

# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

March 2017



### Council News

I am happy to say that our Feb “Winter Dance Social” was great. Even tho the attendance was low, due to the snow, we had a great time. Joe Guevera entertained us with guitar & song again. There was plenty of food and a good amount of items on the raffle tables. We thank everyone who attended to make this another fun event. A big Thank You goes out to the Tiverton Rod & Gun Club, as well as a personal Thank You to Lady Hawk and Mota Hota Ska for arranging the use of the hall.

**Announcement:** Our 10<sup>th</sup> Annual Indoor Pow-wow & Spring Gathering will be Sat March 25<sup>th</sup> at the KofC hall in Middletown. The event has been posted on the NE PW schedule (thru Wandering Bull), local radio and TV station’s Community Calendars. We have invited Turtle Moon, flute player - Scott, vendors and other Native entertainment. This being our 10<sup>th</sup>, we must be doing something right ☺. This PW is also in conjunction with the Council’s “10 Year Anniversary” and is dedicated to the memory of our late Head Elder and co-founder, Joe Blue Eagle. Hope to see you there. ----->

At this month’s meeting we will discuss and make plans for April’s “Planting of the Corn” ceremony. Please plan to attend, all input is needed. If anyone knows of a young maiden who might like to participate, let me know.

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 March 5***

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### *Aquidneck Council’s 10<sup>th</sup> Annual Indoor Pow-wow and Spring Gathering*



*Honoring the memory of the late Joe Blue Eagle*

Sat March 25th 9:00 – 5:00

Grand Entry – 12:00

@ Knights of Columbus Hall  
7 Valley Rd, Middletown RI

Drumming, Dancing, Flute Playing, Various  
Native Artists, and afternoon fun.

Open to the public, family friendly - all are welcome.

Drumming by: the Soaring Eagle Singers  
and Turtle Moon

Flute: Scott Shuffitt

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

On the lighter side: ☺



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### *Spiritually Speaking*

#### TIME TO REMOVE

*Robert Soto. Lipan Apache*

Back in 1985, some good friends decided to take my wife and me to see the Ice Capades. We had to drive to Albuquerque New Mexico from Taos (about a hundred and fifty miles). About twenty-five of those miles were through a place where the road followed the Rio Grande as it led into the Rio Grande Gorge. A gorge is a deep crevice carved out by a river. I'm not sure how many feet deep it is but someone told me that it was about eight hundred feet below the surface. As we were coming home and going through the gorge, it started to snow and rain together. As he drove through the winding sharply curving road taking us home, he saw some rock residue. He yelled, "Oh My God" and slammed on his brakes. As we came to a complete stop, there it was; A giant monster of a rock that covered more than three fourths of the width of the road. It was a landslide and the biggest boulder I had ever seen. It was an obstacle before us that almost blocked the whole road. I heard later that the only way to remove it was to blow it up with dynamite.

How many times do we see obstacles that block the road to our spirituality? How many times have we faced blockages that keep us from doing what God the Creator desires of us? Isaiah wrote, "...Build up, build up, prepare the road! Remove the obstacles out of the way of my people." Before we can continue on the path of our spirituality, we need to seek God the Creator's wisdom and ask Him to help us remove the boulders that have been placed before us to keep us from accomplishing what God the Creator desires of us. But sometimes the obstacles before us might be too big to remove. This is when we need to remember that we have a great big God who walks with us each step of the path. God the Creator reminded Isaiah when he said, "...For this is what the high and exalted One says - he who lives forever, whose name is holy; "I live in the high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite." It is time to remove whatever the obstacles that might keep us from doing what the Creator desires of us.

## Upcoming Events:

Sun Mar 5

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

Sat March 25

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

Sun April 2

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

\*\* 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 Native need to know:

Wovoka woke the Native Nations when he originated the Ghost Dance Religion in 1889. A prophet and spiritual leader, Wovoka believed there would one day be a time when all Indian people – those living and those who had died – would be reunited.

In early 1890, the Ghost Dance Religion spread to many Tribes throughout the west. Also in 1890, the Office of Indian Affairs outlawed the religion, arresting those who participated. *I guess the 1<sup>st</sup> Amendment rights didn't apply to the Original People.*

After the death of Sitting Bull, arrested for suspicion of being a Ghost Dance leader, Big Foot and his band traveled to Wounded Knee where he and 300 other men, women and children were killed.

I implore you to read the story "Bury My Heart at Wounded Knee" by Dee Brown, to learn more about this dark time in US history.



