

Connections & Continuums



Design an intergenerational paperchain which represents **heritage**, **gifts** and **gratitude**

Uniting, Exchanging, Creating

Maria Magdalena Campos-Pons' *When We Gather* speaks about the possibilities that emerge when women come together to forge communities that can heal and evolve.

Her work honours the trailblazers of the past, today's visionaries, and the change-makers of tomorrow.

She reminds us that what we have today is built on many people's pasts.

In order for individuals and communities to thrive, it's helpful to acknowledge and embrace our experiences (including the flawed ones!) and together, find new spaces to occupy.

What does the word *gift* mean to you?

What do you feel *grateful* for?

Can you be grateful for something that is or was difficult or challenging; an experience

not necessarily pleasant?

What gifts have you given?

Which will you give in the future?

To whom?

Inter-generational gift-giving

It can be powerful to make time to contemplate the gifts you have inherited from those who came before you. And to consider the gifts you pass on.

These can come in all shapes and sizes: some are material objects; others are lessons, words of advice or comfort; some might be precious memories; others might be behaviours; some gifts were perhaps less than welcome, but maybe they helped you grow; some gifts may be hard to see in a positive light altogether.



Take some time to contemplate and create

Think about the women who have played a role in your life.

They can be familial: your grandmothers, mother, aunts, sisters, cousins.

They can be women from outside your bloodline who have played significant roles in your life (a step-mother, carer or guardian, teachers, mentors, neighbours, friends, confidants).

Bring to mind the gifts you recognise (and are grateful for having received) from these women.

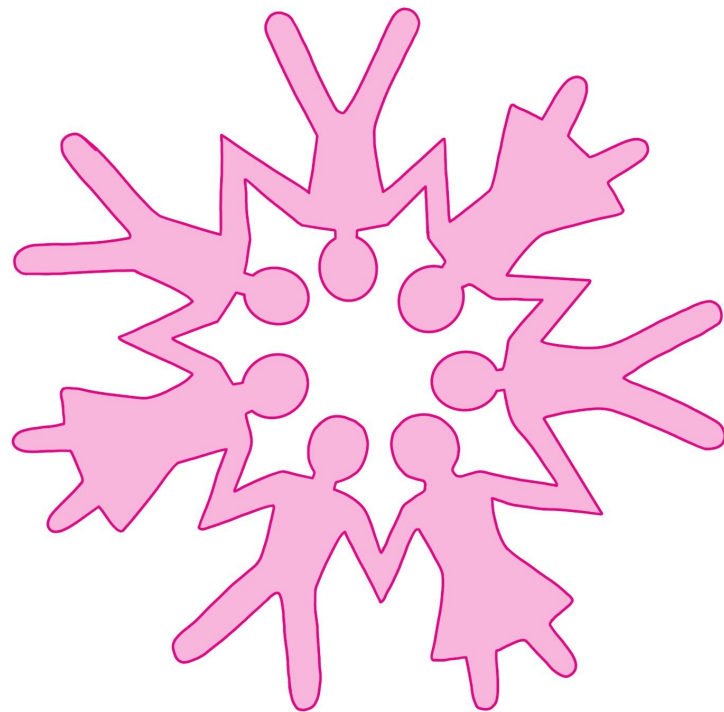
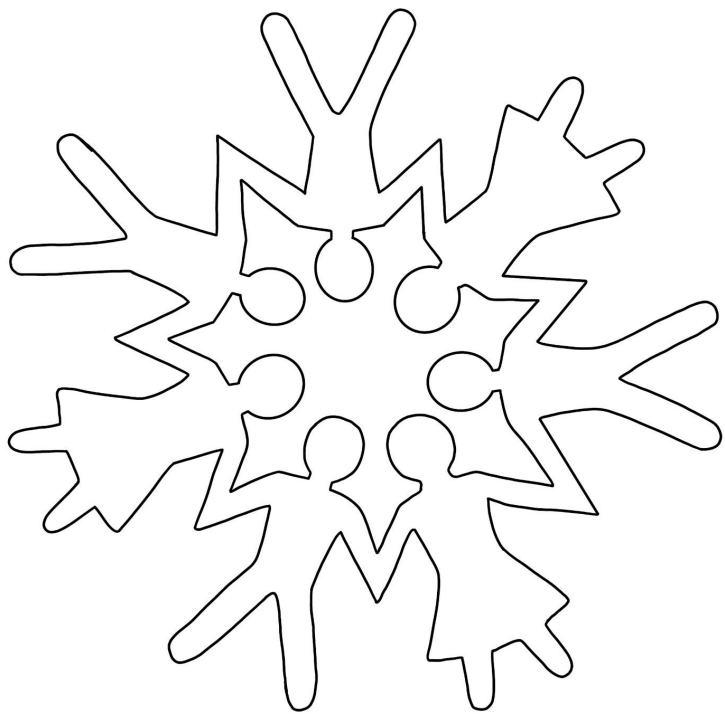
Your paperchain

Using the paperchain template provided on the next page, decorate the figures in ways that represent the gifts which have been exchanged and passed on by the women of influence in your life.

Whilst you draw and colour in your paperchain, spend this time contemplating these gifts, **how they unite you** to the women who gave them to you. Reflect on how they have served you; why you feel grateful for them; if they have helped you grow or heal or feel nourished in some way; the ways in which they have supported you.

When you're done, stick it on a wall, a window, a door. Use it as a bookmark or just keep it on your desk, within sight. It serves as a reminder of what you have received.

Cut out and decorate



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