

COLOUR ME!



illustration by Gerald R. Gloade

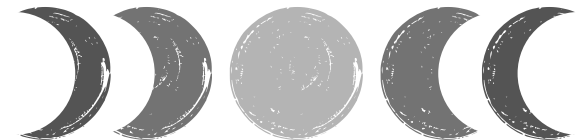


October 2026



first LIGHT FIELD notes

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



Programs

Healthy Baby Club

Mon, Oct 05, 19 and 26 10 am to 12 pm

Growing Spirits

Wed, Oct 7, 14, 21 and 28 10 to 11 am

Our Ways: Drumming

Wed, Oct 07 and 21 6 to 7:30 pm

Sharing the Path: Peer Support

Tue, Oct 13 and 20 1 to 3 pm

Kettle's on: For Seniors

Thurs, Oct 08 and 22 1 to 3 pm

Young Adults Program

Wed, Oct 14 4:30 to 6:30 pm

Wed, Oct 28 6 to 7:30 pm

Moon Ceremony

Mon, Oct 26 6 pm Middle Cove Beach

Traditional Dance Class (ages 5 to 10)

Sat, Oct 03 1 to 2 pm

firstlightnl.ca/programs



WORD SCRAMBLE



Can you unscramble the words?

YOMCUMTNI

TVAESHR

AMTNUU

SEEVLA

IYWND

CYCRNUH

HRESF

RRPEEAP

RPSEREVE

RSICP

RWCOCAERS

OERBNFI

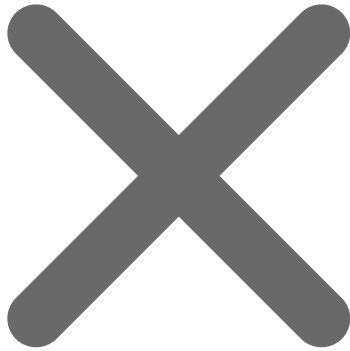
FENALLN



solution available at
firstlightnl.ca/field-notes



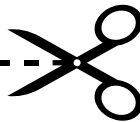
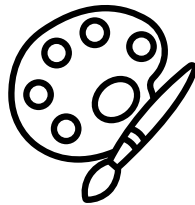
BACK OF PATTERN



SUBMIT YOUR ART

Want your art or stories featured in
Field Notes? Submit your work now!

firstlightnl.ca/field-notes



MY LANGUAGE

Lost but not forgotten
remembered in the wind
water carried ancient stories
back to my people again

taken but never erased
pushing up from the depths
of colonialism and rage

one word at a time
my spoken language begin to shine
shredding the pieces of racism, torment and shame
Knocking down barriers
To regain our strength
Reclaiming
It's mine

I spoke to you softly
I said Kwe'
the pride I felt inside me
Began to show
I was taking my power back
One word at a time
For future generations
to heal and let go

Written by : Elder Marjorie Muise

SISTERS IN SPIRIT

I Give You This One Thought

I give you this one thought to keep
I am with you still - I do not sleep.

I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.

When you awaken in the morning's hush,
I am the swift, uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.

Do not think of me as gone -
I am with you still - in each new dawn.

