



KANIEN'KÉHA
AKAWENHNÍ:TA AORIHWÀ:KE
MOON TIME ZINE

NIAWENHKÓ:WA

BIG THANK YOU

Niawenhkó:wa to the Akwesasne community for sharing their knowledge, wisdom, experience, time, and talent to create this Zine for generations to come.

Special thanks to Karonhianonha Francis for the content creation; Akwesasne Freedom School staff, parents and students that helped; Kahwatsiraién:ton, Tsiotenhariio Herne, Kawenniiosta Jock and Dr. Konwahahawi Rourke; lonkwahronkha'önhátie' for the translations; Graphic contributions from Kit Thomas Art and Dawn lehstoseranón:nha of PassTheFeather.ca. Zine designed by Gabrielle Giroux of Encore Graphics.

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We created this zine to be open to all genders and sexualities and we are always supporting the way people identify themselves.

the
Period
purse

Meridian™

DIVA

aisle

periodaisle.com



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PREPARATION. EDUCATION. NORMALIZATION. FOR THE NEXT GENERATION.

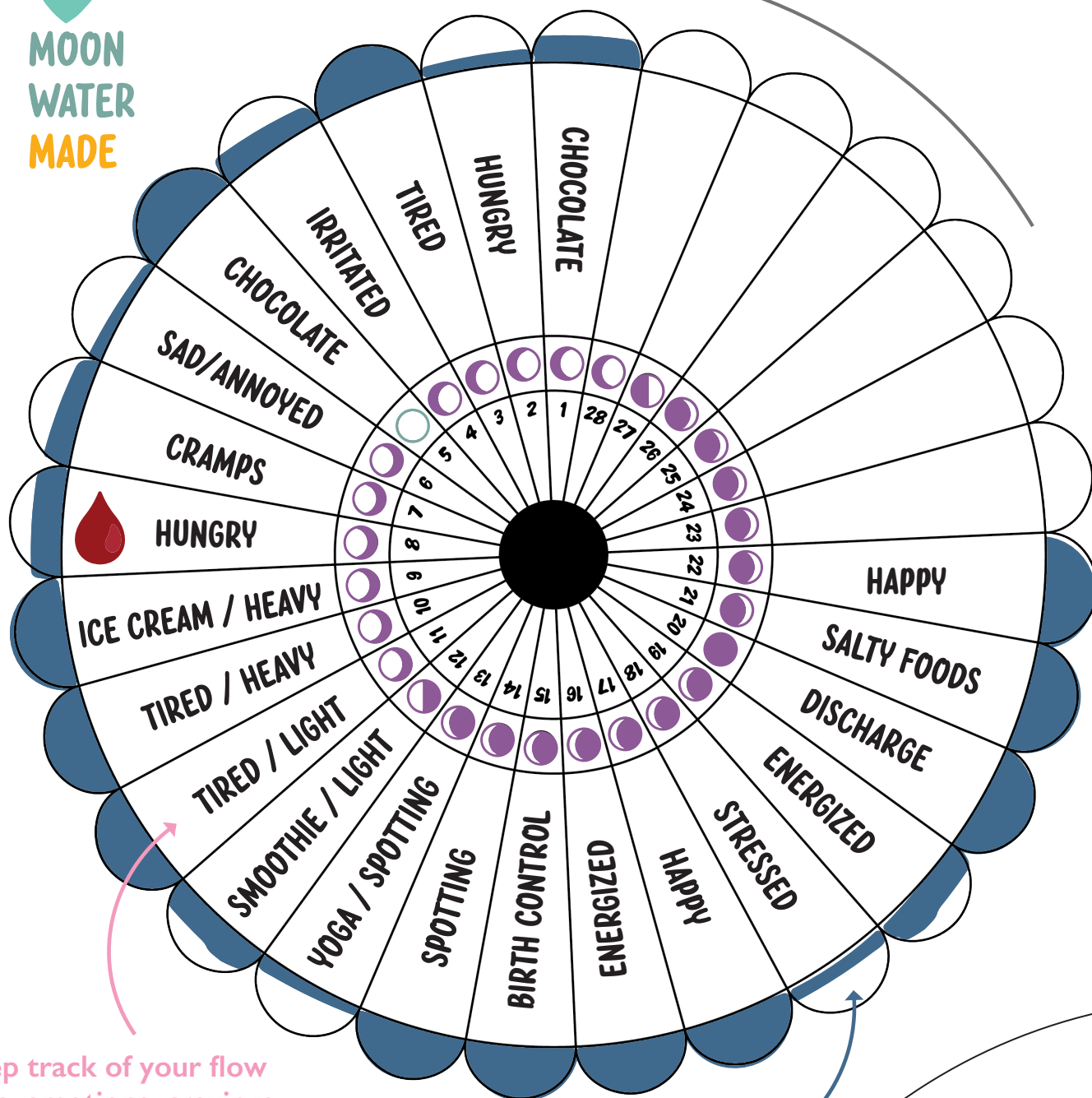
OH NÍ:TSI Á:IONTSTE'

HOW TO USE
YOUR MOON TIME ZINE



Add your moon stickers to know when it is the full moon so you can make your moon water the night before her fullness.

We're always mindful to go counter clockwise.



Keep track of your flow days, emotions, cravings, and hormones.

Sehià:ra'k tsi niawénhsere nó:nen satenhni'tará:ni, oh nisonhnhò:tens, nahò:ten senòn:waks tánon' hormones.

Fill in your daily intake, topping the skydome as completed.

In this area, add anything to remind you for the next grocery run.

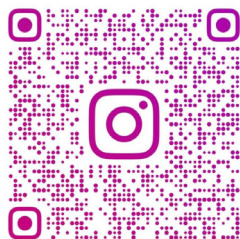
LINERS
ICE CREAM
OVERNIGHT PADS
CRANBERRY JUICE
TAMPONS
AIONKHNIÀ:SA'

OH NÍ:TSI AIONTHNEKÓNNIEN' NE MOON WATER HOW TO MAKE YOUR MOON WATER

On the night before or the night that Grandmother reaches her fullness, put water in a glass jar and set it in the windowsill where it will receive her light.

Grandmother Moon gives us our 28 day cycle. She moves the water and her force creates tides both here on Mother Earth and within each and every person who experiences menstruation.

We all carry water - we are the water that brings life. When her light pours over you, you will have an opportunity to see clearly. Shed what doesn't make you happy and move forward cleansed, humble and honest - your vision will be much clearer.



@PASS_THE_FEATHER_INDIGENOUS





WELCOME TO YOUR MOON TIME

WA'TKWANONHWERÁ:TON'
TSI WESAIA:TASE'NE'

Like all medicines, Grandmother Moon is available to everyone, she sees us all as equals and so should you. Love yourself, love your sisters, love all. Hang on to each other. Be kind and support each other through this monumental time. Learning to move with the moon is embracing your own magnificence.

Between these papers, you'll find your story. Lots of strong people came together to wrap you in this love and bring you these teachings. Hand picked gentle reminders to hydrate, meditate, reflect, and relax. Listen to advice from your aunties and others because everyone has their own story and experience. This is a tool as a safe place to share and discover your own.

Take some time to sit with your thoughts. These blanks can be filled by anyone because everyone will have their own answers. Even brothers, dads, and boyfriends.

