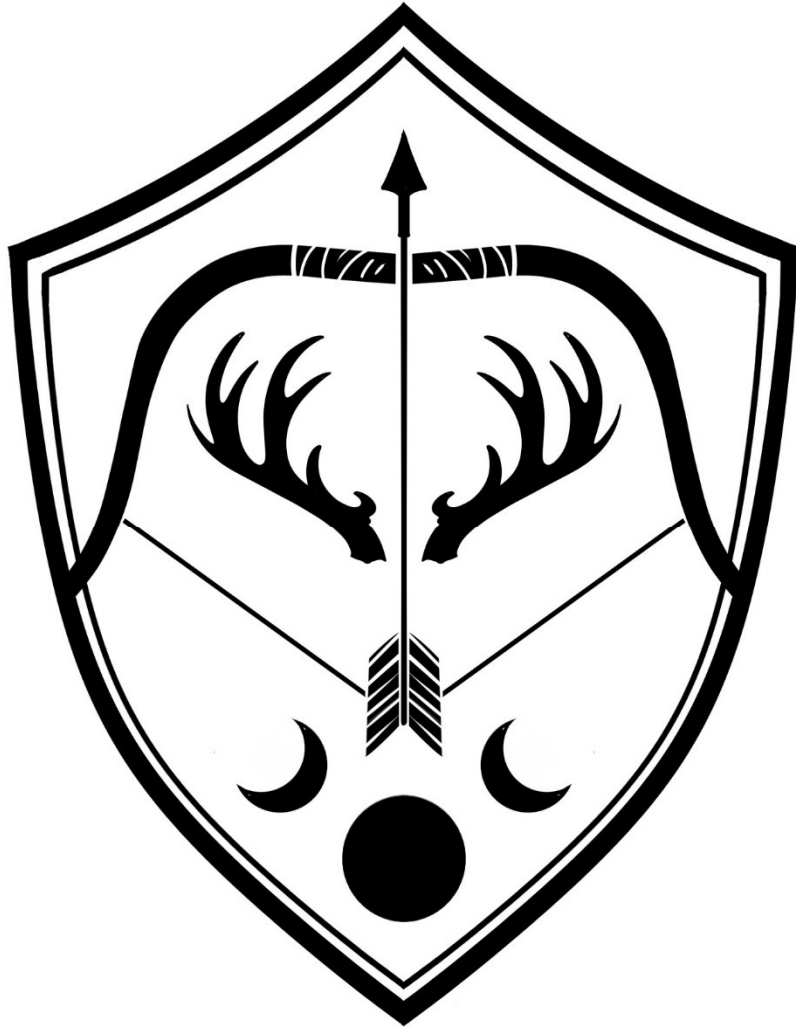


Shield and Bow

2023



“There’s power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice”

Quote by Michelle Obama

Cover Art by Krista Schmidt

Welcome to the Sixth Annual Shield and Bow!

Welcome Sisters!

We are absolutely thrilled to have you back again or maybe to welcome you for the first time! It's a year of growth for us and we're very happy that you're here with us on this journey. To our new attendees, a most joyous welcome and to those of you returning...

“YEAH! WHAT? OKAY!!” 😊

Shield and Bow is completely volunteer driven and adding another day was no small feat. Thank you to the amazing folks who have stepped forward and volunteered their time to help create a safe, engaging and mirthful space. This event could not exist without all of you.

Shield and Bow is a space based on respect, love and joy so that we may all be able to be our authentic, quirky selves. It's created by all of us showing up as we are and putting love into action.

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. Whether you've been here before or not, know that your presence is valued and that what you bring to the “table” matters.

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!

Thursday

Time	Event/Workshop	Location	Host
4:00-8:00pm	Registration	Rabbit Hole	Sharron/Holly
	Woohoo! We're open! Come to the rabbit hole and find our registration gnomes to register, pay and pick up your program. Please remember that it is cash only. If you arrive late, come join us and register in the morning.		
8:30pm	Opening Ritual	Standing Stone	Folk
	Come and lend your energy to help build our space! We will introduce the volunteers and together we will honour the land, spirits, and each other through song, the earth's bounty and movement. Gather at Standing Stone when the horns blow where we will welcome everyone and set our intentions for the weekend.		
10:00pm	Ecstatic Dancing Under the Stars	Raven's Stage	Holly
	Join us as we joyfully dance off the expectations of the outside world while being entranced by the night sky. In this safe and mobility inclusive space, we will expand and open up our bodies freely without judgement. Come and drop into your own spirit and dance for yourself!		
10:00-2:00am	Fire Time	Standing Stone	Folk
	It's flamey time! Gather up your chairs and snacks (maybe an instrument or two), and come have some fun around the fire while we chat and enjoy each other's company.		

