

ST.PATRICK'S PARISH

DRUM BEAT NEWSLETTER

Healing and Reconciliation Ministry



September 2025



Sharing stories and reflections that build understanding, healing, and unity with Indigenous peoples, a journey of truth and reconciliation.

Let the drum guide our hearts forward.

SACRED RHYTHMS OF THE LAND - HONOURING SPIRIT THROUGH ACTION

"As the leaves begin to turn, so too do our hearts toward reflection. September invites us to walk gently with the land, honouring the sacred teachings of our ancestors and the spiritual pulse of community."

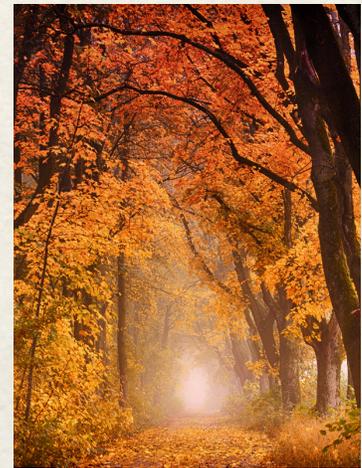
As the drum echoes across the land this fall, it carries not only the voice of history—but a call to presence. September marks a time of gathering and listening. In the spirit of truth, healing, and reconciliation, we invite you to walk with intention, honouring the rhythm of the Creator and the wisdom of our Indigenous brothers and sisters.

Reflection: Walking the Path of the Fall Equinox

The Fall Equinox invites balance—not just in day and night, but in spirit. In many Indigenous traditions, this is a sacred moment to pause, reflect, and give thanks for the harvest, both physical and spiritual. Elder teachings speak of the four directions being in harmony, guiding us with respect and clarity.

"Water teaches us stillness. Fire teaches us renewal. The Equinox is where we meet both." – Tracey Whiteye, Anishinaabe Elder

Whether in ceremony or silent walks through rustling leaves, this time reminds us: healing begins when we align ourselves with the natural flow of creation.



Creative Corner: Beading Circles for Healing

Art is ceremony. Across communities, beading circles are blossoming as spaces of connection, spiritual expression, and emotional restoration. Threads carry stories, colors hold teachings, and each bead stitched is a prayer of resilience.

"I bead with my auntie and the ancestors. My hands may be young, but our medicine is old." – Participant, Thunder Bay circle

Want to start your own circle? Invite friends, share stories, offer space—and let the beat of creativity flow.

Ceremonies, Practices & Stories

Ceremony Spotlight: Sweat Lodges & Smudging
Indigenous ceremonies like sweat lodges and smudging offer profound space for purification and reconnection. Participants enter not just seeking warmth, but spiritual cleansing—surrounded by earth, fire, and the guidance of Elders.

"Inside that circle, you leave behind your pain. You sweat out your stories, and you emerge lighter." – Youth participant, Turtle Island Lodge

The scent of sage, cedar, and sweetgrass lifts prayers to the sky. These practices remind us that healing is sacred, and shared.



SACRED RHYTHMS OF THE LAND - HONOURING SPIRIT THROUGH ACTION

Reflection: National Day for Truth and Reconciliation – September 30

September 30 is more than a date—it’s a sacred pause. A moment to honour the children who never returned home from residential schools, and to walk alongside Survivors, families, and communities in their journey of healing. It’s a day of truth-telling, of listening deeply, and of recommitting ourselves to reconciliation not as a one-time act, but as a lifelong path.

The drumbeat of this day echoes with stories—some painful, some resilient, all necessary. As part of Drum Beat, this reflection invites us to hold space for grief and hope in equal measure.

“Truth must come before reconciliation. We cannot heal what we do not acknowledge.”

Across Turtle Island, ceremonies, gatherings, and teachings remind us that reconciliation is not symbolic—it’s spiritual. It asks us to confront the legacy of colonialism, to educate ourselves and others, and to act with humility and courage.

At St. Patrick’s, as in previous years, we are planning a reconciliation event at our church on Saturday, September 27th. Please save this date in your calendars as more details will be provided.

Other Ways to Reflect Spiritually

- Light a candle in memory of the children lost and the families forever changed.
- Wear orange as a prayer of solidarity and remembrance.
- Read the [Truth and Reconciliation Commission’s Calls to Action](#) and choose one to live out.
- Join a local Indigenous-led event or ceremony with an open heart and listening spirit.

Let this day be a drumbeat in your soul—a rhythm that calls you to truth, justice, and sacred relationship.

September in the Greater Toronto Area (GTA) is rich with Indigenous-led events that honour culture, spirituality, and the journey of reconciliation. Here’s an overview of gatherings and commemorations happening throughout the month. These events offer space for spiritual reflection, cultural celebration, and community healing. Many are free and open to all, with opportunities to learn from Elders, artists, and knowledge keepers:

Date	Event	Location	Focus
Sept 22	ReconciliACTION Market	St. Lawrence Market, Toronto	Artisan market, performances, community dialogue
Sept 27-30	Indigenous Legacy Gathering	Nathan Phillips Square, Toronto	Ceremonies, teachings, Spirit Garden opening
Sept 28	Community Pow Wow	Dufferin Grove Park, Toronto	Dancing, drumming, red dress commemorative dance
Sept 28-29	Festival of Indigenous Stories (TIFA)	Harbourfront Centre, Toronto	Indigenous authors, storytelling, cultural dialogue
Sept 29	Reconciliation Walk & Art Trail	Village at Black Creek, Toronto	Guided walk, art installations, reflection spaces
Sept 30	National Day for Truth and Reconciliation	GTA-wide	Sunrise ceremonies, film screenings, community gatherings