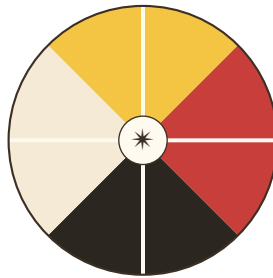


* ○ * ○ *
Kwe' nitap
~hello, friend~

30 Days with Mi'kmaq Culture

msit no'kmaq · all my relations



The Mi'kmaq are the original people of Mi'kma'ki — the unceded territory that includes Nova Scotia, PEI, much of New Brunswick, the Gaspé peninsula, parts of Maine, and Newfoundland. They have lived here for at least 13,000 years.

This isn't a course or a checklist. It's thirty days of small, respectful invitations to listen, learn, sit, and make. Whether you're reconnecting with your own heritage or learning as a respectful visitor — show up softly, hold things lightly, let elders and community lead.

~ a few gentle notes ~

Mi'kmaq = the people (plural). **Mi'kmaw** = singular, the language, or used as an adjective. **Mi'kma'ki** = the homeland.

Some teachings here come from the *Anishinaabe* tradition (Seven Sacred Teachings) but have been adopted into Mi'kmaw practice over generations.

Sacred ceremonies (sweat lodge, full sweetgrass smudging, pipe ceremony) are held by knowledge keepers and elders. This plan stays in the "learn, sit with, ask gently" space.

If you're reconnecting with your own heritage, consider reaching out to your local **Mi'kmaw Native Friendship Centre** — many run language classes, drumming, and community events.

~ week one · East ~

*Foundations & First Words

Pilei piskik — a new path opening

Orienting yourself: who, where, when. Learn the land you're on, the seven sacred teachings, your first Mi'kmaw words.

1 ○ BEGIN

Learn what Mi'kma'ki means

Find a map of Mi'kma'ki — the seven traditional districts. Learn which one you live in or are visiting. Read the territorial acknowledgment for that area.

Mi'kma'ki (*meeg-um-ow-gee*) — the homeland

3 ○ STORY

Read the Creation Story

Look up the Mi'kmaw creation story of *Glooscap* — created from the elements of Earth, lying with arms stretched to the four directions. Notice how it begins with relationship to land.

Glooscap (*gloos-gap*) — the first being

5 ○ TEACHING

The Seven Sacred Teachings

Read about the seven teachings: *Love, Humility, Honesty, Respect, Courage, Wisdom, Truth*. Each is paired with an animal. These are the ethical heart of Mi'kmaw life.

Eagle · Wolf · Sabe · Buffalo · Bear · Beaver · Turtle

7 ○ LISTEN

Hear the language spoken

Search 'Mi'kmaw language' on YouTube. Listen — really listen — for ten minutes. Notice the music of it before you try to understand. AFNTS and Mi'kmaw Kina'matnewey have free lesson videos.

2 * LANGUAGE

Your first three words

Learn to say *Kwe'* (hello), *Wela'lin* (thank you, to one), and *Wela'lioq* (thank you, to many). Use one out loud today.

Kwe' (*gway*) · **Wela'lin** (*well-laa-lin*)

4 * LAND

Sit outside, four directions

Find a quiet outdoor spot. Face East, then South, then West, then North. Stand for a minute in each. No prayer required — just notice.

East = sunrise · South = warmth · West = sunset · North = winter

6 * REFLECT

Which teaching is calling you?

Sit with the seven teachings. Which one feels alive for you right now — and which feels like the work you most need? Write a few sentences.

~ week two · South ~

*Land, Sky & the Moons

Ta'n teli-wskwijnultiek — how we live in the world

The Mi'kmaw calendar follows 12 (sometimes 13) moons, each named for what's happening on the land. This week, you tune in to that rhythm.

8 ○ CALENDAR

Find which moon we're in

Look up the Mi'kmaw moon for today's date (see the moon table later in this guide). What event in nature is it named for? Does it match what you see outside?

10 ○ READ

The Four Sacred Medicines

Read about *tobacco, sweetgrass, sage, cedar* — their teachings, their directions, how they're used for offering and cleansing. Don't try to use them yet; just learn what they are.

Tobacco = East · Sweetgrass = South · Sage = West · Cedar = North

12 ○ SKY

Look at the moon tonight

Step outside after dark. Find the moon. Hold the Mi'kmaw name for this moon period in your mind as you look. This is what your ancestors (or the original people of this land) saw.

