

The Sweat Lodge is an ancient ceremony, practiced by indigenous people in many parts of the world. It is a ceremony of prayer and healing, song and cleansing. We practice a variety of this ceremony as passed down by Mik Mak medicine people, to me over a period of many years. My main teachers were, Eldon Dedham (Grandfather Eagle), Albert Ward (Grandmothers Helper), Kevin Sack (Peacemaker). They in turn we influenced by Albert Lightning (Buffalo Child). Albert Ward used to say, everything he learned he learned from the spirits, and I feel the same, because the knowledge these generous elders shared was refined and illustrated by the spirits in the Lodge and the knowledge was grounded and tempered by experience.

We are living in very challenging times and the Lodge is a huge help in strengthening our spirits to carry us through these times.

These are also times when powerful healing can take place, old problems that seem untouchable, unreachable, can often be dealt with lovingly and compassionately in the Lodge. We also, sometimes, take someone or a couple of people through a very gentle Lodge and help them through issues they may have with heat and claustrophobia. The Lodge is for Healing not to create more fear or trauma.

My approach to the Lodge is one of Healing and gentleness. It is not for me, about how hot or how powerful, but about healing and respect. We try and respect the traditions but if someone becomes troubled and or frightened we deal with it, it's important and we will do what is necessary to help this person including opening the door at any time. No one should ever feel they are trapped in the Lodge.

I say these things for people who have been considering trying a Lodge but have been concerned by the talk of the heat and talk of how hard this or that Lodge was. Some of our Lodges can be extremely hot, if that is what the people want and need. Many of the most powerful and healing Lodges are only moderately hot. It's not the heat but the Spirit present that makes for a strong Lodge IMHO.

Bill Wereley

The Sacred Fire will be lit at 10 AM and you should arrive no later than 11 AM.

What to bring:

Tobacco (to pray with, offer to the Fire and to the Elder)

Towel to bring into the Lodge

Ground Cover to sit on in the Lodge

Food for the Pot Luck Feast after the Lodge (prepared food, tea, coffee, cold drink, desserts are all welcome)

Offerings -- you can bring fire wood, berries, birch bark. You may make monetary donation/honorarium if you wish to help support the Elder and work of the Lodge.

Please bring your own eating utensils, a plate ,bowl, cup/glass etc. and if what you bring for the feast needs a serving utensil then bring that along as well.

What to wear:

Modesty in the Lodge

-- Men modest bathing suits or shorts **and** dry clothes for after the Lodge/Feast

-- Women modest-below knee long dress/skirt with a top that covers you (no tank tops unless you wear something over it) and

please do not wear something flimsy that you can see through if it gets wet

and the same - dry set of clothing with long skirt/dress for the Pot Luck

We wear modest clothing to keep our minds on the work at hand- to pray and ask for help. (as humans we are easily distracted)

As women, we wear long dress/skirt to honor the Grandmothers and stay connected and remind ourselves we are surrounded by our Earth Mother.

If you have not attended a Lodge at our house before, please call ahead with questions or if you would like additional information (586-9912)

Please remember if you wear contact lenses -- do not wear them into the Lodge -- you will not wear glasses in the Lodge - we can help you in and out.

If you have medical concerns or conditions, please let us know ahead of time.

Women on their Moon time do not need to sweat - but are welcome to sit outside the Lodge in a designated area and pray -- let us know if you are on your moontime -- you will be taken care of, served, and you strengthen the Ceremony.

Please refrain from alcoholic beverages and recreational drugs for four days prior to the Lodge. If you are taking prescribed medication or over the counter medication, please let us know what it is. It is best to be clear to get the most benefit from the Ceremony.

If you have special needs or are looking for specific help or answers, please call and speak to the Elder prior to coming so that proper arrangements can be made.