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Aug.
2020

Password members access: keepers prayers
Password store discount: member10

Keepers of the Sacred Tradition of Pipemakers
www.pipekeepers.org

Prayers & Blessings

Keepers Gathering

It is time for the gathering Sept. 16-20 2020. We will start around 9am and end around 6pm. Sunday Ceremonies start at 8:00am at the quarries end by 10am after we will brunch and possibly a women's circle and a man's circle and then a closing circle to share comments.

We will need commitments from members to come and lead some of these groups or circles. Zoom presentation have been set up and the links found on the next page. More will be announced at the Keepers annual meeting if the presenter feels it is appropriate and we have someone who can be in charge of it. If you have ideas for workshops, circles or teaching or willing to share your knowledge with others we would love to hear from you.

We are always needing donations and volunteers for the gathering as well. For those who can come early we will need help setting up the sweat lodge before Wednesday someone to cut wood, collect stones and build the lodge. If 3 or 4 people could come before the gathering and help with setting up canopies and preparing the sweat lodge that would be ideal.

The Keepers non-profit was started in 1996 to protect the quarries and preserve cultural knowledge. We feel the gathering in an important part of doing this as well as focusing on the spiritual growth of our members. There is no cost for the gathering but ask for donations to pay for food and supplies and that you show your appreciation for the presenters by offering a honorium. We have some room for primitive camping, a few beds in our home for elders/teachers. Call to reserve a space or find out more. We will be doing extra sanitizing and ask people to not come if you have been sick or around those who have been sick also while indoors masks are required by state law.

Gift Shop

Supporting the Organization & Artists

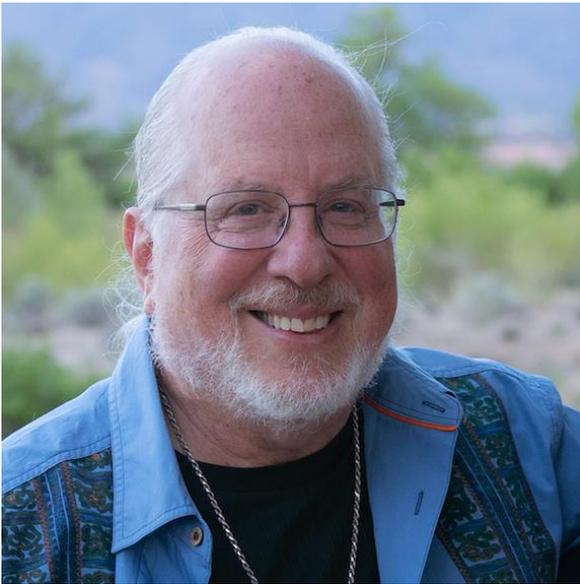
Hey folks don't forget to tell your friends about Keepers gift shop. We have local tribal art including limited addition prints and originals. Pipestone items including pipes and raw stone, as well as many craft supplies to make your own items. Our store also carries many hand crafted items made by tribal people like: dream catchers, hat bands, or buckskin clothing, bags, pottery, salves, small pipestone carvings, herbs. member get a 10% discount if ordered on line make sure use the coupon code. This password will be good till next newsletter. All sales help support local tribal artists, keep the depot standing and help with our prison donation program. As always no one is paid for working at Keepers we are all volunteers!

Money from sales at the gift shop support all the programs at Keepers www.pipekeepers.org

Indigenous Protocols:
Respectful Ways to Approach the Medicine

With Ken Cohen, Maskwa Sakwatamow

90 Minute Zoom Meeting
Thursday Sept 17, 10 AM Central time



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In the context of First Peoples culture, protocols mean much more than good manners and correct etiquette. It refers to many widespread and some culture/Nation specific ways of interacting with men, women, children, elders and with medicine (such as tobacco), as well as behavior during cultural and spiritual activities such as story-telling and ceremonies. Protocols are also important in everyday activities such as food preparation and sharing, giving and receiving gifts, styles of dress and regalia, and much more. These are learned over time, in family, in community. However, for harmony and understanding, it is also important that anyone interested in First Peoples cultures have basic protocol knowledge. Ken will share protocol teachings and tell stories of how these protocols shaped his meetings with esteemed elders and medicine people.

