

Spiritual Formation:

How do traditional values in native cultures impact who you are? "It is not the events of history or today, but how those events impact who you are spiritually, intellectually, and culturally that define their importance." -Ray Buckley

Where are you on the path as it stretches before you? Will it be straight, narrow or wide as we journey toward 7 generations.

Native Moccasins Rock is rocking with 21 years of a powerful weekend-more than a good time; it is a powerfully good time. This is a milestone – to reach 21 years with the ups and downs of challenges.

Through the years, we have been committed to bringing leadership top in their fields to Mocs Rock. We use the phrase 'understanding through education' every year. We acknowledge the past, examine our present and look to the future.

We encourage you to join some of the sessions that are not 'make and take'. They are all good! Our leadership provide great learning tools that you can take with you and share. YOU join us on the journey

FRIDAY NIGHT AT 7:45 pm

Walk to the lake in remembrance of MMIW-missing and murdered indigenous women

Saturday morning: at the lake sending forth prayers for healing

Moccasins Rock

Is intergenerational

All ages are welcome as the journey continues. **Please note:** children under 8 shall have a parent/adult with their class activity. During breaks and free time, children and youth are the responsibility of the accompanying adult and/or youth leader.

We observe safe practices and your Cooperation Is most important.

The Lake is NOT open for swimming. Supervision will be by the accompanying adult and not the staff of Lake Benson or CONAM of the United Methodist Church.

SMOKING is NOT allowed in any building on the property. This affects their camp rating. DO NOT smoke in buildings. Walk away from any of the structures and please do not discard cigarette or tobacco products on the ground. E Cigs are also not allowed in the buildings. Please set an example for our children, youth and each other.

NO alcoholic beverages are allowed.
NO Weapons

There are pictures online if you would like to check out the camp.

Lakebenson.org
6200 HWY 100 Bon Aqua TN 37025

REGISTRATION FORM Deadline: August 4-call if needed.

Late Registration: August 8 for meals

Make check payable to:

TWK CONFERENCE UMC

Contact Mary T for card payments

Mail to: Mocs Rocks, Attn: Mary T
Newman PO Box 4

Ashland City, TN 37015

Questions: Mary T (text if voice mail full) Contact: 615-308-4495

nativeamericantn@gmail.com

MAIL IN:

Name: _____

Address: _____

Primary Phone: _____

Email: _____

*Tribal Affiliation: _____

*Denomination: _____

*Not required but helpful for our grant writing

Housing-Great Dorms: Male ___ Female _

Weekend/two nights \$90 _____

Weekend/alternate lodging \$55 _____

Weekend/one night \$60 _____

Saturday/2 meals \$50 _____

Saturday night \$10 _____

music/dance *if not registered

CLASS FEE: _____

TOTAL: \$ _____

Choose 3 workshops-keep in mind that some take 2 workshops to complete. 4th choice is the back up choice.

1 _____

2 _____

3 _____

4 _____

NATIVE MOCCASINS ROCK

Celebrates 21 Years!
August 11-13, 2023

Our Medicine is Strong:
Planting Spiritual Seeds of our
Ancestral Legacy
Mother Earth is watching
Healing the Historical
Trauma....

The Journey Forward
speaker, Brian Larney



Sponsored by Native American Ministries of the United Methodist Church and Support by General Board of Global Ministries.



SCHEDULE

Friday	4:00-6:00	Lodge
Dinner	6:30-7:30	Dining Hall
MMIW	7:45-8:30	Lake
Saturday		
Breakfast	7:30-8:30	Dining Hall
Registration	8:00-9:00	Dining Hall
Orientation	9:00-9:15	Dining Hall
Healing Prayers Opening	9:20-9:45	Lake
Time for Spirit	10:00-11:00	Dining Hall
Lunch	11:15-12:15	Dining Hall
Workshop 1	12:30-2:15	See Map
Workshop 2	2:30-4:15	See Map
Free Time	4:15-5:50	GYM Vendors
Dinner	6:00-7:00	Dining Hall
Mocs Rocks	7:30-10:00	Dining Hall
Sunday		
Breakfast	7:30-8:30	Dining Hall
Workshop 3	9:00-10:45	See Map
Closing Circle	11:15-12:00	Dining Hall

