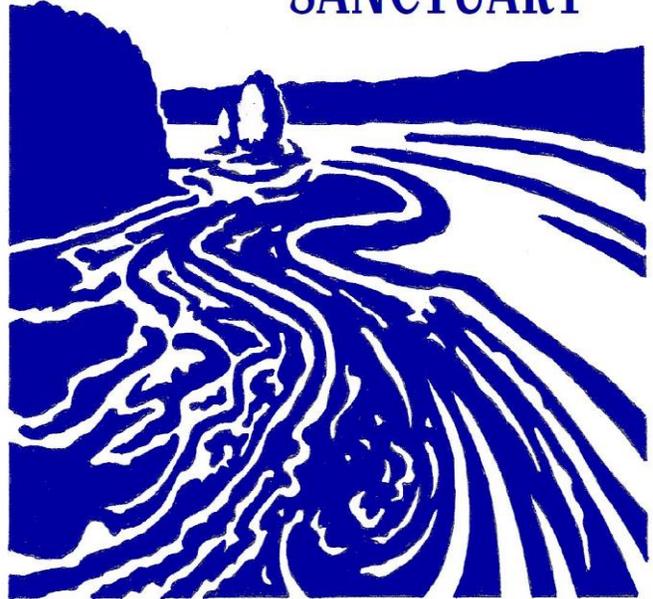


*Ebb & Flow*

*December 2017*

*Newsletter*

# REVERSING FALLS SANCTUARY



Logo design by Annie Poole

As we enter a season of darkness, we celebrate the light.

As we enter a season of solitude, we find joy in gathering together.

As we enter a season of silence, we hear the music of the spheres.

At Reversing Falls Sanctuary December will offer opportunities to celebrate light, to gather in joy, to listen to the music of the Reversing Falls of the Bagaduce, of the wind in the trees, of each other's voices raised in song, of the drumming heartbeat of the earth.

## *Circles*

In December the year comes full circle, and winter marks the completion of the circle of the seasons. As the solstice marks the returning of the sun, heat is nevertheless giving way to cold. And we feel that. But the dark is also retreating before the light, and night is giving way to lengthening day as the earth repeats its eternal circling of the sun.

At Reversing Falls Sanctuary, we are completing a year in circles. In May a large circle met for visioning. In September small circles met for listening. In October Fred Van Liew led a “peace circle” in which we learned more about each other and more about how to foster listening. In November Sherri Mitchell led us in a circle for healing the trauma in our lives and our communities.



That same week Chris Farrow-Noble returned to RFS to read to us from her new book, *Walking a Labyrinth Daily*. Then we walked the labyrinth, walking into the secret centers of ourselves and then back out to the freedom and joy of community.

Our friend David Vandiver suggested we might profit from reading Parker Palmer’s book, *A Hidden Wholeness*, which is about “circles of trust.” Van Liew’s peace circles, Mitchell’s healing circle, and Parker’s circles of trust have much in common. Some of what we learned in each circle about creating safe places to tell our stories and share our concerns and our hopes we are already doing. There are some things we do but could do better. And there is much more to be learned. We are blessed to have in our circle those from whom we can continue to learn.

As I was writing this, I received an email from Gerry Bryan who sent a link to a beautiful piece by Madisyn Tayler about circles. Gerry says he has been thinking about what makes RFS work, and he writes: “The Circle seems like a signature piece for Reversing Falls.” Though far away in Pinos Altos, NM, Gerry is always present in the circle of compassion and concern that is Reversing Falls Sanctuary.

In mid-December, the labyrinth on the floor at RFS will be transformed into an Advent Spiral. Boughs of fir and spruce and cedar mark our course as we walk the circles of our own lives and as lighted candle by lighted candle we participate in bringing light into the heart of darkness.



## *Coming Events*

Sunday 12/03, 4 p.m. *Women's Circle*. Please join us as we bundle our burdens in preparation for the Winter Solstice, reflect upon the lessons offered by our struggles, and ponder the mystery of the return of the light.

