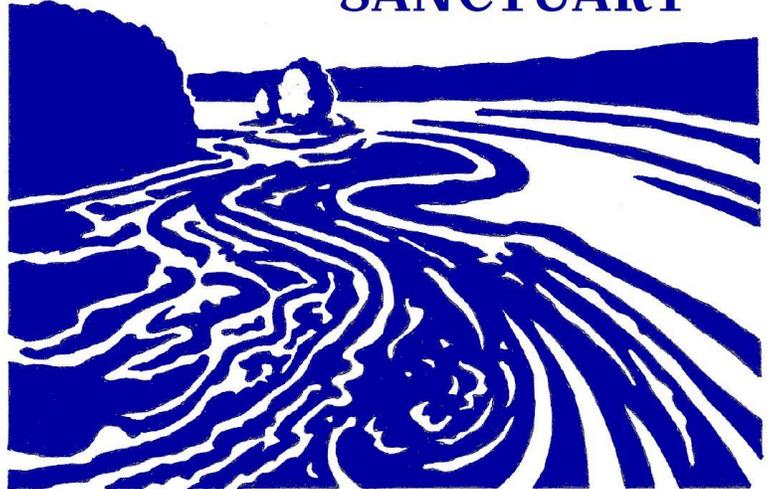


*Ebb and Flow*

# REVERSING FALLS SANCTUARY

*Reversing Falls  
Sanctuary*

*Newsletter  
May 2020*



The Mission of Reversing Falls Sanctuary is to:

- Build Strong Community Bonds
- Support Local Artists and Musicians
- Care for Our Earth
- Welcome People on Diverse Spiritual Paths

*Communications with or contributions to Reversing Falls  
Sanctuary should be mailed to P.O. Box 265, Blue Hill, ME  
04614*

This newsletter in a time of isolation includes a meditative reflection from Gerry Bryan who is not only a proponent mindfulness, but also of connection. And he is connecting with us from the far SW corner of the US, in Pinos Altos, NM. Gerry, we hope to see you here soon and connect in person.

## *What Do You Dream*

What do you dream? What do you wonder?  
Where do you wander as you dream? What do you seek?  
Why do you dream? Why do you wonder?  
What are thoughts?  
What are intuitions?  
What does your body know without you telling it?  
What subtle awareness flows in you and guides many journeys?

Many juggle jungles of journeys and follow  
allusive song lines to their heart's desires.  
Do you?

Do your song lines tame your monkey mind  
and let in dream spirits?  
Can you open your valves of intuition?  
Can you tame your monkey mind?

Tame your monkey mind!  
Open your valve of intuition!  
Open your mind, body and spirit!

Which song lines are true to you?  
Is there a single song line? two?  
MORE THAN A FEW?



Who are you? Who ARE YOU NOT?

Do song lines sing in you? Are they many?  
Are they few?  
What makes you happy? What makes you blue?  
Do you Dance journeys in your mind?  
What glittering desires light your fires?

What dreams might IGNITE?  
What dream now hides from you but, if seen, could reveal your inner most dream?



Watch your mind. Give away your certainty.  
Be humble.  
Be brave.

Don't lose the light when entering a cave.

## ***Rediscovering Community in the COVID-19 Pandemic***

In an editorial in the current issue of the *Christian Century* magazine, editor Peter W. Marty discusses the impact of the pandemic on a thesis developed by Marc. J. Dunkelman in his book, *The Vanishing Neighbor: The Transformation of American Community*. Dunkelman identifies three rings of relationship: an inner ring consisting of family and close friends, an outer ring of friends scattered here and there whom we tend to stay in touch with via email, and a middle ring consisting of the people who live in our neighborhood. His book, published in 2014, contended that the middle ring was disappearing as our time and energies were given over to the inner and outer rings. Marty identifies something to celebrate as we are locked down because of COVID-19. We are rediscovering our neighbors, and neighborhoods are coming to life in all sorts of surprising and delightful ways.

As I thought about this, I realized that Reversing Falls Sanctuary is for me a middle ring. COVID-19 reminds us that the inner and outer rings are not sufficient to sustain a vital life. Perhaps this newfound neighborliness offers a fresh perspective on the RFS mission to build strong community bonds and some new direction and energy around this goal during this time apart, and especially when a season comes when we can again meet face to face.

