

Discovery

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CELEBRATING 125 YEARS OF FERRY BEACH!

It's Not Just a Place...

By Talia G.

As staff we have been conversing about the 125th for quite some time. One early morning in the spring of last year as I sat at my desk listening to the birds call from the trees, I realize I have a lot more questions than answers. What were the early days of Ferry Beach like? What were they saying about this magical place way back in the day? What did Ferry Beach look like.. how did they market this wonderful place.. and what were the days prior to the 2000's even like? Luckily, the Ferry Beach archive had all the answers I had been looking for and then some. It was a history session. I discovered more about the early day's than I ever imagined. In sifting through a box, I found an old discovery from 1969. In that Discovery was a page of testimonials, what people had been saying about Ferry Beach prior to the 1970s. Some things never change... many of the things we hear Ferry Beachers say today were true back then too.

Here's what some had to say about Ferry Beach back in the day.

"Ferry Beach is my home, more than any place else on earth. Its folk are my family. It is the only place I feel accepted for who I am, instead of pressured into changing into something the world may expect of me. I will always love Ferry Beach for this kind of nourishment."

~ Donna J. H



"Ferry Beach.... can not be descibed, it must be experienced. You are received with warmth, kindness & openness. You can open your heart, mind and soul to the world; turn them over, up and around in your own way, in your own time. The humanity of those you interact with is such fuel for life that you must return to be rekindled."

~Dick R.

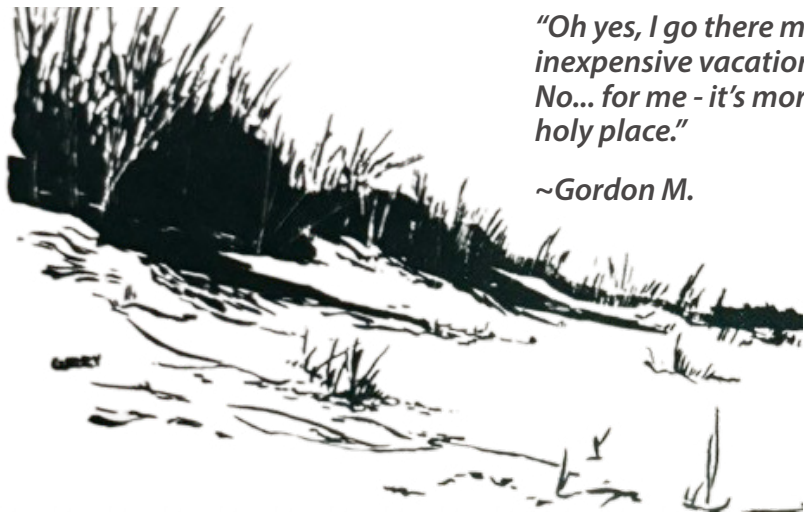
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AND MORE!





"Oh yes, I go there most every summer. Is it just an inexpensive vacation spot - with pines, ocean and sand? No... for me - it's more in the nature of a pilgrimage to a holy place."

~Gordon M.

"Ferry Beach is my source... of self-discovery, and growth; of free communication with others; of an ever-growing appreciation of the wonder of life as taught by the sea, the sand, the pines and the people; of tears and laughter of security in belonging; of total commitment to community I believe in."

~Marilyn F.

Ferry Beach is not just a place... it's community, its everlasting lifelong friendship, a refuge for many in some of their darkest days, a space where love and acceptance meet. It's the people who contribute to its beauty. Of course, the location, the wonderous natural environment make it special. The beach, the grove, the buildings that hold so many stories. But it's the combination of all these that truly make Ferry Beach what it is.

It is said that somethings in life can't be described until you experience them, Ferry Beach is one of them. We are rich in what Ferry Beach offers; how lucky we are to be able to call this place- home.



A New Chapter!

Over the last 125 years, Ferry Beach has experienced exponential growth; now a year-round gathering place for numerous events, workshops, our own retreats, conferences and outside groups who have chosen Ferry Beach to be "home", for many of the same reasons we all share. As we reflect on our mission we seek to expand opportunities for community, connection in the spirit of universal love.

