

IN THE COMPANY OF WOMEN FERRY BEACH, SACO MAINE - AUGUST 13-19, 2023



On Sunday, August 13th from 5 - 6:00 PM Denise will gather with newcomers and welcome any experienced campers who'd like to join us in Dolphin for a "Meet and Greet" and Q & A.

Newsletter #2 - August 6, 2023

Coordinator:

Denise Van Vooren
617-501-5279 (Cell)
dvvreiki@gmail.com

Minister of the week:

Li Kynvi



Optional LOBSTER dinner

Tuesday August 15th

There is an additional charge but not more than \$25.

**PLEASE SIGN
UP AT
REGISTRATION
IF YOU WANT
LOBSTER!**

SUMMER THEME: Awaken

Come relax, refresh, and renew ... In the Company of Women (ITCoW), where you can bring your full authentic self to be welcomed and appreciated by caring, curious, creative, supportive, and friendly companions in a safe and loving environment.

REGISTRATION QUESTIONS: By phone: 207-282-4489 x1
Online: <https://www.ferrybeach.org/company-of-women.html>

We're very happy to note that **45** women have registered for In the Company of Women conference this year, and about the same number have registered for Circle of Music!!!

There will be a LOT of new faces on campus this year!

CHECK-INS This Year:

- **Conference Attendees:** Check-in will be on Quillen porch. Coordinator will have everything you need to check-in. If there are any other concerns or items that need addressing, you will be directed to the office for assistance.
- During the summer season, if you purchased meals, or are in a conference, we will have name tags for everyone in your group.
- Please make sure to wear your name tag at all times, especially in the dining hall. **Guests will not be served food if they are not wearing a name tag.**
- Parking passes will be provided and should be visible in the front dash of your car, so staff can verify your vehicle. Parking passes will be marked with your lodging assignment, and check-in/check-out dates. **Please make sure to only park in designated guest parking areas, and not in staff parking spaces.**
- **If you have ordered linens:** They will be available for pick up in a designated common area, labeled with your name and room number on them. **Please do not take someone else's linens!**

Masked Faces

We suggest visitors wear N-95 or KN-95 masks when in large groups indoors or when feeling ill. Masks are required when in the food service lines and may be removed when seated.



OTHER INFORMATION TO NOTE:

- If you bring a **cell phone**, please find a place away from common areas to make any necessary calls. Many come to Ferry Beach as a "retreat" from such devices. Many of us have our phones with us at all times for our cameras and time. Please turn off all sounds.
- While on campus, you can send photos to tidings@ferrybeach.org and they will be shared on the screens in DeWolf dining hall.
- The dining room has **water, juices, hot water, and teas as well as coffee available**. Water is available in workshop rooms. Travel cups and water bottles are great to have.
- All the **meals** will be served cafeteria-style and include special foods for those who wish gluten-free or vegetarian options or who have food allergies. You will have choices of both hot and cold breakfasts.

Please call Ferry Beach and let them know ahead of time if you have special dietary or medical needs.
Phone: 207-282-4489

- **Masks are required in the dining hall line and can be removed when seated.**
- Each sleeping room has a lock on the inside to use at night. Outside dorm doors are also locked by staff each night.

You will be provided with the code for the door to your dorm on your name badge. If you have valuables that need to be kept safe, please lock them in your car. If you do not have a car, please check with the staff for an alternate secured place.

- **Don't forget your name tag** - it's your ticket for meals and it helps to remember names.
- Ferry Beach has a **general store** which sells jewelry, FB monogrammed clothing, hats, postcards, small necessities, etc. – and ice cream in different sizes with add-ins!
- If you enjoy **lobster**, at registration you can sign up and pay for lobster dinner which is Tuesday. This is an additional (optional) charge if you are buying meals, but not more than \$25.
- You may bring **alcoholic beverages** to the daily, 5:00-6:00 PM social hour or 9:00-11:00 PM gatherings, but these must be stored in a locked location (e.g., car) and not in the Beach's refrigerators. You can purchase bags of ice at the Grove office for your cooler.
- All non A/C rooms have box fans. If your room doesn't have one, let me or the Registration Desk (Quillen building) know!



