

## VSB-INDIGENOUS EDUCATION

## INDIGENOUS REMEMBRANCE

## DAY POETRY OFFERED FOR ASSEMBLY & CLASSROOM USE

**INDIGENOUS VETERANS DAY NOV 8TH** 

## THE HEART OF BRAVERY

As we pause together in silence today, let us find some stillness and breath. And within that breath And within that silence Let us listen.

-- I have been taught that the greatest weapon of a warrior is not a weapon but a way of being. A ways of being kind Noble Compassionate And brave.

And I have been taught that The warrior who is brave Is a warrior who practices bravery Not only in grand, sweeping actions But in those small moments that ask us to open our hearts and To stay open in the face of whatever it is That makes us want to close shut.

So, in our breath And in our silence May we take courage May we take courage from our ancestors' big and small acts of bravery These acts which remind us to live our own.

-by Brittany Amell - Indigenous Student Carleton University

"The Drum beat steady and deeply resonant reaches into the past, present and future:

Pulsing with medicines the drum is our heartbeat, a golden glow that always moves beneath the surface of all that takes place.

Everywhere there is war,

But streaming from the four directions, the sky is filled with legions of thunderbirds young and old sacrificing life to restore peace and love."

-by Anonymous Indigenous Author



\*Credits: Poppy Image Andy Everson K'ómoks First Nation.