Earlier this year, we held a one-day event that brought community together for self-discovery, renewal and healing. Awakening Spirits embodied others to reach their personal wellness and spiritual goals. Hundreds joined us to better their health, nourishing their mind, body & spirit through 20+ activities and workshops. Attendees expressed how refreshing, fulfilling and deeply inspiring this day event was but wished it had lasted longer. Awakening Spirits illuminated the path toward a new summer opportunity.

Brand New This Summer...

We are excited to announce a brand-new summer retreat, Zen Tide (July 5-8, 2026). This retreat is for individuals to find their path, to experience true full-body healing with time to pause, connect and care for oneself in a supportive environment. With so much uncertainty in the world, so much doubt if you are where you're supposed to be and the challenges of finding ways to manage daily stress; we sought for an experience to release, connect, heal, self-discovery and self-worth. *Continued on page 3...*

Continued from page 2... Each day of this retreat is intentionally crafted to embody inner peace and power. Flow through deeply grounding yoga sessions, quiet your mind in guided meditation, and experience the profound energetic shift of immersive sound baths that help release emotional blockages. To gain greater clarity, direction and validation for your path, engage in tarot, mediumship and astrology readings. Everything about this retreat is designed to help you let go of what's been weighing you down and step into a lighter, more aligned version of yourself.



Each day, choose what feels most nourishing and aligned for your healing journey. With over 20 workshops to explore ranging from healing with the moon to discovering your karmic life purpose, introductory astrology, qigong, soul incarnations, pillars of spiritual power, meditation, spiritual cord-cutting, and more. Afternoons and evenings offer their own magic, with a variety of enriching experiences including sound baths, yoga sessions, meditation, tarot and mediumship readings, and creative activities like crafting crystal bracelets, trees, and wands. Gather for a fireside ceremony and enjoy even more opportunities for connection, reflection, and renewal.



This is the year of the Fire Horse in the Chinese zodiac cycle. The horse is associated with energy, independence, and forward momentum, viewed as a time of movement and personal growth. An opportunity to reassess priorities, take initiative, and make meaningful changes that support both personal and professional well-being. Let 2026 be the year that you make yourself a priority, take care of you! We hope you will consider experiencing Zen Tide with us! You can learn more about this opportunity at: ferrybeach.org/zen-tide-retreat

Limited Edition 125th Anniversary Merch is Available!

Show your support of Ferry Beach and honor our 125 year history with this special collection of 125th celebration merch! When you purchase merch, it is directly supporting Ferry Beach.

Will the 125th collection be available in the store this summer?

The only items from the special 125th collection that will be available for purchase in the store is t-shirts and hats (quantities will be limited, while supplies last). For a greater selection of items and colors, shop our online store. There are many exclusive items from the 125th collection that can only be found online: sweatshirts, long-sleeve shirts, mugs and various other accessories. Enjoy and don't forget to wear your 125th merch at check-in, we can't wait to see which conference has the most "Ferry Beach Spirit"!

Visit: ferrybeach.org/store to shop.



"New" Beach Yoga Every Saturday!



Introducing Beach Yoga... now offered every Saturday from 8:00-9:00am. Experience the transformative power of Fluid Yoga in this dynamic 60-minute vinyasa class. Fluid Yoga invites you to move with intention, synchronizing breath with seamless, flowing movement to create a deeply connected mind-body experience all while enjoying the ocean scenery! Roll out your mat, take in that sea salty air and let yourself flow. In the event it rains or is too cool to be outside, yoga will take place in one of the buildings. We anticipate yoga being a year-round offering. Classes are \$10 per person. You can register online at ferrybeach.org/beach-yoga.

In the past, many of our offerings have seized in the summer but this year we will be having many more day offerings all throughout summer for local community member to join in. More about these new offerings will be announced in our next discovery in June. Yoga is one of these events that will continue in the summer. Whether you are at Ferry Beach for a summer conference or local to Ferry Beach we welcome you to join in!

More Sourdough Classes Come to Ferry Beach!



Ready to learn how to make your own bread? Our popular sourdough classes are back, now is your chance! Register now while space resides, classes are known to sell out fast! Classes are \$55 and include all supplies. Visit ferrybeach.org/sourdough-bread-class to register or learn more.

