



Welcome to RE!

This month's theme is Healing

The Truth about Thanksgiving

Each month, the Soul Matters curriculum dedicates one session to a different aspect of anti-racism and decentering whiteness work. When it comes to healing, so many brave and wise voices have lifted up the importance of telling the true history of Thanksgiving. This search for the true history is reflected in our Fourth Principle: "A Free and Responsible Search for Truth and Meaning" and our proposed Eighth Principle: "Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions." Our faith has taken up this work and called on white UU's to be especially vigilant about the work of correcting stories that have caused harm. So I hope you will join me this week in engaging in conversations and further learning about the truth of Thanksgiving and the true history of the Wampanoag people.

Gathering Together: Native Voices

This week, I invite you to take a virtual trip to the [Tomaquag Museum](#). They have a fabulous [virtual children's hour](#) full of stories and fun. So let's go listen to native educator, Lynsea Montanari as she teaches us words in the Narragansett language, and in their most recent video, she tells a story about Cranberries, shows a fun drawing tutorial, and teaches the words in Narragansett for different colors of berries and numbers.

Stories for RE: Native Stories

- [Fry Bread](#), by Kevin Noble Maillard is a sweet and simple book about how fry bread connects Native Americans all over the continent.
- [The Story of Tisquantum](#), by Dayna Edwards is written text, not a picture book, so I invite you to read it to your kids. It's an important re-telling of the origins of Thanksgiving.
- [The First Thanksgiving: What really happened](#), created by Uncivil History is animated drawings of the real story of Thanksgiving, better for older kids.

[Here is a compilation of picture books](#) written by Native Americans and First Nation Canadians.

Some awesome videos from and about Indigenous life:

- [The Wampanoag Way](#) follows two contemporary Wampanoag girls as they show what life was like centuries ago.

- [N'we Jinan Artists - "Come and Listen"](#) was created by students in Penticton Indian Band, British Columbia in collaboration with [N'we Jinan](#), a non-profit dedicated to developing and creating artistic and educational programs in First Nations communities and schools in Canada.
- [6 Misconceptions about Native American People](#) is an awesome short video of teenage Native American youth responding to misconceptions

Songs of Joy:

Listen to this [Honor Song](#) from the Mashpee Wampanoag Tribe. The accompanying video has beautiful images from one of their powwows.

Mindful Moment: Mindful Eating

This is a wonderful practice of mindfulness in which we very slowly, deliberately and mindfully eat something together. I invite you to use a cranberry, either dried or fresh, as it would have been part of the shared meal between the Wampanoag and the Pilgrims. Also, the Wampanoag celebrate [Cranberry Day](#) and many native tribes celebrate cranberry thanksgiving.

Before putting the cranberry in your mouth, use your other senses. What color is it? Is it wrinkled or smooth? Before we taste it, try smelling it. What does it smell like? Before we eat it, take a lick of it. How does it feel on the tongue? Before we pop it in our mouths, take a teeny tiny bite. What does it taste like? Now roll it around in your mouth and feel all the sides of the cranberry. How does it feel in your mouth? Bite it between your teeth. Is it soft or tough? Now really chew it up. How many chews can you chew before it becomes mush and you swallow it? Can you feel it going down your throat? Can you still taste it after you've swallowed most of it?

Soulful Connections:

Let's make some [Wampanoag recipes](#) this week. There's a whole long section on cranberries!

And as we cook and eat together, let's tell and discuss the real story of Thanksgiving with some of these resources

- [How to explain the real story of Thanksgiving to our kids](#)
- [The real story of the first Thanksgiving](#)

We hope you are able to weave some of these offerings into the tapestry of your family days.

May they bring you joy and connection.

Please feel free to email Lee with any questions, comments or feedback! We would love to hear how you are using these offerings and any other ideas you have for what would be supportive for you and your kids.

uucsdre2@gmail.com

