

# FOCIS NEWSLETTER

## JANUARY 2019

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## The Red-tailed Hawk

Written by Jennette Andrews

I have been reflecting on personal growth, and the tools and strengths I have used to survive and thrive. My childhood was full of upheaval and often traumatic, but there was a certain stability in our turbulent lives. My mother had a solid core of beliefs in spirituality, and balance, which she passed on to us. And I have relied on this to help me through the worst hardships of my life. She also followed many of our native, cultural traditions. I would be honored to share with all my friends here, the story of my animal spirit guide.

It was a cool autumn day and we were showing Aunt Leah around the property. She had come for a visit and we were walking out in the fields. The sky was clear blue, with a north wind clearing the air. We were watching a red-tailed hawk soar in the wind, when, “Bam!” A shot rang out, and the hawk lost momentum and spiraled down to the ground.

We all took off towards the treeline where it looked like the hawk had landed. When we found it, the hawk was sitting on a tree-stump and was clearly wing-shot. It was holding its right wing out and down and seemed distressed. We were so angry! Who would do such a horrible thing? To shoot this magnificent bird just for sport was unbelievable. We had to try to help it.

Mama tried to coax the hawk into letting her pick it up, but he flapped his poor wings when she got too close. My aunt Leah, a doctor, also tried. She walked slowly towards the hawk with her hands out. The gorgeous bird flapped and hopped away. I said I wanted to try. I pulled off my poncho and got on my hands and knees and inched towards him. I crooned softly as I crept forward, trying to soothe him.

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# The Red-tailed Hawk

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The hawk opened his wings, but didn't flap them so I kept on. He kept a good eye on me but stayed put. When I got close enough I smoothly, but quickly eased the poncho over him so his head was out. Then I scooped him up gently with his wings, feet and body inside. My aunt was worried about his beak, that he might snap at me, but Mama shook her head and said, "It'll be fine. He's her spirit animal, he knows she won't hurt him." She sounded so certain, and I wasn't really worried anyway. But when she said that, I knew she was right. I *felt it* when I locked eyes with the hawk the first time. I had instinctively known how to approach him. I knew he would let me.

I carried him home and Mama called the wildlife office while Aunt Leah showed me how to dribble water into his mouth with a soaked paper towel. He stayed calm enough to let Aunt Leah fix up his wing, dressing the wound and immobilize it. When the wildlife officers got there they said we had saved his life. I was so sad and worried when they took him. But Mama sat me down and explained that our spirits were entwined now. By saving the hawk's life I was now under its protection, and I had an obligation to honor and protect the red-tailed hawk from then on.

It was a very special feeling. I had just had my coming-of-age journey that summer with my brother, and felt up to the responsibility of being spirit-sister to the red-tailed hawk. Years later, I believe the hawk saved *my* life. I had been caring for an elderly man, an old okie. He lived up in Berry Creek and I drove up a twisty road by Lake Oroville each day. After he died, I had to go up and get my personal items and meet with his relatives. I was so sad, and distracted driving up. It was summer and trucks pulling boats go up and down that road all day. I saw dark splashes along the road that I assumed were water, from one of the boats.

Only when I started to slide on the road, did I realize it was an oil-slick rather than water. Right before that I had noticed a hawk flying above me, in front of my car and much too low to be usual. I slowed way down and looked up out my side window to get a better look, and the hawk moved its body so I could see the red tail flashing in the sun. Then it soared up and away out of sight. I brought my attention fully back to the road and was getting ready to pick up speed, and that is when I hit the oil-slick. I was able to turn into the skid and into a perfectly placed turn-out.

After I stopped shaking, I got out and looked back at the road. If I had been going the full speed limit I probably would have gone off the embankment, and straight down into the lake. That hawk's unusual behavior caused me to slow down at just the right moment. I remembered the lessons Mama had taught us. So, on the way home I stopped at the same pull-out and sprinkled some tobacco in each of the four directions in thanks to my creator, The Lord, and the spirit of the Red-Tailed Hawk.

