

Shield and Bow

2019



For the love of a tree,
she went out on a limb.

For the love of the sea,
she rocked the boat.

For the love of the earth,
she dug deeper.

For the love of community,
she mended fences.

For the love of the stars,
she let her light shine.

For the love of spirit,
she nurtured her soul.

For the love of a good time,
she sowed seeds of happiness.

For the love of the Goddess,
she drew down the moon.

For the love of nature,
she made compost.

For the love of a good meal,
she gave thanks.

For the love of family,
she reconciled differences.

For the love of creativity,
she entertained new possibilities.

For the love of her enemies,
she suspended judgment.

For the love of herself,
she acknowledged her worth.

And the world was richer for her.

~Charlotte Tall Mountain

Cover Art by Krista Schmidt

Welcome to the Second Annual

Shield and Bow!

We are so thrilled to welcome you once again to Raven's Knoll for a weekend that celebrates and explores womanhood in its many different forms. It is our hope that you will be filled with lasting and empowering memories through time spent with each other on this land.

Shield and Bow is completely volunteer driven from members of the Sisters of the Hunt and we would like to extend a huge thank you to everyone who's stepped forward. Hail the sisters!!

This weekend is our offering of time, energy and resources to you, our community and the spirits. Every workshop and event being offered is a different facet or interpretation of how we view womanhood as sisters and we warmly welcome your presence here this weekend. Participate in as much or as little as you want but know your presence is valued however you choose to give it. By the Sisters for their sisters!

Friday

<u>Time</u>	<u>Event/Workshop</u>	<u>Location</u>	<u>Host</u>
4:00-7:00	Registration Opens Register, pay and pick up your program. Remember that the site is cash only. Please wear your entry bracelet.	Rabbit Hole	Temple
7:30	Meet and Greet Come on out and greet your fellow attendees and event organizers while enjoying some food and drink! We'll introduce the land, festival rules, event volunteers and exchange a hug (or two). Finger food and non-alcoholic drinks will be provided. If you're new, we highly recommend joining us for this event.	Keystone	Allison
8:00	Wheel of Fortune Prep Bring your scars, bring your fears and bring your heavy hearts. Bring the things that weigh on your mind. A lot of us carry many burdens and this is where we will sit with what we have faced from the years and time before. <i>Please note that participation in this workshop is mandatory to participate in the ritual.</i>	Keystone	Pegacorn
9:00	The Wheel of Fortune(ritual) Come and start the turn of motions. Help your sisters spin and see their future and fortune. Watch as we set ablaze to all that which has haunted us in the past and start your journey with us anew for this weekend!	Keystone	Pegacorn
After Ritual	Drumming and Dancing We have ritually shed and brought to light some of our burdens and fears; now it's time to celebrate!!! Bring your energy, drums and noise makers as we celebrate each other and ourselves around the fire.	Keystone	Folk

Saturday

<u>Time</u>	<u>Event/Workshop</u>	<u>Location</u>	<u>Host</u>
9:00-10:00	Registration	Keystone	Temple
	Register, pay and pick up your program. Remember that the site is cash only. Please wear your entry bracelet.		
9:00	Warrior Meditation	Beach	Michelle
	Deep within all of us there is a warrior who upholds the fire in our hearts, she who 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.		
9:00	Journey with the Huntress	Keystone	Kadri
	Join the current Huntress in a tour of the shrine trail and all its shrines. The focus will culminate on the Huntress Shrine with an introduction to shrine etiquette and appropriate offerings.		
10:00-12:00	Sharp and Pointy Things	Archery Field	Allison
	Discover your inner Huntress with two hours of archery, knife and axe throwing! We will head out into the field to test our skills and learn some new ones. No experience is necessary and all equipment will be provided. Participants are welcome to bring their own equipment (please have personal equipment approved by the host). Sobriety and closed toe shoes are a must.		

(Saturday Cont'd)

10:00-12:00	Blades of Foam	Archery Field	Chrissy
	In this workshop we will prep you for the warrior's circle and will take you through the process of making a boffo sword. After which we will engage in competitive combat in an elimination challenge. There will be FOAM!! THERE WILL BE BOPPS!! <i>Please note that a \$10 materials fee is attached to this workshop.</i>		
12:00	Crone Tea and Chat	Keystone	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!		
1:00	Bullet Journals for Mental Health	Keystone	Cookie
	Mental health challenges can leave you feeling disorganized and overwhelmed! Come and learn how to use a bullet journal to help focus and organize yourself. Cookie Alex will talk about how a written journal helped them and will show you how a few minutes each day can change your outlook and help you accomplish more, which feels great! This method is customizable and especially helpful for people with memory problems and/or executive dysfunction. You are free to bring along a journal and pen.		

