

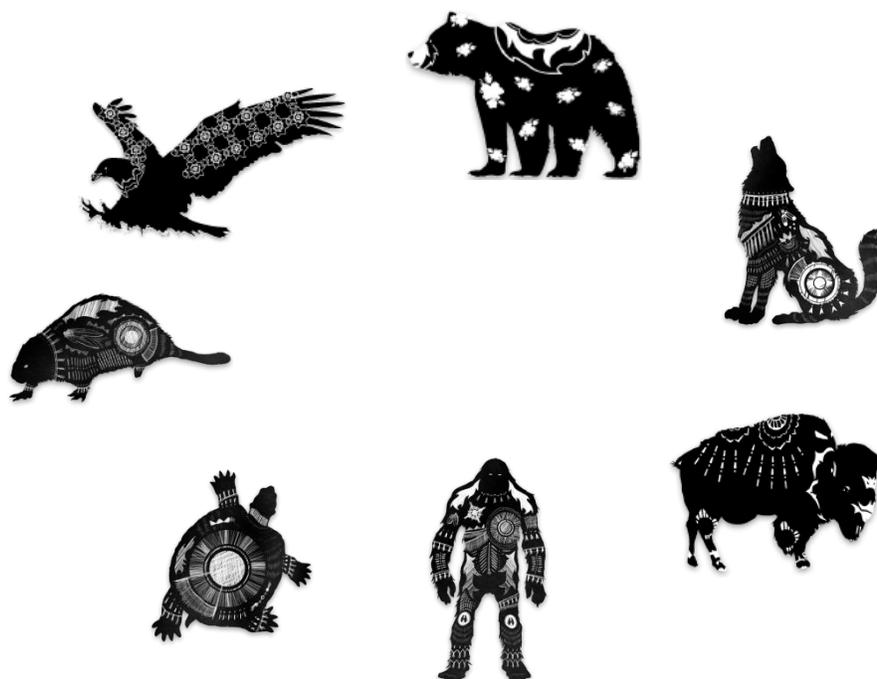


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The Eastern Synod's  
Circle for Reconciliation and Justice

# Invitation to Congregations Seven Weeks for Seven Sacred Teachings

May 19<sup>th</sup> to June 30<sup>th</sup> 2024



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Additional items posted to the website:

- Missal/Bulletin Resource
- Seven Sacred Teachings posters
- Songs (2 items)
- Youth bulletins (7 items)

## Background

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We seek to walk in a good way with our Indigenous neighbours. One thing we can do as faith communities is learn about Indigenous spiritual practices and honour them. Canada's Truth and Reconciliation Commission Call to Action # 60 asks us to do this work, individually and together. (for more information go to <http://courseware.acadiau.ca/trctalk/call-to-action-60/>)

In the fall of 2023, the Kanata Centre at Martin Luther University College had the privilege of hosting an art exhibit called *A Visual Reconciliation*. The project was conceived by Indigenous artist Dazaunggee (Paul Shilling, Rama First Nation), who wanted to reflect visually on the Seven Sacred Teachings of the Anishinaabe. He invited three non-Indigenous artists, Julie Tián, Xavier Fernandes and Ted Fullerton, to respond to the teachings from their own contexts, leading to this collection of artwork. (<https://avisualreconciliation.blogspot.com/>). This collection and the reflections, resources and responses to it were the seed idea for creating this resource for congregational use.

The Circle for Reconciliation and Justice (CRJ) invites you to set aside seven weeks to engage with the wisdom of **The Seven Sacred Teachings**. CRJ encourages churches in the Eastern Synod and across Canada to reflect as a wider community and to continue to learn about Indigenous culture and spirituality as part of our reconcili-ACTION, in response to TRC Call to Action #60.

CRJ has prepared the following resource materials:

- Sample land acknowledgment inclusion
- Prayer of the Day
- Hymn of the Day options and additional music resources with permissions (attached pdf)
- Weekly Sacred Teaching and Year B Lectionary Gospel reading
- Petition for Prayers of the People
- Weekly Youth bulletins (attached pdf)
- Seven Sacred Teachings poster set (attached pdf)
- A variety of actions for members of the congregation to help them engage with these teachings, beyond the short time we share together on Sunday mornings.
- A list of resources for further information about the Seven Sacred Teachings, including a reflective art activity

Links to *A Visual Reconciliation* and the Home Engagement Resource prepared for the exhibit could be helpful and informative. Therefore, they included for each specific week. Congregations should feel free to adapt or use these resources, as they are able.

This document was prepared to cover Sundays from May 19, 2024 (Pentecost) through to June 30, 2024. June is National Indigenous History Month in Canada. While the original work (*A Visual Reconciliation*) is centered in the Anishinaabe culture, please consider adapting these materials to match the traditional territory where you reside/ worship.

We hope you find this information helpful as we continue on our journey towards reconciliation and right relationship with Creation and all our sisters and brothers. Miigwech.

## Home Engagement Resource

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Developed to accompany Rama artist Dazaunggee's (Paul Shilling) exhibit, *A Visual Reconciliation: Cross-cultural Artistic Reflections on the Seven Sacred Teachings*, this resource offers daily and weekly reflections and activities for adults, youth, and children to reimagine Christian practice and teaching in response to the Seven Sacred Teachings and Christianity's role in colonialism.

