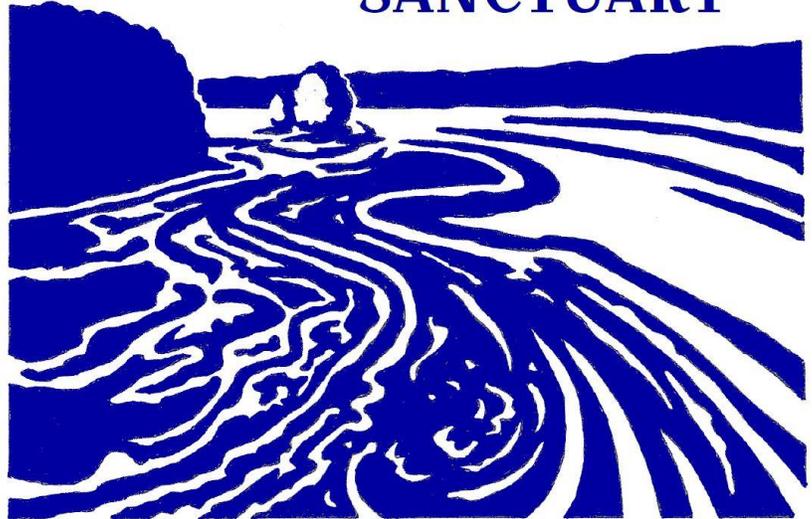


Ebb and Flow

REVERSING FALLS SANCTUARY

*Reversing Falls
Sanctuary
Newsletter*

March 2020



Late Winter/Early Spring Series

“Practices for Resilience” 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.





Tai Chi Explorations with Mia Kanazawa

The practice of tai chi has enhanced my life in many ways. It's fun, challenging, and creative. It's both social and solitary. And, I feel better! Embedded in the practice are applications in everyday life, which keep me coming back for more. Join me in some tai chi exploration Sunday, March 8 at 4 p.m..

Mia Kanazawa has accumulated many experiences in her life - as a dancer, fiber artist, puppetmaker, gardener, cook. These days she is an enthusiastic student and teacher of Tai Chi, which she is excited to share with anyone who is interested.

Centering Clay Work with Melody Lewis-Kane



Centering Clay Work is the subject for the March 15 program at 4 p.m. Melody writes: "I have been working in clay for 48 years, in porcelain for 35 years. Our time in Maine started in the summer of 1990 at Clay Forms Pottery on route 15 just outside of Blue Hill. We moved here in 1998 and the following year built a house on the beautiful Bagaduce River.

My work has always been a combination of functional and sculptural pieces and inspired by nature. Living here in Maine has enriched my life with the natural beauty of this wonderful place. My earth vessels, such as *Spirits of the Bagaduce* [see accompanying photo], reflect the beauty of the natural cycles of life and death in the woods that surround me. My functional pieces provide an opportunity for people to interact with the handmade objects on a daily basis, bringing ritual to their everyday life. Both ways of working are important to me.”

Heart Work with Joan Jordan Grant

This program will be on March 22nd at 4 p.m. Joan writes: “Among other possible definitions, *Pardes* is an exercise to strengthen our consciousness of the reality of the spiritual world. *Pardes* is, also, a process of activating the spiritual world within us. *Pardes*, the Hebrew word for “orchard,” invites us to consider the spiritual world as an orchard which we may enter in order to deepen our earth-spirit connection. Walking in this “orchard” may bear fruit in the bringing of spiritual repair to ourselves, our relationships, our social contexts. “Orchard walking” is an invitation to study sacred texts.

Texts are taken up into the body by eating them — as the tree eats light, as the cow



eats grass. We do this by reading the text continuously out loud to our selves in a murmuring voice. Next, in the digestion process, text turns to mental images, as fertile with all the imaginal creativity as is released from our mental storehouse. From the imaginal fertility in our mind, text drops into our heart. There in our heart comes the fullest of examines. There in our heart we feel; every facet of our mental imagery of the text: both the bright sides of our imagery and its underbelly, its unmentionable, unfathomable sides.