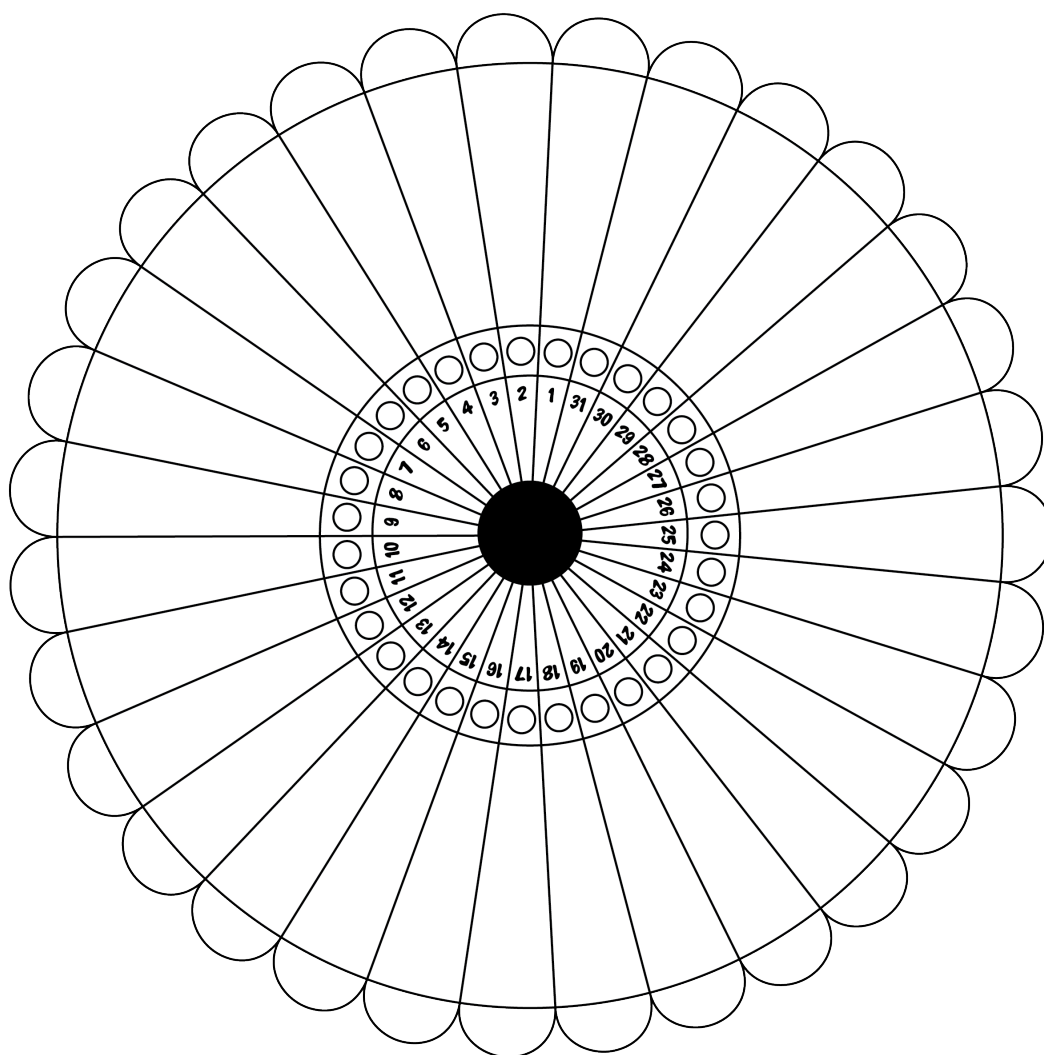
I was ____ years old when I first learned what moon time was / **na'tewakohseriia'kòn:ne sha'keweientéhta'ne'**.

I felt / **Tsi nahò:ten wakattó:ken:** _____

I wish I knew / **Kahskà:neks aonkwaterièn:tarake'** _____

I trust / **Kheniahè:sen ne** _____ to talk about
“moon time” because / **aiakenihthá:rahkwe' ne “moon time” ase'ken** _____

If I could go back, I would tell myself / **Tóka' aón:ton' aonsahkáhketé, aonkathró:rike'** “_____”



JANUARY
TSOTHOHRHKÓ:WA



WE CELEBRATE YOU!
KWATONHNHAHERÁ:NI
WE SUPPORT YOU!
KWAIENAWÀ:SE
WE GUIDE AND LEAD
YOU!
KWANENRÍ:NE

- YOUR ANCESTORS
- IETSHIHSOTHOKÒN:'A

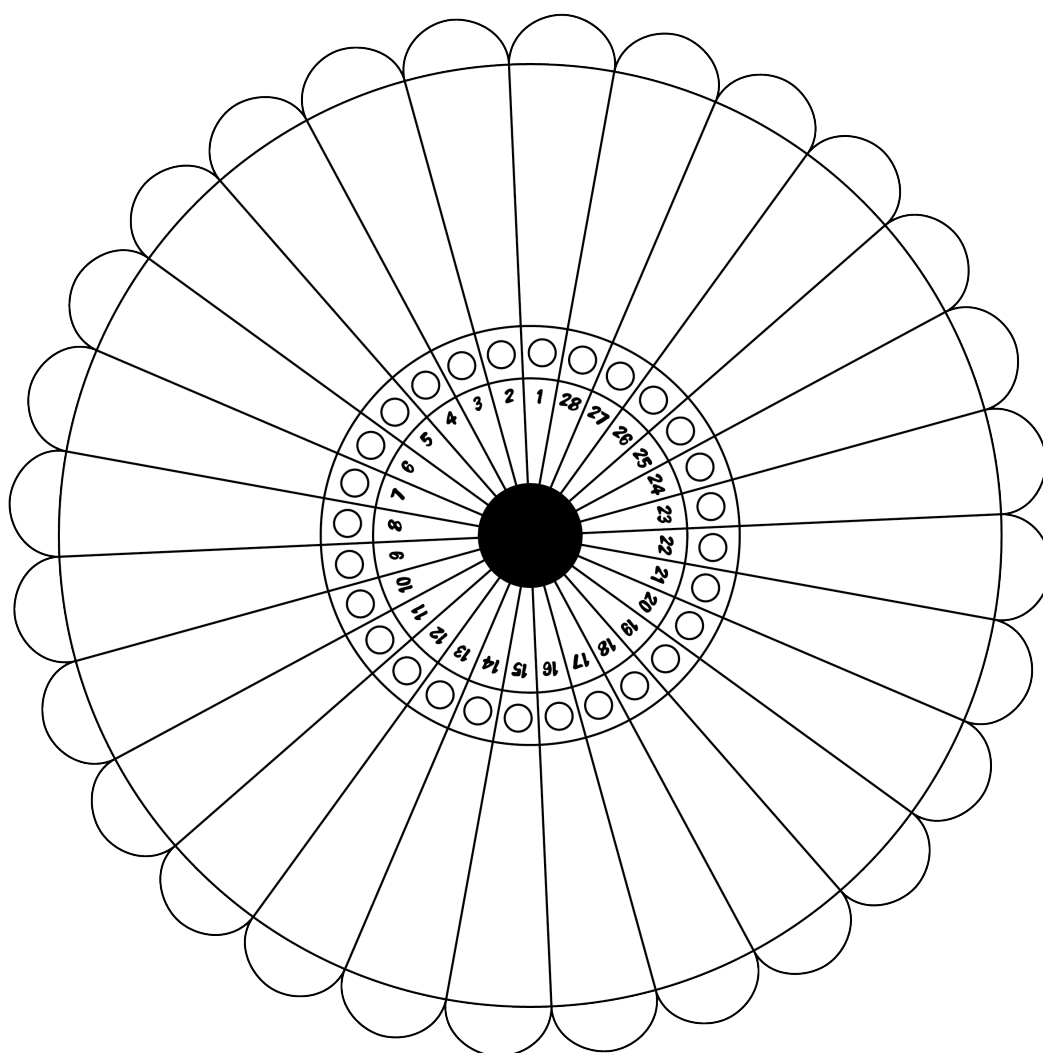
My first period was when I was _____ years old. I remember _____

My most awkward period moment was _____

I wish I knew before _____

NÓ:NEN ENIEIÀ:TASE'NE'

When someone becomes a young woman, matures, or goes through puberty.



FEBRUARY

ENNÍSKA

PREMENSTRUAL SIGNS

How do we know when it's coming? Oh ní:tsi aiakoterièn:tarake' tsi tà:we'

Listening to our bodies is an important thing to learn What is there to expect at different stages?

Inside these pages you begin learning your cycle, what feels good for your body, and some teachings along the way.

When I listen to my body, it tells me that it needs _____

In the bottom corner of each cycle, there's a space for your grocery list of whatever it is that your body is telling you it needs. This space makes it a little easier to just show your parents (if it's still uncomfortable to ask).

For example:

REST

Akaterá:keren'

HOT TEA

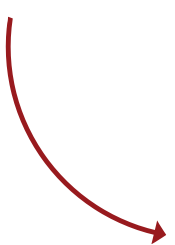
Kanerahtóhon / Tí akhnekì:ra'

