



# Summer Newsletter

Volume 7, Issue 1

June, 2005

## Chaneeg Chaneesch

### Changes! Changes! Changes!

*New Energy Of Renewal And Change Abounds At Chaneeg Chaneesch*

#### *Resident Changes*

Larz, Phanta and the kids have moved to California. CC wishes them well on their journey. We send our prayers to Phanta and her unborn child for a healthy pregnancy. Also, Wanda Moore and her dog Bess have moved to Chaneeg Chaneesch. Wanda's commitment to help beautify our community is invaluable!

#### *Sweat Lodge Changes*

Derek Peace will be the new Men's Sweatlodge leader. Derek was given his rights to pour from Bright Owl many years ago and we're very excited about Derek's renewed commitment to Chaneeg Chaneesch. Please refer to the Calendar Of Events for schedule. May his energy sustain for us as he also is fathering 3 active sons and working more than one job!

#### *Drainfield Changes*

A new drainfield was installed in our new grove area, alleviating all septic issues we had with the main walkway. Many thanks to Rich and Barry for their help in getting it done.

#### *Bathroom Changes*

The bathroom project is finally afoot! Finally the damage caused by a persistent hidden leak that rotted out the entire subfloor/floor joist/structural beam structure has been removed (fortunately before the bathtub fell through). Many thanks to Rich and Barry for their hard work. Look for updated pictures of our new bathroom in the next issue of the newsletter. The new redesign will create more bathroom



space, more pantry space and more kitchen space. We want to express our appreciation to Larz for using his architectural gifts to create such an effective and efficient design. We also greatly appreciate Rich's discovery of Craig's List ([www.craigslist.com](http://www.craigslist.com)) as most of our needed materials are being found for little or no money! It is truly a manifestation success.

#### *Walkway Changes*

With the installation of the new drainfield, our old pea gravel walkway has disappeared. Thanks to Wanda for redesigning our new walkway and working hard to manifest it. As you can see in the photo, she is merging her passion for beauty with a need for functionality to create a welcoming walkway for all. It is also a community project, as it has been contributing to the effort. Together is more fun!



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# Thank You — Thank You — Thank You

By Grandmother Buhmuh

To all of you who have been supporting the land title with your greenbacks and frogskins; this is truly one way to feed this source of your spiritual experience. Some folks say such action is a necessary energy exchange. I like to look at it as a way to say thank you when your spiritual energy bucket fills up and spills over here. When I do something that feels really good, I love doing it again and again. Your spill over is helping this sacred place and these beautiful people who gather here to be able to continue being here.

This said, please notice when you

come again that among all the other things evolving is our donation bags. 3 of them now hang on hooks on the wall above the circle altar in the community house gathering room. The red one used to be the J fund and has become the Land fund, which contributes to our title security, & loans each month (helping to pay these down). The white one is still for our Elder family. The green/ black bag is for our circle ceremonial needs: wood for the sweats, publishing the newsletter (each quarter this runs about \$200), candles etc... Each bag is labeled for your convenience. Many blessings of

abundance be with each of you and each bag on our wall!



Bright Owl & Barry

## Daily Honoring Health and Life

By Grandmother Buhmuh

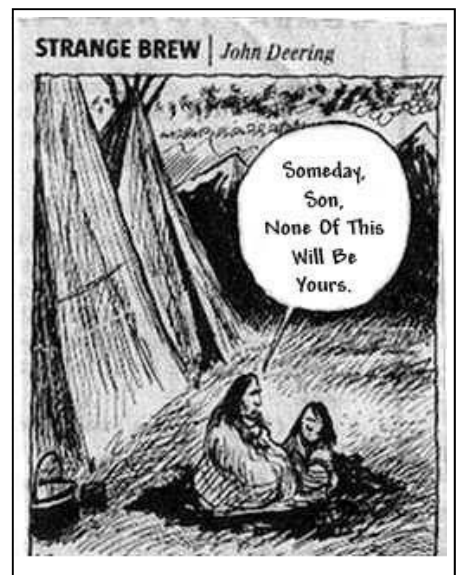
Living a life that honors the Earth Mother is difficult to do in today's Western Culture dominated experience. Have you read *Mutant Message Down Under* (by Marlo Morgan)? Remember how the Real People wandered, ate what they found (what the Mother gave them day by day), slept where they were when the sun went down. This is likely the ideal way, to go where Spirit says each day and give thanks for everything you see and are given. The Real People know this as their true job, and if they aren't doing it, the Earth can't stay healthy for all of us. But in the US, such people are called vagrants and put in jail. If we have money, we can create several homes to migrate to - north in summer, south in winter. Having a home helps us have some say in how we live. We can harvest the gifts of the Mother from our own land and branch out onto public lands that aren't polluted to harvest there. By harvest, I'm talking about the indigenous plants and animals, digging the roots where you live that always grew there, hunting the animals, fishing

the rivers, drinking the water. When we do this, we are our healthiest. No life in a city can compensate for the distance it puts us from the Mother's natural gifts.

