

What is a Moon Ceremony?

A moon ceremony is a ceremony for women and girls. This ceremony is held to honor our Grandmother the Moon and all she does for female life. Special songs are sung, food is prepared, and there is talking and sharing with other women and the Grandmother, and even requests are made. In all, a Moon Ceremony is a unique opportunity for traditional women and girls to practice their duties in female ceremonies.

When do you have a Moon Ceremony?

A Moon Ceremony is always held during a Full Moon. This is when the Grandmother Moon is at her strongest and most able to help. See below for other days to hold a Moon Ceremony.

Can a man/boy attend a Moon Ceremony?

Yes, balance is necessary in life and the Hotinoson:ni acknowledge the balance between women and men. Where would one be without the other? If you desire to have men as a part of the Moon Ceremony you must perform the moon ceremony one day before, or one day after the full moon. The day of the true full moon is reserved for females only.

What do Men do at a Moon Ceremony?

Men do not actually take an active role in the Moon Ceremony itself. Some men will be asked by the hostess to perform the speaking if the women choose. Men serve the food to the Grandmother and to the women/girls who are in attendance. The men do not sit inside the circle, they sit just behind their women. If a ceremony is performed outside the men will cut firewood and maintain the fire. The Most important duty a man performs is to support the women in the ceremony in addition to providing the aforementioned duties.

What you Need to Bring to a Moon Ceremony

1. A good mind.
2. Water (1 gallon spring water is best.)
3. A clear drinking glass.
4. Eating bowls and utensils (no silverware.)
5. Moon food for all to share. Moon food is usually white and/or round like the moon. For example cookies, donuts, rolls, apples, are round; rice, potatoes, pasta, are white. Other foods like meat and salad are also okay.
6. Oienkwaon:we (sacred tobacco), onennor:ron (sweet flag), sage, and wenserakon ohonte (sweet grass), will be provided by the hostess.
7. Rattles for the seed songs and moon songs.

What you need to wear to a moon ceremony

All women and girls must wear skirts or traditional clothing, to be connected to mother earth. Men and boys should wear traditional shirts also, but it is not necessary. Just remember to dress respectfully. Now is the time to leave your “clever” t-shirts at home.

Do's and Don'ts at a Moon Ceremony

Do not cross your legs while in the ceremony.

Do not consume drugs or alcohol before entering the ceremony.

Do not wear any jewelry (including eyeglasses) to the ceremony, the metal will reflect back the Grandmother Moon's energy.

Do not boil Moon Water for teas or medicines.

Do bring your mother, sister, female cousins, nieces, sisters-in-law, mother-in-law and friends.

Do listen to one another with all of your heart, give respect and welcome all women who enter.

Do add cold Moon Water to hot teas and or medicines to cool them, it will add strength to your medicine as well.