

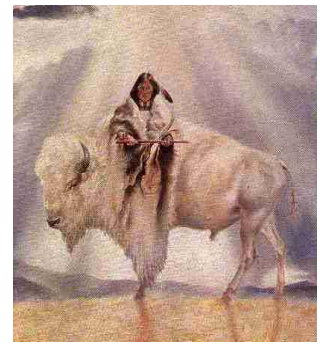
Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

May 2020

We're still here



Council News

Since last month's meeting was cancelled, there is not much info/news to write about.

The "Planting of the Corn" ceremony; Sat April 25th. Has been **CANCELLED**. Once we can gather, again, we will try and make up for this. Mother needs to hear and feel her children upon her.



Due to not knowing when we can get back together, we haven't been able to plan anything. I'm hoping that we soon will be able to gather. There have been epidemics in the past, but it seems like more are showing up. If I may offer a bit of personal philosophy; I think Mother is upset. Man has created so many NON natural things and has continued to pollute her and cut down the trees & forests that have lived for centuries. The icecaps/icebergs are melting. Who know what kind of germs/bacteria have been dormant, or controlled, by Mother but are now being released into the air, water, ground, and are now affecting our lives?? I am not a "Tree Hugger", but I know what is happening is wrong, the planet is screaming with pain, but we as humans do not hear it. We need to listen. I don't like to preach, but, if things keep going the way they are, we won't be here much longer. I hope not to see that in my lifetime. What we do to the earth, we do to ourselves. Be kind to Mother and to one another.

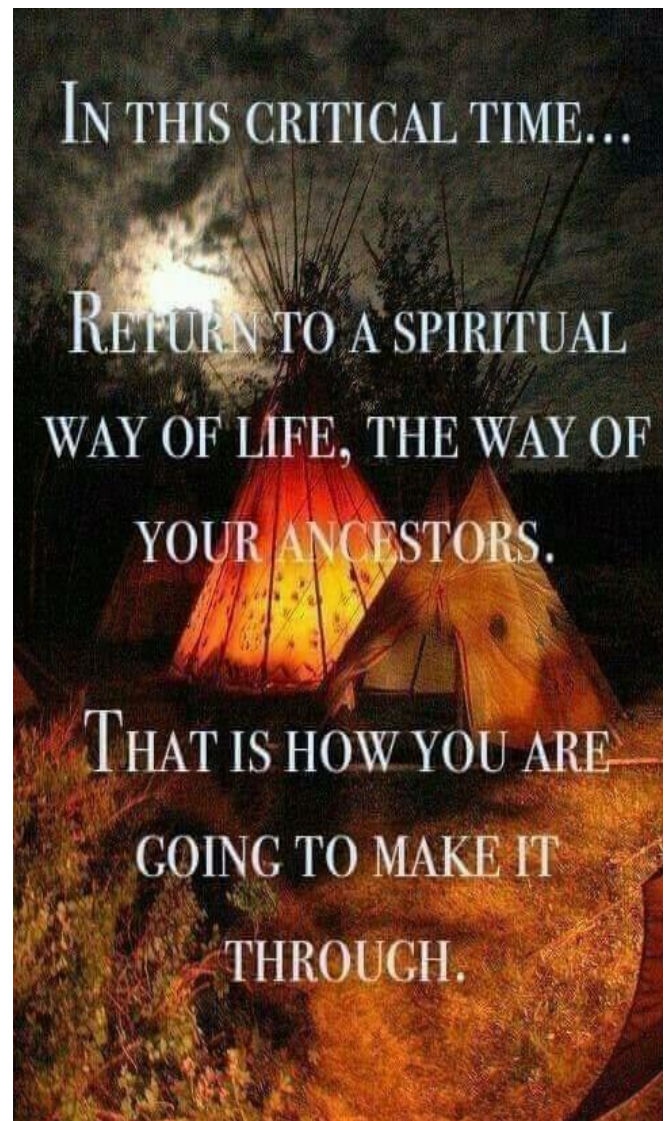
If you know of a member, or friend, of this Council, who is sick or in the hospital, please let us know ASAP.

Thursday night drum practices have been **Cancelled** until further notice.

**** May 3rd monthly meeting - CANCELLED.**
Next meeting June 7th (hopefully)

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On the lighter side:



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Spiritually Speaking

There are two wills available for us: self-will and God's will. Our choice is: figure it out ourselves, or have the Creator involved in our lives. If we are honest with ourselves and look at past experiences, what are our lives like when we try to figure it out ourselves? Is there fear, confusion, frustration, anger, attacking others, conflict, fault finding, manipulation, teasing others, belittling others or devaluation? If these things are present, they indicate that we are choosing self-will. What is it like if we turn our will over to the Creator? What are the results if we ask the Great Spirit to guide our life? Examples are: freedom, choices, consequences, love forgiveness, helping others, happiness, joy, solutions, and peace. Which will I choose today, self-will or God's will?

