

Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

February 2017



Council News

At last month's meeting, we discussed a few different ideas. Whitney is interested in hosting a Native Arts & Crafts demonstration/fair at her home in Tiverton. Also we have discussed the idea of, this being our 10 year anniversary, hosting a "Spiritual Pow-wow" sometime in the fall. More to come, as we work out the particulars.

I am happy to say that our Jan "Winter Dance Social" was great. We had more newcomers. We had Joe Guevera entertain us with guitar & song, as well as Jim Roaming Wolf with a song. Also, Wayne Seeker of Owl Wisdom gave a flute demonstration. There was plenty of food and a good amount of items on the raffle tables. We thank everyone who attended to make this a fun event.

On Friday Jan 20th we were honored to conduct a Native Awareness presentation to the students at Tiverton Middle School. As far as presentations go, these were/are some of the best attentive and appreciating students we've met.

** On Sat Feb 11th 12:00 – 5:00 we will be hosting our last "Winter Potluck Lunch and Dance Social Gathering", for this season, at the Tiverton Rod & Gun Club. (See page 6 for info). The floor is open to dance and enjoy yourselves. If there are any Native entertainers who would like to join us, please contact us. There is no admission fee, we just ask that you please bring a dish to share and come join us for a fun filled afternoon.

Announcement: Our 10th Annual Indoor Pow-wow & Spring Gathering will be Sat March 25th at the KofC hall in Middletown. There will be a flyer in next month's newsletter. The event has been posted on the NE PW schedule (thru Wandering Bull), local radio and TV stations will post it on their Community Calendars. We have invited drums, flute player and other Native entertainment. This being our 10th, we must be something right ☺. Hope to see you there.

Our prayers go out to all of our extended family members who are sick, ill, or injured. If you know of a member, or friend, of this Council, who is sick or in the hospital, please let us know ASAP.

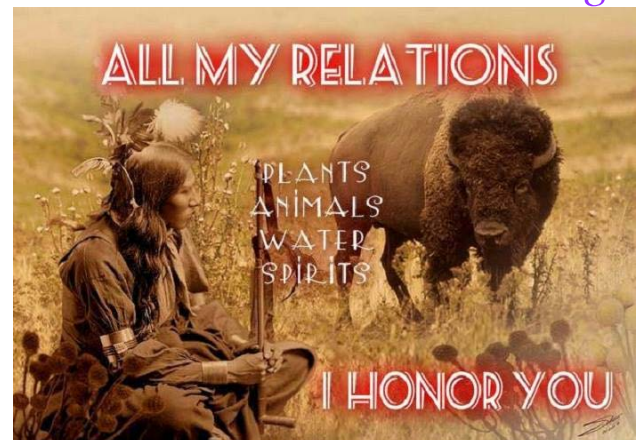
Drum practices have been every Thursday at 6:00. If anyone wishes to come and join us at the drum, or even just to enjoy the friendship, the door is always open..

*See you at the next meeting: **Sunday Feb 5***

Contents:

Page 1; Council news.
Page 2; Lighter Side. Spiritually Speaking
Page 3; Adverts, Events, Message from Dreams of Wolves
Page 4 & 5; Native Teachings
Page 6; Upcoming Event
Page 7; Native Recipe
Page 8; Assorted info. Charity Info. Inspirations.
Message from 3 Horses.

Winter Potluck - Lunch, Dance & Social Gathering



Sat Feb 11th 12:00 – 5:00

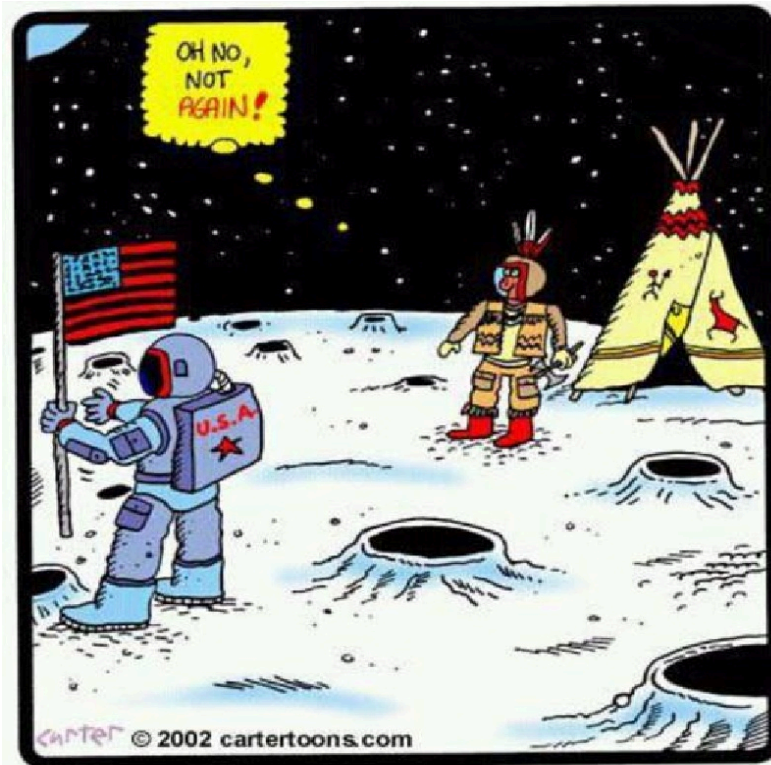
@ Tiverton Rod & Gun Club
1529 Fish Rd, Tiverton, RI

