



OCTOBER 10TH, 2018 (10AM-10AM)

SACRED FIRE

ONTARIO ABORIGINAL HOUSING SERVICES (500 BAY STREET)

What is Sacred Fire?

A sacred fire is an Indigenous traditional wellness approach. The fire is one of the ways to start a ceremony or any sacred event. It is a spiritual doorway that opens to a spiritual realm so that individuals can communicate and have relations through the fire. It also used to connect with our ancestors, the ones who have gone on before us. We put tobacco in the fire and acknowledge our ancestors and request prayers. We are only allowed to put sacred items (tobacco, sage, cedar, sweetgrass) and/or food into the fire. The sacred fire is never left alone, it is watched and attended to by a Fire Keeper. Fire Keepers are men and women are usually are not allowed to take care of the fire.

Protocols of the Sacred Fire

- Be alcohol and drug free (4 days)
- Bring positive thoughts, prayers and Miigwetches (Thankfulness)
- We cannot take pictures or video tape the fire
- Women who are moon time, this is when they are most powerful and strongest and must not participate in ceremonies.
- Always be respectful and ask questions if needed.

When entering into the lodge, we enter in the eastern direction, and with your left-hand grab tobacco, cedar and/or sage, say your prayer and put the tobacco, cedar and sage in the fire. There is also a water basin, where you can dip you fingers in the water and then sprinkle the fire.

Items to Bring to Fire:

- Lawn Chair
- Food and Drink
- Sacred Drum
- Conversations

FOR MORE INFORMATION CONTACT: KRISTY JONES (705) 256-1876 EXT 340