Ken Cohen (Jewish/Adoptive Cree) is a traditional healer and health and cultural educator who has lived and practiced indigenous ways for most of his 65+ years. Ken was the only apprentice to Cherokee spiritual teacher Keetoowah Christie (great grandson of Ned Christie) from the 1970s until his passing and also worked with elders from the Northeast, Northwest, and Northern Plains. In the 1980s, Ken was ceremonially adopted by Andrew Naytowhow, Nehiyaw (Cree) spiritual leader from Saskatchewan, highly respected for sharing his understanding of miyo-pimatisiwin, the Cree concept of physical and spiritual well-being. Ken has served as Elder in Residence at Iskotew and other traditional First Nations lodges and organizations. He is the author of *Honoring the Medicine: The Essential Guide to Native American Healing*.

Happiness is a choice not a result.

Nothing will make you happy until you chose to be happy.

No person is in charge of your happiness.

There is nothing you can buy that will make you happy.

Your happiness will not come to you.

It can only come from you.

rona johnston is inviting you to a scheduled Zoom meeting.

*Topic: Indigenous Protocols: Respectful Ways to Approach the Medicine With Ken Cohen, Maskwa Sakwatamow
Time: Sep 17, 2020 10:00 AM Central Time (US and Canada)*

Join Zoom Meeting

<https://us02web.zoom.us/j/82437182532?pwd=bkVHZIV4TGVPRTkzbGtscXQ4WHNuQT09>

Meeting ID: 824 3718 2532

Passcode: ken

Topic: Keepers Annual Meeting

Time: Sep 17, 2020 12:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87214330227?pwd=UEVRY1ltM05FMzIjTIZQWWNRS3INZz09>

Meeting ID: 872 1433 0227

Passcode: keepers

Affirmations

By Madisyn Taylor

Our minds accept as truth, the critical statements we tell ourselves, but it can also accept our positive affirmations.

The words we speak and think hold great sway over the kind of life that we create for ourselves. Many people live their lives plagued by negative thoughts and never even realize this. They tell themselves and others that they are doomed to fail, not good enough, or not worthy of love, yet they are amazed when their reality starts reflecting these words. Just as the subconscious mind accepts as truth the critical statements we tell ourselves, however, it is also equipped to instantly accept the veracity of our affirmations.

Affirmations are statements chosen and spoken consciously. Once they enter our realm of consciousness, they also enter our subconscious mind where they have the power to change our lives. The affirmations you create should be specific, not too long, worded positively, formed in complete sentences, and spoken in the present tense as if what you are affirming is already true. It is a good idea to repeat your affirmations daily. You may want to tell yourself that you deserve to be happy or that you are in control of your destiny. Or, you may want to focus on a particular goal, such as attracting new friends. Rather than telling yourself you want to be well-liked, say, "I am well-liked." Your subconscious mind will pick up on these positive messages, and you will begin to live your life as if what you are affirming already has happened. Soon, your reality will begin to reflect your affirmations. If you find that you are thwarting yourself with negative thinking, try repeating your affirmations several times a day. Write your affirmations down and say them aloud or in your mind. Allow your conviction to grow stronger each time you say your affirmations, and your negativity will be overridden by your motivation and positive thoughts.

Affirmations are a powerful tool for creating our desired reality. We consciously and subconsciously invite opportunity into our lives when we say affirmations. Trust in the power of your affirmations, and you will very quickly create what you have already stated to be true.

Think About

What we once took for granted,

Becomes something we wish we had.

A bird in a cage, is meant to fly,

Instead we are unfree and uneasy, caged by

our own thoughts and fears.

[Jim Tree-Gilmore](#) One of the most powerful

and enlightening statements I have ever

heard was from an Aboriginal healer/elder,

Frank Ansel. I said to him, "So the dream-time is where everything has come from."

He said, "Jim, the dream-time is where everything that is comes from, and every day we are still dreaming." It is a continual

ongoing process of co-creation. There is a

lot of quantum science in this!