This resource does not follow the lectionary for May 19 – June 30th , 2024; however, it offers theological context for engaging with the Seven Sacred Teachings, as well as scripture passages, prayers, contemplative practices, song suggestions, and hands on activities that can be adapted for use in worship, with children/youth programing, bible study, or as the originally intended home reflections.

(For a full description, follow this link <https://avisualreconciliation.blogspot.com/p/home-engagement-welcome-letter.html>)

## Introduction to the Seven Sacred Teachings

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“The teachings in Ojibwe (Anishinaabe) cultures have been traditionally passed down from generation to generation orally through stories and ceremonies. Historically, this was done by the elders who carry the stories and traditions. Today the oral traditions are being shared by those who carry the knowledge of such things. The teachings of all Indigenous cultures encompass the morals, values, structures, ceremonial practices, and spiritual beliefs of the group. These teachings also ensured the survival of the people. The teachings vary from nation to nation, because of the geographical placement of each particular group. However, the sacred teachings commonly come from the same root and share a similar message.”

Of all the North American Indigenous teachings, the Seven Sacred Teachings, also known as Seven Grandfather or Seven Grandmother Teachings, are the most commonly shared from coast to coast. Many Indigenous organizations and communities have adopted the seven guiding principles, in one form or another, as a moral stepping stone and cultural foundation. Each community has adapted the teachings to suit their community values. Despite where the teachings may have originated, they share the same concepts of abiding by a moral respect for all living things.

Source for the above quote is [unitingthreefiresagainstviolence.org](http://unitingthreefiresagainstviolence.org) website, which is the basis for the teachings in this resource. Illustrations for the Sacred Teaching panels come from [ecampusontario.pressbooks.pub](http://ecampusontario.pressbooks.pub) website and are used with permission

A complete set of posters is included as a separate document on the website. (Seven Sacred Teachings Posters.pdf)

## May 19th 2024 – Truth

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Truth is represented by the turtle as it was here during the creation of Earth and carries the teachings of life on its back.

The turtle lives life in a slow and meticulous manner because it understands the importance of both the journey and the destination.

Truth is to know all of these things. Apply faith and trust in your teachings.

Show honour and sincerity in all that you say and do.

Understand your place in this life and apply that understanding in the way that you walk.

Be true to yourself and all other things.



### **A Visual Reconciliation link to Truth:**

<https://avisualreconciliation.blogspot.com/2023/08/truth.html>

### **Home Engagement Resource: Truth**

<https://avisualreconciliation.blogspot.com/p/home-engagement-truth-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Gathering God of Pentecost, you breathe your spirit of truth upon us and accompany us on the path of reconciliation. Open our minds, hearts, and hands to receive the truth you blow on us. Fill us, your Pentecostal people, with your Spirit so that the work of resurrection might wind its way in our day-to-day work, with you, to repair the world in Jesus, our way, our truth, our life. Amen

#### **Hymn of the Day options**

ELW 400 – God of Tempest, God of Whirlwind

ELW 398 – Holy Spirit, Truth Divine

ELW 816 – Come My Way, My Truth, My Life

#### **Gospel: John 15:26-27; 16:4b-15**

## **Prayers of the People**

Gathering God of Pentecost, help us to be truth seekers. Help us to not settle for the easy answers and misinformation, but to do the hard and often painful work of finding the truth.

God of faith and trust,

**Teach us to be truthful like the turtle.**

Gathering God of Pentecost, help us to have grace, compassion, and understanding for ourselves and one another when facing hard truths about our lives remembering that we are all sinner saints and that You, our Creator, have washed us clean.

God of faith and trust,

**Teach us to be truthful like the turtle.**

Gathering God of Pentecost, help us to be patient with ourselves and others as we each sift through our own thoughts, feelings, and vulnerabilities to acknowledge and share our truths. Help us to show up with support in this challenging work rather than to pass judgement, shame, or criticize.

God of honor and sincerity,

**Teach us to be truthful like the turtle.**

Gathering God of Pentecost, help us to make space to hold the possibility of multiple truths existing at once even when it is complicated and difficult.

God of honor and sincerity,

**Teach us to be truthful like the turtle.**

Gathering God of Pentecost, you breathe your spirit of truth upon us and accompany us on the path of reconciliation. Open our minds, our hearts, and our hands to receive the truth you blow on us. Fill us, your Pentecostal people, with your Spirit so that the work of resurrection might wind its way in our day-to-day work with you to repair the world in Jesus, our way, our truth, our life.

God of understanding,

**Teach us to be truthful like the turtle.**

**Amen**

## May 26th 2024 – Love

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The eagle represents love because it has the strength to carry all the teachings. The eagle has the ability to fly highest and closest to the creator and also has the sight to see all the ways of being from great distances.



The eagle's teaching of love can be found in the core of all teachings, therefore an eagle feather is considered the highest honor and a sacred gift.

To know love is to know peace.

View your inner-self from the perspective of all teachings.

This is to know love and to love yourself truly. Then you will be at peace with yourself, the balance of life, all things and also with the creator.

