



Greetings everyone.

To continue the 4Directions group, we continue to share 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. Of course, in the spirit of reconciliation and community, neighbors and friends of the group members are also welcome to join to learn about Indigenous culture and life.

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,
Andrew & Sheryll Ann*

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For assistance please contact (204) 256-4301.



July 23, 2020 – Turtle Teaching

Greetings all and welcome to our circle. Gather everyone and [start with this song](#).

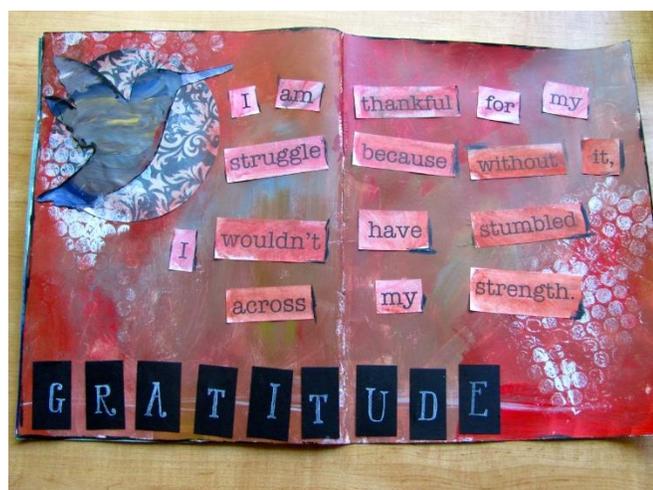
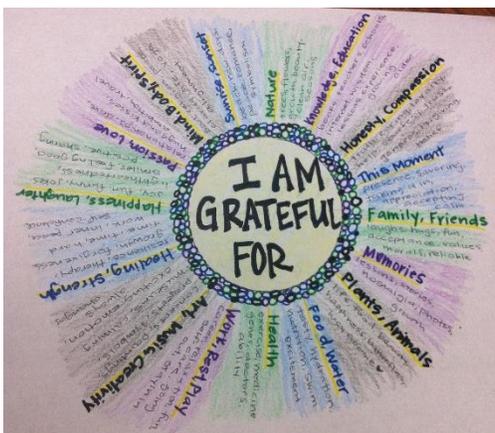
It is important to show gratitude and give thanks for the gifts which have been given by the Creator. Humankind is the youngest member to join Creation and they depend upon all other parts of Creation for existence. Humans have the ability to choose their path in life because they are given the gift of free will. However, with this choice comes the responsibility to be grateful for what has been given and what is yet to come. For example, humankind must be especially grateful to the turtle as it has been given special responsibilities by the Creator to share Turtle Teachings. The turtle carries the earth on its back— the origins of Turtle Island discuss the great kindness and love expressed by the turtle in agreeing to carry the soil, plants, animals, and humans on its back, as shared in the Creation Story.

Watch this [playlist of different turtle myths and teachings](#).

Activity: Gratitude practice - This activity is meant to reinforce the traditional understanding of giving thanks. We should all be reminded of our responsibility to give thanks. Share how each one show thanks and appreciation.

Draw, or make a collage of things you are grateful for. You can use a piece of paper, cardstock or canvass and any drawing, cutting or painting supplies on hand.

Sample projects:



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Closing: Start the practice of gratitude by thanking each and everyone for their gift of time. Close the circle [with this song.](#)

Meegwich,
Sheryll Ann