With the taking up of feeling all aspects of the text in our heart, we then let go of all eating, imaging, and feeling of the text and simply be . . . in silence.

Pardes is a four-fold rhythm of paying attention to text as portal into the spiritual world. It is not for the dabbler. Rabbis warn that even trained, experienced rabbis who walk into the Orchard have become deranged, despairing, or dead. Our practice will consist of four 5 minute sessions in the sequence described above. Our text will be poem by Antonio Machado: 'Last Night'."

Joan is a native of Bar Harbor, month-old refugee from the Fire of '47, prospector for inner awakenings along the trails of MDI, listener for and observer of birds, people, and stillness . . . lover of Hebrew and Christian scriptures,, poetry (some), art (some), and nature (all) as sacred texts, cairns for navigating potentials and imponderables available to human life . . . resident of Seal Cove, director with Katherine Booth of the Alcyon Center, teacher/student/correspondent occasionally with Silence.

STITCHING UP A RAVELED WORLD: *a workshop of fiber exploration and healing*

MARCH 28, 2020 9am-4pm
\$50 (includes lunch and materials)
pre-registration required by 3/16,
class limit: 15
Instructor: Daksha Baumann

The practice of hand stitching is often found to be a calming, meditative act that enhances a focused awareness of the present moment. You may discover that a stitching practice leads you away from anxiety, depression, negativity and even loneliness when done in a group. The stitches you make may act like sutures that pull together the ragged edges of some aspect of your world.





During this daylong workshop you will be encouraged to explore a variety of materials and methods that enhance a current fiber practice or expand the boundaries of your current work. If you are a novice with needle and thread this workshop is for you too.

This workshop will offer the opportunity to try hand embroidery, free form stitching, machine sewing, appliqué and needle felting. An assortment of

fabrics, threads, yarn, tea bags, string, wire, natural plant matter, beads, papers, needles and fleece will be available to use.

Most likely the end product will be one or more small sample pieces. But even these small works can be turned into pockets and patches, amulets, soft jewelry, or bags. The hand stitching techniques work great to patch and repair clothing so consider bringing along some of your mending to embellish with stitch.

For more information and to register:

Daksha Baumann 326-0631/ janetlynn821@gmail.com

Coming Events

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

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

Thur. 3/5, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sun. 3/8, 4 p.m. *Tai Chi Explorations* with Mia Kanazawa

Mon. 3/9, 5 p.m. 12 Step Meeting

Tue. 3/10, 4 p.m. Program Team Meeting

Thu. 3/12, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sun. 3/15, 4 p.m. **Centering Clay Work** with Melody Lewis-Kane

Mon. 3/16, 5 p.m. 12 Step Meeting

Thu. 3/19, 6 p.m. Meditation in the Tibetan Buddhist Tradition

Sun. 3/22, 4 p.m. **Heart Work** with Joan Jordan Grant of the Alcyon Center
Immediately following the program attendees have been invited to a **potluck supper and conversation** at the home of Elaine and Mike Hewes on the Bagaduce in Sedgwick at 67 Oak Hill Lane. From the intersection of 176 and 175 [old C&G] your turn is ¼ mile on your right.

Mon. 3/23, 9 a.m. Board of
Directors Meeting
5 p.m. 12 Step Meeting

Thu. 3/26, 6 p.m. Meditation in the
Tibetan Buddhist Tradition

Sat. 3/28, 9 a.m. to 4 p.m.
Stitching Up a Raveled World: a
workshop of fiber exploration and
healing with Daksha Baumann

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



Photo credits: Daksha Baumann, Mia Kanazawa, Melody Lewis-Kane,
Joan Jordan Grant, and 3 more from Daksha.

Information: www.reversingfalls.org