Raffles, Dancing and afternoon fun.
Open to the public - all are welcome.

Please bring something to share.
(Coffee, water & soda will be provided by the Council)

Drumming by: the Soaring Eagle Singers
All Native entertainers welcome.

****This is an Alcohol & Drug Free Event****



Spiritually Speaking

A TIME TO REBUILD

Robert Soto, Lipan Apache

As I look at our Native people, I feel it is time to rebuild the walls that have brought destruction to our lives and the lives of those around us like our families. We have made a mess of things and a lot of us struggle with the basic means of survival. Not so much survival in a physical sense, but spiritual survival. It seems like most of our people have become far removed from God the Creator and the things He has taught us. In the last two Apache Alliance meetings I have attended, four times holy men have spoken to us about turning back to basics of our spirituality. We seem to put more hope in the government than in our God. We seem to put more trust in their programs than God's provision. God the Creator made us as people of faith. He showed us the paths we should follow and the things we should seek. It is time we start rebuilding our lives on a theocentric or God-centered foundation the way it used to be with our people.

I loved the words of Nehemiah when he wrote, "Then I said to them, you see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace." You ask, "What do the walls and gates of a ruined Jerusalem have to do with us today?" It was not the broken walls and burned gates that held Jerusalem in ruins, it was the attitude of the heart. The heart was discouraged to the point that all they could see was broken walls and gates in ruin. They let their environment control their future. They were so lost spiritually that they had no inclination to rebuild their hearts, much less the walls and gate. They wandered like zombies each day seeing only the destruction and not the solution. They needed a spiritual jumpstart of their hearts. This is when Nehemiah came and said, "... Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace."

As I face 2017, I see that it is time to take possession of our spirituality and start to rebuild our lives so that we no longer walk around lost, seeking for answers in all the wrong places. It is time to allow God the Creator to rebuild our hearts so that we can heal the broken walls and rebuild the gates in ruin in our lives.

Upcoming Events:

Sun Feb 5

Aquidneck Indian Council's Monthly Meeting,
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Sat Feb 11

Winter Pot Luck Lunch & Dance Social
Tiverton Rod & Gun Club, 1529 Fish Rd Tiverton RI
401-683-4589 12:00 - 5:00

Sun Mar 5

Aquidneck Indian Council's Monthly Meeting,
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Sat March 25

10th Annual Indoor Pow-wow & Spring Gathering
KofC Hall, 7 Valley Rd Middletown RI
401-683-4589 12:00 - 5:00

** Above is not a complete list of all events happening in our area, just a highlight. For a full list of Native happenings, check the pow-wow schedule on the Wandering Bull's website.

If any doubt, call before you head out to an event to verify location and dates/times.

A Message from Dreams of Wolves:

Well here we are a brand new year. It seems that it's time to have a new start. Many things happened during the past year, some good, some bad.

It's time to get rid of all the negativity. We are supposed to be a family and friends. There are always differences when there is a group of people. We all have our differences and we should put them aside. If we want this Council to thrive, then we need to pull together and work at it. Before we look at other people's faults we should look at our own. None of us are perfect, so we should get over ourselves and instead of being negative against each other, stop and think. We are a family and we should at least get along, show some love and start becoming a member of this Council and pull together. We don't need the negativity; we will go a lot further by showing love and friendship.

It gets a little stressful when there is always a black cloud looming over the Council. This Council was started to bring people together and be a family.

