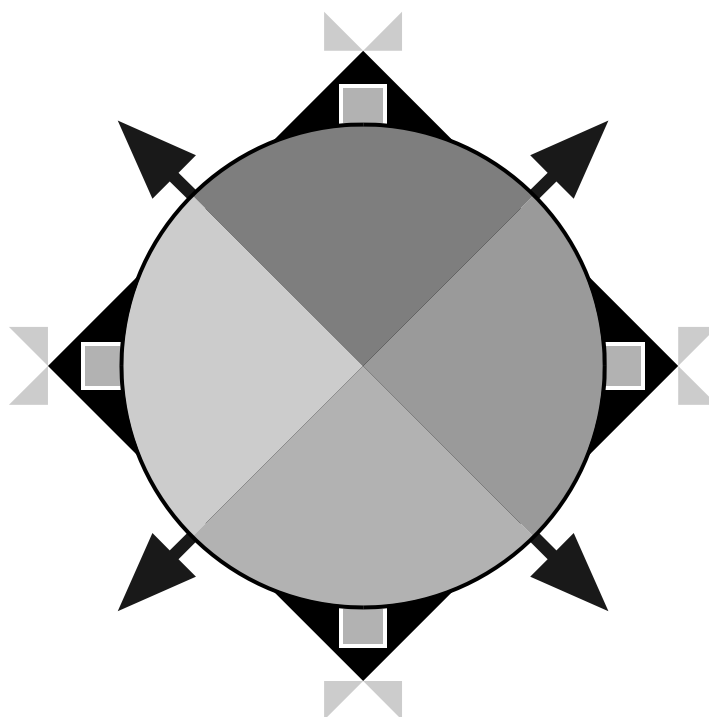


Quarterly Change of Season Feasts



- ⦿ Smudge all Participants & Bundles (bring yours)
 - ⦿ Opening Prayer / Welcoming Song
- ⦿ Tobacco distribution/collection; Pipe Ceremony
- ⦿ Water Ceremony: Prayer, Blessing, distribution
 - ⦿ Teaching on the Season
 - ⦿ Sharing Circle
- ⦿ Feast* – smudged, Spirit Plate, eaten, Mègwetch song
 - ⦿ Closing Prayer / Travelling Song

*All participants are encourage to contribute to pot-luck
& to bring their own feast kit.

Women please remember to honour Mother Earth by wearing a long skirt.