

We invite you to a Community sweat lodge at Still Point Zen Center in rural Random Lake, on Saturday, December 20, 2008. Feel free to bring a friend, partner -- anyone that you think might value or benefit from the ceremony. All are welcome!!

We will begin working on site at about 9:00 AM. You're welcome to come out anytime between 9:00 and 11:30. If you want to help get the site ready, learn about the sweat lodge, or just observe, come early!

The actual ceremony will begin at about noon, and we encourage you to be there by about 11:30.

Things to bring:

- a big towel -- bring two if you want to sit on one inside the lodge (dirt floor)
- something to wear inside the lodge -- swim trunks are good for men, shorts and a top, or a light dress, for women. If you bring a friend, be sure to let her/him know that whatever they wear might get muddy. (We ask that you select clothing to wear inside the lodge that does not have metal parts -- zippers, rivets, et cetera.)
- bottle of drinking water
- a simple food item to share at the feast afterward
- a gift of money to offset the cost of firewood and supplies. A suggested donation of five or ten dollars per person if you're able -- and DON'T stay away if you can't afford a gift!

We encourage you to come well hydrated -- drink plenty of water the day before and the day of the lodge. Some people like to fast before a sweat. If you eat that morning, it's a good idea to keep it light.

We also invite everyone to bring a simple food item for a feast after the lodge. Bring something that doesn't require tools or dishes (fruit, nuts, bars, breads, chips, popcorn, etc)

If you choose not to sweat, but would like to be of service, we could use your help! In particular, we need help covering the lodge with tarps and blankets, and we need a firetender/rockbearer for the day.

For directions go to www.StillPointZenCenter.org

RSVP: 920-994-8650 or StillPointZen@earthlink.net

Blessings,
Doug Szper & Penney Johns
Caretakers of Still Point Zen Center