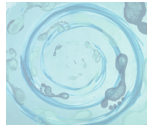


WELCOME FULLY, JUST AS YOU ARE.



Welcome.

We'd like to welcome those of you who are joining us from a distance and those who are joining from nearby.

Wherever you are just now, we can begin by acknowledging the Indigenous peoples in whose land we are sitting. We acknowledge them and their ancestors, and we offer gratitude for their stewardship of this land, and for showing us how to care for the land, the waters, and the life in this place.

Welcome to this circle. Welcome if this is your first experience of this kind and welcome if you've done this kind of thing before.

Welcome if you are 100% enthusiastic and glad to be here, and welcome if you feel a pull not to be here because of other things on you right now.

Let us welcome each of our respective backgrounds and ethnicities into this space. We can take a moment to reflect, and ask ourselves: am I Indigenous to this land? Am I a settler? Am I a newcomer who has recently come to call this land home? What is my current connection with this land? Let the space we are creating together today welcome in the languages, the cultures, and the ways of knowing we hold in our bodies. Each of us, and all the ancestral lines within us, can be welcomed.

Welcome to those of you who are trans, who are female, who are male, who are non-binary or gender-fluid, and welcome if these gender descriptions don't work for you. And welcome to all sexual orientations and all ways of loving. Everyone belongs here.

Welcome to people of every age! And welcome if you have a lot of schooling in your background, and if you haven't done much with formal education. Everyone's wisdom belongs here.

To those who identify as agnostic, welcome. Welcome to the atheists. Welcome to those who identify as spiritual and to those who identify as religious. You are welcome here.

We'd like to welcome all bodies and brains here- all shapes, sizes, abilities, and expressions of neurodiversity. There is a lot of diversity in this space, and we'd like to welcome those parts of ourselves which might show up in this workshop. To the sad parts, the cheerful parts, the anger and the despair, the hopefulness, the silliness, and the solemn parts, we say 'welcome!' We can be ourselves here.

If you have experienced harm, witnessed harm, caused harm, forgiven or not forgiven harm, please know there is space for you here.

Thank you to the Earth, and thank you to each of you, for being part of this circle. Our collective presence is what makes this circle powerful.

May we use this container to feel, to process, to heal, and to discover ways of being that interrupt patterns of harm and nurture goodness for ourselves and for all living beings.

~

Sources: This Welcome Statement was written in collaboration by Amy Lister & Simone Hanchet. It is inspired by and adapted from the written words of George Lakey (2020) in his book, *Facilitating Group Learning*, and the spoken words of Mutima Imani in her workshop, *De-escalating Harm in Dominant White Bodied Spaces* (2022).

Please credit the sources listed above when sharing. This is a living document, and we welcome feedback.