Friday

Time	Event/Workshop	Location	Host
10:00-12:00pm	Registration	Rabbit Hole	Sharron/Holly
	If you haven't already done so, please find our registration gnomes to register, pay and pick up your program. Cash only please.		
9:00am	Water Ceremony	Beach	Venette (Mukwa Kwe)
	Join me by the river as we give thanks and blessings to our lovely Lady Bonnechere. Through song, medicines, and offerings, we will honour the sacred waters together while also reconnecting to the waters within. Please bring something comfortable to sit on. I will also briefly share about the drop of water campaign and will have drop necklaces for sale (\$25) with proceeds going back to the campaign. You <i>do not</i> have to purchase a necklace to attend this workshop.		
10:30am-12:00pm	Archery	Archery Field	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. 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.		
1:00 pm	Crown Making	Standing Stone	Amethyst
	Come make a crown for yourself, either for Amethyst's ritual on Sunday or simply to wear. Bring any special items you would like to add. Donations of artificial flowers, ribbons and such are very welcome.		

(Friday Cont'd)

Time	Event/Workshop	Location	Host
1:00 pm	Walk Like a Queen	Raven's Stage	Jacky
	In this active workshop, explore body confidence and taking up space. Walk Like a Queen will delve into power poses, gait and objects of power. Participants will learn to lead from the centre and how to use their personal power to navigate the world. We will practice the art of body language, from inviting conversation with our gazes, to holding our boundaries with power stances.		
2:30pm	Building Our Photobooth	Standing Stone	Rae
	Let's build a photobooth together! A favourite place to cram in with your pals and snap some cute memories. Help us build using the supplies we have brought for the sassiest selfie station this side of the Bonnechere! This photobooth will be built at Standing Stone for pictures during the Feast.		
2:30pm	What is a Witch?	Beach	Kiki
	In this beginner workshop, we will explore the many pre conceived notions of who we are and what we do. This is a basic overview of the inclusivity of witch-based traditions from our own lived experiences to that of a school right here in the region.		
3:30-6:00pm	Ooooooo, Shiny!	TBD	Vendors
	Crystals! Crafts! Reiki! Come down to our artisan's alley to see what goodies are being offered by our talented vendors! You won't want to miss out so be sure to bring cash as we don't have an ATM on site. Location will be determined closer to the event date.		

(Friday Cont'd)

Time	Event/Workshop	Location	Host
4:00-7:00pm	Registration	Rabbit Hole	Sharron/Holly
	If you haven't already done so, please find our registration gnomes to register, pay and pick up your program. Cash only please.		
5:00pm	Authentic Relating	Beach	River
	Who would have thought that fun and fascinating chats could give you greater insights into yourself and others? We will start with warm ups and then move into structured conversations to connect with our self and others.		
8:00pm	Fire Time	Standing Stone	Folk
	Come enjoy the flames, good conversation and each other's company!		
8:00pm	Ritual Prep	Standing Stone	Folk
	In this short informational session, we will explain the ritual format and what participants can expect during the rit. We ask that all participants attend this informational session before attending the ritual.		
9:30-11:00pm	Resonance (night ritual)	Meet at Standing Stone	Folk
	Join us as we vocally explore our inner selves and bring forth our truths by using sound! In this ritual, we will freely and individually use our voices and bodies to create our own unique melody within the music of the group. We will flow through 7 concepts related to womanhood and embark on a journey of sacred self-expression.		

Saturday

Time	Event/Workshop	Location	Host
10:00-12:00pm	Registration	Rabbit Hole	Sharron/Holly
	If you haven't already done so, please find our registration gnomes to register, pay and pick up your program. Cash only please. Day pass holders MUST arrive during this window.		
9:00am	Workout and Stretch	Beach	Lynn
	Join me for a light morning workout of functional exercises followed by a relaxing stretch and meditation. Participants should bring a water bottle, a yoga mat and/or a towel or blanket.		
9:00am	Walking Tour	Standing Stone	Chrissy
	Join Shrine Keeper Chrissy as she takes you on an early morning stroll to learn about the land that many of us love. See the Shrine trail! Meet the ancestors! Walk by a rainbow!		
10:30am-12:00pm	Archery	Archery Field	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. 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.		

