



FIELD NOTES FROM THE FARM AUGUST 2022

People who wonder if the glass is half full or half empty, miss the point.
The glass is refillable.
Simon Sinek

WELCOME AUGUST

SEASONS ON A FARM

Summer – The ‘Dog Days of Summer’ are here! Time to head to the ocean or lake for a refreshing swim...but don’t forget your sunscreen!

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 August:

- ◆ Thursdays – LUNCHES WITH THE BUNCHES continue to be offered 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 – maybe volunteer some time or bake something for the next lunch?
- ◆ Friday, August 5th from 8:30AM to 9:30PM – Lisa Steele-Maley will offer a BEAUTY WALK at IAW. Participants will be invited into a deeper connection with the rhythms around and within each of us. This is open to all who seek a chance to renew and refresh a tired body or heart.
- ◆ Thursdays, August 11th and 25th – 1PM – 3PM – right after Lunches with the Bunches. 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. Singing will be outside if the weather permits, otherwise it will be in the barn.
- ◆ Watch for Session Three of our CREATIVE ART DECOUPAGE series. Check our calendar for the date

and time. We will work with wood items, such as frames, boxes, bowls and other miscellaneous wood pieces. Guests are welcome to bring a wood piece, otherwise we will provide options for them. 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.

- ◆ 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! See attached sheet for acceptable items.
- ◆ August 27th at 1PM will be our next OPEN MIC – be sure to mark your calendars and bring your voice!
- ◆ August 28th – 3PM to 4:30PM The CONVERSATION CIRCLE will be continuing our discussion of retirement with a focus on shifting relationships in families and friendships as we age. Our panel will include Marianne, Debby, Lisa Steele-Maley, Kim Badgley, and Steve. They will talk about independence, dependence, pets and the environment. If you have any questions, call 844-1662.

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

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

Decisions...Decisions...

A Personal Story from One of Our Guests

It was the 11th hour of a brief visit with our 18-year-old granddaughter whose life is ordinarily filled with full-time work, transitioning from high school to college, and all the distractions that befall an 18-year-old. We considered her decision to spend a couple of days with us in Maine a privilege, and we were very aware of our short window of opportunity. We went to dinner locally, enjoyed some fine and not so fine foods, drove to local areas of interest, but



nothing measured up to the final moments spent at Inn Along the Way. Maine is a captivating place just because of moments like this. I was at a meeting in the barn and so Roger, my partner, and granddaughter, Emilie, had time on their hands before

leaving to take Emilie back to Massachusetts. They could go to Old Time Donuts, across the street, or spend the time walking around the farm/Inn. With no hesitation the donut shop became the first priority but after that the Inn's property held a curious appeal. They found a mowed path behind the barn and soon discovered what beckoned. From a minor disruption of footsteps, a rafter of turkeys appeared. More than a dozen babies and parents strutting across the path startled the walking pair, but more than that, alerted them to the present moment and pulled them into their immediate senses. The field came alive with life undiscovered seconds prior—bluebirds flitting in their brilliance, bob-o-links nesting all through the field, frogs in the pond—and wild strawberries added pleasure to the palate. So much life to observe in a few short moments in time. Roger and Emilie returned from their walk enriched and ready to share their joy of discovery. Our visit with our dear granddaughter was coming to an end but the moments “along the way” will be cherished and remembered. This is a reminder for all who busy their lives with other kinds of experiences. There is a place in town that embodies the heart of Maine. If you have the time, come back to your senses; visit Inn Along the Way.

Written and shared by Lynn Chapman
With Roger Acker and Emilie Baker

SPECIAL THANKS TO...

Dr. Stephen Kress for his wonderful talk on July 31st. It was VERY informative!

The donor who sponsored our Volunteer Appreciation Brunch as a way of expressing thanks for all the effort, hours, and persistence of a great community of folks!

Bravo and well done, volunteers!!

Here's a little peak at what you may have missed in July...



Volunteer Appreciation

Singing Circle

Empty Hand / Empty Brush

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](mailto:Jan.John@innalongtheway.org) or [Cindi Hasty](mailto:Cindi.Hasty@innalongtheway.org) 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

Inn Along the Way

DONATIONS

Accepting

- 👍 Furniture
- 👍 Dishes
- 👍 Housewares
- 👍 Small Working Appliances
- 👍 Home Decorating
- 👍 Area Rugs
- 👍 Lights
- 👍 Art
- 👍 Jewelry
- 👍 Pet Items
 - Furry & Feathers
- 👍 Towels
- 👍 Children Items
 - No Car Seats
- 👍 Sports Items
 - Exercise Bikes
- 👍 Tools and Hand Tools
- 👍 Marine Items
- 👍 Garden Items

Not Accepting

- 👎 Books
- 👎 CD & DVD's
- 👎 Clothing
- 👎 Electronics
- 👎 Computers & Printers
- 👎 Treadmills & Ellipticals
- 👎 Rowing Machines
- 👎 Mattresses and Box Springs
- 👎 Bedding
- 👎 Medical Devices
- 👎 Large Appliances
- 👎 Baby Car Seats

Places that accept some or all of these:

- ✓ Skidomphia Used Book Store
- ✓ Miles Rummage
- ✓ Goodwill
- ✓ Staples (computers & printers)

Thank You For Your Generous Donations