

HOW TO PLAN AND CREATE A SACRED CEREMONY

by Alexandria L. Thomas

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Ceremony's for women have become a thriving event in the last 10 years or so and are becoming more and more popular in the United States, (Although they have been done for centuries in Africa, China and other parts of the world). Ceremonies were also done in most of the Indian Nations and were a huge part of their culture.

Why would you do a Sacred Ceremony? Answer: Because these Ceremonies are beneficial to all attending people and also to those who facilitate the events.

In this short booklet I would like to explain how to choose your facilitators, how to choose your event location, and also give you step by step instructions on how to plan and give a ceremony to the women of our world in the best possible way.

In Creating a Ceremony your first step is to look at your INTENTION. Is this an event to make Money? You might think about the lives and the emotional harm you might do to others in carrying out a ceremony if that is your only motivation; money.

Is it your Intention to have an event for the purpose of helping and/or for the progress of women's sacred energy? These events are not big money makers; although you might be able to make a little money, also though this should not be your main objective or intention. All Ceremonies are sacred; weather they are a one-day ceremony or a three-day ceremony or longer. Some of you might call this a Retreat that is put on by your church or organization that you belong too. In any case, if you are the planner (Or caller of the ceremony), your intention should be clear, with integrity.

Most Ceremonies should not run over four night and five days. The reasoning behind this is two-fold. Both your helpers, called facilitators, and your invited women coming to the ceremony will get exhausted, (even after doing a three (3) day ceremony).

Now about choosing your facilitators; it is essential and extremely important to choose women who will understand the ego, understand about keeping the peace, and understand the responsibilities of facilitating a ceremony for others.

My first Ceremony I did was when I was turning 50 years old, Rev. Joann Coleman asked me to be the Fire Keepers for the Ceremony and I said yes; love too! She also said to be "We will have to grow the right women for the Ceremony"! At that time I did not know what she meant and thought that was an ego driven statement. However, I was to learn that growing the right women and teaching them how to behave during a ceremony, as facilitators, would be most important and not so easy to do.

Here are a few explanations which need to be addressed with the women you choose.

They must have awareness, or at least an understanding of the motive and intention set for doing the Ceremony. They must leave their ego and desire for wanting praise at home, and not bring it into the ceremony. They must understand that ALL the women doing the Ceremony are equal, no one is better than the next person who is facilitating the Ceremony. Some women may have written a book or have done ceremonies before, or been on Television, but regardless of what they have done in their life, when they come to facilitate, they are All equal and the ego must disappear.

The facilitators must not interrupt or usurp another while another is facilitating their portion of the Ceremony,

we are there to assist and help each other as facilitators. Each Facilitator must stay within the time frame given to them for their event, (could be ½ hour or 1 hours or more). This may vary a lot; see below for timing and samples.

We all must practice what we are doing for the Ceremony, and practice with all the facilitators before the event, **THIS IS A MUST!** They must not change the program without a vote from all the facilitators. In the event of an argument or disagreement, the decision falls on the women who called the ceremony together. She is the beginning point of the Ceremony; although she must not control the ceremony or the events, she has the deciding last word only in case of an argument, (or a facilitator misbehaving).

A prayer should be spoken before each event so the facilitator feels balanced and loved before your job begins. This is done to support each other.

Several meetings and gatherings of your facilitators should be scheduled far in advance of the Ceremony so that each person may practice and know what the Ceremony will look and feel like.

At the meetings an outline should be made so everyone knows the schedule. See two Attachments as **SAMPLES**. Make your own to fit your desires.

It is important to remember that if someone runs over just a little in facilitating a portion of the Ceremony you must not stop the event, adjustment is important; especially if the overlap is due to the invited guest who is your paying customer. Use judgment here that benefits the whole. You still are responsible for controlling the over talking women; some women over share. Lots of love must play a part in controlling your event and getting people to move on.

Also, we as facilitators should have talked about helping each other when these situations occur; a signal, like clearing your throat two times, or winking at your helper.

IMPORTANT: If someone chooses to leave the Ceremony or Retreat in the middle, and then want to come in a day or few hours later they may not do that! This would upset the energy, the bond, the thread of love that is being developed with all the attending other women. **THIS RULE** should be spoken too all attending guests at the introduction and/or in your flyers that you mailed out; or at both times. Keeping the integrity of the Ceremony is a must. If people want to leave they may do so, but **No ONE** is getting a refund. The money has been spent on food, wood, and other essentials, and also to pay for the land and property that the Ceremony is held on.

