

Pjila'si Kiskewiku's Welcome, December

The last month of the year has arrived and although December finishes the year it is also the beginning of winter! December in the Mi'kmaq language is kiskewiku's or gesigewigu's, which means Chief moon. It is called this because the moon is the highest in the sky.

In December, Mi'kmaq peoples celebrate the Winter Solstice on December 21. They show respect for the gifts Mother Earth brings each winter season.

The gifts of the season focus on slowing down, connecting with family, giving extra respect to our elders, and taking care of our minds. Nature shows us how to do this, in December, you will notice how everything seems to slow down. You will see the snow blanket the ground and the sounds of nature begin to quiet. The trees and plants take a break from growing and blooming. The birds fly to warmer places and ice begins to form on the shallow waters. It is so important to slow down and rest.

One way animals teach us to slow down is by hibernation. One great teacher of this is the bear. In Mi'kmaq beliefs, the bear is known as a medicine. During the winter season Mi'kmaq people leave the bear rest so that its medicine is strong and ready when spring comes. To prepare for their hibernation, the bear and other hibernating animals prepare their home and their bodies. They make sure they gather and eat lots of food to give themselves a layer of warmth.

So, this December, take the time to learn from nature. Slow down, spend time with those you love, keep learning, and create a layer of warmth by wearing outdoor clothes, a hat and remember your pijjaqang/mittens.

Learn More

Pjila'si - [Migmaq/Mikmaq online word list](#)
Kiskewiku's [Migmaq/Mikmaq online word list](#)
Pijjaqan [Migmaq/Mikmaq online word list](#)

[Mother Earth, Grandfather Sun](#) - Two-Eyed Seeing: Integrative Science

[A Mi'kmaq Tale \(native-languages.org\)](#)
[Mi'kmaw Culture - Legends and Stories \(muiniskw.org\)](#).

[One Moon—Two Eyes \(Mi'kmaw Moons\)](#) - YouTube (time stamp 24:44 to 27:33)

Gerald Gloade's explanation of the Mi'kmaq man in the moon:
[Mi'kmaq history and culture with Gerald Gloade - 13 Moons](#) - YouTube. (video time stamp 5:16 to 5:46)



<https://www.youtube.com/watch?v=HK-0alcAtRU>

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