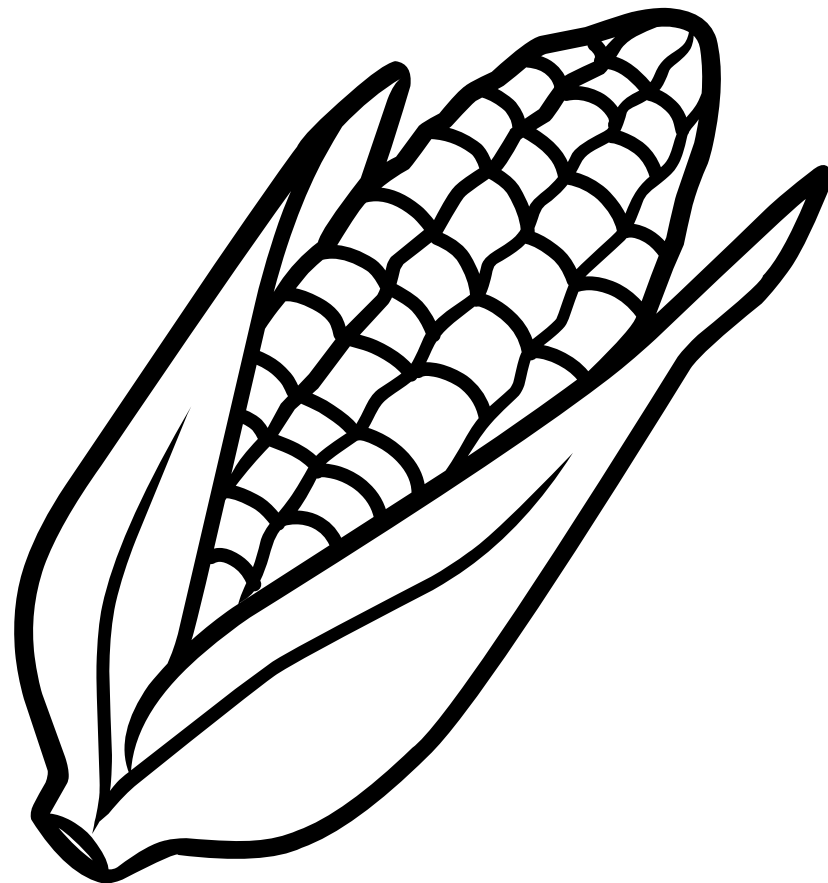


Sun, Oct 4 6 to 8 pm
81 Cochrane Street

SISTERS IN SPIRIT VIGIL

firstlightnl.ca/sis

BEADING PATTERN



VOLUNTEERS WANTED

volunteer to support Spirit
Song Festival events!



firstlightnl.ca/volunteer

ENJOY AUTUMN

It's the season of change

OUTDOOR FUN

Walk in nature

Look at the colourful leaves

Search for pinecones

Watch the stars

Create an autumn wreath with found items

COZY ACTIVITIES

Make some soup

Make a homemade blanket

Curl up with a good book

Create a gratitude jar

Do a puzzle

Learn to preserve food

ENJOY WITH OTHERS

Have a boil-up or fall picnic

Bonfire by the water

Have tea with a friend

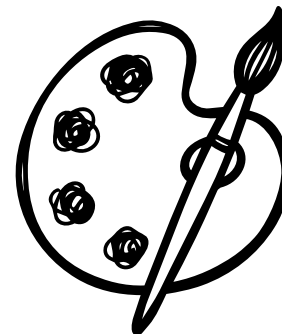
Prepare and share a meal

'Preview'

exhibit by Nelson White

SPIRIT SONG X EASTERN EDGE GALLERY OPENING RECEPTION

Preview is a mix of new along with some older pieces from Indigenous Artist Nelson White. Representation is paramount to White's works. With each colourful canvas, he considers the complexity of representing someone both as they see themselves and how they are seen. The new collection serves as a poignant insertion of Indigenous histories into the historically Western art form of portrait painting, where Indigenous subjects have been marginalized, misrepresented, or entirely absent. White's practice is situated within a broader movement of contemporary artists who are working with figuration to redefine traditional portraiture today.



Fri, Oct 16 6 pm
72 Harbour Drive
(Eastern Edge Gallery)

ADVOCACY

*Wondering how progress is going towards
our 42 Calls for Change?*

NEW PUBLICATION

2026 Reconciliation Report

The Sound of Our Footsteps

The report celebrates significant achievements, such as the opening of a 10-unit transitional housing facility, an initial grant from the Department of Health and Community Services to support the First Light Urban Indigenous Health Clinic, the establishment of the Metro Reconciliation Partnership between First Light and Municipalities of the Northeast Avalon, and progress toward ensuring all incarcerated Indigenous individuals have access to cultural programming.

