

## We Retreat

Bended maples so we can heal  
Beating drums so we may feel  
Blue Jay called to bring us joy  
Red Fox to remind us to be coy  
Sunshine came to brighten our day  
Star people shine to show the way  
Circles, circles all around  
The crows' overhead as we dance on the ground  
Love did grow like the mighty oak  
Rooted strong with words grandmother spoke  
North South East and West  
Every direction meets to rest  
My spirit is fed, my belly is full  
As I surrender to nature's pull  
I embrace you my sisters; and myself too  
We will go forward with strength anew  
Our friendships will travel with us down the road  
Fortified by the stories we now hold  
These smiles will return just so long  
As we remember our names became song

~ Bape Ande Kwe, Laughing Crow Woman – Lynda Stewart ~