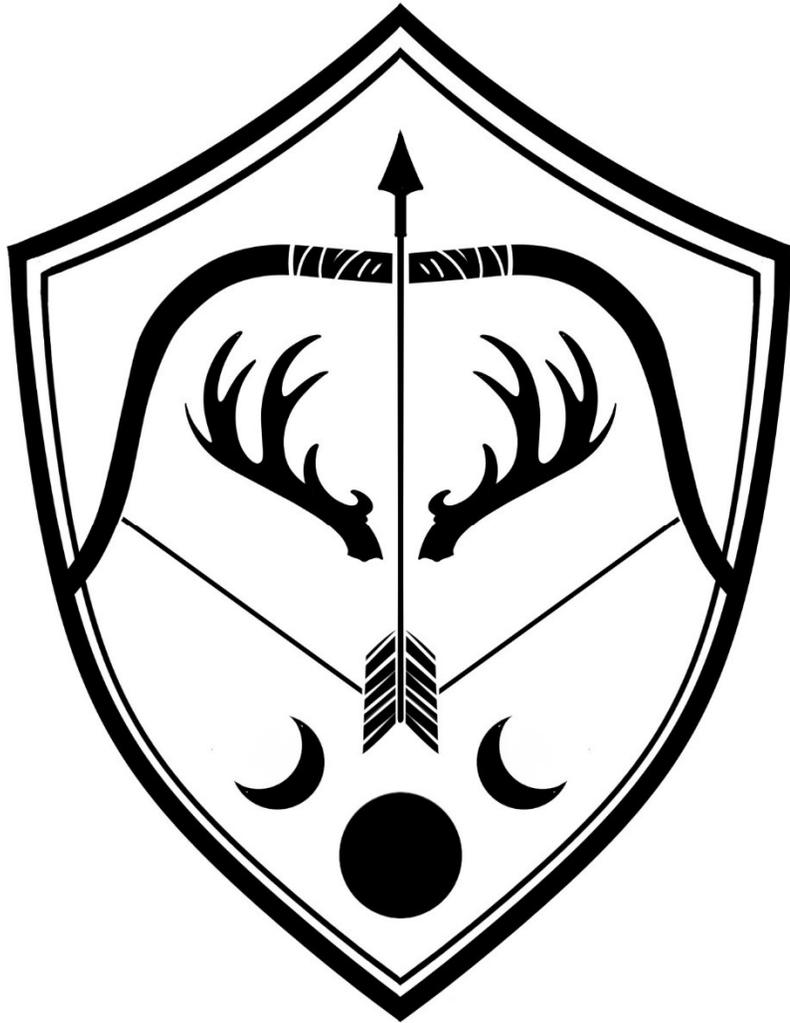


# Shield and Bow

2021



*Oh, Darling, it's TRUE.  
Beautiful things have dents and scratches  
too.*

Poem by Anonymous

Cover Art by Krista Schmidt

# Welcome to the Fourth Annual Shield and Bow!

Welcome Sisters! For the second year in a row, we are faced with the unthinkable. A virtual festival...again.

To say our hearts aren't disappointed would be a lie. We are confronted once again with the reality of not hearing our sister's laughter through the pines and with being denied the ability to feel their comforting embrace. There will be no warmth of the fire, or the sound of drums into the wee hours of the night and most dishearteningly, we are being asked once again to stay away from the land that sings to many of our hearts.

This is a time of bleakness for many of us. We are collectively tired and hope, at times, seems further and further away.

Yet, if there is one thing that we have learned over the years is that Sisters (yes, you reading this) are brave. Not only are we brave but we are resourceful and resilient. In so many beautiful and different ways, we are warriors. Warriors of the heart, warriors of spirit, warriors for each other.

Over and over again, we watch as Sisters pick each other up off the battlefield of life and this year's festival is undeniable proof that even when we are maybe tired or a little hopeless, we show up and do the work. And we do it for each other.

It is our hope that this year's festival brings you some inner joy and maybe some peace. This is all of us being brave and reminding each other that we are loved, that we matter and that plague or not, we will persevere.

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

As always, 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, once again, virtually.

By the Sisters for their Sisters!

## Friday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
7:45 pm	<b>Zoom Waiting Room</b> 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. If participating in the ritual, ready a space and bring the items listed below.	<b>Michelle / Allison</b>
8:00 pm	<b>Opening Ritual</b> Come and greet your fellow attendees and event organizers while we build our own altars together at home! In this non-denominational ritual, we will honour each other and create a sacred space for the weekend within all of our homes. To participate in this ritual, please bring 9 items that represent the following to you: love, light, sisterhood, ancestors, the warrior within, life, the divine feminine/goddess, mirth and yourself.	<b>Folk</b>
9:30 pm-ish-??	<b>Huntress/Goddess Stories</b> It's story time! Gather up your inherited tales, songs, serendipitously heard yarns and any other accounts of badass woman doing badass things! We want to hear about the Huntress/Goddess stories you have come across in your life, so join us and share them!	<b>Jacky B and Ember</b>

## Saturday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
9:00 am	<b>Love the Body You're In</b> No matter your size, age, shape or ability, come and celebrate the amazing body you have! In this joyful and accessible for everyone workshop, we will be combining light stretches and meditations to release tension and remind ourselves how incredible the bodies we have truly are. Dress comfortably and bring a glass of water.	<b>Allison</b>
11:00 am	<b>Create an Anointing Oil</b> Oils of all kinds have been found in curios' for quite some time. Using our own energy, intentions and a few household items from the kitchen, we will create a unique blend of anointing oil just for you! If you would like to create an oil during this workshop, you will need:  *a small jar or vial with lid *a carrier oil (grapeseed oil, extra virgin olive oil, avocado oil, coconut oil in liquid form and even vegetable oil will do) *Essential oil(s) of your choice (should you choose) *Dried Herbs or flowers from the kitchen or garden (rosemary, lavender, rose or cedar are some examples)  Come explore with our current Huntress as she discusses safety, intentions and much more!	<b>Venette</b>

