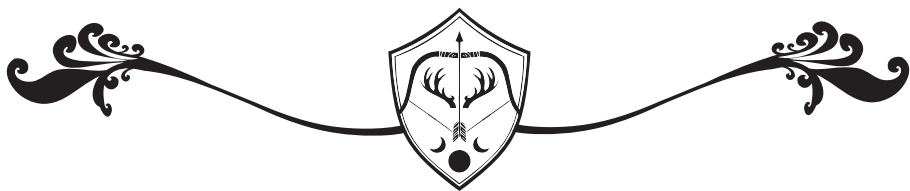


Shield & Bow

2026





Welcome to the Ninth Annual Shield and Bow!

Hello Sisters!

Welcome!! Woohoo! We are incredibly grateful to be gathering again so thank you for being here! Whether you're here for the first time or are a returning attendee, we are very excited to have you at this year's event. Without you, all of our work would be for nothing.

Shield and Bow is a volunteer driven space that is co-created with community. Everything that happens here is because of you and everyone around you! From music and singing around the fire to workshops to the overall vibe, that is created by community. So be brave! Lead a song, start a drumbeat or dance, say "Hi!" to a stranger and bring your favourite self forward!

To our incredible workshop hosts, thank you for being brave while also freely giving us something to do and learn! So much gratitude to you all.

This year, we are looking forward to spending time with like-minded folks. The world can be hard but it is also a beautiful and wondrous place. We are so grateful to be able to pause, breathe and be in a space where the foundation is based on love, respect and kindness to others and ourselves.

Over the years, this has become a nonnegotiable tenet of our event. By respecting each other and ourselves, we create a safe space where everyone can let their gifts be seen and appreciated. By approaching everyone in love and/or kindness we allow ourselves and others to relax and connect. Some folks at S and B may not be your cup of tea but we believe it is possible to walk with each other in a good way.

It is our intent and goal that you'll find healthy connection, joy and a renewed sense of hope that will ripple forward into your life.

Whether you've been here or not, know that your presence is valued and as always, participate in as much or as little as you want. It's YOUR weekend so come as you are and know that we are very happy you're here.

Welcome!

Thursday

Time	Event/Workshop
Location	Host

4:00pm - 8:00pm	Registration
Hillside	Reg Team

Woohoo! We're open! Come to the hillside and find our registration team to register, pay and pick up your program. Please remember that it is cash only and try to arrive during opening hours. If you arrive late, please go to reg, follow the printed instructions and we'll help get you to your bunkie.

9:00pm	Opening Ritual
Meadow	Folk

Come and be merry Sisters, one and all! Join us as we gather in the meadow and together, we will open up our space. We'll introduce the volunteers, honour the land, spirits and each other through words, songs and offerings. We will also be crafting a new tool for the S and B community so come lend your energy if you choose and meet your Sisters!

10:00pm - 2:00am	Fire Time
Meadow	Folk

Fire, fire burning brighter! Gather up your chairs, snacks and instruments and come have some fun around the fire while we connect, drum, chat, sing and enjoy each other's company.

10:30pm - 11:30pm	SMORE-gasbord!
Meadow	Folk

Let's get together and have some smores! Savory or sweet, it's your choice! Come join us as we gather for a fireside s'mores potluck. We will be providing crackers, marshmallows and some chocolate and if you can, please bring a contribution for the table of tasty delights! Smore on!

Friday

Time	Event/Workshop
Location	Host

10:00am - 12:00pm	Registration
Hillside	Reg Team

Reg is open! Please come see our reg team to register, pay and pick up your program. Day pass holders, please try to arrive in this window and park in the day pass area behind registration.

9:00am - 10:30am	Light Up Your World! (\$20)
Craft Hut	Sharron

Are you curious about mosaic lamps? Have you ever hoped to make or own one? In this two-part hands-on workshop, we will learn the history of these lamps and each create our own! Day 1 will consist of choosing a pattern and laying the beads and tiles while day 2 will see us applying grout, polishing and assembling the lamp. This workshop is limited to 20 participants and there is a \$20 materials fee. To register for this workshop, please contact the host directly at sharroneaton06@gmail.com.

9:00am	Low Impact Morning Yoga
Docks	Faith

Join your sisters to wake up and stretch it out! Stretches can help care for muscles that we too often ignore while creating calm and peace in our bodies which can be healing. You do not need to be experienced in yoga or exercise to attend! Please bring a mat or blanket and your water. Come as you are, where you are.

