

Feast Protocol

Participants to bring a food contribution for the Feast. It's best to concentrate on a paleo-type diet, nothing processed.

Our Feasts are the way that we honour the Spirits of our Ancestors, and our Bundles (the tools we work with), rather than the all-you-can-eat buffet of Western Society. Our teachings tell us to include meat/fish from our lands, berries, corn, and wild rice -- the food that grows on water that sustained our people on the migration from the East. So bring as much food as you will be able to eat: we'll all share, and hopefully, we will be able to eat it all; whatever remains must be given to the land.

Plus, women should always wear long skirts, to every event.