

October 16-November 7, 2026

3020 Minnehaha Avenue, Minneapolis, MN 55406

Educational Gallery Guide

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Lake Street Arts! (LSA!)

Since 2015, Pangea World Theater's *Lake Street Arts! (LSA!)* program has worked to deepen the practice of placekeeping through the arts. Offering workshops, large scale public art, story circles, and ensemble based performances Lake Street Arts! tends to the communities we arise from.

LSA! utilizes the arts to create visions for a more just, joyful and livable Minneapolis and our shared Earth to emerge.

Let's dream together!

Grounding – *Altars for Sanctuary*

"We Keep Each Other Safe" continues to be a rallying cry as communities continue to deal with ICE kidnappings, police violence, disregard for our collective wellbeing and right to shelter, clean air, water, soil and meaningful, joyful daily life.

Grounding – ***Altars for Sanctuary*** is an immersive gallery with an invitation to slow down and allow for grief and hope to move through you. Drawing on ancestors, experiences of solidarity from this past year, dreams, and roots of resistance, the entire building of Pangea's future theater will become a space for **Grounding** and **Sanctuary**.

Thank you for visiting this immersive gallery featuring art by local Twin Cities artists. We invite you to spend time with installations that speak to our collective experience.

Note from the Curator



Grounding is to find your breath again, to feel the earth under your feet, to return to the water, trees or whatever holds you, to find the strength to keep going, to remember you are not alone.

Altars are a portal, a bridge or place of intention between the sacred and daily life. Altars mean different things to people and I love how you can see that in the work. Also, for some artists, making the work as an altar was not part of their vision or their spiritual or artistic path.

Sanctuary is what people need when armed paramilitary ice agents or police officers roam the streets harming, terrorizing, kidnapping, and murdering people. Sanctuary is what people need when they don't have a home or their home is not safe. Sanctuary is what we create for each other as best we can in these tender and dangerous times we are living through.

What I have experienced as the work has been created in the space is the incredible generosity of the artists and how that generosity reknits us back into our humanity again and again. I've witnessed that generosity so deeply in these times of absolute terror, that Minneapolis, Mni Sóta Makoce and the entire country have been living through.

I am thankful for the generosity of the organization I work for, Pangea World Theater that allows ancient/new visions to emerge by resourcing and centering artists.

Some may wonder what a theater is doing creating a visual art show? Pangea's roots are in street theater and sacred theater in India and on Turtle Island and as part of a global field of decolonizing theater. At Pangea, theater is not siloed to the stage. **Lake Street Arts!** is Pangea's Placekeeping program and over the years we have created ensemble based performances, Poetry in the Windows, an edited book of Story Circles, and ongoing collaborations with Mudluk Pottery.

Note from the Curator

For the last three years we have been in a collaboration with the Dakota writer Diane Wilson for a project called **Going to Seed** that includes community gatherings, writing workshops, and a yard sign project called **Milkweed Maps.** Now we are offering **Grounding — Altars for Sanctuary**.

It is not by accident that this show is happening at this time of year when Dia de Los Muertos and Halloween/Samhain occur. These are ancient and evolving connections to Ancestors and the spirit realm. Death cracks you open but it is also a part of life. Violence steals from us the gift of cycles and we hold and honor all those that have been stolen by war, violence, pollution, drugs, poverty, and oppression with deep care. This has been a hard year, a hard few years, a hard road to walk for over 500 years here on Turtle Island. Many of the artists in this show are directly in harm's way by a white nationalist government and yet they are here, creating work. That is the power of humanity and art.

My desire for **Grounding — Altars for Sanctuary** was to create a space for Ancestral Energy to surround and hold us. To allow for some of our collective grief and fear to move through us. If we do not move our grief and fear it freezes up like ice. We cannot be frozen right now. You may need to rest, take a moment but stay flowing. We need to move like water. We need to move like water together. In that movement is hope and a way forward. So let's love on the water. Let's love on each other. Water holds our memory, water is life. Water needs us and we need water. Our neighbors need us and we need our neighbors. The Earth needs us and we need the Earth. Artists are part of the immune system of the community. Make art. Resource artists. Everything in this show was created with Human Intelligence. By witnessing and participating you complete our circle. Your presence is vital. Thank you for being here.