What they fail to see, is that no matter what they do
They can never steal your prayers away from you.

Taking up one parking space
Apparently, this was not our place

They took our drums, replaced with iron chain
They never expected our prayers would remain

Why did they use such a heavy hand?
Millions of hectares, they've taken our land

From beneath our boat, the people roared
Our rights and freedoms will not be ignored

Into the car and through the courts
Attempting to get us out of sorts

But they did not know our ancestors were guiding
This is something we are no longer hiding

Red ochre stained upon the drum
Proudly displaying from where I've come

There's more of us here than you'd like to think!
We may have been hidden, but never extinct

Standing with pride, our lineage is strong
Quantum not defining where we belong

They can not tell you what you should think true
For this is something which only you can do



firstlightnl.ca/publications

Written by : Jenn Whiteway

Editor: Cherie LS

STOLEN PrAYErS

Elder Elizabeth's words run true
Who will stand; will it be you?

Tears streaming down her face
Is anyone here to take my place?

We must only look to Labrador
To see what destruction lies in store

Where will all the salmon go
When they've taken the water it will no longer flow

Rivers dry, and land left lifeless
Turbines coming will not be priceless

Affecting all generations to come
We cannot allow this to be done

Prayers stolen ignoring their worth
The heart beat drums through mother earth

Government refusing to get along
They will never take away our song

Drums ripped and pride out of the hand
Something that we can not let stand

For hundred of years, our prayers, they've stole
Our culture taken, we've paid the toll

They dear to do this still today
A price that we refuse to no longer pay

Trying their best to steal our song
And dictate, where it is we belong

2026 SPIRIT SONG FESTIVAL



Save the Date

Nov 15 to 21



spiritsongfestival.ca

ONLINE STORE OPEN!

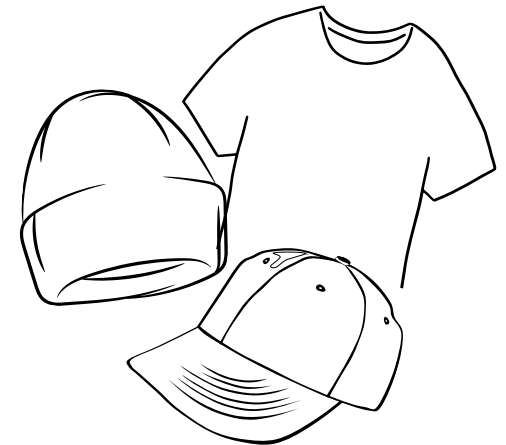
where can i
get a First
Light shirt?

are orange
shirts available?

how can i
support?

shirts, sweaters and more!

shop.firstlightnl.ca

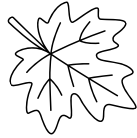


REFLECTIONS from COMMUNITY

Elder Marjorie Muise writes about the
changing seasons and their meaning

Autumn Equinox

A time for balance;
day and night are equal,
reminding us to rest.



As we age it seems the arrival of autumn
appears to come faster, catching us off guard.
It's hard to transition into cooler evenings
and shorter days.

Nature in all our surroundings slows down;
leaves change colours and fall to the ground.
Everything has a spirit, every living thing
preparing for winter and setting the tone ;
ready for change.



It can be a reminder to turn inward,
slower our pace. The elders share
stories helping us to embrace change.

The teachings given encourages us
to release habits and roles that
no longer serve us. It invites us
to let go and envision a true
path to strengthen our gifts that
was given to us.



As nature slows down we invite you to
turn inward and slow down as well,
rest, make space for healing,
peace and new beginnings.

It's a time for future growth



Our own Inner spiritual journey and
spiritual cycle in alignment with a
clear vision.



I encourage you to take this time and
revisit your own spiritual path and journey.
It will enrich your health and wellness.

Msit No'kmaq.

How
are you
welcoming
autumn?

