

Discovery

Winter 2014 Newsletter from the Ferry Beach Park Association

- Registration for Summer Conferences is open and doing well. Make your reservations now!
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Building Bridges, Reaching Out

Are you a UU? This is a question I have heard often. When I hear it, the question sends shivers up and down my spine. I wonder, where is this question coming from? What is the context? What is the background of the questioner? This question has been asked of me and I have been present when others were asked. This has occurred at my congregation, when visiting other congregations, at District meetings and at Ferry Beach. It's possible that the question is quite an innocent one. The person asking wants to understand to whom they are speaking and whether they have any commonalities.

As stated by the UUA "We welcome people of many backgrounds and beliefs...whatever you believe you will be welcome here." (UUA website). One of our 7 Principles states: "In the worth and dignity of all." In that light, I am going to suggest that there is a better question to ask another UU or someone you meet at your congregation or at Ferry Beach. It may be helpful to say "How is it that you came to visit us?" or "What is it that brought you to Ferry

Beach (or this congregation)?" I suggest an open ended question which can't be answered by a simple yes or no. You are then opening the door for the visitor to come through with you. The answers you will hear will always have a surprise for you. As well, you'll learn new information and may make a new friend.



I was recently attending the Ferry Beach Board of Directors Retreat in Saco. After dinner one evening a number of attendees gathered in a living room with a warm fireplace. The conversation centered on the question "When & how is it that you came to Ferry Beach?" Some people first arrived shortly after their birth in the 60's or 70's, while others were in their first decade. A number were life-long UU's with a long legacy of this religion in their families while others were "recovering Catholics," or were from other religious traditions. Some were people who had been searching for a comfortable "spiritual" home. They live in faraway places such as Orono, ME, Montpelier, VT, or Wilbraham, MA. Some lived in cities closer to Saco, like Portland, ME, Kennebunk, ME or Cambridge, MA. They have pretty interesting jobs, careers and interest. You find many individuals in the "helping professions" such as medical doctors, psychologists, social workers, nurses, business owners and engineers. Interests include bicycling, running, photography, music, singing, horseback riding or sea kayaking.

Time, Talent and Treasure on Ferry Beach Board

Over the past few years, Ferry Beach has seen several changes and transitions. As we move forward into the 21st century, some of those changes have been necessary while others were unpredictable. As a community, Ferry Beach has weathered many storms – of staff transitions, summer schedule changes, lease negotiations, and even real nor’easters – and endured for more than 100 years!

During the past few years as I have been a member of the Ferry Beach Board of Directors, I have marveled at the leadership and commitment of my fellow members. When we’ve approached difficult decisions, we’ve done so with the best intentions for Ferry Beach and its membership and held the Unitarian Universalist principles and practices in high regard. Doing so has been important to the integrity of this organization and its’ survival. These experiences have deepened my gratitude for my predecessors and renewed my appreciation for the gem that is Ferry Beach.

I felt called to join the Board of Directors, as Ferry Beach has remained a meaningful place in my heart and propelled my spirit since the first time I set foot on its sand, sat on the Quillen porch, sang Flying Free. My service on this Board has been to create and support a place that future generations can enjoy. I volunteer and serve as a member of

the board in the spirit of the Sanskrit word, “Seva,” or “selfless service.”

As a not-for-profit organization rooted in the Unitarian Universalist tradition, we draw our wisdom and spirituality from many sources. Our seven principles, our values, help guide us not only in our UU churches, but also in how we co-exist in a sometimes-difficult world and in relation with others. As we exist as a UU-based community at Ferry Beach, it is always important that our human interactions include the “inherent worth and dignity of every person,” and we remember “justice, equity and compassion in human relations,” as we struggle with the important decisions and interactions with one another at Ferry Beach – among members, staff, guests, volunteers, new-comers and long-time members alike.

In the Bhagavad Gita (a Hindu scripture), it is written, “Living creatures are nourished by food, and food is nourished by rain; rain itself is in the water of life, which comes from selfless worship and service.”

Many of us feel nourished by Ferry Beach – what talent, time, and treasure are you able to give, how are you serving Ferry Beach?

Jaime Lederer

Building Bridges, cont’d.

The discussion moving forward was about a number of experiences shared amongst the people present. Many were about when the Ferry Beacher was a child attending Camp Sea Breeze, or where the store was located in 1990, or the amount of Beach we had 20 years ago. Many also compared the benefits of living in a tent in the Grove or living in Rowland when you could feel the breeze coming through the walls or when the Rowland bedrooms opened up into the GAYLA Theater. Oh my, how things have changed. So remember, now, when you meet a new person, ask them, “How is it that you came to visit Ferry Beach or how did you find out about us?” You’ll be very surprised at what you hear and learn.

Paul Provencher



We have been reading Gratitude Works in our first ever virtual book group. Find each chapter’s write up on our website at ferrybeach.org!