Love, Ease and Safety,
Ellen Marie Hinchcliffe
Pangea World Theater's Lake Street Arts! *Curator*

Interactive Art Galleries

There is an unspoken rule to keep sacred silence in a museum or gallery space. To hold space for the thoughts and feelings we (or other guests) are experiencing to be noticed and felt. In this gallery you are welcome to do the same, but also we want you to step in. To engage with the art. Some of the art may ask for you to take a seat sit, to lean in - literally and metaphorically. Some art may invite you to make a sound, to write, to wander.

Your experience is individual and personal, just as it was for the artists in the creation of their installations. Please enjoy the gallery as you are called to.



Interactive Art Galleries

In Grounding - Altars for Sanctuary, installations may invite you to find moments of grounding, of peace. However, there are many ways an interactive gallery may ask you to engage. Sometimes they may even appeal to your different senses. Examples include music and sound playing or providing different textures that heighten the overall takeaways of the art pieces. Here are some examples from around the globe:



Meow Wolf (USA)

Based in the United States, Meow Wolf has several experiences around the country. Their experiences often invite playfulness through its kaleidoscopic art.





AYA (Dubai, UAE)

AYA uses interactive technology and lights to create vibrant worlds. Visitors can play, wander through light-filled gardens, and uncover mysteries while experiencing its wonders.





SIMOSE Art Museum (Otake, Japan)

Art and architecture can work with each other to shape visitor experiences-drawing your attention to details you otherwise wouldn't notice. Using moveable rooms and a mirror glass screen to invite in the landscape, the Simose Museum does just that.

Grounding

What do you think of when you hear the word "grounding"? Maybe you think of the earth or a breathing technique someone once taught you. Grounding can be several things and embodied in different ways.



Art/Laura Steerman. Photo Courtesy of Quaint Baby

Susan Raffo, a bodyworker, cultural worker and writer who focuses her work through the lens of healing justice, shares on her blog, an invitation to feel life's pattern of two layers of support and how support precedes movement:

Two layers, this gift of our ancestors, which is evolution, asserts support as that important, that necessary for life. So important, that there are reinforcements. One balancing the other. From the moment we begin to emerge within our first and fluid world.

In the earliest of days, this amnion (amniotic sac) is right up against your early fetal self, holding you closely, snuggly. Imagine yourself tucked right in, that lovely feeling where all of your shapes merge with all the shapes around you. The amnion slowly expands, giving us more space as we grow, so that we can be feet and head pushing out against womb-wall, flicker kicks against skin. There is fluid between the two layers, there is fluid within and around us as we grow, there is fluid around the entire womb, a mix of fluid and membrane which is the body of the parent...

There are two layers of support, right from the beginning... it is who we are...Our ancestors have organized the world in this way. We become within two layers of support: one that connects to the inside, amniotic sac like a second skin, and one that connects to the outside, womb that is the body of our outside world, our first parent, which we leave behind when we emerge.

Grounding

Grounding can also be about bringing your awareness to earth and the elements. Tactile sensations that connect your body back to earth. This can look like walking barefoot in the grass, doing some gardening, closing your eyes and feeling the sunshine or wind on your skin.

Practice Grounding



Get comfortable where you are - sitting or lying down.

Close your eyes or bring a soft focus.

Begin noticing your breath.
Where does it sit in your body? No judgement, no need for change.

Now slowly bring your awareness to your skin.
What textures does it feel? How is the ground or seat supporting you?
What parts of your body are touching the surface, and which are not?

Take a few moments as you engage in this practice.

Return to the space.
How does your breath, mind, focus feel now?

Where in your life do you find a sense of peace? Maybe it's a physical place, or when you listen to a song, or smell a certain food.

