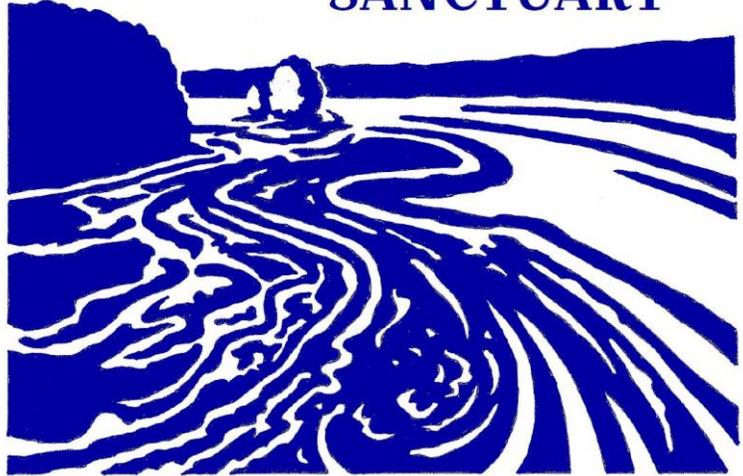


*Ebb and Flow*

*Reversing Falls  
Sanctuary  
Newsletter*

*April/May 2021*

# REVERSING FALLS SANCTUARY



Reversing Falls Sanctuary  
818 Bagaduce Rd.  
P.O. Box 265  
Blue Hill, ME 04614

## COVID Update

The building is closed to public gatherings at this time as we await a waning of COVID 19 and stay abreast of directions from the U.S. and Maine CDCs. However, the WIFI is active and available to members of the community when needed. [Network: RFS; Password: sanctuary] Programs and meetings are held via ZOOM. Participants in Zoom Chair Yoga should know that the time has moved from 10 a.m. Mondays to 2 p.m. Mondays.

The Winter/Spring series, *Expressions of Creative Resistance*, birthed artwork



in a variety of genres from members of the RFS community. Some of that art will be included in this issue of Ebb and Flow.

This collage by Amy Thompson asks, “How to heal the wounds my ancestors, our ancestors, inflicted upon bodies of color?”

## Programming Continues

On Earth Day the bell was rung at Brooksville United Methodist Church and the Earth Flag was displayed.

A Summer Solstice Celebration is being planned in hopes that it can be held outside with masks and distancing if the virus in this locale permits.

Future plans include a ritual of grief for COVID related deaths in this country once restrictions on in person gatherings are lifted.

Once it is possible to meet in person, a third session of “Expressions of Creative Resistance” will offer opportunity for the community to gather to view the artwork and to hear from the “artists” about their thinking as they created their art.



This sign created by Anne Ferrara with assistance from her grandson Emmet.



It is hoped that circumstances will permit the Gallery Within to host a photo contest cosponsored by the Blue Hill Heritage Trust and the Bagaduce Watershed Association. Watch the newsletter for details.

The Women's Circle continues to meet at 4 p.m. on the first Sunday of each month.

This photo taken of the front of a card created by Gail Vencill as part of her ministry of staying in contact with members of the RFS, BUMC, and Brooksville area community during the COVID imposed isolation.

## Readings on Race

This Saturday, 4/24, at 2 p.m., there is an opportunity on Zoom to discuss *Minor Feelings* by Cathy Park Hong. [register here](#) If you haven't read the book you can read interviews with her [here](#) They address the experiences of racial discrimination and abuse suffered by Asian Americans.

Tuesday, 4/27, From 6:30 to 8 p.m. Bangor's Racial Equity and Justice present their work. [register here](#) Some of the monies raised last summer in the community response to racism were given to this much praised organization.

Words of Martin Luther King set to an African American spiritual, *Chariots A-comin'* by Gary Vencill.

Gail and I have received our two Pfizer shots and have done our subsequent time in semi-isolation. With masks and distancing we hope to see more of you soon.

How Long?

1) How long? Doctor King asked. How long? Doc-tor King said.  
2) How long? Doctor King asked. Not long. Doc-tor King said.  
3) How Long? Doctor King asked. Not long! Doc-tor King said,  
4) New day, new day comin' I know, new day comin',

Not long! Because no lie can live for - ev - er.  
Cause you will reap, will reap just what you have sown.  
Be-cause hist'ry's long arc bends to - wards jus - tice.  
New day, new day comin', don't leave me be - hind.

Tune: Good News, Chariots A-comin'  
Lyrics: GRV - based on Martin Luther King's words from "Our God is Marching On"

## Up Coming Events

Mondays at 2 p.m. Chair Yoga with Daksha continues  
Wednesdays at 2 p.m. Knit Sew and Chat with Daksha  
Thursdays at 3:30 p.m. Garden Talk with Daksha

Sunday, May 2, 4 p.m. Women's Circle via Zoom  
Tuesday, May 11, 4 p.m. Program Team meets  
Monday, May 17, 4 p.m. Board of Directors meets

## Intergenerational Climate Conversation

On Saturday, March 19, the Climate Action Net [CAN] hosted a Zoom conversation on climate change. The planning and the leadership provided by eternally young Tony Ferrara and the young CAN interns would have made Greta Thunberg smile. I believe it was recorded for those who missed it.



Expression of Creative Resistance by Elaine Hewes.

Communications and contributions  
to Reversing Falls Sanctuary  
P.O. Box 265  
Blue Hill, Maine 04614

Contributions can also be made via PayPal on the  
website: [www.reversingfalls.org](http://www.reversingfalls.org)  
And information about RFS, upcoming events, and  
past newsletters can be found there.

About her artwork here, Amy Thompson writes:  
“Through personal and worldwide chaos and  
confusion, I take root from the nourishing decay  
and dare to evolve into a new me.”