HUGS

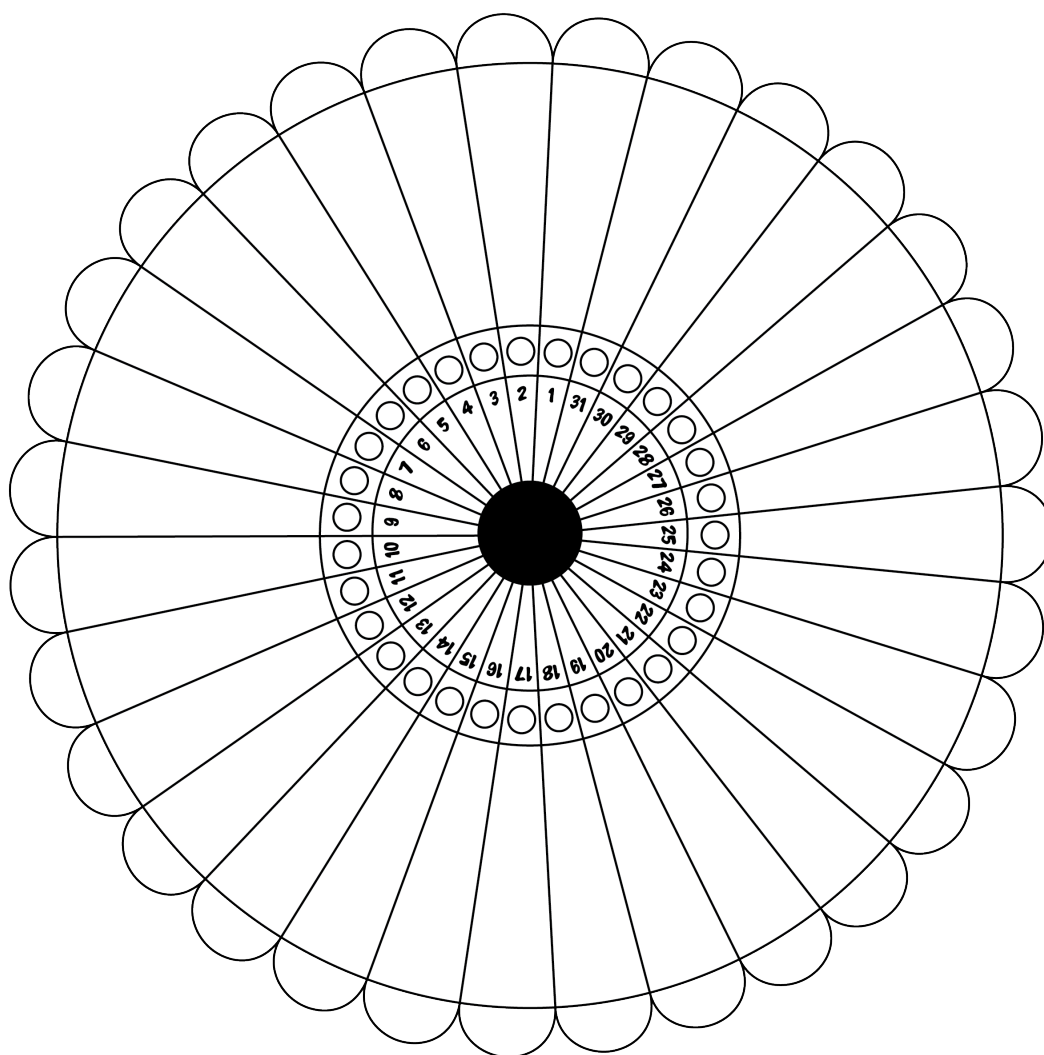
Aionkhnià:sa'

STRAWBERRY ICE CREAM

Ken'niihtontéssha niiawekontsherò:ten
ionenniò:kwano



LINERS
ICE CREAM
OVERNIGHT PADS
MOVIE NIGHT
TAMPONS
KANERAHTÓHON



MARCH
ENNISKÓ:WA

M E N S T R U A L D I S C
 A S D T A M P O N S F G L
 O Q U A H E C R A M P S O
 J U M O O N W A T E R M T
 M N O W R S S C O H E A H
 V D Y I F T E R P A D S P
 M E N S T R U A L C U P A
 B R L T L U H V R O U L D
 L W G H V A G I N A T I H
 O E C R O T E N S F Y N S
 O A M H W I N G S L A E T
 D R E A R O T S H O M R E
 H O R M O N E S A W I S S

PADS

HORMONES

TAMPONS

CRAVINGS

FLOW

LINERS

MOONWATER

UNDERWEAR

CRAMPS

WINGS

MENSTRUAL DISC

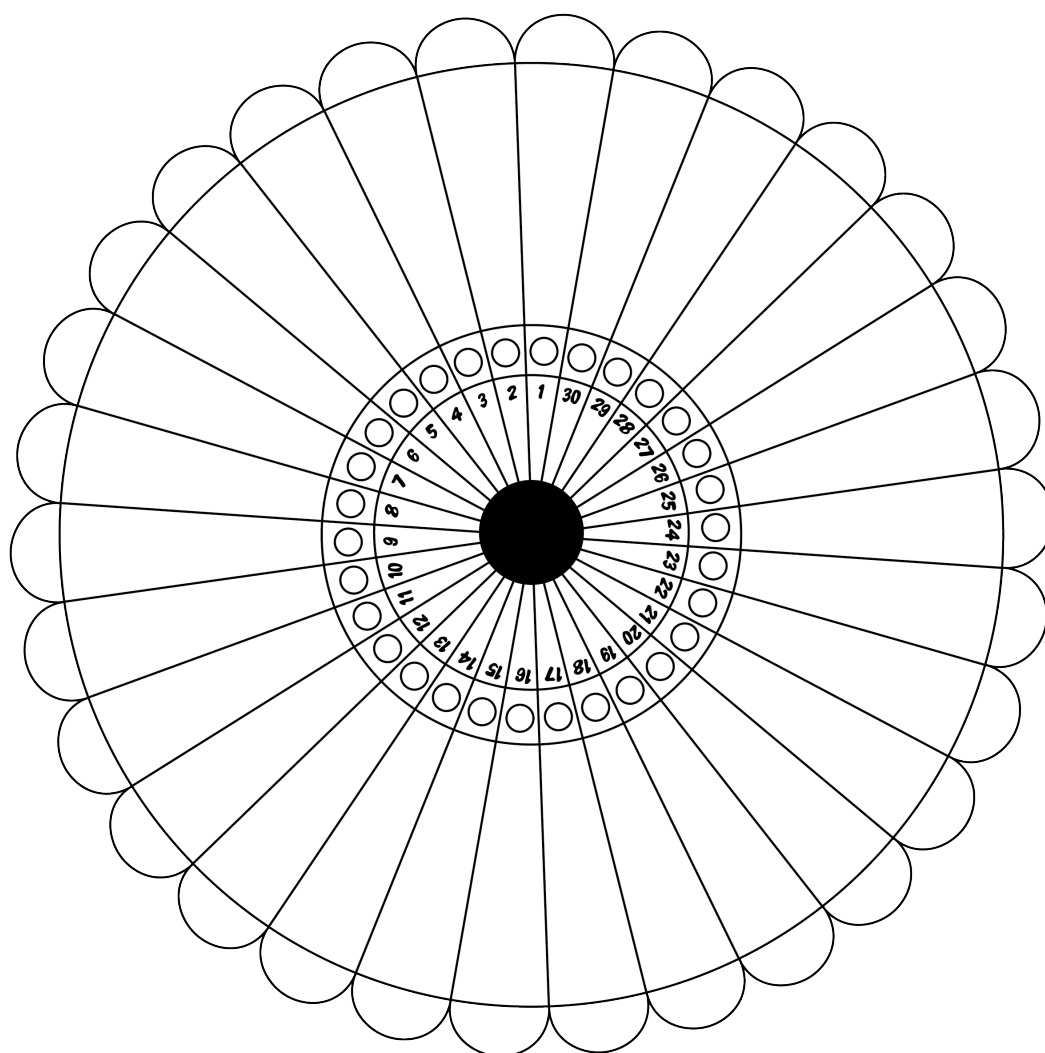
MENSTRUATION

BLOOD

VAGINA

MENSTRUAL CUP

CLOTH PAD



APRIL
ONERAHTÓKHA

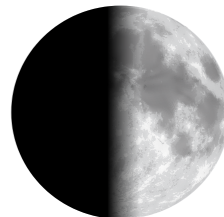
MOON CYCLES

Waxing Gibbous

Waxing Gibbous is a good time for rethinking your actions, acknowledge need for change and moving forward in a good way.



First Quarter



First Quarter is a time to reach personal goals. Energy and focus set in and accomplishments happen.

Waxing Crescent

A Waxing Crescent is time to put your intentions to work. Time to reach out, be a helper and assist others.



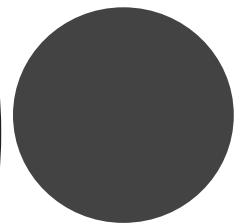
Full Moon time is for quiet reflection, and reconnection to your body & the Mothers & Grandmothers who made you.

Full Moon



New Moon is an opportunity to refocus and set your intentions. Get organized and be ready to become mobile and helpful.

New Moon



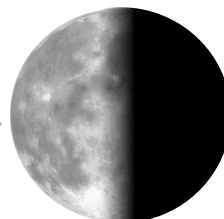
Waning Gibbous

Waning Gibbous time to embrace what full moon brought to your life and keep those memories close to you for comfort.



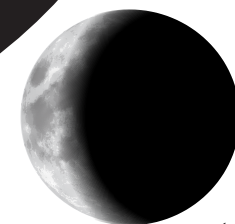
Last Quarter

Last Quarter is a time to actively hang on to spirituality. This part of the cycle we start to lose the connection and get tangled in life -sometimes forgetting the Grandmothers.



Waning Crescent

Waning Crescent time to rest a bit, take some time for self care and get ready to launch forward with Good Mind.



MOON TIME

TEA + RECIPE

Hello everyone,

My name is Sateiokwen, I'm Snipe Clan from Ahkwesáhsne. I am the owner of Snipe Clan Botanicals, a business of bringing plants and people back together. One of my creations at Snipe Clan Botanicals is the Moon Time Tea.

This tea was formulated with all the symptoms of menstruation in mind – cramping, digestive discomforts, heavy flows, light flows, and much more.