When you feel stressed, angry, or upset, what do you do to calm yourself down?

Ofrenda for Renée Good and Alex Pretti



Lead artist: Columba Reyes with artists Francisco Baez, Henry Lopez, and Isidra Clara

CaMinO founded in 2008 by our Executive Director, Columba Reyes, with a simple but powerful idea: that people from different communities can come together through culture, education, and the arts to create lasting understanding and friendship. As a Sister City organization, our mission is to unite Minneapolis and Cuernavaca through artistic, cultural, and educational exchanges. We believe that when people share their stories, traditions, talents, and experiences, they discover not only their differences but also the values and hopes they have in common. Over the years, CaMinO has proudly brought people together through community celebrations and cultural events that honor our shared heritage and history. Events such as Día de los Muertos and Emiliano Zapata Day have become opportunities for families, artists, students, and community members to celebrate traditions, learn from one another, and strengthen cross-cultural understanding. None of this work happens alone. We are grateful for the support of our community partners, including the Latino Economic Development Center, Meet Minneapolis, and Pangea World Theater, whose collaboration helps us expand our reach and deepen our impact. At its heart, CaMinO is about building bridges. Bridges of understanding. Bridges of culture. Bridges of friendship. Muchas gracias. Gracias por su apoyo. Together, we build bridges that connect cultures, communities, and hearts.

Learn more about CaMinO at caminosisterciudades.com

Altars & Ancestors

The practice of creating altars and remembering our ancestors look different across the world and in different cultures, and not all altars are for ancestors either. They exist in different ways in many cultures and religions.

In Culture

Día de los Muertos (Day of the Dead)



Learn more on the Smithsonian's National Museum of the American Latino website – Day of the Dead resources

During this autumn season, many Mexican and Latino communities are celebrating Día de los Muertos (Day of the Dead). In the Mexican tradition,people honor and commemorate the lives of their loved ones who have departed and to welcome the return of their spirits.This tradition is rooted in Indigenous and Spanish Catholic ritual customs.

On the altars (ofrendas), people may place marigolds and photos of the person, their favorite foods, or candles to light the way.

Some Elements on the Altars:

- Marigolds: It's believed that the scent and color of marigolds help guide spirits
- Photos of the person who has passed
- Favorite foods of their loved one
- Candles to light the way

Where else have you seen an altar? What did it look like? What were some elements that were similar or different from an ofrenda?

Altars & Ancestors

In addition to Day of the Dead (Día de los Muertos), many other cultures around the world have their own practices or rituals for remebering their loved ones.



Hungry Ghost Festival

In some Chinese cultures, they believe that the individual has two souls. After death, one of the souls rise to heaven while the other remains in the human body requiring nourishment. During Hungry Ghost Festival (the seventh month of the Chinese lunar Calendar), it is believed that the gates of hell open and that vengeful spirits come forth. Practices during this time are meant to provide nourishment and fulfill the needs of wadering spirits.

Some common practices during this time:

- Feeding the ghosts - food is places by burning incense sticks for the spirits
- Temporary altars - a place int he home to honor ancestors who have passed. This may include photographs or ancestral tablets.
- Burning paper money (ghost money) - the burnt money is a currency offering for hungry ghost to use during the Ghost month
- Avoid taboos - there are several things you people avoid doing this time such as touching offerings, pointing slippers towards the bed, or hanging clothes outdoors. All to avoid upsetting the spirits.

How do you honor or mourn loved ones who have passed? Are they individual or community-based rituals? What about these rituals feels sacred to you?

Altars & Ancestors

Dakota Beliefs & Traditions

The Dakota people believe in Wakan Tanka - the Great Spirit or Great Mystery. Instead of a singular deity or spiritual force, this is a life force of energy existing in all things - living and non-living animals and plants. It is through this that they believe that all things are related and interconnected.

Spirit dish or plate: A ceremonial offering of food. This can be placed outside or a sacred place as a gesture of gratitude to those who have passed.





