



COME AS YOU ARE SWEAT

Monday
June 29, 2026

12:00 - 5:00 PM

XFN Community Services Sweat Lodge

Sweat Lodge Keeper: Bruce Baptiste

Join us for a Full Moon Sweat Lodge during the Strawberry Moon, a time that symbolizes reconciliation, forgiveness, and community healing. Known as the "Heart Berry Moon," this sacred time encourages us to come together in unity, release anger and judgment, and strengthen our connections with one another, the land, and ourselves. As the season of wild strawberries brings abundance and renewal, we are reminded of the sweetness of life and the importance of caring for our relationships and community. All are welcome to gather in a spirit of healing, reflection, gratitude, and cultural connection.

FOR MORE INFORMATION CONTACT:

Courtney at 250-989-2355 ext. 132

