

August 2, 2021

## **Hi Circle-of-Life Ferry Beachers!**

Just a few more days until we are all at Ferry Beach! I am so looking forward to seeing each of you and dipping my toes into the salt water and just taking a deep breath of that fresh ocean air. **Check-in time is 4pm Saturday. Check-out is after lunch on FRIDAY** (rooms will need to be vacated earlier.)

This note includes information from the Beach about COVID precautions and protocols, especially now that the Delta variant is around.

I've also listed all the programs that you are offering each other for our co-op program. *There is still time for you to offer an activity!* We'll schedule the activities once we're on-site and have a good idea of who is doing what and when things will fit in best. **Daily schedules will be available on the Ferry Beach app and on white boards at the Dining Hall.**

There's also a list of *what to bring* besides your usual vacation luggage! It appears that the weather for the week is beach-perfect: long-range forecasts are for highs around 75-80 and slight chances of rain each day.

Please contact me with any questions you may have or concerns you would like to talk about.

See you soon!

Ann Barone, Coordinator

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## **PLEASE BRING TO THE BEACH WITH YOU:**

*Suggested only! Bring extra if you have some to share; we'll try to be sure every participant has what they need!*

**Masks, hand sanitizer and personal water bottle (Ferry Beach recommended)**

**Journal and pen/pencil** as part of your spiritual practice with Rev. Viola

**Materials for your Sit-Upon** \* *One sits upon their sit-upon to keep their derriere dry while sitting upon a bench, or log, or rock, or pew, or chair or other damp surface and not have a wet towel/ shorts to dry out!*

\*a sit-upon is an old camp craft traditionally made of 2 squares of oilcloth sewn together with twine and padded with sheets of newspaper.

On Saturday afternoon, we will make ours with **reusable waterproof shopping bag** sewed across the top with gimp. Inside, they can be **padded with recycled material**: sheets of newspaper, padded mailers, soft padding from shipping boxes, an old towel, or even just by using a padded insulated bag. Bring what you have! At the end of the week, simply pull out the gimp, remove the padding and voila! You have your old bag ready to use at the grocery store again (with a few holes across the top!)

Please bring one shopping bag for each person in your family, sized accordingly!

**Raingear**—unless it is really bad out, we hope to continue many of our activities in the rain. If being in the rain is difficult for you, plan on sitting on the porch (or inside someplace dry!) watching us out in the rain!

## **Books**

*Hidden Wholeness: The Journey Toward an Undivided Life* by Parker J. Palmer (Jossey-Bass: 2004). Recommended by Rev. Viola Abbitt

*The Power of Myth* by Joseph Campbell with Bill Moyers (Anchor Books: 1991). Recommended by Joe Jencks

*Stamped from the Beginning: The Definitive History of Racist Ideas in America* by Ibram X Kendi (Bold Type Books: 2016), winner of the National Book Award

for Nonfiction. Recommended by Cathy Stackpole (Ferry Beach Park Association's Executive Director)

**Ukuleles and other musical instruments**

**Life vests for swimming in the ocean** if you need them (*there is no lifeguard this summer*)

**Sand/ Beach Toys** especially for building sand castles!

**Arts and Crafts supplies**—like beads, old necklaces and earrings, chalk, paint and sketch pad, yarn, embroidery floss, gimp, needles—small and large, hoops and macrame rope...

## **Activities for CIRCLE OF LIFE 2021**

Sit-upons (BRING YOUR OWN SHOPPING BAG!) *led by Ann Barone and Elliana*

Name Tag decorating *led by Breanna and Deserea(C-C)*

Ukulele workshop *offered by Eric Semple daily 10:30-11:30*

Theme Discussion *offered daily by Joe Jencks 10:30-11:30*

“Reparations Workshop” *offered by Carl McCargo*

UU History Porch Discussion(s) *offered by Rev. Claudia Elferdink*

Fireside Chats (discussions of religious journey) *organized by Rev. Claudia*

Kendi Workshop (see reading list) *offered by Cathy Stackpole*

Dancing in the evening *led by Sid and Lynette Gardiner*

UU Prayer Beads *offered by Ruth Getchell Rempt*

Sand Castle Contest (*chief judge Bob Cohen*)

Board games *coordinated by Cindy Baker and Aiden (C-C)*

Wildlife Rehabilitation Stories from the Field *offered by Susanne Coulton-Carey*

Chalk paintings *offered by Susanne Coulton-Carey and kids*

Book discussion *led by Julie Haupt*

(other books still available for discussions)

Yoga in the afternoon: *Led by Tim Carr on M/W*

Led by ??? other days??

Giant Bubbles *led by Julie Haupt and Susanne C-C*

Joy of Writing *led by Joy Haupt*

Aquaboggan Trip (\$15 pp for groups of 25 or more) *coordinated by Barbara Merrill*

Politics Discussion: How to channel your energy into effective legislation *led by Derek Slap*

Beading and jewelry-making *Led by Julie Haupt*

Flashlight Tag *organized by Aden (C-C)*

I-phone game unmung us *organized by Aden (C-C)*

Women's Group *led by Barbara Merrill*

Friendship Bracelets *organized by Elliana Wing and Deserea and Brianna (C-C)*

**BUT WAIT! There's more!**

**STILL WAITING FOR YOU TO OFFER:**

*Choose from the list below or use your imagination and offer something else!  
Please call or text or email Ann to let her know what you'll offer and what  
supplies are needed.*

[annbarone@verizon.net](mailto:annbarone@verizon.net)

**413-374-9799**

Knitting/ Crochet Circle

Story book time with activity

Afternoon Tea Party (could be dress-up fun!)

Macrame workshop

Journaling

Polar Bear swim

Fun running on the beach or road

Bike trips

Off campus trips to Biddeford Pools, Scarborough Marsh (Audubon Society canoe trail) ...

Volleyball game(s)/contest

Scavenger Hunts

Bird Walks

Beach Walks and Nature Walks/ Talks

Paper Bag Dramatics

Corn-Hole competition

Lawn Games (like Bocce, Ring-toss)

Talent Show MC

Men's/ Gender-Inclusive spirituality circle

Kites—flying/ making

Magic Tricks

Mask-making (fancy—not covid, although we could do that, too!)

Basket-making

Art—drawing, painting, sketching,

Fishing

Challenge/ Cooperative Games/ Parachute Games

Soap Carving (or wood?)

Tai Chi

Sack races/ relay races/games