

A message from Danette Restoule

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During this difficult time we are experiencing as a result of COVID-19, there are so many uncertainties around what we are dealing with, including not knowing how long this will last.

It is indeed a time of reflection on how quickly life can change. Every day the world is slowing down with the movement of people and we are all having to adjust to a new normal.

We hope and pray that this virus will be contained and diminish quickly so we can return to our normal lives. In the meantime, let's not forget to offer our thanks for everything we have, for our health and for our families. We need to think of others who are sick or maybe having a hard time looking after themselves, like the elderly in the long-term care homes who can no longer see their families, and for the ones who have lost loved ones because of the COVID-19 virus.

More than ever, we need to pull together and help others in some way with our support, even with just a phone call just to check up on someone.

In closing, we can all individually do our part and pray for protection and healing for all people. A small ceremony using one of our medicines, drumming and singing a healing song, or whatever you are familiar with or can offer, will make a difference in a good positive way.

Until we see each other again, baamaapii.