The number of facilitators:

If you are inviting 7 - seven women to come to your home or a special outdoor Ceremony, you may have yourself and one facilitator. If you are inviting 30 — thirty women you should have four to five facilitators, plus yourself. Having the correct amount of helpers is essential and a must.

If you are planning to invite more than 30 thirty women, you will have a lot of work and need many helpers.

The meals and the cook:

The meals that you provide and the person preparing the meals should not be one of the main facilitators. Their job will be for providing a well-balanced and healthy meal, and then the clean up from the meals provided. You may have to pay this person a fee for their work. Food during a Ceremony is important, not too heavy; (usually meat is not served). Pasta is good if you are taking the guests on a long walk or hike, or having them stay up late into the night. Giving your guests too much food is also not the best idea. Be sure the cook understands your needs and works out the menu with you and the other the facilitators before the event. You and the cook may want to go shopping for food together, especially since you are paying for the food from the guest's fees.

You will need to have your guests pay before then arrive. Of course, you can see why. No money from your ar-

iving guests may mean you are out of pocket on the money, and then they do not show up!

You should make your fees pay for all your expenses and a little profit for you and your facilitators.

If you are choosing an outdoor location, or an overnight stay, at a park, a monastery, a ranch, etc., be sure to go in person and look at the facilities. See the sleeping area. Check out the kitchen, and all the areas that you may use. Remember that during Ceremonies, a lot of crying and screaming may occur; releasing of past issues and clearing traumas may take place. You may have dancing or lots of laughter going on. Having a secluded place is very important. We do not want to disturb people who are not attending the Ceremony.

Choose your location carefully.

Be sure that no men are attending if you are having a woman's ceremony. Women change when a man comes into the mix. When the man enters the room a lot of women change and become silly, or start to compete with each other, or just act foolish. If you are having a couples Ceremony than, of course men and women will attend. In choosing your location, you also want to be sure no men will be watching this ceremony; this also changes the energy and can rob the women of their privacy and release.

How do you grow or train your facilitators?

In choosing your facilitators have some idea what they do spiritually. Are they counselors or scarf dancers? Do they have a loving heart? Be sure to take them on walks with you and/or hikes talk to them about your ideas. Let them share their ideas, and what they would bring to the Ceremony. Take time to choose; do not promise them to be a facilitator until you are sure you want to use them. If two people do not get along, or do not like each other that you are considering, you may choose not to ask both of them to join you in the Ceremony. Or you may choose to get them together and find out if they can love each other and not compete with each other for this special event. If you sense anger or dislike, excuse them from your Ceremony before you choose. Do not take sides or give advice to your facilitators if they are disagreeing. Give direction only, what is your Intention regarding this ceremony... you may have to state that more than once to some of your facilitators.

You should get all of your facilitators together in different situations. Maybe go to a movie together or out to dinner. Be sure they can interact with each other. Then set the meetings and practice sessions. If they come late or do not show up at all, you may want to rethink about using them. They need to understand they will have the emotions and well being of others in their hands. They must have the integrity and love to withstand what is going to happen during Ceremony.

During your meetings with each other make a list of what you will need, including food.

Have each facilitator be responsible for bringing some of the items on this list, this way not one leader is doing it all. Divide all of the responsibilities. Here is a sample list.

Food List: (This would be a list by itself).

Lots of Water

Incense and holder

If you are smudging, bring feathers and white sage.

Sleeping bags or blankets and sheets; depending on overnight and/or outdoors

Oils for Anointing, if you are doing this

Candles and other objects for an Altar

Drums, if you are drumming

Flash lights and batteries

Baby Wipes for cleaning or bathing self if you are outdoors.

Scarf, if you have one.

The list will end up being quite long if you are having a three-day Ceremony, be sure to go over the list and bring everything you may need. Better to have too much, than not the items you want and need.

Suggestions and Samples:

A Fire Keeper: A fire keeper builds the fire in a fire pit. Blesses the Fire and lights the flames. The Fire Keeper must remain with the fire all the time. The purpose of the Fire Keeper has many purposes. They must keep the concept that all the women will meet their goals and free themselves from pain and sorrow. Using the flame from the fire, they meditate and pray while the ceremony is going on. They are sometimes a silent partner. They also keep the fire going in case the women of the ceremony need heat, and will be coming outside in the evening. Maybe they will be dancing around the fire, maybe just sitting? Also the fire can be used to heat rocks and then the rocks can be tossed into a pool of water for the women to do a water ceremony. This takes a lot of preparation and the perfect outdoor pool arrangement, so that the hot rocks will not touch the guests; but just heat up the water. These were all my jobs as a fire keeper for two years when I kept the fire. Then I had someone replace me as fire keeper and I did facilitate in other areas.

