

IN THE COMPANY OF WOMEN FERRY BEACH, SACO MAINE - AUGUST 14-20, 2022



Newsletter - April - 2022

Come relax, refresh and renew ... In the Company of Women, where you can bring your full authentic self to be welcomed and appreciated by caring, curious, creative, supportive and friendly companions in a safe and loving environment.

TO REGISTER and find info on pricing, room options, and if you would like to register for less than a full week etc.:

By phone: 207-282-4489 x1

Online: <https://www.ferrybeach.org/company-of-women.html>

Please note you need to register for conference and room arrangements separately and are asked to get a membership to Ferry Beach.

As of April 4, 2022, 31 women have registered for our conference ❤️

Consider inviting a friend/companion to join us!

SCHOLARSHIPS:

We believe that no woman should be excluded due to lack of funds, so we have set up partial scholarships. There is also the possibility of a shortened stay or commuting for a day or more. In other words, a "no excuses" policy... because you're worth it! Please apply for scholarships by 7/1/22. A link is available at: <https://www.ferrybeach.org/company-of-women.html>

WELCOMING:

Can you remember a time when you were new to a situation, and did you maybe feel a little anxious or nervous as well as excited? How would you feel if you believed that those you would meet have been waiting for you as if you were a long lost friend?

We're looking for women interested in acting as a 'Ferry Beach Sister / Ambassador' to partner with a newcomer to answer questions, make introductions, offer a welcoming smile and seat at a dining table etc.

If you're interested, please contact Christine Krom @ cronechristine@gmail.com



"I'm a woman
Phenomenally.
Phenomenal
woman,
That's me."
~ Maya Angelou



MINISTER OF THE WEEK:

It's so exciting to announce that our Minister of the week this year is **Li Kynvi**. Li serves as the intern minister at the First Parish Church of Groton UU and is a ministerial candidate. Li has been a board-certified music therapist since the '90s, working the past 15 years full-time in hospice. Li has been deeply influenced by living overseas; by transforming pain; by community and friends; by 10-day Zen Peacemaker retreats at Auschwitz-Birkenau; and by raising their 2 complicated young adult children, one with profound intellectual and physical disabilities. Deeply joyful at heart, Li is fueled by music, prayer, meditation, humor, and deep connection.

You can listen to one of Li's reflections here:

<https://www.youtube.com/watch?v=-35qTnClxdk>

And a sample of their singing:

<https://www.youtube.com/watch?v=OAFkqYw-fNk&t=44s>

WORKSHOPS and ACTIVITIES:

In the spirit of affirming the journey and contribution of every woman, we are offering opportunities for conference-goers to claim their stories, reflect on their life stages and what brings meaning to our lives. Together we create safe space to be fully expressed and share in the larger circle as well as in small groups and one-on-one. We also hope to offer plenty of opportunities for fun, art, community, and spirit. And of course, there's always time for lounging and swimming at the beach, walks in the grove, socializing on a porch, quiet reflection, and ice cream. More detailed information about workshops is available on the Ferry Beach website. <https://www.ferrybeach.org/company-of-women.html>

WORKSHOPS and ACTIVITIES currently in the works include:

- Writing a Memoir ~ Carolyn Bonier
- Spiritual Workshop TBD ~ Jody McAssey
- In Praise Of ~ Sharon Smith-Raska
- Shamanic Journey ~ Jody Breton
- Grief Yoga ~ Sherry Lundquist
- SoulCollage® ~ Denise VanVooren
- 'Hair Flair' ~ Leah Goat
- Create a Personal Altar ~ Mitch Beck
- Journey Dance ~ Sherry Lundquist
- Art workshop TBD ~ Maryann Ficker
- Book Chat ~ Sharon Smith-Raska
- Wise Woman Circle



PERENNIAL FAVORITE EVENING ACTIVITIES:

- Trivia Night: with our beloved Emcee Judy Tator
Judy says "As much as you probably want to study and memorize this year's Almanac and the latest encyclopedia, it probably won't help. Your memories are all we ask of you and a willingness to have fun."
- Talent - No Talent Night: sharing the stage once again with our friends from the Circle of Music
It's never too early to start thinking about what lovely offering or crazy-fun antics you'll WOW us with.

We welcome and encourage anyone who would like to lend their passion, interest and talent to offer a porch chat, breakout session, share an art or craft project, collaborate to create opening and closing rituals, or add components of singing, spirit, poetry, movement, etc. to our experience. We'd be delighted to hear from you and support your offering and suggestions!

Please contact our ITCoW Coordinator Denise @ 617-501-5279 or dvvreiki@gmail.com.



SUPPORTING OUR SCHOLARSHIP FUND:

Our scholarship fund offers partial financial assistance to expand opportunities for women who would like to experience our special week together.

You are invited to bring items you think your sister campers might enjoy acquiring to support our scholarship fund, including Ferry Beach or summer clothing, scarves, books, artwork, stationery, and other treasures. Items are arranged on a table through the week with a confidential box to accept free-will donations in exchange for any items of interest. All items that are not selected by the end of the week need to be reclaimed by the person who donated them.



QUESTIONS? CONCERNS? SUGGESTIONS? CONFUSED? or NEED ANSWERS about anything to do with our conference?

Please contact Denise @ 617-501-5279 or dvvreiki@gmail.com

CIRCLE OF MUSIC NEWS:

“This year we have the amazing musician [Pat Wictor](#) joining us for the whole week. Pat will be offering workshops on songwriting, improv singing, body percussion, and guitar playing! Those who were with us last year got a wonderful taste of what Pat has to offer, and we hope everyone will join us to get the full experience of Pat! We also have our long-time CoM friend Ed Priest joining us again as Musician of the Week, and Ed will once again be teaching the ukulele, bring your own or get started with one of Ferry Beach’s ukes!”

Longtime friend and frequent contributor to ‘In The Circle of Women’ via her dynamic Shamanic workshop experiences, Jody Breton is returning this August. Jody is also offering an Upcoming study opportunity:

MaineShamanism.com
Awakening To Spirit: Shamanic Apprenticeship Program
September 2022-June 2023

Applicants accepted now- August 1st
<https://www.maineshamanism.com/workshops-mentoring/>

Let's be **SMART!** about COVID-19 at Ferry Beach!

- S STATUS: VACCINATED**
Be fully vaccinated based on US CDC guidance for your personal situation.
- M MASKED FACES**
When county status is above LOW - Wear a mask when inside public spaces or within close proximity to others for extended periods. fbch.me/mask
- A ADAPT & BE FLEXIBLE**
Rules and guidance change quickly - be open to new policy at any time.
- R REMAIN DISTANCED**
Hold space between yourself and others.
- T TRACK SYMPTOMS**
Self-monitor for COVID-19 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. See CDC's full symptom list at fbch.me/symptoms
- ! HAVE FUN**
Enjoy your visit to Ferry Beach and do your part to ensure everyone goes home Healthy!

fbch.me/smart

FERRY BEACH COVID SAFETY:

Safety Items to Bring:

Masks: You should have enough masks for your entire visit.

Hand Sanitizer: It is always a great idea to keep hands clean. Bring hand sanitizer for times when washing is not an option. Ferry Beach also has many yellow hand sanitizer pumps around campus for your convenience.

Refillable Water Bottle: Not only is this better for sustainability, but for the time being, our water fountains will remain shut down. Be sure to stay hydrated in the summer heat.