



Seelie Court Sweat Lodges 2010

Near Georgetown Delaware At Seelie Court • www.sacredwheel.org/sweat



Sweat Dates:

Sweats Are On Saturdays
2 Sweats each day- morning and afternoon.
Occasionally 3 if needed

January 23

March 20

Summer Break

April 24

October 16

December 4

Times

Please arrive by 10:30 AM for the 11:00 AM Sweat,
and 1:00 PM for the 1:30 PM Sweat.

Are You Healthy Enough To Sweat?

Some chronic and/or serious health conditions may make it unsafe for you to sweat. Please inform us of your health status.

By Reservation Only

Sweats are held on Saturdays and we conduct one in the morning and one in the afternoon. Call us to reserve space as a lodge will only hold a limited number of people. Sometimes sweats will be women only or men only, but most are mixed. Call for information:

(302) 855-9422

email: panpipe@seeliecourt.net

If your plans change after making reservations, please call or email so we can adjust the list. **Also check the day before to make sure that your sweat is still scheduled.** We won't waste resources and will combine the sweats or cancel them unless there are sufficient reservations

Wiccan Sweats

The sweats at Seelie Court use Wiccan protocols developed within our tradition (Assembly of the Sacred Wheel).

Fire Ceremony

If you would like to attend the fire ceremony where we consecrate the stones and light the fire, arrive by 8:45 AM sharp.

After The Sweat

Plan on spending some time after the Sweat to rest and eat before departing. This can vary from 30 minutes to a few hours depending upon the person.

Check List Of Things To Bring

- A requested donation of \$15 to cover costs of fire wood, stones, mailings, guest Waterpurer's transportation, etc.¹ No one will be turned away that cannot pay. There is a basket out for donations— no pressure, nobody will ask you.
- Food or drink to share after the Sweat while you recover.
- Change of clothes and a towel.
- Small symbolic gift for the Water pourer (shells, feathers, herbs, etc.)
- You will be asked to sign a release form before sweating.

About The Sweats:

The Sweat Lodge Ceremony is very powerful and is not for everyone. It is an ordeal for healing and purification that is strenuous and taxing for both the body and the spirit. You will be asked to sign a release form in order to participate. Feel free to call us and ask questions. We, in our household, are not Native American so we recognize that our Sweats are not Native Sweats. We honor the wisdom of Native traditions as we create our own ceremonies. The Sweat Ceremony has existed in some form or another on every continent in a wide array of cultures.

Website

If you would like to learn more about our Wiccan sweat protocol and some of the chants we use go to:

www.sacredwheel.org/sweat/

¹ Or Donations of firewood. quilts, blankets, sheets, stones, labor, etc.