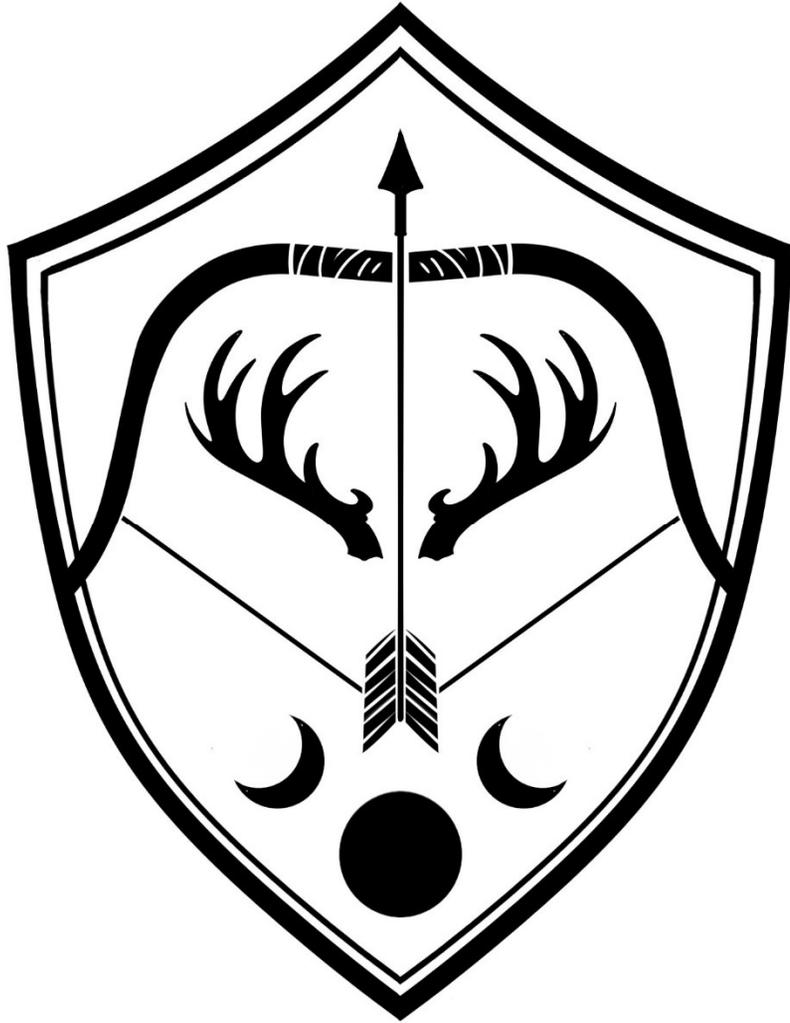


Shield and Bow

2020



An Ode To Fearless Women

I think your bones
were made in an elsewhere place.

How else does one explain
this inconceivable strength that makes you?

The way you look into danger's mouth

And see no cemetery or death.

Instead, carve your name into

it's teeth with a switchblade,

defeat it so effortlessly and

throw your head back and laugh.

Paradox girl, mighty woman,

you are the thing that terrifies them.

Both monster and maiden, both cure and poison,

all of these things, and at the same time human.

Defined by no man, you are your own story,

blazing through the world, turning history into herstory.

And when they dare to tell you about all the things you cannot be,

you smile and tell them,

"I am both war and woman and you cannot stop me"

Welcome to the Third Annual Shield and Bow!

Welcome Sister! In the previous two years, this is the part where we welcome you to the land that many of us have had the privilege to call home.

The land that has nurtured us and filled our hearts and imaginations with wondrous experiences. The land that has allowed us the freedom to love our Sisters and be loved by them as we are. It is the place where many of us can shed the demands of the outside world and be who we WANT to be, instead of who we are sometimes forced to be.

But this year, in a time that many of our ancestors have faced before us, we are being asked to adapt. We are being asked to display love in action by not gathering together in a place where a portion of many of our hearts reside. We are being asked to not hold the hands or the shoulders of the sisters beside us. We are being asked to set parts of ourselves aside so that in the future the whole can come together again with no one missing.

This year's welcome was difficult to write because it cemented that our young but passionate festival was not going to happen on the land we

love. But as Dumbledore said, "Happiness can be found even in the darkest of times, if one only remembers to turn on the light".

It is our hope that this year's festival brings you some inner joy and maybe some peace. It is our offering to you in a time when things can appear to be bleak and unending. It is us reaching for your hands and reminding you that you are loved, that you matter and that like the women who came before you, you will persevere and we will see each other again.

