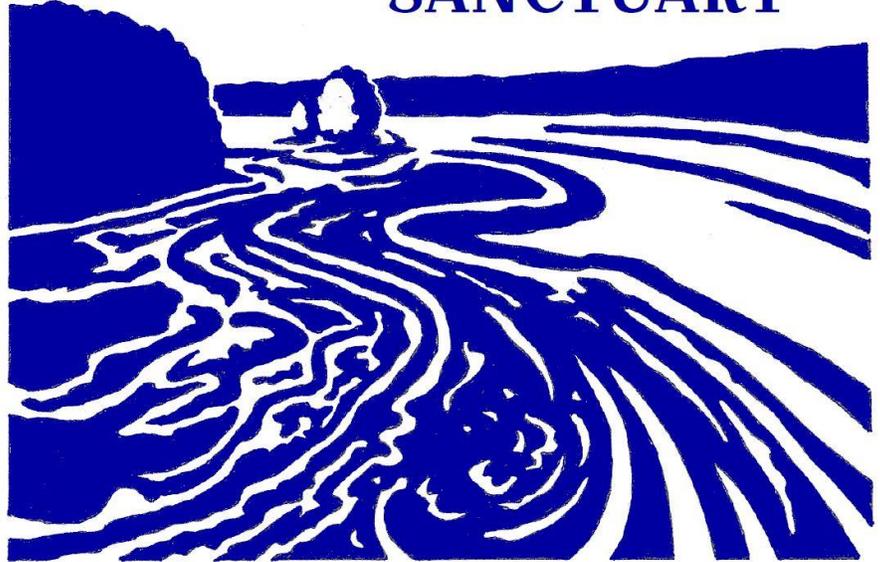


*Ebb and Flow*

# REVERSING FALLS SANCTUARY

*Reversing Falls  
Sanctuary  
Newsletter*

*February 2020*



## *Reversing Falls Sanctuary Mission*

The resilience of the Reversing Falls of the Bagaduce River informs the vision of the Reversing Falls Sanctuary.

We strive to create a sacred, welcoming space that seeks to:

- + Build community
- + Encourage spiritual exploration
- + Support the arts
- + Promote ecological consciousness

This issue features two arts events that demonstrate our mission to support the arts, and another article from the 12 Step group, a newly formed group building community within the larger embrace of the RFS community. Piers Kaniuka and Eric Spofford, in their book, *Real People Real Recovery*, make a compelling case for the importance of community for overcoming addiction in this alienated society in which we live. RFS is pleased to host a 12 Step meeting.

## *Performance Objects/Drama Queens*

Opening Reception  
Saturday, Feb. 1, 1-4 p.m.  
The Gallery Within  
Reversing Falls Sanctuary

Exhibition open 2/2 -2/15  
Noon to 4 p.m.  
Fri, Sat, and Sun.

An exhibit by  
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, works on paper, photographs, and miniature landscapes.



Wolfe says of her art, “Part of my choreographic process involves making objects (which may or may not be used in performance). This acts as a tangible visual expression of how I’m working on a particular dance project. My works often address queer visibility and environmental issues which can appear as direct thematic material, emotional undertones, or metaphorical implications; reflecting on memory, loss, and community.”

Meg Wolfe is a dance-maker/artist based in Deer Isle. In addition to artists’ residencies, Wolfe is the recipient of many commissions and has performed in many dance venues. She was a founding co-editor of the itch dance journal, [www.megwolfedance.org](http://www.megwolfedance.org)

## The 12 Step Program and I

Where does one start to tell the story of how my world seemed totally shattered and bordering on disaster? I was quite sure I was the only one who had to deal with alcohol, drugs and mental illness, all wrapped tightly in a beautiful package - one of the most precious gifts in my life, someone in my family. I couldn't talk about it or let anyone know that I believed I had failed as a person because I wasn't finding a way to make the situation better. It was destroying me, and I felt I had nowhere to turn.

