

St. Louis, MO. Sweat Lodge Ceremony Schedule

Following is a schedule for the upcoming monthly sweat lodge ceremonies for the remainder of 2008 (2nd Saturday of each month), in addition to those scheduled to closely coincide with the solstice and equinox dates, and a New Year's Eve sweat (time to be decided and announced soon).

Each ceremony begins at 1 p.m, but please watch for future notices about the New Year's Eve sweat, which will have a different time schedule.

December 20 (Winter Solstice Ceremony)
December 31

All the ceremonies will be held at the lodge at Dennis Largent's house, in Fairmont City, IL.

Directions:

- * Take 40 East across the Poplar Street Bridge
- * Go East on 55/70 to Exit 6 (IL 111)
- * Take 111 South to US 40 (it's at a T in the road)
- * Turn left (East) onto US 40
- * Stay in left lane, past the Flea Market (on your right), to Canteen Street on the left
- * Turn left (North) on Canteen, go all the way to the end, to the last house on the left

If you are coming from North County, take 270 East to IL 111 South, and proceed as above.

If you plan to stay for the meal after the ceremony, we ask that you bring food to share.

Appropriate attire is shorts/t-shirts or swim trunks for men & long cotton dresses or shorts/t-shirts for women. It is recommended that you wear cotton or another material that breathes inside the lodge. There is a place to change clothes before and after the ceremonies.

We provide water for everyone to drink during and before the sweat.

If you are new to the ceremonies or are bringing someone new we ask that you come at about noon so that the waterpouner can talk to you and make sure you are prepared for the ceremony.

Joanne Mahler
314-521-2699
jsunseeker@sbcglobal.net