# NEW YEAR: A TIME OF NEW BEGINNINGS

*By Andrew Bentley*

Happy New Year, and may this be a year of good health and help for you and your family. The New Year's holiday provides a unique window in which we can look back at the previous year and dream about the year ahead. While some of us are just now celebrating the gift of a new year, some Native nations have been observing the blessings of a new year for a few weeks now.

Unlike the January 1 New Year based on the Gregorian calendar, traditional Native American New Year observances coincide closer to the "natural" cycles of Mother Earth. For some American Indians, the winter solstice provides a time to celebrate the good things to come.

For the Umatilla tribes of Oregon, the winter solstice represents the return of the sun. Along with it, the sun brings longer days and the foods sacred to the Umatilla. On the day before the winter solstice, December 20, the Umatilla gather to honor the salmon, deer, and bitterroot with communal song, dance, prayer, and a meal.

These foods are considered sacred not only because they are the foods that sustained the ancients, but because they play an important role in the cycle of life. As an Elder passes on and is buried, they return as part of these sacred foods to care for the people. Also, it is because of these foods that tradition can pass down from one generation to the next. Elder women teach the younger women of their community how to gather, harvest, and prepare the wild-growing vegetation of eastern Oregon. Elder men pass on the knowledge of hunting and fishing to the next generation that will take their place.

While there is much joy and celebration in this time of renewal, there is also a sad reminder of how history has shaped indigenous life in the US. Like other Native nations, the Umatilla pass down their knowledge through oral tradition. Yet, it is up to an interested next generation to absorb the words of their Elders and preserve traditional knowledge. As younger generations become assimilated into the dominant culture, there is concern that interest to carry on indigenous traditional ways will continue to diminish. In this sense, the New Year gives us an opportunity to see how far we've come and how far we still have to go.

We give thanks for the things that we've been blessed with, and humbly ask for help in the future to make a better life for family, community, and self.



<http://blog.nativepartnership.org/new-year-a-time-of-new-beginnings/>

## Native woman in coma gives birth at health facility, DNA sought from male staff

A 29-year-old Native woman in a vegetative state who has given birth last month at the Phoenix-based medical facility Hacienda Healthcare has been confirmed by the San Carlos Apache Tribe to be an enrolled member.

The tribe has issued a statement shortly after the Native woman — who had been in a vegetative state for over ten years after a drowning accident — gave birth to a child as a result of being sexually assaulted at the facility.

San Carlos Apache Tribal Chairman Terry Rambler said via Twitter: "On behalf of the Tribe, I am deeply shocked and horrified at the treatment of one of our members. When you have a loved one committed to palliative care, when they are most vulnerable and dependent upon others, you trust their caretakers. Sadly, one of her caretakers was not to be trusted and took advantage of her. It is my hope that justice will be served."

Alejandro Benally, Chief of the San Carlos Apache Police Department also had a statement included in the letter, "At this point, this matter falls under the jurisdiction of the Phoenix Police Department. I know Chief Jeri Williams and the Phoenix PD Officers will do all they can to find the perpetrator. SCAPD will assist the Phoenix Police Department in any way possible."

The investigation began on or about January 4th as reported by *Phoenix Fox 10*, which reported the woman had been sexually assaulted by someone who allegedly cared for her at the facility, and that the staff was not even aware the woman was pregnant until she began moaning and the woman began giving birth.

According to the *Phoenix CBS Affiliate KPHO*, an unidentified source said, "From what I've been told, she was moaning ... and they didn't know what was wrong with her. ... None of the staff were aware that she was pregnant until she was pretty much, giving birth."

As reported by the Washington Post, Police are now seeking to obtain DNA samples from male staff members at the private facility, and that Hacienda Healthcare officials are cooperating. The facility responded to the Post, "As a company, we welcome this development in the ongoing police investigation." In the wake of the investigation, the facility's CEO Bill Timmons has resigned.

Hacienda Healthcare serves approximately 2,500 people a year with 40 programs, according to a statement from the facility officials.

Gary Orman, a board member, said in the official statement, "[Hacienda Healthcare] will accept nothing less than a full accounting of this absolutely horrifying situation, an unprecedented case that has devastated everyone involved, from the victim and her family to Hacienda staff at every level of our organization."

