

# Discovery

## Fall Newsletter from the Ferry Beach Park Association

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In this issue, Discover news about...

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- The generosity of Ferry Beachers
- Gardiner sees the light
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### Our Summer 2015 Theme: Compassion



One of the definitions of compassion is "to share solidarity with." Many times, we think of compassion as sharing in someone's sorrow, however, experiencing compassion with another may also mean we are sharing in their

joy. In researching works on compassion, we have found that the concept implies two big ideas: An understanding of the self that connects each of us to the Mystery of Life and our purpose here on the planet, and acts of kindness and service that tie us to social justice. Our Universalist roots shares that we are all worthy of God's love, always and unconditionally. From our Unitarian heritage, we are reminded of the importance of doing good works in the world and caring for others. "Compassion" is therefore a perfect theme for Ferry Beach this summer!

Where do we begin? As religious historian Karen Armstrong shares in her book, [The 12 Steps to a Compassionate Life](#), "We have seen that compassion is essential to humanity. We have a biological need to be cared for and to care for others. Yet it is not easy to love ourselves." Our ability to be compassionate to others rests with our sense of self-esteem and self-love. It is hard to be in service to humanity if we are not grounded in a sense of our own self-worth. We lose sight of our belief that we could actually make a difference in the world.

We will be exploring Armstrong's framework of compassion when we read [The 12 Steps to a Compassionate Life](#) in Ferry Beach's online book group. Please consider reading this book with us, as she has created a movement of compassionate communities both through this book and her presentation at a "TED" talk. You can find more of her work here: [www.charterforcompassion.org](http://www.charterforcompassion.org).

So our first step along this journey to compassion must begin with loving and valuing of our-self. What qualities do you bring to this life? What are you good at? What do you love about yourself?

When Holly Near was here this last summer, she reminded us in her workshop that we could either experience "fear or fascination about life's challenges." When we are curious, instead of afraid, we are more likely to want to learn more about something and find ways that we might be able to connect or impact a situation.

Social activist Johanna Macy has a very similar idea. From her perspective, we are in a time of Great Awakening. She too reminds us that we could easily feel overwhelmed and disconnected when we consider the ecological and social crises in which we live. Her work is centered on the idea of reconnection. Macy says that when we "open with gratitude, we quiet the frantic mind and bring ourselves back to the source. Gratitude reconnects us with our empathy and our personal power. It helps us to be more fully present. Grounded presence provides the psychic space for acknowledging the pain we carry for our world."

As we dare to experience this pain in the world, we learn more about our own capacity for compassion. We become familiar, in Macy's words, with the "immensity of our heart-mind" and how it helps us move beyond fear. This process allows us to see with new eyes and opens us to the world around us in a new way.

This winter, the weekend of February 20-22 we will be exploring the "Work that Reconnects" (Johanna Macy's framework) with Coleen O'Connell, a professor at Lesley College in Massachusetts. O'Connell, a resident of Bath, Maine, teaches using Macy's framework. We hope you will consider joining us as we look to see how we at Ferry Beach might use the concepts and ideas of compassion to impact our world.

## Community Responds to Ferry Beach Needs

The Ferry Beach community raised over \$40,000 this summer in one-time gifts and donations! Another \$1,000 was raised per month in sustaining gifts bringing our monthly total just up over \$4,200 a month for the coming year. In addition, we had a generous donation of \$5,195 to purchase new furniture for Gardiner living room.

PJ Lassek got the ball rolling with a huge donation of time and energy to create a “Happy” video each week of the summer. The video captured conferees each week dancing to Pharrell’s popular “Happy” song. More than \$28,000 was raised through the “purchase” of the video, many individuals giving more than the suggested \$10. A compilation of the best clips of each week will be shown at the Fall Harvest Event 2014. All proceeds from the video went to the Hopkins House renovation.



Judy Chatman offered to purchase furniture for the Gardiner living room while she was here this past summer. She and Roger White went online and found the perfect furniture—sturdy but stylish—for a well-loved and well-used room! We ordered the furniture using our tax-exempt status and Judy wrote us a check for the gift all in the same day. We are so grateful to her for her gift!

During UUFAB, an anonymous donor stepped up and offered a gift of \$5,000 if other conferees’ donations would match the gift by the end of the week. Sure enough, the UUFAB conferees contributed \$600 over the total needed for the matching gift. Additionally, Religious Education Week hosted an auction and brought in more than \$1,300 for the Hopkins Renovation.



Each week, individuals stepped up to become a Sustaining Donor or to increase their donation. Phil Kinsler and Margaret Johnston increased their sustaining donation amount after learning more about our debt and deferred maintenance at a Town Hall during Family and Friends. In addition, Phil had heard about the Beachkeeper Volunteer program and while he couldn’t offer 12 hours of volunteer time, he wanted to provide the funds it would have cost him to do so. Therefore Phil, who is often called to testify as an expert witness in court cases, donated 12 hours worth of his time and handed us a check for \$3600. We are grateful to both Phil and Mugs for their gift.

There were other gifts that highlighted the 2014 summer season, too many to mention all, but we are extremely appreciative for the generosity of all our members who have pitched in to help us reduce our debt and address our deferred maintenance. Thank you!



## Gardiner Once Again Sees the Light

For many years, the beautiful iconic beach cottage of Gardiner was swallowed in trees. Nolan Stokes, a long-time member of Ferry Beach—and whose family planted some of those same trees—approached us this past spring and asked if we would be willing to accept a donation from him and his family to remove those enveloping Gardiner.

Like others who love Gardiner, Nolan’s family was worried about the beautiful old beach cottage. The trees had become a detriment to the physical property, keeping the roof rotting under the moisture held by

the trees. As you can see from some of the photos, the roof is not in great shape, nor is some of the siding.

