

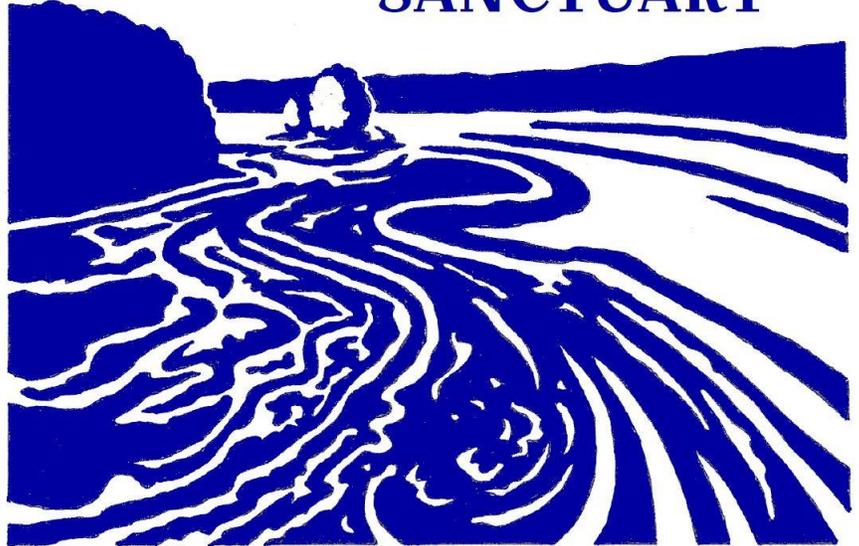
Ebb and Flow

*Reversing Falls
Sanctuary*

Newsletter

September 2018

REVERSING FALLS SANCTUARY



Bathroom, Kitchen, Grounds Work Continues

On August 11 and 12, some hardworking volunteers gathered at RFS. The outside grounds crews applied more wood chips to pathways, graded the area disturbed during the well drilling operation to provide a more level surface for a future deck and stairs at the bathroom exterior entry, cleared and defined 2 future planting beds by the rear parking area, sorted one of those piles we all seem to collect in our yards, questioning if this 'thing' has a use or should it go to the dump. The view from the backroom windows is now much more pleasant. They raked and weeded and moved rocks without end. The exterior building crews cleared out gutters and removed moss from roof tiles. More jobs are planned to continue exterior improvements. The crews inside prepped the back room (new kitchen) for painting and got a solid start with fresh paint on the ceiling, walls, doors and window trim.

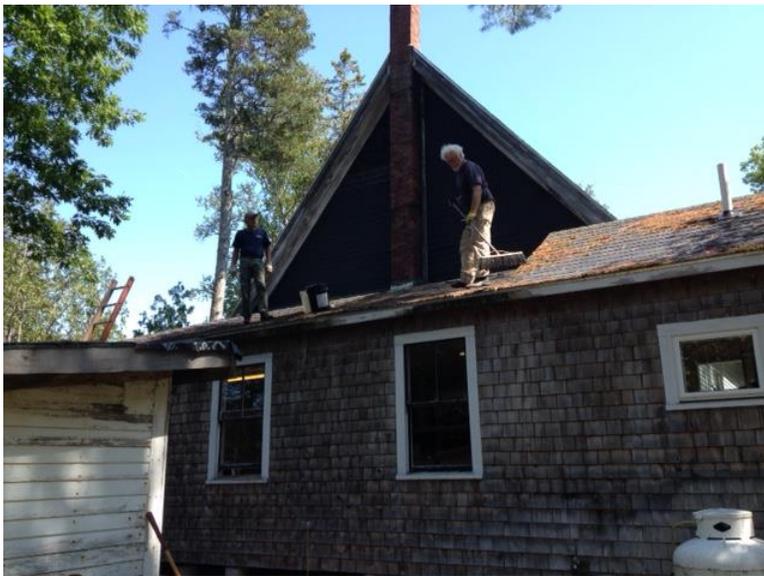


While this work is going on the sanctuary will be in some disarray as it functions to store some of the furniture from the back room. Patience during this time of transition will be rewarded with a fresh, bright room for meetings, workshops and food events.