Frank Fools Crow, Lakota

We are put on the earth to participate in life. We have a beautiful mind, we have the ability to pray, we have the ability to change, we have the ability to accept, and we have choices. All things God created are constantly changing. This constant change causes our circumstances to change. Sometimes we say life is difficult. During these times we need to use our tools: the tools of prayer, and the tools of meditation. We are designed to change and live joyfully on this earth. The only requirement for living joyfully is to live according to the laws, principles and values given to us by the Creator.

Rolling Thunder, Cherokee

WE control our thoughts by controlling our self-talk. At any moment we choose we can talk to ourselves differently. The fight comes with the emotions that are attached to our thoughts. If our emotion is high and seems to be out of control, we can say to ourselves STOP IT!, take a few deep breaths, then ask the Creator for the right thought or the right decision or the right action. If we practice this for a while, our thought life will be different. It helps if in the morning we ask God to direct our thinking. God loves to help us.

Rolling Thunder, Cherokee

Calendar of Events:

Cancelled - Sun May 3rd

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

Sun June 7th

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

Not knowing what the future will bring, we have not planned any events for May or June. As soon as we can see more clearly, events will be posted.

** Above is not a complete list of all events happening in our area, just a highlight of events that we are involved in. 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.

Spiritually Speaking (part 2)

The Forever God

by Robert Soto, Lipan Apache

I remember reading the words of Geronimo when he was talking to First Lieutenant Gatewood who was a Christian. Geronimo was trying to have a spiritual discussion with Gatewood but Gatewood could only focus on the fact that Geronimo had left the reservation with a war party. In the midst of the discussion Geronimo reminded him that they both believed in one God and Creator. Gatewood missed an opportunity by focusing on the negative and not the positive. The difference between Gatewood and Geronimo was that our Apache people had seen God in the creation as did the old ones of the Bible. They had no scriptures to read but just what God the Creator revealed of Himself through natural or supernatural dispensation. For our Apache people, God was God because He was the God of their parents, grandparents, great grandparents and through all generations. Sometimes the problem among Christians is that we tend to limit God the Creator to what is between the covers of our Bible and forget that God the Creator is still revealing Himself to people through the creation because He is the everlasting God that has no beginning or ending.

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World Healing

Native Teaching: Herbal Healing Used By Our Ancestors

by *Bev Morningstar*



Our ancestors used many different methods for healing.

Herbs were their first choice because they believed that our Creator gave them for such a purpose as this. There were many different methods such as tea infusions. Basically they would steep the leaves or seeds and sometimes even the bark. They would put fresh herbs into boiling water and let it sit for 10-15 minutes or so then drink it when it was cooled down. Herbal teas they believed should be drunk as soon as it was cooled down because it worked better to help cure the ailment. Herbal concoctions were made in a similar way to heal, however roots barks of certain trees, and stems were used. Decoctions were made to be either used to drink or even to wash an area to prevent infections. They also used herbs for a poultice this was usually used for areas that had cuts, wounds and sometimes for sprains. They would mash the herbs/leaves to a paste then apply them to the areas. At times they would just apply the leaves of plants such as plantain which could be chewed first then applied to the areas. The poultice had to be applied directly to the affected areas in order for healing to take place. Then it was usually wrapped to stay in place and kept on sometimes for a few days.

Conclusion: Our Creator has blessed us with so many plants to heal us. Modern medicine may frown on the old ways, however they still work today.

Creator teach me about the healing plants you have put on Mother Earth so that I too can have this knowledge.

Native Teaching: Story of the “Three Sisters”



Different people told different versions of this story. This is a Cherokee version:

Once upon a time there were three sisters. The first sister was very tall and strong; her name was Corn Girl, and she wore a pale green dress and had long yellow hair that blew in the wind. Corn Girl liked to stand straight and tall, but the hot sun burned her feet and hurt her. And the longer Corn Girl stood in her field, the hungrier she got. And every day more weeds were growing up around her and choking her.

The second sister was very thin and quick and fast, and her name was Bean Girl, but she wasn't very strong. She couldn't even stand up on her own. She was good at making food, but she just had to lie there stretched out on the ground, and she would get dirty and wet, which wasn't good for her.

The third sister, Squash Girl, was short and fat and wore a yellow dress. She was hungry too.

For a long time, the sisters didn't get along. They each wanted to be independent and free, and not have anything to do with the other two. So Corn Girl stood there with her sunburned feet and got hungrier and hungrier. And Bean Girl lay there on the ground and got dirtier and wetter. And the little fat sister Squash Girl was hungry too.

