

The One Heart♥Medicine Circle
Invites you to our

7th Annual Prayer Dance
At Potter's Farm, Washburn, Wisconsin
on the beautiful Chequamegon Bay of Lake Superior
www.pottersfarm.org for location & directions

Dance Chief: WhiteEagle
www.dancehammers.com for bio

July 2-11, 2010

Dance Preparation: Friday July 2, 6pm-Tuesday July 6
Dance Begins: Tuesday July 6, mid-afternoon
Dance Ends: Saturday July 10 early afternoon
No-Trace Sunday July 11 ending at Noon
Ceremony Points: redheart20@comcast.net and rosehawk20@comcast.net

Ceremony Intention

The Prayer Dance is the annual Summer Solstice Ceremony of the *One Heart Medicine Circle*. In the Delicate Lodge teachings, the height of summer is the time of action and giving back to Life for the strength and well-being of our world for this coming year. This ceremony is your opportunity to offer your give-away honoring Grandfather Sun for all that He has given us. This is a powerful ceremony and it is an honor and a privilege for us to offer it to our community and our world. WhiteEagle has again graciously agreed to serve as our Prayer Dance Chief.

Our Dance Wheel

The Dance Wheel is located in the forest about 300 paces SE of the Barn. At the center of the Dance Wheel is a 15-foot tall forked living birch tree. A circle, 60 feet wide forms our dance wheel around this exquisite tree. This ceremonial site has been created with deep love and reverence for Life. The prayers of the people have been danced into it each year for the past six years. It is a very powerful place on the Earth.

Dates

The Prayer Dance preparation begins on Friday July 2, at 6:00 p.m. with an evening meal, stringing of our beads and orientation to the preparation time of our Ceremony. Dancing begins mid-afternoon on Tuesday, July 6, and will continue through Saturday, July 10, early afternoon. We will then have a brief rest, followed by a feast, and more rest. Community No-Trace will begin Sunday morning, July 11, ending by noon. The entire 10-day period is held as ceremony time: Friday eve-Sunday noon, including Dance Preparation time and No-Trace on Sunday.

Dance Preparation – July 2-6

During Dance Preparation time we join together in community and all of our thoughts and actions are directed toward creating support for the Dance. We do what is needed to support the dancers, the drummers and singers, dance supporters, and logistics supporters, and the food point & crew which must be responsive to the changing needs of the dancers, drummers, and even the weather. To fully understand and appreciate this powerful ceremony, everyone is encouraged to attend the Dance Preparation time, to receive the

teachings about the Prayer Dance. It is appreciated, that all who are able, help with No-Trace as the final step in ending the ceremony on July 11.

During preparation time, we will:

- complete the preparations of the Dance Wheel
- complete preparations of the men's and women's meditation lodges as well as preparation for the dancing.
- practice drumming and singing and dancing 3 times each day
- build a new Rainbow Lodge by the Medicine Wheel.
- make additional logistical preparations as needed.

Preparation time is held as ceremony time. We will be in sacred ceremony as we make these preparations. During these preparation days WhiteEagle will offer teachings about the Dance, prayer preparation and protocols that support the Dance. It is important that the people arrive on Friday, July 2nd to get settled and be present that evening for the opening stringing of the beads. If you would like to attend, but need to arrive later than Friday, July 2nd, please inform our Registration Point StarRider Star11.rider@yahoo.com to make alternative arrangements.

The Dance

We will dance 45 minutes of each daylight hour, sunrise to sunset, with 15 minutes rest between rounds. The dancers will sit in a meditation lodge in between rounds. The ceremony has a total of 61 dance rounds.

The first dance begins at 4pm Tuesday afternoon. The first dance is a community dance -- everyone is encouraged to participate in the first dance. Dancing continues until Tuesday sundown. Wednesday sunrise begins our first full day of dancing. Full days of dancing continue, sunrise to sunset, on both Thursday and Friday. Saturday, again we begin at sunrise -- the final dance ends at 1pm on Saturday. Then we feast. Sunday is no-trace until noon.

All participants may dance as many rounds as they choose or none at all. Everyone is asked to dance, drum and sing or to support the dancers with your prayer in the Prayer Dance Lodge or in some other way. If you want to dance, drum and/or sing, it is important that you come to the preparation time. This is to prepare yourself and your prayer, and to participate in the Give-Away of creating the beauty of the wheel and the surrounding community spaces that enhance the dance. Important and necessary assistance needed during the Dance Ceremony include: preparing food & water; caring for the camp; parking & security; no trace; or supporting with prayer in the supporter's lodge.

Drum & Dance Practice

Beginning on Saturday, July 3, we will begin practicing for drumming and singing for the dance, as well as Dance practice. We will practice 2-3 times each day. The drumming and singing is the energy which supports the dancers. It is important that the drumming and singing for this ceremony be focused and energized. Drummers and singers must come to the practice sessions for at least 2 days. As well, there will be ongoing drum and singing practice in Minneapolis organized by the Drum Points, beginning in mid-April. If you are called to drum and sing, it is advisable to attend these practices. We need many drummers and singers to support the whole dance. It is an important role in our Prayer. There will be separate email in late-March calling for a gathering of those interested in drumming and singing.

