

# Discovery

## COVID-19 and Ferry Beach Summer Season

It is our sincere hope to be able to welcome guests back to Ferry Beach sometime this summer. We are completing a full assessment with guidance from the CDC, state and local health officials, the American Camp Association and our very own Sustainability Task Force. We are evaluating options and program offerings. We will only open if we believe we can do so safely for our guests and staff.

We have created a decision tree to help guide us. Each conference start time will be evaluated at least a month prior to the opening day. We will be looking at federal, state, and city guidelines as well as our local CDC and health departments. If conferences are canceled in June, that doesn't necessarily mean they will be canceled in July or August. We have even talked about moving some of our June conferences to July or August if that can be done feasibly.

As the spring progresses, we are sharing information on a dedicated page on the Ferry Beach web site, [ferrybeach.org/COVID-19](https://ferrybeach.org/COVID-19). Check there for up to date information each week. Our Sustainability Task Force has been meeting weekly on Wednesday mornings. If you are interested in joining us, call Cathy Stackpole at 207-282-4489 x 5.

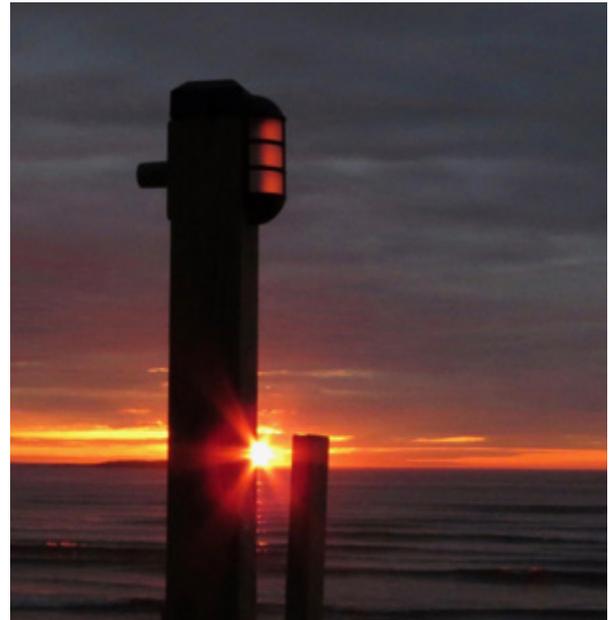
Ferry Beach received an SBA loan under the Payroll Protection Program. Working with our banker at Bangor Savings, we received \$129,600. We are very appreciative of this program as it provides funding for our staff salaries, utilities and mortgage in the hopes we will have a summer season. We are also very appreciative of Bangor Savings Bank and the work they are doing in our community.

Like everyone, we are hoping that we will be able to see you this summer at Ferry Beach. We hope to have a lot to be joyful for this year.

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## AND MORE!



For up-to-date Information on the Ferry Beach response to COVID-19, visit:

[ferrybeach.org/COVID-19](https://ferrybeach.org/COVID-19)

## Many Ways To Engage Your Joy with New Ferry Beach Online Classes

by Cathy Stackpole

*"The beating heart of the universe is Joy." Martin Buber*

Resilience is fueled by the wellspring of joy. Think about it. Moments you are completely swept away as you play with a child, or create an art project, or immerse yourself in nature or a conversation that engages all of your senses. Deep joy, right?

Joy drives our ability to withstand adversity. What are you doing to remind yourself of the joy that lives within you? Sewing masks reminded me of how much I love sewing and I had forgotten how much I missed it. Now my machine sits on a table in the spare bedroom, all set up and ready to go. When it rained the other day, I started searching through old material for my next project.

Every summer at Ferry Beach, the ukulele's come out of hiding and groups of youth to senior adults learn to play or begin to practice on the porches in the afternoon. One of the best teachers during the summer is Ed Priest, who we have signed up to teach ukulele online. "I want to make sure people know how to buy a ukulele. They say that if you buy a bad one, you spend half the time tuning it and the other half playing out of tune."

Online workshops have ranged in topics from professional and personal development, to creating a safe space to experience emotions and grief during this challenging time in our lives. We are hosting a discussion series "Queering the Spirit" which helps those in the LGBTQ+ community who struggle to cope with the confines of religion and their sexuality. Workshops on stress, songwriting, vision boarding and more are being offered this month. Stay tuned because we are adding more workshops all the time!

