

JOIN US THIS SUMMER!

Ferry Beach Retreat & Conference Center
FERRYBEACH.ORG/2019

PROFOUND TREASURY JUN 14-23

ferrybeach.org/profoundtreasury

The focus of this year's retreat will be on vipashyana and the awakening of prajna or knowing. Prajna "best knowing" extends from simple intellectual understanding to direct intuitive insight. On the path of dharma, the ability to think clearly, to develop curiosity, to question and engage with the teachings is essential.

YOUTH CAMPS JUN 23 - JUL 6

ferrybeach.org/yc

Take part in Ferry Beach Youth camps to join an intentional, kind-hearted, open-minded, and connected community built on self-expression and mutual respect. We honor our values of Community, Acceptance, Respect, Worth, Truth, Compassion and Stewardship and campers will join large and small group programs to deeply explore these values (often through their preferred interests) at age-appropriate and engaging levels. Each Camper has an opportunity to select from tracks, workshops and activities on Arts & Culture, Education, Spirituality, Care for the Earth, Personal Growth, and Social Justice & Action.



RE WEEK JUL 6-12

ferrybeach.org/reweek

Each summer we create a dynamic community of individual congregations and families to form this vibrant multigenerational gathering where all kinds of families work and play alongside religious educators. We come to learn as well as to put into practice what it means to be Unitarian Universalist leaders and be part of a beloved community.



CHORALFEST JUL 13-19

ferrybeach.org/choralfest

We are excited to announce that this year ChoralFest will become an all women conference! We will explore music that showcases the special sound that women's voices can create that will call on us to find hope, love and justice in today's world.



GAYLA JUL 13-20

ferrybeach.org/gayla

Join other gay men in a fun-filled week of escape, discovery and community. Take your pick of daily workshops, make art, harmonize with the choir, enjoy fun nightly activities and movies, or just hang out and relax. Embrace all the fun of being a gay man without fear of condemnation or harassment.

PADDLE POWER JUL 20-27

ferrybeach.org/paddlepower

Join the Paddle Power conference to practice paddling techniques, rescue drills and communication with all who are involved. We will be practicing techniques to improve efficiency and safety using kayaks and standup paddle boards (SUPs) to increase your enjoyment and expand your horizons.

JUL 27: THE 2ND ANNUAL PADDLE POWER RACE & CRUISE



YOGA RETREAT JUL 20-27

ferrybeach.org/yoga

Immersing yourself in a week of yoga is an amazing way to feel strong, radiant, and alive in both your body and soul. This is non-judgmental yoga designed to meet you right where you are in your practice.

THE WELL: A GATHERING OF MULTICULTURAL FAMILIES JUL 20-27

ferrybeach.org/thewell

The Well is a faith formation retreat, intended to provide a rare multi-generational space for children, youth, and adults to explore our spiritual paths, the rites of passage that bear witness to our experiences, music, arts, and food that speak to our souls, and worship that inspires us all.

FAMILY & FRIENDS JUL 27 - AUG 3

ferrybeach.org/familyfriends

Family & Friends provides a safe and nurturing community for people of all ages and all walks of life. We come together in community to grow, explore, learn, and build strong and lasting relationships! With morning workshops and activities for adults, young adults and children and plentiful multigenerational activities in the afternoons and evenings, there is sure to be something for everyone in your family!



UUFAP AUG 3-10

ferrybeach.org/uufaf

UUFAP invites families and friends to relax, reconnect, and play at this magical place by the sea. UUFAP has long been a time of joyous reunion with friends and families, and a warm, welcoming place.

AUG 10: CONCERT FEATURING VOCAL ACTIVIST MELANIE DEMORE

CIRCLE OF MUSIC AUG 10-16

ferrybeach.org/circleofmusic

Come join us as we build a music community. Be challenged to grow whether you start as a beginner or are polishing skills. Guest workshop leaders including vocal activist Melanie DeMore, and returning Sally Rogers, will lead us in several workshops throughout the week.



IN THE COMPANY OF WOMEN AUG 10-16

ferrybeach.org/women

Come and be your authentic self again! You can look forward to activities such as: drumming, dancing, nature walks, massage, reiki, yoga, spirituality, improved connection to intuitive wisdom, leisure time, and of course, "gathering solar rays!" Enjoy guest speakers, concerts, singing, writing, and the time honored camp tradition of arts & crafts!

WOMEN'S HEALING RETREAT AUG 18-21

ferrybeach.org/healing

Join us for a nurturing, personal healing retreat by the sea intertwined with Reiki, integrated Kabbalistic Healing, Meditation and Yoga.

HOPE & RECOVERY AUG 18-22

ferrybeach.org/recovery

Most of us are recovering from something: a challenging childhood, an addiction to food or relationships, money or substances. There are many roads to recovery, some which seem to help more than others. In this workshop, we will explore these paths: writing, developing our sense of wonder, the generic 12 steps and community.

SACRED CIRCLE DANCE AUG 18-22

ferrybeach.org/scd

Join us to enjoy the special energies of Sacred Circle Dance with ample opportunities for down time, swimming, or exploring the beautiful coast of southern Maine. The theme of this year's retreat is "Keeping Hope Alive Through Sacred Circle Dance." Sacred Circle Dance has become worldwide, bringing people together for an experience of intentional community, mindfulness, and dances both old and new.



SOUL PATH DISCOVERIES AUG 19-23

ferrybeach.org/soulpath

Take a life-changing Soul Journey, where images, imagination, intuition, and writing your life stories, serve as a fun and potent catalyst that will illuminate clear, divine steps for your unique Soul Path.



MOTIVATIONAL INTERVIEWING AUG 19-23

ferrybeach.org/mi

Here we approach the daunting task of creating hope within hopelessness, gracefully exploring a person's spirituality and looking at trauma through a compassionate lens.

THE BEACH GETAWAY AUG 24-27

ferrybeach.org/getaway

The Beach Getaway is the best of everything Ferry Beach has to offer. Come and meet with old friends and make new ones, walk along the shore, play a game or two of croquet, and take part in community building among the whispering pines of the Grove. The pace is yours, take it all in or simply enjoy the beach and rocking chairs that look out over the ocean.

FINDING HOPE AUG 24-28

ferrybeach.org/findinghope

This workshop will lead you through the steps to finding hope within and bring it out to the world every day, in small ways and large.

QUILTING BY THE BAY AUG 24-30

ferrybeach.org/quilting

Set up your machine in a comfortably large air-conditioned room full of happy quilters. Bring your unfinished work and get informal and formal input as you need it... or start a new project by joining our project group and to firm up your skills and learn new ones. You will have a table of your own to spread out your work, nearby irons and boards, a design wall, and access to a raised cutting table for managing larger pieces of yardage.

LISTENING MIND AUG 24-30

ferrybeach.org/listeningmind

Thinking Mind is utterly familiar to us. In meditation, however, something else might emerge. What we call Listening Mind involves a relaxed, yet alert, dispassionate receptivity that seldom gets its due. Listening Mind can open us to the oneness of whatever hits our eardrum. This program will provide a unique opportunity to retreat into the natural state of openness through guided meditation, reading, and simple exercises.

LABOR DAY WEEKEND AUG 30 - SEP 2

ferrybeach.org/ldw

Celebrate with us the last weekend of summer 2019 with an all-you-can-eat barbecue, live music, family games and activities, the beach and much, much more

AUG 31: LABOR DAY COOKOUT