9:00am	Morning Gratitude
Docks	Allison

Come down to the docks as we give thanks and blessings to our world and each other! Through songs, words and intention, we will peacefully wake up and connect to our hearts. Please bring something comfortable to sit on.

(Friday Cont'd)

Time	Event/Workshop
Location	Host

9:00am	Cash and Crafting
Naturelore	Moanne

Do you wish you knew more about finances? Does it stress you out? Let's have a discussion about finances, but in a chill atmosphere while crafting. Bring your own craft or share mine. Let's talk budgeting, credit, and all the acronyms. Want to get out of debt? Start your own business? Buy a house? No topic is off the table.

10:30am - 12:00pm	Archery
Meadow	Sonja

Join our guest host from Horses of the Sun, Sonja, as she leads a dynamic introductory/intermediate workshop on archery. No experience is necessary and all equipment will be provided. Sobriety and closed toe shoes are a must. There is inherent risk in this activity. Therefore, you participate at your own risk.

10:30am - 12:00pm	Improv 101 Workshop
Medicine Wheel	Alexandra

Get ready to unleash your creativity and learn the Improv principle of "Yes and". Improv has been shown to help people with communication and confidence as well as being a ton of fun. Come play silly games and learn how to practice skits to develop your improv style. No previous experience necessary only a willingness to work with "yes, and..." energy for collaboration, storytelling, and scene development.

(Friday Cont'd)

Time	Event/Workshop
Location	Host

1:00pm	Simple Figure Carving (\$10)
Naturelore	Rae Grim

Come carve a simple figure of your design or work with a creature design that's been pre-drawn (Birds, gnomes, simple bear)! This class will teach you about basic knife carving, knife care and hand safety! If you have a set of carving knives you'd like to work with, you are welcome to bring them, but there will also be extras on hand! There is a \$10 fee for this workshop and we ask participants to pay the host directly at the start of the workshop.

1:00pm - 2:00pm	Song Circle
Docks	Fish (they/fae)

Led by Fish (they/fae), please join for the joy of our voices & singing! All are welcome! We'll focus on the joy of our voices by singing call and response songs. If you don't want to sing that's ok. There's no singing experience needed, and tapping, using a percussion instrument, humming, or other ways of engaging are welcome. These songs are traditionally learned only via call and response, but lyric sheets will be made available for those who'd like them for greater accessibility.

2:30pm - 3:30pm	Dancing and Drumming Beats
Docks	Michelle

Bring ALL your drums to this jam session where we share beats, explore leading a circle, and drumming with singers. Beginners and dancers welcome. Bring a drum to share, if you can!

2:30pm - 3:30pm	Write Place, Write Time
Craft Hut	Amythest

Wanna write? In this workshop, should you choose, you can select a prompt to follow, write some writing and then have space to share. No marks, no pressure, no critique, just creativity and openness.

(Friday Cont'd)

Time	Event/Workshop
Location	Host

3:30pm - 6:00pm	Maker's Market
Feast Hall	Vendors

It's small but it's mighty! Come down to our artisan's alley to see what goodies are being offered by our talented Sisters who are also vendors. You won't want to miss out so be sure to bring cash as there is no ATM on site.

4:00pm - 7:00pm	Registration
Hillside	Reg Team

Reg is open! Please come see our reg team to register, pay and pick up your program. Day pass holders, please try to arrive in this window and park in the day pass area behind registration.

4:00pm - 5:00pm	Mask's Off Ritual
Medicine Wheel	Kára

Come and honour yourself in this small ritual where we will shed some of the masks we wear! Please bring a cushion or chair if bench seating is uncomfortable for you.

4:00pm - 5:00pm	Crone Chat
Naturelore	Lou

Come and join in an informal and participant-led chat with some of the older gals! This discussion is open to anyone who self-identifies as a crone, or is interested in the Mysteries of Cronehood. If you like please bring yourself a drink or snack.

(Friday Cont'd)

Time	Event/Workshop
Location	Host

4:00pm - 5:00pm	Poetry Slam
Medicine Wheel	Leslie

This workshop is an interactive, collaborative space where folks will be able to perform original spoken word poetry or a piece from your favourite poet. Whether you're a beginner or an experienced poet, this workshop offers a supportive environment to experiment with language, share stories, and connect with others over the spoken word.

6:00pm - 7:00pm	Songs of Release
Docks	Maggie

Explore your voice, release held emotions and reclaim your power. Through reflection, movement, and a guided vocal release, this workshop creates a safe space to express, be heard, and reconnect with yourself. Step at your own pace, release what no longer serves you, and leave empowered with your voice.

