

# Self-Guided Prayer for Families

## WEEK 3



# How Much Longer

### MATERIALS

Blank paper • Crayons, markers or paint • A quiet table or floor space

### Tips for parents/caregivers

Keep the space safe and open. Some children may want to express sadness, some anger, some hope. Emphasize that feelings are OK and spending time being creative and reflecting is a way of praying and caring.

### Gather Together

Gather as a family and sit quietly for a moment.

Slowly read aloud this excerpt from a poem by Rita Joe, a Mi'kmaw poet. Have each person read a line if they want.

Excerpt from *I Lost my Talk*

*I lost my talk  
The talk you took away.  
When I was a little girl  
At Shubenacadie school.*

*So gently I offer my hand and ask,  
Let me find my talk  
So I can teach you about me.  
— Rita Joe*

Pause and invite everyone to notice their feelings.

## REFLECT TOGETHER

- How do you think Rita felt?
- Have you ever felt like your voice wasn't heard?
- What do you think it means to find your talk?

## Express Through Art

Use your paper and crayons, markers or paint to express what you are feeling.

Some ideas:

- Draw what it feels like when someone's voice or culture is silenced.
- Draw symbols of hope, resilience or traditions that survive.
- Show your own "talk" or voice, how you want to share your story.

Tips for kids:

- There is no right way to do this.
- Use colours and shapes to show feelings.
- You can even write words, letters or symbols that feel important.

## Lament and Reflect

On the page, say or write about the sadness you feel.

## REFLECT TOGETHER

- What do you feel when you hear this poem?
- How long should it have taken for voices like hers to be heard?

You can write a question, a word or even a drawing to show your sorrow.

# Commitment to Reconciliation

Think about ways your family can help honour and support Indigenous voices and cultures:

- Listening to stories of Indigenous languages.
- Learning about traditions or ceremonies with respect.
- Speaking up if you see someone being silenced or treated unfairly.

Write or draw these commitments on your artwork as a reminder.

You could say something like:

- I will listen carefully to other voices.
- I will celebrate culture, language and stories.

Sit quietly with your family, holding hope and care for others.

## Prayer

*God of all voices and stories, we remember the harm that was done when people were silenced. We are sorry for what was taken and for the pain that continues. Help us listen, learn and act with courage. May our words and actions bring respect, love and space for every voice to be heard.*

## Optional Family Discussion

Invite children to share their artwork or thoughts.

### REFLECT TOGETHER

- What did you learn from listening to the poem?
- How can we celebrate each other's voices at home and in our community?