



Spirit of the Children Society Newsletter

Spirit of the Children

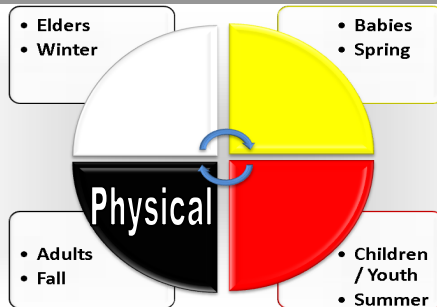
www.spiritofthechildren.com



FALL 2011

Volume 3, Issue 2

Aboriginal Child & Family Services for individuals living in Burnaby, New Westminster, & Tri-City



• Physical

• Fall

• Adults

Intro to the Medicine Wheel

Each tribal area on Turtle Island constructs the Medicine Wheel slightly different. For example, the colours may be in different orders, and symbols may vary according to the geography and beliefs of that territory.

There are many teachings, however, that are in common across different areas, such as the four directions representing **Earth, Air, Water and Fire**. Elders have explained the significance of these elements to me by saying that "when we die, our air goes back to the air, our fire goes back to the fire, our water goes back to the water, and our body goes back to Mother Earth".

Our Elders teach us animal symbols and how they convey animal teachings. Some of us carry animal names. My name in Cree is Mechuskosis which means the Swallow (the bird) considered to be a messenger (and here I am writing this article).

One of the wheels I was taught had the **Eagle to the east** (the one that flies and sees the Big picture).

In the **South, the little Mouse** is the one who sees what is right in front of his/her face (being in the present moment). Sometimes **the Coyote** is also represented in the south he is the Trickster. think of the cartoon character Wile E. Coyote he is always getting into trouble but learns and grows from it.

In the **West sits the Bear**, this is about Healing energy. The bear who hibernates or some elders might say meditates. There are stories that say the bear's dreams are so powerful they

Continued on page 2

In this Issue:

- Intro to the Medicine Wheel, **Pg 1 & 2**
- Where Our Moccasins are Going, **Pg 3**
- Where Our Moccasins Have Been, **Pg 2**
- Community Article, **Last Page**



Intro to the Medicine Wheel Cont'd

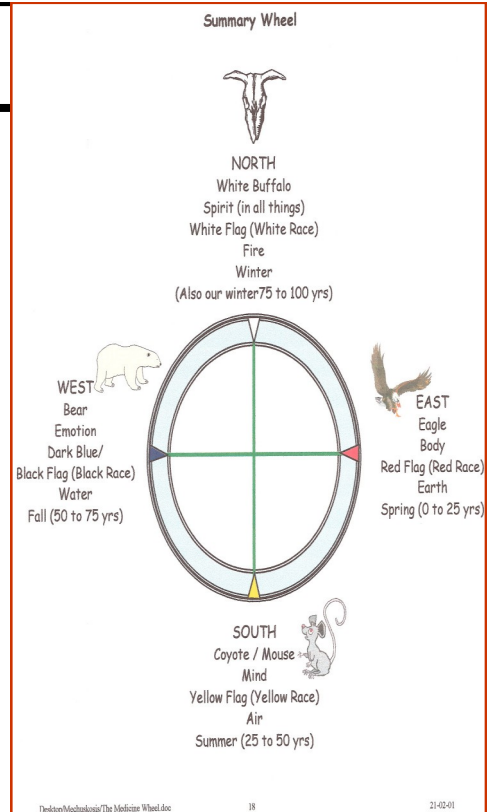
dream us into existence. In the **North is the White Buffalo** this represents our Spiritual energy on the wheel.

The four directions go on and on to mean different teachings like **Spring, Summer, Fall and Winter**. An Elder that I spent time with was Grandfather Wallace Black Elk he said;" The first 25 years of our life is the spring, (25 to 50) Summer, (50 to 75) Fall, (75 to 100) Winter.

This is only a taste of the teachings from the Medicine Wheel. It can represent a whole Universe. Maybe that is where the word University comes from?

Have a look at the diagram to the right and see what other messages it brings to you.

All My Relations, Mechuskosis, Phil L'Hirondelle, Family Strengthening Worker



Where Our Moccasins Have Been...

SOTCS Staff & Elders:

For the past few months SOTCS has been all over the lower mainland travelling Indian Country. Some of the places Our Moccasins have been include:

- ⇒ Indigenous Leadership Gathering in Lillooet
- ⇒ 35th Annual Elders Gathering in Abbotsford
- ⇒ Youth Council Camping in Boston Bar

Tweenie Program:

One of our highlights this season has been the Tweenie Program.