6:00pm - 7:00pm	Tarot History: Comparison and Analysis
Craft Hut	Cassie-Lou Distraction

Come spend the evening pouring over decks, exploring the symbolism of tarot and see how it evolved across four centuries. Bring your favourite deck if you'd like and spend some time engrossed in the history of tarot for divination.

(Friday Cont'd)

Time	Event/Workshop
Location	Host
7:45pm	Esoteric Ritual Prep
Feast Hall	Folk

In this short informational session, we will introduce the ritual host, explain the ritual format and what participants can expect during the rit. To maintain transparency and consent, we ask that all attendees of the Esoteric ritual attend this info session.

9:00pm - 10:00pm	Esoteric Ritual
Medicine Wheel	Sarah W.

Come and create your own personal shield! With each other and (should they choose) the elements, we will use colour and sound while cleansing and blessing what we create! Join your sisters as we craft personal bubbles of joy, positivity and protection.

10:30pm - 11:30pm	Fireside Dance Party
Meadow	DJ Skylark

Join DJ Skylark by the main fire as they play high energy music, remixed retro and world beats! Bring your club energy, LED candles and fun lights if you'd like. We will dance hope and joy into our bones so come as you are or dress to dance for a Sisterly party in the woods!

11:30pm - 3:00am	Fire Time
Meadow	Folk

Come enjoy the flames and each other's company! Bring your instruments, singing voices and dancing feet.

Saturday

Time	Event/Workshop
Location	Host

10:00am - 12:00pm	Registration
Hillside	Reg Team

Reg is open! Please come see our reg team to register, pay and pick up your program. Day pass holders, please try to arrive in this window and park in the day pass area behind registration.

9:00am - 10:30am	Light Up Your World AGAIN!
Craft Hut	Sharron

Part two of the workshop! Day 2 will see us applying grout, polishing and assembling the lamp. This workshop is limited to the 20 registered participants from day 1. To register for this workshop, please contact the host directly at sharroneaton06@gmail.com.

9:00am - 10:00am	MediTEAtion
Docks	Samantha

Samantha is back again with her herbs and guided meditation! Come wake up while you make your own personalized tea blend and relax into a guided meditation. This year, you'll be guided through a forest towards your personal inner strength, to the sword in the stone!!! Come reclaim what rightfully belongs to you, embrace your inner-strength, and find joy with those around you. Bring your own mug, and a journal (if you like to write about it afterwards).

9:00am - 10:00am	Plein-Air Artmaking
Naturelore	Tina K.

“Plein-air” means outdoors, and what better way to enjoy the gorgeous venue of Christie Lake Camp than by making some art together outside. Whatever your medium of choice, bring your supplies and create something beautiful! Curious but don't have materials? Don't worry, I'll have plenty you can try!

(Saturday Cont'd)

Time	Event/Workshop
Location	Host

10:30am - 12:00pm	Archery
Meadow	Sonja

Join our guest host from Horses of the Sun, Sonja, as she leads a dynamic introductory/intermediate workshop on archery. No experience is necessary and all equipment will be provided. Sobriety and closed toe shoes are a must. There is inherent risk in this activity. Therefore, you participate at your own risk.

10:30am - 12:00pm	Shadow Work for Magical Practice
Medicine Wheel	Pamela

Truly knowing who we are guides and assists us in our magical practices. This workshop will help us understand why it is important to shine a light into the shadows of Self, recognize what lives there and possibly give our brain trolls a hug.

1:00pm - 2:00pm	Discovering the 5 F's:
Naturelore	A Nutritionist's Approach to Wellness
	Heather

A nutritionist's no-nonsense approach to navigating the bombardment of advice about the "best" approach for optimizing nutrition. There's a lot of noise about food out there so let's gather and chat about it! The workshop host is asking that participants please bring a non-perishable food donation for the Food Bank OR what's called a Blessing Bag that will get donated to the Victim Crisis Centre in Smiths Falls (a few travel toiletries, a granola bar and a pair of socks in a freezer bag - specifically freezer bag because they are sturdy enough to be reused over and over) if you can.

