

FOR THOSE YOUNG WOMEN: A GENTLE GUIDE OF FIRST NATION TRADITIONAL PRACTICES

NEXT WOMEN'S CIRCLE IS:

MARCH 12, 2017

CURVE LAKE HEALTH CENTRE—38 Whetung St. E. Curve Lake, ON,

TIME: 6:00—8:00 PM

CLOTHING

Traditionally people usually wear more formal attire when attending ceremonies (this would include the Opening and Closing Ceremony, and the sunrise ceremony). Men usually wear long pants and women wear long skirts. Dress to honor the occasion as you would if attending an important function or celebration, but also consider the elements, comfort and flexibility, a skirt overtop of pants is one way of being prepared for ceremony at a moment's notice.

PICTOGRAPHS

No photographs are to be taken during ceremonies (this would include all ceremonies and in particular at the Petroglyphs as well as the Opening and Closing and the Sunrise Ceremony) As well, if you wish to take a picture of a person at the any gathering we encourage you to first introduce your self to the person and then ask to take their picture.

TIMELINES

Timelines do change, the Spiritual Leaders who are Elders and Traditional Teachers have thoughts which we anticipate will inform and guide and we do encourage them to give us their guidance accordingly. So, if there are changes in timelines please be patient and respectful—we will do our best to communicate any changes in a timely fashion.

MEALS

Elders are served food first by their assistants. Seniors are also served before anyone else as are any people with mobility issues, so please wait until they have been served.

RESPECT

Often it is challenging to understand different cultures and to understand the concept of Indigenous protocols, yet it is important that even if you do not understand something please do your best to respect that this is how things are done.

TEACHINGS

Elders and Traditional Teachers often provide teachings in the form of stories that are 'rich' but lengthy and will at times pause for an extended amount of time to collect their thoughts. Please allow the Elder time to finish what it is they are doing and wait until they ask if there are any questions. Remember that it is an Elder who is sharing knowledge and it is from their traditions so it may not agree with what you feel is correct, we ask that you please refrain from debating with Elders but take what information you feel is of value and respect others view.