

IN THE COMPANY OF WOMEN FERRY BEACH, SACO MAINE



Newsletter ~ Conference Recap - September 2023

SAVE THE DATE!!

In the
Company of
Women

August
11-17,
2024



Available online only:
Color version of
"Awaken" 2023 logo



In a variety of
background shirt
colors

<https://www.ferrybeach.org/store.html>

So many Thank You's to extend for all who made this a welcoming, joyful, fun, interesting, spiritual, and enjoyable week by offering time, intention, talent, creativity, enthusiasm, and support:

- Loss, Gain, Changes: Sharing our Pandemic Stories ~ Ashley Silva & Kristin Leary
- Writing Workshop "This I Believe" ~ Sharon Smith-Raska
- Immune Boost Self-Massage ~ Jane Hucks
- Early Morning Yoga (twice) ~ Jane Hucks
- Early Morning Yoga (twice) ~ Janet Gula
- Create a Personal Sigil for Empowerment ~ Jody Breton
- Create an Intuitive Self-Portrait (twice) ~ Misch Beck
- Journey Dance ~ Sherry Lundquist
- Creative Cabin prayer flags (thrice) ~ Laura Carey
- Solar Print Making (twice) ~ Leah Goat
- Book Group Porch Chat ~ Sharon Smith-Raska
- Wise Woman Circle (daily) ~ Christine Krom
- Healing Sea (daily) ~ Jane Hucks
- Singing Our Souls (multiple) ~ Li Kynvi
- Spirit Card reading ~ Ashley Silva
- R.A.I.N. Meditation ~ Kathryn Ellis Moore
- Evening Dance Party ~ Sherry Lundquist
- Trivia Night extravaganza ~ Judy Tator
- Silly Game Night (twice) ~ Sharon Smith-Raska
- Talent / No Talent Night ~ everyone who participated in offering their talent and time and all those who attended to support them!
- Our scholarship committee members who review all applications and approve funds: Jane Hucks, Nancy Cunningham, Judy Tator, and Christine Krom
- Coordination of Scholarship Fundraising process ~ Sylvia 'Sly' Racca
- Fundraising to support the pro bono work of Li Kynvi ~ Sylvia 'Sly' Racca
- Constructed, decorated, and deconstructed our altar ~ Loraine Scampini, Amy Hadley, Eileen Cummings
- Decorating name tags and 'Intercampus mail bags' & materials ~ Deb Wilson
- Hosted Zoom gatherings between conferences ~ Eileen Cummings

And a special shout out to everyone who **brought items** for the altar, offered spontaneous gatherings – even if they didn't happen this year, **moved tables and chairs** before and after gatherings to have the room be functional, **cleaned up** after a workshop, **swept** the floor, decorated the room, **donated items** for the scholarship table, **helped with tech** in the room, **donated art materials** and candy treats, **added notes** and treasures to mail bags, **helped with registration**, **filled in wherever a need was recognized** to spontaneously lend a hand or **responded enthusiastically when asked**, **offered a seat** at the table, **made introductions**, **toted materials** from Rowland to the Grove and back again, **wrote out song lyrics** for chapel, **shared photos**, **donated to Li's gift**, **sang in the choir**, **joined in singing** from the congregation, shared personal reflections during chapel, offered end-of-week feedback, **participated in the 'roundtable'** on Friday afternoon, did readings before circles, **courageously shared** publicly what they created – writing or art - during a workshop, **listened with respect and compassion** to all who shared of themselves, **invited friends to give ITCow a try**, and all those who **took a chance and tried something new** in joining this year! We are an amazing collection of people who created a beautiful container for each other all week – what a treasure to spend the experience together. With so much gratitude for everyone! *Denise*

Scholarship News:

Through your generous donations of items for sale, and enthusiastic purchasing open to everyone on campus, you helped us carry on our longstanding tradition of making our "In the Company of Women" conference available to newcomers regardless of their financial circumstances.

Thank you Sly (Sylvia) Racca for your masterful coordinating of this year's effort where \$889 was raised - a new record! We now have \$5,654 in our scholarship account!

Two scholarships were provided to campers this summer.

Please invite friends and family to join us and be sure to let them know that scholarship money is available to newcomers who qualify.



