

# Native Good Life ROSC Council Meeting Minutes

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Date: April 1, 2026

Location: Virtual Meeting

Facilitator: Sherrine Peyton

## 1. Call to Order & Welcome

The meeting was opened by Sherrine Peyton. Participants joined virtually, and space was held for reconnection, particularly acknowledging recent absences due to health and ceremony commitments.

## 2. Participant Updates

Gabriel Ayala shared an update on his recovery following hospitalization and expressed gratitude for community support. The group acknowledged the importance of care, patience, and reconnection.

## 3. Program & Collaboration Discussion

A potential collaboration was introduced involving a documentary on the Underground Railroad in Illinois. The project highlights the history and contributions of Black freedom seekers.

Discussion included:

- Hosting a screening at Trickster Cultural Center
- Incorporating a speaker or panel discussion
- Creating space for reflection and dialogue
- Aligning with Healing Illinois grant goals

The group also discussed incorporating cultural elements such as opening blessings or songs to support a healing-centered experience.

#### **4. Program Updates (February–March Activities)**

Recent programming included multiple ceremonial and cultural events:

- Round Dance (January)
- Aztec Dance Ceremonies (February), including union, naming, and honoring ceremonies
- Temascal (sweat lodge)
- Celebration of Life gathering
- Mexica New Year ceremonies (March)

These events emphasized community engagement, cultural practice, and collective healing.

#### **5. Indigenous Healing & Ceremony in Practice**

Discussion emphasized the importance of ceremony within Indigenous healing frameworks:

- Ceremony requires time, preparation, and respect for protocol
- Practices vary across tribes and traditions
- Employers and organizations must remain flexible and culturally aware
- Healing extends beyond individuals to community and relationships

#### **6. Language Shift: Recovery to Healing**

A key discussion highlighted a shift in language from 'recovery' to 'healing.'

Participants emphasized:

- Healing is holistic and ongoing
- It includes spiritual, emotional, and community dimensions
- Traditional models do not fully capture Indigenous healing practices

#### **7. Reflections on Ceremony & Re-Entry**

Participants reflected on the challenges and importance of re-entry after ceremony:

- Re-entry requires time, care, and community support
- Ceremony provides spiritual grounding and renewal
- Participants expressed increased clarity, strength, and purpose following ceremony

#### **8. Role of Humor in Healing**

The group discussed the importance of humor as a healing tool:

- Humor helps relieve stress and tension

- It strengthens relationships and trust
- Shared laughter creates connection and resilience within community

## **9. Key Takeaways**

- Ceremony is central to Indigenous healing practices
- Healing is collective, not just individual
- Cultural awareness and flexibility are essential in programming
- Language matters—'healing' better reflects the work than 'recovery'
- Humor and connection are vital components of wellness

## **10. Adjournment**

The meeting concluded with gratitude for shared space, continued healing work, and commitment to community-centered programming.