



# Wellbriety!

*White Bison's Online Magazine*

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## At Home in Boston April 25, 2003



Don Coyhis shares the story of the Hoop and the Wellbriety Movement in Boston.



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# White Bison Speaks

## At Home in Boston

**T**he White Bison Hoop Crew pulled up to the old brick building in the heart of Boston. The sign on the front of the building was adorned by artwork that made it easily recognizable as a Native community center. In the midst of the urban metropolis of a large city we were welcomed to the North American Indian Center of Boston (NAICOB).

NAICOB serves the needs of more than 6,000 Native Americans and Alaskan Natives who live within a forty-mile radius. We were honored to have over one-hundred people from NAICOB and the local community join us at this Wellbriety Day Gathering. We felt at home from the moment we arrived. People greeted us in the parking lot and offered to help carry our things from the van to the big open room in the heart of their Center. There was coffee, juices, and

breakfast foods already prepared and served by good hearts to appreciative people. Just like back home, the minute we finished our breakfast meal and left to begin the day's activities, those same good hearts and serving hands began cleaning up and preparing for the mid-day feast. In the heart of the building that houses NAICOB you can forget that you are in the middle of a large urban city. It feels more like you're gathering at the kitchen table of a relative.

Each local Indian Community we visit sends out its own signals to announce we're coming. It's as though the old-time village criers have been there before us. Here's what they announced in Boston:

The Boston Indian Community didn't just put on a Wellbriety event. The folks we met live, share, and

**The White Bison Journey of the Sacred Hoop is coming with a day-long wellness event for Native American and those working with them in sobriety and recovery. The Wellbriety Day visit and agenda consists of ceremonial events, presentations by Don Coyhis of White Bison Inc., as well as by members of the Native American community. We will have pot-luck feasts and meals. All activities are aimed at educating our community by providing culture-specific resources to help us live well lives, free of addictions and other dysfunctional behaviors.**

**The Wellbriety Movement and this Fourth Journey of the Sacred Hoop will focus on Healing Native Men and Children. The 100 Eagle Feather Hoop is a Native American cultural element that is an important part of each Wellbriety Day visit on Hoop Journey IV. The Hoop carries the gifts of Healing, Hope, Unity, and the Power to Forgive the Unforgivable. It is a centerpiece of the Wellbriety day gathering in our community.**

**Culture-specific means that a video, book, or training program is presented in a general format that Native Americans are familiar with. Some of the tools of White Bison include:**

- The Medicine Wheel and 12 Steps videos for men and for women.
- The Red Road to Wellbriety Book.
- The Seven Philosophies for a Native American Man booklet
- The Daughters of Tradition prevention program for Native American girls.
- The Sons of Tradition prevention program for Native American boys.
- The Hoop Journey Documentary videos..... and much more.

**As Native Americans we are proud of our heritage, our cultural gifts, and the healing journey all of us must take. This Hoop Journey Visit is part of that process. We encourage you to come to Wellbriety Day, to share our ceremony, learning circles, and our feasts and pot-lucks. We welcome you as our neighbors to share our healing pride.**

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support one another in healing. They welcome organizations like White Bison to come to their community and bring the tools and resources that will help them continue the healing of individuals and family that make up their community called the Native American Indian Center of Boston.



*At home in Boston—safe in Grandma's arms..*

### ***Our Song To You***

From the Opening Prayer, to the NAICOB Singers—  
From the Dancers who answer the call of the Drum  
and lead the procession for the Entrance of the Sacred  
Hoop—  
To those who actively participate by listening so atten-  
tively—  
From the scheduled Speakers who shared their stories  
and life lessons  
on their own Red Road to Wellbriety—  
To the impromptu speakers who offered feedback  
throughout the gathering—  
From the tiny baby girl, only 4 weeks of age,  
to the Grandmothers and Grandfathers—  
From the time of planning for this Gathering,  
and to the Closing Ceremony

where the women were surrounded by the Spiritual Warriors—The Protectors.

For all of this  
we give thanks  
for a day focused on the Healing of Native Men and  
Children.



*The NAICOB Singers offer an Honor Song during the Entrance of the Sacred Hoop.*



*Lucinda Light Bringer sang a Warrior's Honor Song as the men admitted the women and children into the Circle of Wellbriety and Protection*

In this good place we could feel the Spirit of the Ancestors and their desire for the healing of our Warriors and Children. The Ancestors were strong in the Circle when we were all gifted with a song by a

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*The Indian Center in Boston on a sunny day in April.*

beautiful woman, Lucinda Light Bringer, as she stood in the center of the Circle of Protectors—the healed men who watch out for, and watch over the women, children, and Elders of their community. For everything we experienced this day in the seen and the unseen world, we are grateful. ✚

*Vette Middleton  
Richard Simonelli*

We, at White Bison, extend our appreciation to the following for their contributions to today's Wellbriety Gathering in Boston, Massachusetts:

- Sam Sapiel (Opening Prayer)
- JoAnne Dunn (Executive Director of NAICOB)
- Don Silva (NAICOB Coordinator of today's event)
- ALL of the people of the NAICOB Community who work behind the scenes
- John Swzyd (Tecumseh House, House Director)
- The Local Al-Anon Community which supports and promotes healing.
- DRUM—The NAICOB Singers:  
Alex • Chee Nul Ka Pocknett • Timothy Swallow • Monolito Swallow • Don Silva
- The Dancers who brought honor to themselves, their families, and community during the Entry of the Sacred Hoop:  
Chee Nul Ka Pocknett • Madas Pocknett • Shyanne • Casey • Reina • Mailin Little • Felice Little • Dominique Little • Kayla Little • Audry Little ('Auntie' to all the Dancers)
- Hoop Carriers:  
Don Barnaby • Dale Francis • George Estudillo • John C. Oleson, Jr.
- Speakers:  
Don Barnaby • Monolito Swallow • Virginia (Gia) Augustine • Randall Moore • Millie Noble

Thank you to all of the People of NAICOB. Your name may not appear in materials, your face may not be the picture that is printed on a brochure to represent what is healing and good... but you are a vital part of healing.

***We honor all of you.***

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At Home in Boston

*Coming Soon to the Boston Indian Community*

**NATIVE AMERICAN  
RED-ROAD SOBRIETY  
POW-WOW**

*Date: May 31 – June 1, 2003*

*Time: 10 AM – 5 PM – Grand Entry at 12:30 PM*

*Performers: Drums by Invitation ONLY!  
Iron River and Medicine Bear Drums  
Flute Playing – No Open Fires – No Drugs or  
Alcohol Allowed (DUHH!)*

*Sponsored by: The Red-Road Native Americans in Recovery*

*Directions: 1940 County St. Next to Roderick Excavating  
(Across from Dighton Hwy Dept) Route 138 –  
Dighton, Mass.*

*Traders by Invitation ONLY • 508-880-6887*