Gratitude gift for our Minister of the Week, Li Kynvi:



Li served as our Minister Pro Bono all week (for two years in a row for those of us fortunate enough to be at Ferry Beach in 2022) - leading Chapel each morning, offering SOS (Singing our Souls) in the late afternoon, and guiding Friendship Circle each evening on the beach as well as providing chaplaincy support during the day.

A huge Thank You to Sly Racca for coordinating this impactful effort from start to finish – a time consuming and most valuable and appreciated effort!

And of course, so much gratitude for Li!

Message From Sly:

We are writing to share the wonderful news that more than 50 individuals stepped forward and gave more than \$3,000 as a gift to Li in honor of their special contribution to making our week at Ferry Beach so special. Thank you to all who were able to donate.*

We hope to see you next year at Ferry Beach!

-Sly and Denise

* From both ITCoW and Circle of Music

Message From Li:

Beloveds-

Your deeply generous gift astonished and staggered me— it was wholly unexpected!! It was an exquisite privilege to serve as your minister of the week these past 2 summers, and I learned & grew in important ways. I'm profoundly grateful for your trust, for your energy & love, and for your gift; it eases my situation significantly. I'm filled with love & appreciation for each of you for all you brought to our wonderful week together.

With only more love-
Li

Ways to keep in touch:

- **Contact info sheets:** for both ITCoW and COM are available in Google Drive for ITCoW Conference registrants
- **Zoom gatherings:** will be coordinated and hosted by Eileen Cummings – details will emerge in the months to come
- **Birthday greetings:** check out the Google Drive file and let Denise know if you want your name and birthday added!
- **SOS (Singing our Souls) with Li:** If you'd like to start receiving reminders, please let Li know (li@uugroton.org). If you'd prefer TEXT reminders: 508.395.8712

Conference 2023 feedback:

If you have not yet provided feedback on our 2023 conference and Ferry Beach, including suggestions for future conferences, please consider completing a feedback form found in the Google Docs link and sending to dvvreiki@gmail.com. Conference and Workshop leaders appreciate knowing how participants have reacted to their offerings. 16 women have replied to date – Denise will compile feedback for leaders.

Conference materials for 2023: *Due to privacy issues these links are for registrants only and not included here*

Via Google Drive folders, Links to Photos, Videos, Song Lyrics, Chapel Readings, Conference Readings, Contact Information for ITCoW and COM, Birthday list, 2023 Newsletters, and other materials from our week together are all available to attendees only.

An email with links to Google Drive was sent to all who registered.

If you have difficulty accessing the Google Drive materials, or have photos, videos, etc., you would like to share with 2023 conference attendees, please send email to dvvreiki@gmail.com to add to the Google Drive for our 2023 conference.

2024 In the Company of Women conference:

THEME: In the coming months, Conference Coordinators for 2024, volunteers and Ferry Beach staff will confer about the Theme for 2024's Conferences. New Ferry Beach insignia clothing and other items will be made available with the updated design.

Coordinator(s) needed for 2024!!!!

It's up to us to create our week together, and for that we need a new Coordinator or even better, two!!

So many individuals contribute to the success of the week and several past coordinators are available as mentors and are happy to offer prepared materials, ideas, feedback, and any background information that would be helpful. Denise has an extensive list of suggested way individuals can play a role – before, during or after - to share with future Coordinator(s) if she / they would like to recruit helpers to support our leaders(s) and presenters!

Coordinator(s) are welcome and encouraged to bring their own style of structuring, recruiting, organizing, and communicating to the conference.

Feel free to experiment with new ideas for the schedule and content!

Coordinator perks: Standard accommodations, Full meal plan, Conference fees.

Minister of the Week needed for 2024:

Please give thought to a person you would like to see as Minister of the Week for the In The Company of Women and Circle of Music Conferences. Please send info re: background and contact info to our new Coordinator(s).

This individual does not have to be ordained to serve. Each person offering their spiritual skills for the week is welcome to bring their unique style and focus to the role. It's a great way for campers to experience spiritual connection in new ways.

The Minister of the Week perks: Standard accommodations, Full meal plan, Conference fees.

Contact Denise with any questions about the roles of Coordinator or Minister of the week at dvvreiki@gmail.com.



In the Company of Women ~ ITCoW 2024:

In the spirit of affirming the journey and contribution of every woman, we offer opportunities for conference-goers to claim our stories, reflect on their life stages and what brings meaning to our lives. Together we create safe space to be fully expressed and shared 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.