Food

Food will be very simple during this ceremony as the main focus is supporting our collective prayer. Simple soups, sandwiches, and side snacks are made available during ceremony. We will need assistance from everyone at some point in the preparation, logistics, and clean-up around food, drinks and watermelon throughout the duration of the prep time and the ceremony. Gluten-free, dairy-free and nightshade-free food options will be available.

One of the most valuable things you can do is to register early. This helps with the food preparation that allows us to include special food needs (not wants) along with the registration. Having an accurate count of how many we will be feeding helps keep the budget tight and food costs down. If you have unusual or very specialized dietary needs it will be best if bring your own specialty foods. DreamingBear has again graciously agreed to serve as our Food Point. Please contact DreamingBear mcjourney@charter.net if you have any questions or concerns about food during the ceremony and to learn how you can assist.

Children's Camp

At this time, we do not have a point for Children's Camp.

If you are considering bringing your children to Prayer Dance, you must make arrangements before arriving in camp for their complete care and safety for each of the days they attend.

Prayer Dance is a high ceremony in which the intention of the entire community is focused on supporting the dance. The dancers, as well as drummers, singers and supporters, need to have single-focused attention on the prayer intention and dance. If you plan to bring your children to ceremony we ask that you first consider each child's unique emotional and physical needs.

Children are not required to participate actively in supporting the dance. It is best for them to be made aware ahead of time of the duration, repetition and purpose of the ceremony. If your child is uncertain about attending the full 10-day ceremony, you might consider bringing them to the more informal preparation time and have a contingency plan for them to leave the ceremony if needed. Younger children (under age 10 and toddlers/infants) must have parental support at all times during the dance. Children will not be charged a registration or lodging fee, but you will need to pay the daily food expense for each day they are present – unless you will be supplying all of the child's food.

If you are considering bringing children, you are advised to contact RoseHawk20@comcast.net as soon as possible, to ensure a smooth unfolding of your plans.

Bringing Friends

This is a time of high ceremony discipline, focused on maintaining and strengthening the Prayer energy for the dancers. If you bring a friend who has never been to a One Heart Circle ceremony, you will need to arrange for that person to have an experienced person to serve as their guide so they can learn the protocols and feel comfortable. Both your friend and their guide will also need to be present during ceremony preparation time beginning July 2.

Exchange/Cost

Costs are being kept to a minimum, and are based on materials and utilities needed for the Dance. There are three costs: Ceremony Costs, Lodging Costs and Food Costs. All checks payable to: One Heart Circle.

Ceremony Cost: This money is used to pay for expenses related to improvements needed for the Prayer Dance wheel, the men's and women's meditation lodges, the drum and beater sticks, candles, flowers and other ceremonial supplies, as well as WhiteEagle's traveling expenses. These items need to be purchased before ceremony begins, therefore it is important that we have an accurate count of the number of participants, and receive the ceremony costs before the dance.

The ceremony fee will be \$125. If we receive your registration and ceremony fee before May 1, you may deduct \$25 from your ceremony fee.

Please Register Early!

See www.pottersfarm.org for Registration Form.

Venue: To make this important ceremony accessible to everyone, venue rates are reduced and capped for those staying 5 or more nights:

φ Outdoor Tenting: \$30 per night with a cap of \$140

φ Indoor Farmhouse: \$40/night or \$45/night w/ towel and linens; with a cap of \$200.

(In-door space is limited and is allocated on a first-come first-serve basis.)

The venue rate for Prayer Dance is slightly increased from previous years. The Potter's Farm Board (which is comprised of active members of the OneHeartCircle) encourages everyone to:

"See the Farm is the ceremonial land of the OneHeartCircle, and the land is only available to us all for sacred ceremony because of our individual payments and donations".

Note: Any amount above the reduced rates is tax deductible. Be sure to ask for a donation receipt if desired. And know that any amount you donate is deeply appreciated.

Food: \$10/day or \$5 per drop-in meal.

Venue & Food may be paid in advance or upon arrival at Potter's Farm.

Give-Away- Donations: If you cannot attend this year's Dance, but would like to support from a distance, your donation is gratefully accepted and appreciated.

No one will be turned away for lack of funds. Please contact RoseHawk rosehawk20@comcast.net to explore what you need and how we can support you in attending the Dance. Also, exchange for food contributions will be considered if planned for in advance.

Transportation

We encourage car-pooling. It's so much more fun, you save on gas, you can have brilliant conversations with other medicine friends, get to know people and enjoy the road trip. For those of you who might be flying in, there are two options: one is to fly directly to Duluth, MN and the other is to fly to Minneapolis. If you need assistance with transportation from the airport to Potter's Farm, please contact our Registration Point StarRider Star11.Rider@yahoo.com

Role Descriptions

Here is a description of the various ways that you can participate. Please contact the Point for any territory in which you would like to participate.

