



Special Collaboration for the 19th Edition

Seven sacred teachings

This year, a special highlight comes from a meaningful collaboration with Mi'gmaq artist Jessica Jerome, who created a beautiful coloring book inspired by the Seven Sacred Teachings of her Nation. These illustrations enrich the regional celebration by honouring culture and traditional knowledge.

This project reflects a relationship built over the past two years between regional initiatives and local communities; a relationship grounded in mutual trust and openness. Since 2021, Gaspesian Day has embraced a tricultural logo and publishes in English to support inclusion among the three communities that share this territory.

Thank-you to the community of Gesgapegiag, and to Pnnal Jerome, Heritage, Language, and Culture Coordinator at the Apoqonmatultinej Centre, for his valuable contribution to the project.



Seven sacred teachings



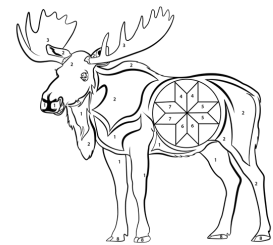
Love - Kesaltimkewey

Love is the first of the sacred teachings, as it marks the beginning of all life. From birth, a human being must receive love in order to survive. This fundamental need highlights the vital importance of love. True love is rooted in knowing the Creator and in the awareness of being part of the great circle of life.

The animal represented in the sacred teachings is the **Eagle – Kitpu** (Kitpu means the golden eagle, not the eagle with a white head). The Eagle is the Creator's messenger and carrier of prayers, the only bird who touched the face of the Creator.



Seven sacred teachings



Respect – Kepmite'taqn

Respect is one of the sacred teachings. It begins to grow during the teenage years, especially after learning humility. It means showing care for the world, for animals, and for elders. It also means understanding that no being is more important than another.

For the Mi'gmaq, the **Moose** represents respect (while other nations, like the Cree, use the Buffalo). Inside the Moose is the Mi'gmaq eight-pointed star, a symbol of unity, the sun, and the four directions.

Respect is shown in many ways. For example, when an animal is hunted, it is treated with care. Everything is used, and the life of the animal is honoured.



Seven sacred teachings

Honesty – Ketlamit'taqn

Honesty means being true to yourself, to others, and to the Creator. It is about accepting who you are and living in a way that matches your spirit. The animal that represents honesty in the sacred teachings is the **Sabe (also known as Bigfoot)**. In stories, Sabe walked among the people to remind them to live with honesty, a gift from the Creator.

Elders say:

“Don't try to be someone else.
Be true to yourself.”



Sabe is often shown as a foot, and in Mi'gmaq culture, a foot symbol is placed inside Sabe, based on old rock carvings (petroglyphs). It reminds people to walk with truth.



Seven sacred teachings

Wisdom – Nsitup'qn

Wisdom comes from living through experiences and learning from others. Wisdom cannot be rushed, it comes with time and through practicing the other teachings.



The animal that represents wisdom is the **Beaver – Kopit**. Beavers are smart builders. Like them, wise people use what they know to help others.

Wisdom means sharing what you've learned. The more it is shared, the more it grows. In Mi'gmaq culture, trees are a symbol of wisdom because they represent growth and connection.

Being old doesn't always mean someone is wise. A true elder is someone people go to for help, because they trust their knowledge and experience.



Seven sacred teachings

Courage – Mi'kiknoti



Courage means having the strength to face challenges, even when it's hard or scary. It's about standing up for what is right with a strong heart and mind.

The animal represented in the sacred teachings is the **Bear - Muin**. Often the bear is seen as a mother bear protecting our cubs. The bear teaches by expressing strength in its thoughts and actions, to face any danger head-on. Inside the bear are Mi'gmaq petroglyphs found in Nova Scotia Kejimkujik National Park and National Historic Site, symbolizing bear.

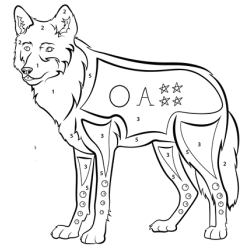
In Mi'gmaq the bear is also represented as patience instead of courage. Patience takes a clear mind and strong spirit. Some people struggle with it and never reach the final teaching of wisdom.



Seven sacred teachings

Humility – Menaqajewo'ti

Humility means putting others before yourself and not looking for praise. It's about helping, being kind, and being thankful.



The **Wolf – Paqtism** represents humility. Wolves live and work in packs. They take care of each other and survive by working together. From our families, we learn to be humble and think of others, not just ourselves.

Inside the wolf are Mi'gmaq symbols of the moon and stars, showing that we are part of something bigger than just ourselves.

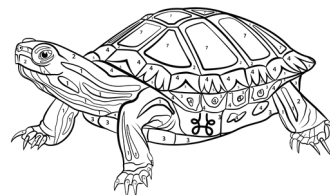
As we grow, we learn that the world is more than just what we see. Humility is understanding that everything in life works together as a unit to grow and maintain itself.



Seven sacred teachings

Truth- Teliagewe'l

The animal represented in the sacred teachings is the **Turtle - Mik'jikh**



To know the truth is to know and understand all of the original laws as given by the Creator- and to remain faithful to them. It is said that in the beginning, when the Creator made man and gave him the seven sacred laws, the Grandmother Turtle was present to ensure that the laws would never be lost or forgotten.

On the back of a Turtle are the 13 moons, each representing the truth of one cycle of the Earth's rotations around the sun. The 28 markings on her back represent the cycle of the moon and a woman's body. The shell of the Turtle represents the body's real events as created by the Higher Power and serves as a reminder of the Creator's will and teachings.