Planning for the Next 100 Years: Board Retreat

On a cold, last day of January 2014, the Ferry Beach board kicked off our annual retreat with dinner and a focus on the role of the board, staff and members of a not for profit organization. Our overall responsibility, which the board had affirmed in its work last year is to govern: making all policy decisions and abiding by all legal requirements of not for profit organizations, including the stewardship of the organization’s resources. The board also affirmed its role in thinking strategically, clarifying the identity and direction of the organization, leading the fundraising charge and affirming its mission. Finally, the board was meeting this year, to participate in the creation of strategies, which generate revenue and resources. With the staff carrying out much of the implementation of strategy, the board re-affirmed its role in the creation of strategic direction and goals.

The board reviewed its key drivers that have guided our work in this last year, right relations (healthy partnerships), fact

finding, searching for the truth in a situation and financial sustainability. We also affirmed our values, which we distilled from our UU Principles last year.

After spending time assessing our current realities, including a deep dive into our financial health and the overall use of our campus, the board broke into three groups: 1) Finance, 2) Resources and Relationships and 3) Culture and Philanthropy. Each group will be meeting in the next few months to hammer out some specific strategies and goals. We will have some time through a Town Hall type process in June before the annual meeting, to get input from our community of members.

In the finance area, this small group is looking at creating some clear guidelines about debt and debt service in addition to a ten-year plan around financial health. The resources and relationship small group is looking at ways to best use our campus in the service to our mission, exploring program options, being good

stewards of our physical space and to our overall health as an organization. Finally the culture and philanthropy small group will be exploring the role of volunteer service in our organization as well as ways to increase our philanthropy, including planned giving.

We covered a lot of ground in two and a half days and we are grateful to Barbara Crowley, the vice president of our board, Deborah Bicknell, our facilitator and consultant and Cathy Stackpole, our Executive Director for all the hard work they put into the retreat, preparing documents and creating our overall structure. We are grateful to the members of our board who gave up their weekend to participate and to Brad Cohen and Rick DeWolfe, two members of the nominating committee who participated in the process as we work together to build future boards. We left feeling that we had accomplished a great deal, energized that we have some clear direction and hopeful for a wonderful future.

Summer 2014: Grateful for Music, Friends, Food and Grace!

Music of all kinds enhances our theme of gratitude and grace this summer. We are pleased to welcome longtime activist, singer, songwriter Holly Near on August 16th for a concert in the GAYLA Theater (8pm, tickets \$25). Holly is coming to Circle of Music and conducting workshops in songwriting and singing for three days and then Joe Jencks, another singer, songwriter, joins the Circle of Music for the rest of the week. Holly refers to the week as the "Great" Circle of Music and we are joining her in affirming that transformation!

That same week, August 16-22, shaman and sound healer, Pierre Garreaud returns to Ferry Beach. With his partner, Janice Johnson, an intuitive healer, Pierre will focus our rituals and activities on healing the heart. The vibration at Ferry Beach is sure to be humming with love and gratitude this week.

Carolyn McDade will grace our presence during women's week. Carolyn wrote "Spirit of Life" and many other beautiful songs. She has dedicated her life to empowering women through creativity and we know this will be a week to remember. (August 9-15)

Choralfest (July 12-18)) will energize our voices once again with a week of beautiful music. Starting with the voice, Jay Lane, president of the McClosky Institute of Voice shares vocal techniques to develop and restore the singing voice. This workshop will include the opportunity to learn and try specific exercises to free the voice through relaxation, posture and well-coordinated breathing.

Family weeks are also taking shape with special music as we welcome Andrew McKnight, singer, songwriter from Virginia to Ferry Beach for the first time to Family and Friends. Andrew, like Holly and Joe, often plays in UU churches around the country and we are



grateful all of them have agreed to come to Ferry Beach to share their special blend of uplifting musical spirit with us. (July 26-August 8)

Intergenerational R&R week (formerly Family and Friends, I) offers two workshops and also has a number of conferences (Kayaking, Yoga, Writing) for adults built into their week while also offering great workshops for children and youth. (July 19-26) UUF AF welcomes long-time Ferry Beacher, Aaron Payson as theme speaker this year. Both of these weeks will have all of the wonderful Ferry Beach touches including open art room, ice cream socials, the talent show and more. (August 2-9)

We are really excited to welcome Reverend Tamara Lebak to Ferry Beach during our Religious Education week. Tamara comes to us from the largest and most diverse UU church in the nation in Tulsa. With her high energy and bright spirit, she'll be exploring the theme of power in organizations and how people can use their power to achieve a purpose. Professor Mark Hicks from Meadville Lombard also returns that week. (July 5-11)

New conferences this year are Aging with Grace: Aging and Spirituality, (August 12-15) a graceful look at the aging process and its connection to our spiritual growth and the Art of Seeing, a photography workshop with Elisabeth Bard, (August 23-29). We also welcome back for the second summer, a 12-step intensive: Stepping Out with Grace and Gratitude. Open to all challenges of addictions, last year's attendees raved about the community and practice created here at Ferry Beach through this conference.