We agreed to accept Nolan’s donation, which also includes money for landscaping in addition to tree removal. In September, the trees came down and we will be landscaping this spring. Afterwards, we will be working with our community to raise funds for the roof and siding of Gardiner. We are appreciative of people like Nolan and his family who are willing to help us renovate and take care of our beautiful property.





## Summer 2015 Is Shaping Up...

Musical group *Emma's Revolution* will join us again this summer for a one-day workshop at the end of **Women's Week**, a concert on Saturday, and three days working with the **Circle of Music** conference (Sunday through Tuesday). Sandy O and Pat Humphries fell in love with Ferry Beach when they joined Holly Near here last year and we are grateful they are returning. Joe Jencks will also be here on Tuesday, so they may have a one day overlap of activities.



**Women's Week** also brings UU writer Rev. Dr. Judy Campbell for a workshop on writing. Judy will be joined by a couple of other offerings during the circle (workshop) time. **Aging with Grace** returns that week and spreads out for the whole week. A conference on **Exploring the Q** (as in LGBTQ) is shaping up and may be offered this summer during the end of that week as well.



Folksinger Andrew McKnight returns to **Family and Friends**, joined by Minister of the Week Mark Doty. The pair was a force to be reckoned with last year and we are so glad they are coming back to Ferry Beach together!

**PSI Symposium/Integrated Spiritual Pathways** brings back Pierre Garreaud. Also that week, Stephen Andrew will be providing a workshop on Compassion from Monday through Friday.

We are also working on a new family week of **Deep Ecology**. This winter, Coleen O'Connell (2013 Maine Ecological Teacher of the Year) is leading a weekend conference that will help train us in the ways to

apply Johanna Macy's "Work that Reconnects," which is drawn in part from deep ecology. We will explore this concept—building a sustainable human culture while preserving the ecological and cultural diversity of natural systems—even further in this summer's conference. We also hope to include some fun and useful workshops on Permaculture Design—the harmonious integration of landscape and people, providing food, energy, and shelter in a sustainable way—which will supply lots of tips and techniques to take home to your property! Workshops for children and youth will also fit with the ideas presented in Deep Ecology. (Please check our website for details and updates.) Also during that week we will have returning conferences **Kayaking, Writing, and Yoga**.

**Quilting by the Bay**, the **12 Step** conference and **Photography** (with our own David Sumner and Paul Provencher leading the way!) share the last week in August. A new conference may possibly be scheduled for our bonus week, focusing on the **Course in Miracles, Massage, and Reiki**.



We'll close out summer on **Labor Day Weekend** with our fantastic Old-Fashioned Family Picnic. Rudy Gabrielson and his band will be joining us this year as our live music entertainment. Stay tuned for more as we get details from coordinators for next year's summer offerings!



## Will You Answer Tom's Challenge?

**"Do we have 50 members who will each donate \$1000?"**

As you know, we are renovating the former home of a past Executive Director, Ray Hopkins, on our property. Our goal is \$75,000 and we are still short from our summer fundraising. In order to be handicapped accessible, we will be forgoing one of the five bedrooms originally planned in the renovation. Instead, we will have four bedrooms and bathrooms, all accessible. We will also gain a small common space sitting area, which will serve as a place to put a coffee machine, refrigerator and microwave. We will be re-roofing the building and completing the siding changes with the funds we have raised thus far.

This summer, Tom Allison, longtime GAYLA brother, UU minister, and generous benefactor to Ferry Beach, asked us to consider issuing a challenge to our membership to complete the renovation. Tom believes that there are at least 50 members of Ferry Beach willing to donate \$1000 each to complete the renovation. Will you answer Tom's challenge?



Summer 2015 conference registration is open!  
 Visit [www.ferrybeach.org](http://www.ferrybeach.org) for more information and to register.

**JUNE**

Work & Play Week	Monday June 15- Saturday June 20
Annual Meeting 2015	Saturday June 20: 1pm
Youth Camps: Kids for the Earth, Different Drummers, & FUUTURE	Sunday June 21- Saturday June 27
Youth Camps: Different Drummers & FUUTURE	Saturday June 27- Saturday July 4

**JULY**

Religious Education Week–Friends Gathering on the Sand	Saturday July 4- Friday July 10
GAYLA XXXVII	Saturday July 11- Saturday July 18
Choral Fest	Saturday July 11- Saturday July 18
Family Conference on Deep Ecology	Saturday July 18- Saturday July 25
Writing Workshop	Saturday July 18- Saturday July 25
Yoga Retreat	Saturday July 18- Saturday July 25
Kayaking	Saturday July 18- Saturday July 25
Family and Friends	Saturday July 25- Saturday Aug 1

**AUGUST**

Unitarian Universalist Fellowship & Fun (UUFAF)	Saturday August 1- Saturday August 8
Women's Week	Saturday August 8- Friday August 14
Aging as Spiritual Practice	Saturday August 8- Friday August 14
Circle of Music	Saturday August 15- Friday August 21
PSI: Integrated Spiritual Pathways	Saturday August 15- Friday August 21
Getaway Weekend	Friday August 21- Sunday August 23
Quilting by the Bay	Saturday August 22- Saturday August 29
12-Step Intensive	Saturday August 22- Saturday August 29
Photography	Saturday August 22- Saturday August 29

**SEPTEMBER**

Labor Day Weekend	Saturday September 5- Monday September 7
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*Did you know?*  
 If you sign up for a Summer 2015 conference and pay in full by midnight on December 1, 2014, we will **take 5% off your entire bill!**  
 You must call the office when registering to take advantage of this offer: 207.282.4489  
 See you this summer!