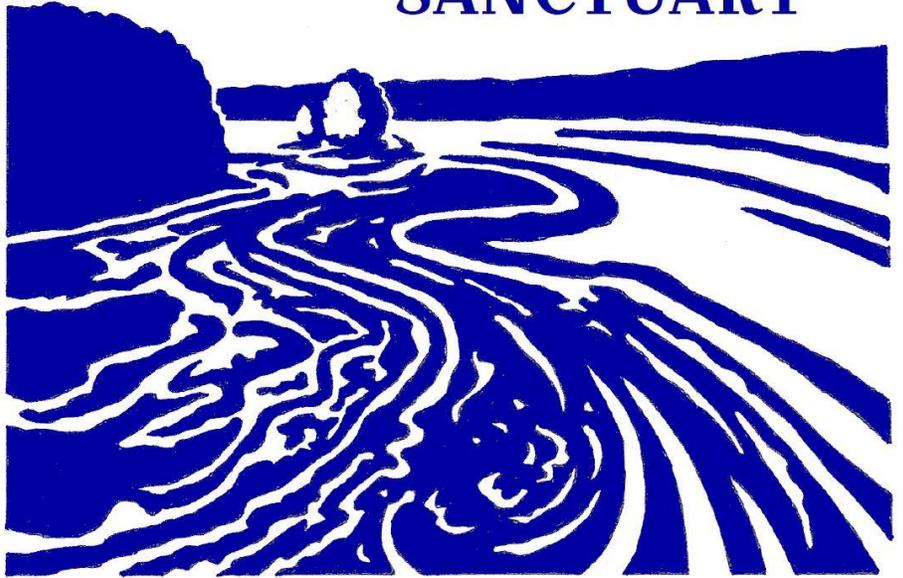


Ebb and Flow

*Reversing Falls
Sanctuary
Newsletter*

January 2020

REVERSING FALLS SANCTUARY



Welcome to a New Year, a New Decade, and, we hope, New Hope

Welcome

Whoever you are, you are welcome here.
Wherever you come from, you are welcome here.
Protestant or Catholic, you are welcome here.
Buddhist, Jew or Muslim, you are welcome here.
And if you come from no religious tradition at all, you are welcome here.
If you are a believer, you are welcome here.
If you are not a believer, you are welcome here.

Whatever your sexual orientation or gender expression, you are welcome here.
Whatever your age or ability, you are welcome here.
If you come here often, you are welcome here.
If you have not been here for a long time, you are welcome here.
If you have never been here before, you are welcome here.
We open our hearts to you, and ask only that you
open your hearts to each other.

This past year Reversing Falls Sanctuary has welcomed Meditation in the Tibetan Tradition back to our facility, and we have welcomed a 12 step recovery group. The 12 step group meets at RFS each Monday evening from 5 to 6. Anonymity is an important part of 12 step programs; however, we would like to share (anonymously) what the program means to us. Some regular participants in this circle will offer reflections to the Ebb and Flow newsletter over the coming months. If these stories pique your interest, or if your life has become unmanageable because of addiction in a family member or friend, please know you will be welcomed at our meeting where we strive to share hope, experience and comfort. This is the first reflection:

This is a period of significant change for many of us. The beliefs and assumptions that have governed our day-to-day lives, and our established relationships, have become subject to serious re-examination as we attempt to adjust our lives and feelings to the changes occurring in the people and situations around us.

Honest communication, and a willingness to share our questions, concerns, and experiences, is essential to our individual and group efforts to find some measure of inward peace.

Our meetings draw inspiration from the 12 step programs of AA and Al-Anon but are not so tightly focused on the problems of addiction and its consequences. We recognize and respect the importance of anonymity in these programs. Our more general focus is on our honest efforts to establish and maintain good working relationships with the people, institutions, and communities around us.

All are welcome. There is no charge for attendance. A willingness to listen and to speak honestly from our own experience are the only requirements to attend.

[Note: The editor welcomes similar reflections from participants in the meditation group, the women's circle, or from the larger RFS community.]

Steeple Project

Bob Poole and company have begun work on steeple restoration. These photos Bob has taken provide an idea of the damage that needs repair and of the beauty and gracefulness of the steeple tower.

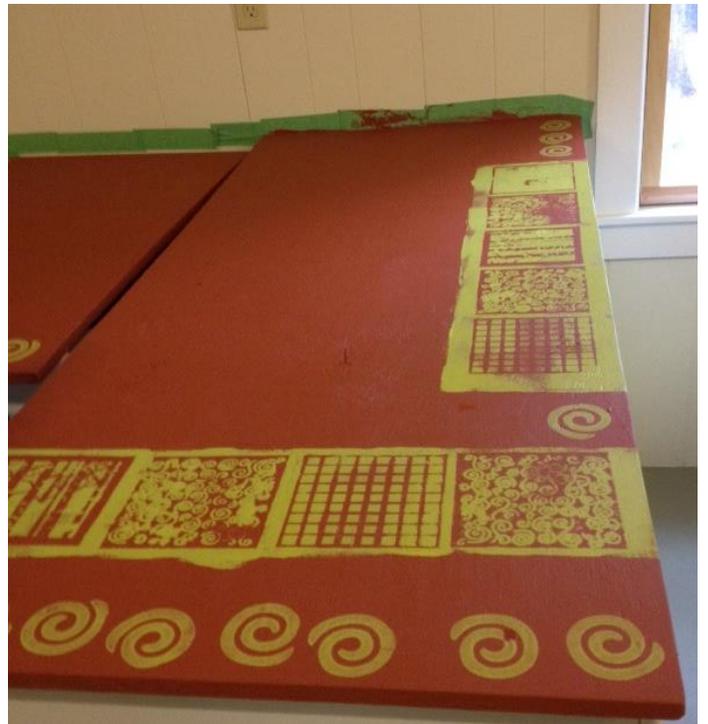




The building team estimates that the work to repair and stabilize the steeple will cost about \$25,000.