### **A Visual Reconciliation link to Love:**

<https://avisualreconciliation.blogspot.com/2023/08/love.html>

### **Home Engagement Resource: Love**

<https://avisualreconciliation.blogspot.com/p/home-engagement-love-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Triune God – you are the lover who begets us, the beloved who befriends us, the love who beholds and enfolds us. You give yourself in covenantal love to the whole cosmos so that all creation is blessed by you – you, who shelters us under your wings and raises us up with wings like eagles. All praise to you holy one in three – love in eternity and love in this time and place. Amen

#### **Hymn of the Day options**

ELW 720 We are Called  
ELW 631 Love Divine, All Loves Excelling  
ELW 722 O Christ, Your Heart, Compassionate  
ELW 723 Canticle of the Turning  
ELW 735 Mothering God, You Gave Me Birth

## **Gospel: John 3:1-17**

### **Prayers of the People**

Triune God – help us to lead with love. Help us to choose love when the world calls us to hate. Help us to have grace, patience, compassion, and empathy for those who may think and act differently than we do so that we may come together. God of strength,

**Teach us to show love like the Eagle.**

Triune God – help us to love creation through caring for the planet. Help us to think critically about the everyday choices we make that contribute to the pollution of the air, the water, and the soil that we all share and the ways our actions impact local plants, animals, and people. Put it on our hearts dear Lord to be better stewards of Your creation. God of peace,

**Teach us to show love like the Eagle.**

Triune God – remind us to love our siblings in Christ the way we think to love our immediate family. Help us to remember that those in our own communities and all across the world who are experiencing homelessness, hunger, war, illness, poverty, oppression, abuse amongst other struggles are not strangers through you. God of peace,

**Teach us to show love like the Eagle.**

Triune God – Remind us to love by thinking of how our actions, decisions, and plans today will affect the next 7 generations to come after us. Help us to have the foresight to balance the needs of today with the wellbeing of the future. God of balance,

**Teach us to show love like the Eagle.**

Triune God – help us to love selflessly. Remind us to love one another the way you love us. May we not hoard the gifts we have been blessed with but live with generous hearts and share the wealth of creation that you have given for us all. God of balance,

**Teach us to know love like the Eagle.**

Triune God – Help us to see the ways we are loved. Remind us that Your love for us is unending. Even in our darkest days, there is nothing we can do to change this and that You have created us for a reason. Help remind us to love ourselves the way You love us. God of love,

**Teach us to know love like the Eagle.**

Triune God – you are the lover who begets us, the beloved who befriends us, the love who beholds and enfolds us. You give yourself in covenantal love to the whole cosmos so that all creation is blessed by you – you who shelters us under your wings and raises us up with wings like eagles. All praise to you holy one in three – love in eternity and love in this time and place.

**Thank you, God of love.**

**Amen**

## June 2nd 2024 – Humility

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Humility is represented by the wolf.

The wolf is strong and powerful alone, but finds its greatest strength when part of a pack.

Humility is to know that you are a sacred part of creation.

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.



### **A Visual Reconciliation link to Humility:**

<https://avisualreconciliation.blogspot.com/2023/08/humility.html>

### **Home Engagement Resource: Humility**

<https://avisualreconciliation.blogspot.com/p/home-engagement-humility-weekly-ritual-2.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Healing God, we carry in this body we are, the dying Jesus who breathes life into us. We are afflicted and perplexed; persecuted and worn out. And yet we are humbled because you bring life from death and place us in your Reign of love. Grace us with the realization we are wonderfully made and truly blessed in our needing one another and in our being healed together in Jesus, our peace. Amen.

#### **Hymn of the Day options**

ELW 659 Will You Let Me Be Your Servant  
ELW 712 Lord, Whose Love in Humble Service  
ELW 725 When the Poor Ones  
ELW 431 O Christ, What Can it Mean for Us

#### **Gospel: Mark 2:23—3:6**

## Prayers of the People

Healing God, may we be reminded that while like the wolf, each of us possesses power and strength, that we are stronger together. Remind us that each life is important and that even your smallest creations play a big role in maintaining the delicate ecosystem of our world.

God of unity,

**Help us to be humble like the Wolf.**

Healing God, remind us that we have much to learn from one another. Help us to be intentional to make intergenerational connections and to build relationships with those who come from all different cultures, communities, and experiences so that we can learn from one another and grow together.

God of respect,

**Help us to be humble like the Wolf.**

Healing God, help us to embrace our gifts and share them with others without being boastful, arrogant, or self-important.

God of selflessness,

**Help us to be humble like the Wolf.**

Healing God, help us to not be so proud that we cannot admit the ways in which where we fall short. Help us to have the humility to seek the support we need.

God of balance

**Help us to be humble like the Wolf.**

Healing God, remind us that in Your infinite universe we are but mustard seeds. Draw us close to You Creator and may we always look to You for guidance and teaching.

God of power and strength,

**Help us to be humble like the Wolf.**

Healing God, we carry in this body we are, the dying Jesus who breathes life into us. We are afflicted and perplexed; persecuted and worn out. And yet we are humbled because you bring life from death and place us in your Reign of love. Grace us with the realization we are wonderfully made and doubly blessed in needing one another and being healed together in Jesus our peace.

**Amen.**

## June 9th 2024 – Honesty

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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.*



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.

