

Native Good Life ROSC Council Meeting Minutes

Date: March 18, 2026

Location: Virtual Meeting

Facilitator: Sherrine Peyton

1. Opening & Welcome

The meeting was called to order by Sherrine Peyton. Attendees were welcomed, and it was acknowledged that some members were unavailable due to participation in ceremony.

2. Opening Prayer

Sarina Kìh Golán Deyol opened the meeting in a good way with prayer and smudging, offering gratitude for the gathering, protection for those in ceremony, and intentions for collective healing.

3. Introductions

Participants introduced themselves and shared their roles and connections to the work across community, programming, healing, and advocacy.

4. Program Overview & Goals

Vision: Living the Good Life

Mission: Supporting healing through Indigenous cultural sharing

Key Goals:

- Reduce stigma around Indigenous healing
- Increase awareness of ceremony
- Expand access to culturally grounded care
- Strengthen Indigenous-led services

5. Main Discussion: Indigenous Ceremony & Healing

Discussion centered on ceremony as a connection between spirit and Creator, the importance of seasonal alignment, and the role of discipline, preparation, and community participation in healing.

6. Group Reflections

Participants shared reflections on applying ceremony in healthcare, cross-cultural connections, inclusivity of spiritual practices, and respectful observation of ceremony.

7. Key Takeaways

- Ceremony supports both individual and community healing
- Healing can be integrated into daily life
- Intention and respect are central to practice
- Indigenous teachings provide holistic wellness frameworks
- Supporting ceremony includes honoring protocol and space

8. Closing Reflections

Participants expressed gratitude for shared teachings, community space, and opportunities for learning and connection.

9. Adjournment

The meeting concluded with appreciation for all participants and acknowledgment of ongoing ceremonial work.