Over this Summer, SOTCS provided a Tweenie Program

for Aboriginal children aged 6-12. The Tweenie Program provided kids with a comfortable and nurturing learning environment where they experienced traditional crafts like dream catchers and medicine bags. Some Elders were generous enough to donate their time to help teach the children how to weave the dream catchers web. Lunch for the Tweenies was always an adventure. The kids were surprisingly open to trying new exotic and unfamiliar foods like Chinese melon. They also went on an awesome trip to the Vancouver Aquarium where we saw all sorts of animals from around the globe. The kids really seemed to love all

the different kinds of frogs in the tropical exhibit. We also had a blast baking and decorating cupcakes to raise money for the program. These are only a few examples of the fun and interesting activities we experienced during the Summer.

- Submitted by Lucas Noel,
Tweenie Program
Coordinator



Where Our Moccasins are Going...

Look for these upcoming programs and activities this Fall.

ECD Hallowe'en Trick or Treating at SOTCS

Become a Mentor for a Youth!

SOTCS Annual Christmas Party



Spirit of the Children Society (SOTCS)
ABORIGINAL EARLY CHILDHOOD DEVELOPMENT PROGRAMS

Early Childhood Development FAMILY DROP-IN SESSIONS

For families with children between birth to 6 years old. We focus on traditional teachings, such as the Medicine Wheel and the Seven Sacred Teachings through games and activities.

Times and Locations (Sept. - Dec. 2011)

Mondays

1:00pm - 4:00pm
Forest Grove Elementary School Park
8525 Forest Grove Drive #11, Burnaby
START DATE: September 12, 2011

Wednesdays

9:00am - 12:00pm
James Park Elementary
238 1st Street
New Westminster, BC
START DATE: September 7th, 2011

Thursdays

1:30pm - 4:30pm
Spirit of the Children Society
#201- 768 Columbia Street
New Westminster, BC
START DATE: September 8th, 2011

Fridays

9:00am - 12:00pm
Spirit of the Children Society
#201- 768 Columbia Street
New Westminster, BC
START DATE: September 9th, 2011

For more information contact the ECD staff at 604.534.9113 ext 2234.
Email: ecdprograms@sotcs.ca [Check us out on Facebook!](#)



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FREE SIX-SESSION WORKSHOPS FOR PERSONS WITH ONE OR MULTIPLE CHRONIC CONDITIONS · Family Members and Friends Welcome

TIME/DATES: September 8 – October 13, 2011
Thursdays 9:30am - 12:00PM
LOCATION: Spirit of the Children Society
#201 – 768 Columbia Street, New Westminster
TO REGISTER: June @ (604) 940-8973 or (604) 1 866 902-3767

For more info TOLL-FREE 1-866-902-3767 or visit our website at:
www.selfmanagementbc.ca



Centre on Aging



Elder's Meditation

The Creator designed us to learn by trial and error. The path of life we walk is very wide. Everything on the path is sacred - what we do right is sacred - but our mistakes are also sacred. This is the Creator's way of teaching spiritual people. To criticize ourselves when we make mistakes is not part of the spiritual path. To criticize mistakes is not the Indian way. To learn from our mistakes is the Indian way. The definition of a spiritual person is someone who makes 30-50 mistakes each day and talks to the Creator after each one to see what to do next time. This is the way of the Warrior.

Today let me see my mistakes as a positive process. Let me learn the aha's of life...

Awaken my awareness so I can see the great learning that You, my Creator, have designed for my life

SOURCE: **White Bison, inc.**



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Community Article

Dear families, friends, and colleagues,

My Name is Aura Masi previously known as Aura Perez . I have been part of the Family Development Team at Spirit of the Children Society since 2008. As a Family Strengthening Worker, I have had the opportunity to work with wonderful families and their children within our communities in New Westminister, Burnaby, and the Tri-Cities.

I come from a family of human rights advocates. My grandfathers, grandmothers, and parents have defended the rights of our communities for generations, and that is why I have a passion serving our communities. I realize now that my parents advocacy has been passed on to me. My parents' and grandparents' teachings have taught me to always remember to: live, love, learn, work hard, and to respect nature, animals, and humanity. It is because of all these good teachings that I love working for the commonwealth of all.

Additionally, I would like to share that I have been blessed with the gift of motherhood. My little angel Francesca Caterina is now thirteen months old, and I can only tell you it has been wonderful to see how my baby caterpillar is developing into a beautiful butterfly.

As a mother I can understand how challenging it is to be a parent. I think of all the mothers around the world, and how parenthood is very specific to each parent. As a parent, I recognize how important it is to connect with family members; relatives; friends; or support circles within our communities. My parents and grandparents always said: "It takes a community to raise a child." True indeed. I can see how crucial it is for our children to be part of our culture, which is the foundation of the future of many generations yet to come.

All in all, this is just a little something of who I am as an individual who loves advocating for human rights, and who is definitely experiencing a miracle with motherhood. Now you know where I am, I welcome all families, and hope that we can share similar experiences such as how challenging it is to parent!!!!

Best regards,

Aura Masí, BA