### **A Visual Reconciliation link to Honesty:**

<https://avisualreconciliation.blogspot.com/2023/08/honesty.html>

### **Home Engagement Resource: Honesty**

<https://avisualreconciliation.blogspot.com/p/home-engagement-honesty-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Revealing God, you have made yourself known in Jesus of Nazareth, who walked the way of honesty no matter its consequence. Grant us grace that we might be true to you and to ourselves. Guide us in your way so that we might bear witness to your Reign of love. Bless us with peace in knowing that in you we are whole and at one with all creation, in Jesus our cornerstone and strong rock. Amen

#### **Hymn of the Day options**

ELW 587 There's a Wideness in God's Mercy

ELW 768 Lead Me, Guide Me

ELW 837 Many and Great, O God

ACS 1038 God, We Gather as Your People

## **Gospel: Mark 3:20-35**

### **Prayers of the People**

Revealing God, help us to create safe spaces where we can all feel comfortable to be open and honest with ourselves and one another.

God of acceptance,

**Teach us to be honest like the raven.**

Revealing God, help us to not speak lies about ourselves in the name of comparison or self-deprecation, but to see the gifts you have blessed each one of us with and to live into them for you and for others.

God of acceptance,

**Teach us to be honest like the Kitchi-Sabe.**

Revealing God, help us to be honest in times of trial or wrongdoing and to trust in our communities to hold us in our needs and weaknesses and walk with us in whatever journey we may be on.

God of integrity,

**Teach us to be honest like the raven.**

Revealing God, help us to not shy away from our limitations but to embrace the power that can be found in coming together to achieve goals outside of our individual capacities.

God of acceptance,

**Teach us to be honest like the Kitchi-Sabe.**

Revealing God, you have made yourself known in Jesus of Nazareth, who walked the way of honesty no matter its consequence. Grant us grace that we might be true to you and to ourselves. Show us your way so that we might bear witness to your Reign of love. Bless us with peace in knowing that in you we are whole and at one with all creation, in Jesus our cornerstone and strong rock.

**Amen**

## June 16th 2024 – Respect

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Respect is represented by the buffalo. The buffalo gives every part of its being to sustain the human way of living, not because it is of less value, but because it respects the balance and needs of others.



To honor all creation is to have respect. Live honorably in teachings and in your actions towards all things.

Do not waste and be mindful of the balance of all living things. Share and give away what you do not need.

Treat others the way you would like to be treated. Do not be hurtful to yourself or others.

### **A Visual Reconciliation link to Respect:**

<https://avisualreconciliation.blogspot.com/2023/08/respect.html>

### **Home Engagement Resource: Respect**

<https://avisualreconciliation.blogspot.com/p/home-engagement-respect-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Life-giving God, you have spread your Reign of love the world round. Grant us eyes to see your fingerprints in all of creation. Grace us with an awareness of your presence so that we might live with respect for all, giving dignity where it is due, and doing all as stewards of the mysteries you have entrusted to us through Christ our healer. Amen

#### **Hymn of the Day options**

ELW 650 In Christ There Is No East or West

ELW 824 This is My Father's World

ELW 689 Praise and Thanksgiving

ACS 1043 Spirit, Open My Heart

#### **Gospel: Mark 4:26-34**

## **Prayers of the People**

Lifegiving God, help us to have ears to listen. Give us the patience and the level headedness to hear one another respectfully and wholeheartedly when we have differences and to do our best to empathize with and understand where each other is coming from.

God of balance,

**Teach us to be respectful like the buffalo.**

Lifegiving God, remind us to think of how our everyday actions impact others and put it on our hearts to ensure that our behaviour is considerate of others and creation.

Sustaining God,

**Teach us to be respectful like the buffalo.**

Lifegiving God, You have blessed us with so many gifts. Help us to honour these gifts through showing our respect toward creation and one another by being good stewards of your earth, caring for its creatures, and taking from it only what we need.

God of balance,

**Teach us to be respectful like the buffalo.**

Lifegiving God, remind us that no matter our race, ethnicity, cultural background, employment status, religion, sexuality, gender, age, or politic we are all inherently human and deserve respect and care.

Sustaining God,

**Teach us to be respectful like the buffalo.**

Lifegiving God, remind us to honour ourselves with the same respect we would bestow unto others.

God of balance

**Teach us to be respectful like the buffalo.**

Lifegiving God, you have spread your Reign of love the world round. Grant us eyes to see your fingerprints in all of creation. Grace us with an awareness of your presence so that we might live with respect for all, giving dignity where it is due, and doing all as stewards of the mysteries you have entrusted to us through Christ our healer.

**Amen**

## June 23rd 2024 – Bravery

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Bravery is represented by the bear.

The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.



To face life with courage is to know bravery.

Find your inner strength to face the difficulties of life and the courage to be yourself.

Defend what you believe in and what is right for your community, family, and self.

Make positive choices and have conviction in your decisions.

Face your fears to allow yourself to live your life.

### **A Visual Reconciliation link to Bravery:**

<https://avisualreconciliation.blogspot.com/2023/08/bravery.html>

### **Home Engagement Resource: Bravery**

<https://avisualreconciliation.blogspot.com/p/home-engagement-bravery-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Liberating God, you became flesh so that our lives might become whole. When storms rage about us grant us the spirit of bravery that comes with the knowledge that we are not alone. Remind us that you are ever near and know us better than we know ourselves. On this day remembering National Indigenous People's Day, empower us to be the people we are: children of the living God who breathes strength, joy, hope, and reconciliation into us. Amen

#### **Hymn of the Day options**

ELW 513 Listen, God is Calling  
ELW 765 Lord of All Hopefulness  
ELW 759 My Faith Looks Up to Thee  
ACS 1021 O God, to You I Cry in Pain

## **Gospel: Mark 4:35-41**

### **Prayers of the People**

Liberating God, remind us to trust in you with our whole hearts and to not be afraid to take risks. Help us to be brave, like Mary and Sarah, stepping out of our comfort zones, knowing that we can always turn to You to guide us in all that we do.