There's no requirement to attend any programming, and **registrants for In The Company of Women are welcome to also attend any Circle of Music programming.**

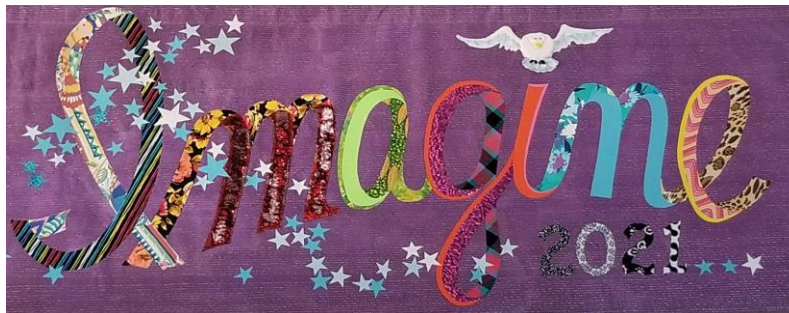
TENTATIVE OFFERINGS:

Several people have already offered to provide options to make our 2024 Conference a success!

There are plenty of times available for additional / alternate workshops, art offerings, spontaneous offerings throughout the day or evening, Porch Chats, or evening entertainment.

We have only one large venue in Dolphin, but there are smaller rooms available in the Creative Cottage, Rose Pavilion, Gardener Living Room, Quillen lobby and Quillen porch.

Misch Beck: Art project TBD
Amy Hadley: Art project - Dioramas
Deb Wilson: Art Project TBD
Jennifer Hyypio: Art Project TBD
Denise Van Vooren: Art Project Soul Collage@: Reiki meditation or individual 20-minute sessions
Sharon Smith-Raska: Writing Workshop (possibly poetry?), Silly Game Night
Jane Hucks: Early morning Yoga and Healing Sea
Helen Cymbala: Meditative - TBD
Jody McAssey and Pamela Cruze: Becoming a crone – workshop and separate ritual
Sherry Lundquist: Journey Dance and Dance Party
Judy Tator: Trivia Night
Christine Krom: Women of Wisdom group
Rona Robinson: Storytelling
Susan Mendelson: Sand Tray process for individuals
Sly Racca: Scholarship fundraising effort
Anne Eskridge: Cake and Wine Auction fundraiser for a project TBD, "Women Talking" movie



SPONTANEOUS OFFERING IDEAS:

Maybe you'd like to offer something spontaneous as a one-off or over as many days as desired. Some ideas to get creative juices flowing:

Simple Art / craft project	Forest Bathing	Scavenger Hunt
Hiking in the area	Meditation Practice	Water balloon toss challenge
Poetry sharing	Beach walk	Line Dancing
Writing group	Tarot or spirit card reading	Tai Chi
Board games	Film lovers chat	Charades
Ritual on the beach	Knitting or crochet instruction	Joke Telling
Dance in the Grove Chapel	Talent / No Talent group skit	

Wherever your heart and interests lead you, we'll help you find a spot!
Please consider offering your passion, talent, interest, curiosity etc., to help create programming for 2024.

FERRY BEACH UPDATES:

For info on updates about all developments at Ferry Beach, consider subscribing to the email newsletter "Discovery" that is produced 4-6 times a year.

Online you can also access an archive of past newsletters going back to 2013.

<https://www.ferrybeach.org/discovery.html>



JOIN US IN THE SUMMER 2024 SCHEDULE

June 7-16 **Profound Treasury**
June 23-29 **Youth Camp**
June 29-July 6 **Family Fun Week**
July 6-12 **RE Week**
July 13-19 **ChoralFest**
July 13-20 **GAYLA**
July 27-August 3 **Family & Friends**
August 3-9 **Circles of Life**
August 9-11 **Maine AFG Al-Anon Convention**
August 11-17 **In the Company of Women**
August 11-17 **Circle of Music**
August 18-23 **Sacred Circle Dance Camp**
August 23-30 **Quilting by the Bay**
August 25-28 **The Beach Getaway**
August 31-September 2 **Labor Day Weekend**

ferrybeach.org/2024

Register for 2024 Now!

If you are thinking of coming to Ferry Beach next summer, we encourage you to make your deposits now as summer program registration is open! Call **207-282-4489x1** to register!