At Chanee Chaneech, we are learning about the medicinal properties of the plants that grow naturally here. Sheep sorrel, chickweed, dandelion, burdock and nettles are some of them. We will be encouraging these to grow, harvesting in the respectful way our teachers Sun Bear and Oh Shinnah have taught us, dehydrating them and using them all year. We are also planting the foods we are most familiar with and raising the animals (chickens, ducks and soon rabbits) we know best for food. It is a compromise with the ideal we know would be best. For me, it is a strong learning in listening to the plants where I live and allowing myself and all of us on the land an experience in dietetic wild crafting that may someday (soon?) be necessary. Last fall, we bought an organically raised sheep, respectfully killed him honoring his giveaway, butch-

ered him, and froze the meat. The dog got the bones. The fleece is in the barn waiting to be tanned. For the past 6 months, the meat has been an amazingly delicious delight. We look forward to what else our land here has to teach us. Thank you, Barry, for all of your beautiful guidance!

"No life in a city can compensate for the distance it puts us from the Mother's natural gifts."



## Back From Peru

By Mahala

I spent 2½ weeks of May traveling in the Sacred Valley of Peru with 25 other budding Shamans and about 8 practicing Shamans from the mountains of Peru. It was an extravagantly wonderful experience that was very difficult physically. It took most of the journey for my body to adjust to the lower levels of oxygen and at first this was very frightening and frustrating. Now, I am grateful for the experience. One, it gave me a chance to sample what my friends with asthma are going through. Then, because I was in such dire straits, I was really able to practice what Jose Luis kept saying "ask the Mother for help, pull the energy from the land." And yes, it is available if you are open and asking. I learned about pacing myself, a much

needed lesson that I can apply to all areas of my life. And finally, because all the available oxygen was being directed to survival issues, I lost my sense of who I was. This seemed like a form of dismemberment and though I am much more grounded now than when I returned, I am still piecing myself together bigger and more whole than before. The really fun part of being so disabled was being able to ride horseback. Once I let go of my pride and accepted my self at that level, I had a wonderful time. It's been 10 years since I have ridden and I'd forgotten how much I loved it!

If you want to hear how beautiful Peru is, about the strength and heart of her people, the ancient architecture,

the power and energy of the Sacred Valley and her 12 guardian mountains, call me. I have picture that I would love to share.



Oh how we love Mahala!!!

## Greetings

By Derek Peace

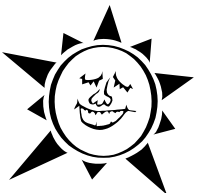
When one door closes another one opens well, sometimes you have to sit in the room awhile. My return to lodge is like a door opening. I was sitting in a room for years chasing coyote's tail. A tragic yet profound event in my life stopped me in my tracks. When I stopped chasing coyote he stopped running. He turned around and asked me if I was through or if I wanted to keep chasing his tail. At that moment I remembered I had a choice. For years I had fallen into the trap of reacting to the world and giving up my power. I was only a shadow of myself that would oc-

asionally find the light. It is such a simple thing really to make a choice. I have made a choice to live my life helping and healing both my self and others. All the time I was chasing coyote's tail I was learning about myself others and spirit. But the lessons weren't accessible until I stopped.

The Choice: There are many different traditions and customs that were created to help us make our choices. My youth is a story of exploration of some of these paths. I met Bright Owl almost 10 years ago. I was very fascinated with the sweat lodge and began keeping fire

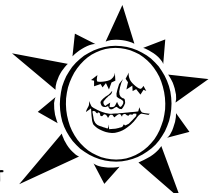
for her. A few of us came forward and asked her if she could teach us how to pour lodge. That year we started our studies. After a few years of group and personal work I was given permission to pour lodge for men. I have been honored to pour lodge both at my own lodge and at lodges at other locations. I was taught in the Rainbow tradition and have developed my own style within this framework. I invite all of you to come and share ceremony with us. Sometimes it is the dynamics of community that aid us in our growth.

GrayOtter



## Summer Fun...You're Invited!

You are invited to take part in a stepping stone party Saturday, July 9th from 2pm to the pot luck BBQ around 6pm. We've been collecting stones, shells and pot shards. We will be making pictures out of these things in cement puddles to make stepping stones for our newly designed front walk. If this appeals to you, come join in the fun! Artistic talent isn't required. You can bring your own rocks, shells, colored glass pieces to share! Kids are welcome too!