Tabacco/prayer ties: Ćanśaśa is traditional tobacco used by Lakota and Dakota people. It is used as medicine. Tabacco ties may also be called prayer ties. They can be used in several ways - to make an altar, to be worn or carried as you journey, or in ceremony, for example. It is important that a correct method is used when making these.

Wiping of the Tears (Istamniya Wicakicipakinta Pi): A grief healing ceremony for those who have lost a loved one. There are a few rituals that may be practiced. A spiritual leader may "wipe" the mourner with sage, cedar smoke, or an eagle feather, representing cleansing and renewal. Sacred songs and prayers may be offered with the burning of sweetgrass or tabacco. These rituals help welcome the mourner back into the circle of life.



Altars & Ancestors

In Religion

In many religions, altars are present in places of worship. The altars may be seen as a central focus of the space, an area sacred to the congregation, or the place a religious leader speaks from. Often, these altars have symbolic or physical elements built into the architecture. Below is some information on a select few religions.



Buddhism

In Buddhism, an altar can exist not just in the temple but also in a home - in a space that feels quiet, clean, and free of distraction. While there are multiple ways to make an altar, below are some common elements of for Buddhist altars.

- Placing the Buddha on a shelf - elevated to show respect for the teachings it represents
- Placing the Buddha in the center of the altar
- Incense - the rise of frangrance symbolizes the spread of virtous action
- Offering bowls - a reminder of the virtue of generosity

Judaism

A Jewish synagogue does not have an altar as seen in some other places of worship. Instead, it has several areas of focus that symbolize what was found in the ancient temple.

- Aron Kodesh (Holy Ark) - an ornate cabinet where the Torah Scrolls are kept
- Ner Tamid (Eternal Flame) - a light that sits above the Holy Ark. It is always lit and represents God's omnipresence and light
- Bimah - a platform (or reading table) from which the Torah is read



Altars & Ancestors

Christianity



In Christianity, altars may look different between different demoninations. A commonality among them is that the altar serves as the main table or surface where the Eucharitstic sacrifice. It also symbolizes the

Some elements of Christian altars:

- At least two candles - representing the light of Christ
- Tabernacle - a container in Catholicism where unused Consecrated Hosts are kept
- Lectern - the place from where the Bible is read aloud
- Cross or crucifix - a reminder of Jesus' death and rise to new life



Islam

In Islam, they reject the presence of altars in prayer or sacrifice. Instead they have mosques as places of worship.

While mosques may look different around the world, there are some key elements:

- A dome - symoblic of the vault of heaven, often covering the main prayer hall
- Prayer Hall (*musalla*, meaning "place of prayer") - usually left bare as worshippers sit, kneel, and bow directly on the floor. Prayer rugs and the Qur'an may also be present in the space.
- Mihrab - a semi-circular indentation in the wall to mark the direction of Mecca in which Muslims face to pray
- Minbar - a raised platform from which sermons or speeches are given

Dakota Land

Minnesota is the traditional homelands of the Dakota people. **A brief history:** Dakota people were created at Bdote. They were held at Fort Snelling as a concentration camp and were exiled from their own homelands.



Participants in the Treaty of Washington, including Henry Belland, Joseph Renshaw Brown, Nathaniel R. Brown, Antoine Joseph Campbell, and the Dakota leaders Wabasha and Mankato. 1858. Photographed by Charles DeForest Fredericks. Minnesota Historical Society.

Anishinaabe people followed a prophecy to settle where food grows on water (manoomin/wild rice) and came to Mni Sota Makoce. We are grateful to collaborate alongside Dakota, Anishinaabe, and Ho-Chunk people contemporarily.



2019 Prarie Island Summer Pow Wow. Crazy Crow Trading Post.

Learn more through Sacred Sites Tours with Rev. Jim Bear where he teaches people about Dakota, Anishinaabe, and Ho-Chunk history; and at Bdote Memory Map - bdotememorymap.org

Historical Context

2020 Uprisings

The building you are standing in is Pangea World Theater's future permanent home. As you arrive, you may notice scattered businesses and open land with green grass. This was not what it used to be.

