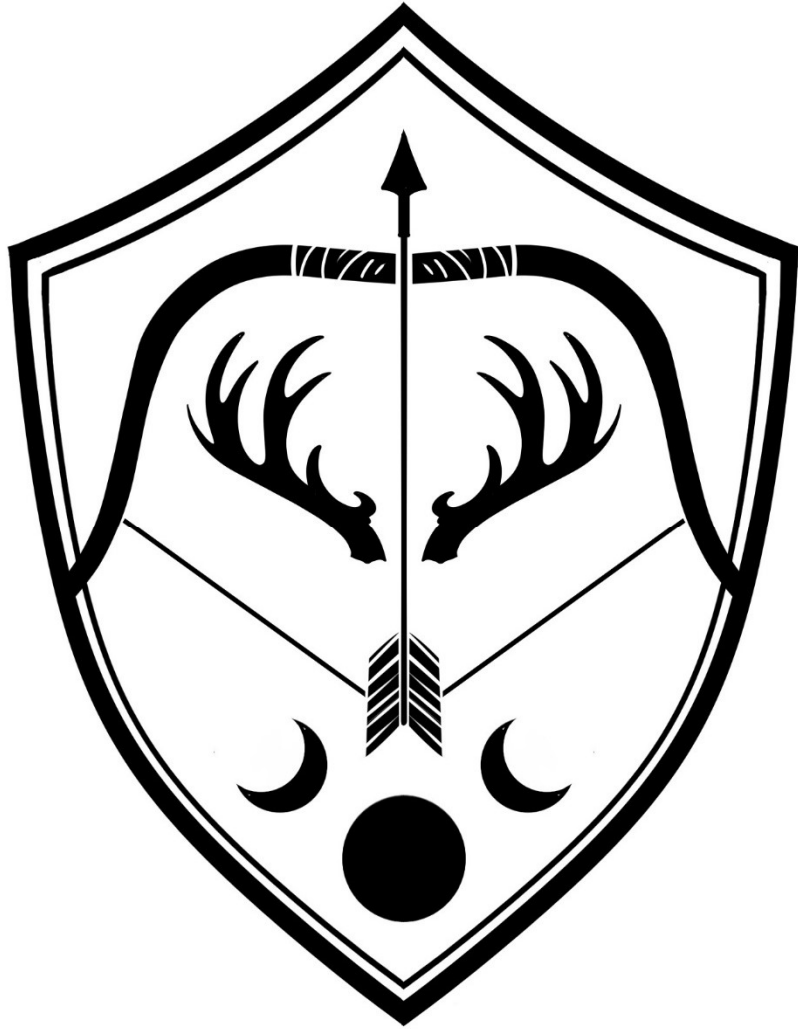


# Shield and Bow

2022



*We need joy as we need air.  
We need love as we need water.  
We need each other as we need the earth  
we share.*

Poem by Maya Angelou Cover Art by Krista Schmidt

# Welcome to the Fifth Annual Shield and Bow!

Welcome Sisters! Happy, happy, joy, joy!  
WE'RE BACK! WOOHOO!!!

We are so excited to be able to welcome everyone home or maybe welcome you for the first time! Whether you've been here before or not, know that your presence is valued and that what you bring to the "table" matters.

It is our hope that during the weekend, your heart will be filled by community through laughter and joy. And that you will also feel empowered to help fill the cups of those around you.

Shield and Bow is completely volunteer driven. Thank you to the amazing Sisters who stepped forward and answered the call to make this happen. And **thank you** for joining us!

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 happy you're here.

By the Sisters for their Sisters!

## Friday

Time	Event/Workshop	Location	Host
<b>4:00-8:00pm</b>	<b>Registration</b>	<b>Rabbit Hole</b>	<b>Sharron</b>
	Bring your joy and enthusiasm and begin to log onto Zoom. JUST KIDDING! Instead, come to the rabbit hole and find our registration gnome! Register, pay and pick up your program. Please remember that it is cash only.		
<b>8:30-9:30pm</b>	<b>Opening Ritual</b>	<b>Standing Stone/Main Pit</b>	<b>Folk</b>
	Come and help build our space! Together, we will honour the land, spirits and each other through sound, the earth's bounty and movement. Gather at Standing stone when the horns blow where we will then process to the main fire pit. There, we will set ablaze our intentions for the weekend! (If you require mobility aid, please arrive at 8:15 to Standing Stone).		
<b>9:00ish-??</b>	<b>Fire Time</b>	<b>Main Pit</b>	<b>Folk</b>
	It's flamey time! Prep your voice and stretch your dancing legs! Gather up your drums, chairs and snacks and come have some fun around our fire while we sing, dance and drum the night away		
<b>Midnight</b>	<b>Get Baked!</b>	<b>Main Pit</b>	<b>Michelle</b>
	Behold! The incomparable spud! Become one with the potato and enjoy the exultation and jubilation of a midnight feast! Bring whatever fancies your spud. While some spuds will be provided, please feel free to bring your own pre-wrapped in two sheets (NO LESS!) of aluminum foil. Spare spuds are always splendid. May the eyes of the Tatertotess be upon you. Spud be with you.		

