



Canadian Friends Service Committee E-Newsletter



Pro-vax vs anti-vax: a story about disagreeing better

Hard to believe but an entire year of our *Weekly tips for better conflicts* series is done now. It's been great! Thank you all for the comments, questions, and feedback we've been getting.

Remember: [you can sign up any time for free](#) to get a tip each week by email. The tip is easy to reflect on and practice if you want.

****Bonus video****

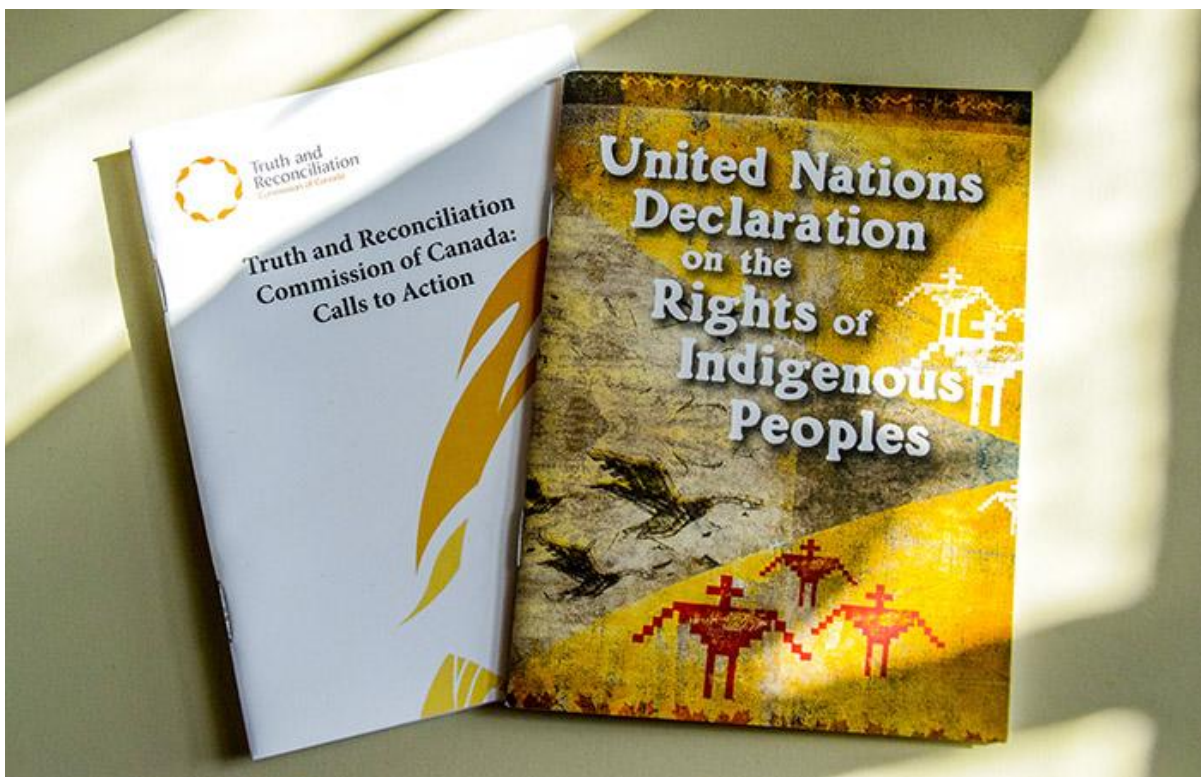
How do you feel about having a conversation with someone who strongly opposes your views on vaccines? Many people would find this situation *stressful*! As a bonus we're sharing a story about putting the tips for better conflicts to the test.

When their beliefs collide, two friends find a way to discuss an emotionally charged topic while still respecting each other. No shouting, no insults, just listening and trying to hear. Can you do this?

What you'll learn

- Figure out what you want out of conflicts.
- Have the best chance of hearing and being heard (even when you disagree).
- Stay connected when emotions run high.

Hear what it sounds like to disagree well, and see each tip on screen as it's used. (You can also [read about each tip](#) (PDF) or watch the tips as [short videos](#)).



Inspiring podcast on the perseverance and partnership that led to the *UN Declaration on the Rights of Indigenous Peoples*

The *United Nations Declaration on the Rights of Indigenous Peoples* stands out as the world's first international human rights instrument developed through the direct involvement of the very people whose rights are on the line. It represents the achievement of a global movement committed to partnership and human rights for all.

We're pleased to bring the story of the *UN Declaration* to a wider audience. Have a listen to this inspiring six minute podcast episode:

<https://QuakerService.ca/UNDeclarationPodcast>



Action: Bill could close arms export loopholes

If so led, call your Member of Parliament and tell them to vote yes on the No More Loopholes Bill to stop allowing Canadian-made weapons to flow to Israel through the US:

<https://ArmsEmbargoNow.ca/NoMoreLoopholes>



Yapatlan's (*We will weave*) workshop a success!

