

Discovery

January 2016

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Setting Intentions Retreat

The Setting Our Intentions for the New Year retreat took place January 9-10. Cathy Stackpole, our fearless leader who also has a masters in counseling and is the Executive Director of Ferry Beach Park Association facilitated this unforgettable weekend.



One of the first activities after a hearty lunch and guided meditation was to go down to the beach and free yourself from anything in 2015 that no longer served you.

(for more see page 2)

Interview: Steve Carpenter: Facilities 101

When did you start working at Ferry Beach? I started working for Ferry Beach on December 1st, 2014. I recently moved to the area, and had just graduated from college with a bachelors degree in Environmental Studies.

What is your favorite part about working at Ferry Beach? The freedom. Most jobs require the same thing, day after day, but working for the beach I experience a wide variety of tasks. Some days I spend alone working in the Grove, while others I spend with the entire Ferry Beach community organizing a volunteer project. Every day brings challenges, but our small but dedicated staff always seems to rise to the occasion.

What are the biggest accomplishments in facilities in the past year? This past year was a huge leap forward for the Beach. Not only did we raise enough donations to

fund our newest building, Cross cottage, but we also got to experience a massive cleaning of the campus. We want to change the look of the campus, by paying attention to the small details that get neglected over the years, and bring about a whole new era to our hospitality. We have made some major life safety changes on campus as well, by upgrading our fire and alarm systems, and making sure that each building is structurally stable and strong. Other projects included a roof for Rowland Hall, new flooring in the Underwood bathrooms, interior renovations for the Metz cabins, and many more cosmetic upgrades across campus. (for more see page 2)



Setting Intentions

Continued from p. 1

Ten brave souls took to the beach looking for shells and stones that reminded them of an event, person or situation that they decided it was time to let go of and did it. It was very freeing mentally and physically to let it go.

Warm Italian food awaited the first night as were stories, journaling and sharing. Support and compassion from people who were strangers that morning were wholeheartedly accepted after dinner.



Sunday morning there was a warm breakfast that helped fight off the heavy rain coming down outside.

Everyone created a vision board and really focused on the positive, wonderful things they wanted to come into their life in 2016. A final prayer was offered up where people could share their intentions into the group and a reunion was set for Saturday March 12, 2016 from 1-7pm.



Please call 207-282-4489 to reserve your spot for the reunion. (if you attending previously) or check online for more information www.ferrybeach.org for updates.

Facilities 101

What do you see in the forecast for 2016? For the new year of 2016, I see many more projects in our sights. I want to continue upgrading the cosmetics for each dormitory, and keep increasing our guests safety. Other priority's will be increasing our internet availability across campus, Our highest priority project at the moment is the Quillen Loft and Art Room. Structural concerns have caused us to close them as we draft plans and designs for what to do with the space. A combination of a corroded foundation, and inadequate roof structure have cause the walls to bow outwards, and entire structure to sink.

How can members help? Members & Volunteer Beach Keepers can help any day of the week! We always have small projects that need to be done, whether it be wiping down tables, or rebuilding porches. No experience required, we can train anyone to do any job here. We have a special week dedicated to volunteering in June, where members come for the entire week and help complete projects around campus. It's a great opportunity for anyone looking to get involved, and build relationships that will last a lifetime.

Any last thoughts? Ferry Beach is a great place for family's to come stay for a week, or just one night! We now have year round lodgings so people can experience the joys of the beach anytime of the year!

Hotel Pricing! Family Friendly

To be more family friendly has been a request from a number of people who visit Ferry Beach. This is very important to us, and we're listening: we have restructured our dorm room pricing this year. All of our rooms will now be charged per night and not per person. If there is room for 4 persons to sleep, the room will be set at one price. No longer will the charges for rooms be based on the number and ages of persons occupying the rooms. This should result in a significant savings for many families.

This changed our pricing for some rooms slightly. If two people want to share a room, they will be able to do so, however, Ferry Beach will not split the room charge. That will be up to the person who initially reserves the room. We're excited to offer new small rooms in Rowland for people who do not want to share a dorm room.

Why this change? (If you despise details and transparency, stop reading here). As a retreat and conference center with a number of different types of room rentals (Queen, double bunks, private, etc.) we rely on hoteling software, as opposed to conferencing software, to help us book rooms. Most hotels charge one price for rooms based upon double occupancy. Our software is incapable of doing everything that we want it to do and we are not able financially, to purchase customized software. With this change, we hope to make registration much smoother for our most important people—YOU!

Valentine's Day Getaway!



Call 207-282-4489 or email registration@ferrybeach.org to save your spot!

Chocolates and Champagne included.

