



FIELD NOTES FROM THE FARM JULY 2022

We delight in the beauty of the butterfly, but rarely admit the changes
it has gone through to achieve that beauty.

Maya Angelou

WELCOME JULY

SEASONS ON A FARM

Summer – Where does the time go? We are already half-way through another year. Isn't it great, though, that we live in such a beautiful place and can enjoy so many varied activities? Summer offers us hiking, swimming, gardening, visiting historic places and a myriad of other opportunities...don't forget those Sunday drives to nowhere in particular.

Alternately, you can join friends and neighbors at Inn Along the Way – enjoying any of a number of activities. Here's what's happening in July:

- ◆ Thursdays – Lunches with the Bunches from 11:30 to 1. There is no fixed charge for the lunch, but donations are appreciated. Donations can be in any form – not just monetary.
- ◆ July 7th and 28th – 1PM – 3PM We will be continuing our SINGING CIRCLE. Anyone who enjoys singing with others is welcome. Each person takes a turn requesting or offering a song, ideally one that everyone can join in singing. Acoustic instruments are welcome. These will be held outside if the weather permits, otherwise they will be in the barn.
- ◆ July 17th – 3PM to 4:30PM – Session Two of our CREATIVE ART decoupage series. We will work with glassware, items such as jars, vases, bowls and jar candles will be provided along with all the paper materials and necessary adhesives. Guests are welcome to bring any materials they believe would

be useful. If you are interested in attending, please register by calling 207-751-6261. This is a multigenerational event and all are welcome.

- ◆ July 20th – 1PM to 4PM – Another CREATIVE ART offering. EMPTY HAND – EMPTY BRUSH – See below for more information about this exciting class. Space is limited and reservations are required. Call 207-751-6261 for more information and to make a reservation.
- ◆ July 24th – 3PM to 4:30PM The CONVERSATION CIRCLE will be discussing Retirement. A panel will include Jim O'Farrell and Chris Hall who will talk about their experiences with retirement, Jody Telfair will talk about continuing to work, and Bonnie Gerrard will talk about the challenges retirement brings to married couples and partners. If you have any questions my telephone number is 844-1662
- ◆ July 31st – 3PM – Dr. Stephen Kress will give an indoor presentation called SUMMER BIRDS OF MIDCOAST MAINE and share some amazing photographs.
- ◆ August 20th – Our second YARD/BARN SALE – Here's another chance to clean out those things you no longer need or use...or to pick up something that you didn't even know you needed!
- ◆ Our next OPEN MIC will be in August – keep your eyes open for the date and time!

**PLEASE NOTE: ALL EVENTS AT IAW
WILL FOLLOW THE CDC GUIDELINES
IN EFFECT AT THE TIME OF THE EVENT.**

MORE CREATIVE ART COMING TO IAW!

Kichung Lizee is a Korean-born American artist and



Buddhist practitioner who uniquely blends Eastern calligraphy and Western thematic materials. She has taught and exhibited internationally and curated many exhibits bringing together Eastern calligraphers and Western artists. She was honored with a special award in 2008 at the Seoul International Calligraphy Biennale, Korea, and has

been a featured artist at several Museums. **“Empty hand – Empty brush”** is a contemplative immersion into East-West brush painting. Eastern calligraphy is a type of meditation and also a discipline in centering – starting from the correct postural alignment of the spine, to preparing calligraphic ink, holding the brush correctly as an extension of the arm, and executing the brush stroke in oneness. Learn how to sense your internal energy through Qi-Gong and Tai Chi exercises and apply this awareness to free-flowing calligraphic art. This workshop offers a unique opportunity to integrate mindfulness and creative expression. Experienced artists and beginning artists welcome!

Be sure to check our website for dates and times for the above listed activities and more!

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!

Fall – a colorful time of year

The final reaping of this year’s harvest

Winter – a time of rest

We all need to slow down and rest periodically

Spring – a time of anticipation

Everything starts to come to life again.

SPECIAL THANKS TO...

- 👉 Tracy and all the volunteers and generous donations (and purchases!) that made this year’s early summer barn sale another wonderful success!
- 👉 John Couch, Sylvia Tavares, the Finntown Road Band, and all the talented performers at the June Open Mic.
- 👉 All our summer volunteers who have returned to Inn Along the Way!
- 👉 Dr. Steve Kress’s time, passion and knowledge that he shared during this year’s annual Bird Walk.



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

UPCOMING OPPORTUNITIES – AKA “HELP!”

We will be needing volunteers in a variety of areas for all of the events at IAW. 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!

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