So let's start this new year the right way, get together, pull together and remember none of us is perfect. If we were, we would be boring. There is only one perfection, and He is Creator and He does not want people to be so judgmental of each other. That is His job, not ours.

Let's make 2017 the best we've ever had.
Let's Stop the Negativity.

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Preserving the Island's open spaces and natural character for the lasting benefit of our community.

Looking for a new style or place of Worship?

The Oniset Wig Wam Spiritualist Camp

9 Crescent Place, Onset, MA.
Opening May for the 2017 Season
www.OnisetWigwam.com

or

First Spiritualist Church of Brockton

243 Winthrop St. Rehoboth, MA (Grange Bldg. Rte 118 & 44)
Sunday Services: June thru August - 7:00 PM to 8:30 PM
Sept. thru May - 10:00 AM to 11:30 with fellowship to follow.
Check out their FB page: First Spiritualist Church of Brockton

For info on either the Wig Wam or Church of Brockton,
Contact: Rev Patti Craig
1-508-436-3105 evroty@aol.com

AN ELDER'S TEACHING: WHAT IS A SPIRIT WALK?

by Bev Morningstar

Introduction: A Spirit Walk is when you hear Spirit telling you that it wants to take you to a place that is going to help your spiritual growth.

Have you ever felt compelled to take a walk to a place where your Spirit comes alive and at peace? Where, if you quiet your mind you can hear the voice of your ancestors advising you as well as our Creator. This is considered a Spirit Walk because; it is Spirit calling you to go there.

Spirit may lead you to a place where you will find the true meaning of why you are here and what your purpose in life is. It puts you in a state of mind that takes you down a path of reawakening. You may find it brings balance to your body, mind, and spirit. It allows you to recognize the true path you should be on/follow, one that will help you recognize your gifts that are to be used in helping others.

How does one go on a Spirit Walk you may ask? It is very easy to do, Spirit will pick a place in nature that is safe for you to walk alone in. Before starting out on your walk, cleanse yourself with sage and sweet grass, not only to cleanse you, but to bring in good energies as well.

Ask your guides to surround and protect you as well as asking them for guidance as to where you are to go. Usually, it is near a stream, brook or a body of water due to the water's energy. Make sure you thank Great Spirit as well for His part in this special journey. Ask your ancestors to walk along with you invite them to show, guide and teach you as you walk this path of discovering wisdom. Be attentive to the messages you are being given listen carefully, feel the different emotions that are coming to you as they are trying to teach you many things about your life's path.

It may take several times for you to fully understand what Spirit is trying to teach you. However, be patient and it will eventually be revealed to you. After taking your walk remember to write down all that you experienced as you may find a hidden message will be revealed to you. The message/knowledge that is being given to you may not be what you expected, however it is exactly what Spirit wanted you to know. Make sure you give thanks for all that has been shown to you.

Spirit Walks are just another way to connect with our ancestors, guides and our Creator. Much is given to those who are willing to be taught by those who have walked on Mother Earth years before we came. It is also a way to receive wisdom and knowledge a real chance for all of us to learn more about ourselves. The advice and messages may help us to understand the reason we need to rethink the path we are walking. As we walk down this path of life we continue to learn many lessons about ourselves and life, so that we too can teach the next generation the old ways.



Conclusion: We must all learn to let go of what we feel is the right path for us to follow and instead pray, meditate and ask guidance from our Creator, our ancestors, and our guides to help us see where we are to go. When we do this we allow our Creator's plans for us to come to fruition.

WHAT IS A MEDICINE BAG?