Scheduled WORKSHOPS and ACTIVITIES: (There's no requirement to attend any offering!)

Thank you to everyone who has volunteered to offer programming to make our week special.

In the spirit of affirming the journey and contribution of every woman, we are offering opportunities for conference-goers to claim their stories, reflect on their life stages and what brings meaning to our lives. Together we create safe space to be fully expressed and shared in the larger circle as well as in small groups and one-on-one. We also hope to offer plenty of opportunities for fun, art, community, and spirit. And of course, there's always time for lounging and swimming at the beach, walks in the grove, socializing on a porch, quiet reflection, and ice cream.

ITCoW Workshops and Activities during the day:

- Loss, Gain, Changes: Sharing our Pandemic Stories ~ Ashley Silva & Kristin Leary
- Writing Workshop "This I Believe" ~ Sharon Smith-Raska
- Immune Boost Self-Massage (also incorporating breathwork, gentle yoga movements and a shavasana) ~ Jane Hucks
- Early Morning Yoga (Tuesday and Thursday) ~ Jane Hucks
- Early Morning Yoga (Wednesday and Friday) ~ Janet Gula
- Create a Personal Sigil for Empowerment ~ Jody Breton
- Create an Intuitive Self-Portrait ~ Mitch Beck
- Journey Dance ~ Sherry Lundquist
- Art workshops (3 total on different days) ~ Laura Carey
- Solar Print Making ~ Leah Goat
- Book Chat ~ Sharon Smith-Raska
- Wise Woman Circle ~ Christine Krom
- Healing Sea is an open 12 Step meeting for those in recovery.

WORKSHOP DESCRIPTIONS

Creating an Intuitive Self-Portrait ~ Misch Beck

We will create a simple background using 3 or 4 paint colors.

We will then sketch in a figure and a symbol.

All of this will be with our nondominant hand.

The idea here is to let the painting be what it needs to be and not correct or fix anything you don't like.

Everything is there for a reason!

Then you paint in the figures and the last step is to talk to the painting and find out what it means to you.

Based on a 5-day painting workshop by Abstract Painter Robin Sturis

Solar printing ~ Leah Goat

On a sunny afternoon, we will create solar prints of flat-ish found objects (seaweed? pine needles?), taking advantage of an eco-friendly chemical reaction on specially prepared paper. Exposure will take 3-5 minutes. We'll "develop" our cyanotypes in a water rinse, let them dry thoroughly, and a light image will emerge on an indigo blue background. Make several prints and mount them on cards or take them home for framing or collage.



Create a Personal Sigil for Empowerment ~ Jody Breton

Creating your own Sigil enlivens and empowers your deepest desires. A Sigil is a magical symbol that is a pictorial representation of a desired outcome.

Through meditation or by a shamanic journey you'll uncover your truest desired outcome, receive instructions on how to construct a Sigil from a word, then artistically create your very own Sigil.

We'll discuss how to empower your Sigil and how best to use it.

There's a Sigil for every desire!

Health, Wealth, Joy, Strength just to name a few.

Loss, Gain, Changes: Sharing our Pandemic Stories ~ Ashley Silva & Kristin Leary

Collective trauma. Collective healing. Both of these things are true. As we gather at Ferry Beach, you are welcome to join us for a couple of hours to make space for the stories we each have about our travels through the pandemic.

Alone or in the company of others, each of us followed a path that has led us to this place in this moment. Was your path through Pandemic Times dark, light, or dappled? Come, let's share our experiences with one another.

Immune Boost Self-Massage ~ Jane Hucks

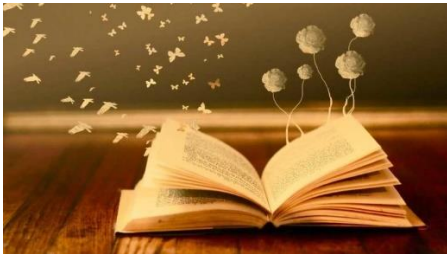
Also incorporating breathwork, gentle yoga movements and a shavasana

Items to bring:

- A towel
- Body lotion
- Comfortable, loose clothing



Book Sharing "Porch Chat" ~ Sharon Smith-Raska



Join us for the ever-popular conversation as avid readers and book lovers talk about their favorites and share their recommendations. Sharon is a life-long reader and has taught English for many decades and loves sharing ideas about life and our own experiences and hopes to spend a few hours doing just that with the women of Ferry Beach this year.