God of courage,

**Help us to be brave like the bear.**

Liberating God, inspire us to call out injustice and fight for righteousness in all circumstances. Put it on our hearts to speak out against hatred and evil and to work toward creating peace in our world knowing that even when the trials feel insurmountable, that You are with us.

God of strength,

**Help us to be brave like the bear.**

Liberating God, you call us to share Your Good News and proclaim Your name. Help us to not worry what others will think or what they might say of us, but to boldly and bravely speak out for what we believe in.

God of courage,

**Help us to be brave like the bear.**

Liberating God, help us to not be paralyzed by fear, but to know that you walk alongside us in all that we do. Help us to realize our capabilities and to not underestimate the power we have as individuals and together to make change in the world.

God of strength,

**Help us to be brave like the bear.**

Liberating God, help us to not let perfection get in the way of progress and to risk making mistakes knowing that there is grace and forgiveness for us.

God of courage,

**Help us to be brave like the bear.**

Liberating God, you became flesh so that our lives might become whole. When storms rage about us grant us the spirit of bravery that comes with the knowledge that we are not alone. Remind us that you are ever near and know us better than we know ourselves. On this day remembering National Indigenous People's Day, empower us to be the people we are: children of the living God who breathes strength, joy, hope, and reconciliation into us.

**Amen**

## June 30th 2024 – Wisdom

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The beaver represents wisdom because it uses its natural gift wisely for survival. The beaver also alters its environment in an environmentally friendly and sustainable way for the benefit of his family.



To cherish knowledge is to know wisdom. Use your inherent gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way.

Continuously observe the life of all things around you.

Listen with clarity and a sound mind.

Respect your own limitations and those of all of your surroundings.

Allow yourself to learn and live by your wisdom.

### **A Visual Reconciliation link to Wisdom:**

[https://avisualreconciliation.blogspot.com/2023/08/wisdom\\_0375223885.html](https://avisualreconciliation.blogspot.com/2023/08/wisdom_0375223885.html)

### **Home Engagement Resource: Wisdom**

<https://avisualreconciliation.blogspot.com/p/home-engagement-wisdom-weekly-ritual.html>

### **Lectionary Resource:**

#### **Prayer of the Day**

Guiding God, you visit us in the person of the Holy Spirit, who breathes wisdom upon us. Grace us so that our faith, speech, and knowledge are guided by a concern for justice for all. Open our eyes, ears, and hearts so that our actions serve the flourishing of all creation. Embolden us to live with less so that more might live with enough. This we pray through Jesus our guide. Amen

#### **Hymn of the Day options**

ELW 518 We Eat the Bread of Teaching  
ELW 617 We Come to You for Healing, Lord  
ELW 793 Be Thou My Vision  
ELW 469 By Your Hand You Feed Your People  
ACS 971 Come and Seek the Ways of Wisdom

#### **Gospel: Mark 5:21-43**

## Prayers of the People

Guiding God, grant us the wisdom to be people who balance the needs of the future with the needs of the present and to choose the right path even when it is the more difficult one. All knowing God,

**Teach us to be wise like the beaver.**

Guiding God, help us to not be so blinded by our own understandings that we discount that which others believe to be true. May we have open ears and hearts to listen to others and clear minds to discern what is true. All knowing God,

**Teach us to be wise like the beaver.**

Guiding God, remind us to look to You, creation, and our elders for wisdom and not to depend solely on our own knowledge. Encourage us to share our wisdom with each other so that we may all learn from one another's experiences and grow together for the collective good. All knowing God,

**Teach us to be wise like the beaver.**

Guiding God, remind us of the importance of learning and help us to make it possible for there to be an equal access to education across the globe. Listening God,

**Teach us to be wise like the beaver.**

Guiding God, we pray for those in school, working to gain the knowledge they need to pursue their career goals. Please watch over any students struggling to be successful and help them to find where their skills and abilities are needed. Listening God,

**Teach us to be wise like the beaver.**

Guiding God, in the confusing times of misinformation and fake news, grant us the wisdom to be able to discern what is real and what is fabricated and to not let those with mal intent manipulate and divide us. God of knowledge,

**Teach us to be wise like the beaver.**

Guiding God, put it on our hearts to make good, well-informed choices, to do the work educating ourselves. With this, remind us to also pray continually and to turn to You and Your word to help and guide us in our decision making. God of knowledge,

**Teach us to be wise like the beaver.**

Guiding God, help us to discern Your word and Your wisdom for us to guide us in the work we do in your world. God of knowledge,

**Teach us to be wise like the beaver.**

Guiding God, you visit us in the person of the Holy Spirit, who breathes wisdom upon us. Grace us so that our faith, speech, and knowledge are guided by a concern for justice for all. Open our eyes, ears, and hearts so that our actions serve the flourishing of all creation. Embolden us to live with less so that more might live with enough. This we pray through Jesus our guide.

