To walk through life with integrity is to know honesty.

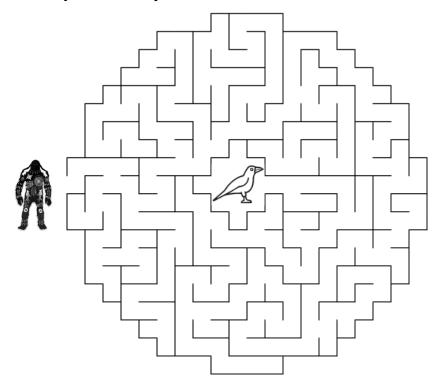
Be honest with yourself.

Recognize and accept who you are.

Accept and use the gifts you have been given.

Do not seek to deceive yourself or others.

## Can you help Sabe find Raven?





## Sunday June 9<sup>th</sup> Youth Bulletin – Honesty



## Honesty- Wówicake (Dakota)



Sabe

Artist: Jessie Jannuska - Canupawakpa Dakota Nation. Source: First Nations Health and Wellness Colouring book. Created in 2021 in partnership between the Assembly of Manitoba Chiefs and the Canadian Red Cross. The Dakota language, also referred to as Dakhóta, is a Siouan language spoken by the Dakota people of the Očhéthi Šakówiŋ, commonly known in English as the Sioux. Dakota is closely related to and mutually intelligible with the Lakota language. *Source: Wikipedia* 

The Dakota language is part of the Siouan language family. Around 1,300 people speak the Dakota language in Canada according to the 2016 census. It falls into the same family as Lakota and Assiniboine, which some say are similar. Speakers reside mainly in southern Manitoba and Saskatchewan and in the U.S. *Source: CBC News* 

Honesty is represented by either the raven or the sabe. They both understand who they are and how to walk in their life. "Sabe reminds us to be ourselves and not someone we are not. An honest person is said to walk tall like Kitchi-Sabe... Like Kitchi-Sabe, Raven accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you."

The Seven Sacred Teachings of White Buffalo Calf Woman, by David Bouchard & Dr. Joseph Martin.