Quilting By the Bay at the end of the summer welcomes Jo Diggs, applique artist and teacher for one day (Monday) and we welcome back our celebrity quilter, Barbara Stroup for the rest of the week. Barbara and her work have been featured in several newspaper articles

this last year. (August 23-29)

Finally our summer will end with a celebration for all of the different ways we are

family to one another! Our barbecue on Saturday features live music from 4-8pm by the Downeast Soul Coalition and fantastic food grilled to perfection by our beloved Dave Ruitenbergh, Director of Operations and



Culinary Institute alum. Ribs, burgers, chicken, corn, portobello, lobster and more will await your taste buds at the barbecue.

Games for young and old alike with special prizes make the late afternoon one to remember. Sunday features a brunch, and a dinner pasta bar in addition to organized bike rides, volleyball games and talent show. New this year will be dances for universal peace, offered Sunday afternoon. Reverends Richard Trudeau and Nancee Campbell will share information about our Universalist legacy in a special Saturday morning workshop. In all, Labor Day weekend will be a perfect way to celebrate the summer of 2014.

For a full list of summer conferences, see our website at www.ferrybeach.org

New to Ferry Beach? Mention that when you register & have breakfast on us for the week!

Summer Conferences for 2014 are filling up! Be sure to make your reservations soon!

Living in Gratitude and Grace: Our Summer 2014 Theme! Join Us.

Summer 2014 Schedule

June

21 - **Ferry Beach Annual Meeting** in Rowland Hall, Saturday, 11am.

22-28 - **Work Week** - An opportunity for family and friends of Ferry Beach to come and help clean, paint, garden, sew and many other projects!

28 - July 5th - **KFTE, Different Drummers, and FUUTURES**, Youth camps for children between the grades of 4 through 12.

July

5-11 - **Religious Education Week**. We welcome Reverend **Tamara Lebak** from All Souls, UU in Tulsa as minister of the week. Coming from the largest UU Church in the country, Tamara will share information about church growth. **Mark Hicks from Meadville-Lombard** will be teaching a class and several other workshops will be available for religious educators and friends.

12-18 - **Choralfest** - Great place if you love to sing. Choir membership is not required!

12-19 - **GAYLA** - A wonderful spiritual and fun conference for gay men of all ages.

19-26 - **Intergenerational Rejuvenation and Relaxation** (formerly FFI) Workshops and activities for every member of the family!

19-26 - **Yoga Retreat** - **Anne Falkowski** returns with a fabulous opportunity for you to care for your body temple in the most relaxing and rejuvenating environment.

19-26 - **Curious Journey's - Writer's** conference with **Sam Sherman** and **Carolyn Locke**. Sam's speciality is prose and Carolyn will share her talents and skills as a poet. Two tracks, great fun.

19-26 - **Kayaking!** Join the Fogdogs of Ferry Beach in a wonderful weeklong opportunity to explore the Maine coast. With **Marty Burgess**.

26-August 2 - **Family and Friends** a conference of diverse families of all ages coming together to play, make music, explore our natural surroundings and connect to our spiritual



selves. Great young adult workshops and activities.

August

2-9 - **UUFAB** is a great place to connect with old friends, meet new people and enjoy the beauty of Ferry Beach. Every day is packed with family fun!

9-15 - **Women's Week** welcomes **Carolyn McDade**, singer, songwriter extraordinaire from Saturday evening through Monday. Amazing women's circles and activities planned throughout the week.

12-15 - **Aging as a Spiritual Practice**. Join **Nancee Campbell** and **Susan Murphy** as they share their journey of spirit and aging.

16 - **Holly Near Concert in GAYLA Theater**, Rowland Hall, 8pm.

16-22 - **Circle of Music** conference welcomes singer, songwriter **Holly Near** who inspires us

to remember our roots and use our voices and resources to make the world a better place.

16-22 **Integrated Spiritual Pathways** welcomes sound healer and Peruvian Shaman **Pierre Garreaud** for a week of spirituality and healing.

22-24 - **Weekend Getaway** - a short sampler of all the best that Ferry Beach has to offer.

23-27 - **Fiber Retreat, Weavers and Friends**

23-29 - **Quilting by the Bay** - an opportunity to quilt with others in an atmosphere of support and growth. Learn new techniques and ways of completing your projects. Coordinated by **Barbara Stroup**.

22-29 - **Stepping with Grace and Gratitude** - a 12 Step Conference for anyone interested in exploring how to use the 12 steps to live a life of grace.

29 - September 1 - **Labor Day Old Fashioned Family Picnic**. Live music on Saturday from 4-8pm with **Downeast Soul Coalition**, fantastic BBQ starting at 4pm on Saturday and great games for the whole family. Workshops and other activities round out the weekend.



We are hiring for summer crew. See the website for more details.