## Saturday

Time	Event/Workshop	Location	Host
<b>8:00-10:30 am</b>	<b>Registration</b>	<b>Rabbit Hole</b>	<b>Sharron</b>
	If you haven't already done so, please find our registration gnome to register, pay and pick up your program. Cash only please.		
<b>9:00am</b>	<b>Ecstatic Dancing</b>	<b>Beach</b>	<b>Venette</b>
	Good Morning Earth Citizens! It's time to let our spirits out of the box or at least get them out of bed. Shake up whatever is alive in you, big or small, even the parts you want to hide! Come drop into your own body and dance with joy until the hard edges soften and the masks fall away. In this safe space, we will expand and open up our bodies freely without judgement. Comfy clothes and some water are recommended.		
<b>10:30am-12:00pm</b>	<b>Archery</b>	<b>Archery Field</b>	<b>Sonja</b>
	Join our guest host from Horses of the Sun, Sonja, as she leads a dynamic introductory workshop on archery. No experience is necessary and all equipment will be provided. Participants are welcome to bring their own equipment that is in good working order. Sobriety and closed toe shoes are a must. There is inherent risk in this activity. Therefore, you participate at your own risk.		
<b>1:00pm</b>	<b>Paper Flowers</b>	<b>Standing Stone</b>	<b>Heather</b>
	Join Heather as she teaches how to create rolling paper flower bouquets. All supplies will be provided and she will have samples on display as well. The flowers will be used to help decorate our feast hall.		

## (Saturday Cont'd)

Time	Event/Workshop	Location	Host
<b>1:00 pm</b>	<b>Bring Your Feminine Forward</b>	<b>Standing Stone</b>	<b>Ursella</b>
	Shield and Bow is about empowering the woman within you but some of us have had to take a longer route to get to where we are today. As a transgender woman, I have a mixed history with the masculine and feminine. Let's take a walk and talk about how you can bring the feminine forward while still respecting your own journey and history. We will head up to the Shrine trail, stop at the Journey shrine and finish at our Huntress shrine. All are welcome.		
<b>2:30pm</b>	<b>Needle Felting</b>	<b>Standing Stone</b>	<b>Amethyst</b>
	Needle Felting is the most creative form of repeated stabbing! So come and pick up the basics as you make a lucky ladybug. Class size is limited to 15 and will be on a first come, first served basis. There is a \$5 materials fee payable in exact cash directly to the host at the start of the workshop.		
<b>2:30pm</b>	<b>Pendant and Birds</b>	<b>Standing Stone</b>	<b>Lori/Michelle</b>
	Come and be artsy! Renowned artist Dennis Webster has kindly donated porcelain pendants that he created of various Ontario birds. Paint one (or not) to use it as a pendant, keychain, or whatever you want! Cord to make necklaces will be provided. A donation of \$5 is suggested and proceeds will go towards the Sisters Helping Sisters Fund.		

## (Saturday Cont'd)

Time	Event/Workshop	Location	Host
<b>3:30pm</b>	<b>Hammockville</b>	<b>TBD</b>	<b>Folk</b>
	Where do you see yourself right now? Are you lounging lazily by the river? Nonchalantly napping? Sneakily snacking on spare spuds? Enjoy this reprieve from a day of busy workshops to do whatever you fancy... Or come and join us as we happily hang in hammocks! If you have a spare hammock and straps, please bring it!		
<b>4:30pm</b>	<b>Crone Tea and Chat</b>	<b>Beach</b>	<b>Lou</b>
	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). This discussion is open to anyone who self-identifies as a crone. Please come and bring your tea cup!		
<b>4:30pm</b>	<b>Storytelling Playshop</b>	<b>Standing Stone</b>	<b>Maureen</b>
	Come and practice storytelling in a friendly and utterly ridiculous atmosphere. Cooperative storytelling at its "definitely something-est".		
<b>6:00pm</b>	<b>Feast Setup</b>	<b>Standing Stone</b>	<b>Folk</b>
	This is the time to prepare for the feast. Get your dinner ready as we prepare to sit down and eat together.		