Writing workshop "This I Believe" ~ Sharon Smith-Raska

This workshop will be based on Creative Writing classes that usually produce AMAZING work. The writing was based on the starter...THIS I BELIEVE. Usually, it produced writings that kids were surprised came from them. Sharon will offer a few samples, and then offer time for reflection and writing. After a period of writing, we can all, hopefully, share what we have written. As noted above Sharon has taught English for many decades and she loves the week of sisterhood and the support we all give each other when we are together and when we are apart.

Journey Dance ~ Sherry Lundquist

Ferry beach has long been integral to my spiritual life, and it has been a joy to be part of the company of women for many years period I have laughed, cried, created, son, danced, and grown with y'all - my circle of sisters. I am honored and grateful to offer Sherry's Journey Dance, a 90-minute exploration of gentle movement, play, joy, connection, and of course, the always popular dancing with scarves. We will tell our stories using our bodies and breath. (There Will be a time for integration and processing so we will not be dancing for 90 minutes!) All are welcome to join in even if you don't think of yourself as a "dancer". There are no steps to learn and no wrong way to do it. All you need is an open heart and a willingness to explore moving in a loving circle of sisters. Cheers will be available and there will be no judgment, only love. Come join us on the dance floor! See you there.

ITCOW Evening Activities:

- Trivia Night: with our beloved Emcee Judy Tator: Judy says “As much as you probably want to study and memorize this year’s Almanac and the latest encyclopedia, it probably won’t help. Your memories are all we ask of you and a willingness to have fun.”
- Dance Party: hosted by Sherry Lundquist
- Talent - No Talent Night: sharing the stage once again with our friends from the Circle of Music It’s never too early to start thinking about what lovely offering or crazy-fun antics you’ll WOW us with.

Circle of Music Evening Activities:

- Rise up Singing / Rise Again concert & sing-along with COM guest artists Annie Patterson & Peter Blood
- Let’s Jam workshop ~ Rudy Gabrielson
- Coffee House
- Song Circle Sing-along Bonfire and S’mores
- Concert: The Life & Songs of Pete Seeger ~ Annie & Peter



SPONTANEOUS OFFERINGS:

Women in both groups are welcome to participate in activities for either conference.

Afternoons from 4 – 5pm we especially encourage anyone who has a passion or interest to offer something spontaneous.

Sessions can be offered as a one-off or spanning as many days as desired!

A white board will be set up in Dolphin for people to post offerings

Some possible ideas:

Hiking in the area
Reiki sessions
Poetry sharing
Writing group

Lead a game night
Info on aromatherapy
Books swap
Ritual on the beach

Ritual in Grove Chapel
Forest Bathing
Lead a Meditation
Beach walk

Wherever your heart and interests lead you, we'll help you find a spot!

ON CAMPUS ITCOW MAIL:

At registration and throughout the week you will be welcome to create your own on campus mail bag.

During the week feel free to drop notes of thanks or encouragement, little gifts of nature, images, treats and trinkets etc.

Markers, images, glue sticks, stickers etc. will all be available throughout the week.



