

# Wela'liek

Thank you for your contributions

Individual Private Donors

PLFN Fisheries

PLFN Health Centre

Colin Osmond & University of Saskatchewan

PLFN Native Women

Mckiggan Hebert Law

Ellen Page

Mi'kmawey Green Communities Program

PLFN Community Members



# We have come a long way ...

Join us in honoring our lost loved ones, acknowledging our resilience, strength and courage as our healing journey begins.

\*\*\*\*\*PLEASE NOTE\*\*\*\*\*

These community events are open to allies and guests but are CLOSED to all MEDIA outlets, please respect our wishes & thank you for your understanding.





**Thursday Jan 30<sup>th</sup> 2 pm – 4 pm**

Community member T-shirt pick up  
PLFN Band Office Board Room

**Thursday January 30<sup>th</sup> 6:00 pm**

**Candlelight Mass**

Remembering and Honoring those we have  
lost along the way.

5:30 pm – You can arrive early to write the  
names of your loved ones on your drip  
protector. ( candles, paper and colored  
markers available)

Location: Our Lady of Perpetual Help  
Church

**Lighting of Sacred Fire**

Time: 12:00 Noon  
Location: PLFN Gym ( behind)

**Friday January 31<sup>st</sup> 2020**

**Sunrise Ceremony**

Time: 7:30 am  
Location: PLFN Gym ( behind )

**Water Ceremony**

Time: 10:00 am  
Location – PLFN Bridge  
(Women please wear long skirts)

**Community Potluck Feast/Social  
with Guests and Allies**

Time: 3:00 pm – 5:00pm  
Location: PLFN Gymnasium  
\*Please bring your favorite dish to share\*  
2:30 pm - Food drop off (Please label your  
ingredients)

- Opening prayer
- Mi'kmaq Feast Song
- Chief and Council Welcome
- Words from our elders
- Gift presentations
- Closing prayer

\*\*\*\*\*  
**BREAK 5pm – 7 pm – Clean up and set up  
for evening activities Volunteers needed**

**Evening Family Social**

Drug and Alcohol-Free Family gathering  
with the Relatives, special guest Dave  
Gunning

Time: 7:00 pm – 9:30 pm  
Location: PLFN Gymnasium  
Pizza and pop/water will be available.

**Volunteers needed to assist in clean up**

**Saturday Feb 1<sup>st</sup> 2020**

**Community Breakfast**

Time: 9-11pm  
Location - PLFN Fire Hall

**Gathering for Women and Girls –  
Dragon Fly Painting**

Time – 2:00-4:00 pm  
Location – PLFN Training Centre

**Gathering for Men and Boys –  
Talking Circle with Junior Peter  
Paul**

Time: 2:00 -4 pm  
Location – PLFN Health Centre

**Sunday Feb 2<sup>nd</sup>, 2020**

**Closing of the Sacred Fire**

Time: TBD  
Location: PLFN Health Centre

**Community Dinner and  
Presentation of the PLFN Well-  
Being Study.**  
( PLFN ONLY)

Time: - 12:00 pm – 3:00 pm  
Location – PLFN Gymnasium

“People working together in a  
strong community with a shared  
goal and a common purpose can  
make the impossible possible.”



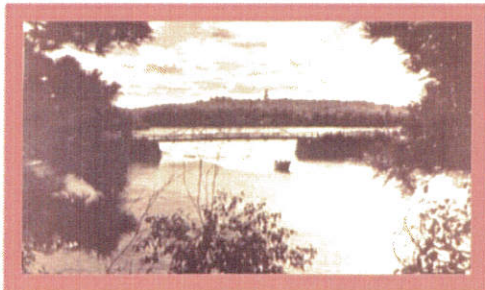


## You're Invited

Come together as we begin  
Our Healing Journey

# A'SE'K

Come and join us as we host community events to honour and remember those who have passed, gather to discuss A'se'k past and A'se'k future with family and our PLFN allies.



Contact:

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