



**Traditional
Medicine Program
Anishinaabe
Nanaawndawichigewin**

Health Division

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Traditional Medicine Program

“MAKADE KEWINAN”

Spring Fasting Camp

May 7th—May 11th, 2019

Mary Murray Cultural Building

Sugar Island, MI

Camp Number (906) 635-5604

Welcome to our Traditional Medicine Spring Fast, held at the Mary Murray Cultural Building on Sugar Island 266 Homestead Rd. (Sault Ste. Marie, MI).

Family members are welcome to attend and support. We provide meals for the volunteers and staff. Fasters are expected to be at the camp on **Tuesday, May 7th by 10:00am.**

Dorm style sleeping arrangements and showers on site. Bring your own bedding and towels. **It is advisable to give up nicotine, caffeine and sugar at least one week before the fast.** It is also a good idea to practice staying awake for as long as you can. ***Ladies, please be mindful of your moon-time cycle/teachings.**

What to Bring

- Ferry Pass money (\$12.00 car & driver and every passenger is \$2.00) senior discount is available for passengers
- Any sacred items you have (feathers, personal colors, etc.)
- Tobacco (large bag)
- Sweat clothes, towel (skirt for women, shorts, etc. for men)
- Sleeping bag
- Warm clothes (prepare for all types of weather, rain gear, and warm boots)
- Small tarp
- 1/2 yard of material of each color (red, yellow, black & white)
- Change of clothes for after the sweat lodge
- Bedding for the Camp if you are staying overnight; besides the sleeping bag for the fast

Please remember that offerings are the traditional way, make sure you are prepared and have your asemaa for the spirits. ***Ladies, please be mindful of your moon-time cycle/teachings.**

Chi’Miigwech for your interest and support in helping to bring wellness back into our Anishinaabek communities.

If you have any further questions please call the Traditional Medicine Program at the Sault Tribe Health Center.