E R B Z N D U S R F O
 R H P A R T R I D G E B E R R Y
 R Y R R E B W A R T S B R L E M
 Y A Y H I X X M F R E M M U S S

Find these words:

- | | | |
|-------------|------------------|------------|
| • Bakeapple | • Harvest | • Sunshine |
| • Birds | • Partridgeberry | • Sweet |
| • Blueberry | • Raspberry | • Trees |
| • Bucket | • Respect | |
| • Bushes | • Stains | |
| • Flowers | • Strawberry | |
| • Hands | • Summer | |



Happy picking!

solution available at firstlightnl.ca/field-notes

COLOUR ME!



illustration by Hawlii Pichette
(urbaniskwew.com)