(Saturday Cont'd)

Time	Event/Workshop	Location	Host
10:30am	Making a Creative Journal	Standing Stone	Cookie Alex
	Free yourself from perfectionism, experiment with self-expression, and make your own devotional imagery. There are many styles of journals that work for creative journaling; we'll look at junk journals, board books, and accordion books. This workshop will focus on creating a journal. Please pre-register with the host by June 1 st at notesfromauntiealex@gmail.com to get a materials list or to purchase a supplies kit.		
1:00pm	Card Making	Standing Stone	Heather
	The paper flowers were such a hit last year so let's do some more paper crafting! In this workshop, we will be creating a holiday/thinking of you/all occasion card. There will be several pre-cut packages to choose from as well as all the other supplies you'll need. Let's use our imagination and have loads of fun! Fee- \$5.00 paid directly to the host.		
1:00pm	Power Tools 101	Rookery	Rae
	Want to learn the basics about tools and how to use them safely? Join us for a round robin style hands-on session. No experience necessary, all are welcome.		
2:30pm	Warrior's Circle	Raven's Field	Ambre
	Unleash your inner warrior in a safe environment with your fellow sisters! Using boffo swords, we will go head-to-head in a three round match where everyone, regardless of skill level, is welcome. There will be boffo swords to borrow but feel free to bring your own.		

(Saturday Cont'd)

Time	Event/Workshop	Location	Host
2:30pm	Chatting with the Crones	Beach	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. Please come and bring yourself a drink or snack.		
3:30pm	Hammockville	TBD	Folk
	Where do you see yourself right now? Are you soaking in the river? Nonchalantly napping? Chatting with friends? 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! The location will be decided once everyone arrives on site.		
3:30-5:30pm	Gadgets and Gizmo's A-plenty!	TBD	Vendors
	Come down to our artisan's alley to see what goodies are being offered by our talented vendors! You won't want to miss out so be sure to bring cash as we don't have an ATM on site. Location will be determined closer to the event date.		
4:30pm	Sunset Stretch	Beach	Lynn
	Join me for a relaxing stretch, breathing and meditation workshop. Enjoy the fresh air together and bring your yoga mat, water and a blanket or towel.		

(Saturday Cont'd)

Time	Event/Workshop	Location	Host
6:00pm	Feast Set Up	Standing Stone	Folk
	This is the time to prepare for the Feast. Get your dinner and fabulous self ready before we sit down and eat together. Claim a spot, hang your banner and decorate your table if you wish.		
6:30-8:00pm	Feast of the Goddesses	Standing Stone	Folk
	Join us as we enjoy our fellow sisters' company and Feast in honour of the Goddesses that we know, love and <i>are</i> . 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!! <i>Please bring your own complete dinner as this is not a potluck.</i>		
9:30pm	Bardic	Drumming Fire Pit	Chrissy
	That's right, it's the night! Join the bear to fill the air! Got a song? Hit a gong? Got a story about your glory? Maybe its your gimmick to tell a limerick! Have some fun, drop a pun. Tell a joke by fire smoke! It doesn't matter because it's Bardic. No sign up required. Void where prohibited. Batteries not included.		
After Bardic	FireTime!	Drumming Fire Pit	Folk
	If you're not already here, come and enjoy the fire while we dance, drum and laugh the night away!		

Sunday

Time	Event/Workshop	Location	Host
9:00am	Coffee and Chats	Rookery	Kara
	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.		
9:00am	Plant and Seed Swap	Rookery	Folk
	Do you have a favourite plant and want to share some cuttings? Or maybe you have some seeds that need some dirt. Let's give each other the gift of growing! For this swap, bring your plants and seeds and maybe take some home.		
10:30am	Creative Journalling	Standing Stone	Cookie Alex
	Get over your fear of the blank page and start a creative journal! Bring your journal and explore ways to start a page. They will have examples of collage, painted papers, gel printing and more. Bring your own supplies.		
10:30am	Mid Life Rite of Passage	Standing Stone	Amethyst
	Are you past identifying as a Maiden, but Mother doesn't work for you? Want a ritual to honour where you are in life? We shall be crowning all interested Sisters as Maestra, and celebrating them! Come to be crowned or cheer your Sisters on!		

(Sunday Cont'd)

Time	Event/Workshop	Location	Host
11:30am	Whoits and Whatits Galore	TBD	Vendors
	Come down to our artisan's alley to see what goodies are being offered by our talented vendors! You won't want to miss out so be sure to bring cash as we don't have an ATM on site. Location will be determined closer to the event date.		
1:00pm	Crooning with the CroneEEZ	Standing Stone	Venette/Lou
	Let's dust off our songbooks and sharpen our minds as we hum, murmur, wail, bellow, roar and sing with each other to some of the classics and/or new-found favourites. Feel free to bring a song to share or pull one out of your way back when machine so we can revive it! Crooning with the Crones never felt so good.		
2:30pm	Closing Ritual	Standing Stone	Allison/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 beach.		

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 at Standing Stone anytime before 6:30pm 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://www.facebook.com/shieldandbow),

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

and on our website www.shieldandbow.com