WARMUP

In Apache tradition, the arrival of Europeans was met with kinship through the word *shi'kí'*, a term that invokes the notion of *my house* or *my home* (i.e. a *safe space*).

"Those people who were suffering from all the ugliness in Europe were brought here by a spirit for healing, for a new chapter, a new way. That is the foundation the country should have been built on. From that point, it would have been an example throughout the rest of the world."

Wendsler Nosie Sr., San Carlos Apache Tribe

1. **Contain**

Attend to your immediate surroundings as your personal Sanctuary.

2. Open

Attend to your immediate surroundings as Sanctuary for others.

3. Note

Invitation to share