Scarf Dancing: Using scarf's to dance. Bring lots of scarves from home or go to Goodwill and buy some inexpensive scarves. During the dancing when women are shy or do not want to get up and dance, using a scarf to hide behind makes dancing fun and easy for those type of shy women. Once they get started, you will be surprised how the scarf becomes a good friend, and the dancing becomes quite an event. Let the women dance at least 20 minutes. Some older women may not want to dance that long, but they can sway with the music and keep joining in the scarf dancing. I have done this in 3-day ceremony and danced for 1 hour, and also done this at one-day retreats using scarf dancing for 1/2 hour. Make it fit the ceremony

Making a Shrine in the Forest or Mountain: Take your guests on a walk or hike and have them pick up special things on the way; A rock, a leaf, a stick, or flower. When you find the location that you want to build a shrine, have each person place their special items on the space provided. In doing this they should also say a short prayer. You might give them some examples. Examples: I place this rock in this mountain area for my grandson, so he may always have strength and courage in life. Or, I set this flower in this pile for peace on earth. And so on. Each person will have a minute to think, speak and place item. On the way back down the mountain, or walking area total silence is kept...this adds reverence to the placing of the items. If guests talk when you have asked for silence, be sure to say, "Silence please for the respect of others".

The Talking Stick:

The talking stick can be any thing you have chosen, maybe a stick from outside, or a feather, or a wand, etc. Usually you will be sitting in a circle so that everyone may see who is in the circle, and who is talking and sharing. The idea of the talking stick is this, when you are holding the stick you may talk, but if you do not hold the stick it is not your turn to talk and share. Sometimes you will pass the stick to the right, and then may be next time to the left; you may also put the talking stick in the middle of the circle and see who will pick it up to talk and share. When that person is done sharing, they place it back in the middle of the circle. This way, you have a way of being sure people do not interrupt each other, or talk over each other. This is also a real ceremonial tradition.

The Dreamer:

The Dreamer is a very special event. It takes a lot of preparation and care. The person who is the dreamer must be very spiritual and understand that they will be transforming and transmuting the sadness of the people who come forward to the dreamer.

The Dreamer is usually done at the peak of the ceremony, meaning in the evening on a one-day ceremony, or on the second night of the three-day ceremony; also in the evening. You must have a room prepared with a mattress on the floor, so the dreamer may lie down and be comfortable. She will be lying there for a long time, especially

if you have thirty women or so. You may figure on four hours 7:00 PM to 12:00 AM or longer. The Dreamer will be covered up from head to toe with a white sheet or curtain; this must be light so that the dreamer may breathe easily. (Her face is covered). She will have flowers and a few candles around her; placed in a safe way so that the candles and flowers will not bother the women coming forward to talk to the Dreamer. (Safety is essential).

Once all is arranged you can invite the women in the ceremony into the room and ask them to sit down about four feet back from the Dreamer. All the facilitators, except the cook and fire keeper are in the room to help. One person will explain that the dreamer represents all the dreams and the longing that you have had in life; and all the wishes and desires of your heart that did not come true for you. All the pain and sorrow that you did not expect to happen to you in your life. Now you may come forward and tell the dreamer to take the pain and sorrow and disappointment away.

The Facilitator who explains this will ask: “Who will come forward and talk to the dreamer?”

You may be surprised; some times someone will jump up and rush to be the first one to talk to the dreamer. Other times it will take a few minutes and a little prodding to get the group moving. This is a long process, but once the first person comes forward the group moves easily.

Usually it is a surprise to the women coming forward how they start to cry and release all their pain and sorrow to the Dreamer. When they are done crying, the facilitators will help them back to their seating area (may be on the floor). The facilitator may have to hold them and may be rock them until they stop crying, or until they are feeling okay. This takes love and compassion.

I have had people feel sick, but not really be sick, a lot of release can make a person feel ill. You might have to give them water and/or a candy bar; this brings them back down a little. Have water, candy and health bar handy in case you need these items, (only if needed).

Some women will not cry they will just say their peace and sit back down; this of course, is fine. Each person may be totally different. If a woman does not want to see and talk to the Dreamer that is okay, however, I have never had that happen.

After the Dreamer event is over you may send them to bed, no talking at all; they should contemplate on what took place for them. Or you may do a water ceremony.