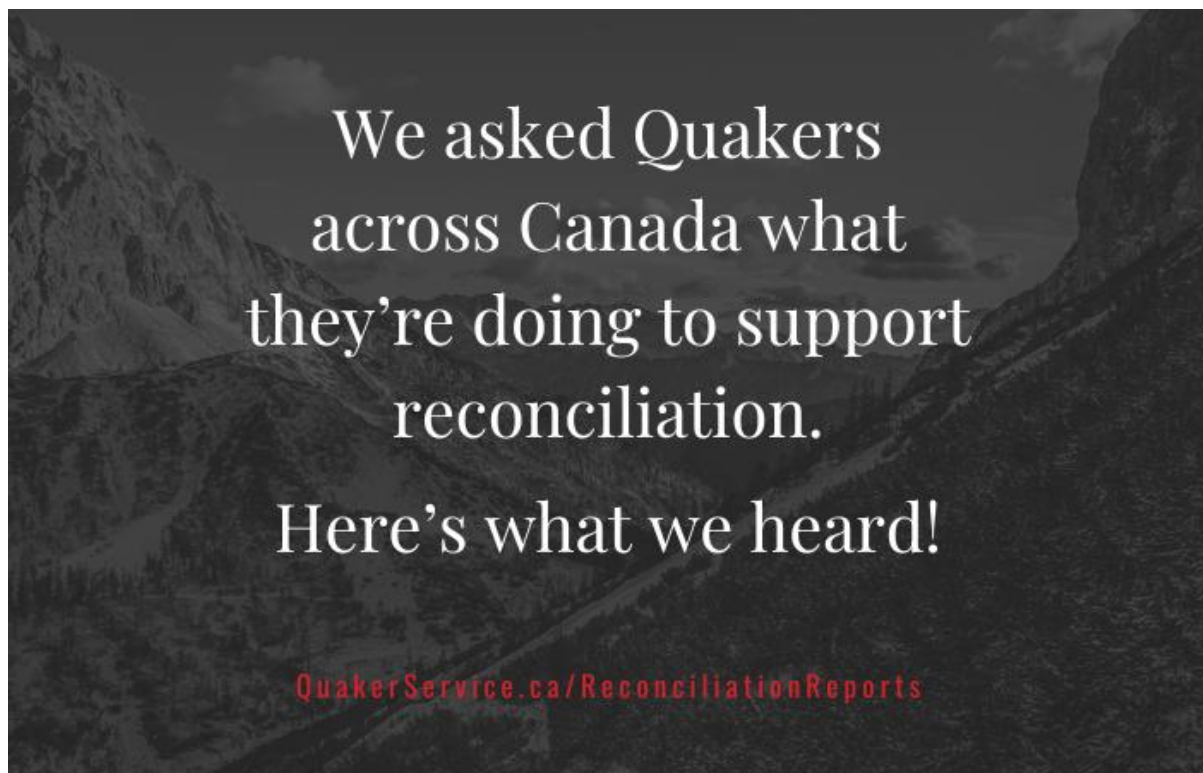
‘Nagala Donna Cranmer—a ‘Namgis master weaver—hosted a Cedar weaving workshop for participants eager to learn more about this amazing tradition and her people, the Kwakwaka’wakw Nation.

‘Nagala shared with us that Cedar weaving is an essential part of traditional ceremonies, especially those that take place in their guk’dzi (Big House). It’s also key to crafting regalia.

‘Nagala has been Cedar weaving for over 40 years. Weaving helps her find calm and let go of the business of life, to be with the cedar. She also told us that it was important to her to be able to share her traditions through this workshop, which she entitled Yapatlan’s (We will weave). She wants people to learn more to know who her People are and encourage them to see the beauty of the Kwakwaka’wakw culture.

“Having the opportunity to share our Kwakwaka’wakw traditional knowledge with the neighbouring community was a good experience for participants to gain a little more knowledge of the First Nations on whose territory they live.”

This workshop was made possible through a grant from CFSC’s Reconciliation Fund. Donate to support projects like this at <https://QuakerService.ca/ReconciliationFund>



Featured resource: new report on Quaker work for reconciliation

Since 2016, local Quaker Meetings and Worship Groups have reported back to Canadian Friends Service Committee on the reconciliation work they've done. This sixth report compiled by CFSC synthesizes and summarizes reports from 14 Worship Groups, Monthly Meetings, and individuals about their activities in 2023.

While the work of reconciliation isn't always easy, it is essential. [Have a look](#) at the education, advocacy, and other activities Friends have been undertaking.