CLASSES

Herbal Salve: *Led by Debbie Dickie.*
You will 'make and take'
Workshop 1 \$4 fee

Tinctures: *Led by Tammera Hicks*
Plants as medicine
Workshop 2

And now the seeds depend on us. *Led by Charlotte Hagood* How to start and sustain a seed bank-seeds are dependent on us. **Workshop 3 Sunday**

Around the Table: *Led by Debbie, Charlotte, and Tammera. Our sustainable lifestyles-*
We are what we eat! **Workshop 3 Sunday**

More Than a Word: *Led by Jeffery Hobbs*
Understanding the mascot issue and more-so much more than 'sticks and stones may break my bones' **Workshop 2.**

Women's Potlach: *Led by Mary T*
We revisit a time for women and teen girls including water ceremony **Workshop 2.**

Heritage and heart, the mountain people of Appalachia and Native Americans: *Led by Tonya Dockery*
Workshop 3 Sunday

Genealogy: *Led by Margie Hesson* Basics of the search for family -
Workshop 3.Sunday (class size 3)

Understanding Smudging and Blessings::
Led by Debbie Fitzhugh. You will create your own smudge stick **Workshop 2**

Our Story Teller, Tonya Will share stories throughout the weekend.

****There may be t shirts for sale**

Please contact Mary T if you want to pay or register online. We are working on that process.

Art through Culture and Tradition

Corn Bead Necklace: *Led by Tonya Dockery*
Workshop 2 (limited to 10) \$10 fee

Pottery: *Led by Mary T* Indigenous Clay and tools provided. (limited to 12) **Workshop1 \$10 fee**

Flintknapping: *Led by Buddy Hayes*
Workshop 1 *no children under 12.

Cordage (braided plant fiber): *Led by Buddy Hayes*
Workshop 2

Flute: *Led by Emerson Begay*
Workshop 1 and Workshop 3 Sunday
(We have a few flutes to lend)

Shawl Class: *Led by Sheila Jones and Carol Schwab*
Takes Workshop 1 and 2 to complete-in time for dancing Saturday night!! (*Limit 6*) **\$25 fee**

Basic Beading: *Led by Juanita Gardinski*
Workshop 1 (limit class to 6) **\$5 fee**

Ah Shucks! Corn Shuck dolls for ALL- *Led by Charlotte Hagood*
Anyone can make a corn shuck creation!
Workshop 2

Hand Drum *Led by Jeffrey Hobbs* Traditional songs on the hand drum (we have some to lend)
Workshop 3 Sunday.

*We may have Tim set up for tomahawk throw- we will send out a message!

Children 12 and under:
Workshop 1: bracelets and stories
Workshop 2: Corn Shuck Dolls
Workshop 3: art-your own design!

EXTRA INFO:

We will have safety/health protocols in place.

Time for Spirit is for everyone in the dining hall. Please attend.

Map of the camp and areas of workshop are in your bag.

During scheduled times PLEASE do not walk around on the grounds or stay in the dorms. That is for Free Time. Our leadership are generous of their time and knowledge. *There will also be workshops in the dorm meeting areas and pavilions.

Please notify Mary T of medications as we will have a nurse on grounds.

At meals, seconds on food have to be after everyone is served.

Please advise of allergies; we will try for gluten free if possible.

Remember to ask to take pictures of someone whether in regalia or not. **We will announce if there are times to refrain from video, etc

The vendors are from our leadership. *They may or may not accept credit/debit cards.

Keep your water bottle full to stay hydrated.

For those who are not familiar with this, money is thrown on a blanket during the blanket dance. This year the money is in memory of Allison Fitzhugh one of our own, – we established a scholarship for Native Americans in higher education or trade school

our site: Moccasinfootprints.org is being updated.

And check out:
[United Methodist Works to Preserve Native American Heritage - YouTube](#)