



*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.



## **June 11, 2020 – All About Manitoba**

A lot has happened and life has been far from boring ever since this pandemic began. We have all the tools of the trade to continue with the program and for today's gathering, we will use our very own intranet blog dated May 12 written by Sarah Van Mackelbergh.

Gather everyone in a circle and let us join in on this fun [original song only us Manitobans can relate](#).

On May 12, 1870, The Manitoba Act was passed in Ottawa, declaring Manitoba to be entered into confederation, thus it being called Manitoba Day. Although it is way past May 12, the blog gives us a wonderful insight of our culture, history, food and activities. Visit the blog and browse your selected topic. Do note that due to the partial reopening of Manitoba, some are no longer available like the online food delivery order from Kings Head.

[Check out the Manitoba Day blog](#) and have fun learning and doing some of the online activities.

Finally, when ready to end the gathering, acknowledge each and everyone for their gift of time and enjoy this [final playlist about Manitoba ending with a song shot at Oxford House, Manitoba](#).

Meegwich.