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CLASSIFIEDS

Wanted

Someone for yardwork. Must have Hoolahoop. Ad#4454

BFF 4 LOL IRL. TBH IDC IF YKYK. FWIW LMK ICYMI CAA OK Ad #9675

Looking for time traveler. Be willing to do questionable things. Must know Latin #8879

For Sale

Elephant for sale. Too big for new apartment. Real sweetheart

Gently used rocks. Great for kids. Assorted sizes. Bring truck. Ad# 99234

Lima Beans. I have 10 of them. Need gone. Ad #7688

1 Hump Camel. Decided to upgrade to 2 hump camel. Comes with hump polish. Ad #4567

Space for rent. affordable. Between Sol and Alpha Centauri. Ad#9764

9TH ANNUAL FIRST EVER

LIVE AT THE MEADOW!

with Chrissy Clark

"Now with 37% more Panache!"

Now in English!

Tickets \$0.00
at the dirt \$0.00
Time travelers \$999.99

FIRST COME, FIRST SEAT

Performances are by the Sisters for the Sisters. Performances are chosen as called.

UberSister Shuttle Service

No App to Download!

No Internet needed

No AI!

Seriously, ask staff.

(Saturday Cont'd)

Time	Event/Workshop
Location	Host

1:00pm	Coming of Age Ceremony
Docks	Folk

Our youth are our future and we honour them as they come of age and can finally attend Shield and Bow! Please join us as a community to help celebrate their arrival. This ritual is also open to any trans and cis sisters who may have not been able to celebrate becoming a woman. Come and let us honour you.

1:00pm - 2:00pm	Embroidery as Spellwork
Craft Hut	Cassie-Lou Distraction

Join us in making embroidered patches where we will infuse spellwork, intention setting, and manifestations in this mindful slow stitch craft. All supplies provided but donations are appreciated. If you have an embroidery hoop, please bring it!

2:30pm - 3:30pm	CUDDLE PUDDLE
Docks	Jacky Bee

That's right - Cuddle Puddle! Join with your sisters in a giant pile of pillows, laughter, hand-holding, face-petting and hair brushing fun. BUT at the same time we'll have candid conversations on the importance of casual intimacy and non-sexualized touch as well as boundaries, consent and how to comfortably remove consent. If you'd like, please feel free to bring a blanket and pillow. Everyone get in the pile!

(Saturday Cont'd)

Time	Event/Workshop
Location	Host

2:30pm - 3:30pm	Hair Wraps and Friendship Bracelets
Docks	Kira

Learn to do a simple spiral staircase hair wrap or friendship bracelet with embroidery floss! A basic selection of floss colours will be available, but feel free to bring any specific shades you want, and even small charms and beads. Those doing hair wraps may wish to bring a simple barrette or bobby pin to secure incomplete work.

3:00pm - 5:00pm	Maker's Market
Feast Hall	Vendors

It's small but it's mighty! Come down to our artisan's alley to see what goodies are being offered by our talented Sisters who are also vendors. You won't want to miss out so be sure to bring cash as there is no ATM on site.

4:00pm - 5:00pm	Corn Husk Dolls
Medicine Wheel	Maggie

Hear a Haudenosaunee story on humility, reflection, and community, then create your own corn husk doll step by step. Shape the base, add details, and infuse your doll with intention. No experience needed, just curiosity and creativity. Leave with a handmade doll and a deeper connection to nature, tradition, and your own purpose.

(Saturday Cont'd)

Time	Event/Workshop
Location	Host

4:00pm - 5:00pm	Fantastical Creatures Cross-Stitch Bookmarks
Craft Hut	Julie Ringrose

Join me as we settle in for a cross-stitching bookmark session featuring beautiful fantastical creatures! These preprinted counted cross-stitch bookmarks are perfect for folks with a bit more time and patience. You'll create a handmade bookmark to take home for your summer reading. This session is free, and all materials are provided.

6:00pm	Offerings and Feast Fun!
Feast Hall	Folk

This is the time to come to the Feast. Get your dinner and fabulous self to the hall to have photos taken, claim a spot, hang your banner and/or decorate your table if you wish.

6:30pm - 8:30pm	Feast of the Goddesses
Feast Hall	Folk

Join us for this annual tradition where we enjoy our fellow sisters' company and Feast in honour of the Goddesses that we know, love and are. This will be a lively celebration and 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!! Please bring your own complete dinner as this is not a potluck.

(Saturday Cont'd)

Time	Event/Workshop
Location	Host

10:00 - 11:00pm	9th annual 1st Ever LIVE At the Meadow with Chrissy Clark, "I have Eaten, now I'm Grassy" edition!
Meadow	Chrissy Clark

Once again we gather to bring forward the spirit of performance to enhance our synergistic energy in a harmonious unpacking to circle back and take it offline in a new paradigm-shift... Wow... Let's try that again. SUP MY SISTERS?? We gonna gather by the fire and tell tales by the flame, sing in the smoke, and perform in the presence of our Sisters!!! So join our hostess who boastess, the Ethereal She Bear herself and get ready for the MIRTH!!! Stand in your power and make your voice heard! There is no sign up sheets or judging, folks and groups perform if they feel called! "I WANT CANDY!"