## **Poems & Quotes & Short Stories**

*Please send in yours!*

"Nonviolence succeeds only when we have a real living faith in God."

Gandhi

"God is not ever going away!"

Unknown Source

"It doesn't matter what you say. What matters is how they take it."

Wisdom From Barry

"Old stuff is like spiritual spinach in your teeth. You have to clean it out."

Unknown Source

"I ask questions because I like to hear my own confusion."

Unknown Source

"Meditation is merely the process whereby we gain control over the mind and guide it in a more virtuous direction. Meditation may also be thought of as a technique by which we diminish the force of old thought habits and develop new ones. Yet the techniques themselves do not lead to enlightenment or a compassionate and open heart. That is up to you, and the effort and motivation you bring to your spiritual practice."

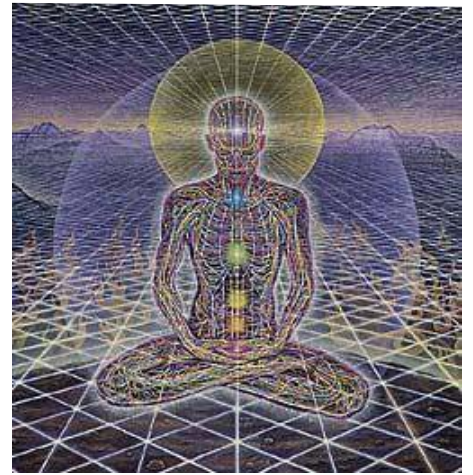
The Dalai Lama

"To refuse to accept the lessons in our daily walk because we do not see the guru in the person that brings them to us is folly. Often a clear heart and a channel for Creator's Love comes from the person who is not cluttered with expectations of what such a channel "should" look like but merely sees a need and somehow knows what to do or say."

Unknown Source

"God is present in every act of service. All life turns on this law...Whoever violates it, indulging his sense for his own pleasure and ignoring the needs of others, has wasted his life."

The Bhagavad Gita



Portion of "Theologue" by Alex Grey  
(visit [www.alexgrey.com](http://www.alexgrey.com))

## **Teaching Your Children About God**

A boy and his father were walking along a road when they came across a large stone.

The boy said to his father, "Do you think if I use all my strength, I can move this rock?"

His father answered, "If you use all your strength, I am sure you can do it."

The boy began to push the rock. Exerting himself as much as he could, he pushed and pushed. The rock did not move.

Discouraged, he said to his father, "You were wrong. I can't do it."

His father placed his arm around the boy's shoulder and said, "No son, you didn't use all your strength - you didn't ask me to help."

## **Recommended Reading**

CAROLYN MYSS ~ Invisible Acts of Power, Anatomy of the Spirit, Why People Don't Heal And How They Can, & other books she has written

MARLO MORGAN ~ Mutant Message Down Under

BRAD BLANTON ~ Radical Honesty - How To Transform Your Life By Telling The Truth

JAMES DOSS ~ The Shaman Mystery Series With Charlie Moon

# We Need You! We Need Your Input!

By Grandma Buhmuh

There is a recurrent controversy once more coming into our community: a couple of men who have come to First Level Moon Ceremony more than once have asked to be allowed to come to Second Level.

Discussion among those at hand over the past few weeks has stirred up a lot of reaction. Dreamtime has also been active, suggesting to me that we could decide to open all ceremonies we do to everyone/anyone and their kids. When I discussed this with OhShinnah, our advising elder (who have me the permission years ago to teach those who asked me - men included - to lead sweat), her only comment was "it is time for this." Mahala remarked to me that she agrees with this.

Still, this community is not me, Bright Owl. It is not OhShinnah, or Mahala or Wanda or any one. It is all us people. You who are on our mailing list have a presence here whether your face has been here recently or not. You are all in all the prayers we do and in all the ceremony. We want to hear from you about what you want. This land, and the Spirit that is Chaneeg Chaneesch are being stewarded for you. This has been true for 20 years. Do you think women need a space/time to be together without the men? Do you think men need this also, without the women? Or would you like to see all doings open to everyone? The Changes are being strong with the circle and all of us that are on the land. We can choose to create this experience together. We don't even have to do Moon or Sweat or Pipe, if that's

how the community feels.