\*\**The First Amendment to the United States Constitution prohibits the making of any law respecting an establishment of religion, ensuring that there is no prohibition on the free exercise of religion.*

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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](http://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](mailto:evroty@aol.com)

# The Native American Sweat Lodge Ceremony

by Bev Morningstar



## Introduction: What is Sweat Lodge Ceremony?

The Native American Sweat Lodge Ceremony is a place of spiritual refuge a place to heal both mentally and physically. It is place of purification of body, mind, and spirit. It can also be a healing prayer circle which causes a transformation of the Old Self into the New Self. It can also be a place where you receive guidance or visions by asking for help from Spirit, Our Creator, our Ancestors, and Mother Earth.

The Leader of the Sweat Ceremony may be a Medicine Man or Medicine Women. With their help they can help repair damage done to one's spirit, minds and bodies.

A traditional Sweat Lodge is a wickiup made of slender branches of either aspen or willow. Other saplings can be used as well, they are tied together with raw hide or whatever materials may be on hand. The ends of the branches are then set into the ground in a circle formation there is no set size for the circle it varies from what the designer wants, however it is usually 10 ft. or so.

The saplings are bent over and tied together to form a low domed framework with the center approximately 4-5 high. There is a fire pit in the center of the floor measuring 2feet in diameter and about a foot deep. The floor of the lodge should be clean and a mat may be placed down for comfort. Sweet grass, sage, and cedar boughs may be placed on the mat as well.

Prior to entering the loge the leader will smudge you with the smoke of burning sage, cedar, or sweet grass. When entering you must crawl into the lodge in a clockwise direction. Sitting down along with the others around the fire pit but, not to close so it does not cause injury. Between the entrance to the lodge and the sacred fire pit, where the stones have been heated, is a barrier, no one is allowed beyond it except the fire keepers or the leader this is to prevent injury to those participating in the sweat. The leader of the ceremony will then pour water on the stones that have been heated causing them to steam. Cedar, sage, tobacco, and sweet grass are burned to help focus and balance the senses. When the door is closed by the doorkeeper it is very dark inside, however the fire heats up allowing some light and next prayers are said and sacred songs sung. Prior to the starting of the ceremony the leader may announce that one may leave the ceremony at any time if they feel they cannot endure it. If a person does choose to leave the speak out saying "All my Relatives" The ceremony usually starts in many traditions with loading the sacred pipe and prayers that the people say asking the help of Grandfather, Mother Earth, our Creator and to our ancestors. The smoke from the pipe carries our prayers to the Creator. At some sweats the leaders may give you some tobacco to offer to the sacred fire while saying a prayer or asking a question. The leader will then ask for a short period of contemplative silence. After this the flap is raised and the leader will call to the fire keeper asking him to bring in more stones. They will then be placed into the fire pit each honoring the four directions in placement of them. Additional stones are added for Grandmother and the People. After all the stones are placed in to the pit the door is closed and sealed by the Lodge Keeper who also is the fire keeper. The sweat leader then sounds the water drum and calls forth the spirit guides in prayer from the Four Directions. He will then pour water over the red hot stones producing large amounts of steam usually one dipper for each direction. The ceremony consist of four rounds each lasting about 20 minutes the door may be opened for about 10 minutes between each round. The second round is for courage, endurance, strength, honesty, and cleanliness. The third round is for recognition of prayer and knowledge and the last one is for spiritual growth and healing.

Conclusion: The Sweat Lodge Ceremony is very sacred to us Native Americans and is offered to those who desire to experience the spiritual changes it causes one to make in their lives. Some may receive visions while others may get important life changing messages from the Spirit World. Those seeking to experience a sweat will be forever grateful for the opportunity to be part of it.

More to come on Sweat Lodge Ceremony in the next newsletter. Walk in Peace and Love.

Moshup the Giant – A Wampanoag Legend  
by Deborah Champlain



Before the first European settlers came to this land, there lived on the coast of Massachusetts a giant named Moshup. Moshup lived among the Wampanoag both on Cape Cod and Martha's Vineyard. There are many tales and variations to the story about Moshup, but the best one goes like this.

Moshup, an Indian giant who once lived on the mainland of Massachusetts, decided one day to settle down on the beautiful island of Martha's Vineyard.

Moshup loved to sit on the top of the hill on the Vineyard near a town now called Gay Head. There is still evidence of his grand seat there in the crater above the cliffs.

Moshup loved whale meat, which he would catch with his hands, then cook over a fire he made by ripping the trees that surrounded him out of the ground. He did so much of this that there are barely any trees left today in the town of Gay Head.