## (Saturday Cont'd)

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
1:00 pm	<b>Chickens!</b> Join Alexandra as she delivers a workshop on chicken husbandry complete with an appearance from Red, her resident therapy bird! In this workshop, Alexandra will cover a variety of topics including how to raise chicks, general care, dealing with pests and predators, meat birds vs laying hens and more! If you've ever been interested in having your own chickens, this is the workshop for you.	<b>Alexandra</b>
2:15 pm	<b>Working with Imperfect Source Material</b> Digging into the origins of one's Pagan path can be a disillusioning experience for many people. You set out enthusiastically to read your source material, only to discover that its origins are questionable, its authors weren't saints, and some of the writing is pretty bad. It's enough to make some practitioners question their path, or even abandon it all together. But if this material is approached with the right attitude and measured expectations, it's possible to acknowledge the flaws and avoid the pitfalls, while still uncovering the hidden gems beneath. Join The Kitchen Valkyrie as she shares her many years of valuable experience.	<b>TKV</b>

## (Saturday Cont'd)

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
3:30 pm	<b>Crone Tea and Chat</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). 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!	<b>Lou</b>
5:00 pm	<b>#Wichtok as a Classroom</b> Come and spend some time with Jacky exploring the social media platform TikTok as a means of sharing traditions, learning practices and finding humour in witchcraft. We'll discuss ethics, ambitions and boundaries in bringing traditional practices into a modern world.	<b>Jacky B.</b>
6:00 pm	<b>Feast Setup</b> This is the time to prepare for the feast. Get your dinner ready as we prepare to sit down and eat together.	<b>Folk</b>

## (Saturday Cont'd)

<u>Time</u>		<u>Host</u>
6:30-8:00 pm	<b>Feast of the Goddesses</b> 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!!	<b>Folk</b>
9:30 pm	<b>Inaugural Third Annual First Ever Live at the Berms with Chrissy Clark Covid-19 Edition x2 (a title so long that we made it longer by explaining that it's long for a second year in a row)</b> Once again we sit and gather to share our legend of a song about a tale of a story of a parable incomparable! We will harness the mechanical magic of the mighty internet to connect you to our virtual fire. The bardic will be a gathering to share our tales, our jokes, our songs and voices in this time of disconnect. Join your hostess with the mostess, bumbling bardic bear Chrissy Clark as she raises the princess Goblet once more! No story too small, no tale too tall, let them flow out as we reconnect with the whimsy of word, the serenade of song, and the magic of sisterhood!	
After Bardic	<b>Turtle Time</b> Join Tinkerbell as she discusses the lore of turtles while we create a small craft together to wind down the night! To participate in the craft, you will need an empty roll of toilet paper.	<b>Tinkerbell</b>

## Sunday

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
9:30 am	<b>Higher Self Meditation</b> In this time of upheaval, it is more important than ever to check-in with ourselves. In this meditation we will travel within and spend time with our higher selves, in order to receive our own wisdom and direct our lives in a meaningful way!	<b>Michelle</b>
11:00 am	<b>Crocheted Mandalas</b> We all love doing crafty things, especially when we can make something for use in our feast hall! During this workshop, we will be discussing the plans for the mandalas we are creating and tips and tricks on crocheting. Join Heather as she shares her experience and vision on how the mandalas will come together.	<b>Heather</b>
1:00 pm	<b>Heathenry 101</b> You've seen the Marvel movies and have questions. Who is Odin, did Thor really walk around shirtless with an eight pack and what about that guy named Loki? Come to this workshop hosted by the 2016 Huntress as they dispel some myths and give a basic understanding of the Heathen world and its rites.	<b>Kara</b>
3:00 pm	<b>The Trials of Artemis</b> The Trials of Artemis is a beloved yearly ritual held during the Kaleidoscope that unites the Sisters and chooses another womxn to hold the spear of the Huntress! Join members of the Huntress Council as they discuss their unique perspective on what the Trials of Artemis means to them.	<b>Huntress Council</b>

## (Sunday Cont'd)

<u>Time</u>	<u>Event/Workshop</u>	<u>Host</u>
4:00 pm	<b>Community Moot/Closing Ritual</b> As we prepare to say goodbye to each other, we would first like to lift each other up!! Join us as we honour our fellow sisters and workshop hosts. Bring what brought joy, mirth and love to your heart and speak it aloud! And not to fret our anxiety cucumbers, we have an option for you too! We will join hands once more and lovingly say good bye and close down our space.	<b>Folk</b>

### Open and Unscheduled Events

**Photo Shield Wall** **Folk**  
Last year's photo shield wall honoured ourselves but for this year, we are honouring the warriors around us! We are who we are because of the amazing Sisters and womxn who have walked along our path with us.

For this event, send in a brief write up and photo of a Sister, group of Sisters or womxn who have inspired, lifted you up or anything else you can think of. You may also send in a picture of the two of you or one that does not contain any faces. If you are using the person's name or image, consent is sexy, mandatory and will be confirmed after your submission.

Photos can be sent any time after May 10th and should be emailed to [shieldandbow@gmail.com](mailto:shieldandbow@gmail.com). Photos will be used on Instagram and/or Facebook. Please remember to include your full name in your email.

*Thank you for joining us this weekend as we connected together in the virtual realm!*

*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)*

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

*Side by side,  
With miles apart,  
Sisters will always be connected by the Heart*