



## Circle Protocol

*“Wholeness - All things are interrelated. Everything in the universe is a part of a single whole. Everything is connected in some way to everything else. It is therefore possible to understand something only if we can understand how it is connected to everything else.”*

- The Sacred Tree



### **The Circle is like a basket. “What is said in the circle, stays in the circle”**

The Circle is like basket. You can put into it what you need to and leave it there. Because of this, what is said in the circle stays in the circle. It is a safe place. Quite often doors are locked and a sign put up on the door saying “circle in progress”. This is to respect the spirit of the people participating. It can be very disruptive for someone to walk in during the circle. An example of this would be when an elder is speaking about an emotional topic like their experience at a residential school.



### **We are inviting our Ancestors into the circle**

When we gather in the circle formation, we are asking our Ancestors to be present. Being mindful of this, we must open respectfully. Begin the circle with an acknowledgement of the local territory on which the circle is held, and protocol for the circle should be given or reiterated prior to starting.



### **Basic Expectations**

- All electronic devices are to be turned completely off. No headphones.
- No hats to be worn during circle.
- Nothing should be crossed and feet should be flat on the ground. This allows us to be open, and to keep the energy flowing and grounded - ready to receive and participate in what is being said and shared in the circle.
- Show respect through our body language - sitting up, no slouching and being present.
- Arrive early as the door may be locked afterwards, being on time demonstrates respect for others.
- Only “I” statements are to be used in the circle. No one in the circle or outside of the circle should be singled out.
- Make sure there are no empty chairs in the circle.
- No eating or drinking during circle
- If at all possible, remain in the circle until it is completed



## The Use of the Eagle Feather

The Eagle Feather is used in the Circle for many reasons. Whoever has the Eagle feather is the only person speaking at that time. It is their time to speak their truth. All others are listening with intention. We must speak and listen with honesty, integrity, authenticity and love. Without the listeners, the speaker is alone. Both play a vital role. The Eagle feather is sacred and must be treated as such. It should be held upright, and the speaker can use it to give them the strength and courage to tell their story wholeheartedly. If an Eagle feather is not available, a special or sacred object of your choosing can be used, and should be treated in the same way.



## The Four Rounds of the Circle

\*The number four is an important number in Indigenous worldview\*

- At the beginning of the circle introductions are made by all participants. **Respected** Lkwungen elder Skip Dick gave the following teaching- when you are in circle you must stand up, and take a small step forward because who you are and what you say matters. You have been given a voice and you need to use that voice.
- In the west, circles flow counter clockwise to follow the path of the moon. In the East circles flow clockwise following the path of the sun. Therefore, on Coast Salish territory, you pass the feather to the person on your right when you finish speaking..

### Round 1- Traditional Introduction

- Stand up, take a step forward and **state your name**, what your **heritage** is, and or where you are from. If you are Aboriginal, you give your **name/names, and the nation/nations you belong to**.
- Next, state **how we are feeling that day using a scale from 1-10**. This allows all in the circle to be mindful of those who may not be feeling so great, and draw on those who are feeling stronger that day.
- If a participant is feeling as though they are truly not able to speak, they may pass by saying "all my relations", thereby acknowledging those in the circle, the ancestors, and our connection to all that is.
- When we introduce ourselves in this way, we give context to who we are and where our worldviews come from.
- If there is a guest present in the circle, go and shake their hands and welcome them.

### Guests

- If a guest is present each person will introduce themselves, say how they feel using on a scale of 1-10.
- In addition- if the guest is Aboriginal, each person present will **say who their parents and grandparents are**.

- This provides an opportunity for the guest to get to know the students and their families.
- Also, when stating who the relations are, we find out that many in the circle are related and family ties are acknowledged.

### **Round 2/3**

These rounds are used to facilitate discussion. You can tailor them to suit your needs. If you have a guest present, round two can be used to give the guest the space to share their stories/teachings. The guest must be given a time frame prior to the circle so that they know how long they have, and can prepare for it. The third round can be utilized for students to give feedback and thank the elder. Each round is started by the person facilitating the circle.

### **Round 4**

This is the gratitude round. Each person shares something they are grateful for. This brings the circle to a close in a good way. Sometimes we may ask participants to state how they feel after the circle from 1-10 again, to see if they are feeling better, and acknowledge this.

- If you have a guest in the circle, the guest must be gifted. Elders are generally gifted with a blanket, but the ANED staff at your school can assist you figure out what is an appropriate gift. This is to pay respect and acknowledge the teachings that have been shared. In addition, ANED provides honorariums to Elders, this process for the request must be done prior to the Elder's participation in the circle.
- Provide the Elder with some water, coffee or tea upon their arrival at the school.

Teachings shared by Sarah Rhude and Diane Sam. Please contact us for further information, or use of this handout.

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