



Blessings to all as we face another day and week of meeting new challenges. Despite the many changes we have and continue to face, it is amazing how many incredible adjustments we have collectively embraced and succeeded in implementing in such a short time period!

That said, the changes of routine and programs may be puzzling at times to the people we support. And so we continue to look for ways to create understanding and ease for people. The weekly Thursday evening 4Directions program has always been a good source of grounding for the group members. This gathering allows them to keep in touch with their culture and spirituality and their community.

To continue the 4Directions group, we will be sharing a weekly plan of resources to use on each unit. You are all welcome to use it any day of the week as you see fit to ensure that all members of the group continue to feel the presence of their spiritual and cultural practices. If a person you support is trying to maintain their regular routines, using the program on Thursday evening is suggested. Of course, we are continuing our support of the program while following current protocols for health and safety.

To preserve the intention of the 4Directions as a sharing circle, you can set up the people you support in small groups in the living room (maintaining the 6 feet/2 meter between people). Using the laptop, ipad or Smart TV along with reading the notes that follow, people can also be supported to explore the weekly program. People can also work individually in their own room using their own devices if they choose that. When you begin, all you need to do is support people to read through the guide and pause to play the video links that are noted. Thank you.

Thank you for finding the courage to continue to share your gifts of caring and support with one another and your creativity to create meaningful experiences with people who you support.

Please touch base if you have any questions.

*Kind regards,
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Thursday, April 9th - Story Telling

To open the gathering, play the following song for the sacred elements by clicking on the link. If a person has a drum, rattle or musical instrument, please support them to use it.

<https://bit.ly/3bPlzft>

“Sharing through story focuses on the power of story, and we do this through literacy supports, literature and storytelling resources. Indigenous cultures share stories in many ways – orally, in song, in drumming, with pictographs, and through medicine wheels and tipi rings. Traditionally, stories are told by elders – known as Knowledge Keepers or Historians in some nations – as well as community members who have earned the title of Storyteller.”

“In classrooms, storytelling creates a climate that is responsive to the individual needs of the classroom while making connections to prior and new learning.”

“Through storytelling in its many varied forms, teachers or knowledge keepers provide examples or connections to ideas that students can understand, so that learning is meaningful and transformative.”

“The following link shows Chris Morganroth, a Quileute elder, as he tells traditional stories geared towards kids and families. Morganroth also gives an introduction to Quileute culture and discuss how the tribe is presented in the popular Twilight books and movies, which is also the topic of the traveling exhibition "Behind the Scenes: The Real Story of the Quileute Wolves." (1hr 10 minutes)

<https://bit.ly/3aMrkeu>

“Now before we close our circle, let’s give every person in the circle a chance to share a word or sentence or two about their own life story with the group. You might choose to share the place where you were born, where you live now, your full name or spirit name, the name of your own favorite story or a part of your culture most important to you.”

(To end the gathering, acknowledge each individual who joined the group and thank them for sharing their time and story.)

“Each of us have a story to tell. Everyone might differ in their experiences and their journey, but the lessons learned will always bring us together as one. With this, we close the gathering with a thankful heart for the gift of life, friendship and good health and that we may find each other again next week well and untroubled. (Thump the drum 4x to acknowledge the four directions as you close the circle).”
“Meegwich, thank you everyone”

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