



Canadian Friends Service Committee E-Newsletter



Video: Why are Canadian Quakers volunteering for justice and peace?

As a nonprofit and registered charity, Canadian Friends Service Committee has a board of directors comprised entirely of volunteers. Why are Quakers so enthusiastic about volunteering their time and skills to serve on CFSC? Let them tell you! In [this three-minute video](#) you'll hear directly from some of our board members. For more great video content [follow us on YouTube](#).



Dan and Mary Lou Smoke share the Water Song in newest video from our *Indigenous Voices on Reconciliation* series

For decades CFSC has partnered with Mary Lou and Dan smoke in multiple ways including financially supporting their educational radio show *Smoke Signals*. In this [new short video](#) the Smokes share the Water Song with their drums and voices. You'll hear what singing means to Mary Lou, and how it has enabled her to connect with all parts of her ancestry.

Watch more inspiring videos from our [Indigenous Voices on Reconciliation series](#).



Members at Indigenous Caucus, EMRIP, Geneva, 2023



Joint statements delivered at the United Nations in Geneva

We were pleased to join with the [Coalition for the Human Rights of Indigenous Peoples](#) to deliver three joint statements at the United Nations in Geneva during recent meetings of the Expert Mechanism on the Rights of Indigenous Peoples (EMRIP). The text of all three joint statements is available [on our website](#). On [Instagram](#) you can see video of the statements being delivered by Grand Chief Mandy Gull-Masty.



Listening is powerful. This one skill can transform relationships, and even lead to social change

Journalist Bruce Grierson asks, “What percent of people, at the end of a conversation, say they felt ‘heard’? A study recently published in *Frontiers in Science* answered the question: 5%. Only in one in 20 conversations do we feel genuinely heard at the end. We are really not very good at listening to each other.”

In recent years listening has often been belittled. There’s a popular message that if “good” people (i.e. my side) listen to the other side, rather than shutting them down, that just lets them get away with the harms they cause. Listening to the opposing political camp is called “self-flagellation” and “political correctness.” And we’re reminded that listening is too demanding and is a reflection of privilege.

But listening is not solely civil or privileged. It’s also one of the most ancient and effective ways to connect with other humans and, in many cases, even influence them. Whether you’re looking for more fulfilling relationships, or to create broader social change, [listening is a powerful strategy](#).

[Keep reading this post](#) with stories and research about the power of listening.