Be sure to visit [ferrybeach.org/online](https://ferrybeach.org/online) to see what we have going on and sign up for a class (or more) today!

*"The ancestor of every action is a thought." (Ralph Waldo Emerson)*



### Guided Meditation

During stressful times we need to step back to refocus our energy and bring joy into our lives. During the month of April 2020, we released a series of guided meditations to offer those in our community and beyond that opportunity. You can find a repository of the meditations at [ferrybeach.org/meditation](https://ferrybeach.org/meditation) and be sure to watch our facebook page for more in the coming months.

## Metz Cabin #5 Remodeled

As you may recall, in the November 2019 Discovery we shared about the passing of Bill Metz. Bill's legacy will forever be remembered at Ferry Beach by the Metz village which he created with his sisters Margaret and Elizabeth. Happily their plan has created a lot of enjoyment for many Ferry Beachers – a place where people can have some personal space and yet be together and enjoy Ferry Beach. After Bill's passing in 2019 from the effects of Agent Orange, the Metz family pulled together \$6000 to help remodel and transform the caretaker's cabin, Metz #5. Over the winter, Ferry Beach staff worked to remodel Metz #5, and have recently finished! We couldn't be more pleased with the outcome and are excited to offer a third cabin to guests this year!



## It Is Through Our Hope That We Can Experience Joy

*by Cathy Stackpole*

No matter what, spring is coming. Here in Maine, if you look closely, the grass is greening. A day or two here and there are warm, and buds are forming on trees, crocus and daffodil are up. The pulse of spring has started.

Most times we pay little attention to the small increments of spring, but as we practice physical distancing we are less distracted by busier times and we can feel the beat of nature's rebirth here in the northern hemisphere, commence. Just take an early morning walk and hear the cardinals calling to one another. Joy is in the air.

It won't be long now before we see trees leaf out and flowers pop up from the ground. The underbrush of the Grove and the state park close by will be greening and small white flowers will decorate the blueberry bushes.

It is during this time that we first start thinking about our annual trip to Ferry Beach, either for a weekend with a retreat group, or later on in the summer with a conference or a camp. Perhaps our kids are reminding us that it is almost time! We don't know for sure what we will be able to do this summer, as we practice taking care of one another by keeping our physical distance in the moment. *(continued pg. 5)*



## Thank you for your ongoing support!

We have seen the good in humanity shine through these dark and uncertain times. Paul Belyea, Pam Emery and Katie Hanninen have donated their stimulus checks, many members have paid for their summer plans in full and requested Ferry Beach keep the money if their conference gets canceled. We continue to see money donated in our [relief fund](#) and you have been purchasing [Ferry Beach Bonds](#) to use in future years when we hope things will be back to normal! We thank everyone so much for their contributions to help stabilize Ferry Beaches financial security during these difficult times.

Of course, our [sustaining donors](#) are the backbone of our financial stability and we want to give those who have maintained, increased or recently restarted their sustaining donations a special thank you!

Joyce Adams	Judith Donovan	Carolyn & John Hodges	Donald McNamara	Timothy & Naomi Schick
Dody Adkins-Perry	Mark Doty	Jane Hucks	Cynthia Melcher & David Basler	Jacque Schultz
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Eileen Cummings	Carol Sue Hayden & Richard Hall	Verne McArthur		
Nancy Cunningham		Nicole McGuire		

*(continued from pg. 3)*

Some of us have made masks, others have planned activities for later on in the year, still others are baking and cooking and cleaning and gardening at home. Some of us are teaching our children and playing coach in the late afternoon. We distract ourselves for a while from the imposition of the quarantine and the fear of the pandemic.

Then we watch the news and worry for ourselves, our children, our older relatives and friends. We join in the sorrow for all of the people who have lost their lives. We send good wishes to the people on the front lines who put themselves at risk in a variety of ways each day. And we gain perspective for a time.

But it is not easy. We struggle to understand. Why me, why us, why now? Ferry Beach's summer theme is joy. Choosing a theme each summer has never seemed to fail in the last 5 years to bring us a gift: a way of seeing we might not have otherwise seen.

