



TIDINGS



Sunday, July 14, 2013

A Daily Inspirational

Summer 2013, No. 29

Weather & Tides

Sunny / partly cloudy
 Lo: 67° High: 86°
 Low tide: 9:57 am
 High tide: 4 pm
 Sunset 8:22 pm
 Mon. Sunrise 5:13 am

THINGS YOU NEED TO KNOW

- GAYLA does Sunday Church Lady Day "Isn't that Special."
- Choral Hospice Workshop today
- Monday is GAYLA Gay 80s
- Don't forget to order your lobster for Wednesday



THINK ON THIS

"As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves."
 - Gandhi



TRANSFORMING YOUR LIFE

Ferry Beach Retreat and Conference Center welcomes **GAYLA XXXV** and **CHORAL FEST** for a week of fellowship at its coastal campus. It's the perfect setting, between our private beach and magical Grove, for all to explore the process and idea of transformation - of living into your new joy.

STEPPING INTO OUR GREATNESS: 35 YEARS - HEARTS FLYING FREE

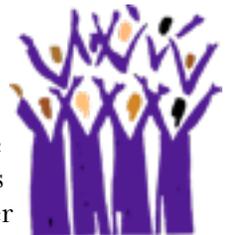
Get ready **GAYLA** brothers for a week of intentional community somewhere over the rainbow and on the shore of southern Maine. You have landed in a special place in which you can celebrate, contemplate, and interact as your true and whole selves. Yes, GAYLA brothers, you're not in Kansas any more.

Ferry Beach is proud to host GAYLA's 35th year of celebrating the spiritual, emotional, and physical connections among gay, bisexual, and questioning men. We offer you a supportive setting for you to discover and develop who you are and who you can become. As GAYLA takes this week to return to the basics of spirituality and fellowship, we encourage all of you to step into your greatness!

THE TRANSFORMATIVE POWER OF SONG

"Where words fail, music speaks."

Choral Fest is back spreading the healing sounds of song throughout the campus. Ferry Beach opens its heart as this group shares music with each other and our loving community.



Later today, the group will hold its first-time ever Choral Hospice workshop bringing singers together to learn the gift of song to those nearing the end of life and to the families who sit vigil with them.

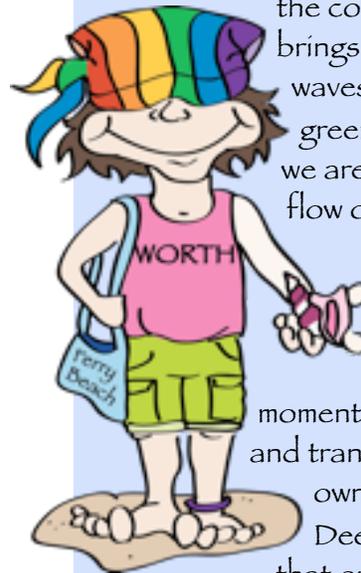
The concept of choral hospice began in medieval times, when monastic chants were sung for the dying. Musical rituals also were used by the Benedictine Order to support their dying. It wasn't until the mid-1970s that bedside singing for the terminally ill started to rise again. Today, it is common for singers to gather at a bedside with a gift of song that included chants, 3 and 4 part harmony, Hymns and even the "oldies but goodies." The beauty is that no two bedside sings are the same.

Singers from several hospice choirs in Massachusetts and Maine gather today to share stories and songs.

Schedule of the Day

7am: Sunrise Circle
 7:30 - 8:30 am: Breakfast in Dining Hall
 8:30 - 8:45 am: Choir Practice in Grove
 9 - 9:30 am: Choir rehearsal
 9:30 - 10:30 am: Chapel
 10:30 to noon: Choral Fest and GAYLA Workshops
 noon - 1 pm: Lunch
 1 - 2:30 pm: Free time (choral)
 2:30 - 4:30 pm: Choral Hospice workshop in Dolphin
 5 - 6 pm: Social Hour - Gardiner Lawn (BYOL)
 6 - 7 pm: Dinner in Dining Hall
 7 - 7:30 pm: Friend Circle
 7:30 - 8 pm: Choral Fest sharing group
 8 - 9 pm: Choral optional workshop
 9-11 - Evening Social Hour - Gardiner
 11pm - Lights Out - Quiet Time
 See you in the morning!

Beachcombing



Every day at Ferry Beach the tide transforms the coastline. A storm out at sea brings a higher tide and churning waves, or a calm sea a sheet of green glass. Just like the tides, we are pulled by the ebb and flow of the world around us—the people who depend upon us at home, at our workplace, or out in the world. In each now moment, we are being transformed and transforming others by our own energies and actions. Deepak Chopra reminds us that our bodies, just by breathing, transform air into the “exact chemical bonding needed to keep us alive.”



Quillen Shinn was a robust and impulsive boy often in trouble, but at his mother's knee always confessed his guilty actions.

Tidings Greeting

Welcome to Ferry Beach!

We appreciate you choosing to come to our beautiful campus in southern Maine this year. In addition to the wonderful conferences and retreats, Ferry Beach is a great place to relax, restore and renew. We hope you enjoy our beautiful beach, the workshops and activities for spiritual renewal as well as the wonderful food and the welcoming community. Our staff works hard to provide you with the very best, and so feel free to reach out to them if there is something you need. We hope you and your family enjoy your time at Ferry Beach.



Paul Provencher, President, Ferry Beach Board of Directors

FERRY BEACH BOARD

Paul Provencher – President
Barbara Crowley – Vice President
Carolyn Hodges – Treasurer
Marty Burgess – Secretary

Members: Anne Falkowski, Cyd Melcher, Stephen Fogg, Valerie White, Paul Riechmann, Lydia Gibb, Jaime Lederer, Ron Willett

MANAGEMENT STAFF

Cathy Stackpole, Executive Director -- 207-710-1944
cstackpole@ferrybeach.org
 David Ruitenberg, Operations Director - 207-468-2854
druitenberg@ferrybeach.org
 Katrina Newton - Office Assistant --207-282-4489
knewton@ferrybeach.org
 Roger White, Concierge - 216-633-4486
rwhite@ferrybeach.org

Please consider making a contribution! Your support helps us provide Ferry Beach to others!

5 Morris Avenue
 Saco, Maine 04072
 Year Round Office: 207-282-4489
 Summer Office: 207-284-8612