

## Ceremony Rituals

### Smudge:

Used to cleanse energy and bring clear vision to participants and to purify tools and people before an important spiritual ceremony.

### Sacred Medicines used in smudging:

Tobacco (mitakozige)  
Sweetgrass (nokwewashk)  
Sage (apabowashk)  
Cedar (kejik)

### Sweat Lodge:

A cleansing ceremony where small rocks, which are referred to as grandfathers, are heated and sprinkled with water and cedar to produce a steam.

### Seasons:

Change of the seasons are celebrated with a smudge and gathering of the pipe ceremony, followed by a talking circle, traditional feast and drumming and singing.

### Words:

Meegwetch ..... Thank you  
Pijashin ..... Welcome  
Pazaman ..... Smudge  
Madodison ..... Sweat Lodge  
Migan ..... Feather  
Tewehigan ..... Drum  
Mishomis ..... Grandfather  
Kokomish ..... Grandmother

### Facts:

Archaeological information shows that the Ottawa Valley has been inhabited by Native Peoples for 8,000 years prior to European contact.

At one time the Algonquin People inhabited the land from East of Quebec City west to Lake Temiskaming.

We are known as the Anishanaabe, which means the people who were here first, thus the title of First Nations.

**FOR FURTHER INFORMATION CONTACT:**  
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