There's no better way to show how you feel than a romantic weekend at Ferry Beach! Walk the beach and see the sunrise in the morning with one of our classic Ferry Beach mugs. Grab lunch in Old Orchard Beach at the always open Lisa's Pizza and explore local shops and trails. Then eat dinner nearby in Maine's foodie city Portland- less than 30 minutes north. Catch a film, play, live music, or grab locally brewed beer or dessert and let the waves rock you to sleep to top off the night!



Winter Retreats - Check out the Website for More!

Feb 6-7: (1 night) Deep Ecology with Coleen O'Connell.

How many times have you looked at problem and thought it was too big and then given up? Don't do this anymore! Learn, Practice and bring back solutions that you can make a difference at your work, church or community! Learn the **4 steps** (Gratitude, Honoring our Pain for the World, Seeing with New Eyes and Going Forth), Practice and bring back solutions that you can make a difference at your work, church or community!

March 4-6: Body Sculpting and Pilates

You will have a deeper understanding of your body's awe-inspiring design for movement, enhancing both fitness and daily activity for the novice or fitness buff. If you seek more graceful movement, enhanced muscle tone, improved coordination or a better understanding of your body, this retreat is for you. The marriage of **Pilates** and **Body Mapping** creates a powerful synergy that helps you integrate mind body integrity and excellence.



If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear.
-Joanna Macy



Register today: 207-282-4489 or www.ferrybeach.org

Board Retreat is Jan 29-31st

Annual Meeting is April 23rd!

As we work toward having our annual meeting close to the end of the first quarter of our fiscal year, we have moved the date from June to April. While it might be a little chilly still up here, it is a great way to celebrate the Spring Equinox!

Look for the report from the Nominating Committee in mid March! Join us April 23rd for a great meeting. Lunch will be complimentary prior to the meeting. A town hall will be offered at 11am in the Ziegler Room. As we did with the Fall Harvest, we will offer rooms for \$10 (the price of cleaning) in Rowland Hall.

Setting Intentions



Please consider becoming a sustaining member of Ferry Beach! On the website or contact us at 207-282-4489

Hiring for Summer 2016! The following positions are open:

- Office/Registration
- Dining Hall
- Certified Lifeguards
- Housekeeping
- Maintenance
- Ferry Beach Store
- Grove/Campground
- Programming

Apply today: www.ferrybeach.org/employment



Family & Friends up to visit this winter...No room? No problem!

Ferry Beach can help! We have private rooms & showers,

Family style rentals and more!

****SPECIAL** Half off Winter Lodging (Only Monday-Thursday & not during Retreats)**

Expires March 31st

Call to reserve your spot today!



GAYLA Winter Reunion happened Jan 15-18!

Connecting with friends old and new, warm food, sharing stories, Shaking Your Soul, Zentangle Art, TED Talks, Volunteer Beach Keeper assignments, Cooking with Christine and more!

Summer 2016 conference registration is open!

Visit www.ferrybeach.org for more information and to register.

(Call 207.282.4489 to register.)

JUNE

- Boston Pride Parade: March with Ferry Beach
- Work & Play Week
- Profound Treasury: Buddhist Conference
- Youth Camps: Kids for the Earth, Different Drummers, & FUUTURE
- Youth Camps: Different Drummers & FUUTURE

- Saturday June 11
- Saturday June 11- Friday June 17
- Friday June 17- Sunday June 26
- Sunday June 26- Saturday July 2
- Saturday July 2- Saturday July 9

JULY

- Religious Education Week–Friends Gathering on the Sand
- Believing Out Loud
- GAYLA XXXVIII
- Choral Fest
- Getaway Weekend
- EcoSpirit Family Week
- Kayaking/Paddle board
- Yoga
- Family and Friends

- Saturday July 9- Friday July 15
- Friday July 15- Saturday July 16
- Saturday July 16- Saturday July 23
- Saturday July 16- Friday July 22
- Saturday July 23- Monday July 25
- Saturday July 23- Saturday July 30
- Saturday July 23- Saturday July 30
- Saturday July 23- Saturday July 30
- Saturday July 30- Saturday Aug 6

AUGUST

- Unitarian Universalist Fellowship & Fun (UUF&F)
- Photography
- Power of Words
- Creatively Aging with Grace
- Emma’s Revolution & Kim & Reggie Harris
- Circle of Music
- Motivational Interviewing
- A Course In Miracles
- Healing Arts
- Quilting by the Bay
- 12-Step Intensive

- Saturday August 6- Saturday August 13
- Saturday August 6- Friday August 12
- Thursday August 11- Sunday August 14
- Sunday August 14- Saturday August 20
- Saturday August 20
- Sunday August 14- Sunday August 21
- Sunday August 14- Saturday August 20
- Sunday August 21- Saturday August 27
- Sunday August 21- Saturday August 27
- Saturday August 27- Friday September 2
- Saturday August 27- Friday September 2

SEPTEMBER

- Labor Day Weekend

- Friday September 2- Monday September 5