

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



Newsletter - July - 2023



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A sampling of Synonyms:

Activate, Animate
Arouse, Birth
Enlighten, Enliven
Excite, Illuminate
Incite, Invigorate
Kindle, Provoke
Rally, Rebirth, Renew
Reveal, Revive
Rouse, Stimulate
Stir Up, Vivify...

**What does
awaken mean to
you?**

SUMMER THEME: Awaken

Come relax, refresh and renew ... In the Company of Women, 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.

TO REGISTER and find info on pricing, room options, and if you would like to register for less than a full week etc.: By phone: 207-282-4489 x1 Online: <https://www.ferrybeach.org/company-of-women.html>

Please note you need to register for conference and room arrangements separately and are asked to get a membership to Ferry Beach. As of July 6, 2023, **37** women have registered for our conference. Consider inviting a friend/companion to join us!

WELCOME:

Together we create an environment where everyone – newcomer, those back from a hiatus, and ‘old timer’ alike - feel welcome and appreciated, by offering ourselves as resources to make introductions, answer questions, offer a welcoming smile, a place at the table etc.
Sunday 5-6pm Denise will meet with newcomers and welcome any experienced campers who'd like to join us on Dolphin porch.

SPONTANEOUS OFFERINGS:

Several women have volunteered to offer programming to make our week special. Please see our draft Schedule and descriptions on the following pages.

There's no requirement to attend any offering! Maybe you'd like to offer something spontaneous - an alternative session or art project as a one-off or over as many days as desired: Hiking in the area? Reiki sessions? Poetry sharing? Writing group? Lead a game night? Info on aromatherapy or a topic you love? Book swap? Rituals on the beach or in the Grove Chapel? Forest Bathing? Meditation? Beach walk? Wherever your heart and interests lead you, we'll help you find a spot!



WORKSHOPS and ACTIVITIES: *Women in our group can also attend Circle of Music workshops and events.*

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.

Currently in the works include:

- Loss, Gain, Changes: Sharing our Pandemic Stories ~ Ashley Silva & Kristin Leary
- Writing Workshop ~ Sharon Smith-Raska
- Immune Boost Self-Massage (also incorporating breathwork, gentle yoga movements and a shavasana)
- Early Morning Yoga (Tuesday and Thursday) ~ Jane Hucks and whoever else wants to offer on other days
- Create a Personal Sigil for Empowerment ~ Jody Breton
- Create an Intuitive Self-Portrait ~ Mitch Beck
- Journey Dance ~ Sherry Lundquist
- Art workshop TBD ~ Maryann Ficker
- Art workshops TBD – Laura Carey
- Solar Print Making
- Book Chat ~ Sharon Smith-Raska
- Wise Woman Circle
- Healing Sea is an open 12 Step meeting for all women in recovery.

PERENNIAL FAVORITE 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.”
- 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.
- Bonfire Sing-along at the Grove Firepit - S’mores provided!

Talent No Talent night Bathing Beauties



Dance Party with Shery Lundquist. Art by Carolyn Bonier



Trivia Night winners celebrating



Sunday Night Opening Concert (Sunday night)

Circle of Music will start off the week with a singalong/concert from Annie Patterson & Peter Blood. They'll draw from their expansive repertoire for this event—leading and performing songs from their two singalong collections *Rise Up Singing* and *Rise Again*, as well as teaching other great songs not in their songbooks. Participants will have a chance to get a sense of the full range of musical offerings that Annie & Peter are bringing to our week together.

Friday Night Concert: The Life & Songs of Pete Seeger (Friday Night)

Pete Seeger was one of the greatest song leaders of our time—building community and peace through song as he led audiences in group singing around the world for 75 years. A supporter from the beginning of Annie and Peter’s songbook work, Pete recognized that *Rise Up Singing* could be a huge asset to the kind of shared singing that he spent his life doing, writing that it has “made a qualitative difference in singing in America.” Peter (Blood) worked closely with Pete Seeger as the editor of his musical autobiography *Where Have All the Flowers Gone*. Annie and Peter will tell stories and antidotes of Pete’s life as they lead us in some of Pete’s greatest songs out of their book *If I Had a Hammer: A Pete Seeger Singalong Songbook*.

