**Participants Info and what to bring.**

ABIINOOJI AKI CULTURAL HEALING CENTER, 8794 N.TREPANIA ROAD.

HAYWARD, WI 54843. TELEPHONE 715 634-5806

Welcome, we are excited to have you at our Symposium. We hope you will have a learning and healing experience. To that end, we want to make sure you are free of distractions and as comfortable as possible. So we have put together a list of things you may want to bring, what you will encounter, and general guidelines we want everyone to follow.

**COVID PROTOCOL**

Covid is still out there so we want everyone to feel safe. We suggest all participants to either be fully vaccinated or have a negative covid test 3 days before arriving. We will have a testing station on site, please stop by there upon your arrival. We are asking all to wear masks and social distance as much as possible. IF you are able, please bring a small bottle of hand sanitizer for you to carry with you to use as needed. There will be a washing table by the porta potties to wash hands, drying towels to use once and toss in basket and disinfectant spray to spray toilet handle and seat when done using...

**GROUNDS / CAMPING:** There will be camping areas around the grounds, try not to put your camp up near the teaching lodge. There is no water or electricity. The Pow-wow grounds is open for camping too. The Pow Wow grounds has electricity and a water faucet on site. Bring your own camping needs and all that you require, bedding, pillows, chairs, etc.

FOOD; keep inside your vehicle so bears and other animals can’t smell it.

CAMP FIRES: we’ll have reservation regs about camp fires when you get here.

CHAIRS: bring your own to use at camp or while in the lodge.

**DISH BUNDLE:** Bring your own eating utensils, towels, cups to use while here for lunches and feast. We’ll gather all plates, serve the food and after eating we’ll gather plates, spoons and wash after each meal. We do not use forks or knives during our lunches or feast.

**CLOTHING/ATTIRE:** Women dress for outdoor settings, please do not wear high heels, any dressy silks or shorts, short skirt, and halter/spaghetti string tops. Ankle length skirts and tee shirts/cotton blouses are fine and required dress. Most wear their most beautiful ribbon skirts and tee shirts with meaningful writings on them. But do your best. If you don’t have or forget your skirt we can provide one for you to use.

**MEN’S CLOTHING:** Please dress appropriately .no short shorts or walking in and around the lodge with no shirt on. You will be asked to carry the food into the lodge for lunches and feast, tend fire, reposition chairs, tables, sit by the fire, rearrange tarps and other stuff guys can do for the women. So be ready. Bring rain gear and heavy duty work gloves.

**CHILDREN AND YOUTH:** We do not have child care or anyone available to watch your child while in teachings, healing, and other activities. We strongly encourage you to leave your child at home or with another person so that you can receive all the teachings, healings and information that will help you with your own personal growth, dreams and desires.

**SMOKING:** smoking is allowed in designated area only. SMOKERS: please clean up after yourself. No cigarette butts on the ground, if “butt cans” are full, please empty in the trash. Be respectful of others and of Mother Earth. There will be NO SMOKING allowed in the teaching lodge.

**VALUABLES:** AAI and/or WWCTS is not responsible for any personal items that may be broken, stolen or missing. Keep your valuables in a safe and locked place or leave them at home.

**INJURIES:** AAI and/or WWCTS is not responsible for any accidents or injuries that occur on property/grounds. If you are unable to walk safely on the grounds we’ll provide someone to assist you (as best we can) while you are here with us.

Please refrain from using inappropriate language while visiting here with us.

**MEALS:** We will provide noon lunch for Monday, Tuesday, Wednesday and going away lunch on Thursday. There will be a opening feast on Sunday and another feast on Wednesday for the healing. When we do, we will bring the food to the Teaching Lodge. There will be a container set out for scraps and left-overs after each meal we serve or that you cook for yourself. Please ask for the scrap dish if you don’t see one. We will designate the place for the scrap dish.

We will have portta-potties. Organized for women only, men only, and women on their moon time only. Due to Covid safety protocols, we ask that you wipe down the door handle and anything you touch with the supplied disinfectant after each use.