(Saturday Cont'd)

- 1:00 **Our Map of the World** **Keystone** **Pegacorn**
Eir, one of the best physicians of the gods and goddesses, does not heal you but sets you on your path to healing. Join Ali, a devoted Gythia of Eir, in exploring our map of the world and how stress and traumas can impact us. Ali will be covering various types of traumas, coping mechanisms and communication barriers while giving some tools so that people can develop strategies to reduce how trauma has/ will affect them in their life. *Trigger warnings: Some tough subjects may be brought up. If people become triggered, they can leave and come back when they feel safe to do so. Ali will be using herself as examples and people are not going to be probed about what triggers them.*
- 2:00 **Back to Basics (Energy Work)** **Keystone** **Terrie**
Competency in basic energy work is the backbone of any successful spiritual life. We've heard the terms "grounding and shielding" (and others) for many years. However, with so many different sources for learning, getting a firm grasp on exactly what these terms mean and their techniques can be difficult. Together, in this fun and light workshop, we will explore the basic terms of grounding, shielding, centering and cleansing. Afterwards, we will practice easy techniques to work with your own energy in any situation.
- 3:00 **Djembe Drumming** **Keystone** **Terrie**
The djembe fascinates and inspires many in our communities. What many don't know is the rich history that comes with this West African drum. In this workshop we will explore and understand WHY we drum.

(Saturday Cont'd)

- 4:00 **Basic Self Defence** **Birch Grove** **Julie aka Ember**
Spend some time with me getting in touch with your inner warrior as we go over some basic self defense techniques you may find useful in sticky situations! First, we will go over some non-physical tips you can tap into to help you avoid confrontations, then we will move into some simple physical defence maneuvers to call upon if you need to escape or end altercations quickly. After all, just because you're unarmed does not mean you are defenceless.
- 4:00-6:00 **Mandala Art** **Keystone** **Heather W.**
Find out the origins of the Mandala and see inspiration everywhere. Using recycled odds & ends, learn how to make homemade tools easily for your art. Afterwards, you will learn patterns and techniques for making your own Mandala come to life. Paint and materials will be supplied, therefore, there is a \$5 materials fee. There will be extra tools on hand in case you would like to purchase them & keep practicing on your own.
- 6:00 **Potluck Feast Setup** **Keystone** **Folk**
This is the time to prepare for the feast. Get your dishes ready, label and list all ingredients and come prepared with everything you need to serve your dish. Please bring any dinnerware, cutlery and offerings for the Goddesses you may need.

(Saturday Cont'd)

6:30-8:00	Feast of the Goddesses (Potluck)	Keystone	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!!
8:00-8:30	Feast Cleanup	Keystone	Folk	Now that we're full in mind and body, it's time to clean up! Please help us keep bears out of the Knoll by joining in with cleanup and remember to bring your dishes and cutlery home.
9:15	Shield and Bow: Live at the Berms!	Main Drumming Pit		It's time once again for the first ever "Shield & Bow: Live at the Berms". An improv style bardic with your host, winner of 1500 imaginary awards, recipient of the No-bell Prize Chrissy Clark. Stories told ever so bold! Jokes and Jibes! Songs for Throngs! A light hearted romp brought by Chrissy Clark Stomp™.
10:30	Drumming and Dancing	Main Pit	Folk	The time has come to celebrate, drum and dance! Come and enjoy the fire while we dance, drum and laugh the night away.

Sunday

<u>Time</u>	<u>Event/Workshop</u>	<u>Location</u>	<u>Host</u>	
9:00	Leftovers Breakfast	Keystone	Folk	Bring your leftovers and join us as we sit, chat and have breakfast together!
10:00	Healing Mantra	Beach	Venette	With this healing chant (mahamrityunjaya), we will craft a time to reflect and hold space both inward and outward as we come together by the river and chant a full 108 times! While not required, participants are free to bring their own mala's and if you have one and never knew what it was for, come and find out! Feel free to bring a cushion/blanket or scarf. Come and chant (it's easy to catch on) or come and be present while we chant for those that need healing.
11:00	Narcan Training	Keystone	Pegacorn	Do you know someone who uses street drugs or opioids at home? Do you often wish you had other tools to save other people's lives? Be ready with Narcan. Join us and help end the stigma of drug use and be ready to save a life. Ali will lead you through Narcan training along with some other essential life-saving skills and provide you with a Narcan kit. Items Needed: Ali would like an OHIP card in order to hand you a Narcan kit (preferred). Please also bring a writing utensil and some paper if you feel inclined to write notes.

