



## FIELD NOTES FROM THE FARM FEBRUARY 2023

Start where you are.  
Use what you have.  
Do what you can.  
Arthur Ashe

### HELLO FEBRUARY - IT'S 'SHARE THE LOVE MONTH'

So...did last month's newsletter leave you wanting to know more? Are you anxiously awaiting news about what's happening around the Inn? Let's see if we can get you caught up on a few things.

The picture at the top of this newsletter gives you a bird's eye view of what's coming – amazing to say the least! One of the things not pictured, but certainly part of the future plan is a Memorial Garden and a Quiet House (although the name of the building has not been finalized yet). Funding for these additions has been either received or promised. We'll have more information as the reality gets closer.

We are currently in conversation with home builders to determine if a partnership is possible. But before any construction of houses begins, there are a myriad of basics that will need to be covered – like water and sewer, electricity, roads and landscaping. Conversations have been ongoing about options and funding for each option. So many decisions! Thankfully, we have a GREAT team working on these things.

In order to continue working towards our ultimate goal, we are actively laying the groundwork for an upcoming Capital Campaign.

As we mentioned in the January newsletter, this is in the initial stages of planning – making sure everything is in order.

We also mentioned a survey in last month's newsletter. Our art coordinator wanted to know what YOU wanted. We'll share artistic opportunities based on the results she received as soon as they are available, and you'll be able to attend some fun and instructional classes. She would still love to hear from you! You can access the survey at:

<https://forms.gle/SUniznD7XRMstqkY6>

Stand by...

#### 2023 COMMUNITY MATTERS MORE



**NEWS FLASH!** Inn Along the way is one of three Lincoln County organizations that have been nominated for the "Community Matters More" award! We encourage

you to support your community and vote! You can vote for all three, if you want! Go to: <https://www.bangor.com/community/community-matters-more/cmm-voting>

## A LETTER FROM A SUPPORT GROUP PARTICIPANT

Here at IAW, we offer several support groups (check our calendar for more information about days and times), and recently received a wonderful note from one of the participants in a grief support group:

*"When my husband died unexpectedly, I became lost in a fog of grief. I remember walking around for days feeling as if there was a large hole where my heart should have been. I had dear friends who were there for me every day and my children were very kind, but I couldn't focus on what I needed to do. One day my daughter asked me if I would consider joining a grief group. It was the Covid year of 2020 and she knew of a ZOOM group. I felt so desperately sad and alone. However, I realized that if I was uncomfortable in the group, I could just turn off my computer. That grief group helped me to cope during the darkest time. I learned so many things about the new road I was traveling. I discovered that there was more love in my world than I had ever been aware of, and that I was not alone in what was happening to me. Everyone will have a loss in their life. Grief is not something you go through or get past. It becomes part of who you are. That was new to me. Whether it is a small grief group or larger, others in the group may be experiencing the same things that you are feeling. For me the group was a safe place to be. I could cry or laugh at how silly the things I used to think were important seemed now. I heard that "grief will have its way with you." The feelings will come and go and I am not crazy. I found that a grief group is a place to be heard and understood and especially a place to feel safe." —*

*"Sometimes your tears will make rainbows."  
(Author unknown)*

## BEING MORTAL

Last month we told you about a new class we were going to be offering...turns out that there was a LOT of interest and the available spaces filled very quickly! Since this has proved so popular, we will be offering it again at a later date – to be determined. If you are interested, please contact Sherry at 207-751-6261.

## VOLUNTEERS

Jan John and Cindi Hasty would love to hear from you, if you are interested in joining a very diverse and dynamic group of volunteers at IAW. There are numerous opportunities to choose from. If you'd like to share your time and talent, please contact [Jan John](#) or [Cindi Hasty](#) and they will be happy to give you more information and/or set up a time to meet together to discuss openings.

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

- ◆ Wednesdays from 11:30 AM to 1:00 PM – LUNCHES WITH THE BUNCHES
- ◆ Every other Monday (February 13 & 27) – 1:30 PM – 2:30 PM – CIRCLE OF CARE
- ◆ Every other Wednesday (February 8 & 22) – 10:30 AM – 11:30 AM – GRIEF & RESILIENCE

We encourage you to check our website for more information including dates and times of additional activities at Inn Along the Way.

Go to: [www.innalongtheway.org/](http://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!

## 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](http://www.innalongtheway.org/contribute)

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](mailto:info@innalongtheway.org).

For more information please check out our website: [www.innalongtheway.org](http://www.innalongtheway.org).

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](mailto:info@innalongtheway.org).

We look forward to hearing from you.

Respectfully,  
MaryAnn Look