Updated 8/5/23	August 13-19, 2023 - In the Company of Women (ITCoW) - Theme: Awakening						
	Sunday 8/13/23	Monday 8/14/23	Tuesday 8/15/23	Wednesday 8/16/23	Thursday 8/17/23	Friday 8/18/23	Saturday 8/19/23
Wed & Fri 6:45 - 7:30 Tues & Thurs 7:00 - 7:30	Coordinator: Denise Van Vooren 617-501-5279 ☎ Minister: Li Kyrvi		7:00 start: Yoga Jane Hucks (D)	6:45 start: Yoga Janet Gula (D)	7:00 start: Yoga Jane Hucks (D)	6:45 start: Yoga Janet Gula (D)	
7:30-8:30	Send your photos to: tidings@ferrybeach.org	Breakfast (DW)	Breakfast (DW)	Breakfast (DW)	Breakfast (DW)	Breakfast (DW)	Breakfast (DW)
8:20-8:40	Location key: (B) Beach (C) Chapel in Grove * (CC) Creative Cabin (D) Dolphin (DW) DeWolfe Dining (G) Grove (GL) Gardiner Lawn (Q) Quillen & Porch (R) Rowland (RP) Rose Pavilion (SH) Screen House (reserved for Li to use for Chaplain visits except 4-5pm daily) *if rainy, Chapel will be held in (FP)	Choir Rehearsal (C) Everyone welcome!!	Choir Rehearsal (C) Everyone welcome!!	Choir Rehearsal (C) Everyone welcome!!	Choir Rehearsal (C) Everyone welcome!!	Choir Rehearsal (C) Everyone welcome!!	Choir Rehearsal (C) Everyone welcome!!
8:40 - 9:15 After chapel		Chapel (C) Guided meditation/mindfulness	Chapel (C) Guided meditation/mindfulness	Chapel (C) Guided meditation/mindfulness	Chapel (C) Guided meditation/mindfulness	Chapel (C) Guided meditation/mindfulness	Chapel (C) Move out of your room 9 - 10am
10 - Noon Take breaks as needed		Intro to ITCoW Welcome Circle Gathering (D)	Immune Boost Self-Massage Jane Hucks (D) (10-11am)	Loss, Gain, Changes: Sharing our Pandemic Stories (D)	Writing Workshop "This I Believe" (D) Sharon Smith-Raska	Journey Dance (D) Sherry Lundquist	Closing Circle Gathering (D)
Noon - 1:00		Lunch (DW)	Lunch (DW)	Lunch (DW)	Lunch (DW)	Lunch (DW)	Lunch (DW)
1:15 - 3:30 Breaks as you need		Creative Project Laura Carey (CC) & Create Solar Prints Leah Goat (CC) * *Delay if sun doesn't cooperate	1pm ITCoW GROUP PHOTO (DW porch) *** Followed by: Creative Project Laura Carey (CC)	Create an Intuitive Self-Portrait Misch Beck (D) <i>(Creative Cabin reserved for Circle of Music this afternoon)</i>	Art Project TBD Laura Carey (CC)	Create a Personal Sigil for Empowerment Jody Breton (D)	Out of Grove by 2pm
3:30 - 4:00	3-5pm WELCOME table and info for ITCoW (Q porch)	Break	Break	3:00 Ice Cream Social (DW porch)	Break	Ferry Beach Town Hall - Ferry Beach staff (D)	
4:00-5:00	Registration questions for Ferry Beach ORDER LOBSTER DINNER Rooms now available	Wise Women (GL) & Spontaneous offerings: (Various places)	Wise Women (GL) & Spontaneous offerings: (Various places)	Wise Women (GL) & Spontaneous offerings: (Various places)	Wise Women (GL) & Spontaneous offerings: (Various places)	ITCoW 2023 Week in review (D) & Suggestions for 2024 Scholarship Fund Volunteers for 2024	
5:00-6:00	Newcomers gather for meet 'n greet and Q&A (D)	Social Hour (DW porch) Healing Sea (SH)*	Social Hour (DW porch) Healing Sea (SH)*	Social Hour (DW porch) Healing Sea (SH)*	Social Hour (DW porch) Healing Sea (SH)*	Social Hour (DW porch) Healing Sea (SH)*	
6:00-7:00	Dinner (DW)	Dinner (DW)	(Lobster option separate fee) Dinner (DW)	Dinner (DW)	Dinner (DW)	Dinner (DW)	
6:15	Porch Sing with Circle of Music	Porch Sing with Circle of Music	Porch Sing with Circle of Music	Porch Sing with Circle of Music		Porch Sing with Circle of Music	
7:15	Ferry Beach Ingathering / Orientation (R)	Friendship Circle (B) (RP if rain) Li Kyrvi	Friendship Circle (B) (RP if rain) Li Kyrvi	Friendship Circle (B) (RP if rain) Li Kyrvi	Friendship Circle (B) (RP if rain) Li Kyrvi	Friendship Circle (B) (RP if rain) Li Kyrvi	
7:45 - 9 ITCoW	Spontaneous gatherings to connect and reconnect	Trivia Night (D) Judy Tator	Dance Party (D) Sherry Lundquist	8:00 Song Circle Sing-A-Long Bonfire & S'mores - weather allowing - At the Grove firepit	7:45-9:00ish Talent/No Talent Show (TNT) (R)	Spontaneous: Game Night - Games provided (D)	
CIRCLE OF MUSIC	Rise up Singing / Rise Again concert & sing-along Annie and Peter (R)	7:45-9:15 - Workshop Let's Jam! (R) Rudy Gabrielson	7:45 Coffee House (R)			8:00-9:30 (R) Public Concert: The Life and Songs of Pete Seeger with Annie and Peter (R)	