Some work remains to be done to complete the bathroom, kitchen, and painting the exterior of the building. We hope you have seen the new inside bathroom, the galley kitchen, and the new coat of paint on the front of the building.

Recently, Daksha Baumann, Lola Bogyo, Lisa Mazzarelli, and Pat Wheeler painted the counter tops and the shelves in the new kitchen. Lisa took these photos of the artists and their work.



Another one of Bob Poole's steeple photos will appear with the event announcements that follow.

Creation and the Climate Crisis

On Thursday January 9, 16, 23, and 30, Reverend Steven Hayward, Reverend Elaine Hewes, and Kathy DeSilvey will host a conversation at St Francis Episcopal Church on the Church's call to care for creation in this time of environmental crisis. Focusing on God's gift of creation and the prophetic voice that has, since the beginning of the Judeo-Christian tradition, challenged faith communities to act on behalf of all God's people and all of God's creation, we will use Jim Antal's book, "Climate Church, Climate World: How People of Faith Must Work for Change" as a guide. The sessions will run from 10:00 – 11:30 each Thursday. Questions: contact Elaine.hewes@gmail.com



[Editor's note: Why should non-Christians in the RFS community consider participating in this conversation? Because Antal's book offers more in the way of effective and promising steps for faith communities to address the crisis than does any other book I have read on the challenge of climate change.]

Enlivenment, Entanglement, Symptoiesis: New Thinking in the Anthropocene

This course of study with Denis Sweet will also meet on Thursdays from Jan 16 to June 18 at 10:30 at the Blue Hill Public Library. Denis writes that "The Anthropocene is that moment in human history, earth history, where humans have assumed dominion over every aspect of the biosphere." If the

work that is being done on the relationship of the Anthropocene era and the challenges of climate disruption and mass extinction is unfamiliar, and you want to know more, or if you want to register, go to www.bhpl.net, click on News and Events, then click on Full Library Calendar, go to Jan 16, 2020 and click on the course.

Coming Events

Sun. 1/5/20, 4 p.m. Women's Circle

Mon. 1/6/20, 5 p.m. 12 Step Meeting

Thu. 1/9/20, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Mon. 1/13/20, 5 p.m. 12 Step Meeting

Tue. 1/14/20, 4 p.m. Program Team meeting

Thu. 1/16/20, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sun., 1/19/20, 4 p.m. Hugh Curran will lead us in the annual RFS observance of *Martin Luther King, Jr. Day with a presentation on Tolerance and Nonviolence*. He gave a version of the talk in the fall in Malta at the Global Council on Tolerance and Peace. In December he offered a presentation on the topic with a focus on nonviolent practices in Ireland. This talk will emphasize the work of Dr. King and the influence of Gandhi on King's thinking and his practice of nonviolent resistance. Curran is a professor in the Peace and Reconciliation Studies program at the University of Maine.

Mon. 1/20/20, 9 a.m. Board of Directors meeting
5 p.m. 12 Step meeting

Thu. 1/23/20, 6 p.m. Meditation in the Tibetan Buddhist tradition



sustainability through the years of uncertainty and calamity that appear to be in store.

Sun. 1/26/20, 4 p.m. Steve Benson, a psychologist and psychotherapist, will talk about a *framework for responding, as individuals and communities, to the developing Global Climate Emergency*. "Transformational Resilience" was developed by a research and activist organization in the Pacific Northwest within recent years, to teach behavioral, cognitive, and relational concepts and practices that can support emotional and interpersonal

Steve has lived in Surry since 1977. Since 2001 Steve has practiced psychotherapy in Blue Hill. He is currently active in Peninsula Peace and Justice, in One Earth Sangha's Ellsworth Ecosattva, and in Midcoast Maine Extinction Rebellion.

Photo is from the Climate Walk Out in October and was taken by Peter Robbins.

Mon. 1/27, 5 p.m. 12 Step meeting

Thu. 1/30, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sat. 2/1/20, 1- 4 p.m. *Performance Artists/Drama Queens*, opening reception in the Gallery Within at RFS for an exhibit by artist/choreographer Meg Wolfe. On display will be a range of objects that Wolfe has made alongside her choreographic works – including large-scale denim and brocade quilts, costume/props, photographs, works on paper, and miniature landscapes. Video documentation will also be shown. The exhibition will continue to be open for public viewing Fri., Sat., and Sun. from 12 to 4 through Feb. 15.

Sun. 2/ 2/20, 12 – 4 p.m. Art exhibit: *Performance Artists/Drama Queens*
4 p.m. Women's Circle

Information: www.reversingfalls.org

