

Glossary

- Anishinaabe” – Original peoples of North America
- “Asemaa/Tobacco” – Sacred medicine for communication with creation
- “Ceremony” – Sacred rites of prayer
- “Copper Vessel” – Carries the water
- “Eagle Feather Staff” – Spiritually guides water
- “Miigwech” – Thank you
- “Nga Zhichige Nibi Onji” – Anishinaabe language for “I will do it for the water” (a phrase we say when water passes)
- “Nibi” – Water
- “Offerings” – Certain items to give
- “On their Moon-Time” – Menstruation cycle
- “Petitions” – Anishinaabe prayers



For more information:
www.grandriverwaterwalk.com
Facebook: @GrandRiverWaterWalk
Email: grandriverwaterwalk@gmail.com



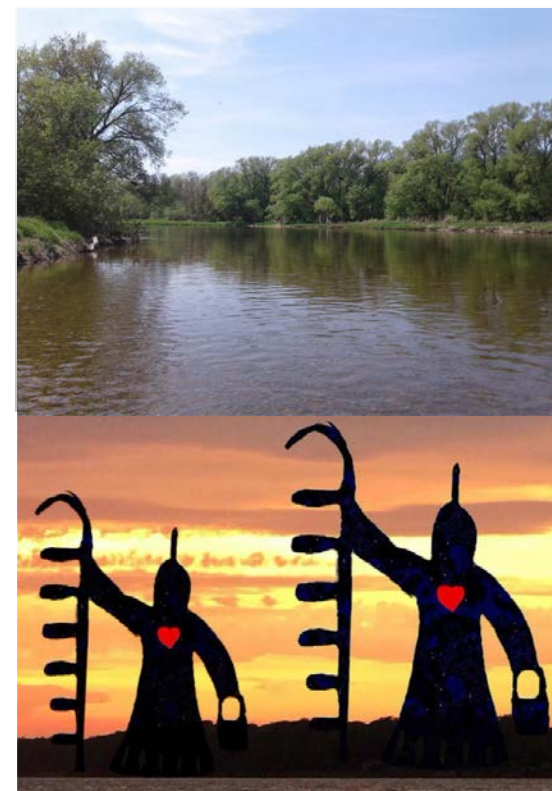
All Nations Grand River Water Walk

Water Walks are based on Anishinaabe ceremonial water teachings. We walk to honour all Nibi (water), to speak and to pray to her spirit; to offer petitions so there will be healthy rivers, lakes and oceans for future generations and our ancestors. People from all nations, all walks of life, are welcome to join the walk.



DONATIONS

There are many ways to support the walk and the walkers. Donations can be made by cheque, e-transfer, or GoFundMe. Help with goods and services along the walk are also welcome!
Contact us for more information:
grandriverwaterwalk@gmail.com
Please send cheque or money order to
Shirley Lynn Martin 202-69 Arthur Street South,
Elmira, Ontario, N3B 2M8, payable to
“Grand River Water Walk”



All Nations Grand River Water Walk

2019

June 15-21

Water Walk Protocol

When we are walking for water, we are in Ceremony. We will move like water, continuously each day, until we reach our destination. We carry asemaa/tobacco with us to offer to any flowing streams or rivers we cross. When we walk, this is a time for prayers or songs for the water. We do this for our water to become pure and clean and to continuously flow. We follow the Protocols to show our respect for our Grandmothers, our Mother Earth, and ourselves. Women on their Moon-time do not carry the water at this time as they are already in Ceremony. Men carry the Eagle Feather Staff, but if there are no males in attendance, the women can carry the staff.



Guidelines for Water Walkers



Gchi'miigwech to the late Josephine Mandamin for leading the many Water Walks and handing down the protocols.

Remember:

- The Walk is a Ceremony
- All are welcome
- No dogs
- No bikes/skateboards
- No drugs/alcohol
- Respect the territory you are travelling through and the protocol of the walk
- Lay tobacco for dead animals
- Women: wear long skirts
- Men: wear long pants

What to Bring:

- A refillable water bottle, we do not want to purchase any bottled water
- Two pairs of walking shoes, rain gear, boots, sunscreen, light gloves.
- A vehicle (automatic transmission)
- Snacks/healthy food.
- First aid; moleskin and blister bandages.
- Be prepared to camp and/or share sleeping quarters with others.
- Be financially self-sustaining.

A Water Walk Is NOT:

- a protest, activist action, or social event.
- about the individual, or what you can gain.
- sitting idle, nor is it an easy journey.
- a place to look for your next partner.
- for boasting, social chatting, carelessly talking or gossiping.
- for thrill seekers. It is not a competition, exercise, workout, or a game of "I can go the distance"
- for those that just show up at the end of the walk to be seen and say they were there.
- a performance piece.
- for people who like to sleep or vacation.
- for those who have romanticized ideas about indigenous people.
- for those who feel the need to force other cultural values onto protocols already in place.
- NOTE: If anyone is disruptive, disrespectful or abusive, they will be asked to leave.