Shield and Bow is completely volunteer driven and a virtual festival is new for many of us. Thank you to the incredible Sisters who stepped forward and answered the call to make this happen. And **thank you** for joining us during this time.

Participate in as much or as little as you want but know that your presence is valued and we are thrilled to be able to connect... even if it is virtually.

By the Sisters for their Sisters!

Friday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
	All of Shield and Bow 2020 will be held on Zoom. Please see our website and Facebook for further details that will be released on May 6th. All times displayed are in EST.	
7:45pm	Zoom Waiting Room Bring your joy and enthusiasm and begin to log onto Zoom. All meeting rooms will be password protected to ensure security and that priority is given to registered attendees	Allison
8:00pm	Opening Ritual Come and greet your fellow attendees and event organizers! We'll introduce the festival, event volunteers and exchange a virtual hug (or two). We will call to the Goddesses and make our offerings. We will light our fires and ready the space! If possible, please have a candle, lighter and an offering ready.	Shield and Bow Staff
9:00ish-??	Dance Party Hangout "Life isn't about waiting for the storm to pass... its about learning to dance in the rain"-Viviane Green. The fires are lit and the circle is open! Haul out your crowns, hoops, flowy dresses or whatever else you want to shimmy in and join us after opening as we play everything from cheesy pop to drum laden pagan tunes. Come and dance the night away! Grab a drink (alcohol or not), <i>mute your mic</i> and let the music blare from your speakers. Some of you have wanted a Shield and Bow rave for years and this year you're getting it!	Allison

Saturday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
9:00am	Chanting Join our Huntress as she shares her morning routine of chanting the Gayatri mantra! Together, we will chant for healing (spiritual, mental and physical) and enlightenment for all. Everyone is welcome and no experience is necessary. We will be chanting 108 times but you are more than welcome to just come, relax, and listen. If you have a mala, please bring it. It is also a good idea to find somewhere comfortable to sit and to have something warm to wrap yourself in. Please bring a little water as well, to wet your whistle.	Venette
	<i>Gayarti Mantra:</i> <i>Om Bhur Bhuvah Svaha</i> <i>Tat Savitur Varenyam</i> <i>Bhargo Devasya Dhimahi</i> <i>Dhiyo Yonah Prachodayat</i>	
11:00am	Soap Making In a live demonstration, Kadri will be showing the art of soap making! She'll cover safety, materials, and the how-to from start to finish. Participants will get to choose the colours and fragrances used and when we get to gather again, we will share the soap amongst everyone. If there are a lot of people, she will make another batch at a later date so there is enough to share (and one can be made that is fragrance-free for those with allergies).	Kadri

(Saturday Cont'd)

1:00 pm **Hit... Like a Girl!** **Julie L.**
Come and spend 40 minutes with Julie as she goes through some closed fist and open hand striking combinations to get your body moving, relieve some stress, and practice self-defence. These combinations will be for any level and will not require any equipment aside from your body and a can-do attitude!

2:00pm **Demystifying Taxes** **MA**
Taxes are important to do and you may be entitled to various benefits (most commonly: GST, Trillium, Climate Action, Child Tax Benefits, Old Age Security and/or Guaranteed Income Supplement). All of these require you filing your tax return. Taxes can be intimidating and overwhelming for a lot of people, regardless of income or education. MA will provide an overview of taxes and benefits, primarily focusing on personal taxes, including simple business taxes for vendors (or similar).

After almost 20 years as a volunteer tax preparer, averaging 200-400 returns a year, she brings her CRA training and experience to provide some basics of taxes. She is happy to take questions, including during the presentation or quietly through the weekend. And please stop to ask any questions or clarification – acronyms just ooze out of public servants. (And swear words ooze out of MA too...)

(Saturday Cont'd)

3:30pm **Crone Tea and Chat** **Lou**
Come and join in an informal crone chat with some of the older gals along with a spot of tea (or whatever else may be in the teapot). Topics covered could be changes in personal power with the ageing process, social perception of crones, or claiming cronehood. This discussion is open to anyone who self-identifies as a crone. Please come and bring your tea cup!

5:00pm **Self Blessing Ritual** **Maureen**
In this ritual, we will take the time to do a thorough self-blessing. The ritual is non-sectarian and open to sisters of all faith backgrounds. The hope is to inspire your own self-blessing practices. You will need the following:

Something to bless your body with by touching it at various points. This can be an oil, a herbal tea, special water, a wand or crystal or whatever you prefer.

