

# Sharing Circle Guiding Principals

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Tina Kakepetum Schultz  
KOTM Community Engagement  
Coordinator



# Opening Prayer

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Ask an Elder before hand to say the opening prayer. Most traditional Elders will expect an offering of Tobacco or a gift. Native people believe in the holistic way of life and believe that there is a higher power that gives life.



# Description

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- Sharing Circles are an effective means for drawing out concerns and local issues as well as stimulating and sharing community innovation. Sharing Circles highlight individual thoughts with stories and are an important method of understanding broad issues of healing and wellness for community members.



# Guidelines

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- We are all equal
- No judgements upon another or on ourselves.
- Remember to use the Seven Gifts of love, sharing, honesty, trust, humbleness, respect, and wisdom in the circle.
- What is said within the circle stays within the circle unless it is agreed ahead of time to put it on paper for documental purposes.





# Guidelines Continued....

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- Respect each other's right to speak as long as she/he is holding the stone.
- A person can pass the stone if they don't have anything to say.
- Seek healing by sharing and understanding yourself, not trying to get others to change for you.
- Nothing is coincidental; there are reasons for every experience.
- Offer your support, not your pity when healing comes to others within the circle.

# Guidelines Continued..

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- Each person in the circle will introduce themselves and share their thoughts and feelings, experiences on the theme of discussion. And end with a thank you and pass the talking stone to let the next person continue with the sharing circle. Not everyone is expecting to speak, if you feel you are not ready you can say "Pass" and wait until the next time the stone comes back to you.



# Closing prayer

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Everyone come together in the circle and join hands as the Elder says the closing prayer.

**End the Sharing Circle by completing this exercise.**

**MiiQuetch for your participation!!!**

# Exercise

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Sometimes the circle can get too heavy and emotional. Have everyone shake their whole bodies together:

- Start with head
- Shake your shoulders
- Shake you arms
- Hands
- Hips
- Knees
- One foot at a time

Than have everyone hold hands and bring their hands to the floor at the same time and bring them up as high as you can to the ceiling. As your arms go up, scream as loud as you can and release the tension that has build up while being in the circle. It's good be a child from time to time.



# MiiQuetch!!

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## *Presenter*

*Tina Kakepetum Schultz  
Telemedicine Community Engagement  
Coordinator*

[tinakakepetumschultz@knet.ca](mailto:tinakakepetumschultz@knet.ca)

1-800-387-3740 Ext. 1327

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