After Bardic Drumming Fire Pit	FireTime! Folk
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If you're not already here, come and enjoy the fire while we dance, drum and laugh the night away! If you're lucky, you may even catch 4:00am photoshoots or watch the sun rise!

Sunday

Time	Event/Workshop
Location	Host

9:00am - 10:00am	Let's Doodle (\$0-5)
Craft Hut	Kaida

From zentangle to neurographica, from tangles to line art, doodles are so much more than some scribbles on the side of the page. Come find out about the meditative calming zen of doodles, how it can mix in with other media, and try your hand at a few of the different styles. No art skill needed. There will be optional supply kits to purchase for \$5.

9:00am - 10:00am	Crone Chat – Our Amazing Lives!
Naturelore	Sharron

We haven't always been Crones—and wow, have we lived! Join us for a lighthearted, laughterfilled chat where we celebrate the incredible people we've become and have been.

Come prepared to share a standout moment from your life—big, small, funny, profound, or just plain outrageous. This is your chance to let others know the amazing journey that brought you here. Let's be silly, honour one another and listen to the wild stories that make each of us who we are.

10:30am	Auction
Feast Hall	Folk

If you were here last year then you KNOW you don't want to miss out on this event! In this part raffle, part auction, community donated items are used to raise money for Sisters Helping Sisters and the event. Every penny goes back into the community (hello free entries, golfcarts and shuttles!) so please consider donating an item or coming to the event. Donations can be dropped off at registration and we are very grateful to the community for supporting these initiatives.

Sunday (Con't)

Time	Event/Workshop
Location	Host
12:00pm - 1:00pm	Maker's Market
Feast Hall	Vendors

It's small but it's mighty! Come down to our artisan's alley to see what goodies are being offered by our talented Sisters who are also vendors. You won't want to miss out so be sure to bring cash as there is no ATM on site.

1:30pm	Closing Ritual
Meadow	Folk

As we prepare to say goodbye to each other, we would first like to uplift and acknowledge all the wonderful people who joined us for the weekend. Join us as we give gratitude to the folks in circle, thank the many volunteers and say our farewells in closing ritual. If it is very hot, we will be at the docks.

Volunteers

Shield and Bow is a fully volunteer run event: for our Sisters, by our Sisters!

We have always run this event with a focus on lifting each other up. As an attendee, what better way of doing that than helping with various tasks, such as picking things up after workshops, sweeping the feast hall or helping to pick up garbage on the ground.

We encourage you to lend a hand and take part in our volunteer program. Throughout the weekend, please find our volunteer coordinator Monique who can set you up!

This year, we will be giving out free raffle tickets for completed jobs as a thank you. Tickets can be used Sunday morning at the raffle so be sure to find Monique and get your volunteering on!



Open and Unscheduled Events

Feast Hall Decorations

Our Feast Hall is decorated by attendees every year so bring your banners, flowers, statues, etc., and put them up anywhere in the Hall anytime before 6:00pm on Saturday! Please remember to take anything you bring home. S and B is not responsible for any lost/damaged items.

Tarot with Pegacorn

Pegacorn will be handing out optional divination to those who seek it. Find the magical pegacorn as they roam the site throughout the weekend and see what the following year may have in store for you. 1 per person and please only approach them if you are sober.

Photos!

Do you want to be featured on our socials in 2027? If you do, please send your pictures to shieldandbow@gmail.com. Please ensure that you have everyone's consent in any photos you share to us or online. By sharing any pictures or video with us, you give Shield & Bow consent to use it in a promotional manner at any point in the future.

Thank you for joining us this weekend!

You can find us throughout the year on

facebook.com/shieldandbow,

instagram.com/shieldandbow

and on our website www.shieldandbow.com

Cover Art by Krista Schmidt

A Toast To All Our Years

To love and to life
And to all of our years
Of creating reality
Through laughter and tears

To this spiritual being
That's living within
A solid illusion
Through thick and through thin

To this sea of vibration
Creating the fire
To spark and to act
Upon burning desire

May the spiritual visions
And signs that we find
Be the gateway and bridge
To our unconscious mind

Let's empower this life
With wisdom and more
To free up the soul, and then let it soar

~ Sonja Koch~