* Healing Sea is an open 12 Step meeting for those in recovery

Circle of Music ("CoM") - Schedule for August 13-19, 2023

	Sunday - 8/13	Monday - 8/14	Tuesday - 8/15	Wednesday - 8/16	Thursday - 8/17	Friday - 8/18	Saturday - 8/19
7:30-8:30 AM	Coord: Dorine- 617-733-5214	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:20-8:40	Ed Priest, Musician of the Week - 508-858-8850 Send your photos to: tidings@ferrybeach.org	Choir Rehearsal (C)	Choir Rehearsal (C)	Choir Rehearsal (C)	Choir Rehearsal (C)	Choir Rehearsal (C)	Choir Rehearsal (C)
8:40		Chapel	Chapel	Chapel	Chapel	Chapel	Chapel
10 - 11:30 AM	Remember to wear your name tag. Don't forget Your water bottle and hydrate, hydrate, hydrate!!!	Workshop (R) Digging Into Rise Up Singing	Workshop (R) The Power of Community Singing	Workshop (R) Rise Again: Exploring the Second Volume	Workshop (R) Songs of Peace and Justice	Workshop (R) Fun Songs for All Ages	9:00-10:00 MOVE OUT 10:00-Noon R Wrap-up and Closing
Noon-1:00	Don't forget your badge - It's your ticket for meals and it helps to remember names; masks are required in dining hall line	Lunch	Lunch 12:45 GROUP PHOTO (D)	Lunch	Lunch	Lunch	Lunch
1:15-2:15 PM		Celtic & Appalachian Singing (R)	Scatting, Jazz Vocal Tips and Harmony (R)	Songs for Picket Lines and Rallies (R)	Jazz, Blues & Motown (R)	1:15-3:00 A Song for the Dying with Jacque Schultz (R)	Bon voyage!
2:15-3:00	4:00-5:00 Room Registration check-in at the office in Quillen building	2:15-3:15 Ed's Office Hours: Ed Priest will help you prepare for Coffee House and TNT - guitar accompaniment available (Z)	2:30-3:30 Learning the Chord System of Rise Up Singing and Rise Again (R)	2:15-3:00 Ed's Office Hours to help you prepare for TNT (Z)	2:15-3:15 Ed's Office Hours to help you prepare for TNT (Z)		
3:00-4:00	Check in to conference: Gitchell Porch at DeWolfe 3-4:45			3:00 Ice Cream Social (D)	2:30-3:30 Music Organizer Tips Q&A w/Peter (RM)	Free time	
3:30-5:00		3:30-4:15 Uke I (Z) 4:15-5:00 Uke II (Z)	3:30-4:15 Uke I (Z) 4:15-5:00 Uke II (Z)	3:30-4:15 Uke I (Z) 4:15-5:00 Uke II (Z)	3:30-4:15 Uke I (Z) 4:15-5:00 Uke II (Z)	Free time	
5:00-6:00	5:15-6:00 CoM ORIENTATION (R)	Social Hour (GL)	Social Hour (GL)	Social Hour (GL)	Social Hour (GL)	Social Hour (GL)	
6:00-7:00	Dinner (D)	Dinner (D)	Lobster Dinner!! (D)	Dinner (D)	Dress Up Dinner (D)	Dinner (D)	
6:45-7:15	Break	Porch Sing 50's and 60's music (D)	Porch Sing Beatles Music (D)	Porch Sing - Ferry Beach Songbook Sing (D)	Break	Porch Sing Motown (D)	
7:15-7:30	Ferry Beach Ingathering 7:15 (R)	Friendship Circle Beach	Friendship Circle - Beach	Friendship Circle - Beach	Friendship Circle - Beach	Friendship Circle Beach	
Evening Programming	8:00-9:30 (R) CONCERT/Sing-a-long Annie Patterson/Peter Blood	7:45-9:15 - Workshop Let's Jam! (R) Rudy Gabrielson	7:45 Coffee House (R)	8:00 Song Circle Sing-A-Long Bonfire & S'mores - weather allowing At the Grove firepit	7:45-9:00ish Talent/No Talent Show (TNT) (R)	8:00-9:30 R Public Concert: The Life and Songs of Pete Seeger with Peter and Annie	