Robert Ellwood, (Buddhist, Sufi) in a book called "Finding Deep Joy" says: "Deep joy is both the ground of love and the surest source of strength to persevere in the course of compassion — even when trials abound, as they often will." So, as we struggle to distract ourselves from the pandemic long enough to sleep 8 hours, or act as camp counselor or teacher to our little ones at home what are the take-aways in this moment and how will you persevere?

Social observers are trying to give a view for all of us to see – a uniting of the world against a common predator; a chance to give the earth time to heal from the pollution we pour into the air daily; a reset of the world's economic system; a chance to evaluate the things most important in life. All good thoughts, and we won't know for years what is true.

In my corner of the world, it is only me, I have control over, as I respond to this crisis. I can choose joy in the moments when I see the spring returning, I can take a break from the worry of the world, if only for a little while. As Ellwood says, "Discovering joy for ourselves is a life-long mission drawing out our wonder and curiosity."

In this time of struggle and deep change, I hope you will spend a little time discovering your joy by awakening your wonder and curiosity as the world spins and nature awakens to another spring.



**Join us Online!**

Due to the COVID-19 outbreak and social distancing practices in place all across the country, we have lined up several online programs and have more being added all the time!

Check out what we have in store at: [ferrybeach.org/online](http://ferrybeach.org/online)

# Discovery

MAY 2020



## Ferry Beach Bonds

Give the gift of Ferry Beach to a friend, loved one or even yourself. A Ferry Beach Bond Certificate will give the recipient an opportunity to enjoy a camp or conference at some point between now and the end of 2025!

Bonds are for everyone! Is there someone you know hasn't come to Ferry beach in a few years? Give them a bond and invite them back! Want to get your holiday shopping done now? Purchase these for your family and enjoy the summer together at the beach. Know you'll be back every year anyway? Pay for the next 5 years now.

Buy your Ferry Beach bonds at [ferrybeach.org/bonds](http://ferrybeach.org/bonds)

## SUMMER AT FERRY BEACH

*enriching & engaging retreats on the sandy southern maine coast*

- ADULT RETREATS**  
Explore a craft, learn a skill, meditate, play, hike, relax on the beach, share conversations with other adults, write, take photographs, join a support group, quilt and much more. Make new friends or come with a group. Adult weeks are packed with fun, friends and a variety of content. Come with a friend, a partner, or escape by yourself. You will always feel welcome at Ferry Beach.
- PADDLE POWER**  
ADULT
- YOGA**  
ADULT
- FAMILY CAMPS**  
Ferry Beach is the perfect venue for the parents/caregivers who want to be with their whole family for vacation but don't want to cook, clean or be the social director all week! With the beach in one direction, the dining hall in the other, and age appropriate activities for every family member, all the ingredients for a fabulous time are here. Ferry Beach offers the best in family getaways. We are an open and affirming community and welcome all families!!
- GAYLA**  
ADULT
- CIRCLE OF MUSIC**  
ADULT
- IN REAL LIFE**  
FAMILY
- FAMILY & FRIENDS**  
FAMILY
- CHORAL FEST**  
ADULT
- COMPANY OF WOMEN**  
ADULT
- THE WELL**  
FAMILY
- CIRCLES OF LIFE**  
FAMILY
- RE WEEK**  
FAMILY
- YOUTH CAMPS**  
In the summer, Ferry Beach is a place where kids discover, explore, and take action. The southern coast of Maine is alive with life's transformations and a wonderful place to grow and change. Children entering 4th through 12th grades share the campus in three age appropriate camps organized by volunteer leaders, many of whom are parents, teachers, religious educators, and other kid-friendly supporters. All of our staff must pass a robust background check!  
LGBTQ+ affirming.
- FUTURES**  
YOUTH ENTERING GRADES 10-12
- KFTE**  
YOUTH ENTERING GRADES 4-6
- DIFFERENT DRUMMERS**  
YOUTH ENTERING GRADES 7-9

HAVE YOU BOOKED YET?

[ferrybeach.org/schedule](http://ferrybeach.org/schedule)