What has your experience of Chaneeg Chaneesch been? What would you like to see more of, less of? Please speak your truth. We have options. We can chuck it all in the compost bin and become Trekie couch potatoes. We can turn things over to you and YOU can lead things here. What do you want? What experiences here helped you grow and become more of who you want to be? Was that by poor example or good example? If you lived here, how would you do things differently? Is Community even what you want? What is your vision? And, if you want to be out

of the prayers/ceremonies/thoughts of us here, please let us know. I think I've been assuming since you asked to be on the mailing list that you want to be part of what we are about. This is an invitation to let that be true in an interactively involved way. Please call, write, email or come be with us. Let's create this experience at Chaneeg Chaneesch together. What is the new world birthing for you? Can it be here, too? How are you being responsible for the Earth Mother's healing?

The last 20 years has been an amazing experience for me. You all have continuously pushed me beyond self-imposed limits and challenged me to be

more than I ever thought I wanted to be. In the company of you beautiful people, I have grown from a shy wallflower to a full blown button-pushing, Goddess Grandmother Warrior. I have learned to trust the process, and to love people of every walk of life, to be grateful for Life and the gift of each day. I'm still learning to let go of my own agendas. I've been accused of neglect of the Land of the last few years and in turn I ask where is the honesty from

**"Do you think women need a space/time to be together without the men? Do you think men need this also, without the women? Or would you like to see all doings open to everyone?"**

those of you who have been walking with me and seen things awry that might have helped me wake up long before I finally did? What have I neglected in the group process that sabotaged the community experience I have

always longed for and thought you were also longing for? Have my changes shaken your expectations in Chaneeg Chaneesch? In fact, what are your expectations? I can't remember ever hearing you tell me of them, any of you - and I confess, I don't remember asking you either. Well, now I'm asking. I have changed. I am not the woman I was 20 years ago. I am not the woman I was last year. Neither are any of you the same. What does Chaneeg Chaneesch need to be and do to create a new dance together now? I'm asking for help in creating that and helping it manifest.

I love you dearly and look forward to having discussion with you.



See another Woman's viewpoint on Page 10.

# Honesty In Relationships

By Richard Kasden

I'd like to start this off by stating a simple fact that I am very much aware of...I have NEVER been good with relationships. I don't mean just romantic relationships, I mean ALL relationships. I have gone through my life with an invisible wall around me that has protected me and kept me from people. Now don't get me wrong, I've had friends throughout the years, but that doesn't mean that these were truly intimate friends. They weren't. I never had the courage nor the awareness to show my true self to any of them. And in terms of romantic relationships, good grief!...don't get me started. My M.O. in relationships was as soon as things got heavy and it appeared that I might get hurt, I immediately broke it off. In other words I dished out the hurting before I could receive it. I broke up with one girlfriend of 3 years 1 week before college graduation and another on Valentine's Day! Truly the actions of a cold heart! My last relationship, which lasted over 6 years ended a little differently. We just both split, going our separate ways, not because we didn't love each other but because there was a emotional chasm between us the size of the Grand Canyon and neither of us wanted to live that way any longer. I just wasn't emotionally available. Poof...and I was alone again! Alone and safe.

So how does one go about changing this? This is something that I have been giving lots of thought to because I'm no longer content to stand in the world protected by a shell from those around me. Thirty five years of living life in this manner is too much, I am committed to living the rest of my years differently. I feel like I've been missing out on life's true joy as a result of trying to avoid life's pain. That's not a trade-off I'm willing to make anymore. The movie "Dead Poets Society" talked about the phrase "Carpe Diem!" or "Seize The Day!". I am now very clear that this is impossible if my heart is not open to the day that I'm trying to seize.

I want to share something with all you readers that has helped me tremendously in starting to change this life-long pattern. It's called Radical Honesty, which came from the book "Radical Honesty - How To Transform Your Life By Telling The Truth" by Brad Blanton. The following quote from the

**"I feel like I've been missing out on life's true joy as a result of trying to avoid life's pain. That's not a trade-off I'm willing to make anymore."**

introduction will summarize what Radical Honesty is:

*"The kind of lying that is most deadly is withholding, or keeping back information from someone we think would be affected by it. Psychological illness of the severest kind is the result of this kind of lying. Psychological healing is possible only with the freedom that comes from not hiding anymore. Keeping secrets and hiding from other people is a trap. "Important" secrets and all the plotting and cogitation that go with them are all bullsh-t. The mind is a jail built out of bullsh-t. This book tells how the bullsh-t jail of the mind gets built and how to escape. This is a "how to" book on freedom. Withholding from other people, not telling them about what we feel or think, keeps us locked in the jail. The longer we remain in that jail, the quicker we decline. We either escape, or we go dead. The way out is to get good at telling the truth."*

When I first read about this concept, it truly spoke to me. It helped me to become aware of how silent I was in my relationships about what I was REALLY feeling and thinking. The last few years I had learned to talk about a lot of what I was thinking and feeling, but there were always things that were off limits. These were the things that I refused to talk about or even hint that they existed because of the fear of the reaction I would get or how my life might change if *that* truth came out. These were the things that were clearly in my mind to say but I just couldn't. It was almost like these words were attached to incredibly heavy anchors inside and just wouldn't budge. Just the thought of speaking these words would create immense heaviness in my stomach, almost pinning me to the floor. I'm now becoming aware that it is these unspoken truths that are keeping me distant from others and is my obstacle towards true intimacy.