9 * OUTSIDE

Walk slowly, name three plants

Take a walk and find three plants. Look up their Mi'kmaw names if you can. Many ordinary words in English (toboggan, wigwam, moccasin) come from Mi'kmaw.

tepeqan → toboggan · **wikuom** → wigwam · **mkisin** → moccasin

11 * LISTEN

A drum song

Find a Mi'kmaw drum song or honour song online. *Eastern Eagle, Sons of Membertou*, and *Kwe'* are well-known groups. Sit and listen all the way through, eyes closed.

13 * SKY STORY

Muin and the Seven Bird Hunters

Read or watch the story of *Muin* (the Bear) and the seven bird hunters — a Mi'kmaw sky story tied to the Big Dipper. The Mi'kmaw Moons Project has free 25-minute videos.

Muin (*moo-in*) — bear

14 ○ REFLECT

Two-Eyed Seeing

Read about *Etuaptmumk* (Two-Eyed Seeing) — Elder Albert Marshall's teaching of using Indigenous knowledge in one eye and Western knowledge in the other, together. Where in your life could this serve you?

Etuaptmumk (*ed-do-up-dim-moomk*)

~ week three · West ~

*Hands, Heart, Story

Kijitekek aqq elukutik — knowing & doing

Beadwork. Storytelling. Food. Resilience. The Mi'kmaq are not a people of the past — they are here, making, telling, building.

15 ○ BEADWORK

Look at Mi'kmaw beadwork

Search images of Mi'kmaw beadwork — the famous double-curve motif, the eight-pointed star, floral patterns. Notice the colours, the rhythm. Don't copy yet — just absorb.

16 * MAKE

Begin a small bead piece

If you bead, start something small with intention — a flower, a star. If you don't, sketch a Mi'kmaw-inspired pattern. Pray, sing, or stay quiet while you work.

—
Beadwork carries prayer. Each bead, an intention.

17 ○ HISTORY

Peace & Friendship Treaties

Read about the Peace and Friendship Treaties (1725-1779). The Mi'kmaq never ceded their land. 'We are all treaty people' — what does that mean where you live?

18 * HARD TRUTH

Residential schools & resilience

Today is heavier. Read or watch one piece on Shubenacadie Residential School, OR read about Mi'kmaw resilience — the language revitalization work, the Marshall decision, modern leaders. Hold both.

—
Mi'kmaw was made Nova Scotia's first language by law in 2022.

19 ○ FOOD

Traditional foods

Learn about traditional Mi'kmaw foods — luskinikn (bannock-like bread), eel, moose, lobster, blueberries. If you can, make or buy one traditional food today and eat it slowly.

—
luskinikn (*loose-gin-i-gan*) — fry bread

20 * LISTEN

A Mi'kmaw author or elder

Find a podcast, interview, or talk by a Mi'kmaw author or elder. *Rita Joe* (poet), *Daniel Paul* (historian), *Trevor Sanipass* (educator), *Rebecca Thomas* (poet). Listen all the way through.

21 ○ LANGUAGE

Numbers & family words

Learn 1-5 and family words: *ne'wt*, *ta'pu*, *si'st*, *ne'w*, *na'n* (1-5). *Mikiju* = grandmother. *Nkij* = mother. *Nkwis* = my son. Say them aloud.

—
ne'wt · ta'pu · si'st · ne'w · na'n

~ week four · North ~

*Belonging & Carrying Forward

Msit no'kmaq — all my relations

The last days move from learning toward relationship: how you'll keep going, how you'll show up in community, what you carry past day 30.

22 ○ LAND

Make a quiet offering

Go outside. Bring water, a strand of hair, or a pinch of tobacco if you have it. Quietly thank the land where you stand. No script needed — speak in your heart.

—
'Wela'lin' to the land works just fine.

23 * STORY

Find a Glooscap story

There are many Glooscap stories — how he made the animals, his battle with Winter. Find one that speaks to you. Read it twice: once for the story, once for what it teaches.

24 ○ READ

A book by a Mi'kmaw author

Start one. Suggestions: *I Lost My Talk* (Rita Joe), *We Were Not the Savages* (Daniel N. Paul), *I'm Finding My Talk* (Rebecca Thomas), or *One Man's Journey* (Calvin White).

25 * LANGUAGE

A whole sentence

Try: *Kwe', me' tal-wlein?* (Hi, how are you?) and the answer *Welei* (I'm well). Find someone — a friend, the mirror — and use it.

