



## **The Episcopal Church in Navajoland – All Saints Episcopal Church**

**1257 Mission Ave**

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**[www.ecofnavajoland.org](http://www.ecofnavajoland.org)**

The Episcopal Church in Navajoland (ECN) is located in the Southwest Four Corners Region and consists of three regions --- New Mexico, Arizona, and Utah. Navajoland has long participated in efforts to integrate Navajo language, traditions and spirituality within its expression of Episcopal faith and life. We seek to live out the power of God's incarnation as proclaimed in the Gospel through the Navajo (Diné) language and spirituality. The Diné remind us that word centers us where we live and work. We have rich spiritual and cultural traditions that we wish to share with you, our visitors. In this way we can mutually enrich our paths and the life of the broader church. We invite you to learn about the Hozho --our spiritual concept of balance and harmony that permeate every part of our lives.

### **Planning Your Trip**

1. We welcome you to this special sacred place! These tips will make your trip more enjoyable. We at All Saints are happy to help you plan your trip – and excursions to other parts of the Reservation. Our staff day Sabbath is Monday – so that is an excellent day for you to plan trips away from the Mission. We can also guide your mission work here and help plan with project costs, etc.
2. Start drinking lots of water a week or two before you come to help with any altitude sickness. Check into other meds including herbal and natural. Don't plan a multi-strenuous hike or other project for 24 hours after you arrive.
3. Remember you are in a Sovereign country. It may "look" like America but in many ways it is not! Check the cultural cues---people often won't look you in the eye---especially across genders. Do not swear. Handshakes are very "soft" so don't think it is a gesture of unfriendliness---quite the opposite. Gender double standards apply. We invite you to think about some of our priorities: abundant living—in an area of seemingly non-abundance, meaningful occupations, life in balance, life in harmony, living with the land not from it. These will be good starting points for your discussions and prayer. Please read up from the book list we send, as well as internet research so you will be well versed before you arrive.
4. We hope you will spend planning time to clarify your hopes and expectations for the trip, and build community among yourselves. Each of the three regions of ECN have some culture differences in language, tradition and values. We hope also that you will balance your time here between work projects, recreation, cross-cultural experiences, worship, spiritual reflection, and getting to know your group members and the people of Navajoland. Remember you are the minority! We ask Group leaders to set clear behavioral expectations for youth and provide supervision while on Mission grounds and elsewhere.
5. Retreat houses include well-equipped kitchens.
6. Bring your personal water bottle, most retreat spaces include drinking water.
7. No alcohol/drugs allowed on Mission grounds. No smoking in retreat houses.
8. It is often windy here--- please keep up with any smoke or fire --- including cigarettes.
9. Most artisans only take cash. This includes Medicine Men, Navajo Taco chefs, storytellers, etc. ATM machine in stores nearby in downtown Farmington.

**We are committed to be an environmentally sustainable community. Please help us in that process by:**

1. Not bringing Styrofoam products and non-compostable paper ware.
2. Please recycle products as much as possible.
3. Watch your trash! We have a small trash dumpster and there are recycling centers in Farmington please look them up. We ask you to be mindful of this as you shop, and try not to bring food with excess packaging that will go into the trash. We are attempting to adopt the “**leave no trace**” motto from backpacking.
4. P.S. **unwaxed** cardboard packaging and newspaper are helpful in some gardens found in Navajoland.

**Thank you for helping us keep the Mission and the Reservation clean.**

**What to wear:**

1. Comfortable and practical! Tee-shirts and long shorts are the norm. Bring some long pants, long sleeves for work clothes for projects/ painting. No sleeveless or short shorts.
2. Shoes: open-toe sandals and flip-flops ok inside your lodging but not outside. This is high desert country! Full of surprises! Rocks, cactus, snakes, red ants, goat heads (bull heads), stickers, one never knows what else.
3. Bring a headlamp or flashlight, socks, sturdy shoes, hat with brim, sunscreen, sun glasses, if you can, scarf or kerchief helpful for windy days. Cotton or flannel shirts a good layering choice.
4. You can sunburn any month of the year! In intense sun it is helpful to wear long sleeve shirts and even pants, also ideal for work clothes.
5. Because of weather fluctuations every month of the year, bring a light jacket for chilly mornings and nights (or because the weather can change abruptly).
6. Late summer will bring monsoon rains. Rain gear helpful.
7. **LADIES** According to cultural expectations, women should dress modestly—NO TIGHT short-shorts (NO SHORTER THAN FINGERTIP) or tiny-strappy tee shirts or low-cut (at least outside of your housing)

**Other Things:**

1. Groups are asked to attend an orientation meeting with staff on the first day of the visit. Please plan this time into your schedule.
2. Please be cautious. Do not walk off the Mission at night alone.
3. Let’s work together in advance on your budget needs for Mission projects. We can advise off-Mission too.
4. Everyone must provide insurance verification and numbers.
5. We hope you will plan to attend a worship service while here. The church is available earlier or later for your own prayers. Eucharist whenever you are hungry for it. If any Clergy is coming with you, we invite them to speak to us about being involved in the service.
6. The Hogan is not quite ready, and will have its official blessing soon. You may sit down inside it. It is a great place to greet the morning dawn in prayer just as the Navajo do on their own.
7. Things happen! Things get broken—and old equipment (of which we have much!) breaks. Please notify staff if something is broken so we can repair it quickly as possible, and also so we can be ready for the group that follows you. If you use a lot of hair dryers etc. you will likely blow fuses.
8. Our staff maintenance person is Floyd Dawes. In the office are Rev. Can. Cornelia Eaton, Rev. Michael Sells, and Helena Begay whom is our accounting specialist.
9. No Wi-fi access in Retreat house, only in Parish Hall and Office. To access Wi-fi there the available network for use is labeled “ECN\_MainOffice\_Guest1” and the Password for it is all capital letters “SJRIVERBLUFFVIEW”.
10. We have a 5 gallon water cooler for your use in the hospitality house so please bring your own water bottles.
11. We ask you to use our dishes provided in kitchen of hospitality house and recycle instead of using throw-aways.