



Noojmowin Teg Health Centre

Postal Bag 2002, Hwy 540
48 Hillside Rd, Aundeck Omni Kaning
Little Current, ON P0P1K0

Tel: (705) 368-2182

Fax: (705) 368-2229

MH / PC Confidential 705-368-1314

MY FAX Confidential 866-232-6160

info@noojmowin-teg.ca

www.noojmowin-teg.ca

Our Moment of Prayer

By Kenn Pitawanakwat
Traditional Healer
Noojmowin Teg Health Centre

March 23, 2020

Sacred fires are being lit today across Turtle island- from the west to the east and to the north and south. In Attawapiskat FN I have been told their people are moving to their traditional hunting camps away from the community. In Manitoba, elders have gathered and offered their prayers and will continue over four days. At Noojmowin Teg Health Centre, we have our own Firekeeper with tobacco and thanksgiving, today and into this week. Our ceremonial people everywhere are going back to their home fires and taking care of the sick, elderly and babies.

Take a moment of thanksgiving and ask from help from our creator, for those on the front lines, and for those isolating, those sick, and those strained to capacity. We are a natural people. We are a spiritual people. This is our strength – the spirit. The spirit of our prayers and our ancestors. The spirit of the fire to battle the dark spirit of illness and death. It is a spirit. Everything is temporary.

Pipes across turtle island have been lit and our elders and ceremonial people have convened. Remain calm. Ask your ancestor for help. How does one do this? Ask. And give an offering to mother earth when you can. Whether you are in the city, or on the reserve. If you are lucky enough to light a fire, please do. Give some candy. Or a piece of bread. Say, 'here. This is for you uncle, auntie, grandma or grandpa'. Then place out into the air, or in to the land, water, or fire.

Be kind. Be loving. Be forgiving. Mother earth is a healer. Ask for healing. And say, Miigwetch – thank you.

Kenn Pitawanakwat is a traditional healer for Noojmowin Teg Health Centre and will be offering daily prayerful thanksgiving as we stand together as humanity.

