

2019 UICSL

Sweat Lodge Calendar

The UICSL Sweat Lodge Ceremony rotates between coed, Men and Women ceremonies!

Co-Ed		C
Men		M
Women		W

January

S	M	T	W	Th	F	S
6	7	8	9	10	11	12
C	14	15	16	17	18	19
20	21	22	23	24	25	26
M	28	29	30	31		

February

S	M	T	W	Th	F	S
3	4	5	6	7	8	9
W	11	12	13	14	15	16
17	18	19	20	21	22	23
C	25	26	27	28		

March

S	M	T	W	Th	F	S
3	4	5	6	7	8	9
M	11	12	13	14	15	16
17	18	19	20	21	22	23
W	25	26	27	28	29	30
31						

April

S	M	T	W	Th	F	S
7	8	9	C	11	12	13
14	15	16	17	18	19	20
21	22	23	M	25	26	27
28	29	30				

May

S	M	T	W	Th	F	S
5	6	7	W	9	10	11
12	13	14	15	16	17	18
19	20	21	C	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	Th	F	S
2	3	4	M	6	7	8
9	10	11	12	13	14	15
16	17	18	W	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	Th	F	S
7	8	9	C	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	M			

August

S	M	T	W	Th	F	S
4	5	6	W	8	9	10
11	12	13	14	15	16	17
18	19	20	C	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	Th	F	S
1	2	3	M	5	6	7
8	9	10	11	12	13	14
15	16	17	W	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	Th	F	S
6	7	8	C	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	Th	F	S
4	5	6	7	8	9	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	M
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Don't Forget!

Summer Schedule: Wednesdays @ 6pm
 Winter Schedule: Sundays @ 1pm

If you have diabetes, asthma, heart disease, or have recently consumed alcohol, The Urban Indian Center strongly urges you to consult your health care provider before participating in the Sweat Lodge Ceremony