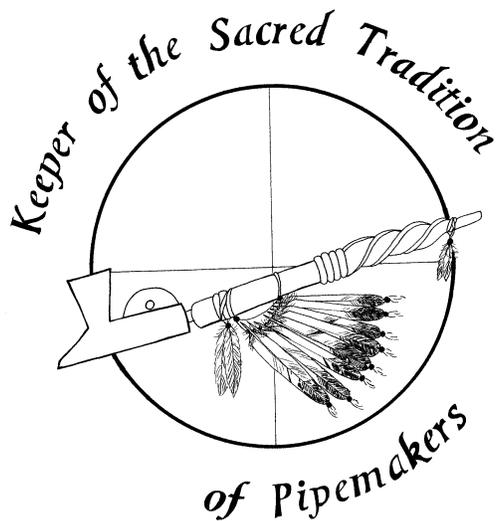
Love * Light * Respect * Humility

Leaving the Earth a Better Place
by Madisyn Taylor

It is a great act of love to leave the earth a better place when we leave, than which we found her. We inherit this great planet from our parents and from the generations that came before. Then, in concert with the surrounding culture, our elders teach us how to care for the land and the sea, ourselves and each other. They model ways of being in relationship with every other expression of life on earth. But whether they act with care or carelessness, compassion or cruelty, generosity or greed, we have the ability to choose our own individual way of relating with the planet and her inhabitants. From our first breath here to our very last, we will find infinite opportunities to influence our environment for the better. We can decide now to act with intention in order to leave this amazing planet brighter and more beautiful than when we arrived.

If we enjoy environmental activism, we might feel moved to clean up beaches or to plant trees. But, we need not feel limited in our ability to contribute positively. There are many ways to leave a legacy of love. We might begin by radiating affirmative thoughts and feelings about how magnificent the earth truly is. We might create and tend a special garden, one that provides an abundance of food and herbs for ourselves and our loved ones. Or we might create a garden filled with sweet smelling flowers to uplift our hearts. We might even honor the earth simply by trying to be the best person we can be while we are here. Such good will can have a domino effect, inspiring others to contribute in their own way as well.

We spend our lifetimes being nourished and enlivened by the rain, sun, soil and wind. Our experience is blessed by other living beings, from plants to insects to birds and humans. We receive so much; giving back just naturally feels good. When we live our lives with intention of leaving this temporary home a better place for generations to come, we are perhaps leaving behind the best gift of all.



"Those who live for one another learn that love is the bond of perfect unity."

-- Fools Crow, LAKOTA

To serve each other, to respect each other,
to trust each other, to honor each other,
to love each other, to cooperate with each other,
to care for each other, to forgive one another,
to focus on peoples' good, to laugh with one another,
to learn from one another, to pray for each other;
these are all acts of love.

These values and actions will connect us
to one another in the Unseen World.

Nature is a good example
of how we should get along with one another.

Watch nature for she is our teacher.

Nature lives to give to one another.

The insects give to the birds,
who give to the four legged,
who give to the two legged.

The Creator made all things perfect.

Oh Great Spirit, let me serve the people today.
Let me see that it is better to give than it is to receive.
Be with me today.

Thoughts About Health...BY Rona Johnston

We have been running sweats and helping with sweats for many years. I often thought about how we as tribal people have fallen into modifying a way of life that brought harmony and joy at one time, because we have adopted the wrong things from the dominate culture. Things like eating food which does not nourish the body. I have thought of a few others but this one really bothered me because every time we had or participated in a sweat there was a feast where we brought food to share before or after the sweat sometimes both. Why would we come to a ceremony where we wanted to pray for help, guidance and or health be followed by eating food which provided an immediate pleasure, but had little or no long term benefit to our health and therefore effected every part of our lives.

Eating is one of those essential activities we must do every day to live, but there is more to eating than just filling your stomach. Most of us have been taught that we need protein, vitamins, minerals, fats and calories. We have this food pyramid that was taught in school. There are many schools of thought about health, nutrition and diet.

Today we have Keto – Paleo – Vegan – Vegetarian – Gluten free – and many more. I do believe we need to eat more a lot more fresh fruits and veggies every day. I do not believe we can add chemicals to our breakfast cereal and milk or take a vitamin that will solve the problem of us not doing this. I also think we eat too many foods that are highly processed and filled with chemicals that when we cook at home are not present in food. Then I have an issue with all the chemicals fed to the animals who then after being kept in a feed lot or cage their whole life are butchered and become the burger you eat.

