

# TIDINGS



Sunday July 21, 2013

A Daily Inspirational

Summer 2013, No. 35



## Weather & Tides

Sunny  
 Lo: 57° High: 81°  
 Low tide: 4:16 am  
 High tide: 10:22 am  
 Sunrise 5:20 am  
 Sunset 8:16 pm



This Place Belongs to All of Us. Please  
 Take Care of This Place.

## Think on This

“The silence holds  
 with its gloved hand  
 the wild hawk of the  
 mind.”

-- R. S. Thomas



## Welcome Family and Friends, Yoga Retreat Conferees and Curious Journeys!

Welcome to Ferry Beach Park Association! If you are new to Ferry Beach, we hope you will enjoy your stay here on our beautiful campus. There is material in your room, if you are in a dorm, cabin or cottage that can help you learn more about Ferry Beach. We also want to make your stay as pleasant as possible, so if you need something, don't be afraid to ask, we are here to help. If you haven't been here in awhile, you may find some wonderful new additions, the cabins are available for rent as is Claflin Cottage.

We also hope that you will come back to Ferry Beach either later this summer or consider putting

Ferry Beach into your summer schedule in the future!

This week, John and Beth Rafter are our volunteer coordinators for Family and Friends, I. This conference includes many wonderful activities for all members of the family.

Anne Falkowski, heads up the Yoga Retreat. Anne has her own studio in Connecticut and has been teaching yoga for many years. She volunteers her time both as a coordinator and instructor for this week as well as a board member of Ferry Beach.

Sam (Melissa) Sherman, a writer and writing instructor, is leading the Curious Journey conferees this

week. She will be doing a variety of activities to help both the fledgling writer and the pro find their creative juices!



Join Us  
**Labor Day  
 Weekend**  
 For An Old Fashioned Family Picnic

Find Member Information  
[www.FerryBeach.org](http://www.FerryBeach.org) 

 **Annual Meeting**  
**June 21, 2014**

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## Schedule of the Day

- 7am - Polar Bear Swim
- 7:30-8:30 - Breakfast in DeWolfe Dining Hall
- 9-9:30 - Pick up Choir in the Forbes Chapel
- 9:30-10:30 - Morning Service Chapel
- 10:45-noon - Morning Programs
- noon-1pm Lunch in DeWolfe
- 1-5 - Free Time
- 1:30 - 2:30 - Ice Cream Social - DeWolfe
- 5-6 - Hospitality Gardiner Lawn
- 6-7 - Dinner in DeWolfe
- 7:30 - Contra Dance - Rowland Auditorium
- 9-11pm - Evening Hospitality



*In 1901, Universalist minister Quillen Shinn wandered into the wooded pine grove at Ferry Beach and knew it to be a magical place where people would gather together for centuries for rest, relaxation, reflection and renewal.*

## 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.”



## 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

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

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