

**Merry Christmas!**

**ka-wî-miyo-manitôwikîsikanisik**



**“All are included in the circle”**

**Original art design by former Centre High Student,  
Nadia Kematch**

**At this time of year, let us remember all those individuals who are struggling, those who may not have enough to eat or those looking for a place to belong.**

**Now that winter is officially here, following are some ideas to help you through the long, dark winter months. Remember, every new day offers the opportunity to start something new or begin again, akamaymohk - keep moving forward, keep safe and warm.**

**Lastly, please find a list of “messages of hope” which was created by Centre High students about 6 years ago....they were as hopeful then as they are today and I hope that you will enjoy them if you might need a spark of inspiration in your day!**

**Joanne**





Here are some Indigenous solstice ideas and words of wisdom (*italics*), enjoy, from the book; "The Wisdom of the Cree of Canada, A Book of Healing for the Human Heart". Volume 3, published by the Alberta Foundation.

Slow down and rest

***"Be joyous just watching the fire--the same one that looked at your ancestors".***

Cook and share a healthy, comforting meal with loved ones

***"Practice 4 powers: courage, endurance, generosity, loyalty".***

Reflect on the past year

***"Have the strength of Rock: let the wind pass over you."***

Give thanks for all of your blessings

***"Ah! Look! There! Just ahead! The first songbird in the snow."***

Show the people that you care for that you appreciate them

***"Nehiyawak \*\* women hold up half the Sun".***

Channel your creativity through arts, crafts and exercising your imagination

***"At dawn, sky wears a silver robe; amethyst at mid-morning, azure at noon, jackfish pink at evening; and a smoky purple at dusk".***

Drink natural and medicinal teas

***"Nothing heals like water".***

Practice special self-care rituals for self and others

***"Am I walking through life carrying on my back yesterday and tomorrow?"***

Go to a ceremony or hold a personal moment of prayer in your home

***"Heal by allowing mind to drift on spirit".***

Pay attention to the movement of the sun

***"All dreams come from Sun".***

Light a fire

***"The most wonderful gifts of life are hidden inside their simplicity".***

Set intentions for the longer days ahead

***"Live as effortlessly as snow falls to the earth".***

***Ref. obtained from website:***

***<https://ndncollective.org/acknowledging-the-winter-solstice-is-a-decolonial-act-for-indigenous-peoples/>***