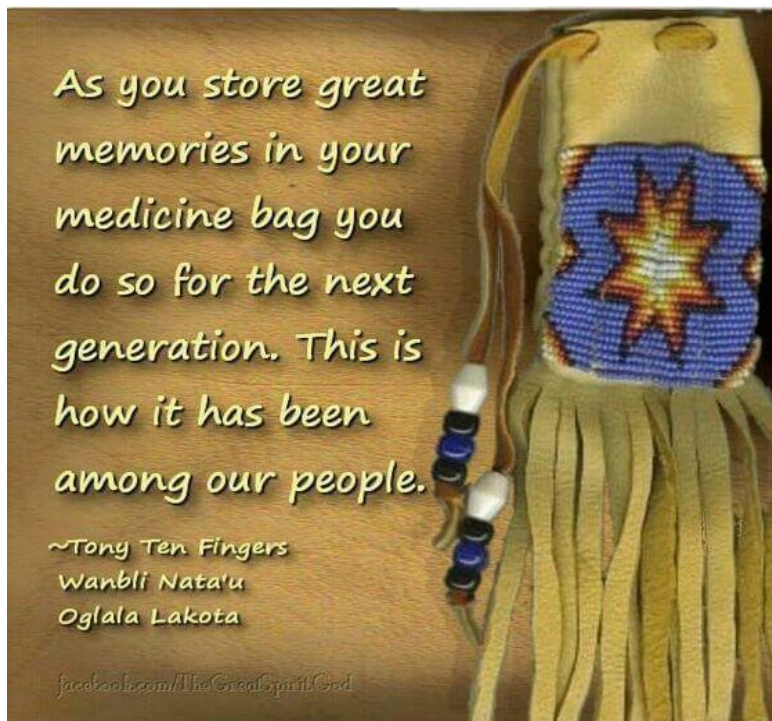
by Beverly Morningstar

Introduction: The first thing one has to understand is that a medicine bag is a very personal and spiritual object containing certain items chosen by the Creator for them to wear. It is usually handmade by the wearer, but may be purchased. It has different significant meanings to the person who wears it. Our Native American ancestors have always worn them in an honorable manner. It should be made from the hide of a deer or elk. If you are the person making it; the hide is to be cleansed with sage prior to making it as well as prayers thanking the animal for its sacrifice. If you purchased it, or someone has purchased it and gifted it to you, the same should be done as well.

Each person will be shown by Spirit as to what needs to be placed in it. It represents in some ways a person's spiritual life and may possess powers for protection and healing.

Secondly, it has many uses; however, one is that it is used to draw from its contents power and protection. I have been asked by several people, "What does one put into a medicine bag"? The following items are what I would suggest be used. Remember the items must be small as the space is limited as to what can be put in it. There should be something in it that represents the mineral kingdom, such as a small stone that can be used as a worry stone, also it may be used when one is meditating or trying to make an important decision. A crystal, which you may be drawn to as each individual stone represents something specific. Something that represents the animal kingdom such as a small feather, a piece of fur/deer hide, a claw, or a piece of an antler from a deer, moose, or elk. A representative of the plant kingdom such as a rose, or a petal from one's favorite flower, lavender, sage, tobacco, or even one of the traditional "three sisters" seeds could be used as well.

The next important step after gathering your items, prior to putting them into your bag is to cleanse them with sage. Smudge each individual item treating them in a respectful manner while placing them in your bag. Lastly, sit with your bag in a quiet peaceful setting preferable near a body of water. Thank Spirit for each item that has been chosen. Then thank each item for allowing you to utilize them, as well as our Creator and our ancestors and your guides for their assistance in choosing the right items. When you feel the time is right after meditating over it, usually a day or so, then it is time to wear it. Some people feel the need to put it under their pillow to further connect with its contents. In time you may feel the need to take some items out and replace them with something else that Spirit has directed you to do. Spirit and the Creator will always guide you as to what is needed for you at the right time.



Conclusion: A medicine bag is a very personal and spiritual possession. Each individual will be shown what is to be placed in their bag. It represents in some ways a person's spiritual path and may possess powers for protection and healing for its owner. It is not acceptable for anyone to ask the wearer what its contents are; or to touch another person's bag either while it is being worn or not. A prayer one might consider praying prior to gathering the items may be as follows; Great Spirit guide me in my creating a medicine bag that will honor you, my ancestors, my guides, and all the kingdoms represented in an honorable way while enabling me to grow spiritually.



The
AQUIDNECK INDIAN COUNCIL



Invites you to attend

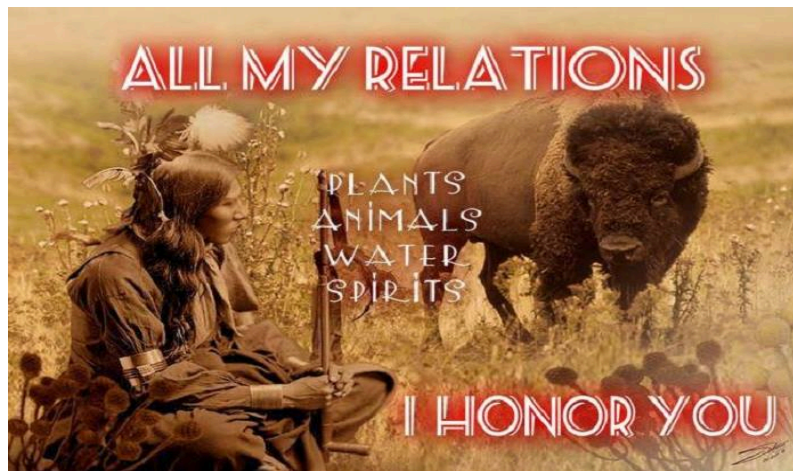
our Winter Potluck - Lunch, Dance Social Gathering

Sat Feb 11th 12:00 – 5:00

@ Tiverton Rod & Gun Club, 1529 Fish Rd, Tiverton, RI

Raffles, Dancing and afternoon fun.