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
7:00 - 7:30	Coord: Denise V 617-501-5279 ☎		Yoga Jane Hucks (D)		Yoga Jane Hucks (D)		
7:30-8:30	Minister: LiK☎	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) De Wolfe Dining (G) Grove (GL) Gardiner Lawn (Q) Quillen & Porch (R) Rowland (RP) Rose Pavilion (SH) Screen House <i>*if rainy, Chapel will be held in (RP)</i>	Choir Rehearsal (C) Everyone welcome! Chapel (C) Break Intro to ITCoW Welcome Circle Gathering (D) Lunch (Dw) Creative Project Laura Carey (CC) Create Solar Prints Leah Goat (CC) <i>*Delay if sun absent</i>	Choir Rehearsal (C) Everyone welcome! Chapel (C) Break Loss, Gain, Changes: Sharing our Pandemic Stories Lunch (Dw) 1pm ITCoW GROUP PHOTO (Dw porch) Creative Project Laura Carey (CC)	Choir Rehearsal (C) Everyone welcome! Chapel (C) Break Immune Boost Self-Massage Jane Hucks (D) (10-11am) Lunch (Dw) Create an Intuitive Self- Portrait Mitch Beck (D)	Choir Rehearsal (C) Everyone welcome! Chapel (C) Break Writing Workshop Sharon Smith-Raska (D) Lunch (Dw)	Choir Rehearsal (C) Everyone welcome! Chapel (C) Break Journey Dance (D) Sherry Lundquist Lunch (Dw)	Choir Rehearsal (C) Everyone welcome! Chapel (C) Out of your room by 9am Closing Circle Gathering (D) Lunch (Dw)
8:40 - 9:15 After chapel 10 - Noon <i>Breaks as needed as needed</i>							
Noon - 1:00							
1:15 - 3:30 <i>Breaks as you need</i>							
3:30 - 4:00	3:00 Registration begins for Ferry Beach (Q lobby) 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)	Out of Grove by 4pm
4:00-5:00	Registration continues Rooms now available to settle in	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 2022 Week in review (D) Suggestions for 2024 Scholarship Fund Volunteers for 2024	Book Club with Sharon Smith- Raska Day TBD
5:00-6:00	Settle in - new comers gather for meet & greet and Q&A Dinner (Dw)	Social Hour (Dw porch) Healing Sea (SH)* Dinner (Dw)	Social Hour (Dw porch) Healing Sea (SH)* (Lobster option separate fee) Dinner (Dw)	Social Hour (Dw porch) Healing Sea (SH)* Dinner (Dw)	Social Hour (Dw porch) Healing Sea (SH)* Dinner (Dw)	Social Hour (Dw porch) Healing Sea (SH)* Dinner (Dw)	
6:00-7:00							
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	Porch Sing with Circle of Music	
7:15	Ferry Beach Ingathering / Orientation (R)	Friendship Circle (B) Li Kyrwi	Friendship Circle (B) Li Kyrwi	Friendship Circle (B) Li Kyrwi	Friendship Circle (B) Li Kyrwi	Friendship Circle (B) Li Kyrwi	
7:45 - 9 ITCoW	Spontaneous gatherings to connect and reconnect (Various places)	Trivia Night (D) Judy Tator	Dance Party (D) Sherry Lundquist	Bonfire encouraged - or create ppontaneous offerings: (Various places)	Talent / No Talent Night (R)	Spontaneous: Game Night - Games provided (D)	
7:45 - 9 CIRCLE OF MUSIC	Rise up Singing / Rise Again concert & sing-along Annie and Peter (R)	Rudy's Jamming Workshop (R)	Coffee House (R)	Bonfire Sing-along Smores provided! (G firepit)	Talent / No Talent Night (R)	The Life and Songs of Pete Seeger Annie and Peter (R)	

***Healing Sea is an open 12 Step meeting for all women in recovery that is open to all women on campus**

Women attending either Ferry Beach conference are welcome to sample afternoon workshops, spontaneous offerings and evening activities for both ITCoW (In the Company of Women) and COM (Circle of Music). COM will also publicize their daytime offerings.

ALL OFFERINGS ARE COMPLETELY VOLUNTARY. ITCoW participants are most **welcome but certainly not expected** to offer spontaneous porch chats, activities on the Beach, in the Grove, Rose Pavilion, etc., crafts at in the Creative Cabin or in Dolphin alongside other afternoon workshops; help create our closing ritual, assist with moving chairs around between offerings etc. **BRING YOUR IDEAS**



MINISTER OF THE WEEK: We're thrilled that **Li Kynvi** is returning as our Minister of the Week!!

