

## *EBB and FLOW*



### *The Newsletter of Reversing Falls Sanctuary*

#### Coming Events

Friday, Aug. 14 from 4 to 9 p.m. *A self-publishing workshop* led by Richard E. Davies at the Blue Hill Public Library. This workshop is co-sponsored by Reversing Falls Sanctuary. Bring a brown bag supper. For information and pre-registration contact Gary at [garyvencill@gmail.com](mailto:garyvencill@gmail.com).

Sunday, Aug. 16 at 4 p.m. *A dedication of the labyrinth* newly painted on the floor of the Reversing Falls sanctuary by Chris, Daksha and helpers. A community labyrinth walk will follow.

Saturday, Aug. 22 from 9 a.m. to 12:30 p.m. A first workshop on our new RFS labyrinth! *Uniting the Inner Self and the Outer World: Your Dreams and the Labyrinth*, a workshop co-sponsored by Reversing Falls Sanctuary

We invite you to this interactive, experiential workshop to explore your dreams with a small group on the new labyrinth at Reversing Falls Sanctuary. Duncan Newcomer and Chris Farrow-Noble, both experienced labyrinth guides and dream interpreters, will help the group of individuals weave a pattern of consciousness and embodied experience on the labyrinth to move us closer to integrating our dream world and living reality. We will introduce varying ways of exploring dreams and the labyrinth, depending on the nature of the participants' dreams and the sense of the labyrinth. A simple lunch will follow at the Sanctuary or Chris's home labyrinth. Maximum number of participants: 12

Please call with questions or to RSVP to Chris 326-8930  
or [chris.farrow-noble@verizon.net](mailto:chris.farrow-noble@verizon.net)

We hope to hear from you as soon as possible, Chris and Duncan.

Saturday, Aug. 29, 2 p.m. *J. Fred Woell Memorial Celebration* at Haystack Mountain School of Crafts, Deer Isle. Anne Ferrara and Gary Vencill will guide a non-traditional, storytelling & multi-media celebration of Fred.

Sunday, Aug. 30, 4 to 5:15 p.m. *Got Stress? Inquire in to Mindfulness & Nourish your Flourishing* 2nd of 4 inquiry / discussion sessions- guided by but not limited to Jon Kabat-Zinn's pioneering Mindfulness Based Stress Reduction work and research. No experience needed. All welcome.

## RFS's Community Climate Change Initiative: INFORMATION

It's a rare situation when both positive and negative events, both the pro's and con's of an issue, are urging the same action. This seems to be the case with Climate Change:

*On the one hand,*

- 2014, last year, is the hottest year on record (Global Temperature)
- 2015, this year, is the hottest first-half year (Jan-June) on record (Global Temperature)
- 2015, is the coldest first-half year on record in the Bangor area (portends hottest elsewhere)
- 2015, El Nino (extreme weather precursor) is tracking to be 50 times stronger than normal
- 2015 Storms, tornadoes, floods, droughts and other forms of *extreme weather* abound

*On the other hand,*

- The Pope's Encyclical, Laudato Si, and planned US speaking is garnering mainstream attention
- Naomi Klein provides a clear statement of what is required to alter our destructive course
- There is a Climate Change presidential candidate in the wings
- At any time, we can let go of the belief that we are powerless to do anything about the "human activity" which scientists tell us is driving Climate Change.

During his recent Climate Change presentation to a gathering of Maine Fulbright Scholars at Castine's MMA, Paul Mayewski, head of the UM Climate Change Institute in Orono, stated that the scientific evidence is "incontrovertible" and "is happening." In broad strokes, he sketched the explanation of the mechanics of Climate Change in simple language. It all has to do with the path of the Jet Stream and the temperature gradient between the warm and cool air which it separates. As the temperature gradient is reduced (by global warming) the Jet Stream wanders from its normal West to East path and may establish a new pattern. It did just this last winter when the Jet Stream dove South and around our area bringing us Arctic weather that persisted.

Unfortunately, the change can happen quickly and, then, persist.

## ANNOUNCEMENTS

Volunteers needed for **Green Energy**. As described in the 'Gleanings' of our last meeting, an interest group in this area should be formed. Much is happening here. Rob Shetterly is organizing a Solar Farm Presentation. Carol Gregor has identified a wind energy path. Kel House agreed to do a Weatherization and Green Energy Session.

At our last meeting, a number of folks stressed the importance of CC information being part of the education of our youth. An opportunity has opened up in a local school and is in need of a few of us to provide some interpersonal power to the task, that is, engage staff and build relationships. (In this regard, we should all be aware of Rob's Samantha Smith Challenge.)

Anyone interested in 'brainstorming' a CC presentation roughly related to *Oneness* ("I am because we are"): *the Spirituality of Ecology*, please let me know. We plan to preview short sections of 3 DVD's: Dick Kane's, *Protecting the Nature of Maine* which includes a CC statement by Sen. King, *Praises for the World* a mixed performance-art 'lovest' of the Earth, and *Journey of the Universe*, part of our past Cosmology Lenten Series. Then, to choose a theme (or focus) which may be conveyed by a combination of: ritual, story, dance, chant, song, parable, meditation, etc. All other ideas and directions for a program are welcomed.

Tony Ferrara

Photo by Chris Farrow Noble

Thanks to Chris F-N., Daksha B., Joy H., Joanne K., Ellie H., Chris N., Carole P., Anne and Tony F. for painting the labyrinth and to John Miller for painting the foyer.

For more information about Reversing Falls Sanctuary and events there visit our website: [www.reversingfalls.org](http://www.reversingfalls.org)