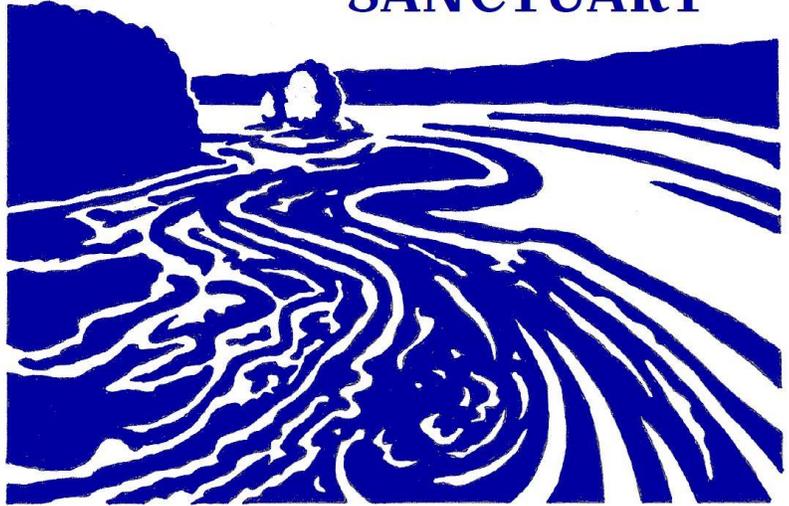


Ebb and Flow

*Reversing Falls
Sanctuary
Newsletter*

August 2020

REVERSING FALLS SANCTUARY



Wisdom from John Lewis

John Lewis has written about learning nonviolence from James Lawson, then a grad student at Vanderbilt University Divinity School. Lawson had spent a year in India studying nonviolence. He trained the whole circle of young civil rights activists who led the sit-ins, the freedom rides, and voter registration drives across the South. Lawson suffered consequences of his own. The Board of Trustees of Vanderbilt University had him expelled. In response, the entire faculty of the Divinity School resigned. His expulsion led to my first engagement with and awareness of institutional racism. [That's another story.] Lawson was a speaker at the John Lewis funeral.

Lewis wrote about that training: “We studied the way of peace, the way of love, the way of nonviolence. We studied what Gandhi attempted to do in South Africa and accomplished in India. We studied Thoreau and civil disobedience. . . . We studied what Dr. King was all about in Montgomery. And many of us in Nashville grew to accept the way of peace, the way of love, the way of nonviolence *as a way of life* — not simply as a technique or as a tactic.”

Another poem from Anonymous.

Smoke

*It wasn't just
smoke
that swirled
around you*

*What you might
have seen
was always there.*

*Breathe deep.
Look very close.
What matters
might seem clear.*

*Your touch
might invite
an answer
no one
had imagined.*



My Grandmother's Hands

On 8/12 from 6 to 8 p.m. zoom discussion of chapters 4-9.

On 8/27 from 6 to 8 p.m. zoom discussion of chapters 10-13.

Books are available for sale at Blue Hill Books or for loan at the Blue Hill Public Library.

“My own grandmother’s hands were a very safe and comforting place for me to be. This may be why I was so drawn to the title of the book many of us are currently reading, **MY GRANDMOTHER’S HANDS**, *Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem. I am always encouraged when I am being invited to get in touch with my body, as opposed to dwelling in my mind. This author, who is a trauma therapist, makes this invitation in a very compelling and accessible way. “White body supremacy” was not a term I was familiar with, but I am learning to plumb its depths as I read Menakem’s words and the words of many others he quotes. I deeply appreciate his putting our historical moment in a much larger context where we can learn necessary lessons from history and anthropology. At the end of each chapter, we are offered a body-centered practice, as well as a page of “Re-Memberings,” outlining the major teachings that have just been introduced.

This is a difficult read, an uncomfortable read, and, I believe, a very essential read for me to participate in at this time of re-awakening, up-rising, listening, acknowledging, confessing, repenting, changing, evolving. I think it will lead to “good trouble,” as our beloved John Lewis urged us to embrace.”

Submitted by Anne Ferrara

Magic Food Bus

The Magic Food Bus is back with *Free Fresh Veggies and Good Books*. All stops follow CDC guidelines and last approximately 40 minutes.

Blue Hill Thursdays at 2:15 p.m., Harborview Apartments

Penobscot Fridays in Sept. at 2:30 p.m., Penobscot Community School

Brooksville Thursdays at 4:30 p.m. [Sept. 2:30 p.m.], Elementary School

Deer Isle Thursdays at 3:00 p.m., Deer Run [Sept. 2:30 p.m., DIS High School]

Stonington Thursdays at 4:30 p.m., Island Community Center

Surry Thursdays at 2:30 p.m., The Gatherings [Sept. at Surry School]

Brooklin Thursdays at 3:00 p.m., Brooklin School

Sedgwick Fridays at 10:00 a.m., Sedgwick School [Sept. 3:00 p.m.] and
Benjamin River Apartments at 11:00 a.m.

Delivery, leave a message at 374-3257 or email awind@healthypeninsula.org

Treasurer's Report from Ralph Chapman

Account balance July 3, 2020	\$28,848.12
Income and interest*	<u>657.20</u>
Total	\$29,505.32

Withdrawals

Racial Equity and Justice Bangor	\$1700.00
Black Lives Matter Ellsworth	1700.00
Community Response to Racism	
Refunds	140.00
Cleaning	50.00
Electricity	19.68
Misc.	<u>35.00</u>
Total	\$3,644.68

Balance August 2, 2020 \$25,860.64

*Income includes \$281.93 raised for the Community Response to Racism. Once all requested refunds have been made and money sent from those in Reading on Race for copies of *My Grandmother's Hands* has been paid to Blue Hill Books, the remainder will be donated to the Blue Hill Public Library in appreciation of the *My Grandmother's Hands* books the library has made available to the public.

Send correspondence and donations to:

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

Photos: Gail Vencill and Ames
Associates of Bangor

Information: www.reversingfalls.org