Across the street, in the plots of land next to the post office, stood two buildings that Pangea World Theater frequented and supported.



El Nuevo Rodeo was a popular Latin night club along Lake Street. For a few years, Pangea rented their space for our annual Benefit/Gala.



Gandhi Mahal was a minority-owned Bangladeshi restaurant right next door.

On May 25, 2020, former Minneapolis police officer Derek Chauvin knelt down on the neck of George Floyd for 9 minutes and murdered him. He was assisted by three other police offers. The murder of another Black body by law enforcement resulted in local and national outrage and demonstrations all across the world. In this neighborhood, the home of the 3rd Precinct, which served as the base for the four police officers, many businesses were impacted by looting and arson.



Protestors set a shop on fire on Thursday, May 28, 2020, during the third day of protests over the death of George Floyd in Minneapolis. (Photo by Jordan Strowder/Anadolu Agency via Getty Images)

Historical Context



Mural of George Floyd painted by Xena Goldman, Greta McLain, and Cadex Herrera. Photo by Xena Goldman.

Pangea World Theater commissioned this art installation - a door serving as a reminder that even though the space has changed the values of Gandhi Mahal have not. And that the mission to serve and stand with community continues.



Curator & Door Painter: Ifrah Mansour
Project Carpenter: Alo Osberg
Community Artist: Harry Waters Jr.

"Let my building burn. Justice needs to be served. Put those police officers in jail."

- Ruhel Islam, Owner of Gandhi Mahal restaurant on his restaurant being burned.

Where were you in 2020 during the uprising? Where were you when Operation Metro Surge began? What do you remember about these moments? What did you do? Who did you talk to about these events?

ICE Operation Metro Surge

In December 2025, Operation Metro Surge began in Minneapolis. Immigration enforcement actions escalated with deployment of 4,000 ICE agents to the Twin Cities and rural Minnesota. ICE occupation in the Twin Cities has affected both documented and undocumented people. This activity culminated in the death of residents of Minneapolis, including Renee Good and Alex Pretti, disruption to livelihoods, detention of innocent civilians, and family separations.

Brief Timeline of Events:

- **December 1-3:** The Department of Homeland Security (DHS) initiated Operation Metro Surge.
- **January 5:** The government deployed 2,000 more agents to Minnesota
- **January 7:** An ICE agent shot and killed Renee Good, a US citizen
- **January 9:** The president of the Oglala Sioux Tribe said four of its members had been detained by immigration and customs enforcement
- **January 12:** Minnesota issued a federal lawsuit against the DHS, calling for the termination of Operation Metro Surge
- **January 14:** Julio Sosa-Celis was shot in the leg by an ICE agent
- **January 17:** Governor Tim Walz ordered the state national guard to assist local law enforcement against ICE
- **January 20:** ICE agents detained Liam Conejo Ramos, a five-year-old boy, on his walk home from school in Columbia Heights, Minnesota
- **January 23:** "ICE Out of Minnesota: Day of Truth & Freedom." 50,000 people protested in downtown Minneapolis.
- **January 24:** ICE killed US citizen Alex Pretti
- **February 1:** Liam Conejo Ramos returns to Minnesota/Mni Sota Makoce
- **February 10:** Native activists set up a prayer camp outside Minneapolis ICE detention Center at Coldwater Springs
- **February 12:** White House border czar Tom Homan announced the end of Operation Metro Surge

Art in Action

At Pangea, we believe that art can change the world - and we are not the only ones. Throughout history and across the globe, many artists have activated the arts in movements to spread a message, bring awarenss to critical issues, or inspire change. Below are some examples of art in action.