- Session 1: June 23 (9am-12pm) & June 24, 2026 (9-11am)
- Session 2: Sept. 15 (9am-12pm) & Sept. 16, 2026 (9-11am)
- Session 3: Nov. 4 (4:30-7:30pm) & Nov. 5, 2026 (5-7:30pm)
- Session 4: Dec. 11 (4-7pm) & Dec. 12, 2026 (10am-12pm)

Summer 2026 News



Ever embark on your journey only to realize you forget to pack the sunscreen and other beach essentials? We are thrilled to announce that this year, we've added sunscreen, beach towels, beach toys and other essentials into the Ferry Beach Store! You can now grab the essentials while visiting, no extra stops needed during your travels. The original name tag holder pouch from years ago is also back in the store! Of course, drinks, ice cream, shirts, sweatshirts, hats, yoga pants and various other items will be available for purchase as well!



For the Next 125 Years...



Help us ensure that the legacy of Ferry Beach continues for another 125+ years.

Ways you can make an impact:

Tier 1: Join the 125th club! Members in the 125th club provide a sustaining donation of \$125, on a monthly basis. Sustaining donors make a vital impact in our existence and what we are able to do at Ferry Beach. Without them the essential upgrades and maintenance of our facility would not be possible! Become a 125th member [here](http://ferrybeach.org/giving). (ferrybeach.org/giving)

Tier 2: Celebrate our 125-year history by making a special donation of \$125.00. You can submit your donation [here](http://ferrybeach.org/giving). (ferrybeach.org/giving)

Thank you for your support and being a part of this special milestone with us!

“For it is important that awake people be awake, or a breaking line may discourage them back to sleep; the signals we give — yes or no, or maybe — should be clear: the darkness around us is deep.”
(William Stafford, A Ritual To Read to One Another)

The call we are hearing right now is one of building an awakened community. Ferry Beach has always had this as a goal. We connect with energies from our ancestors such as William Rowland, for whom Rowland Hall was named. He was the board president from 1919-1925 when he passed away. He was one who encouraged the building of a place that would have an auditorium and classrooms so that healing arts workshops would have a place to convene. Rowland was a medical doctor, and a native of Vermont.



Many of us are hearing the call to awaken universal love in our world. Ferry Beach has always been connected in one way or another to peace movements throughout the world. Just before World War II, activities of the World Affairs Council met here to discuss the US’s involvement in the war effort which had not yet occurred. Bill Metz, and his wife, for whom the Metz Village is named, were active in these efforts. His children have kept up his legacy, creating a fund to support the three cabins that make up the Village.

Ferry Beach is continuing to draw threads to awakened activities down through the ages, drawing the circle wide to encompass many activities centered upon love and community. Upcoming this year, conferences that you may wish to explore include: the American Pilgrims of the Camino (May 28-June 1) the American Society of Dowzers (June 5th – 8th, a healing fair is open to the public on June 6-7 in the auditorium) and the Profound Treasury, June 12 – 21st).

A celebration of the Summer Solstice will take place on June 21st at 7pm in the Grove. Look for other rituals this summer to mark the new moon and the full moon, ways we wish to honor the earth and create awareness of the importance of being good stewards of each other and the Earth.

This year, many of our summer conferences will have opportunities open to our local community. Look for these in our announcements of summer activities. July 4th cook out and our Labor Day festivities are also offered for people in our community as well as those who lodge on campus. We are so grateful for all of you!

Want to Cast Your Vote?

The Bangor Savings Bank Foundation is giving back to non-profits across Maine and New Hampshire as part of their Community Matters Program. This program will distribute over \$155,000 to winning non-profits across Maine and New Hampshire! Voting is open until April 30 to all ME & NH residents.

If you’d like to participate/cast your vote, visit: bangor.com/cmm. Fill in your name, email address, and state you reside. Select “Maine & York Country” and write in your favorite non-profit.

Receiving even a portion of this grant would significantly enhance what we are able to offer our community, while further supporting our mission: to awaken hearts to explore, grow, and renew in the spirit of universal love—something so vital in today’s world! We hope you will consider casting a vote for “Ferry Beach Retreat & Conference Center” so we can do more for all of you!



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APRIL 2026



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