

THE GREAT SPIRIT PRAYER

Oh, Great Spirit, whose voice I hear in the wind, whose breath gives life to all the world.

Hear me; I need your strength and wisdom.

Let me walk in beauty, and make my eyes ever behold the red and purple sunset.

Make my hands respect the things you have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things you have taught my people.

Help me to remain calm and strong in the face of all that comes towards me.

Let me learn the lessons you have hidden in every leaf and rock.

Help me seek pure thoughts and act with the intention of helping others.

Help me find compassion without empathy overwhelming me.

I seek strength, not to be greater than my brother, but to fight my greatest enemy, Myself.

Make me always ready to come to you with clean hands and straight eyes.

So when life fades, as the fading sunset, my spirit may come to you without shame.

— translated by Chief Yellow Lark

Many of us remember this being the main prayer that everyone always stated. All across Canada. Now it is rarely heard. Although; it is still one of the most beautiful prayers; and still sums up our collective Indigenous journeys succinctly!

December 7, 2020

Are the monoliths for real...are we getting ready to move into a new dimension?

What next?

Everyone and Everything, is in this continual state of flux due to the pandemonium of this Corona virus pandemic. Are we being prepared for a quantum leap into another state of consciousness? Will Indigeneity be common place understanding? Something to consider, (if one has nothing else to think about)?

Personally, I experienced the 'belly of the Covid19 beast' first hand as I went for emergency surgery at the end of October, 2020. The most distressing part, was what people are thinking about, *who are not* directly affected by the virus. Those that spend their days on social media conjuring up one negative scenario after another. Thank goodness, I can still hear myself think; and make sense out of a given situation. I knew my body was shutting down, I knew I had to go to hospital. I could visualize the doctors that would be working on me...and I left the rest to my higher power. We did not wait 5 hours to see someone on a Friday afternoon (as social media fanatics were warning us would happen if we went to the university hospital)...we waited maybe an hour and a half...specialists attended me (one a military doc) and my testing was done that Friday evening. I was then admitted at 1 am; and the nurses, helpers, aides were ALL awesome...everyone worked with excellence. They were happy, cheerful souls providing their best service...wow...I was extremely fortunate in comparison to the horror stories that I had heard. The day I was released, the second shutdown occurred for Covid19. Similarly, with Cliff...our senior Elder at Red Road, the day he was released (after his stroke last spring), the first Covid19 shutdown occurred. Needless to say, I was out of commission for a few weeks...I am back in the saddle now; and I am slowly catching up here...just in time for Christmas...albeit social distanced!!

So what is happening at RED ROAD? Up until the second shutdown, we were providing:

Friends of Bill W and Friends of Lois W Nooners that were well attended. People often go from these programs to other services in the agency and the community. Such as; literacy (Cree and Stoney classes), baby bonding, beading, ceremony, counselling, crafting, food bank, health for two, legal services, outreach, referrals, sewing, storytelling, therapy and some seasonal events.

All the programs (before the second lockdown) required social distancing and masking. Our annual Christmas events have been cancelled this year due to the COVID19 pandemic. However; on December 17, 2020, we are having an outdoor winter Dene ceremony (see attached poster); whereupon the fixings for a Christmas dinner will be given out as well as presents for children. Tim Horton's hot chocolat will be served.

Watch for Red Road Indigenous presentations on Indigenous Early Childhood Development and Parent Education on Red Road's www.redroadjourney.ca website. Our programs and services continue to grow and expand; as daily, people are coming up with new ideas of how to enjoy life during these trying times.

Call 780 471 3220.

**RED ROAD
INDIGENOUS WEST**



**PTE OYATE
FAMILY RESOURCE NETWORK**



HUB

together with

7

SPOKES OF SERVICE

Early Childhood Development (Red Road)

Family Outreach (Red Road)

Family Supports (from Metis Child and Family Services MCFS)

Home Visitation (from Ben Calf Robe BCR)

Indigenous Family Supports (Red Road to Family Futures FF)

Parent Education (Red Road)

Youth Supports (from Bent Arrow BA)

CHRISTMAS WISH for those we serve and the people we work with.....



FOREVER YOUNG Joan Baez, Bob Dylan, The Band

May God bless and keep you always,
May your wishes all come true,
May you always do for others
And let others do for you.
May you build a ladder to the stars
And climb on every rung,
May you stay forever young,
Forever young, forever young,
May you stay forever young.

May you grow up to be righteous,
May you grow up to be true,
May you always know the truth
And see the lights surrounding you.
May you always be courageous,
Stand upright and be strong,
May you stay forever young,
Forever young, forever young,
May you stay forever young.

May your hands always be busy,
May your feet always be swift,
May you have a strong foundation
When the winds of changes shift.
May your heart always be joyful,
May your song always be sung,
May you stay forever young,
Forever young, forever young,
May you stay forever young.