Water Ceremony:

A water ceremony may be done in a home in the bathtub, or in a backyard using a small pool, or out on some land where a special ceremonial pool is available for such things. The intention of the water ceremony has many avenues that your guest may take. It may be a rebirth, it may be a water blessing, it may be entering the womb again and starting over, and it might take on different blessing for each person, which is great.

The facilitator may say, “When you enter the water it is a blessing and a rebirth, a cleansing.” Or whatever you chose to say before the women began to enter the water.

Each person will have exactly two minutes in the water. It is long enough for them to go under, or to splash water over themselves. Usually we call the name of the person to enter the water and ring a bell when the two minutes are up, which tells them to come out of the water.

Your guests, may wear a bathing suit or underwear, or go in nude, whatever they are comfortable with. Lots of times, women bring a suit and underwear, but when they see that others go in nude and no one is looking at

them or caring if they are nude, they also decide to enter the water as a baby; nude.

The women will differently need to sleep after this portion of the ceremony. Also the rules are: no talking to each other, no talking at all, and please do not eat until breakfast, no food. Water is essential to have before bed. This will give them the full benefit of the Dreamer and the Water Ceremony.

You and your guests may ask won't the water get dirty? If it is in a home, you must drain the tub and refill it after each woman exists. If it is in the backyard, have some buckets of hot water available to pour into the small pool, to refresh the water. (This can be a child's pool that you have purchased for this event). If it is in a big pool no problem just go in. If it is out on land that is set up for ceremonies, you may use hot rocks to heat up the water from the fire of the Fire Keeper. You will need special rocks and a good shovel to pick up the rocks. You will need to choose a strong and healthy woman to be the Fire Keeper in this case.

Some places have Kiva's or tents set up for Ceremony. Some place may have special rooms to use. Locations are important.

All of the above suggestions are for your Sacred Ceremony. You may choose whatever you wish to do. It may be totally different than I have outlined here on these pages. There is no one way to do Ceremony. Let your Spirit voice lead you. If you need to, you may email me and I will answer any questions you may have.

Peace and Good Health, Alexandria

SAMPLE CEREMONY

Arrive 5:00 PM Sign in and Pay (If not paid in full) (Brenda)
You may have one scholarship: free person.

Put things in room get settled. (Brenda showing people room/see Tracey)

Opening Prayer Alexandria

Dinner 6:30 PM or 6:45PM John or Tracey to explain Madre Grande Rules then - Bathroom Break

GO TO GOLD ROOM - SMUDGE BY HELEN

7:30 PM Explanation of Ceremony: Alexandria

Introduction of Four Women: Each their own (Just a few Minutes)

8:00 PM Finish setting up altar with each girl lighting candle and putting gift on table (altar), also things to be blessed. Each Girl Says her name only. Helen does (Brenda helps per Helen)
Table will be set up Friday early.

8:30 PM Talking Stick — Why they think they are here/why did they come? What are they looking for? Tracey

Closing prayer - Alexandria

Ask women to go to rooms (No noise please) so others can sleep.

Courtesy only

Smudge by Helen before entering Gold Room

Up early 7 am. A Must

Meditation in the Gold room — Mary

8:00 am Breakfast

9:00 am A Walk/Hike (easy) for an hour looking at nature, listening to nature, finding special things in nature. Helen and Tracey together. (Later, Yes — add to other women's shrine, already started, rocks we find on the way.

SMALL SNACK TIME - FRUIT, CHEESE? WE WILL DECIDE (MAYBE WHILE WE PAINT) Health bars or carrots sticks

Yes - Drawing names out of special container of sacred women/ Goddess Tracey

10:30 or so Painting some part of the body (washable paint) with a partner. Face, legs, breasts, whatever with a symbol of love or spirit. Maybe even Goddess. ALL OF US. Also paint rock, if we want too. Tracey will look into Paint.

12:00 Noon Dancing in the outside area for one hour with different music. (Arranged by Alexandria) Mary will help with Dancing

1:00 PM Same area Outside a one half hour meditation by Helen...
in the Shade

1/2 hour Dream dancing floating, slow, Tai Chi dancing back to Gold room (Brenda) on the way stop at shrine to place rocks (Tracey to explain Shrine) - Mary does dance and walk to Gold room.

Smudge by Helen before entering room

2:00 PM talking circle - how are they feeling, what is going on with them - Tracey

Gold Room

3:00 or so who knows...writing in Journal and/or Nap and/or time alone

4:00 PM Early large Dinner

Helen has gone to light fire after dinner.
Brenda to help her, whatever Helen decides.

