

The month of May is a somber month for Indigenous People in Canada. As May 5th is Red Dress Day. A day to remember the MMIWG

This month I would like to bring your attention to the Grandfather teaching of love. It is represented by the Eagle



"Love the Creator, love yourself – It is said one's first love is the Great Spirit. The father of all our People, He is the giver of life. Love given to the Creator is expressed through love of oneself. It is understood that if we cannot love ourselves, it is difficult to love others.

Be at peace with yourself. You have to love and like yourself. Make sure not to put everyone else's needs before your own." -Elder Hazel Dixon