**WATER:** Bring your own water, and drinking vessel. During our program we will be blessing the water and offering it to you so have a cup or glass with you in the lodge. It is good to have a cup/glass included in you feast bundle. We will also have a copper kettle filled with water in the Teaching Lodge for all to use.

For supplies, there is a small grocery store about a 3 minute drive from us and a convenience store and dollar store by the casino about 7 minutes away.

**SHOWERS:** The showers will be open at the high school from 6:30 to 10:00am.

A map to the showers and location will be available at registration table also.

Things to bring

Flashlight / headlamp

Bug spray/essential oils/first aid kit

Tobacco

Gifts for healing ceremonies and teachers

Folding camp chair

Utensils

Plates/bowls (Paper plates or bowls are discouraged).

Water and Water container / cup (Single use plastic water bottles are discouraged)

Hand Sanitizer

Napkins/paper towels

Long Skirt - women

Long pants - men

Rain coat w hood

Sweater / warm jacket

**For those camping:**

Tent / pop up / camper

Sleeping bag

Tarp for rain

Towels for shower

Soaps

AGAIN …. Bug spray/essential oils

**LODGE AND CEREMONIAL PROTOCOL:**

The lodge faces East to West, enter and exit at the Eastern doorway. We will move in a clockwise direction at all times. So as you approach the Lodge, do so in a clockwise direction before you enter the East doorway. Once inside the lodge, you must always walk in a clockwise direction with the Sacred fire being in the middle of the clock.

Once a teaching starts it is disrespectful to leave so go to the bathroom during the breaks. It is not good to talk or visit each other during teachings and ceremony.

Never step over any Sacred article or touch any Sacred item without asking permission.

**ABSOLUTELY NO PICTURES** inside the lodge. Please take your photos outside the lodge around the grounds.

**CELL PHONES:** please have your cell phone off or on silence when in the teaching lodge. Make any calls up by the parking lot away from the teaching lodge.

Recording or taking notes is not allowed.

**MOON TIME**

Women who are on their Moontime are at a powerful time in their cycle which can interfere with the strength of the medicines and Sacred articles. So to honor women on their Moon time, we have built a Moon Lodge especially for you, next to the Teaching Lodge. You will be able to hear the teachings/speakers from there. You will also be given special women’s teachings. Women on their moon do not need to participate in any ceremonies, they are in the middle of their own unique purification ritual. Please let us know if there is anything we can do for you or if you need anything. We will serve you food, drinks, and make you as much a part of the ritual and ceremonies as we can. Someone will be there to help you at all times, answer questions, get things you need etc.,

**CEREMONY**

Once a ceremony starts, the door of the teaching lodge will be closed. If you have to exit while in ceremony the doorman will assist you. So get your duties done while you can. If there are medical issues please let us know that and we’ll take care of you.

Recording or Photos of any ceremony is not allowed.

**SWEATLODGE PROTOCOLS:**

Sweat lodge, only those fully vaccinated, with no symptoms, will be allowed to participate.

Women on their Moon will not go into the sweatlodge. They can sit on the outside about 5 or 6 ft away from the fire and lodge. Women wear appropriate clothing, long skirt and tee shirt is good, bring towel. Men wear shorts and can bring a towel. You take off your shoes before crawling into lodge on hands and knees. You will be sitting in the womb of Mother Earth and it is good to feel her and to breathe in her medicines. Always remember to have tobacco with you at all times.

If in doubt on what to do, ask a staff member.

**Take off your watches.** You’ll be operating on “Indian Time” or “when the Spirit moves us’ meaning that we have a schedule to follow, but we are also guided by Spirit so we are not always on the schedule a listed. We often need to improvise let’s say if a speaker can’t make it. For the most part, we will do everything we have scheduled but not necessarily at the scheduled time.

The Women and Water Coming Together for Clean Water symposium is an intense 5 day cultural/spiritual immersion of uniquely presented age-old teachings and rituals that can unify/bond individuals together. You will feel welcomed and cared for as well as experiencing cultural living and speaking. We start at 7am and, on the days of healing, we can go well past midnight. By opening your heart, mind, body, and spirit to these ways and teachings we hope that you will gain something you can use to lead a better life for yourself, your family, and for the water and the world.

Miigwech! (Thank You)