## (Saturday Cont'd)

Time	Event/Workshop	Location	Host
<b>6:30-8:00</b>	<b>Feast of the Goddesses</b>	<b>Standing Stone</b>	<b>Folk</b>
	Join us as 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!! Due to the pandemic-that-shall-not-be-named, this year's dinner will not be a potluck. Please bring your own complete dinner.		
<b>9:30pm</b>	<b>Bardic</b>	<b>Main Pit</b>	<b>Chrissy</b>
	First Ever Live at the Berms with Chrissy Clark Part 5: The third one in person! Its time once again! But this time it's in person! So grab your meat suit, come on up to the fire pit and share in a fireside collection of stories, songs, laughter, tears, and joy. Dust off your ukulele! Grab your guitar! Collaborate with your keyboard! Ponder your poem! Edit your epic adventure! Wax those theremin strings! We are gonna ba-ba-ba-bardic!!! Hosted by the UntameDame© of minor fame, voice in the dark, Chrissy Clark!		
<b>After Bardic until stupid O'clock</b>	<b>Drumming and Dancing</b>	<b>Main Pit</b>	<b>Folk</b>
	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 hear the famed S and B edition of row, row, row your boat!		

## Sunday

Time	Event/Workshop	Location	Host
<b>9:00am</b>	<b>Coffee and Chats</b>	<b>Standing Stone</b>	<b>Kara</b>
	Wake up with Pegacorn and have some chats! Or sit quietly staring at your cup of sweet, sweet salvation. Coffee will be provided but please bring your own mug and spoon.		
<b>10:00am</b>	<b>Art Swap</b>	<b>Standing Stone</b>	<b>Folk</b>
	Do you have a painting or print that's not getting any love? Or maybe you've made something that's calling for a new home. Art is in the eye of the beholder! For this swap, bring your art and maybe take one home.		
<b>10:30pm-12:00pm</b>	<b>Shrine Time</b>	<b>Huntress Shrine</b>	<b>Venette</b>
	Any time is a fine time for Shrine time! Come join your current Huntress and friends, as we dig through some meat and potatoes. We dig. We crumble. We stretch and sometimes fall. We reach out and rebuild it all. Will you be there? O' I'll be there! To hear the Sister's call. Meet at Standing Stone.		
<b>11:00pm</b>	<b>Creating Mandala's</b>	<b>Standing Stone</b>	<b>Heather</b>
	We all love doing crafty things, especially when we can make something for use in our 2023 feast hall! During this workshop, we will be creating mandalas and sharing tips and tricks on crocheting. Join Heather as she shares her experience and vision on how the mandalas will come together. Materials and hooks will be available if you don't have any.		

## (Sunday Cont'd)

Time	Event/Workshop	Location	Host
<b>1:00pm</b>	<b>Goats and Cheese</b>	<b>Rookery</b>	<b>Alexandra</b>
	Join Alexandra and her goat Goldie in this live demonstration workshop on how to make cheese! The basics of making mozzarella will be covered including sanitation, proper milking practices and some cheese history. At the end of the workshop, we will taste some freshly made mozzarella and give some love to the bestest girl Goldie.		
<b>2:30pm</b>	<b>Closing Ritual</b>	<b>Standing Stone</b>	<b>Allison/Folk</b>
	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 beach.		

## Open and Unscheduled Events

### **Photo Shield Wall**

HAIL HAIL HAIL! This year we finally get to gather again in person and we cannot wait to see, hug and laugh with our sisters. We're a wee bit excited and for our 2022 photo shield wall, we want to display some of those emotions by honouring joy!

For this event, send in a brief write up and photo between May 10th-June 12th to [shieldandbow@gmail.com](mailto:shieldandbow@gmail.com) of something that sparks joy within you. If you are using a person's name or image, consent of the person is sexy and will be confirmed after your submission. Photos will be used on Instagram and/or Facebook. Please remember to include your full name in your email.

### **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 at Standing Stone anytime before 6 on Saturday! Please remember to take anything you bring home!

### **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.

*Thank you for joining us this weekend!*

*You can find us throughout the year on*

*[facebook.com/shieldandbow](https://facebook.com/shieldandbow),*

*[instagram.com/shieldandbow](https://instagram.com/shieldandbow)*

*and on our website [www.shieldandbow.com](http://www.shieldandbow.com)*