# Integration Welcome

Take a moment to look around you, maybe make eye contact with one or two others. Let's acknowledge that each of us awoke to this brand new day,  and made arrangements to travel to Wisdom House and be present to this experience for the next 5 days.

We welcome …

People of all gender identities and expressions, wherever we find ourselves on the continuum of gender identify and expression, including those for whom labels don't apply.

**We say "welcome"**

People of African descent, Asian Descent, Arab Descent, European Descent; those who identify as Latinx, Hispanic, people Indigenous to this land and those of First Nations' descent in other lands; and people of mixed and multiple descent.

**We say "welcome"**

Bodies of all ages and with all abilities and challenges, and the ways each of us experiences ours; those living with any chronic medical condition, visible or invisible, including those with visual and hearing impairments.

**We say "welcome"**

All of our emotions – joy, fear, grief, contentment, disappointment, surprise, and all else that flows through you.

**We say “welcome”**

Those of us who feel broken, lost, struggling; those who suffer from self-doubt and self-judgment; those who identify as survivors.

**We say “welcome”**

People who identify as activists and those who don’t; all of the different beliefs, spiritual traditions, those with chosen paths and those who wander;

**We say “welcome”**

All beings that inhabit this earth, human or otherwise: the two-legged, the four-legged, winged and finned, those that walk, fly, and crawl, above the ground and below, in air and water.

**We say “welcome”**

All other identities, characteristics and qualities that we bring to this space, let none be omitted.

**We say “welcome”**

And let us acknowledge the people who lived on this land where we are now,  and all others who may have lived here before our ancestors came.  Let us acknowledge with gratitude that their descendants are still active stewards of this land, calling us back into ‘right relation’ with the earth and all our relations.

**We say “welcome”**