I do not think I need to point out all the ways that the above does not fit into our beliefs. How it does not show respect for the land, the animals, the creature of the earth or ourselves. There are in my mind many problems today that can be resolved by showing proper respect.

I could argue many points about diet but each person needs to find the diet works for them as well as reflecting your beliefs and lifes path. Does this describe your eating habits? Does your eating nourish and heal your body? Do the foods you buy and prepare fill your heart with peace?

Next time your go to a sweat think about the food you bring how will it heal and nourish you and your brothers and sisters who you will share it with. And the next time you plan a meal, buy the ingredients and eat do it with thought and purpose. I was taught and believe it is true that when we ask for health and healing we also commit to doing our part to facilitate that healing. What's for dinner?



Pipestone horses carved by Rona Johnston

Would love to include your thought or prayers in the next newsletter please send them to Rona at rona4641@yahoo.com. You might even have more to say about something in this newsletter. When I hear from you I know that what I put in the newsletter is valuable to our members or not giving you information on the things that really matter to you.

I also ask that members who have healthy recipes or recipes that include a traditional tribal food to share them in our newsletter a little about the recipe might also be nice like where you found it or who passed it down to you as well as the origin if you know it.

May you each have a beautiful day filled with love, joy and blessings. Thank you for being part of the Keepers of the Sacred Tradition of Pipemakers.

Baked Potato Wedges

Vegan Chocolate Pudding



Baked potato wedges are a healthier substitute for French fries which are often coated in chemicals highly processed and fried in oil.

Ingredients

6 medium potatoes washed
1/8 cup coconut, avocado or olive oil
2 tablespoons your favorite herbs
Sprinkle of salt

Preheat your oven to 425 F place oil and herb in a bowl or zip lock bag with the oil. Cut the potatoes in wedges ¼ for smaller potatoes in 1/8th for large ones. Put slices in oil and herbs coat each potato wedge. Lay on baking sheet so that the potatoes do not touch bake about 15 minutes then turn over bake another 5 minutes. They should be golden brown. Sprinkle with salt before serving.

There are many ways to change this up. Use sweet potatoes and carrots or other root veggies. Use 350 f to cook veggies with a higher sugar content than potatoes. Sweet potatoes are a good example they would burn at 425 f. Also try different herbs, rosemary, garlic, basil, red pepper, and smoked paprika they all go well with roasted roots.



This chocolate pudding is made with avocado and because it is raw you can substitute stevia, monk fruit or Erythritol and it does not change the final product.

Ingredients

6 avocados peeled and pitted (3 cups)
1/8 cup coconut oil or canned coconut cream
12 pitted medjool dates or 1 cup sugar replacement
1 cup coco powder
Dark chocolate bar (Lilly's has no sugar)
Sprinkle of salt

Soak the dates in a bowl with enough water to cover for 30 minutes. If you are using another sugar like monk fruit skip this step. Use a fork or food processor to mash the avocado till smooth and creamy add oil or cream and blend. When the dates are ready remove the dates from the water. keep the water in case. The dates need to be blended into the avocado so you cannot see any chunks. If you are using another sugar add it now. Then add the coco I always add ½ and then little at a time till I like the taste. I do the same with the sugar. Now your pudding is complete if it is too thick you can add a tablespoon date water or water. Shred part of the chocolate bar over your pudding chill 2 hours then serve. This is very filling I use ¼ cup for a serving size. Feel free to add other flavors like ginger, chili pepper, nuts or coco nibs to your pudding. enjoy

Membership

mail to :

Keepers, PO Box 24 Pipestone MN. 56164 * 507-825-3734

www.pipekeepers.org or

www.memberplanet.com/pipekeepers

Name _____

type of member

Associate

Voting

Tribe _____ Country _____

Street _____

State _____ Zip _____

email _____

Type of membership

yearly	standard	Silver	Gold
email	\$25	\$50	\$100
Mail	\$55	\$110	\$220

Life Time Member (please send photo for card)

Email \$250

Mail \$550

<https://www.facebook.com/pipekeepers/>

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