(Sunday Cont'd)

- 12:00 **Book Swap** **Keystone** **Allison**
Are your shelves filled with much loved but already read books? Do you love free stuff? Then this is the event for you! A swap that fits every size, we will exchange or engage in friendly competition for that book you just must have. Please bring no more than 3 books for this swap and take home any unclaimed books you brought.
- 1:00 **Blessing and Cleansing** **Keystone** **Heather and Kaida**
Let's shake off the cobwebs of yester-year, and bring positivity to our spaces and the land. A light-hearted overview and discussion of cleansing rituals, followed by a visit to different areas around the Knoll. While Heather will be approaching the topic from her tradition, Kaida will be taking it from a non-theist view, and everyone is welcome to share their tips and tricks, regardless of origin, belief or tradition. These tips can also be taken back to your space in the Knoll, so that you can cleanse your sleeping area, and make ready for the camping season to come!
- 2:00 **Community Moot/Closing** **Beach** **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.

Open and Unscheduled Events

- Greet Freaks** **Registration** **Kadri**
Are you new to the festival and/or the land? Are you asking yourself "where's Keystone, what's a shrine trail, where should I camp, who ARE these people?". Come find the Greet Freaks at registration and meet a friendly face who can answer your questions and/or introduce you to some lovely people.
- FeMail** **Keystone** **Sharron and Lori**
In the age of digital correspondence, it's nice to receive mail from those who value us! Come and leave someone a note with words that will lift their spirits long after the event is finished. Envelopes will be provided so you can create your own femail box (put your full name on it) and stationary will be provided. The centre will be set up at Keystone and remember to take your femail home!
- Feast Hall Decorating** **Keystone** **Folk**
Keystone is our home base for the weekend and the place where we will honour womanhood, each other and the Goddesses so let's decorate!! Bring your banners, statues, some flowers or anything else that you feel would add value to our feast hall. Remember to bring your items home!
- Communal Prayer Flags** **Keystone** **Michelle and Jacky B**
Displaying prayer flags is an ancient practice dating back thousands of years, used to spread positive thoughts and prayers for peace, compassion, and creativity into the world. We invite you to come anytime on Saturday and create a prayer flag of your own (materials provided), that will be strung together in preparation for the communal feast. Be as creative as you like!

Rules and Safety - Read Me

1. All laws of Canada and the Province of Ontario apply to everyone at Shield and Bow.
2. Fees for leaving bags of garbage and recycling are: Garbage \$2/bag, \$1/bag for recycling, LCBO free.
3. No illegal substances, firearms or pyrotechnics are allowed.
4. If you put the safety or well-being of others at risk, creating a hazard to the site or a situation that could have a hazardous outcome, you will be asked to leave.
5. Raven's Knoll is a safe space. Sexually aggressive or inappropriate behaviour will not be tolerated.
6. No underage drinking of alcohol is permitted. The legal drinking age in Ontario is 19.
7. Children under the age of 16 are NOT permitted to attend the event.
8. Parents are responsible for their under-18 children at all times. Parents who do not, in the opinion of the organizers, exercise good parental care of their children will be asked to leave. Children under 10 must be supervised at all times.
9. No child under age 12 may be left unattended near ANY body of water on the site. Children MUST be supervised by an adult at the beaches. The swimming area is not supervised so you swim at your own risk. No swimming in the Sacred Well. No swimming at night.
10. Do not dig or create any additional fire pits or scavenge fire wood from Raven's Knoll property.
11. No glass bottles around the Main Drumming Fire Pit. Remember that dancers may be barefoot.
12. You can use your personal canoes and kayaks, but no motorized boats are allowed.
14. **Respect privacy. No video cameras, and do not photograph anyone, including people in the background, without their prior consent (even with a camera phone).** This includes rituals and group shots. Videos and unwelcome photos will be erased, and offenders may be asked to leave.
15. Smoking is strictly forbidden in all cabins, buildings and the children's area(s). You can smoke anywhere else on the site as long as you dispose of your cigarette butts in a fire-safe and environmentally-friendly way. (Use the butt cans provided.)
16. There is no bathing, washing of clothes or dishes, etc. in the river or pond. (And definitely not in the Sacred Well.) Do not clean your dishes in the bathrooms or you will find yourself on bathroom duty!
17. You may be skyclad at the common fire pit at night and in your own campsite area. Be aware the river is public. Boats may occasionally pass by and neighbours do use the river in view of our beach area. In keeping with community standards, we ask that you respect the norms of the host/muggle community of which we are privileged to be a part of and ask that everyone not be naked and women not be topless in the beach area. However, the pond is clothing optional. Nursing mothers may bare their breasts anywhere, of course.
18. Except at the discretion of Shield and Bow Staff, please do not use electrically amplified musical instruments, radios, car stereos, etc.
19. Respect our neighbours – stay on Raven's Knoll land.
20. This is a private gathering; the organizers and Stewards of the land have the right to enforce these rules. Anyone violating these rules shall be expelled without refund.

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 shieldandbow.com