

The Cherokee teach the parable of the Two Wolves and a Wise Mind.

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is Evil. It is anger, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

"The other is Good," continued the wise Cherokee. "It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Source: <https://medicinehatnews.com/life/local-life/2022/04/20/miywasin-moment-the-seven-sacred-teachings-humility-the-wolf/>

What is the message in the parable told above?



Sunday June 2nd

Youth Bulletin -Humility

Psalm 81

- ¹Sing with joy to God our strength
and raise a loud shout to the God of
Jacob.
- ²Raise a song and sound the timbrel,
the merry harp, and the lyre.
- ³Blow the ram's horn at the new moon,
and at the full moon, the day of our
feast;



Humility

Dbaadendiziwin (in Lkwungen'athun):

Humility is represented by the wolf.

For the **wolf**, life is lived for his **pack** and the ultimate shame is to be outcast.

To accept yourself as a **sacred** part of creation is to know **humility**.

Live life **selflessly** and not selfishly. Respect your place and carry your **pride** with your people and **praise** the **accomplishments** of all. Do not become arrogant and self-important. Find **balance** within yourself and all living things.



Artist: Michelle Stoney

S	A	A	Y	T	R	D	B	E	W	O	L	F	F	E
H	U	M	I	L	I	T	Y	K	C	W	I	L	C	S
T	T	E	Z	Y	C	D	C	D	K	N	B	K	E	I
C	D	M	X	H	R	A	T	I	E	W	A	V	R	A
X	B	V	F	E	P	A	O	T	T	R	U	L	E	R
S	E	L	F	L	E	S	S	L	Y	N	C	D	A	P
E	W	I	U	J	S	A	E	T	K	W	I	A	Z	B
F	H	S	M	L	Y	R	J	F	H	R	D	Z	S	D
S	T	N	E	M	H	S	I	L	P	M	O	C	C	A
D	F	O	S	F	H	I	A	S	V	A	J	E	J	U

Word Search

Find the nine words in bold from the description above in this word search.

The Sooke Teacher's Association's *Seven Sacred Teachings* document is the source for the text and image. They serve four Nations, including Beecher Bay Sc'ianew Nation, T'Sou-ke Nation, Nuuchahnulth Pacheedaht Nation and the Métis Nation of Greater Victoria. This teacher resource can be found at <https://sooketeachers.org/>

"The Sooke Teachers' Association acknowledges and expresses gratitude to the Lkwungen People, also known as the Songhees and Esquimalt First Nations, for providing [them] with the opportunity to work and learn on their unceded traditional territories. Lkwungen means "Place to smoke herring", Lkwung means "to smoke herring" and Lkwungen'athun refers to the language of the land. We give thanks to the ancestors, leaders, Elders and youth for caretaking these lands since time immemorial and generously sharing the cultural teachings of this beautiful place."