



A Shooting Star is not a Star it is a Meteor – played on a Record Player by my Astronomy Professor at U of A in 1982 Dr Weichmann

Catch a Falling Star and put it in your pocket....never ever let it go! Walt Disney (WD) 1950's

I was born in 1953, so my view of the universe is different than others born later...others that were exposed to more of the corruption in the world...such as what happened to Disney entertainment after Walt died. In fact, on reflection, I was on the same day as Walt; possibly why I still have in many respects (compared to my colleagues) a childlike view of life...a belief in a Paddington type world...and still a strong belief that when 'like-minded' people band together

with singularity of purpose; there is nothing we cannot achieve for our fellow humans...

It's nearly the end of July 2020; and were still in somewhat of a pandemic world; and I finally managed a few days OFF last week...what a treat! We did not go anywhere as planned due to more pandemic scares; however, once I adjusted to the concept 'accept the things I cannot change' perspective...*serenity* stepped in and I was filled with the peace and gratitude of *everyday life*...I have a roof over my head, a bed to sleep on, food to eat, work to do...and people that care for me, and I care for them. And; as my time off was winding down, I purposely went outside after midnight to see the comet *NEOWISE*...and at best it was very faint...as I knew where to look, I am an astronomer (amongst other things)...HOWEVER; I was blessed with seeing a brilliant "shooting star" – my bit of time away was complete...I could head back to work knowing I had a chance to experience "something other" – a chance to remember that Creator is in my life to the degree that I stop and allow Creator in – take the time to be here now – let go and let God – be still and know that I am God – so together with the mad massive storms of last week, I felt truly blessed with witnessing God's creation- and knowing there is a power greater than myself at work everyday of my life...

I often suggest to young people searching; to record their dreams; not the junk dreams, the vivid – lucid dreams – over time your dreams will tell a story – your story...dreams provide the direction, guidance, knowledge and wisdom in life-to keep us enthused and moving forward in Creator's ways...being Co-Creators with our Higher Power (HP) of our understanding...

So as a child when I heard that song "catch a falling star and put it in your pocket" (I think Andy Williams sang it together with "if you wish upon a star")...I could return to that "sense of wonder" no matter how nuts the alcoholic environment was that I grew up in...

Later when I went to university for my BSc in Astronomy Physics, I remember my astronomy professor Dr Weichman playing on a record player (now I am dating myself) "a shooting star is not a star it is a meteor", as I learned about the scientific understandings with respect to how our universe works. I had previously learned about herb and root knowledge from studies and Elders; now I was tying the star world to my herbal healing and understanding. Unconsciously, I was recovering for myself my Hunkpapa Lakota Sioux and Highland culture in a contemporary metropolitan environment.

After this, I needed to deal with my present ...the fact that I kept repeating the surrounds of an alcoholic environment-so I learned about the “friends and relatives of alcoholics” and about “adult children of alcoholics” and applied the reality of the 12 step recovery program to my daily life...ergo I studied and also became a Certified Women’s Counsellor through Women’s Studies at U of A Faculty of Extension together with becoming a Registered Social Worker.

Red Road was born at this time, and I learned about ‘collective addiction and codependency’...the ‘all or nothing’ approach to EVERYTHING...that can paralyze individuals, families, communities and nations...this lead me to First Nation legal studies in order to learn collective solutions ...simultaneously, I continually must recognize the importance of recycling and refreshing my own life in order to be of service, comfort and guidance to others...hence; a continual work in progress...(I believe I touched on this in June)...

Therefore; collectively, the more each of us do not turn a ‘blind eye’ to our own recovery program-process...the more we can provide quality service to others...practice these principles in all our affairs...one day at a time.

Hence; the reason for our Friends of Bill W. nooner on Monday, and Friends of Lois W. nooner on Wednesday at Red Road. Join us for our outdoor meetings on the south third floor patio when the weather permits; or in Room 131 when the weather is inclement.

Red Road is open more fully; although, we are still social distancing, and minimizing client intake. That is; one person at a time, and requiring that people wear masks which we have on hand. Crafting will be in room 131 on Thursdays; Health For Two on Tuesdays; legal services, counselling and therapy, will be first come first serve and by appointment. Home visitation, in home family support, outreach, parent education and Indigenous family cultural support is available at the HUB and with our partnering spokes. Please call in for those needs. Also Food Hampers are on Mondays either room 131 or outside...take advantage of all the Indigenous service that is currently available...there is a registration procedure with Red Road...if you are not registered, please come in and get registered...and register at Yellowhead Tribal College and or The Learning Centre for literacy at the same time if those are some of your goals...applications are free and there are ways and means to get laptops and tablets...AND Yellowhead Tribal Council Family Supports now has an office in THE ORANGE HUB.

Once again, THE ORANGE HUB (TOH) has great synergy...people love to help...its mostly a Paddington type world...not really...but sometimes...

Please let us know how we can help if you are struggling or just want to chat...

Stay well my relatives...so those around you may be well too!!

Mitakuye Oyasin

Joanne Lethbridge Pompana

THE RED ROAD HEALING SOCIETY