A representation of air. This can be incense, a feather or fan, or something that means air to you.

A representation of fire. This can be a candle, real or battery-operated, or something that means fire to you.

A representation of water. This can be a bowl of water, a shell, or something that means water to you.

A representation of earth. This can be a stone, salt, dirt, or something that means earth to you.

(Saturday Cont'd)

6:00pm	Feast Setup	Folk	This is the time to prepare for the feast. Get your dinner ready as we prepare to sit down and eat together.
6:30-8:00	Feast of the Goddesses	Folk	Join us as we enjoy our fellow sisters' company and feast in honour of the Goddesses that we know, love and are. This is a joyful celebration of womanhood and speakers will be presenting throughout the dinner about different representations of womanhood and the Goddesses. Everyone is encouraged to come dressed for dinner in a way that expresses themselves. Bring your regalia, wear a onesie or haul out that dress you've never had a chance to wear!!
9:30pm	Inaugural Second Annual First Ever Live at the Berms with Chrissy Clark Covid-19 Edition (<i>a title so long that we made it longer by explaining that it's long</i>)		Stories and songs bring light in the darkest of times. We invite you to join us for a virtual celebration, with songs, stories, and mirth all from the comfort of your own comfy couch. Chrissy Clark mixes recorded performances with the chance to tell your own story or sing your own song. So, unpack your good microphone, hook up your good speakers, cause our spirit won't be broken!
After Bardic	Midnight Margaritas	Folk	For the night owls in the group, grab a drink (alcoholic or not) as we listen to some tunes and enjoy each others company!

Sunday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
9:30am	Warriors Meditation	Michelle
	Deep within all of us there is a warrior who upholds the fire in our hearts, which strengthens and brightens our lives. In order to engage the world with honour, we must first recognize, nurture and discipline our inner selves. Join us on a guided meditation to discover, awaken and empower your inner warrior... True warriors know the battle begins within!	
11:00am	So You Want to be a Huntress	Huntresses
	You've heard the hails, watched the processions and run the Trials... or maybe you're sitting there thinking... "Trials? Processions? Hails?". Join multiple Huntresses as they give their unique perspective on what being a Huntress and the Trials of Artemis means to them.	
1:00pm	Ancestor Rattles	Heather
	We all love doing crafty things, especially when we can make something to use in our spiritual practices! During this workshop, there will be a brief history on what ancestor rattles were used for and made from. For those interested, a FB post will be made later in May to give ideas on items that can be used to make your rattle.	
3:00pm	Personal Divination	Kara
	In this workshop, we will be discussing how to personalize your divination to give more depth and meaning to your readings. We will also discuss intention and its role while using these tools.	

(Sunday Cont'd)

4:00pm

Community Moot/Closing

Allison/Folk

As we prepare to say goodbye to each other, we would first like to hear what you liked, didn't like or what you would like to see from Shield and Bow in the future. Join us as we discuss the vision of where the event will go, thank the many volunteers and say our farewells in closing ritual.

Thank you for joining us this weekend as we ventured together into the virtual realm!

You can find us throughout the year on

facebook.com/shieldandbow,

instagram.com/shieldandbow

and on our website www.shieldandbow.com

If you enjoyed the weekend, please give us a review on FB!

Side by side,

With miles apart,

Sisters will always be connected by the Heart

Open and Unscheduled Events

Photo Shield Wall

Gather your weapons and regalia, done that crown, put your antlers on! Get dressed up and express your inner warrior! For this event, take a photo of whatever a warrior looks like for you and, if you want, send them to shieldandbow@gmail.com. Photos will be used on Instagram and/or Facebook. By sending them, you give us permission to use them in future social media posts. Please remember to include your full name in your email.

Feast Hall Decorations

Our feast hall is decorated by attendees every year and we would like to start creating pieces that get hung representing the women of that year. Join us as we create our first collective banner for Shield and Bow.

For those who wish to participate, you will need a square piece of 1ft x 1ft white or light-coloured cotton. If you can, please use upcycled/recycled fabric (old t-shirts, sheets, etc). Allow a border of 1" on either side of the square (meaning your piece will be 1 foot-2 inches by 1 foot-2 inches).

Decorate your piece with paint, marker, henna or whatever medium you choose, depicting how connection of the sisters has supported or uplifted you and what sisterhood means to you.

We will do a workshop next year, during Shield and Bow 2021, to connect them all together and hang it in our Feast Hall.