Li (they/them/their) most recently served as Sabbatical Minister at the First Parish Church of Groton UU after serving two years as their Intern Minister. Li is a ministerial candidate and has been a board-certified music therapist since the '90s, working the past 16 years full-time in hospice. Li has been deeply influenced by living overseas; by transforming pain; by community and friends; by 10-day Zen Peacemaker retreats at Auschwitz-Birkenau; and by raising their 2 complicated young adult children, one with profound intellectual and physical disabilities. Deeply joyful at heart, Li is fueled by music, prayer, meditation, humor, and deep connection.

ON CAMPUS ITCoW MAIL:

On the bulletin board in Dolphin, our home base for the week, those who want can add a personalized small paper bag that acts as their individual 'mail' holder for the week. Signed or anonymously, we can leave notes, little treasures of nature, treats, tokens etc. for our sister campers to know they are being held in mind and heart.

We'll provide the bags and markers, stickers, and bling to personalize bags and name tags 😊. As with everything about our week together, this is voluntary!



SUPPORTING OUR SCHOLARSHIP FUND:

Our scholarship fund offers partial financial assistance to expand opportunities for women who would like to experience our special week together.

You are invited to donate Ferry Beach logo items, or summer clothing, scarves, books, artwork, stationery, and other treasures you think your sister campers might enjoy acquiring to support our scholarship fund.

Items are arranged on a table through the week with a box to accept free-will donations (cash or check) in exchange for any items bought. All items that are not selected by the end of the week need to be reclaimed by the person who donated them.

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 Sylvia (Sly) Racca and Laurie Benoit for offering to coordinate this year's fundraiser.



FERRY BEACH RECOMMENDS:

What to Bring:

- Pillows and bedding (sheets and blankets or sleeping bag). Linens are available for an additional fee. Linen packet includes pillow, sheets, blanket, two bath towels, hand towel, and facecloth, and may be requested when registering. All Ferry Beach mattresses have waterproof and hypoallergenic covers.
- Towels and toiletries. Dorm bathrooms are communal, so we recommend bringing shower shoes.
- Beach attire and beach towels, sunscreen, bug spray, a flashlight, and perhaps a beach chair.
- Health: Personal medications, masks, hand sanitizer, Covid self-test kit.

OPTIONAL THINGS TO BRING:

Refillable water bottle
Seat cushion (for folding chairs)
Journal & pen
Hair dryer
Scarves, sarongs, sparkles for gathering room decor and Journey Dance
Knitting / personal art/craft projects
Musical instrument
Songs to share
Favorite poems to share
Item for gathering room altar

Sketch book
Snacks
Cash for Ice Cream and Ferry
Beach swag

Board games, card games, puzzles
Small token items for on campus ITCoW mail bags
Book to read on any comfy porch chair

**Items for free-will donation
scholarship fundraiser**

WHAT TO KNOW:

- Wi-Fi is available at many points around campus, including the Dining Hall, Quillen, Rowland, and the Grove garage. Southern Maine is challenged in the summer months with too little wi-fi infrastructure. Please plan accordingly.
- Ferry Beach Store is open daily, selling toiletries, logo merchandise, postcards, stamps, ice cream and more!
- Alcohol. If you wish to consume alcoholic beverages during your stay at Ferry Beach, you must bring your own and keep it secure.
- Ferry Beach is a pet-free environment. Marked service animals are welcome.
- Check the weather before you pack for Ferry Beach. Daytime temperatures in Maine generally range from 65-85 degrees.
- Dress for comfort. Bring with you a variety of outerwear, layering is key.
- Nights are often cool, and temperatures can dip into the 50s, so bring a jacket or sweatshirt and long pants if you plan on being a part of an evening outdoor activity, plus pajamas appropriate for chilly nights (as well as hot summer nights).

FERRY BEACH WILL PROVIDE:

Yoga mats and props
Collage and art supplies
Fans
Reading lamps

WELCOME PACKET WILL PROVIDE:

ID Tag
Schedule for ITCoW
Schedule for COM (Circle of Music)
Campus map
List of attendees
Loose sheets for notes
Info on Ferry Beach app and Wi-Fi

Any suggestions are welcome!!