You can find more information on this tea and others at

www.SnipeClanBotanicals.com

Shé:kon sewakwé:kon,

Sateiokwen íonkia'ts, wake'nehsí:io tánon' Ahkwesáhsne nitewaké:non

Ohén:ton í:kete ne Snipe Clan Botanicals, ionkwatérihwahtentià:ton oh naiáwen'ne' ne skátne aonsetewé:sheke' ne onkwe'shòn:'a tánon' ohonte'shòn:'a.

Sha'kón:ni' ki kanerahtóhon wa'kannontónnionhwe' oh níiá:wens nó:nen iakotenhni'tará:ni (tsi ní:ioht ne: iakohshiahon'tanòn:waks)

Enwá:ton sénha enhserihwahtshén:ri' ken nòn:we: www.SnipeClanBotanicals.com



RECIPE

YARROW / KATSI'TSIARÁ:KEN

Yarrow increases circulation and lightens or increases your flow. Yarrow does a wonderful job at knowing what the blood needs to do in your body.

RASPBERRY LEAF / SKANEKWEŉTARÁ:NEN AÓNERAŉTE

Raspberry leaf helps tone the uterus and regulate your cycle.

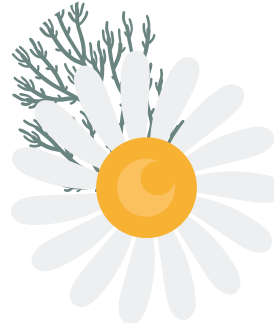
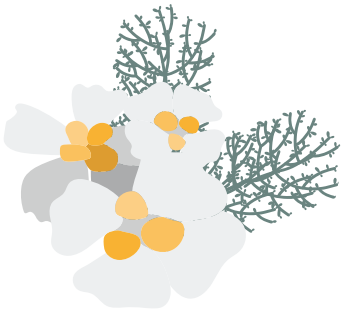
Skanekwen'tará:nen aónerahte aioia'takénhnhá' tsi iewiraráhkhwa tánon' enskarénhnhá'ne' tsi iakawenhni'tarén:nis tsi niioerenhnhá:'on

CHAMOMILE / SKAWIRÓ:WANE RAOTÍHENTE

Chamomile eases the mind, cramps, and the digestive system. Not to mention it adds a great flavor!

OAT TOPS AND NETTLE / IAKOHEHSEŉRÁHSTHA

Oat tops and nettle help restore vital nutrients and minerals.

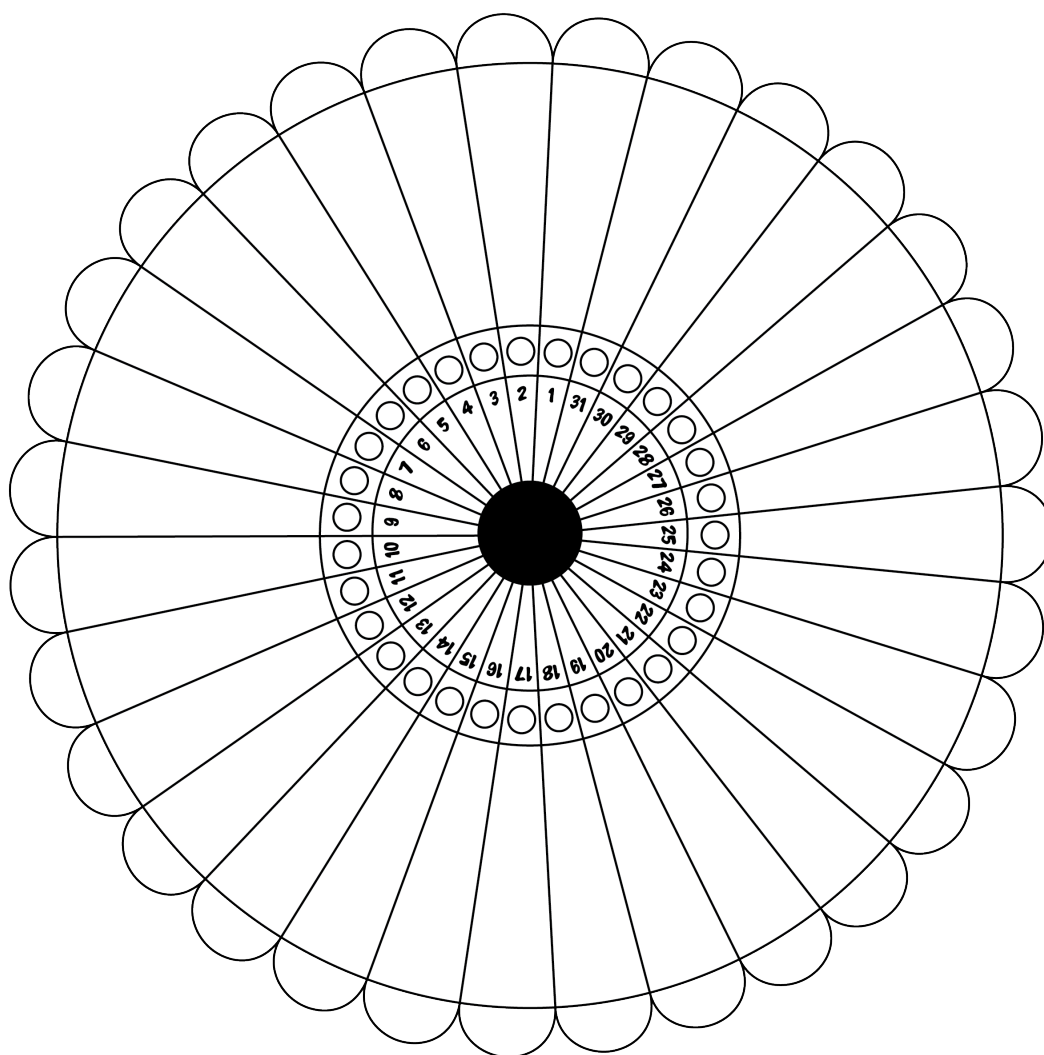


SUGGESTED USE / TSI NÍ:TSI À:IONTSTE'

The day before or after the onset of your cycle, steep one tablespoon of the Moon Time tea to one cup of hot water. Steep for 10 minutes, drink 3-4 cups daily.

Énhsatste' sewenhnisera ohén:ton tóka' ni nó:nen entewatáhsawen' tsi senhni'tarén:ni. Oié:ri nikahseriè:take nikari:wes enhsahontanén:wenhte'. Enwá:ton' enhshnekí:ra' ahsén tsi niió:re kaié:ri nikáksake thia'tewenhnisera:ke

This blend of herbal medicinal plants is formulated to help ease symptoms related to the menstrual cycle. It helps nourish the system, increase circulation, strengthen and tone the uterus.

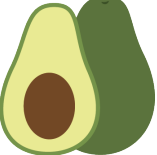
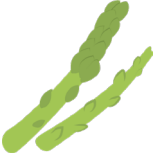
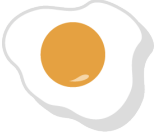


