

Sweat/Prayer Lodge Notes

The Coast side community sweat lodge was created and constructed in 2007 in a traditional Native American ceremony with Native American Elder, Charlie Toledo.

It is based on the Traditional Native American healing ceremony. It is in essence, a prayer lodge. Please feel free to call me for more information for explanation or come early so we can chat.

Please bring 2 towels, one to dry off after sweat and one to sit on inside. Women please wear a skirt inside of lodge. You are welcome to shower in the downstairs bathroom or use outdoor water hose. Bring a change of clean/dry clothes. This is an open lodge for both men and women. Therefore, unless it is specified that a ceremony is being held for only women, traditionally, women on their moon are welcome to attend **only** by the fire but **not inside the lodge**.

It is important that I know if you have any illness or problems with heart, asthma, lungs or mental disorders, or if you are taking any medications that we should be aware of. This is for your safety and well being.

You are invited to bring sacred items that you wish to place on the outside alter. Please **do** bring your prayers and songs. No form of metal is allowed into the lodge, this includes jewelry such as earrings and rings.

This community lodge is open, which means that **guests are welcome**. All new participants must be invited and have had a conversation or prior meeting with Jacqueline or Charlie to confirm, prior to their arrival. Unannounced guest will not be allowed.

As community, we will share in the responsibility and assist in the overall general care and basic needs for ceremonies and the lodge. Your assistance is needed and welcomed. Some of the duties include; Welcoming new comers, assisting with smudging or arriving early to help prepare and set up for ceremony. Assist in clean-up lodge area, immediately following ceremony. Note if you plan to clean, clear help maintain the lodge on a non ceremonial day please call to let me know when you would like to come.

In addition, it is traditional for all community participants to bring offerings of items needed for the ceremony. This is for the overall maintenance and upkeep of the lodge as well as sweat tools. **Some of these tools and items include sage, cedar and copal.** We also need **old blankets**. Ideally when possible everyone is asked to help to insure that we have **wood** which is one of the most essential and costly necessities. **We need dry oak, madrone or eucalyptus wood.** Perhaps during dinner we can talk more about how to simplify and create an ongoing system for this.

We all are asked to assist in tasks involved in taking care of the needs for the ceremony and the lodge as well as such details related to preparing, arranging, serving food and of course clean up afterwards both inside and out. Perhaps again, we can discuss a system for this.

There are no membership dues. Everyone is asked to give a **suggested** monetary donation between \$20 -\$40 for the lodge leader for each ceremony attended; **no one will be turned away due to lack of funds.**

If I have not already heard from you, please contact me to confirm your desire to attend or if you have questions. Remember to dress accordingly also bring food to share for evening **celebratory potluck feast.**

If you have any questions Please call Jacqueline (650-743-0343)