

Self-Guided Prayer

WEEK 3



How Much Longer

MATERIALS

Blank paper • Paint, crayons or markers • A copy of *I Lost My Talk*
A quiet space with a small table or floor area

Centring and Listening

Sit quietly and read slowly through this poem by Rita Joe, a Mi'kmaw poet.

I Lost My Talk

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

You snatched it away:
I speak like you
I think like you
I create like you
The scrambled ballad, about my word.

Two ways I talk
Both ways I say,
Your way is more powerful.

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

— Rita Joe

REFLECT QUIETLY

- How does it feel to hear this pain?
- Through drawing, colouring or painting, reflect on:
 - The harm caused by silencing languages, faith and cultures.
 - The resilience and persistence of the voices that survived.
 - Your responsibility in these systems.

Focus on expression, not skill. Let the art be a prayer as you express your sorrow for the losses that cannot be restored.

Lament the question: How much longer must this continue?

Commitment to Reconciliation

Reflect on concrete steps to repair harm:

- “I commit to learning, listening and speaking only in ways that support Indigenous voices.”
- “I will take these steps to ensure I do not repeat harm.”
- “How can I act to repair harm and honour what was lost?”

You can write these commitments on your artwork as a living reminder.

Closing

Sit in silence, holding grief, accountability and hope.

Prayer

God of all voices and stories, we acknowledge the harm of colonization and the systems that silenced language, faith and culture. We lament what has been lost and hear the question: How much longer? Give us humility to listen and courage to act, and wisdom to honour and restore what was taken. May our hearts, words and actions bring reconciliation, justice and space for every voice to flourish.