Demonstrators unveiled a massive 11,000 patch quilt made in protest against ICE at the State Capitol in September 2026. Credit: MIRAC

MN Stolen Neighbors Quilt

The Minnesota Stolen Neighbors Quilt, an art piece made of 12,500 fabric squares, represents the lives and stories of the estimated 11,000 people who were deported by federal immigration enforcement in Minnesota between the beginning of President Donald Trump's second term and the end of Operation Metro Surge. Project led by Owen Lubozynski, a member of the Minnesota Immigrant Rights Action Committee (MIRAC).

"Walking on Air"

In April of 2021, outside the Hennepin Country Government Center as the verdict in the trial of Derek Chauvin was announed, local artist seangarrison live painted *Walking on Air*. The painting began on a black canvas, a dark piece, but as it was announced that Chauvin was guilty, it lightened, representing hope in Minneapolis.



seangarrison's "Walking on Air," which he painted outside the Hennepin County Government Center. April, 2021. Image rights seangarrison.

Art in Action



Frida Kahlo

Born in 1907, in Mexico City, Mexico, Kahlo was a renowned painter, socialist, and feminist. Frida was a trailblazer not just for women, but for LGBTQ people and people with disabilities. Frida's paintings reflected the idea that the personal is political. Her paintings depicted her frustration at the injustices in her community, and the gendered expectations of women.

Frida Kahlo, Self-Portrait on the Borderline between Mexico and the United States, 1932. Detroit Institute of Arts. © 2023 Banco de Mexico Diego Rivera & Frida Kahlo Museums Trust, Mexico, D.F. / Artists Rights Society (ARS) New York.

Reflection Questions

- What role does art (literature, visual media, music, performing arts, etc.) play in your life? How have you experienced or enjoyed other forms of art?
- Have you ever created an altar for an ancestor? What are some meaningful things to you that you would put on your altar?
- What comes to mind when you hear the word "sacred"? What is sacred to you? What about it makes it sacred? This can be a place, a thing, or a practice.
- Do a scan of your body. How does it feel right now? Where might you be holding tension? Or do you notice a release? What is at the forefront of your mind as you leave the gallery?
- Free write: Take a moment to write about the experience. What stood out to you? What do you have questions about?
- What are you wanting to know more about as you leave the gallery?
- What were some of the different ways you saw the word "grounding" be interpreted in the exhibit? Which of the installations resonated most with you?
- What issues matter to you? If you could create a piece of art that brought awarenss to that issue, what would it look like? Would it be physical, digital, performance-based?

Additional Resources

(Live links in digital version online)

Learn & Get Involved

- Longfellow Rising
- Defend the 612
- Unidos MN/ Monarca
- MIRAC (Minnesota Immigrant Rights Action Committee)
- Immigrant Defense Network
- MN NOICE
- Immigrant Defense Project
- East Isles Neighborhood Association - Resources: ICE in Our City
- Green Card Voices
- Rent Support
- Headwaters Foundation For Justice
- Minnesota8

Literature & Podcasts

- *Art and Upheaval: Artists on the World's Frontlines* by William Cleveland
- *Theory of Water: Nishnaabe Maps to the Times Ahead* by Leanne Betasamosake Simpson
- *The Science of the Sacred: Bridging Global Indigenous Medicine Systems and Modern Scientific Principles* by Nicole Redvers
- *Inflamed: Deep Medicine and the Anatomy of Injustice* by Rupa Marya and Raj Patel
- Podcast: *ART IS CHANGE: Strategies & Skills for Activist Artists & Cultural Organizers* by Bill Cleveland
- Podcast: *Arts Heals All Wounds* by Pam Uzzell

PANGEA
WORLD THEATER

Thank you for coming to

Grounding Altars for Sanctuary

As our audience and community, we rely on your continued support to make works like ***Grounding — Altars for Sanctuary*** possible. If you believe that relevant work like this keeps you accountable to creating a better world, you can take action today by contributing to Pangea World Theater.

Pangea donors sustain this circle and make the art you see onstage and in your community possible.

Make a gift today to invest in the arts, and in a better world. Add your donation to the box, scan, or visit bit.ly/grounding-gift

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