**Amen**

## Suggestions for congregational engagement

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### Weekly post Worship activities

- Create a space where the Seven Sacred Teachings can be displayed with words or images and invite people to add their reflections (post it notes etc.) on:
  - What they heard that day
  - Record an anecdote or small story about that week's Guide (i.e. 'it took courage for me to..')
  - or where did they encounter that Guide in the past week
  - How are these teachings seen/ reflected in interactions they have had with other people, perhaps from other cultures
  - Which of the sacred teachings resonated most personally?
  - Once all seven of the sacred teachings have been explored, what was learned about exploring spiritual practices not their own?
  - How has the exploration of the sacred teachings impacted them?
- Follow in Martin Luther's footsteps and provide an opportunity for Table Talks by starting the conversation off with a question pertaining to the Seven Sacred Teachings.
  - This could happen during coffee time after the church service
  - Over lunch or dinner during the week
  - At dinner church
  - or wherever anyone may sit and share food or drink with fellow congregants during the week
- For German speakers
  - Listen to the Martin Luther Radio Devotion Sundays at 9.30 a.m. (eastern time) on CHLO Radio station AM 530
  - or anytime afterwards found on the homepage <https://martinluther.ca/de/>
    - Disclaimer: The teachings might follow a different order

## Seven Sacred Teachings Art Activity for all Ages!

### Overview

This is a two-part activity. For Option A you will need to print the posters found in the attached resource (Seven Sacred Teachings Posters.pdf). Option B uses the artworks from “A Visual Reconciliation: Cross-cultural Artistic Reflections on the Seven Sacred Teachings,” (<https://avisualreconciliation.blogspot.com/>). These activities could be used weekly for reflections, or at the end as a way to ‘wrap up’ / bring people together to engage with all the Sacred Teachings. They do not need to happen together or sequentially.

### Option A

Suggested Time: 45 minutes

**Set up:** The facilitator will post the Seven Sacred Teachings on the wall, side by side; at eye level. (Images are found in **Seven Sacred Teachings Posters.pdf**).

1. Choose a teaching that resonates most with you in this moment: **Bravery, Honesty, Humility, Love, Respect, Truth, Wisdom**
2. Then quietly read all the words of the teaching chosen. Choose 2-3 words or phrases that sparkle for you...that jump out and call your attention.
3. Head to a table preset with a 4”x6” or 5”x7” sheet of watercolour paper, a thick and a thin brush, a watercolour set, a jar of water per person.
4. Use masking tape to mark off ¼”- ½ “ around the edges, and affix the paper to the table.
5. Do a wash of clear water on the paper, then wash on one or more colours. Let dry.
6. Use brushes or markers to draw on the paper, reflecting on the words that sparkled for you. The art can be representational, or abstract, perhaps using line, shape, colour and texture to express emotions and concepts.
7. Feel free to create at your own level. This is about expressing, not about perfection. Maybe some deep breathing and/ or a short prayer inviting the Holy Spirit to accompany you in this time will get you started.

**Wrap up:** When 15-20 minutes have passed, and people look like they are finished, the facilitator will go around the circle and ask them to share about their piece. Possible reflection question to get things started:

How has your artistic exploration of the sacred teachings impacted you?

*(“I have been amazed at the creations and the stories...even “non-artists” have had wonderful paintings and stories – and I have not told them ahead that they will be painting...just led them to the art table after looking at the Seven Sacred Teaching panels on the wall” – Bev McNabb )*

## Option B

Suggested Time: 45 minutes

1. Open your laptop to [www.avisualreconciliation.blogspot.com](http://www.avisualreconciliation.blogspot.com)
2. Choose three art pieces, (*it's good to preselect beforehand*). Chose one each from Dazaunggee, Julie, and Xavier, and ask one person to read the description of each piece. The pre-selected pieces may describe an incidence of racism experienced or noticed by the artist. Go around the circle to see what people notice, give comments and have a discussion.
3. If there is time, you can look at more art and descriptions, but the painting activity and the three piece discussions usually takes about 45 minutes. (see Option A for instructions on creating a watercolour piece).
4. (*I usually introduce the exhibit , describing the origin, the artists, the process, after the painting session and before looking at the three pieces. Bev McNabb*) The reason I use three pieces instead of four, is that Ted Fullerton, does not have any overt discussion of racism in his works...whereas the other three do. That was not a directive of the project, to discuss racism, or inequalities, but in exploring the Sacred Teachings, these experiences surfaced in the art and the writings.

For either option, perhaps close with a prayer:

**Gracious God,**

**Light the path unto our feet.**

**Help us to see, and hear and feel the truth of this world.**

**Help us to find ways to make amends and heal our broken relationships.**

**May we see the sacred in each other, and offer each other Love.**

**Amen.**

## Supply List

- Set of Seven Sacred Teachings taped to wall
- Watercolour paper
- Thick and thin brushes
- Watercolour sets
- Jar of water
- Masking tape
- Markers or coloured pencils

**Additional note:** There are 20 exhibition catalogs still available. If you would like a copy please contact Bev McNabb at: [beverlymcnabb11@gmail.com](mailto:beverlymcnabb11@gmail.com)

## Additional Resources:

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### Prayers:

#### Prayers in the four directions

##### Call to Worship

We gather in the image of the Creator

**who is a community of love.**

We gather in the name of the Redeemer

**who reconciles all of creation.**

We gather in the presence of the Life Giver

**who inspires new life and renews it.**

##### Prayers in the Four Directions

#### Prayers facing the East *(all turn toward the East)*

Holy One, God of many names,

we honour you through the Grandfathers and Grandmothers of the East. We pray for all who live to the East of us. We thank you for new beginnings, new opportunities and for the new life you offer. We thank you for each new day to be with you. Thank you for children. Help us to respect and protect your children and to bring them up to love you.

