

Ferry Beach Retreat Activities 2018

THEME: *WAVES OF KINDNESS!*

Friday Evening 7 – 8:00 pm **Orientation & Ice Cream Social** Dining Hall
Ice cream and homemade toppings with *Betsy Whitcomb*. Get acquainted activities followed by indoor 'Camp fire,' plus Sing-Along led by *Michael Hayashida* and friends.

8 – 11 pm Crafts, music jamming, board games, puzzles, conversation, relaxing.
11 pm Campus Quiet Hours

Saturday Campus Tours *Betsy Whitcomb* Tours start at dining hall steps
Learn campus history and visit the Grove, Metz Village, Ecology School garden, and Rowland Hall. Tour is 30 – 45 minutes. *Sign-up* near Welcome Table in dining hall.

- **Face painting** during the day on Saturday *Kathy Neddeau & helpers*
A sign near the Welcome Table in the dining hall will list the location.
- **Reiki Sessions** – Limited number of 20-minute sessions with a Reiki Master in the Murray Room. Sign up in dining hall when you arrive. *Barbara Murray*
- **Fairy Houses** during the day Saturday in the fairy forest near Rowland. A free-flowing event, but you MUST use only materials found here in nature.

Saturday evening 7 pm **VARIETY SHOW!** Gayla Theater in Rowland
Later: relaxing, board games, puzzles, fireside chats, singing, and music making.
Youth Space available in Quillen Lobby (6th grade and up). Quiet time is 11 pm.

Note: *The Ferry Beach Store will be open Saturday 1-5 pm & Sunday 9 am–noon. Ice cream cones and Ferry Beach items are available.*



Saturday 9:30 – 10:30 am offerings

Yoga on CD *Joan Erler* Rowland: Ziegler Room
Yoga instruction for flexibility, strength and well-being. Rudy Peirce, a Kripalu yoga teacher, will lead us in a gentle yoga practice where we will deepen body awareness, increase breath capacity and practice concentration. **All Ages**

Scavenger Hunt *Cathy Falwell, Kathy Neddeau* Meet at Dining Hall Steps
Calling all scavengers, young and old! Join a team for a creative quest. Capture clues, solve secrets, pursue puzzles, reason riddles, and know *kindness* at every turn. Fun for all ages and everyone is a winner. **All Ages**

The Gift & Power of Emotional Courage *Bill Frayer* Quillen, Dolphin Room
In a facilitated TED Talk, Harvard Med School psychologist Susan David discusses how to show kindness to ourselves and others. Here are skills for emotional agility to identify and respond to emotions rather than pushing them aside. **Teens & Adults**

Plan Family Worship *Bernice Martin, John Spruill, Jan Cardoza* Quillen Lobby
Calling youth actors for Sunday's intergen service on our theme, *Waves of Kindness*. We'll perform Rick Kimball's humorous, kid-based skit, directed by Clara Bolduc, plus feature an original song by Bernice, and add other worship elements. **All Ages**

Saturday 11 am – 12 pm offerings

Active Listening *Crystal Thorpe* Rowland: Ziegler Room
How often do we truly feel heard? Effective listening is an active event! Our tools are attentiveness, body language, reflection, questions, summarizing, and more. Improve your skills in this workshop with experiential triads. **Youth & Adults**

Sculpey Village *Ted Green* Quillen, Dolphin Room
We know "it takes a village," so let's make one with sculpey! Our small scale town will need 1 to 2 inch people, wee pets, plants, streets lights, benches, trees, and whatever you choose! Plus – you get to take home your creations. **All Ages**

Card-Making *Dee Farr* Cross Cottage Basement
Create three personalized card treasures that will celebrate the diversity of our Unitarian Universalism and reflect our time together. No card-making experience is required. Supplies will accommodate up to 24 participants. **Teens & Adults**



GROUP PHOTO Saturday in Rowland Hall at 1:30 pm!

Saturday 2:00 – 3:00 pm offerings

Duct Tape Hats *Leslie McConnell & Jan Vachon* Quillen, Dolphin Room
Make a fashion statement on campus! Let your creative juices flow by designing and making a duct tape hat or other duct tape treasure. Colored tape is available, for hats and embellishments, but additional contributions are welcomed. **All Ages**

Soul Collage *Helen Bushong* Cross Cottage Basement
Create personalized cards to delve into your own divine mystery. This is both art project and creative and intuitive expression. We'll use selected magazine images to tap into our inner wisdom, spirits, dreams, and personalities. **Teens & Adults**

Pick-up Choir *Carol Thompson* Dining Hall
We'll practice hymns and songs for our tri-church choir to sing for retreat worship on Sunday morning, and perhaps prepare a song for the Variety Show. All singers and instruments are welcome as we focus on *Waves of Kindness*. **All Ages**

Saturday 3:15 – 4:15 pm offerings

Henna Tattoos *Leah & Willa Galipeau Eldridge* Cross Cottage Basement
Temporary body art using plant-based henna paste. Make intricate patterns of geometric designs, flowers or other unique images that symbolize your spirit. Apply it for joy, luck, and beauty, to express kindness, and to invite blessings! **All Ages**

Nature Walk *Carmen Brochu* Meet on Dining Hall porch
Come walk in the woods to discover how spring is arriving at Ferry Beach and see how the earth is changing its face. We'll examine the life-giving, nurturing aspects of Mother Nature, as she sustains all life. **Dress for the weather.** **All Ages**

Photos with an iPhone *Connie Cross* Rowland: Ziegler Room
Your iPhone camera can be a powerful tool for taking perfect pictures. If you're new to iPhone photography, learn about unique features of your phone to enhance your creativity. Then try out these skills on our Ferry Beach campus! **All Ages**