Dancer – anyone can dance as many rounds as they choose. The dance motions are simple and easy to learn and repeated throughout the 45 minute round. Dancers who have not previously danced in a Prayer Dancer ceremony must come to practice during preparation

time. There are about a dozen Lead Dancers who have committed to dance all rounds. To be a Lead Dancer is a very high honor. WhiteEagle chooses Lead Dancers usually in December. All Lead Dancer positions have been filled for 2010.

Dancer Points: Rita Martinico rmartinico@msn.com & Shire ted404@earthlink.net

Drummer/Singer – the drumming and singing provide the energy to support the dancers. Drumming and singing must be focused and energized. Drummers and singers must come to the practice sessions which will be held 3 times each day during preparation time. Black Wolf will also be announcing dates and times for drum practice in the Twin Cities area to begin mid-April. Drum Point – BlackWolf patrick.covne@co.dakota.mn.us

Prayer Supporters – Prayer Supporters will sit in the Supporters' Lodge which surrounds the Dance Wheel to energetically support the dancers with prayer and meditation. Prayer Supporters may support as many rounds as they feel called to do.

Supporter Point: RedHeart redheart20@comcast.net

Altar and Wheel Tending – during the 15 minutes between each dance round, the Tree Altar and the Dance Wheel will need freshening and beautifying. The altar's mirrors need to be cleaned, the altar dusted, the flowers watered and the candles replaced and lit. The Dance Wheel also will need to be raked and, if needed, sprinkled with water.

Beauty Point: MedisinDama heartpath7@aol.com

Food & Water Supporter – It is vital that the dancers and drummers have a ready supply of water and food throughout the 3 day dance. Food and water supporters have a vital role in supporting the energy of the dance.

Food Point: DreamingBear mcjourney@charter.net

Greeting, Parking & Security Supporter – At all times, we must maintain a Guards-Out position directing parking and especially protecting the energy of the ceremony in Dance Wheel. Parking and Security is a vital role which will be rotated among several people.

Registration Point: StarRider star11.rider@yahoo.com

Logistics Runner – Food and water not only need to be prepared, they need to get out to where they are needed. The logistics runners make sure the appropriate items get out to the Dance wheel and wherever else they need to be, and bring back what needs to be returned to the Farmhouse and Barn.

Logistics Point: DiamondHawk suelinton@tds.net

No-Trace Supporter – An old understanding of being in ceremony together is that we leave "No-Trace". The Dance Wheel will need to be put to rest, all accessories returned to their owners, the refrigerators cleaned out and food distributed, all bathrooms and floors cleaned, linens that may have been used washed and dried etc. This will take place on Sunday, July 11 from 8:00 a.m. until noon. You will find this is a sweet time to share community together.

No-Trace Point: StarlingSprials merlewb@charter.net

WhiteEagle supporter – Two persons needed to act as support for the dance chief, WhiteEagle. These persons must be either currently trained medicine guides, or presently involved in a medicine-training program (CGT or AOP). This support role will include being with WhiteEagle during preparation time and between rounds to provide whatever support she needs to hold the energy and direction of the dance. These two supporters will each be assigned to one half day as support. During the off-time, you are free to dance, drum, sing, or support as you desire. If you would like to be considered for this role, please contact RoseHawk rosehawk20@comcast.net as soon as possible.

Participants are expected to mix and alternate any and all of these roles to include occasional rounds of dancing, drumming/singing, prayer supporting, altar/wheel tending, logistics runner, food/water support and parking/security.

***Medicine Clothing**

The dance is 45 minutes of constant motion. Dress according to your body's needs. Traditionally both men and women wear ceremonial skirts. These are typically wrap-around skirts which are just above the ankle and can be as decorated and embellished with your personal medicine as you prefer, provided they are practical for the constant movement of the dancing. Very simple clothing enhances your focus on the Prayer Dance. You will be uncomfortable if you wear jewelry which flops about or is otherwise unsecured. Depending on how much you dance and the weather, you may want to bring several changes of ceremony dance clothing as sweating is common. Also be prepared for rain – the dance will continue rain or shine.

Footwear

Sturdy, well-broken-in cross-training or running shoes are suggested. Other footwear is at your option. You may also choose to dance barefoot or wear moccasins. The Dance Wheel contains new sand and is raked after each round of dancing.

Feathers

In this tradition dancers hold two sturdy feathers 6 inches or larger throughout the dance. The meaning of this will be explained during dance preparation practice time. Bring feathers meaningful to you if you have them. Additional feathers and skirts will be available if needed.

Much Love and Good Medicine to each of you.

Ceremony Points redheart20@comcast.net & rosehawk20@comcast.net

Please contact any of these territory points with your questions or to volunteer:

Registration & Transportation: StarRider star11.rider@yahoo.com

Food: DreamingBear mcjourney@charter.net

Beauty: MedicinDama heartpath7@aol.com

Logistics DiamondHawk suelinton@tds.net

Health: SpiritWind judyjones11@gmail.com

Drummers: BlackWolf patrick.coyne@co.dakota.mn.us

No-Trace: StarlingSprials merlewb@charter.net