Thank you for Jesus who lived on Mother Earth as a child.

**Awaken in us new dreams and hopes never before imagined. Thank you for the miracles that are born with each new dawn. Creator of hope, hear our prayers.**

#### Prayers facing the South *(all turn toward the South)*

Holy One, creator of all, we honour you through the Grandfathers and Grandmothers to the South; the spirit of all who have gone before us, and those who are yet to come. We pray for all who live to the South of us. You give us deep feelings to share with each other. Thank you for women and for all who nurture youth. We pray for families and thank you for Jesus and for his mother Mary. He nurtured others and had a passion for justice and a respect for the gifts of women.

**Warm our lives as roots deep in the soil of the earth, and stretch out our hearts as branches to be places of nurture and protection.**

**Sower of life, hear our prayers.**

#### Prayers facing the West *(all turn toward the West)*

Holy One, light in our darkness, we honour you through the Grandfathers and Grandmothers of the West. We pray for all who live to the West of us. We pray for all of our ancestors. As the sun sets in the West, the darkness comes upon us. We thank you for all we have learned each day. We thank you for elders as they share the wisdom that comes through you. We thank you for Jesus who earned your wisdom within himself

and who will meet us as earthly life darkens and lead us into the light of the Creator's presence forever.

**Guide our steps through all ending-times. Fill us with your peace as you enfold us. Fill us with your peace as you enfold us with the great mystery of your grace and love. Creator of kindness, hear our prayers.**

### **Prayers facing the North**

*(all turn toward the North)*

Holy and Great Spirit, we honour you through the Grandfathers and Grandmothers of the North. We pray for all people who live to the North of us. Thank you for snow which covers Mother Earth while she sleeps. We are reminded of the purity of the snow, the purity you expect in the lives of your people, the purity which comes when you forgive our mistakes. Thank you for spiritual elders and assisting them in their journey among us. Help those of us who are spiritual leaders to be conscious of the responsibility given to us by you and by our people. Help all your people to turn to you for forgiveness and purity of life. Thank you for Jesus, who life and spiritual wisdom leads us on our sacred path to wholeness.

**Teach us to use with care your gifts; to love with tenderness all our relations as gifts from your heart. Creator of wisdom, hear our prayers.**

*(All face the center)*

Great Spirit, in Jesus we find healing and connectedness. In his death and resurrection we are given hope and life. We thank you for leading us in this relationship together and we ask that you continue to be with us and guide us as we walk together on this journey of life.

**Creator, source of all healing, you hear the deepest prayers of our hearts, touch our lives with the healing only you can give. Amen.**

Gathering Song

## **Prayer attributed to Chief Seattle:**

Great Spirit of Light, come to me out of the East with the power of the rising sun. Let there be light in my words, let there be light on my path that I walk. Let me remember always that you give the gift of a new day. And never let me be burdened with sorrow by not starting over again.

Great Spirit of Love, come to me with the power of the North. Make me courageous when the cold wind falls upon me. Give me strength and endurance for everything that is harsh, everything that hurts, everything that makes me squint. Let me move through life ready to take what comes from the north.

Great Life-Giving Spirit, I face the West, the direction of sundown. Let me remember every day that the moment will come when my sun will go down. Never let me forget that I must fade into you. Give me a beautiful color, give me a great sky for setting, so that when it is my time to meet you, I can come with glory.

Great Spirit of Creation, send me the warm and soothing winds from the South. Comfort me and caress me when I am tired and cold. Unfold me like the gentle breezes that unfold the leaves on the trees. As you give to all the earth your warm, moving wind, give to me, so that I may grow close to you in warmth. Man did not create the web of life, he is but a strand in it. Whatever man does to the web, he does to himself.

*By Chief Seattle, Leader of the Suquamish and Duwamish Native American tribes.*

## **Music:**

### ***Sing the Circle Wide – Songs from Around the World – Inshallah***

#11 When you Walk From Here (a call to action : walk with justice , walk with mercy, and in God's humble care)

#12 Many and Great (Dakota)

#13 Cherokee morning song

#14 O Great Sprit

#15 Way, way, way, way, way

#27 Earth Does Not Belong to Us

**The music for the two songs below are found on the website as pdfs and are used with permission:**

1) Earth Does Not Belong to Us - by Kristopher Lindquist of Tuscon 2001

2) Seven Sacred Teachings – Words by Allen Jorgensen, Music By Kristopher Lindquist of Tuscon 2001

**The links to purchase *Sing the Circle Wide* and *Chants for Meditation & Celebration*:**

[Sing the Circle Wide](#)

[Chants for Meditation & Celebration](#)

## **Sample Land Acknowledgments**

### **Truth May 19<sup>th</sup>**

Today we acknowledge the Sacred Teaching of Truth and ask for help in showing honour and sincerity to all who walk with us on Turtle Island.

