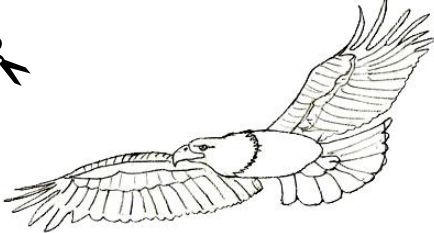


# Sp'óqés – Eagle

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**Love is:**

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It's not quite springtime in the Fraser Valley. Sometimes the days feel warm like spring and other days they feel cold like winter. On the warm days look for our friend the Eagle. He will be soaring high in the sky gliding on the warm air. When you see Eagle soaring remember that he has a lot to teach us.



Practice saying Eagle-Sp'óqés in Halq'eméylem [here](#)

Do you remember the Seven Teachings? Love is one of the Seven Teachings and our Elders tell us that Love is represented by the Eagle. Our Elders tell us that Eagle is our connection to the



Creator. Eagle can soar high up in the sky, higher than many other birds, he is our connection to Creator. Eagle reminds us to love ourselves and love others.

Do you remember the Xwo:mxelem, the foot runners, and how they brought important messages to the people? Our Elders tell us Eagle is our messenger to Creator.

Did you know that, an Eagle feather has made it all the way to the moon and the International Space Station? Working at the International Space Station can be lonely at times and in 2019 Stó:lō Nation had an opportunity to send



something special up to the astronauts working on the International Space Station. The people working at Stó:lō Nation decided to send the astronauts some love by sending them an eagle feather. You can learn more about the story by reading this [article](#) or watching this [video](#).

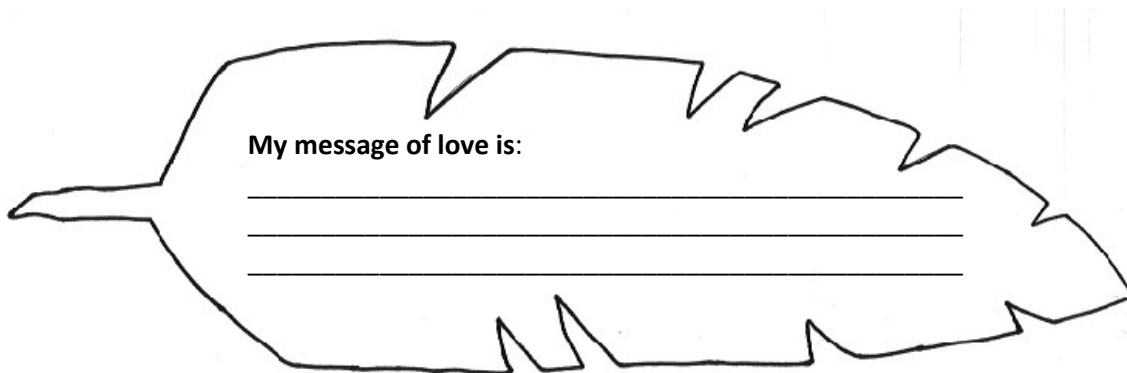
Do you think the astronauts felt loved and cared for when they got the eagle feather? Take some time to think about these questions:

- How does love feel to you?
- What does love look like to you?
- How do you give away love?
- How do you get love?



Love is an important teaching it is represented by the Eagle because the eagles wings are so huge, they have the strength to carry all the teachings. Our Stó:lō Elders tell us we need to be givers of good feelings. Elder Hazel from Saskatchewan says the greatest of these good feelings is love. Listen to her describe the teaching of love in this [video](#).

As you remember Eagle and the Seven Teachings think about your message of love for yourself and others. What will it be? Write your message of love on the Eagle feather.



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