5:00 PM in Gold Room. I will Smudge this time only. Alexandria

Alexandria - Talking about What hurts on the Physical Body, What hurts on the Mental Body, What hurts on the Emotional Body. Feel it/Discuss it. Love and Trust circle.

Angel Meditation by Helen (I go to attend the fire) 3 stages. I will bring Paper and Pens.

Takes a long time...go to dome and do the Dreamer. (Tracey)

8 PM will be set up earlier with Brenda's help

These are the secrets they did not share from 5PM on. The Deep secrets. Alexandria asks people to come forward/ Mary watches for people needing assistance.

Tracey is the Dreamer

I call to the Fire Keeper to see if she is ready for us. She answers and starts Drumming - Helen

We walk slowing to the fire and walk around it three times before entering the Kiva.

10 PM Go in to the Kiva for Water ceremony. Tracey calls out names times two minutes each.

Each women Stops in front of Tracey for Oil Blessing After coming out of the Water; Then in front of Alexandria for Ashes Blessing (from our sacred fire) all on Forehead.

NO TALKING UNTIL BREAKFAST

I will explain why and what it does to us to be silent in a kind understanding way, ask if anyone has questions.

7:30 am BREAKFAST

Smudge by Helen - 8:30 TALKING STICK - Helen (Gold room)

10:00 AM Sharing love with Universe Sending out with Arrows

Tracey and Mary - Tracey will discuss with Mary then us.

11:00 AM Circle of Gift Sharing - and closing Prayer by

Alexandria

And blowing out of Candles, walking outside to talk and share and Love each other.

12:00 Noon Sunday done or so.

NOTES; I WILL TALK TO JOHN ABOUT EATING ARRANGEMENTS, OR WE WILL EAT OUTSIDE SOMEHOW SO WE CAN STAY SEPARATE FROM THE CROWDS.

I WILL LOOK FOR LAVA OR GRANITE, AND TRACEY WILL ALSO CHECK PRICES.

Who will be our cooks, and menu??

Great meeting. Love you all. Did you get my e-mail about meeting on August 27th, Sunday???? Please reply ASAP

THIS IS A PRIOR YEAR, VERY INTERESTING!!!!

SAMPLE CEREMONY

CEREMONY ON JULY 13, 2004 - SUNDAY 8 AM

ALEXANDRIA'S HOME — a Training Session (which is also a Ceremony) or small Ceremony.

EAT A LIGHT BREAKFAST BEFORE YOU COME TO SAVE MONEY

BRING A CANDLE MUST BE ENCASED IN GLASS .99 ONES USUALLY ARE PERFECT FOR CEREMONY IN MOST GROCERY STORES.

A MUST: BRING A GIFT FOR ANOTHER SACRED WOMAN. MUST BE SOMETHING SPECIAL THAT YOU LOVE, DO NOT GO SPEND MONEY ON A GIFT, SOMETHING FROM THE HEART, DO NOT NEED TO WRAP UP...A GIFT FROM THE HEART, A SPECIAL STONE, AN ITEM ON YOUR ALTAR, WHAT EVER HITS YOU TO GIVE AWAY!

8:00AM TO 8:00

8 AM WASHING OF THE FEET.....ROSE

8:15 AM SMUDING EACH PERSON AS THEY ENTER THE HOUSE.....LOIS

8:25 OPENING PRAYER.....ALEXANDRIA

8:40 AM TALKING STICK.....CHERRY

9:45AM SPIRITUAL WALK OR HIKE.....ALICE

11:00 AM TO 12:00 MEDITATION AND HEALING SESSION.....LED BY LOIS

12:00 NOON LUNCH.....MINER (A BIG MEAL) CLEAN UP MINER

1:15 TO 2:15 OR TALKING STICK.....ROSE

2:00 TO 3:00 CHAKRA TONING AND BALANCING.....CHERRY

3:00 TO 4:00 SCARFDANCING.....ALEXANDRIA

4:00 TO 5:00 MINER.....WHAT EVER YOU WANT YOU DO! DO NOT HAVE TO DO COOKING, MAYBE WE CAN TALK ABOUT SOMETHING OR YOU CAN CHOOSE.

5:00 TO 6:00 PM ALICE.....YOUR CHOICE.....WHAT EVER YOU WANT WE CAN TALK IF YOU WANT.