—
Me' tal-wlein? (*may daal-wel-ayn*)

26 ○ COMMUNITY

Find a local event

Look up powwows, mawio'mi, language nights, or Friendship Centre events near you. Even just bookmark them. October 1st is Treaty Day — and all of October is Mi'kmaw History Month.

—
mawio'mi (*mow-yo-mee*) — gathering

27 * MAKE

Finish your bead piece

Complete what you started in week three. As you finish, think about who or what this piece is for — yourself, an ancestor, a teaching you're learning.

28 ○ REFLECT

What surprised you?

Write one page. What did you not know that you know now? What's a teaching that landed differently than you expected? Where do you still feel like a beginner?

29 * PLAN

Choose your three commitments

Pick three small things to keep doing past day 30. One language practice. One reading or listening habit. One way of being on the land. Write them down.

30 ○ CLOSING

Wela'lioq

Outside, if you can. Speak *Wela'lioq* aloud — thank you, to many. To the elders whose teachings you read. To the land. To the people who kept these teachings alive when it was illegal to speak them. Carry this gently.

Wela'lioq (*well-laa-lee-oq*)

* The Twelve Mi'kmaw Moons

~ a year on the land ~

Each moon period is named for what's happening in nature. Dates are approximate, since the lunar cycle (29.5 days) doesn't align perfectly with the solar year. From the Mi'kmaw Moons Project, drawing on teachings from Mi'kmaw Elders.

Mi'kmaw	Pronunciation	Meaning	Approx. dates
Punamujuik'us	<i>boo-na-moo-jooey-goos</i>	Tomcod Spawning	Jan 5 – Feb 3
Apuknajit	<i>ah-boo-gah-na-jit</i>	Snow Blinding	Feb 3 – Mar 5
Siwkewiku's	<i>see-uke-ay-we-goos</i>	Spring / Maple Sugar	Mar 5 – Apr 4
Penatmuiku's	<i>ben-a-dim-ooh-we-goos</i>	Birds Laying Eggs	Apr 4 – May 5
Sqoljuiku's	<i>skoalch-ooh-we-goos</i>	Frogs Croaking	May 5 – Jun 5
Nipniku's	<i>nib-nee-goos</i>	Trees Fully Leafed	Jun 5 – Jul 6
Peskewiku's	<i>bes-gay-we-goos</i>	Birds Shedding Feathers	Jul 6 – Aug 7
Kisikewiku's	<i>gis-ig-ay-we-goos</i>	Berry Ripening	Aug 7 – Sep 7
Wikumkewiku's	<i>we-goom-gay-we-goos</i>	Mate Calling	Sep 7 – Oct 8
Wikewiku's	<i>wig-gay-we-goos</i>	Animal Fattening	Oct 8 – Nov 7
Keptekewiku's	<i>geb-deg-gay-we-goos</i>	Rivers Starting to Freeze	Nov 7 – Dec 6
Kjiku's	<i>ook-gee-goos</i>	Chief Moon (Winter)	Dec 6 – Jan 5

*A free course you can start today
~ taught by Mi'kmaw knowledge keepers themselves ~

MIKM 2701 · Cape Breton University Learning from Knowledge Keepers of Mi'kma'ki

CBU's first free, open-access, share-with-the-world Indigenous course.

Twelve weekly lectures, designed and delivered by Mi'kmaw knowledge keepers themselves. You can audit it for free, or pay to register for credit. All lectures are archived and viewable any time.

Co-developed by **Stephen Augustine** (Hereditary Chief, Mi'kmaq Grand Council, Dean of Unama'ki College) and **Ashlee Cunsolo** (former Canada Research Chair). Created in response to the Truth and Reconciliation Commission's calls to action.

The 12 weeks cover:

1. The Mi'kmaq Creation Story: A Philosophy of Life
2. History & Treaties in Mi'kma'ki
3. Oral History, Traditions & Ways of Knowing
4. Walking the Medicine Wheel & Four Directions
5. Mi'kmaw Language & Storytelling
6. Mi'kmaw Spirituality & Ceremonies
7. Land, Environment & Two-Eyed Seeing
8. Residential School Experiences
9. Health, Wellness & Healing
10. Indigenous Governance, Past & Present
11. Reconciliation & Moving Forward
12. Looking to the Future

Find it through Cape Breton University's online learning portal — search "MIKM 2701" or "Knowledge Keepers of Mi'kma'ki." Lecture topics may vary slightly between offerings.

