

Discovery

An Existential Crisis?

by Cathy Stackpole

“Don’t shrink, don’t puff up. Stand your sacred ground.” ~ Brene Brown

A recent interview with Ocean Vuong, poet and writer caught my ear. In Buddhism he said, we think of the person who is challenged in some way in their interactions with others as not “bad” or a “bully” but “unskillful.” He went on to say that we may be unskillful in our expression of vulnerability, or love or pain. And this “unskillfulness” might be judged harshly because of the way it lands on someone else.

It reminded me of the quote that Brene Brown writes, “don’t shrink, don’t puff up. Stand your sacred ground.” We all have felt hurt by another’s unskillfulness haven’t we? And then of course, we have a choice. How will we meet this challenge? Some of us get quiet and small, some of us take on a bigger persona and some do some variation of the two. Yet, I wonder what Brown and others might mean when they say to stand your sacred ground?

In a conversation with another Executive Director we shared challenges faced over the last few years. We were both seeking ways to find safety in a whirlwind change. Many years back I read research that talked about what we are gifted from relationships that work: Self worth, Self knowledge, Desire for more interaction or more connection.



Often, the gift we give in learning how to be more skilled in our interactions with others is to ourselves. Giving up our locus of control to someone else (taking on their anger, pain, frustration, etc.) doesn’t usually change the other person. It just hurts us. This makes sense when I think about Brown’s comment of “stand your sacred ground.” We are all gifted by nature of our birth.

However in thinking about universal love: I wonder if the quote from Brown might make more sense if it was “stand on our sacred ground.” In other words, to stand together on this holy place we call earth!

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AND MORE!

BOARDwalk: Ferry Beachers and Remaining Special *by Ron Willett, Vice President*

Many or most of us have known at some time a feeling that we don't belong, like the world hasn't made a place for us. The current divisiveness and polarization of our current times can leave us asking, "Where do I belong?" We who consider ourselves "Ferry Beachers" can share powerful stories about finding Ferry Beach, about where our lives were at that time, and what it has meant for Ferry Beach to become a special place for us.

Among these accounts can be heard a common theme: We found something unique at Ferry Beach that we didn't even know existed, a special aspect of belonging and community that we had not known. What is this special something? It may be described differently by each of us, but in all these accounts we hear references to acceptance, discovery, and growth. Through these accounts runs the common thread of Universal Love.

With the pandemic in our rearview, we come back into summer conference season at Ferry Beach seeking that special Ferry-Beachness that has brought us back again and again. The Board of Directors coordinates with staff in efforts to maintain Ferry Beach as the safe, welcoming, nurturing enterprise it has become.

Back in 2018, the Board and staff adopted a set of Strategic Goals and Objectives, 2018-2024 to guide us through some transitions. Looking forward, the Board is preparing to undertake an evaluation of those goals in advance of a new set of Strategic Goals and Objectives for 2025 - 2030. We seek to ensure that the "specialness" of Ferry Beach continues and that Ferry Beach thrives. This is far from simple or easy work, as many of us know from similar professional endeavors. As we move through this time of evaluation and assessment, the Board endeavors to remain focused on principles of right relations.

As we move through this time of divisiveness and polarization in our country, perhaps the Board might offer models of right relations for all Ferry Beach conferences and communities. I'm reminded of a covenant adopted for the Board's annual planning retreat in 2013: In that covenant the Board agreed to listen to understand, to honor confidentiality, to respect each other's contributions, to trust each other's good intentions, and to ground our work in the principle of Universal Love. We can do this – we're Ferry Beachers!

We have Updated our Communicative Virus Policies

We have recently reviewed our policy related to COVID-19 and communicative viruses and have made some changes. As always our most up-to-date policy is posted on our website at www.ferrybeach.org/COVID

Below is the overview of our current policy for visitors who stay overnight at Ferry Beach:

Vaccines: Strongly Recommended

Masking: Recommended Indoors (Required in Food Service Lines)

Testing: Recommend Negative Rapid Test Result Before Visiting for an Overnight Event

COVID Positive While Visiting: Required to Leave Facility

Flexibility: Required for ever-evolving policies and external conditions that may affect your stay.

Thank you for your support in keeping our communities safe and healthy!

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 DeVille 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.

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

Bylaw Changes (new language highlighted in green)

Moved: That the members approve the following amendment of the organization's Bylaws to authorize the remote/virtual conduct of the Annual Meeting:

Article VIII: Meetings

current text:

Section 1 – Date of Annual Meeting

- a) The Board of Directors will provide for an Annual Meeting of the membership. The date and time of the Annual Meeting shall be set prior to May 1st each year. The Annual Meeting will be held in Saco, Maine.
- b) The Annual Meeting and any Special Meeting duly called by the Board will generally follow guidelines established by Robert's Rules of Order. Votes on issues submitted for approval or decision at the Annual Meeting and any duly called Special Meetings shall be cast by Voting Members in accordance with Article III, Section 2.

proposed new text:

Section 1 – Details of Annual Meeting

- a) The Board of Directors will provide for an Annual Meeting of the membership. The date and time of the Annual Meeting shall be set prior to May 1st each year. The Annual Meeting will be held, **when possible and practical, at Ferry Beach in Saco, Maine or remotely via Internet or other electronic media, as determined by a majority vote of the Board of Directors.**
- b) The Annual Meeting and any Special Meeting duly called by the Board will generally follow guidelines established by Robert's Rules of Order. Votes on issues submitted for approval or decision at the Annual Meeting and any duly called Special Meetings shall be cast by Voting Members in accordance with Article III, Section 2. **For any Annual or Special Meeting of the membership conducted remotely via Internet or other electronic media, the Officers shall determine and announce in advance an accountable method of member voting at such Meeting in accordance with the membership entitlements in Article III Section 2 of these Bylaws.**
- c) **The date and location or details of remote conduct of the Annual and any Special Meeting of the membership shall be announced to the members by the Board no later than 60 days in advance of such Meeting via newsletter and by US mail or email to Annual and Life Members in good standing as of the date of such announcement.**



Annual Meeting June 24, 2023

The Annual Meeting is on Saturday, June 24, 2023.

We will be hosting a town hall meeting at 11:00 am, and holding the annual meeting at 1:15 pm. We will offer an optional lunch at noon for \$20 per person.

To vote in the meeting you must have been a member of Ferry Beach in 2022. Please register on our website at ferrybeach.org/annual-meeting or by calling 207-282-4489.



Plan to Join us for Work Week! June 19-24, 2023

Join us for the first Summer Camp of the year and help us check off those final to-dos before we start bringing in guests for summer programs. There are plenty of projects to keep anyone busy! Come to Work Week and feel the deep sense of satisfaction that comes from sharing hard work and good times while revitalizing our campus! Work in the mornings and enjoy a Ferry Beach getaway retreat in the afternoons and evenings. Projects will include:

Painting: Plenty of indoor and outdoor painting projects to choose from

Cleaning: Help dust, vacuum, mop and wipe away winter's mess

Sewing: Create our theme banner and make cushion covers for our wicker furniture.

Gardening: Clean out brush and weeds and help make our gardens beautiful

Administrative: Help our staff with some light administrative tasks like database clean-up and paperwork (limited number of volunteers)

Bring work gloves with you and if you are able to, please bring gardening tools to share. Ferry Beach does not have enough gardening equipment for all the volunteers to use simultaneously!

Learn more about Work Week and get updated project lists at www.ferrybeach.org/work-week. Standard dorm lodging or camping is free during work week, just cover the cost of your meals. Call registration at [207-282-4489](tel:207-282-4489) to save your spot!



Speed Up Your Check-In

We understand when you get to Ferry Beach, the last thing you want to do is stand around and wait in lines to check-in. We recommend that all guests pay their balance before arrival to skip the Ferry Beach registration desk. You may call our registration team at 207-282-4489. They are a very busy group so if they don't catch your call just leave a message and they will return it as soon as possible.



Support the Longevity of Ferry Beach!

Give the gift of Ferry Beach to future generations. It is easy to include us in your Will. If you believe strongly in our mission and work. To talk more, contact us at 207-282-4489.



2023 Theme Products Available Online

Get them before summer! Our on campus store will not have the variety of items as the online store. Check them out at www.ferrybeach.org/store

Summer Outlook

We are hopeful that we are in a better position this summer to operate in a more effective capacity. Guests who visited Ferry Beach in the Summer of 2022 noticed a reduction in the crew and burnout on the long term staff members. Last season we were unable to secure the number of staff we needed due to the national staffing shortage which affected our daily operations. As of right now, things this year are looking a little bit more positive and we have a larger crew shaping up. There are still some holes we are working diligently to try to fill but are grateful to have some extra support this year. We ask all of our guests to continue practicing patience and understand, we may need help periodically while we, along with the rest of the world, recover from the damage created in the wake of the pandemic.



Prepare for Summer: Get the Ferry Beach App Today!

The Ferry Beach App is your one stop place for everything Ferry Beach when you visit. Access your conference schedule, conference content (if applicable), song books, chapel programs, tidings, photos and so much more right from the app!

We updated content daily so you will always have the information you need right in your pocket! Don't feel like fumbling around to try to find something? We have conveniently placed QR codes around campus to help you access the things you want when you want them.

Download the app today for Android or iPhone from your app store or visit app.ferrybeach.org and save to your homescreen. Dont forget to allow for notifications! We will let you know of changes to your schedule and more while you visit!



FERRY BEACH

Discovery

APRIL 2023



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Ferry Beach Retreat & Conference Center is a 501(C)3 non-profit organization with a mission to awaken hearts to explore, grow and renew the spirit of universal love.



Come to Ferry Beach for the 4th of July Holiday!

We are excited to host a family fun retreat at a family friendly price for the July 4th week(end). Join us for a portion of the week or the whole week of July 1-8, for our brand new family fun week(end)! Activities will include: fireworks on the beach, polar bear swims, a cook-out, concert by Onward, sing-alongs and S'mores around the campfire, fun intergen activities, arts & crafts activities, T'ai Chi and more. If you already have plans for the 4th, then plan on coming to our end of season celebration during Labor Day weekend. Both are sure to be fun for the whole family and at prices that don't break the budget. Learn more at ferrybeach.org/july4