

DO'S AND DON'TS

- 🌀 Bring your drum, if you have one
- 🌀 Wear a ribbon skirt/shirt if you want
- 🌀 Ask questions
- 🌀 Participate
- 🌀 Walk around the outside of the circle
- 🌀 Have fun
- 🌀 Bring something for the "give away"
(a small item that does not have to be new)
- 🌀 Bring your family
- 🌀 Don't walk over any cultural items
- 🌀 Don't touch cultural items that are not your own
- 🌀 Don't walk through the middle of the circle
- 🌀 Don't judge, just smudge
- 🌀 Don't bring pets



NELSON MCINTYRE

WINTER SOLSTICE

December 19, 2024



WHAT IS WINTER SOLSTICE



BIBOON

On this day, the sun is at its lowest point in the sky, traveling the shortest distance across the sky resulting in the shortest daylight and the longest night of the year in the Northern Hemisphere.

The winter solstice is an event that has been observed for millennia by many of our Indigenous ancestors. Some nations have maintained teachings around solstice time, while others may be seeking to revive the teachings, practices and ceremonies that were forcibly taken from us.

Winter Solstice is an opportunity to go inward with deep intention. To care for our spiritual selves, our bodies and minds. To protect our loved ones and families, and to prepare for the longer days ahead.

What you may experience at a Winter Solstice Ceremony

Smudge, sacred fire, sharing reflections on the year past, sharing of hopes for the future, storytelling, feasting, give away, singing, playing the drum.

THINGS TO REMEMBER

If you have tobacco, you can offer it to the Elder or Knowledge Keeper doing the opening prayer and ceremony and/or to the Fire Keeper.

First, a feast plate will be prepared for the ancestors and then the Elders will be served. *After this you are welcome to serve yourself.*



“May you be strengthened by yesterday’s rain, walk straight in tomorrow’s wind and cherish each moment in the sun of today.**”**