THE FERRY BEACH APP:

Sign up for the Ferry Beach app to get info on workshops and daily schedules.

News: Campus Wi-Fi, Info on donors and sustaining Ferry Beach

QR Code: Quick Response Code

Extras: Conference Schedule, Ferry Beach Guide, Chapel Program, Ferry Beach Map, Ferry Beach Songbook Lyrics, Kendi Guides

Submit Photo: Post a photo, video, text

Tidings: Ferry Beach Newsletters including archive

Daily Slides: Collection of Ferry Beach photos

Covid 19: Links to Ferry Beach's Covid response, safety guidelines

Offering: Donate to Ferry Beach

Be SMART: Detailed Ferry Beach Personal Covid guidelines



CIRCLE OF MUSIC NEWS:

Annie Patterson and Peter Blood are the musicians of the week this year!

Their book, *Rise Up Singing*, is iconic in the world of music we most closely connect with and love. Their sequel, *Rise Again*, is fast becoming familiar to all of us.

Free concerts are offered to all conference attendees in Rowland: Sunday 8/13 @ 7:45 pm "Rise up Singing / Rise Again concert & sing-along", and Friday @ 7:45 "The Life and Songs of Pete Seeger"

Annie is a very active solo and group performer. Peter is engaged in and committed to doing environmental and racial justice work. Both Peter and Annie are amazing musicians and educators whose life's focus is on "creating peace and justice through communal singing". This will be a week of musical wonderment as we learn, grow and share together on our musical journey.



In the Company of Women is a space where we show kindness and mutual respect, and where we feel the freedom to let our true selves be seen. 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.

These Touchstone principles have offered helpful and supportive guidance in other small groups, and many will likely be familiar to you. May these reminders fill our spirits and guide our steps as we prepare to gather at Ferry Beach.”

Circle of Trust® Touchstones

developed by Parker J. Palmer and the Center for Courage & Renewal
www.couragerenewal.org

Learn more about Circles of Trust® at www.couragerenewal.org/approach

Give and receive welcome.

People learn best in hospitable spaces. In this circle we support each other's learning by giving and receiving hospitality.

Be present as fully as possible.

Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.

What is offered in the circle is by invitation, not demand.

This is not a "share or die" event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

Speak your truth in ways that respect other people's truth.

Our views of reality may differ, but speaking one's truth in a Circle of Trust does not mean interpreting, correcting or debating what others say. Speak from your center to the center of the circle, using "I" statements, trusting people to do their own sifting and winnowing.

No fixing, saving, advising or correcting.

This is one of the hardest guidelines for those of us who like to "help." But it is vital to welcoming the soul, to making space for the inner teacher.

Learn to respond to others with honest, open questions...

instead of counsel or corrections. With such questions, we help "hear each other into deeper speech."

When the going gets rough, turn to wonder.

If you feel judgmental, or defensive, ask yourself, "I wonder what brought them to this belief?" "I wonder what they're feeling right now?" "I wonder what my reaction teaches me about myself?" Set aside judgment to listen to others—and to yourself—more deeply.

Attend to your own inner teacher.

We learn from others, of course. But as we explore poems, stories, questions and silence in a Circle of Trust, we have a special opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

Trust and learn from the silence.

Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.

Observe deep confidentiality.

A Circle of Trust depends on knowing that whatever we say will remain with the people to whom we choose to say it — whether in small groups or in the large circle — and will never be passed on to others without our explicit permission.

Know that it's possible...

