

FERRY BEACH RETREAT & CONFERENCE CENTER

TIDINGS

SUMMER 2024 - 10



Tidings, Photos, Schedule Updates,
Chapel Programs and more.
app.ferrybeach.org

Welcome to Ferry Beach's Appreciation Retreat!
We hope you have a wonderful visit to this magical place and make countless of amazing memories throughout the duration of your stay!

We hope that in addition to the sense of rejuvenation you will get from your week, that you will enjoy fabulous meals, the salty sea air in the morning, the glorious shade of the pines and beach time in the afternoons and great company of friends.

Thank you for making Ferry Beach part of your summer plans, we're so glad you are here!

-Ferry Beach



Daily Activities

Saturday, July 20

- 4:00 - Welcome & Check-in (Quillen)
- 6:00 - Dinner (DeWolfe)
- 7:00 - Orientation / Ingathering (Rowland – Gayla Theater)
- 8:00 - Bedtime Restorative Yoga * (Dolphin Room)
- 11:00 - Quiet Time for All

Sunday, July 21

- 7:00 - Standing Yoga Sun Salutation (Beach)
- 7:30 - Breakfast (DeWolfe)
- 9:30 - Worship Service (Chapel in the Grove)
- 10:45 - Nature Walk and Meditation (Grove Chapel)
- 12:00 - Lunch (DeWolfe)
- 1:00 - Memorial Service for Ruby McKay
- 3:30 - Creative Cabin access with optional Flag Decorating Art activity
- 5:00 - Bridging Workshop part 1 (Quillen Porch)
- 6:00 - Dinner (DeWolfe)
- 7:30 - Campfire Stories and S'mores (Grove)
- 9:00 - 30 min Bedtime Restorative Yoga * (Dolphin)
- 11:00 - Quiet Time for All

Monday, July 22

- 7:00 - Polar Bear (Beach)
- 7:30 - Breakfast (DeWolfe)
- 9:00 - Beach Yoga for Every Body with Robi
- 10:30 - Lectio Divina, Visio Divina: The Soul Response to Poetry and Art (Murray)
- 12:00 - Lunch (DeWolfe)
- 1:00 - Intro to Tarot Cards and Self-Reading
- 3:30 - Creative Cabin access with optional Fashion Art activity
- 5:00 - Bridging Workshop part 2 (Quillen Porch)
- 6:00 - Dinner (DeWolfe)
- 7:30 - Game Night (Ziegler)
- 9:00 - 30 min Bedtime Restorative Yoga * (Dolphin Room)
- 11:00 - Quiet Time for All

Tuesday, July 23

- 7:00 - Standing Yoga Sun Salutation (Beach)
- 7:30 - Breakfast (DeWolfe)
- 9:00 - Harvesting the Gifts of the Ancestors: A Moving Meditation with Julie (Dolphin)
- 10:30 - Nature Photography (bring your cell phone or camera)
- 12:00 - Lunch (DeWolfe)
- 1:00 - "Where I'm From": Creating an Identity Poem (Murray)
- 2:30 - Ice Cream Novelties (Gitchell Porch)
- 3:30 - Creative Cabin access with optional Fashion Art activity
- 5:00 - Bridging Workshop part 3 (Quillen Porch)
- 6:00 - Dinner (DeWolfe)
- 7:30 - Open Mic sharing of Music, Poetry, Etc. (Gayla Theater)
- 8:30 - Bridging Ritual/Finale (TBD)
- 11:00 - Quiet Time for All

Wednesday, July 24

- 7:00 - Polar Bear (Beach)
- 7:30 - Breakfast (DeWolfe)
- 8:45 - Closing Circle (Gitchell Porch)
- 10:00 - Check out of rooms
- 12:00 - Light Lunch available

DAY	High Tide		Low Tide		Sun	
	AM	PM	AM	PM	RISE	SET
Sat	11:03	11:05	4:43	4:41	5:16	8:17
Sun	11:50	11:54	5:30	5:30	5:17	8:16
Mon		12:37	6:16	6:20	5:18	8:16
Tues	12:43	1:24	7:02	7:11	5:19	8:15
Wed	1:32	2:11	7:48	8:03	5:20	8:14

2024 Moments at Ferry Beach!



CONNECT WITH US!



@ferrybeachmaine



@Ferry Beach Retreat & Conference Center

GET THE FERRY BEACH APP!



- ★ SCHEDULES & UPDATES ★
- ★ SONG BOOKS ★
- ★ TIDINGS NEWSLETTERS ★
- ★ CHAPEL PROGRAMS ★
- ★ PHOTOS FROM THE WEEK ★
- ★ AND MORE! ★

fbch.me/app

Shop the Latest Ferry Beach Collection



Stop by the Ferry Beach Store to pick up this year's theme shirt, Ferry Beach gear, travel essentials and everyone's favorite, ice cream! For even more Ferry Beach gear, check out our online store at



fbch.me/store

Ferry Beach is a 501(c)3 non profit organization. We are governed by a board of directors and operated by a dedicated group of year-round staff. Each summer our staff is supported by our outstanding crew members. If you see one of our staff or crew doing something amazing and want to give them a shout out, fill out a Kudos form on our App to give them the recognition they deserve! fbch.me/people



Meet the Board



Meet the Staff



Give Kudos