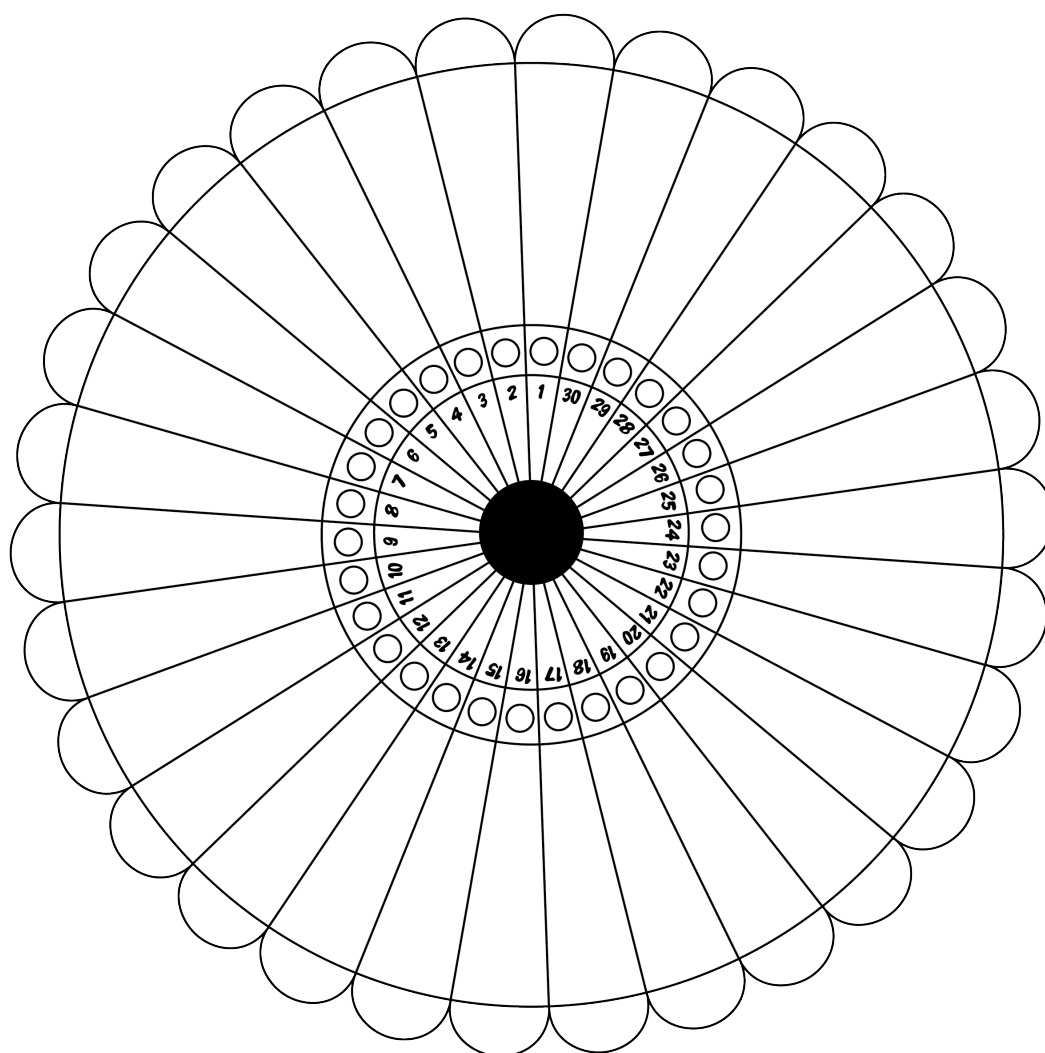
MAY
ONERAHTOHKÓ:WA

FOOD TO MATCH YOUR CYCLE

OH NIKAKHÒ:TEN TETIATÉN:RO'S

Food is medicine and it's important to put the best food in your body. As we are shedding and losing blood, we must fuel ourselves with nutrient dense foods to help **alleviate symptoms**. Try to avoid spicy and fried foods, salt, sugar, alcohol, processed foods, red meat, and coffee during menstruation.

LUTEAL / PREMENSTRUAL		MENSTRUATION		FOLLICULAR		OVULATION	
Fish / Kéntsén		Lentils / Beans Osahé:ta		Turkey		Kanontakénhton Yogurt	
Nuts		Nuts / Ohsóikwa		Clam		Whole Grains	
Avocado		Chicken / Kitkít		Spinach		Starhcy Vegetables	
Dark Chocolate		Dark Leafy Greens		Apples		Breccoli	
Pumpkin Seeds		Vegetables		Strawberries		Asparagus	
Cashews		Lean Beef		Egg Yolks		Chia Seeds	
						Milk	



JUNE
OHIARÍHA

SPORTS + MOVEMENT

WHILE ON MOON TIME



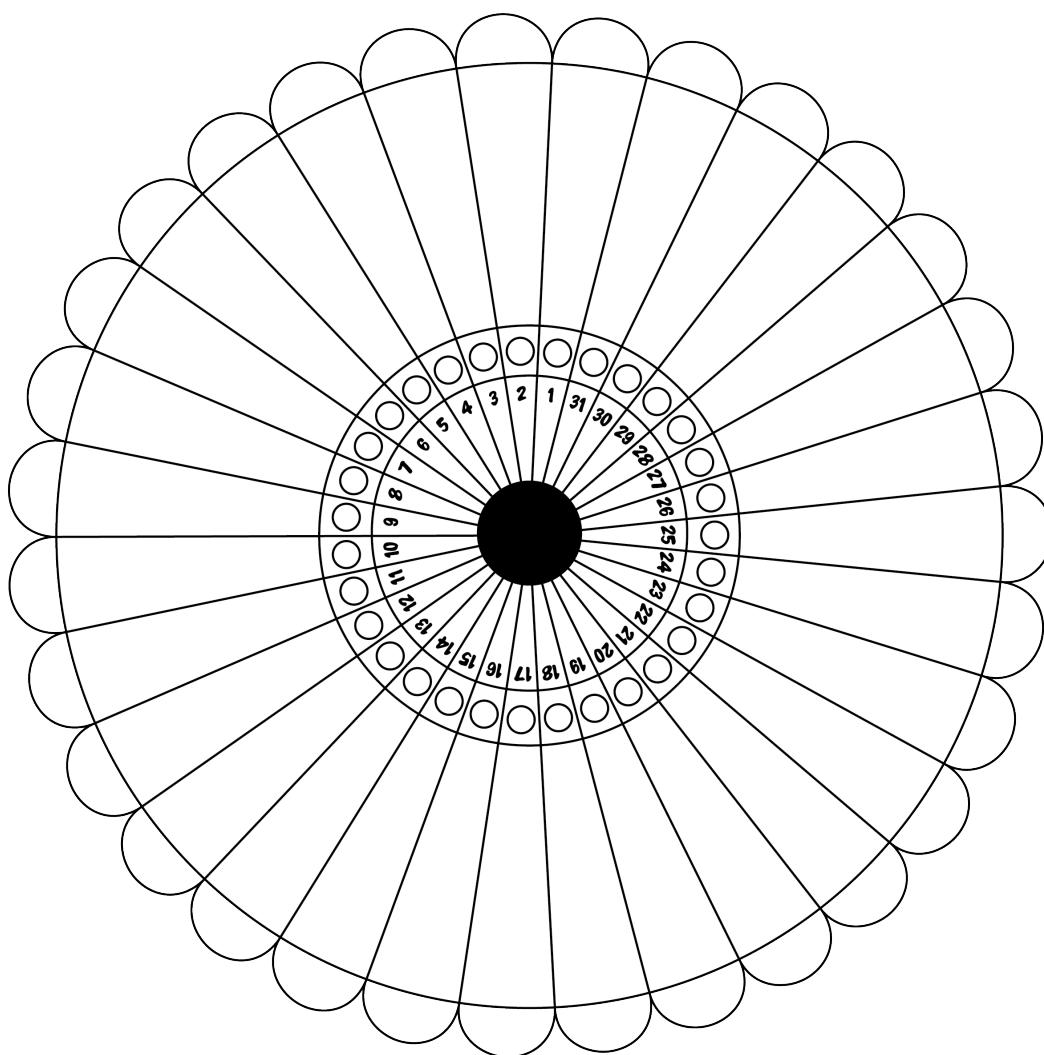
Being active during your moon time has many benefits. It could alleviate symptoms such as pain, cramps, bloating, depression, mood swings, irritability, fatigue, nausea. When working out, our body produces endorphins, or “feel good hormones”, that will reduce anxiety/depression, resulting in improving your mood.

THE KEY IS TO FIND BALANCE

It's also important to not overexert yourself during your workouts. Take frequent water breaks to stay hydrated.

Your after workout hygiene:

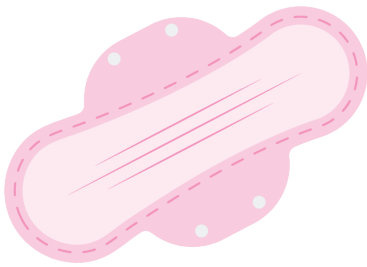
Shower, fresh underwear, fresh period products of your choice.



JULY
OHIARIKHÓ:WA

PERIOD PRODUCT CHOICES

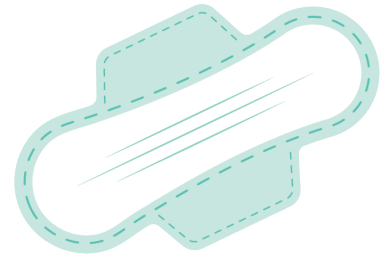
TSI NAHÒ:TEN AIERÁ:KO'



