



Smudging Protocols and Guidelines

Purpose:

Siloam Mission recognizes that it is situated on Treaty One land in the heart of Metis Nation.

In recognition of the use of traditional medicines for ceremonial and spiritual purposes these protocols and guidelines are required to ensure the well-being of our community members, employees, volunteers, donors and visitors, as well as protection of our facilities and compliance with insurance requirements and fire regulations.

Responsibilities:

The Chief Executive Officer is responsible for the development and review of these protocols and guidelines, in consultation with the Executive.

What is Smudging?

Smudging is a cultural healing practice common to many First Nations, which involves the burning of one or more medicines gathered from the earth. The most common medicines used in smudge (but not limited to) in First Nations' ceremonies are tobacco, sweetgrass, sage and cedar.

Smudging allows people to stop, slow down, and become mindful and centred. This allows people to remember, connect and be grounded. Smudging also allows people to let go of negative feelings and thoughts.

Smudging is always voluntary. A person may choose to stay in the room and refrain from smudging or leave the room during the smudge. Respect for all is the guiding principle in any Indigenous tradition.

Who can lead a Smudge?

According to First Nations practice, a smudge is led by a person who has understanding of what a smudge is and why it is done. That person may be an Elder, a cultural teacher, or it can be a staff person who is knowledgeable about the tradition of smudging.

Where can we Smudge?

Currently our designated smudging areas are in Sacred Ground on the 4th floor, at the Madison and The Longtin Arts and Wellness space at 303 Stanley.

Communication is important. Whenever possible, advanced notice should be given indicating the date of when a smudge is taking place. Signs are to be posted when a smudge is in progress.

It is important to note that while smudging does not typically pose a health risk, we will take steps before, during, and after smudging to accommodate the needs of those who may have respiratory issues, or other health concerns. Examples of these steps including the following:

- Ventilating the space by opening a window
- Making fans available to use as needed

Review

These protocols and guidelines shall be reviewed at least every 2 years or as required.



SMUDGING LOCATION

THIS ROOM WILL BE USED AS A SMUDGING LOCATION

Smudging is an Indigenous tradition which involves the burning of sweetgrass, sage and/or cedar. Smudges produce a strong and distinct aroma but the smoke associated with it is minimal and lasts a very short time. A smudge is burned primarily to help create a positive mind set.

Under the Province of Manitoba's "The Non-Smokers Health Protection Act" smudging is permitted. Siloam Mission recognizes that smudging is a part of the Indigenous traditional way of life and is therefore permitted.

TIME FROM: _____ TO: _____

DATE: _____