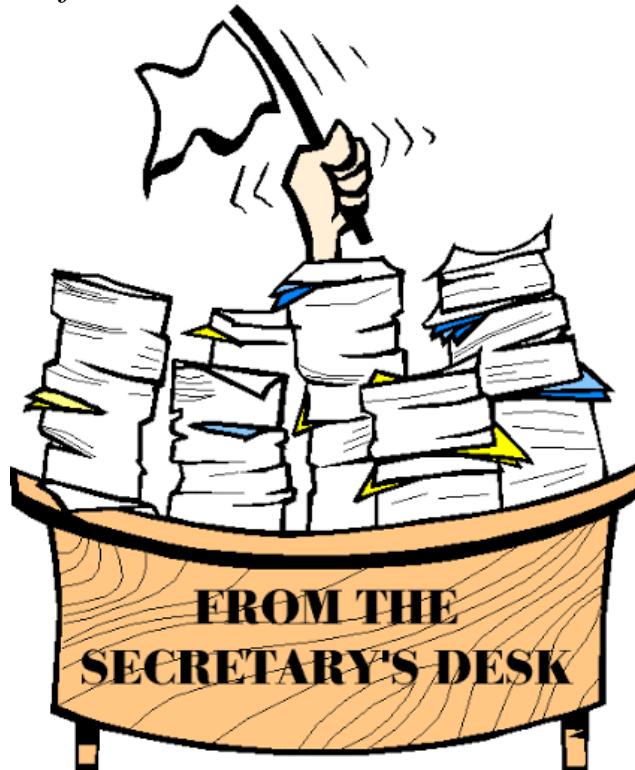
So Bean Girl talked to her sister Corn Girl and said, "What if I feed you some good food, and you can hold me up so I don't have to lie on the ground and get all dirty?" And Corn Girl thought that was a great idea. Then little Squash Girl called up to her tall sister, "How about if I lie on your feet and shade them so you won't get sunburned?" Corn Girl thought that was a great idea too.

So the Three Sisters learned to work together, so that everyone would be healthier and happier. Corn Girl helped Bean Girl stand up. Bean Girl fed Corn Girl and Squash Girl good food. And Squash Girl shaded Corn Girl's feet and kept the weeds from growing up around them all.

And that's why the Iroquois and the Pueblo people and the Aztecs and everybody in between planted their corn, their beans, and their squash together in the same field - the Three Sisters.



A message from *Dreams of Wolves*



Hello everyone.

Hope everyone is safe and healthy. This is a very hard time for everyone, but, it doesn't mean we still cannot stay in touch with each other.

This should be a time to reflect & try to connect with our Creator and Mother Earth.

A lot of us are on "layoff" and others are on fixed incomes. This makes it very hard to focus on what's around us right now.

This is a very serious matter, it is sad & depressing. We have to give up a lot: no meetings, no fun stuff, no ceremonies, BUT, we should not forget each other in the midst of this crisis.

Creator is talking to us and letting us know that it time to start forgiving, hating & killing. It is time to start helping each other; loving each other, no matter what. This is a time to listen to what Creator is trying to tell us. We have had a lot of terrorism, the weather has been acting very erratic; just look at the horrible storms, floods, mudslides, also look at all the fires that have destroyed lands everywhere. People just aren't listening, instead they just ignore what's going on.

So, now is the time to get out into the woods, or your own backyard, and talk with Creator. As Him what can you do to get through these terrible times. We all need to heed and really start listening.

When all this is over and we can all be together again, we can thank Creator and start living in a more loving and spiritual manner.

Creator be with all of us and keep us safe.

Succotash



Succotash is an Indian word which means any dish containing both corn and beans. New England succotash usually contained meat and fowl; corned beef and chicken were popular as was wild turkey leftovers.

True succotash is a far cry from the corn and lima bean cans found in the markets. This recipe has been passed down through many generations, but modified to make it simple.

Ingredients:

4 cups baked beans	1 can whole kernel corn
1 can lima beans	3 cooked potatoes, cut up
½ pound corned beef, cooked	½ pound chicken (or turkey), cooked
1 can stewed tomatoes (optional)	Salt & pepper to taste (or any other preferred spices)

Instructions:

Put all above in a Dutch oven or large skillet. Be sure to include the liquid of the canned ingredients and cut up the meat. {You may substitute any leftover meat – pork, sausage or turkey adds a different flavor}

Cook over medium heat about 10 to 12 minutes.

Serves 4 to 6

You might want to refrigerate or freeze some, or all, of this dish. It is one of those things that may be better the second time it's heated.

Next meeting:
Sunday June 7, 1:00



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



Inspirational:

Stand fast and remain united and all will soon be well.

Chief John Ross, Cherokee

From 3 Horses:

Did you ever notice that there are times you are so busy you can't focus? You are planning this, or thinking about that, or trying to fix other people's problems, to the point you don't realize the “now” and time slips through your hands. That seems to happen a lot, especially when you are the person that people look to for guidance or answers. We all seem to find ourselves in that position don't we?

Yes, there are a lot of things to keep a busy Council such as ours, occupied. But we all need to take the time to be with other family members and just be at peace with each other, as well as with ourselves. Take the time to remember, when there are 2 or more gathered - Creator is there. As you sit and talk with your brother or sister, Great One Above is listening. As you relay your problems, questions, uncertainties, HE hears your needs or problems. When you feel overwhelmed, let HIM enter the conversation, let HIM enter your head and more especially - your heart. When you feel overwhelmed, say this little prayer – *Creator, Great Spirit, I ask you to enter my heart & head and ease my troubled thoughts and show me what YOU want me to do...*

See you along the Good Red Road. *Peace.....*

3 Horses & Dreams of Wolves



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.