Monday 12/04, 8 -9:30 a.m. Drop-in Center opens at Brooksville United Methodist Church in Buck's Harbor. Drop-in Center serves hot beverages and breakfast pastries along with good conversation.

Monday 12/04, 4 p.m. *Healing Circle* with Gail Page

Sunday 12/10, 4 - 6 p.m. *Old Fashioned Holiday Cookie Swap and Tea*

Please come and swap cookies, swap stories about your holiday memories, and bring enough cookies to share. Bring a recipe as well. Nothing builds community like a cookie! Info: 326-0899 or check the Reversing Falls website listed below.

Monday, 12/11, 8 – 9:30 a.m. Drop-in Center at Brooksville UMC

Tuesday, 12/12, 7 p.m. Brooklin Band Christmas Concert at Brooksville United Methodist Church

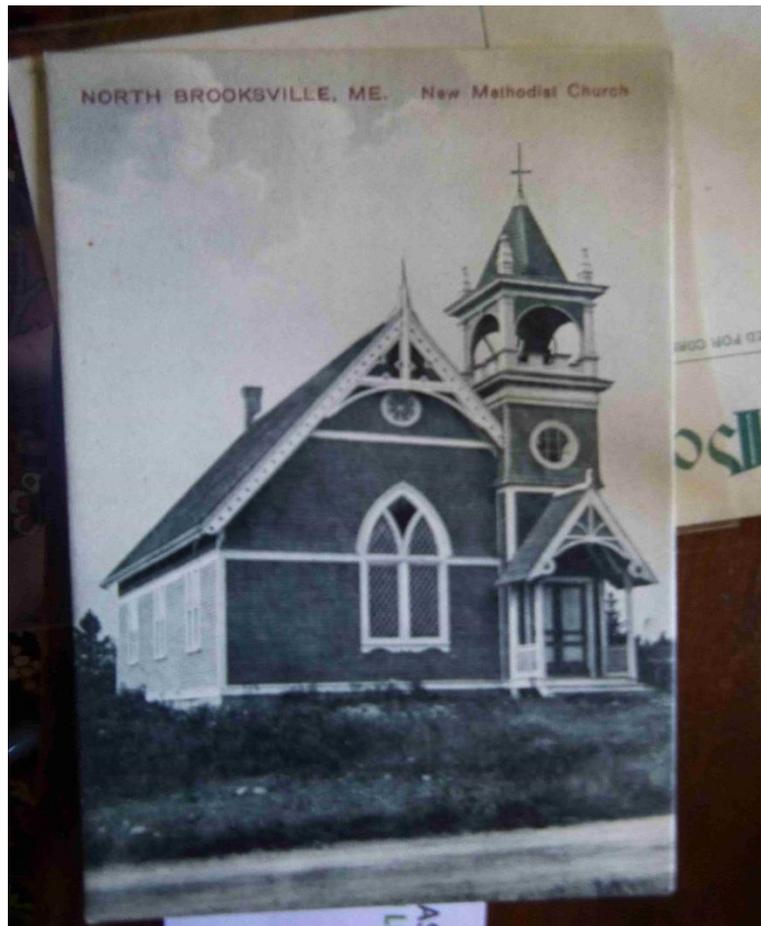
Wednesday 12/13, 4 p.m. Program Team meeting

Sunday 12/17, 4 p.m. Advent Spiral. Our walk will be accompanied by musicians Jackie Pike and Bobby Cleveland.

Monday 12/18, 8 -9:30 a.m. Drop-in Center at BUMC

Some evening between the 17<sup>th</sup> and the 24<sup>th</sup> we will go Christmas Caroling around the Reversing Falls neighborhood. Watch for an announcement.

Sunday 12/24, 4 p.m. Christmas Eve Service at Brooksville United Methodist Church, Buck's Harbor.



Visit our website: [www.reversingfalls.org](http://www.reversingfalls.org) or find Reversing Falls on Facebook