CLOTH PADS



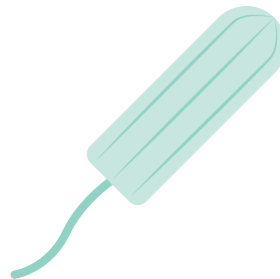
PERIOD UNDERWEAR



PADS



MENSTRUAL DISC



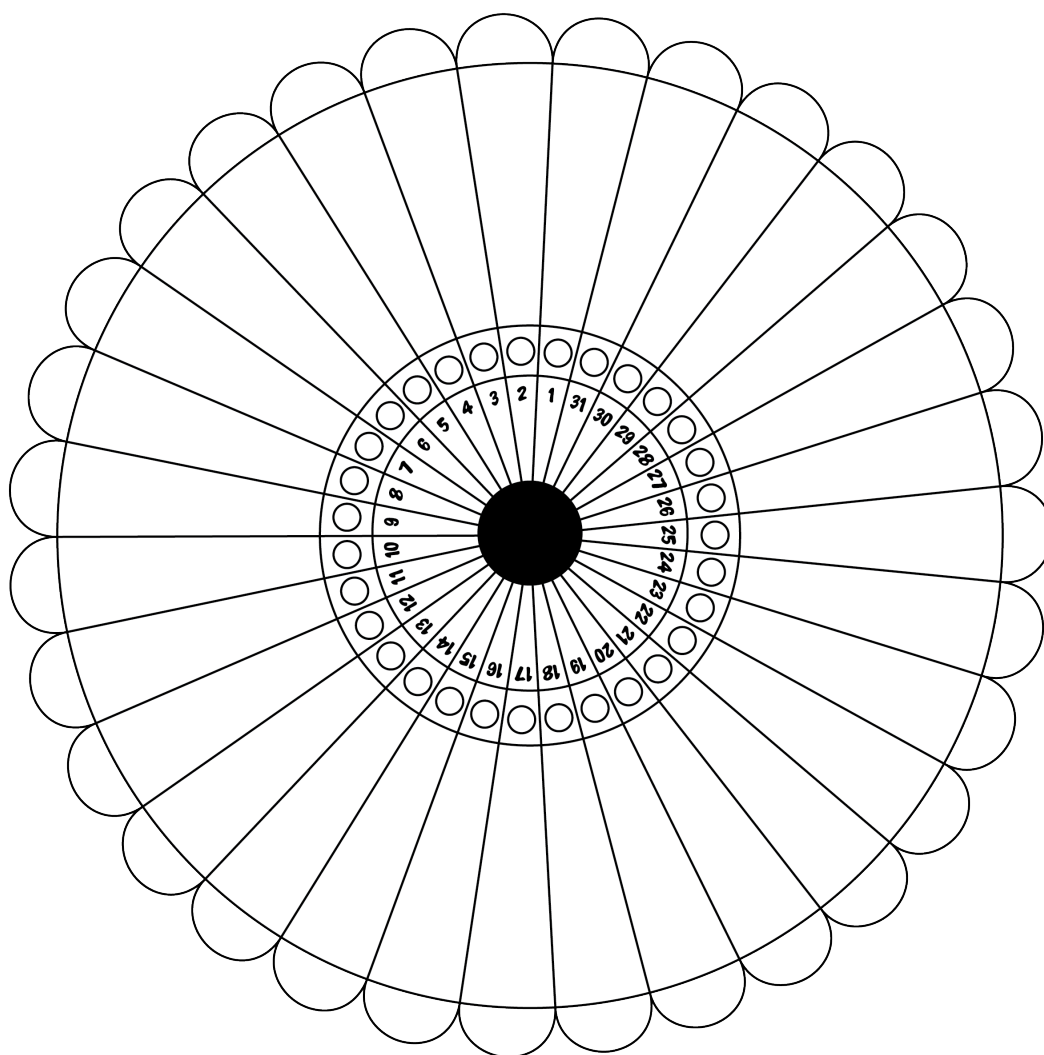
TAMPONS



MENSTRUAL CUP

“I DIDN'T EVEN KNOW ABOUT ALL MY OPTIONS TO TAKE CARE OF MY MOON TIME UNTIL I GOT A VARIETY OF CHOICES. NOW I FEEL LIKE I KNOW WHAT MY OPTIONS ARE AND THAT I CAN HONOR MY MOON TIME.”

- MENSTRUAL CUP RECIPIENT, YOUNG PERSON



AUGUST
SESKÉHA

Without clarity on what's happening in different stages, things can feel all scrambled up. Unscrambled these words below to find the hidden message.

UNSCRAMBLE

B L O A T E D

T I R E D

E M O T I O N S

I R R I T A B L E

C R A M P I N G

F L O W

S H E D D I N G

H Y D R A T E

O V U L A T E

M A T U R E

AUNTIE ADVICE

"I think it's very important to have a strong relationship with our bodies and to not feel shame for what it naturally does for us it's a monthly cleanse for our bodies to release toxins and that we should be grateful for."

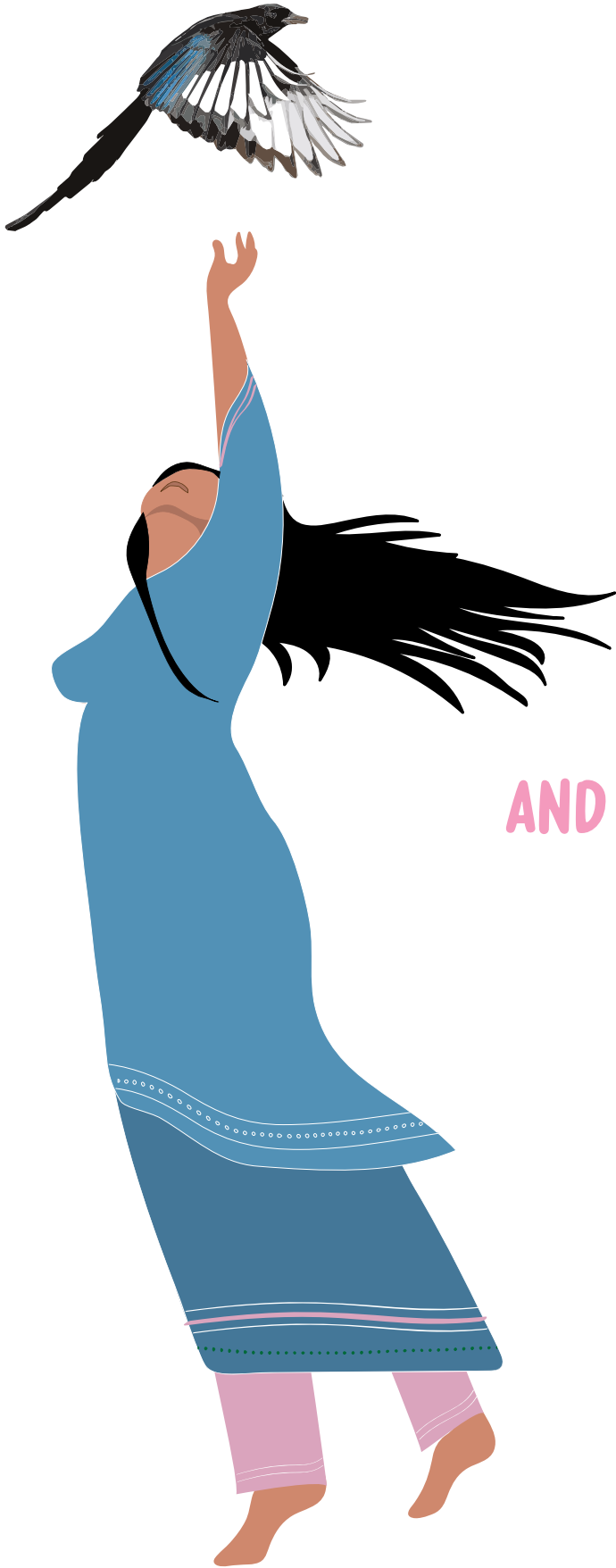
- TSIO TENHARIO HERNE

"It's important to remember our ancient teachings of being with our blood. It's ok to touch it and feel it. Hold it in your hands and sit with it, talk to your blood, ask it for guidance as you return it back to our mother earth, learn to hold space for yourself in that way and as you build that relationship with self, you begin to reactivate your DNA. Our greatest gift as a life giver is to remain connected to our mother lethi'nistenha Ohontsia."

- KAWENNIHOSTA JOCK

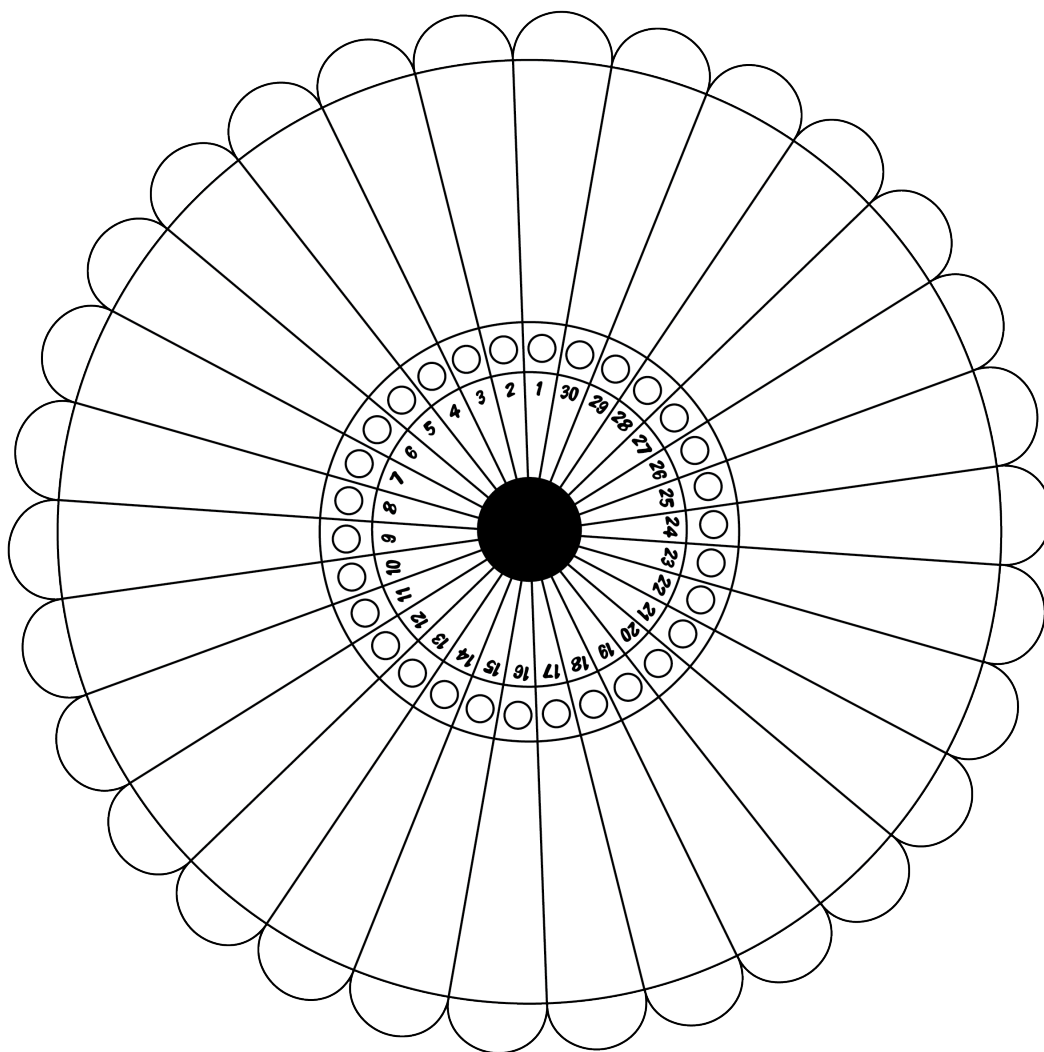
"Step outside of the mainstream noise of the definition of what being on your period is...tap into the knowledge of your Mother, Aunties and Elders to learn about your body. Don't be afraid to explore and be comfortable with all that comes with being feminine and masculine (and everything in between) within your being. There is no shame in moontime, only power. It is a time where selfcare is a priority and when you can tap into your own understanding of balance on all levels- physically, mentally, spiritually, and emotionally."