R=Rowland
RM=Rowland Murray
C= Chapel in the Pines (Campground)
Z= Zeigler (Rowland bldg)
GL= Gardiner Lawn
D= DeWolfe Dining Hall and Gitchell Porch

YOU Make Friendships Possible through our Scholarship Fund:

VENMO as well as cash and check payments will be offered this year

Lack of financial resources should never be a barrier to making new friends.

Or dancing on the beach. Or being in the Company of Women.

That is why we have a scholarship fund that offers financial assistance to women who otherwise would not be able to join us at Ferry Beach.

Funds for the scholarships will be raised from attendees while we are at Ferry Beach, and we need your donated items to sell. Look around your house.

Bring an item - a scarf, a book, artwork, stationery, or any other treasure you think your sister campers might enjoy. Items will be arranged on a table throughout the week with a box to accept free-will donations (cash or check – VENMO also accepted) in exchange for any items of interest. We also encourage cash donations if nothing on the table is of interest.

(All items that are not selected by the end of the week should be reclaimed by the person who donated them.)

You have the opportunity to pass on a treasured but no longer needed item and make it possible for women to join us who otherwise would not be able to do so. Preferences go to women who are attending for the first time. In the past, it was the first time some attendees had ever left their state. The first time they ever really took a vacation for themselves. The first time they had an opportunity to give themselves such a lovely and powerful gift as being In the Company of Women.

Last year we raised \$569 for the Scholarship Fund!

Many thanks to our Scholarship Committee:

Jack Hucks, Nancy Cunningham, Judy Tator, Christine Krom

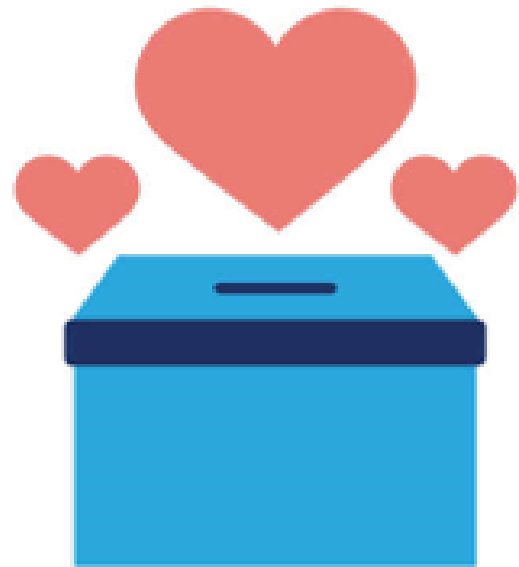
And thank you to “Sly” Racca and Laurie Benoit for coordinating this year’s fundraiser.

YOU can make that possible by bringing an item or making a cash gift if you have no item to donate. Through your giving, you will help new friends join us and carry on our longstanding tradition of making this experience possible to newcomers regardless of their financial circumstances.

Because lack of financial resources should never be a barrier to making new friends.

Join us in making a life-changing difference to deserving women!

-“Sly” Racca and Laurie Benoit



SEE YOU ON THE BEACH!!!!

