



MISSION IN WIKWEMIKONG ON BEAUTIFUL MANITOULIN ISLAND



The population of *Wikwemikong* is approximately 2,000
And is located on the far eastern strip of the island.

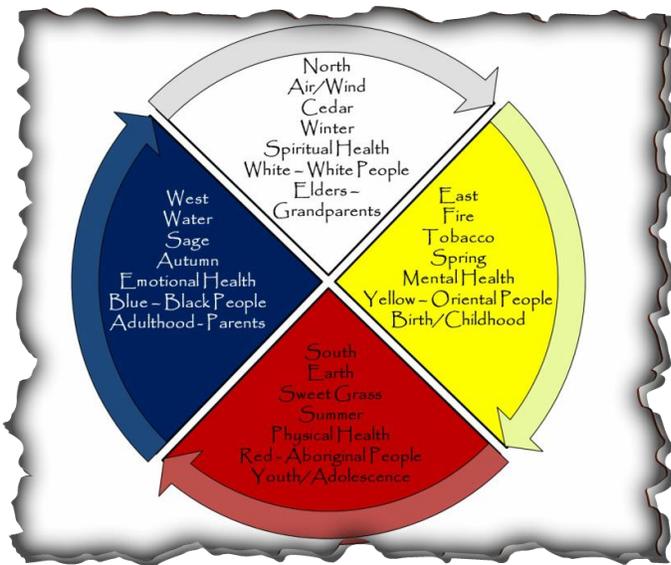


I, Terry Matilda Beaudry, was born and raised in this small village of Wikwemikong and I took Sr. Kateri as my religious name, after Saint Kateri Tekakawitha. In 2011, I came back to this village for family reasons. While here, I began working at *Ngwaagan Gamig Recovery Centre* also known as *Rainbow Lodge*, a treatment centre for drug and alcohol addictions. At this work place, we have two departments, the larger one being for 'treatment' and the other for 'prevention.' I work in 'prevention' with one co-worker and a

supervisor. We meet people individually for support & counseling, also for pre-treatment and aftercare once treatment is completed. I also go to the middle school for Grade 4s to do a 'character building' program, from which I am also learning a great deal. At the same school, I

also go to the Grade 7 and 8 classes to teach about the negative effects of drugs and alcohol addictions. In the teaching for prevention, both with individuals and in class, I use the medicine wheel teachings which is basically teaching about living a holistic lifestyle.

In the picture of the medicine wheel, downloaded from the internet, there are four quadrants of health and well being. As you see, in the First Nations culture, there is also a teaching of four directions and the four directions within the medicine wheel or four quadrants. Within these quadrants are the four areas of our being, the emotional, mental, physical and last, but not least, is the spiritual. I usually begin with the physical and the ways we need to consciously take care of our bodies. This is usually the safest place to start and everyone can relate to this. Then I move on to the mental aspect, which is another area that is not too threatening for most people, then the emotional aspect where we venture into uncharted territory for many people



who have living problems, which any addictions basically are. Lastly, I approach the most important part of life and the most neglected, the spiritual, the deep quiet and often unsuspected source of each person's being. This is the most disconnected, yet the most essential part of living many people are missing. To put it briefly, this is the journey of life, working to bring balance to these areas. I am grateful for having taken courses in theology and spiritual direction to open my mind and heart to see God in every aspect of life thus being able to talk with ease about spirituality.

My every other weekend ministry is working at *Community Living*, a home for developmentally challenged adults. I really enjoy working here. For two years, I worked every other Saturday and Sunday, then took time off during the summer and fall of 2016. I went back in February 2017 to only working every other Saturday. Here, we are mostly responsible for household chores like cooking, cleaning and supporting the men we look after. Working at this place keeps my life in perspective and grounded in God through the simplicity of life. When I assist these men, I feel a connectedness to our Benedictine spirituality. I am not a natural cook, but when I cook for these men, I try to make it as tasty and nutritious as possible. I am grateful for my years of Kentucky experience where I learned not to be afraid of using spices and that I can never go wrong. Thank you, Miranda, for teaching me. I also clean and do laundry, which again brings me back to my original attraction to the Missionary Sisters of the Precious Blood with a caption that read, 'no talent too high, or none too humble for the glory of God.'



After five years of being back here in my home village, I have also become involved in a social health and wellbeing committee where I participate as a member and attend meetings twice a month. From this committee, I was invited to be part of Manitoulin Island's *First Nations Health Board*. Again, both these committees are focused on the health and wellbeing of our people living here.

The church in this village and all of the island is serviced by the Jesuits who have been here for about two hundred years. My participation is minimal and informal, such as helping with tidying up after Sunday Mass café at the rectory. My chore, generally, is being one of the dishwashers. I also attend parish council meetings when I am available. Recently, I have started helping with the Baptism preparations for parents of babies to be baptised. Occasionally, I also bring Communion to some elderly people who are not able to make it to church on Sundays.

On the home front of things, I have become quite interested in St. Francis and have adopted him as a patron, sharing his love for all of God's creations. In recent times our village has an abundance of dogs, so naturally I have developed a love for them. Since I live alone, they have become my companions and protectors. All are God's creatures and all is his creation.

This is my mission.

Sr. Kateri Beaudry, CPS