So I've been taking Radical Honesty on. I've been speaking my truth to my family, friends and to my new girlfriend and I've been getting amazing results. Sometimes this truth has been easy to say and sometimes it's been incredibly hard. And I need to be truthful with you, the reader, and say that sometimes I haven't been able to say what's true, or it took me a while to finally say it. During those times of difficulty I try to remind myself that by making the choice not to speak it, I'm going to get the same results from the relationship that I've always gotten. Sometimes saying this to myself works for me and sometimes it doesn't. I'm just a human being struggling to claim the joy and happiness that is my birthright. I believe that truth and honesty is one of the keys to unlocking that door.

*(continued on next page)*

## Honesty In Relationships (Continued)

I mentioned that I have a new girlfriend, it's actually my old girlfriend of 6 years. We've been back together for over 3 months and thanks to Radical Honesty, we're creating a very different relationship than what we had. That's why I consider her to be my new girlfriend. We're speaking our truth to each other and it's bringing us closer and more intimate than ever before. I still have my moments of fear and try to run but it's always truthful and honest communication that brings me back. I'm finding that the more I speak my truth, the easier it becomes.

I do feel the need to issue a word of caution however. If and when you take on this level of honesty, you will absolutely discover who your true friends are what love *really* is. A true friend will listen to the truth and stand in the fire with you to deal with it. I have also found that this is also what love is. That's what makes living here at Chaneeg Chaneesch such a pleasure because we all live on that level. At CC, I have been supported and encouraged to speak truthfully and honestly. Dealing with the darkest of our truth has only helped to bring us all closer. I'm so thankful to Spirit for bringing Radical Honesty to me at a time when I desperately needed it.

I first learned about Radical Honesty from an article in the March edition of Evergreen Monthly. If you'd like to learn more about it, you can read that article on the web at:

<http://www.evergreenmonthly.com/2005/em2103/emretreat2103.html>

Or you can call me at Chaneeg Chaneesch \*\*\*-\*\*\*-\*\*\*\* or email me at my new email address:

freedom2flow@gmail.com

Much love to you all. May Radical Honesty help to transform your relationships and in effect, your life.



Rich sportin' the wool in Taos



## Many Thanks For The Newly Designed Newsletter!

Many thanks to Richard Kasden for stepping in to redesign our quarterly newsletter!!! If he hadn't done this, you'd be once more enduring Sunshine's computer skills! The new crisp look is straight from Richard's efficient talent. Aren't the pictures great!?! Go to the website to see everything in color! Our website address is:

<http://home.earthlink.net/~owlchild> (click on Chaneeg Chaneesch)

## A Community Meditation

We breathe together and then we read each sentence and let it fill us, listening as we do so to our hearts beat.

Here in this place we rest our cares and concerns in the loving arms of the Mother.

Here we find safety to breathe, to learn, to grow, to be.

Here we dance life's dance in harmony with others finding easy acceptance for the simplicity of who we really are.

Here we lean on and are leaned upon.

Here we love and are loved.

Here we celebrate with each other that we are alive.

Here we get to know our brothers and sisters of all kingdoms - the mineral, plant, animal, & two legged and we learn from them all more about who we really are.

here we come back home to our hearts.

Here we walk the true road back to Creator to great Mother Goddess at the center of who we truly are and then we blow the truth out on our together wind to heal the earth.

and so we breathe together, listening to our hearts beat...finding Peace.