As of this time, no one has been arrested in connection to the assault.

<https://newsmaven.io/indiancountrytoday/news/native-woman-in-coma-gives-birth-at-health-facility-dna-sought-from-male-staff-zGXlxS7TvkyiEZeltvj37Q/>

# 5 Steps Toward Spiritual Surrender

When most people hear the word *surrender*, they think of something negative: giving up, losing, being humiliated, or allowing yourself to be controlled or perhaps even imprisoned. However, when used in a spiritual context, *surrender* also means to give up but here it's to give up everything that no longer serves you. *Spiritual surrender* is to stop struggling against "what is", let go of the smallness of life, and fully embrace its totality.



## Spiritual Surrender

In the *Vedic* texts, spiritual surrender is referred to as the "joy of surrender." It is the wonderful, positive feeling you have when you simply let go. It's stepping out of all limitations, expanding beyond your usual conditioning, and opening to infinite possibilities. It's offering up the small self or personal identity to that of the absolute.

When you surrender spiritually, you stop forcing solutions on situations you can't control and instead trust and have faith that there is a Divine force taking care of everything in a perfectly orchestrated manner. For example, here are some ways in which surrender is further explained:

In the *Bhagavad Gita*, Krishna, who represents the Divine, tells Arjuna, "Abandon all varieties of *dharma* [purpose] and simply surrender unto me alone. I shall liberate you from all sinful reactions; do not fear."

Spiritual teacher Eckhart Tolle says, "Surrender is to say 'yes' to life—and see how life suddenly starts working for you rather than against you."

Author Debbie Ford says, "Surrender is a gift that you can give yourself. It's an act of faith. It's saying that even though I can't see where this river is flowing, I trust it will take me in the right direction."

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# 5 Steps Toward Spiritual Surrender

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The ego loves to control everything. It creates the boundaries and limitations in which you imprison yourself. Surrender allows you to break free and step into what Deepak Chopra calls “the wisdom of uncertainty.” With surrender, you can connect fully with your source where the whole universe conspires to support you. You can become timeless, eternal, infinite, joy-filled, and fearless. Individual aspirations and desires are surrendered to a higher power. Your individual desires dissolve into “Thy will be done.”

Now that you know why surrender is so powerful, the question becomes, *how do you surrender?* Here are five steps to follow on your journey toward surrendering.

## Faith

To fully surrender, you must have faith, or as Indian philosopher Sri Aurobindo described it as “The soul’s belief in the Divine’s existence, its wisdom, power, love, and grace.” No need to think of anything else, no need to go anywhere else, no need to deviate anywhere from your goal. It is a state of total confidence and respect for all things. This is to have faith in your spiritual teachers, in the teachings, and in yourself. The faith that helps you accept everything—the good and bad equally.

## Patience

You also need patience. Faith and patience complement each other. Each is both: the cause as well as the effect of the other. Both are the means as well as the end of the other. Between them they contain a complete code of conduct for a spiritual life. Indian spiritual master Shirdi Sai Baba emphasized them as necessary for harmony and well-being. The patience to allow things to unfold naturally with the understanding that everything you need will automatically come your way at the perfect moment.

## Awareness

Surrender requires you to be aware. You need to remain focused and diligent, and overcome any doubts. While the normal concept of surrender is one of contraction, spiritual surrender is one of expansion. The more you surrender, the more your awareness expands and this can only come when you live with an alertness that stems from love.

## Meditation

Meditation is an act of surrender and the single most powerful tool you have on your spiritual journey. By turning your awareness away from normal activity and settling to quieter and quieter levels of the mind, you can reconnect with your true, essential Self. When you slip into the silent spaces between thoughts, you surrender the small self and all its limitations, to your unbounded, eternal Self. You submerge your own identity into that of the Divine, where “I”, “Me”, and “Mine” disappear into the bliss of oneness.

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# 5 Steps Toward Spiritual Surrender

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As part of the daily meditations at the Chopra Center, you can ask yourself four questions:

“Who am I?”

“What do I want?”

“What is my purpose?”