Since the work days, work has continued on painting the back room. The old vinyl flooring has been removed and the current plan is to replace with plywood as an economical surface. It will be painted, and another floor could go over that in the future. Scott Koester, Renaissance Painting, Penobscot has begun exterior painting. Kim Coit has expressed interest in heading up a grounds/garden team effort. The fascia board and gutter on the south side have been repaired by Deven Eaton, of PBR Builders.



There is continued opportunity to use your skills to improve this beautiful building. Contact Daksha 326-0631 janetlynn821@gmail.com with your interest.



Many thanks to Carol Simonton, Connie and Sam Jenkins, Kim Coit, Paul Kelly and Kate Odel, Gary Vencill, Bruce Gordon, Kathleen Caldwell, David Zachow, Lisa Mazzarelli, and Tony Ferrara .

Photos by Lisa Mazzarelli;
report by Daksha Baumann

Art and Entelechy: A Red Book Workshop.

Entelechy: the soul's realization from a seed of potentiality. During this one-day, August 10, 2019, workshop at Reversing Falls Sanctuary, each participant was given a small blank folio and a handbook for transformation. Laura Givertz, inspired by Carl Jung's Red Book, encouraged students to listen deeply and to connect with archetypes, astrology, dreams and art.



After meeting in circle, she led students with questions. What old story no longer serves you, and what new possibility calls you forth? And what do you need to complete in order to move forward with more joy in your heart? Next, Patricia Wheeler

demonstrated some easy and basic painting and photo transfer techniques. Using chance operations, students chose imagery and began. Both instructors encouraged students to trust intuition and read signs, to wander the interior world searching for clues, illuminated by grace. As these photos show, people were spontaneously engaged in the process. The shape and color of their outpourings uncovered intelligence beyond thought. It is the act of creating form out of formlessness that initiates transformation and healing.



Report and photos by Pat Wheeler. A photographic essay from the workshop with photos by Pat and by Laura is on the last page of the newsletter.

Earth Day Flags Exhibited at the Gallery Within



For Earth Day in April, students at Brooksville Elementary, with instruction from Jen Chase, Liz Janson, Amelia Poole, and Nick Patterson, created Earth Day flags that were on exhibit at the Gallery Within in July and will be rehung as soon as work is completed on the kitchen and in the back room. Come see the exhibit and the new bathroom, new kitchen, and the transformations taking place inside and outside the building.



Photos by Daksha Baumann

Water Research Lab with Jennifer Greene

On Saturday, September 14 from 9 a.m. to 4 p.m. members of the Reversing Falls Community are invited to spend the day learning to do the kind of intensive water research which we got just a glimpse of when Ms. Greene presented a program for us in July. We will be joining her in her lab at 2 Huckleberry Lane in Blue Hill. The website for the Water Research Institute describes their work:

- Discover a deeper understanding of water and its fundamental qualities.
- Articulate and disseminate findings about the relationship between water's inherent qualities as a fragile, life-giving resource and the ways of managing it.
- Advocate, support and facilitate projects that arise out of this deepened understanding of water.

Participants will be limited to 25. Please register by emailing garyvencill@gmail.com. Participants are to bring their own lunches. Snacks and drinks will be provided.

Bill Gawley: Steeple Sessions

Steeple Sessions: a live recording session at Reversing Falls Sanctuary with Brooksville's own Bill Gawley. This is a *fun kick off fund-raiser* to repair the steeple at Reversing Falls Sanctuary. If you love Reversing Falls Sanctuary, or if you, love great music, or you just love steeples, come join us for a great evening to end the summer! Everyone is welcome . . . all ages. CD's will be available later in the fall.

Info: Bec at 326-0899, reversingfallssanctuary@gmail.com, or www.reversingfalls.org
Sunday, September 15, 4 to 6 p.m.

Coming Events

Mondays, Sep. 2, 9, 16, 23 & 30, 6:30 p.m. 12 Step recovery meeting

Thursdays, Sep. 5, 12, 19 & 26, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sunday, Sep. 8, 4 p.m. Women's Circle

Saturday, Sep. 14, 9 a.m. to 4 p.m., Water Research Lab workshop with Jennifer Greene at 2 Huckleberry Lane, Blue Hill. Pre-registration required.

Sunday, Sep. 15, 4 to 6 p.m. Steeple Sessions live recording concert with Bill Gawley.

Information: www.reversingfalls.org