Then the 12 step program started and I was drawn to go “just to see what it was like.” What an amazing thing to discover that I was not alone! Though there are many differences among us participants, we all walk a path of struggle in some way and all of us are battling heartache that involves the people we hold most dear to us. The 12 step program has given me a place to go and communicate with others and not feel alone in what I am dealing with. Everyone has their demons to deal with. Being able to talk about my sadness and worries was like lifting the weight of the world off my shoulders.

The Program helped me to see that all I can do is to continue to love those dear to me who are struggling and let them know I am available to help when they are ready for change.



There is no magical cure for any of us but having a place to go and share what is happening in our lives and being assured that I am not alone in my struggle has been immensely helpful. This is a safe space where everyone respects each other and agrees that what is said at 12 step stays at 12 step. There is a bond that grows among the group that is so very special and has become sacred to me.

*For the stars the stars are calling  
saying we must turn to one another and see  
finally see the stars everywhere.*

Margaret Wheatley

## *Late Winter/Early Spring Series*

“Practices for Sustaining Our Better Selves” will be the theme this March. As we all face the perils of our time and try to summon the courage and inner strength to work for the healing of our world (and ourselves), we recognize the importance of developing practices that nurture and sustain our “better selves.” Each Sunday program will offer us opportunity to learn about and to participate in just such a practice. More details to come in the March newsletter.

## *Building Committee Report*

Recent work includes the purchase of four shelf units for the kitchen, painting the counters and the kitchen floor, and installing a bathroom door. Still needed in the kitchen/bathroom project are a lavatory sink and cabinet, kitchen lights, a kitchen exterior door, and some detailed trim work.

The treasurer reports that income received in 2019 as \$35,782.00 of which we spent \$27,368.15 on construction work. We have a current balance of \$28,542.41. The fall appeal has brought in \$7,016 to date.



Bob Poole has begun work on repairing and restoring the steeple with an estimated cost of \$48,000. A committee is at work writing a matching grant.

In 2018 for septic permit and installation, well drilling, the Grundfos pump, tree clearing, and expanding the parking lot, plus supplies for the project, we spent \$20,432.50.

And in 2018 we received \$17,085 in 2 appeals, \$10,000 in a challenge grant, \$2,500 in an anonymous grant, and \$941.74 in other donations for a total of 30,526.74.

So, on the building projects so far, we have spent \$47,797.50. Income figures for 2019 are still being tabulated. Details will be forthcoming.

## *Coming Events*

2/1, 1 – 4 p.m. *Performance Objects/Drama Queens* Opening reception with the artist, Meg Wolfe, at the Gallery Within, Reversing Falls Sanctuary.

2/2, noon – 4 p.m., *Performance Objects/Drama Queens* exhibition open.  
4 p.m. Women's Circle

2/3, 5 p.m. 12 Step Meeting

2/6, 6 p.m. Meditation in the Tibetan Buddhist Tradition

2/7 – 2/9, [Fri., Sat., Sun.] Noon to 4 p.m., *Performance Objects/Drama Queens* exhibition at the Gallery Within

2/10, 5 p.m. 12 Step Meeting

2/11, 4 p.m. Program Team Meeting

2/13, 6 p.m. Meditation in the Tibetan Buddhist Tradition

2/14 & 2/15, [Fri., Sat.] Noon to 4 p.m. *Performance Objects/Drama Queens* exhibition at the Gallery Within

2/16, 4 p.m. Valentine Stories and Songs from members of the RFS community – watch for details to come.

2/17, 9 a.m. Board of Directors Meeting  
5 p.m. 12 Step Meeting

2/20, 6 p.m. Meditation in the Tibetan Buddhist Tradition

2/23, 4 p.m. Watch this space!

2/24, 5 p.m. 12 Step Meeting

2/27. 6 p.m. Meditation in the Tibetan Buddhist Tradition

3/1, 4 p.m. Women's Circle

Photo of Meg Wolfe by Steve Gunther. Photos of steeple and of the RFS building by Ames Associates. MLK Day photo by Anne Ferrara.

Information: [www.reversingfalls.org](http://www.reversingfalls.org)

