

Smudging is a ceremony traditionally practiced by some Indigenous cultures as a means to create sacred space.



Everyone is welcome, not only Indigenous people. Sacred medicines such as cedar, sage, sweet grass, fungus or tobacco are burned in an abalone shell (other types of containers are also used). The shell represents **water**, the first of **four elements of life**. **Medicines**, the second element of life, represent gifts from mother earth. The burning represents **fire**, the third element. The person puts their hands in the smoke carrying it to their body, especially to areas that need healing, including spiritual healing (mind, heart, body). The smoke represents **air**, the final and fourth element. Essentially, there is no wrong way to smudge. The important aspect is praying and connecting with Creator. Smudging has been described as ‘Praying with smoke.’

From a Christian perspective smudging can be equated with confession, the act of standing in right relationship with the Creator with full knowledge of Jesus as Savior.



Prayer; Holy Creator, Father of all that is right & just, you sent your messenger Jesus your Son to earth. He came & taught us the truth about you. He came to fulfill our old ways. He died on a cross for the things that plague our people: despair & death. You raised Him from His death & now He reigns in heaven and will return again.

In the Anglican tradition the following is said immediately prior to smudging:

Confession Circle

Accept, O God, Creator, our open hands and make our hearts thankful for what we have been given. Cause us to humble ourselves for what we have taken. Make our hearts glad as we return some measure of what we have been given. Strengthen our faith and heart in the service of your people. In the name of our Brother and Savior, your Son Jesus Christ, And in the power of the Holy Spirit.

Anglican places where the worship of Jesus infuses Cree symbols into Christian ceremony.



Standing Stones liturgy;

All Saints Cathedral, 10035-103 St., Edmonton, 2nd Sunday of the month, 9:15 am service.

St. Faith’s Anglican Church, 11725-93 St. Edmonton, 3rd Sunday of the month, 11:00 am. A smudge is always available at St. Faith’s at the Indigenous altar, anytime the church is open. Call 780-477-5931.

Community of Emmanuel, Bissell Centre, 10527-96 St. Edmonton, 2nd Sunday of the month, 11:00 am.

A little bit about some sacred medicines:

Sage can be used by women in a smudge and offers strength, wisdom, & clarity of purpose. Cedar and sage are burned to drive out negative forces when prayer is offered.



Sweet grass signifies kindness. It is used to symbolically cleanse the body and important objects and is burned to invite good spirits to enter. Burning sweet grass also symbolizes unity, the coming together of many hearts and minds as one.

During pipe ceremonies where tobacco is offered, the smoke represents one’s visible thought; tobacco travels ahead of the words so that honesty will be received in a kind and respectful way.