- DR. KONWAHAWI ROURKE



PERIODS ARE NORMAL.
YOU ARE WORTHY.
AND YOUR EXPERIENCE MATTERS.
KEEP SPEAKING UP -
THE MORE YOU KNOW,
THE EASIER IT GETS.

LOVE, THE PERIOD PURSE



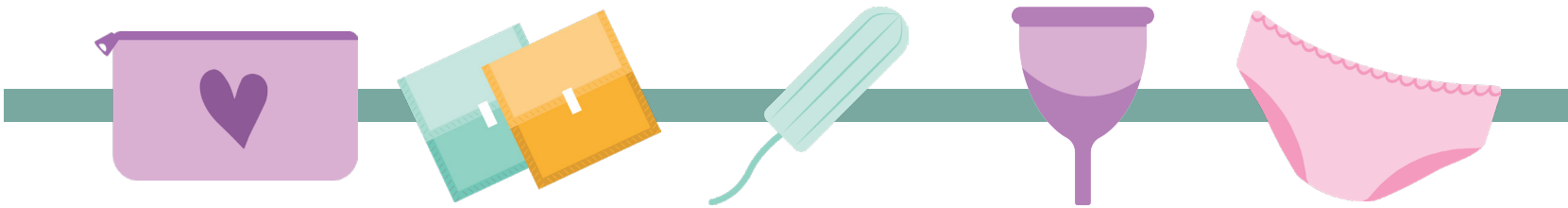
SEPTEMBER

SESKEHKÓ:WA

BACK TO SCHOOL

AONSAIONTERIHWA IENSTÁ:NA'

PERIOD PACK



Find a little makeup bag, add your preferred period products and even a new pair of underwear. Stick it in your backpack in case you or a friend need it.

AIONTATEWEIENÉN:TA'NE'

Preparation

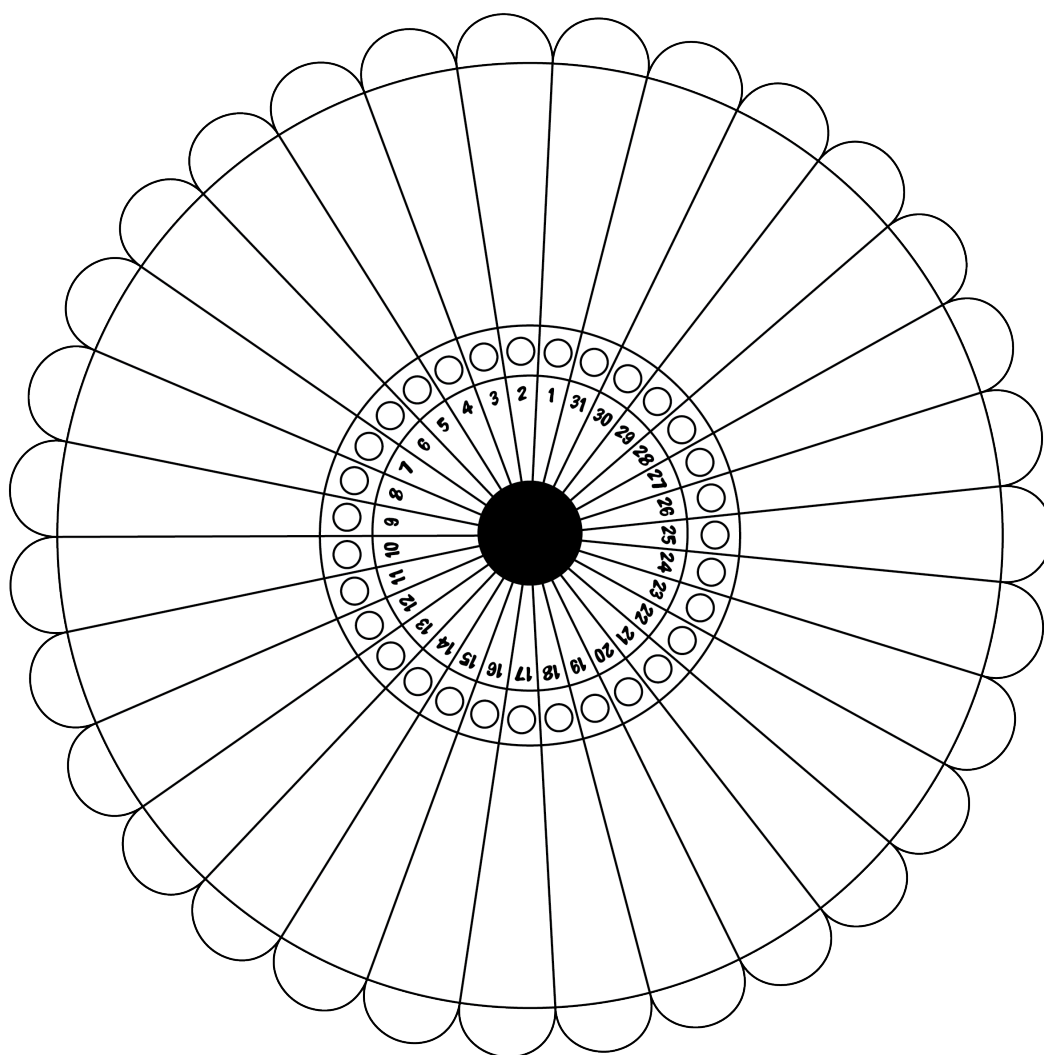
NÓ:NEN IESANATAHRENÁ:WI NE IONKHISÓTHA AHSONTHENHNÉKHA KARÁHKWA

When Grandmother Moon visits you

INCLUSIVE LANGUAGE*

INSTEAD OF...	"becoming a woman"	SAY...	"starting puberty"
INSTEAD OF...	"feminine hygiene products"	SAY...	"menstrual products"
INSTEAD OF...	"femcare"	SAY...	"menstruation management"
INSTEAD OF...	"women's health"	SAY...	"reproductive health"
INSTEAD OF...	"mothers and daughters"	SAY...	"parents and children"
INSTEAD OF...	"women"	SAY...	"people"

* SOURCE: NATIONAL YOUTH SEXUAL HEALTH NETWORK'S MENSTRUATION EDUCATIONAL BOARD (2021)



