



Zeegwung (Spring) - A Time of Renewal

In Anishinabek culture, spring is a time of cleansing and preparation. Anishinabek people clean and also smudge their living and work spaces, buildings and sacred items with the four sacred medicines of tobacco, cedar, sweet grass and sage. Sacred items can include items like feathers, blankets, regalia, drums, rocks and pictures- gifts from the Creator that provide strength and guidance.

At Dilico, we feast every spring. By feasting, we are honouring our ancestors and all those who have done good work before us. We also give thanks to, and express our respect for all Dilico family members for their strength, hard work and guidance.

Feasting is spoken of as the way we strengthen the life and spirit of our bodies.