*Where to keep going

~ trusted Mi'kmaw-led & Indigenous resources ~

Language

- **Mi'gmaq/Mi'kmaq Online Talking Dictionary** — mikmaqonline.org · audio for thousands of words
- **L'nuisuti** — free app, designed by Mi'kmaw teachers
- **Mi'kmaw Kina'matnewey (MK)** — kinu.ca · Mi'kmaw-led education organization
- **AFNTS (Atlantic First Nations Talking Site)** — afnts.ca · lessons with audio
- **Kji-Keptin Alexander Denny Mi'kmaw Language Lab** at CBU

Land, sky & teachings

- **Mi'kmaw Moons Project** — Facebook page & YouTube channel
- **Four Directions Teachings** — fourdirectionsteachings.com (Stephen Augustine)
- **Mi'kmawey Debert Cultural Centre** — physical centre & online resources
- **Union of Nova Scotia Mi'kmaq** — unsm.org
- **Unama'ki College** at CBU — Mi'kmaq Studies, L'nu Resource Centre

Mi'kmaw books & voices

- **Rita Joe** — *I Lost My Talk, Song of Eskasoni*
- **Daniel N. Paul** — *We Were Not the Savages*
- **Rebecca Thomas** — *I'm Finding My Talk, I Place You Into the Fire*
- **Calvin White** (Flat Bay/No'kmaq Village elder) — *One Man's Journey: The Mi'kmaw Revival in Ktaqmkuk*
- **Sandra Samatte** — *Grandfather Tell Us About the History of the Seven Teachings*
- **Bouchard & Martin** — *The Seven Sacred Teachings of White Buffalo Calf Woman*

Newfoundland & Labrador (Ktaqmkuk)

*Communities & organizations

- **Qalipu First Nation** — qalipu.ca · landless band representing Mi'kmaw across 67 communities · Corner Brook
- **Miawpukek Mi'kamawey Mawi'omi (Conne River)** — mfn.gov.ca · only reserve community in Newfoundland
- **First Light Friendship Centre** (St. John's) — firstlightnl.ca
- **People of the Dawn Indigenous Friendship Centre** (Stephenville)
- **Bay St. George Mi'kmaq Cultural Revival Committee**
- **Ktaqmkuk Mi'kmaq Place Names Map** (via Qalipu)

Broader Indigenous voices

Authors from other Indigenous nations whose work speaks to spiritual reconnection, ancestral wisdom & living in good relationship. Their teachings come from their own traditions — not Mi'kmaw — and are offered here for wider learning. Each writer's nation is noted so you can honour the source.

- **Denise Linn** (Cherokee) — *Kindling the Native Spirit, Sacred Space, Soul Coaching, Quest*
- **Robin Wall Kimmerer** (Citizen Potawatomi) — *Braiding Sweetgrass, Gathering Moss, The Serviceberry*
- **Richard Wagamese** (Ojibwe) — *Embers, One Native Life, One Story, One Song, Indian Horse*
- **Joy Harjo** (Muscogee/Mvskoke) — *Poet Warrior, An American Sunrise, Crazy Brave*
- **Edward Benton-Banai** (Ojibwe) — *The Mishomis Book*
- **Basil Johnston** (Ojibwe) — *The Manitous, Ojibway Heritage*
- **Doug Good Feather** (Lakota) — *Think Indigenous*
- **Vine Deloria Jr.** (Standing Rock Sioux) — *God Is Red, Custer Died for Your Sins*
- **N. Scott Momaday** (Kiowa) — *The Way to Rainy Mountain, House Made of Dawn*
- **Leslie Marmon Silko** (Laguna Pueblo) — *Ceremony, Storyteller*
- **Linda Hogan** (Chickasaw) — *Dwellings, The Woman Who Watches Over the World*
- **Louise Erdrich** (Turtle Mountain Ojibwe) — *The Birchbark House, The Round House*
- **Tommy Orange** (Cheyenne & Arapaho) — *There There, Wandering Stars*
- **Cherie Dimaline** (Métis) — *The Marrow Thieves, Empire of Wild*
- **Lee Maracle** (Stó:lō) — *I Am Woman, Memory Serves*
- **Kaitlin Curtice** (Potawatomi Citizen Band) — *Native, Living Resistance*
- **Anton Treuer** (Ojibwe) — *Everything You Wanted to Know About Indians But Were Afraid to Ask*
- **Matika Wilbur** (Swinomish & Tulalip) — *Project 562*



○

Msit no'kmaq

~ all my relations ~

*Thirty days is a doorway, not a destination.
The teachings keep going as long as you keep listening.*