

Westminster United Church Healing Garden

July 2024 News



Vision

"Our vision is to co-create and nurture a healing garden that will bring Indigenous and non-Indigenous peoples together in the spirit of reconciliation. The healing garden will be a place for all to connect with nature, and for reflection, healing, teachings and ceremonies."

In the spirit of reconciliation, the development of the healing garden is in collaboration with Indigenous representation, teachings, and ceremonies. Elder Lorna Standingready provides her guidance and wisdom throughout every aspect of the garden development.

We broke ground in May 2023. Phase I included small native plant plugs and native plant donations including three of the four sacred Indigenous plants. We chose native shade/forest plants because of the large existing elm trees. To invite people into the garden, we incorporated a walking path with several benches and a picnic table.

Plans are in place for additional plantings of prairie and sacred plants, the completion of the medicine wheel, permanent plaques identifying the sacred plants in English and Cree (Nehiyawak), permanent signage to share the what and why of the healing garden, and a space dedicated to children.



The idea for the healing garden at Westminster United Church in Regina came from the National Healing Forests Initiative.

The Initiative was a visionary creation of Peter Croal and Patricia Stirbys following their attendance at the release of the Residential School Truth and Reconciliation report. Their approach has been to share the idea of grassroots, green space creations and the benefits of partnership with the local Indigenous communities. These green spaces are intended to provide space for reflection about Canada's history and legacy of Indigenous residential schools, to cultivate our empathy and understanding across cultures and a space to come together to learn and celebrate those cultures and our shared humanity.



The how where and what of each project is determined through a thoughtful and respectful collaborative process.
www.nationalhealingforests.com

Native Prairie Plants found in Garden (as of July 2024)

Common Yarrow/*Achillea millefolium*
Meadow Blazing Star/*Liatris ligulistylis*
Harebell /*Campanula alnifolia*
Gaillardia/ *Gaillardia aristata*
Star Flower Solomon's seal/ *Smilacina stellata*
Pink Onion/ *Allium stellatum*
Canada Anemone/ *Anemone Canadensis*
Joe Pye/ *Eupatorium maculatum*
Native Strawberry/ *Fragaria virginiana*
False Sunflower/*Heliopsis helianthoides scabra*
Northern Bedstraw/*Galium boreale*
Giant Hyssop/*Agastache foeniculum*
*Prairie Sage/*Artemisia ludoviciana*

*Sweet grass/ *Hierochloe odorata*
Swamp Milkweed/ *Asclepias incarnata*
Ferns/*Matteuccia struthiopteris*
Beebalm or Mondarda/*Monarda fistulosa*
Columbine/*Aquilegia Canadensis*
*White Cedar /*Thuja occidentalis*
Giant Wild Rye/*Elymus cinereus*
3 Flowered Avens/*Geum triflorum*
Saskatoon/*Amelanchier alnifolia*
Smooth Aster/*Symphyotrichum laevis*
Western Canada Violet/*Viola canadensis*

*Sacred Indigenous plants

Healing Garden funded by:

United Church of Canada Justice and Reconciliation Fund
David Suzuki Foundation - Healing Forest Initiative Grant
Cathedral Area Community Association Micro Grant
Katherine Dowling Concert Donation
Cathedral Daycare Donation
Many generous donors and bequests

Please consider making a donation in support of the healing garden by scanning the code and applying your donation to "6. Healing Garden"



OR go to Canada Helps website

<https://www.canadahelps.org/en/charities/119294841RR0001-westminster-united-church/>