For example:

All Saints Lutheran Anglican Church exists on the traditional territory of the Attawandaron / Neutral People. We honour the original ancestors of this land and also offer respect and friendship to our Haudenosaunee, Anishinaabe, Mississauga and Métis neighbours. We give thanks for the First Peoples and all who have cared for the land and made it possible for us to dwell and do ministry on this land, and we commit ourselves to walk in right relations with one another. Today we acknowledge the Sacred Teaching of Truth and ask for help in showing honour and sincerity to all who walk with us on Turtle Island.

### **Love May 26<sup>th</sup>**

Today we acknowledge the Sacred Teaching of Love - to know that when we can love ourselves truly we are at peace with ourselves, the balance of life, and also with the creator.

### **Humility June 2<sup>nd</sup>**

Today we acknowledge the Sacred Teaching of Humility, which teaches us to live selflessly and know we are a sacred part of creation.

### **Honesty June 9<sup>th</sup>**

Today we acknowledge the Sacred Teaching of Honesty and the importance of living together with integrity and acceptance of all who share this land.

### **Respect June 16<sup>th</sup>**

Today we acknowledge the Sacred Teaching of Respect - to honour all creation and to treat all creation as we would like to be treated.

### **Bravery June 23<sup>rd</sup>**

Today we acknowledge the Sacred Teaching of Bravery - to face life with courage, make positive choices and defend what is right for ourselves, our families, and our communities.

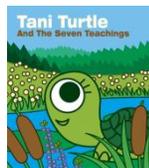
### **Wisdom June 30<sup>th</sup>**

Today we acknowledge the Sacred Teaching of Wisdom – to cherish knowledge and use our gifts wisely, recognizing our differences in kind and respectful ways.

## Books:



Good Minds is an Indigenous bookstore close to Waterloo Region and worth the drive to Brantford! You can also order online from **Good Minds** at [goodminds.com](https://goodminds.com)



### *Tani Turtle and The Seven Teachings*

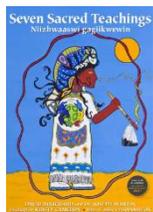
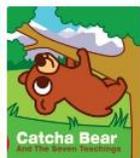
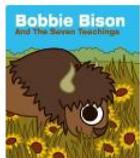
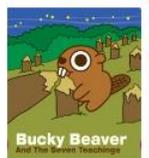
Author: Sandra Samatte

Illustrator: Natalie Theissen

Grade Levels: Kindergarten, One, Two, Three, Four

<https://goodminds.com/products/tani-turtle-and-the-seven-teachings>

There are seven books in this series:



### *Seven Sacred Teachings / Niizhwaaswi gagiikwewin*

Author: David Bouchard and Joseph Martin Tehanakerewkwen

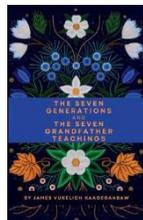
Illustrator: Kristy Cameron

Grade Levels: Seven, Eight, Nine

Nation: Ojibwe

<https://goodminds.com/products/seven-sacred-teachings-niizhwaaswi-gagiikwewin>

*The Seven*  
Author:  
Grade  
Nation:



### *Generations and The Seven Grandfather Teachings*

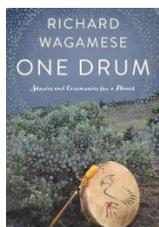
James Vukelich Kaagegaabaw

Levels: Adult Education

Anishinaabe/Ojibwe

[https://goodminds.com/products/the-seven-generations-and-the-seven-grandfather-](https://goodminds.com/products/the-seven-generations-and-the-seven-grandfather-teachings?pr_prod_strat=e5_desc&pr_rec_id=6721cf5ab&pr_rec_pid=8275926155517&pr_ref_pid=8034171650301&pr_seq=uniform)

[teachings?pr\\_prod\\_strat=e5\\_desc&pr\\_rec\\_id=6721cf5ab&pr\\_rec\\_pid=8275926155517&pr\\_ref\\_pid=8034171650301&pr\\_seq=uniform](https://goodminds.com/products/the-seven-generations-and-the-seven-grandfather-teachings?pr_prod_strat=e5_desc&pr_rec_id=6721cf5ab&pr_rec_pid=8275926155517&pr_ref_pid=8034171650301&pr_seq=uniform)



### *One Drum*

Author: Richard Wagamese

Grade Levels: Ten, Eleven, Twelve, Adult Education, College, University

Nation: Ojibwe

<https://goodminds.com/products/9781771622295>



Another Indigenous owned resource for books and other materials is Indigenous Reflections located in Winnipeg. Their catalogue can be found at: [www.indigenousreflections.com](http://www.indigenousreflections.com)



## Websites:

**The Turtle Lodge Center of Excellence in Indigenous Education and Wellness is a place for reconnecting to the Earth & sharing Indigenous ancestral knowledge, founded on the 7 Sacred Laws.**

The Turtle Lodge offers Children, Youth, Adults and Elders the opportunity to come together in a sacred environment for: *Traditional teachings, Ceremony, Healing, and the sharing of the perspectives of the Original Peoples of Turtle Island on how to have a good and peaceful life.*

[About the Turtle Lodge | Turtle Lodge](#)

## Videos:

### **The Seven Sacred Laws Animated Web Series**

This series of videos is suitable for all ages!

<https://www.turtlelodge.org/the-seven-sacred-laws/>

**For more children's resources about the Seven Sacred Teachings see:**

TVO kids Wolf Joe Game: <https://www.tvokids.com/school-age/wolf-joe>