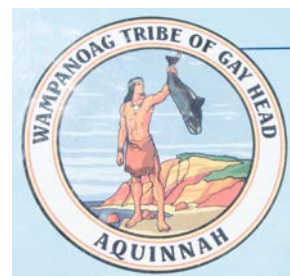
To catch the whales, Moshup threw stones into the water to step on, and that is how the rocks between Cuttyhunk and the mainland called the Devil's Bridge came to be.

Moshup also loved the Wampanoag who lived nearby him, and he would share his whale meat with them. He fed them so well that one year they gathered all of the tobacco they had harvested and gave it to Moshup to show their appreciation.

In his great pipe, Moshup smoked the tobacco, which was barely enough for a man his size, then he emptied the ashes into the water, and that is how the island of Nantucket came to be.

One day Moshup told the people that a new breed of man, with fairer skin than they would soon be coming to their land. He warned the Wampanoag not to let them on their shore, for if they did, the People would live no more.

Then Moshup quietly slipped away into the choppy waters off the bay. Soon after, the pale faced men came ashore, and they landed near the place where Moshup once lay. The Wampanoag greeted them with friendship and let them stay, and Moshup has not been seen since that day.



# Aquidneck Indian Council's 10th Annual Indoor Pow-Wow



Hosted by:

*The Aquidneck Island  
Intertribal Indian Council*



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Saturday March 25<sup>th</sup>  
9:00 – 5:00 {Grand Entry @ noon}  
Knights of Columbus Hall  
7 Valley Road, Middletown RI

{Just off Rte114 West Main Rd & Rte 138 East Main Rd}

Native American (and some not-so-native) items for sale  
Refreshments available

Drums: The Soaring Eagle Singers  
and Turtle Moon Drum.  
Flute Player: Scott Shuffitt

Drumming, Dancing, Flute music, Storytelling and more.

**Free Admission (\*\*Donations gladly accepted)**

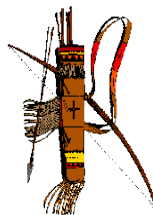
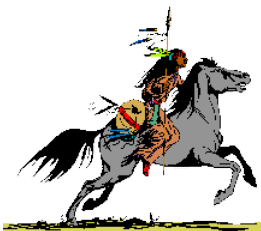
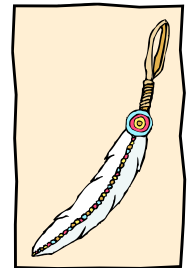
**Proceeds to help support St Joseph's Indian School and The Aquidneck Indian Council's charities**

**\*\* This is a drug free and alcohol free event \*\***

For directions or information: Contact the Council Secretary

@ 401-683-4589 or [aquidneck\\_indian@verizon.net](mailto:aquidneck_indian@verizon.net)

Visit us at: [www.aquidneckindiancouncil.org](http://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

# Oatmeal Bread



### Ingredients:

2 cups boiling water   1 cup rolled oats   ½ cup molasses   2 teaspoons salt   1 tablespoon butter  
\*\*combine these ingredients and cool in separate bowl.

### Other ingredients:

4 ½ cup flour   1 package of yeast   ½ cup lukewarm water

Dissolve yeast packet with ½ cup warm water.

Add 4 ½ cups of flour and then add oatmeal mixture.

Beat all together and let rise until double size.

Add enough flour to knead (approx. 5 minutes)

Shape into large round loaf and put into greased pie plate. Let rise again and back at 350\* for 50 minutes or until it sounds hollow.

Serve warm with butter, brown sugar, cinnamon or syrup.

Serves 4

# Next meeting:



**\*\* Sunday March 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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products labels. ----->

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



### Inspirational:

The color of the skin makes no difference, what is good and just for one, is good and just for the other.

*Slow Turtle, Wampanoag*

### From 3 Horses:

There are many things that occupy our time, one is work, another is sleep, yet another is nourishment. We plan things for our enjoyment. We spend quality time with our family and friends. There is another thing that should occupy our time, talking with Wakan Takan - the Great Spirit - the Creator.

Sometimes “our” plans go awry, we have no control. Maybe there is a reason that we don’t see clearly because we may be full of disappointment or anger because we have lost control. This is the time to sit in silence, open your ears and your heart. Listen to what the Ancient One may be telling you. If you’ve just suffered a great disappointment, of some kind, maybe there is a reason or a lesson. There will always be stumbling blocks and path choices. We need to carry on and focus on the big picture, the one He has for us. “Listen to your heart, listen to what it says” (Uh-oh Heyoko).

*O’ Great Spirit help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence.*

See you along the Good Red Road.

Peace.....



## *3 Horses & Dreams of Wolves*

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