OCTOBER
KENTÉNHA



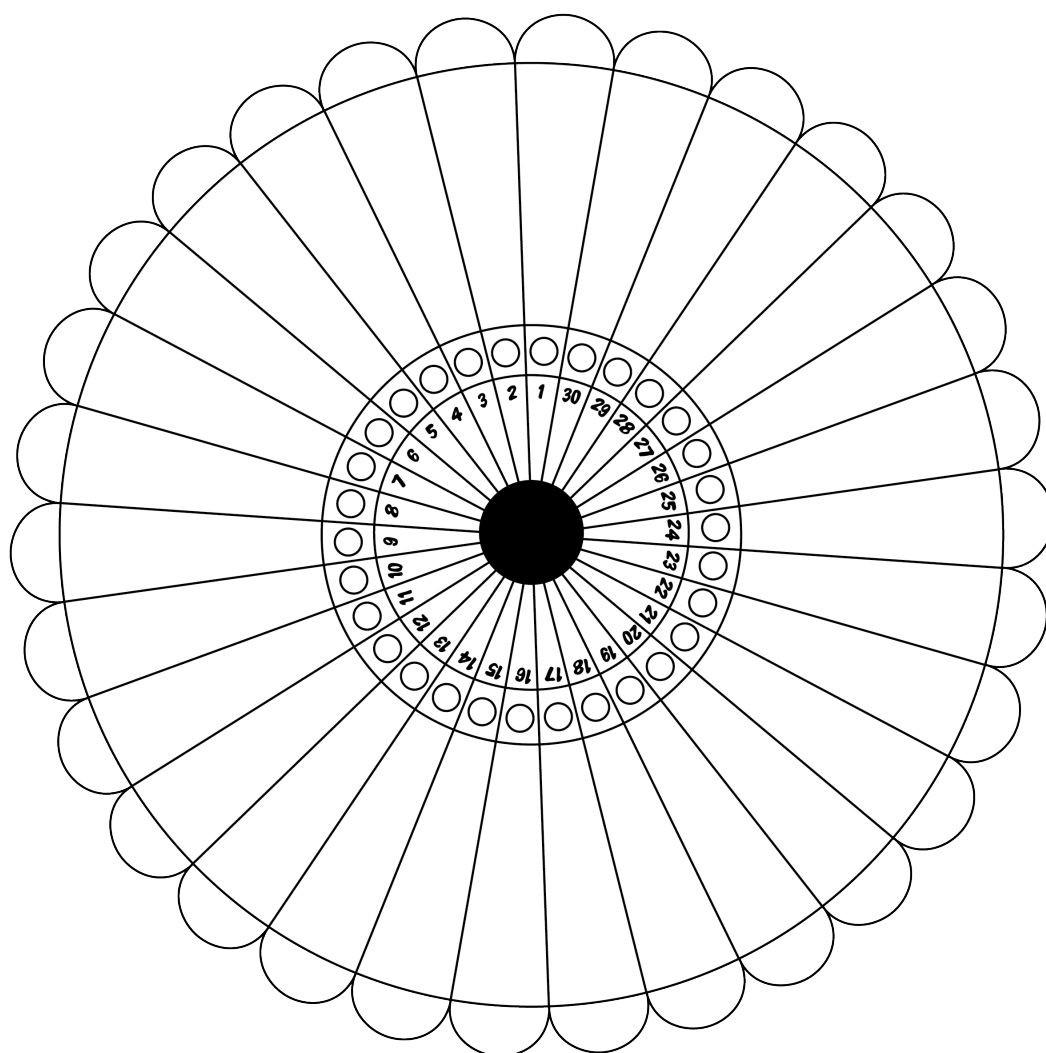
Make your story
so beautiful that even the stars will
wish you could touch them.

Make your story so calm that you will even see
Grandmother Moon smile.

Make your story so bright that you will
understand the birds, taste the plants, smell the winds,
drink the waters, face the sun and embrace the storms.

Make your story so sweet that your
mistakes are glorious, your memories hilarious,
your pain fleeting and your love honest.

Make your story
so beautiful...



NOVEMBER
KENTENHKÓ:WA

SATATEWEIENENTÀ:ON
/ YOU ARE READY
SONKWE'TÍ:IO /
YOU ARE PRETTY

TSA'TÀ:KE ON YOUR BODY

KEKSATÍ:IO /
I'M CUTE

SEKSATÍ:IO /
YOU ARE CUTE

ONÓN:TSI / HEAD

OIÀ:TA/OIERÒN:TA / BODY

OHNÉNHSÁ / SHOULDERS

OTSKWÈ:NA / CHEST

ONÓN:TA / BREAST

OKÓNHKWARÁ / NIPPLE

ONÉNTSHA - ARM

OHSIAHÒN:TA / ABDOMEN

ORONHKWÈ:NA / BACK

OHSÍ:TA / FOOT

OHSÍ:NA / LEGS

SATKÁTHO / LOOK

KEWÍSTOS / I'M COLD

KEN'NIWÀ:'A / IT'S SMALL

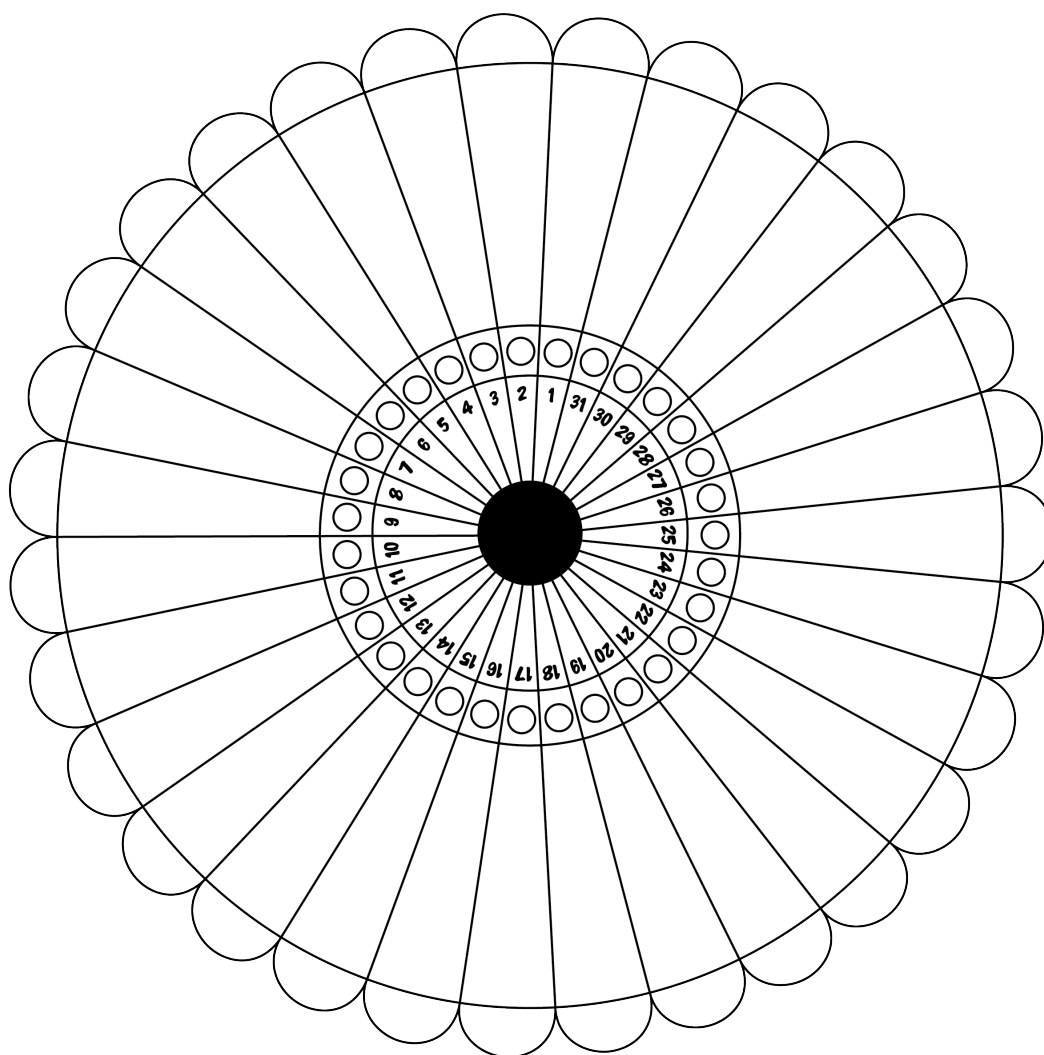
SATSHENNÓN:NI / YOU'RE HAPPY

KATONKÁRIA'KS / I'M HUNGRY

SÁ:RAT / LIE DOWN

SENTÀ:WHA / GO TO BED

SATATEWEIENENTÀ:ON / YOU ARE READY



DECEMBER

TSOTHÓHRHA

ATENONHWERATÓNTSHERA TÁNON' AKAWENHNÍ:TA AORIHWÀ:KE DO'S AND DON'TS CEREMONY AND MOON TIME

It is said that people who menstruate have medicine inside them, while those who don't find medicine through outside things, like lacrosse, singing, and creating. You have powerful medicine within you and it's important to be mindful of it.

This is your medicine

You are the vessel that brings life from skyworld to Turtle Island. You are part of Grandmother Moon and her cycle as she watches over you. Here are some Do's and Don'ts to help as reminders throughout your journey.

DO	DON'T
Your best!	Worry
Lend a helping hand or extra supplies	Forget your teachings
Your self-care and moon water	Ignore your feelings
Listen to your Aunties	



SA'SHATSTENHSERÁ:IEN
YOU ARE POWERFUL!



PREPARATION.

AIONTATEWEIENÉN:TA'NE'

EDUCATION.

AIONTÉWEIENHSTE'

NORMALIZATION.

AIERÉNHNHA'

FOR THE NEXT

Á:SETAHATIKONHSONTÓNTIE' RAOTIRIHWÀ:KE

GENERATION.