



FIELD NOTES FROM THE FARM OCTOBER 2022

Autumn is the time of year when Mother Nature says,
"Look how easy, how healthy, and how beautiful letting go can be."
Toni Sorenson

WELCOME OCTOBER

THE GEESE ARE BACK!! It's that time of year again when our fine feathered friends make their journey south, stopping at IAW to rest, refresh and prepare for the next leg of their journey. They are an amazing bird, but it might be easier to enjoy their beauty and grace if they didn't leave so many tell-tale signs of their presence! They DO love IAW...if only they would love the fields out back more than the driveway and lawn area!!

Here's what's happening at IAW in October:

- ◇ Thursdays from 11:30 AM to 1:00 PM – LUNCHES WITH THE BUNCHES – **NOTE: EFFECTIVE OCTOBER 12TH, WE WILL BE MOVING TO WEDNESDAYS.**
- ◇ On Sunday, October 2nd we held our final OPEN MIC for this season. Special thanks to Rusty Hinges and all the performers and attendees.
- ◇ Wednesday, October 12th at 1:00 PM –THE SINGING CIRCLE – this will be their final one for this season.
- ◇ Four Wednesdays in October: the 5th, 12th, 19th and 26th - Time: from 1:00 PM to 3:00 PM - ESSENTIAL WORK
(See More Information on Page 2)
- ◇ Saturday, October 15th from 10:30 AM to 1:00 PM – MINDFULNESS RETREAT – See below for more information
- ◇ Stay tuned for more CHALLENGING CONVERSATIONS CIRCLES!

- ◇ Monday, October 17th at 1:30. We are beginning to host a monthly **CAREGIVER'S CIRCLE**. For more information call Sherry at 751-6261

We encourage you to check our website for dates and times of activities at Inn Along the Way. Go to: www.innalongtheway.org/, then click on "UPDATES," then select "Calendar."

As always, everyone is invited to join in and participate in any or all of the activities here!

WORKER BEES

Love these worker bees! A couple of our garden gurus who make the magic happen! Love, too, that a sweet woman standing in line at Hannaford's pharmacy happened to notice that the woman in front of her needed help. Seems that while visiting from RI, she had been in a car accident and was picking up her meds. While in line the local woman called me to inquire whether we had a room at the Inn where this fragile woman could recover. She then invited the woman to follow her back to the farm, and got her settled in, all before leaving to tend to her own husband who needs medical support...All in a day's bounty: Never underestimate the act of kindness.



ESSENTIAL WORK:

MAKING YOUR LIFE WHAT YOU MEAN

ESSENTIAL WORK is a workshop designed to help us look back on our lives and identify the skills and talents we have acquired, along with the talents and gifts with which we were born. This will help us to better understand how all of these define our life's purpose so that, at the end, we can say, "Yes, this is what I meant." It is based on the belief that each of us is a unique treasure chest of gifts to be used throughout our lives and that our greatest happiness and contributions are made through these gifts, and that the ESSENTIAL WORK for each of us is to discover and use those gifts and the abilities we have acquired as our purpose for being.

Bonnie Gerrard, who will lead ESSENTIAL WORK, has a background in counseling adults in diverse settings. In Boston, she served as Director of Career Services for the Women's Educational and Industrial Union. She has a Master's degree in counseling from Boston University and a Master's degree in theology from Andover Newton Theological School.



NOTICE

We have transitioned from our PO Box address to our physical address: **741 Main Street, Damariscotta, ME 04543**. Please send all correspondence to this address. Thank you.

WAYS OF GIVING

If you would like to make a financial donation, there are numerous ways to accomplish that. All gifts – large and small – make a difference.

For more information, go to:

www.innalongtheway.org/contribute

OPPORTUNITIES – AKA “HELP!”

Here at Inn Along the Way, there is always a need for someone to share their talents. It may be cooking, hosting, preparing, cleaning or helping in some other way. Contact [Jan John](#) or [Cindi Hasty](#) for more information about how you can join in the fun!

MINDFULNESS RETREAT

Do you feel like a Human DO-ing, instead of a Human BE-ing? Do you crave a pause to simply BE and BREATHE? Join us on Saturday October 15, 2022 10:30 a.m. to 1:00 p.m. (Raindate: Friday 10/21/22) Inn Along the Way Mindfulness Retreat Retreat Leader: Deborah A. Carroll has a Ph.D. in Developmental Neuroscience and is certified in yoga, mindfulness, and Deep Play for Kids instruction. Participants need to be able to safely walk and sit comfortably on the ground or in a chair! Light lunch will be provided; report dietary restrictions or allergies in advance! Dress for the weather in comfortable clothing and shoes; we will be outdoors.

Join retreat leader neuroscientist and certified yoga and mindfulness instructor Deborah Carroll, Ph.D. for a few hours of unplugging and stepping away from your life and busy thoughts. The focus will be on breathing and processing inputs through each of our 5 sensory systems. We will conclude with an active co-listening exercise, shared loving kindness meditation, and a light lunch. Pre-registration is required. Dress comfortably and appropriately for the weather, as we will be outside. Call (207) 751-6261 for more information or to register.

We are continuing to host grief and caregivers support groups. For more information or to sign up, call Sherry, at 207-751-6261, or contact us at info@innalongtheway.org.

For more information about who we are, what we do and our hopes and dreams, please check out our website: www.innalongtheway.org.

NOTE: If any of the links don't work for you, simply copy them from this newsletter and paste them into your browser.

If you would like to make a suggestion about content for an upcoming newsletter or have a comment you'd like to share, you can contact us at: info@innalongtheway.org.

We look forward to hearing from you.

Respectfully,
MaryAnn Look