## Earth Mother Speaks To Us!

Hello, children, it's Me. You know, provider of the elements you and all your stuff is made of, maker of air and water - clean air and water, I might add. I know you have heard of the changes I am experiencing, and of my decision to heal so that all life won't be destroyed. I am, however, not clear that you realize that what is happening is extremely important to you: EACH AND EVERY ONE OF YOU! My confusion comes from how many of my children are given lives in cramped, unhealthy conditions and then butchered unfeelingly for your food. My confusion comes from the chemicals you insist on putting on my plant people so they grow unnaturally big and showy with very little nutrition. It also comes when I see the machines you build to clean the air in your homes that you dirtied with other machines (cars, industry, etc...) outside. Also it comes from the plastic bottles you put my water in after filtering out the impurities you had added. My confusion comes from the continuing spilling you do of the blood of your brothers and sisters as you argue over the dirt you are made of, sending bombs that blow it up in the air or chemicals that make it useless to any of my children - including you! - for many years to come. My confusion comes when your words carry anger and hatred to each other instead of gratitude and love. None of these things are in Creator's Plans for all life on my body and all of these things must leave because only Creator's Plan will survive these Changes. These Times are on my calendar, not yours, dear ones; thus you may be confused about when you need to be ready to live your life in harmony with me.

Oh, yes, I know none of these things are your doing. They aren't your fault, so you can stand outside of these things and go on with your Ipod's and your SUV's and DVD's and deli bagels and lox and quick dashes for a weekend in Mexico or Hawaii. I notice my cold air is cut by your electric heat, my hot air by your electric AC as though you have control

over your environment. Most of you walk on my body like sleepwalkers, seemingly unaware of the life in me, the volition in me, the imbalance of the breezes you feel trying to correct the problems you cause everyday in your weather manipulations and nuclear tests!

So now I speak to you dear ones who in the midst of your sleeping kin are trying to live awake. Your attentions to me and love for me are vital to me. You help me remember the vision Creator Spirit and I had in the making of you. It makes all this easier for me to know that a few of you will survive all the necessary chaos in a good way and be here after in the birthing world, living in harmony with all things. To you I say you must hurry your own changes. Do not tarry with old memories of how you thought things would always be. Use your energy wisely. Look to your whole health now in the midst of the toxins you are living in. Cleanse what must be cleansed and renew what needs renewal. Be selfish when it comes to the quality of what you eat and what shape your body is in! But let your selfishness also realize that the world we are birthing has many other people in it - men, women, children, cats, dogs, birds, chickens, rabbits, cougars, buffalo, (and the host of others) and the plant brothers and sisters. You all have experienced much abuse at the hands of your sleeping kin from time to time. Time now to stop living abused and start taking better care for all you will be sharing the world with. You can try to awaken your beloved two-legged-ones-who-sleep. Yet you must remember they were also offered the same chance to wake up that you responded to. They chose from their own free will to ignore their wake up call and their free will must be respected, as I expect mine to be. This is your charge now: to be conscious, and choose health. To love your-

**"Please heed my words.  
I need you, and you need me.  
I love you, and you love me.  
Let's come together and consciously birth  
this new world."**

**~ Mother Earth**

self and everyone else and choose to care for all as you would care for yourself. And now to be finding the ways you will need to know when there is no more food on grocery shelves or power in wall outlets or gas for the automobiles; no more drugs in boxes on store shelves. Learn about what I already grow and have been growing to take care of all your needs. Please don't let anyone starve in a meadow of healing, nutritious plants in the times to come. Learn about the Circle of Life you naturally live on and the give-away all things naturally are for each other. Let your steps begin more and more to honor what is now and was always meant to be: dance your daily steps more with the plants you nurture and know then you nurture me also. Respect, care for, and kill with love the food you eat (plants and animals) because you know they lived fully with joy the best life that could be for them. Their gift to you is of love then, and thus I am also gifted.

One thing more. Do not think the ceremony you do together with love intent, whatever it is, is only for you and the ones you do it with. Such ceremony is the Life Energy of all things and by it you feed yourselves, you feed all your other brothers and sisters, and you also feed Me. This is how you give back to me: your appreciation and your Love in prayer and ceremony gives me strength to be able to continue to do what needs to be done. We are interdependent, all of us, because Creator Spirit planned for us to be so. Please heed my words. I need you, and you need me. I love you, and you love me. Let's come together and consciously birth this new world.

With All My Love For Each Of You,  
Your Mother,  
Planet Earth

# Garden Explosion!!!

As you can see in the photos below, our garden is exploding like never before. Using boxes that were gifted to us to create raised garden beds has been a tremendous success. We thank Mother Earth for her many blessings. Feel free to stop by and help out in the garden at any time. This garden is not only here for those living on the land but for our entire community. Come and enjoy some fresh organic veggies! Take some home to your family!