We are fortunate on the peninsula and the island to share the goal of community building with other organizations and initiatives. One of those is “The Tent Project” at the Tapley Farm in West Brooksville. Here follows some news from the project excerpted from the current newsletter.



### ***COVID-19 Story***

Belfast based free-lance journalist Lawrence Reichert, in an article from a couple of weeks ago, reports that at Tall Pines Nursing Home 30 residents and 10 staff had tested positive and 10 had died. One has died since. That is a large portion of Maine deaths to date. But this is what is fascinating. This is what they want from the community: bird feeders, poles to hang them on and birdseed to put in them, so that residents can watch the birds out their windows. Our endangered friends are, nevertheless, little winged bundles of hope.

***The Tent Project:  
Building a Multigenerational Community  
Through  
Art, Recreation, Education,  
Agriculture, Conservation and History***



Carol Gregor reports participation of volunteers from RFS, Halcyon Grange 345, and students from Brooksville elementary school and their parents in the work of planting this season's crop with seedlings donated by Four Seasons Farm and from King Hill Farm. Later this year The Tent Project will collaborate with the Blue Hill Heritage Trust to build a meadowland Labyrinth for the community.

Brooksville Principal Cammie Fowler has discussed with the school board the Tent Project and the school's mutual goal to make the school part of an emerging Art, Agriculture and Education multigenerational program.

The Tent Project is seeking a person for a part-time position to coordinate this effort.

Contact Carol at 207-326-9541 or [carolmgregor@aol.com](mailto:carolmgregor@aol.com)

## **Climate Matters: A CALL TO ACTION**

**“All hands on deck. There are no passengers on this spaceship Earth, only crew.”**

heard at the *Center for an Ecology Based Economy* Conference

The 3 most important elements in moving Earth's trajectory from ecocide to regenerativity are

- The climate crisis discussion becomes center stage in the election debates emphasizing the value of science (facts, evidence and empirical findings) leading to the election of science-based climate policy advocates.
- The growing awareness that returning to the old normal or pre-corona status quo will only hasten our descent into an Earth inhospitable to humans, creating an opportunity for radical social/economic/political change.
- In addition to its often emphasized existential realities, our climate predicament can be revisioned as a cosmic and spiritual adventure on par and beyond the greatest movements of human history: abolition of slavery, Ghandi's non-violent ending of colonialism, civil rights and women's rights, LGBTQ rights...

All 3 preconditions for a regenerative Anthropocene Era are based upon our species' ability to bring our world-view in line with the world. The pandemic is emphasizing the teaching that we are all connected. We are all part of each other and a greater whole, whether we want to be or not. As others have said "to be, is to be connected (T. Berry)" and "nothing is itself without everything else (Bishop Tutu)."

In order for science (as noted in the first bullet) to make a significant contribution to political events, two conditions must be met. First, the media must be willing to substantially increase its broadcast of scientific findings and major consensus reports. (At some point the media must change from reporting false generalizations about our climate situation made by politicians and then point out that the statements are in error, to simply not reporting the false news.) Second, scientists must become creative in messaging and communicating their findings and projections. This would include establishing a panel or council of climate scientists that would frequently engage the media and offer on-going coverage of critical climate issues. The Union of Concerned Scientists seems to be the most hopeful organization to parent such a development. This week they are co-sponsoring an Ellsworth Library event you can join at:

<https://us02web.zoom.us/meeting/register/tZAlceitpiorHtWkJ45pCb3hMofwKVfFoKvW>

There is so much going on in terms of climate action. If you are not fully engaged in "the Great Turning (J. Macy)" you are invited to become part of it by using CAN (the Climate Action Net) to connect with like-minded citizens as a first step of unleashing the creativity of our community. In lieu of our website which is under construction by our student interns, email any inquiries to Tony Ferrara (CAN Coordinator) or call 326-8564.

From Tony Ferrara

Photo credits: Gerry Bryan, Pat Wheeler, Carol Gregor, Ames Associates

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

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