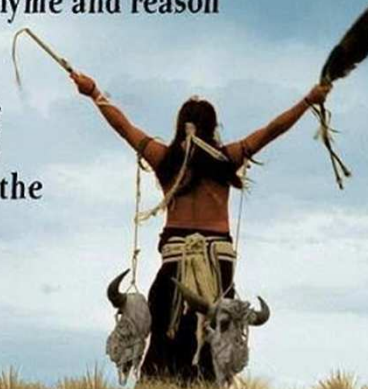


The Sundance Ceremony is the highest traditional ceremony. This sacred ceremony is held once a year during the summer and lasts for four days. It begins at sunrise after preparation, and ends at sunsets, showing that there is no true end to life, but persistence between life, death and rebirth. Family members and friends are encouraged to stay in the surrounding camp (camping at KM #12) to support the dancers. If you are interested to Sundance or want more information , please do not hesitate to contact your Healing Office at 819-977-2000 ext. 225 or speak to a Member of the Eastmain Advisory Healing Group.



Our ancestors believed in the Medicine Wheel and Circle of Life. When you fit one upon the other, you will see your world in its true form releasing tears of joy as in ceremony. Everything had a rhyme and reason for doing what we did over countless centuries of honing and practice. It was living in-sync with the natural processes.

- Tony Ten Fingers
Wanbli Nataü
Oglala Lakota



SUNDANCE CEREMONY

Cree Nation of Eastmain

“Indigenous people believe that unless the sun dance is performed each year, the earth will lose touch with the creative power of the universe, thereby losing its ability to regenerate”

Thursday

Evening – Last Meeting

- Everyone (all the Sun dancers) is expected to come into the tent for the last Sundance meeting.

Friday

Begins at 7:00 am

- Tree Nest Ceremony
- Wolf Clan
- Building of the Lodge (all Sun dancers MUST help to build the Lodge)
- Dancers enter the Lodge and
- Ceremony begins



Saturday

- Pledges make the intentions known
- Men Piercing
- Break/Dancers Rest
- Complete Piercing of the Men
- Women Piercing
- Break/Dancers Rest
- Pipe Giveaway
- Preparation for the Buffalo Dance
- The Return of the Buffalo Dance
- Break/Dancers Rest
- Fire Ceremony (teachings of Sacredness of Fire)
- Doctoring (healing, bring offerings/tobacco, Open to everyone)
- Dancers rest until sunrise

Sunday

Begins at Sunrise

- Sun Ceremony (Greeting the Sun, Everyone is Welcome)
- Men Piercing
- Break/Dancers Rest
- Complete Piercing of the Men
- Women Piercing
- Break/Dancers Rest
- Children's Ceremony (children who participate must wear red skirts. Wraps (for boys), headbands, anklets and bracelets)
- Giveaway Ceremony
- Horse Ceremony
- Wendigo Ceremony
- Sundance Closing Ceremony & feast