Garlic for all



Barry & Wanda harvesting peas

March



May



## Volunteers Needed

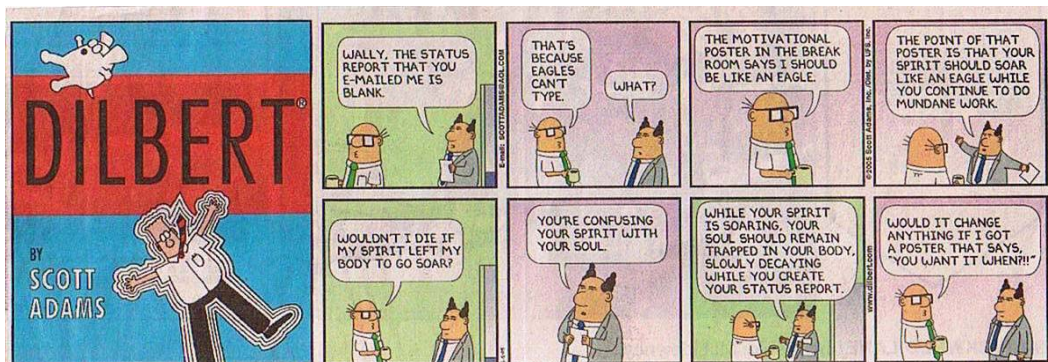
We need a volunteer or two to coordinate our Christmas Giveaway for the Lookinghorse family of South Dakota. Remember, we have been doing this every year for the last 15+. Your job would be to contact our family in October for updates on ages and names and sizes, and then connect each child with an adopter who will provide and outfit of clothing and a toy. We will give you the list of past adoptees with their phone numbers and suggestions for where to find more. The first Sunday of

December we gather at Chaneeg Chaneesch to wrap these gifts and get them into mailing boxes. We also make cookies and put them in tins for mailing. This is a fun, together day we have been enjoying for many years. Anyone interested in taking this on, please call us. It is never too soon to start getting this organized!!!

Call \*\*\*-\*\*\*-\*\*\*\* or email:

[love4owlchild@hotmail.com](mailto:love4owlchild@hotmail.com)

**Funny!  
Funny!  
Funny!**



# Moon Ceremony Thoughts

Thoughts By Wanda Moore

This article is a response to "We Need You! We Need Your Input!" from Page 5.

We are discussing many issues here at CC. One of these is Moon Ceremony. There is a request from the men to participate in this ceremony beyond first level and perhaps through all levels. This ceremony as passed to us through Bright Owl and OhShinnah Fast Wolf is thousands of years old. It is given to the women by the Mother. Equally as old and sacred would be the Men's Sun Ceremonies.

*Why do the men come to the women asking for inclusion in that which was not meant for them? Why do the men here not have a Men's Sun Circle?*

So long ago many women gave away much of their power to the men. We see the result of this out of balance in the patriarchy in our world today. When men and women parted, so to speak, the men left their need to balance their masculine and feminine sides. The men walked away from their emotional life—they looked back and demanded of the

women — "Feel for me." The man divorced himself from his heart. The man could then go and destroy the mother—the animals, the water, the earth, and the skies. And yet this women's ceremony survived through all of these years. A place where women can once again explore the fullness as both warrior and mother. To begin to take back their strength in its fullness.

*And now the men want this too!?!*

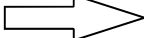
Men are still trying to ride the backs of the women. "It is too hard to be of the sun, to be off on our own. It is scary to feel. It is scary to ask Creator—"What is it to be a man?" It is scary to be with only men. We do not know how to nurture ourselves or each other. But you women do. Do it for me. I always feel better after I have been at the breast of the mother, of the lover. And then I can put that away—put you away and go back out into the world and do rotten, unfeeling things—

and you always let me come back to your breast."

Men — I do not agree to share the Moon Ceremony with you beyond first level. Make your Men's Sun Circle. Make it. Be in it. Learn what it is to be a balanced male. Then come back to the mother in fullness, not out of lack. Come back and we will create ceremony that joins us. You may not ride my back any longer.

There are times to be together to celebrate our likenesses. There are times to be apart to celebrate our differences. I believe the Mother is clear in her message. Come to us in your fullness Men. Come to us from your Sun Ceremony. Let us come together in the fullness and completeness of our individual powers given to us by Creator.

Loping Wolf/Blue Warrior/Crone/  
Mother, Two Spirit, Walks Between,  
Wanda

See a Man's viewpoint on next page 

## Chaneeg Chaneesch Classifieds

### Rev - Bright Owl

Consultations, Weddings, Birthings, Crossing Over Ceremonies, Coming of Age Rites, Eldering Rites, Pipe Ceremony, House Blessings, Bundles and much more!

