

SCHEDULE: Talking Circle, Sweat Lodge and Healing Ceremonies

1. Men's sweat is every second
Thursday of the month starting around
12:00 pm till about 4:00 pm.
2. Women's sweat is Friday following
the second Thursday of the month,
starting around 9:30 am till 1:30 pm.
3. Other sweat lodge ceremonies on
request
4. Homeless Program Talking Circle
and healing is located at the Healthcare
for the Homeless, 2nd street and
Mountain Rd. NW. It **is Friday
following** the second Thursday of the
month, starting around 11:00 am.

Donations and Offerings:

Please respect the sacred grounds and assist in cleanup by not leaving cigarette butts or any other trash. **Follow the tradition of giving and receiving for your ceremony; therefore donations are greatly appreciated.** Suggested donations are: wood, money, loose tobacco, cedar, shovels, rake, pitch fork, flat sheets, towels, bottle water or food items. Also, donate your services by: chopping wood, clean up area, get the lodges ready for ceremony and assisting the fire keeper.

First Nations Community Healthsource

Traditional Healing Program



*Healing the Mind,
Body and Spirit*

First Nations Community HealthSource

5608 Zuni Rd. SE
Albuquerque, NM 87120
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Traditional Healing Program

All living beings were created in balance within ourselves and our universe. Living harmony means respect, honor, have faith in our own experiences and the Creator, as well as having a clear mind, body and strong inner spirit. Our daily life experiences can weaken our surroundings or inner energy system that may cause illness in the mind, body or spirit. All is connected

The traditional healing program aims to provide Native American's and others in the Albuquerque area a place to gain their inner strength and rebalance the mind, body and spirit.

INFORMATION NEEDED FOR CEREMONY

Being in ceremony means being present to Creator and all the Spirits around us. Please be respectful and keep in mind the following

- You will be asked to fill out a consent and evaluation form before and after the ceremony.
- Due to the powerful energy, women are asked to not attend ceremony if on her Moon cycle (menstruation cycle.)
- Drink plenty of liquids especially before a sweat lodge ceremony.
- No alcohol or drugs will be permitted on or near the sacred grounds.
- All Sweat lodge ceremonies will be separate men's and women's. Bring a towel for own use. Women must wear a dress or skirt.
- Remember you are made of the physical body, mental and spiritual. Please take responsibility for your physical body. Sweat lodges may have intense heat.

Protocols are: No co-ed sweat other than family request. Men should wear boxer short and shirtless, women should wear long skirt and t-shirt covering shoulders. No jewelry or perfume allowed and bring own towel. Women on her Moon cycle, allow own personal time to cleanse and not enter the sweat grounds once the fire has started.

LOCATION OF CEREMONIES

First Nations Community HealthSource

5608 Zuni Rd. SE, Albuquerque, NM

Two blocks east of San Mateo on Zuni

VOLUNTEER'S

Volunteers are appreciated to assist in preparation of setting up and taking down the sweat lodge. Please come by First Nations Community HealthSource on the day of the ceremony. Thank you so much!

MEDICINE HEALERS

Ceremonies are open to all. There will be a Medicine Healer available at ceremony. Please be respectful and honor one another traditions.

For more information contact

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