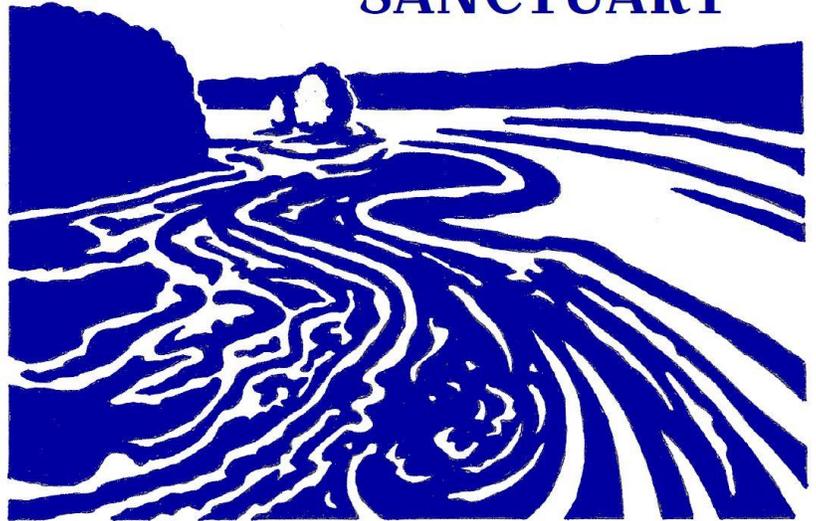


Ebb and Flow

REVERSING FALLS SANCTUARY

*Reversing Falls
Sanctuary
Newsletter*

February 2021



Reversing Falls Sanctuary Mission

We strive to create a sacred, welcoming space that

- Builds a community where everyone's story is honored
- Supports artistic expression
- Models and inspires care for Earth, our common home
- Encourages the inner journeys of all

Creative Resistance

The Winter/Spring series this year will focus on “Expressions of Creative Resistance.” On March 14 at 4 p.m. we will gather via ZOOM for a sharing of ideas of ways we might express our resistance to the various outrages of our time in diverse art forms. Then on March 28 at 4 p.m. we will gather again to exhibit what we have each created and a paragraph or so about what we have learned in the creating, and what we are saying in the creation.



REVERSING FALLS SANCTUARY

2020 has been a year of change and challenge. What do you hope for in 2021?

Some of us may be fortunate enough to hold on to some regular routines each day, but while we can engage with a degree of normalcy, we are sadly aware of the deep wounds of others as they deal with social injustice, hunger, rampant illness, and war, flood, and fire causing desperate flight from unsafe homes.

In response we write letters to the editor, contact our legislators, donate to politicians and organizations, grow bigger gardens, home school the children of our communities when the schools shut, make and wear masks. And it just doesn't seem like enough.

When I search for an answer, I come back to *just keep going* with trust that a more normal time will return when families can be together and as a community we will once again meet *INSIDE* to hear music, stories that inspire and encourage, view, and make art, and engage in lively discussion.

I've been holding on to an image of a broken heart, light streaming through the crack even after it gets solidly stitched back together, still beating. Perhaps it broke because it couldn't stretch fast enough to accommodate the amount of compassion, bravery and love needed to find a way through these days. I think the Reversing Falls Sanctuary community can help heal these heartbreaks. When we come together to share experiences, wisdom, and stories, with physical and emotional support, we tap into our shared communal strength.

Our current fiscal appeal will see your donations used in a variety of ways to keep our connecting threads from breaking. We need to learn more effectively the skills of virtual platforms so that programs can continue. This will necessitate recruiting consultants with tech skills and building out more robust online platforms for online delivery of our rich programming. Possibilities include virtual art exhibits, RFS 'Ted' talks, break-out discussions, virtual music events, and more.

We continue work to maintain and improve our cherished, architecturally, and historically significant, building. By the end of this year, we hope to install some new doors and windows and replace the shingles disturbed on the bathroom exterior. The recently built insulated skirting will carry our plumbing system through frigid winters. The south side has received fresh paint and unsafe trees have been removed.

The steeple has had some preliminary work by Poole Construction, but an expected grant fell through bringing further work to a standstill. We will need to regroup on this one before moving forward to stabilize this architectural puzzle.

This building and the programming it houses are resources that fulfill the needs of our community. RFS serves as a place to be with our neighbors sharing food, stories, activities, and times of quiet inner reflection.

Your generosity today will feed a nourishing future,

Daksha Baumann

Daksha Baumann
RFS Board of Directors, President



P.O. Box 265 Blue Hill, Maine 04614

www.reversingfalls.org

If you are among those in the RFS community for whom we do not have mailing addresses, you will not have seen this appeal letter. We invite your response.

Opening to the Voice of the Divine

You can pray to a blade of grass.
I will be there.
You can feel joy.
I will bring the laughter up your throat.
The Sadness is Divine, too.
It proves your Heart is Open.
I have a job for you:
Open
All
Hearts
To All Suffering
That we may All suffer Together.

Or, perhaps,
Someday,
All sadness
All grief
Will find themselves Embraced
By an overwhelming Force
of Love
That cushions the Sacred Tears
with the giggles of
a baby's laughter.
This is your solemn Sacred Homework:
Make a baby laugh,
And try Not to Laugh with Her.

Poem by Claire Bear Forrest Mortimer
after a weekend with a Lakota/Cherokee man
who taught her how to be open to the voices within.

My Grandmother's Hands – Practices

This Thursday, Feb. 11 at 4 p.m. folks who are planning to practice the exercises Resmaa Menakem commends to us to heal the wounds of white superiority we carry in our bodies will ZOOM together with Connie Jenkins and Kate Mrozicki.



We are asked to read the preparatory work document and do the following before the first session.

Session 1:

READ in *My Grandmother's Hands* the introductory material and chapters 1-2, pp. ix-xx, 3-36

PRACTICE the body practices on p. 24 and on 30-35

If you are not among those who have signed up with Kate or Connie but want to participate, email me as soon as possible and I will forward Kate's email with the ZOOM link to you.

Grieving the COVID Dead

On the eve of the inauguration, in response to the call of President Biden and Vice President Harris, Carol Simanton, Carole Pascal, and Anne Ferrara met at the church in Buck's Harbor to light candles and luminarias and to ring the church bell in solidarity with all the grieving families and communities in the land.



Coming Events

Thu. Feb. 11, 3:30 p.m. Garden Talk with Daksha [Also on subsequent Thursdays]
4 p.m. ZOOM with Connie Jenkins and Kate Mrozicki:
“My Grandmother’s Hands Practices

Mon. Feb. 14, 10 a.m. Chair Yoga with Daksha [And on subsequent Mondays]

Wed. Feb. 16, 2 p.m. Knit, Sew and Chat with Daksha [And on subsequent Wednesdays]

Sun. Mar. 7, 4 p.m. Women’s Circle via ZOOM

Tue. Mar. 9, 4 p.m. Program Team meets

Sun. Mar. 14, 4 p.m. “Expressions of Creative Resistance”

Mon. Mar. 15, 4 p.m. Board of Directors meets

Sat. Mar. 20, 4 p.m. Climate Action Net hosts an Intergenerational Climate Conversation. Details to be announced.

Sun. Mar. 28, 4 p.m. “Expressions of Creative Resistance”

Photo credits: Bec Poole, Gail Vencill, Anne Ferrara

Contact Reversing Falls Sanctuary at:

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