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### Richard Kasden

Plumbing, Drywall, Electrical, Painting, Tile work and more

\*\*\*\_\*\*\*\_\*\*\*\*

### Jorgen Embreus

Real Estate Associate  
Lynnwood & Beyond

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### Candace Anello LMD, RC

Energize!  
Massage - Energetic Body Work

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### Mahala

Professional Metals Artist  
Commission Works & Jewelry  
Products from Nikken  
(Air & Water Purifiers,  
Nutritionals, Wellness Products, etc).

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### Sky Bear

Beautiful Leather Pouches  
Ask Bright Owl for more info

## ANNOUNCEMENT

Our classified listing are available to ANYONE who is actively participating in ceremony at CC at no charge, though donations are appreciated. Please support your local tribe and avail yourselves of our talented membership often and even frequently! This is highly recommended by your Grandmother Buhmuh!

### Authentic Brain Tanning

Leather, Elk, Deer, Tanned sheep skin. Chainsaw construction projects or other rough land needs

Barry \*\*\*\_\*\*\*\_\*\*\*\*

### Rev - Luann 'Open Heart'

Reiki Master  
Beads & Craft Supplies  
Ask Bright Owl for more info

### Computer Services

By Richard Kasden

Consulting  
Projects  
Training

See next page  
for details.

### Ask Bright Owl

Mountain T-Shirts \$10 each  
Ask Bright Owl for more info

# Calling All Men! Calling All Men!

By Richard Kasden

As you may or may not have read in the previous article, there has been a discussion about Men participation at the Women's Moon Ceremony and a challenge has been presented to the Men of Chaneeg Chaneesch. When Wanda wondered in the above article about why the Men of Chaneeg Chaneesch have not created a ceremony of their own, this really spoke to me, and it made me think...

...why haven't the Men of Chaneeg Chaneesch created their own ceremony?

How often do Men get together as Men for the purpose of ceremony? How often do Men get together as Men to explore what it means to be a man at this point of space/time? How often do Men get together as Men to support each other in their quest to be a balanced male? My observation is that this doesn't happen very often at all. But we can change this!

I propose to all the Men out there reading this that we create a Men's Circle for the sole purpose of exploring the Divine from the male perspective. What does this look like?...I don't know!?! What does this feel like?...I don't

know!?! But I'd sure like to find out!!! And the way I see it, the way to find out is to create it.

At Chaneeg Chaneesch, the Men that are a part of this community have a unique opportunity to help recreate this community! This community is a living, evolving being that consistently creates and recreates itself through the intention of it's members. Let's set an intention of Balance. Balance between the male and the female. So when Men and Women come together in ceremony, they will come together with strength on both sides.

Now I will be the first to admit that this is somewhat frightening for me and brings up a whole bunch of stuff for me. But I'm taking the plunge anyway. And I'm truly praying that I will not be alone. I already have commitments from both Barry and Derek GrayOtter that they will take the plunge too. I've also spoken to several other men and the interest seems quite high. There's no doubt that there is a strong need for this type of group, given the state of our society.

During a Sweatlodge last week where we asked Spirit "what do we do?" the

message that we got back from Sprit was clear: "Start!...and you will know what to do." So that's what we're doing. We're starting with a Men's Sweatlodge on the 2nd Sunday of every month (starting July 10th) and letting this group evolve from there.

So what do you think? Does this sound like something that you would like to be a part of? Do you have any ideas for what the Men's Circle may look like? Do you know of any Men's Ceremonies or other Men's Circles that we could research or possibly model ourselves after or even join? The sky's the limit. The only thing holding us back is our own fear and the limitations of our own imagination. What could possibly be more Divine than moving beyond that... into the Unknown...into Communion with Spirit!

Please call or email me with interest, thoughts, ideas or suggestions. at

\*\*\*\_\*\*\*\_\*\*\*\*

freedom2flow@gmail.com

With all the Love this Man can give,  
Rich

*If you really think about it...*



## Rich's Computer Services Are Available!

Rich's computer talents, demonstrated here in this newsletter, are available for hire. Rich is an expert in Microsoft Word, Excel, PowerPoint, Access Databases, and Publisher. Rich is available for consulting, projects and/or training. Rich is especially good with beginners!

Rich can also convert home movie VCR tapes into DVD's, with enhanced picture & sound.

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freedom2flow@gmail.com

## Coming Soon To An Email Near You...This Newsletter!

Our next Newsletter, the Fall Newsletter, will be available if you choose via email instead of postage mail. If you would like to receive the Fall Newsletter via email, please email Richard Kasden at the address below to be added to that list. This would, of course, help to lower our costs. Thanks.

Email Richard Kasden at: [freedom2flow@gmail.com](mailto:freedom2flow@gmail.com)

NOTE: Only those people requesting the newsletter to be sent via email will have it sent that way, everyone else will continue to receive it the same way they always have.