


From: Cheryl Hayward-Brown cheryl@sorrento-centre.bc.ca 
Subject: I am sharing 'secwepemc_beliefs_for_good_living (1).pdf' with you
Date: July 1, 2020 at 1:07 PM
To: Susan Hayward-Brown susan@sorrento-centre.bc.ca, Michael Shapcott michael@sorrento-centre.bc.ca, Cheryl Hayward-Brown cheryl@sorrento-centre.bc.ca

CH

Hi Both

I'm going to use this with SYS. Good rules to live by....

Cheryl

Shared from Word for Android
<https://office.com/getword>

Secwépemc Beliefs for Good Living

Me7 tsqwelstéc re tqelt kükwpi7.
Be close to the spirit.

Me7 xyemstwécw-kp.
Respect one another.

Me7 knucwentwécw-kp.
Help one another.

Me7 nucwnucwtsîn-k.
Be honest.

Lé7es k swe7éc-emp.
Do what is right.

Me7 yegwyüwt-k éll me7 yegwyüwt ke7 p'üsmen.
Keep healthy and strong in body and mind.

**Me7 xyemstéc xwexéyt re stem ne7élye ne tmicw
éll xwexwéyt stem ne7élye ne timicw te w7éc.**
Have reverence for the earth and all of life.

**Me7 tsexemstéc te7 syecwmenstsüt,
éll ta7 me7 stsünc k swet re syecwmintst.**
*Know how to take care of yourself,
and do not depend on any body else.*

Me7 élkstmenc re7 s7élkst re sle7s xwexwéyt re swet.
Do your share of work for the good of all.

Me7 yecwmentwéc-kt; ta7 ke swet mes t'ícwells.
Give for the good of all.

Care for the good of all; cooperate.