6:00 TO 7:00 THE DREAMER.....CHERRY IS THE DREAMER.....ALEXANDRIA FACILITATES

MARCIE.....GET THE WATER READY, SHE IS THE FIREKEEPER, SHE HAS TO HEAT UP THE WATER, AND GET THE TUB READY. SHE HAS TO KEEP HOT BOILING WATER IT IN AFTER EACH PERSON COMES OUT OF WATER.

MARCIE WILL DRUM THE HEART BEAT WHILE EACH PERSON IS IN THE WATER. 4 COUNTS BAVANI HOLDS HERSELF IN MEDITATION FOR EACH PERSON WHILE THEY ARE IN THE WATER.

BELL RINGER FOR WATER CEREMONY....LOIS KEEP TRACK OF THE TIME RINGS BELL

OIL ANOINTER.....ROSE (PERSON COMES OUT OF WATERS KNEELS IN FRONT OF ROSE)

MESSAGE GIVER.....CHERRY (PERSON THEN KNEELS IN FRONT OF CHERRY FOR SPECIAL MESSAGE.

8:00 PM GIFT CIRCLE.....ROSE

FINAL PRAYER.....ALEXANDRIA

DESERT IF MINER WANTS AFTER CEREMONY

MINER WILL PARTICIPATE IN THE ACTIVITIES EXCEPT WALK WHILE LUNCH IS GETTING READY AND OR WHILE MEDIATION IS GOING ON. MINER MUST JOIN US FOR THE HEALING SESSION.

NONE OF US WILL BE ABLE TO HELP WITH CLEANING UP UNTIL AFTER 8PM

SAMPLE MENU

IFA SMALL CEREMONY....

YOU MIGHT ONLY SERVE LUNCH AND A SNACK IN THE AFTERNOON.

A GOOD MEAL IS:

RICE

BEANS

CORN

SNACK:

APPLE PIE AND TEA

(FOR THOSE WHO DO NOT LIKE APPLE PIE - - SOME COOKIES)

THREE DAY CEREMONY....

AFTER ARRIVAL AND GETFING SETFLED FROM 4:00 PM TO 6:00 PM HAVE YOURINTRODUCTION AND RULES PORTION OF THE CEREMONY

MEAL CAN BE SERVED AT 7:30 PM

VEGETARIAN TACOS ARE FUN AND A GOOD WAY FOR PEOPLE TO GET TO KNOW EACH OTHER, BECAUSE YOU HAVE TO EAT WITH YOUR HANDS...MOSTLY.

Gets people to relax. Make your own: cheese, beans, lettuce, tomatoes, avocados, and hot sauce, etc.

AFTER DINNER EVENTS UNTIL 11:00 OR 12:00 MIDNIGHT.

BREAKFAST:

HOT MUFFINS

YOGURT AND FRUIT

CEREAL with rice milk or lactaid milk or soy milk

LUNCH SHOULD BE LATE IN THE DAY DUE TO EVENTS. (BECAUSE DINNER WILL BE LATE)
LET GUEST MAKE THEIR OWN SANDWICH.

AVAILABLE: TUNA SALAD OR EGG SALAD, LETTACE, TOMATOES, AND AVACADOES, ALSO PROVIDE CHIPS. Do not make salads with pickles, since a lot of people do not like pickles. You may provide pickles on the side. If no fish or meat allowed use egg salad only. Some guest may only eat the lettuce, tomatoes, and avocado in their sandwich; which is okay.

DUE TO LATE LUNCH YOU MIGHT HAND OUT FRUIT AROUND 11:30 OR 12:00 NOON If needed.

DINNER:

DEPENDS ON EVENTS AND HOW THEY ARE GOING.

DINNER SHOULD BE BEFORE THE DREAMER AND WATER CEREMONY PORTION OF

PASTA OF ANY KIND IS GOOD WITH GARLIC BREAD AND SALAD.

NEXT DAY BREAKFAST:

SCRAMBLED EGGS....TOAST....VEGETARIAN SAUSAGE

LUNCH:

HOMEMADE VEGTABLE SOUP

ROLLS AND BUUER

APPLES

DINNER:

STIR FRY VEGTABLES AND BROWN RICE OR NOODLES IF YOU HAVE BOTH.

SPINACH SALAD

SUPPLY PITTA BREAD OR ARABIC BREAD

FRUIT FOR SNACK LATER

OR CUPCAKES (cupcakes make for easy desert).

LAST MEAL - BREAKFAST - NEXT DAY:

PANCAKES AND OR WAFFLES WITH SYRUP

BANANAS AND STRAWBERRIES

VEGETARIAN BACON

This is to give you some ideas only... make up your own meals and have fun.