Open to the public - all are welcome.



Please bring something to share.

(Coffee, water & soda will be provided by the Council)

Drumming by: the Soaring Eagle Singers

All Native entertainers welcome.

****This is an Alcohol & Drug Free Event****

Directions to: Tiverton Rod & Gun Club

From Fall River, Providence, and points north, take Route 195 east to Route 24S. Follow 24S to Fish Rd exit in Tiverton. Take left off the ramp and follow Fish Rd approx. 2 miles past the Tiverton Police station. Tiverton Rod & Gun Club is on your right. If you see Bulgarmarsh RD, you passed it.

From southern RI, take the Jamestown and Newport bridges and continue through Middletown & Portsmouth on Route 114 (West Main Road) to Route 24N. Once across the Sakonnet River Bridge, take Fish Rd exit. Bear to right at Police station and follow approx. 2 miles.

For more info contact us at

401-683-4589

Aquidneck_Indian@verizon.net

www.aquidneckindiancouncil.org

The Aquidneck Island Intertribal Indian Council is a non-profit volunteer organization for the preservation of mixed Native American Tribal Heritages and Ancestral ways and makes no claims as to be an authority nor expert on any specific Tribe or Nation.

Native Recipe

Boysenberry Slump



Wild berries, a rich source of Vitamin A & C, for the Native Americans, were eaten raw and used as a major sweetener. They, as well as the colonists, also strung and dried them for winter use.

In New England the most common were: Cranberry, Blueberry, Blackberry, Raspberry, Elderberry, Wild Strawberry, Huckleberry, Gooseberry, Black Currants and Boysenberry. Any of these can be used in this recipe.

Grunts and slumps were early desserts made of fruits and dumplings. The sound of the berries cooking provoked the name “Grunt” in Massachusetts. In Vermont, Rhode Island and Maine, a grunt was called a “Slump”.

Ingredients:

Berry Mixture: 2 cups berries 1 cup water ½ cup sugar

**Mix and bring to a boil

Dumplings: 1 cup flour 3 large teaspoons baking powder
 ½ cup milk 1 teaspoon salt 3 shakes of pepper

Sift flour, baking powder and salt, stir to mix. Add milk slowly and mix to a heavy wet dough. Add pepper.

Drop dumplings by tablespoons into berry mixture. Cover and do not raise lid for 15 minutes over medium-low heat.

Serve warm with cream.

Serves 4

Next meeting:



**** Sunday Feb 5, 1:00**
@ 222 Middle Rd Portsmouth

Guests Always Welcome



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AIIC contact info:

3 Horses Sly Fox (Don Sly), Chairman
Dreams of Wolves (Barbara Sly), Secretary
222 Middle Rd. Portsmouth, RI 02871
401-683-4589

Email: aquidneck_indian@verizon.net
Website: www.aquidneckindiancouncil.org

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For St Joseph's Indian School
(see *Dreams of Wolves* for a detailed list)



Inspirational:

Honor the sacred. Honor the Earth – our Mother. Honor the Elders. Honor all with whom we share the Earth: the 4 legged, 2 legged, winged ones, swimmers, crawlers, plant and rock people. Walk in balance & beauty.

(in remembrance of) Joe Blue Eagle, Blackfoot.

From 3 Horses:

We make new friends, we lose some old friends, the "Circle of Life" continues. Remember those who have crossed over. There is a prayer that goes: *Weep but briefly for your loved ones as they enter into the Kingdom of God, for they shall possess a joy and peace that is unattainable on God's earthly realm. Rather, rejoice in their everlasting and total happiness, for their eyes have seen God.* Only the Creator – Great One Above really knows what is in store for each of us. Love, live, laugh and play like a child. Enjoy what He has made for us. *Great One, Thank you for everything you give us; whether good, bad or indifferent, you lay it before us and give us the choice. It is up to us to choose what we think is correct for us.*

See you along the Good Red Road.

Peace.....

3 Horses & Dreams of Wolves



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