“What am I grateful for?”

You can ask these questions at the level of your heart or your higher Self and then just listen to whatever answer arises from within, without evaluation. This too is a form of surrender. You are going beyond the ego to hear guidance from your higher being.

## Bhakti Yoga

In the Vedic tradition’s four paths to enlightenment, *Bhakti* is the path of love and devotion. This is also the path of surrender. In his Yoga Sutras, Patanjali says that *Ishwara-Pranidhana* (devotion and surrender) is the most important of the personal codes of conduct (*Nyama*). The *Vedas* tell you that devotion humbles the ego, an essential aspect of your journey.

Bhakti Yoga tells you to set aside time each day for the contemplation of the Divine to become attuned to it and its will. To recognize your life as spiritual and develop your finer levels of feeling. Serving humanity in everything you do and seeing everything as Yoga or union with the Divine.

Patanjali also said that devotion and surrender is the path to experiencing unending peace and entering higher states of consciousness. When you give everything to the Divine, you have nothing left to worry about.

*Love came and made me empty.  
Love came and it filled me with the Beloved.  
It became the blood in my veins.  
It became my arms and legs.  
It became everything.  
Now all I have is a name.  
The rest belongs to the Beloved.*

—Rumi

# Happenings



## ANGER MANAGEMENT GROUP

Wednesdays, 6-7:30pm. Co-ed six week group, start date contingent upon sign-ups.

Full attendance required for a certificate.

\$40 fee for non-native clients.

(No couples & NOT for Court Mandates).

Contact Tom @ 532-6811, ex 270

## FOCIS DOMESTIC VIOLENCE

## WOMEN'S SUPPORT & CRAFT GROUP

Women's Support Group Thursdays 3 p.m. to 4:30p.m.

Self-validation & processing of abusive relationships.

Cultural and traditional craft such as beading and basket making

For info, contact Brittany or Kayla @ FOCIS

PROGRAM, 532-6811 ex 270.

## TEEN PREPERATION

Open to all, ages 12-18 years old.

For more information call Andrie or Anthony,

532-6181 ex 270

## HISTORY KEEPERS

Elders Group, 55 and older. Tuesdays 12:30-1:30

For more information or to attend

call Ashley or Brittany,

532-6181 ex 270

## LOCAL DV SERVICES

### FOCIS PROGRAM SERVICES

Advocacy Services, Restraining Order assistance, court accompaniment, Community education and in-service training, Crisis intervention services, Women's Talking Circles, Resource information & referral service.

Feather River Tribal Health, Inc. 530-534-5394 ext. 270

### CATALYST DV SERVICES

24-hour hotline for DV intervention & referrals, Emergency Shelter, Children's Program at HAVEN, Transitional Housing & Household

Establishment. Drop-in centers, Individual counseling, Support groups, Restraining Order assistance & Court Accompaniment, Community Outreach. 24-Hour Hotline 800-895-8476

Oroville Drop-in Center 530-532-6427

### SHARP (Self Help and Referral Program)

Self Help center that provides general assistance to people who do not have attorneys. Assistance is provided in the areas of family law, guardianships, evictions, small claims, name changes, and restraining orders.

## STALKING: KNOW IT. NAME IT. STOP IT.

IF YOU THINK YOU ARE BEING STALKED:

- Vary routines, including changing routes to work, school, the grocery store, and other places regularly frequented.
- Get a new, unlisted phone number. Save any abusive or threatening messages left by the stalker for potential evidence to be used by law enforcement to build a case against the offender.
- Consider obtaining a protective order against the stalker.

EMERGENCIES: CALL 911  
OR VISIT YOUR LOCAL PRECINCT  
FOR SUPPORT AND INFORMATION: (866) 689-HELP  
STALKINGAWARENESSMONTH.ORG • #NSAM2017



## RED ROAD TO WELLBRIETY MEETING

For those that have suffered alcoholism and drug addiction and other forms of self-defeating behaviors, you can walk the 12 steps of the Red Road to recovery.

WEEKLY MEETINGS ON WEDNESDAY @ 6.00 PM@ FRTH

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