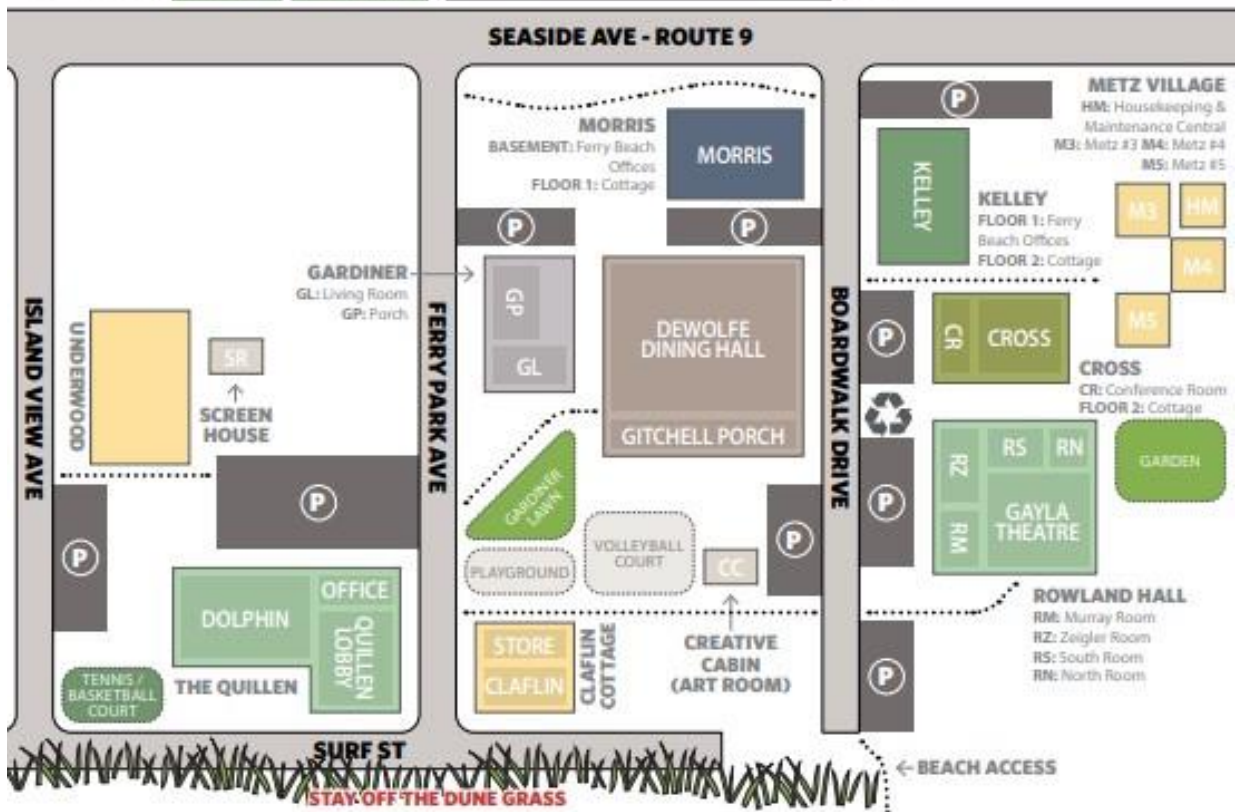
to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.



Learn more about Circles of Trust® at www.couragerenewal.org/approach

Facilitators of Courage & Renewal programs use these Touchstones to define clear boundaries in a Circle of Trust, the kinds of boundaries that create safe space for the soul. While these Touchstones define how we relate in a retreat, they can be adapted to support workplaces, schools, communities, and other groups—any place where we want to honor the integrity of the individual and build relational trust.





SEE YOU ON THE BEACH!!!!

Let's be **SMART!** about communicative Virus at Ferry Beach!

fbch.me/smart

S

STATUS: VACCINATED

We strongly recommend all guests be fully vaccinated based on US CDC guidance for your personal situation at the time of registering.



M

MASKED FACES

We suggest that all visitors at Ferry Beach wear a proper fitting N-95 or KN-95 mask over their mouth and nose when in large groups - especially indoors. Masks will be required in DeWolfe while in service lines and may be removed when seated.



A

ADAPT & BE FLEXIBLE

Rules and guidance change quickly - We ask that you remain flexible and adapt to new policies as they become active. at Ferry Beach.



R

RESPIRATORY ETIQUETTE

Practice good respiratory etiquette, including: Covering your mouth and nose when coughing or sneezing, using tissues and throwing them away, and washing your hands / using a hand sanitizer every time you touch your mouth or nose.



T

TRACK SYMPTOMS

Self-monitor for symptoms: Fever or chills; Cough; Difficulty breathing; Fatigue; Muscle or body aches; Headache; Loss of taste or smell; Sore throat; Congestion; Nausea or vomiting; Diarrhea.



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HAVE FUN

Enjoy your visit to Ferry Beach and do your part to ensure everyone goes home Healthy!



For additional information on Covid please visit the Ferry Beach website:
<https://www.ferrybeach.org/covid-19.html>