



FIELD NOTES FROM THE FARM MARCH 2023

Go out on a limb.
That's where the fruit is.
Jimmy Carter

MARCH - IN LIKE A LION, OUT LIKE A LAMB

In December, I was talking to Sherry about maybe doing this newsletter every other month for the winter, thinking that there just wouldn't be as much going on to fill a couple of pages every month...She suggested that we might just do one page, if there wasn't enough to report. Well...I have to tell you...there has been more than enough activity to fill two pages each month! This is a very busy place with MORE than enough to report on!

BECOMING MORTAL

We've already reported that this group filled up so quickly, we had to limit enrollment, now we can give you an update. The participants that enrolled in the class kept coming back, unlike some classes that lose participants after a week or two. They were anxious to talk about feelings that were difficult to share with people and when the class ended, they all wanted to continue on, so they decided to continue informally on a bi-weekly schedule. In the new format, a different person will be the 'convener' for that week and will choose the topic to be discussed. All are welcome. The schedule is on the next page.

MILES HOSPITAL VISITS IAW

One of our newest volunteers, Anne Rundle, a retired nurse, is working on the marketing of IAW and she has already been busy at work! She arranged for two people from Miles Memorial Hospital to come to the Inn for an informational visit and to see if there might be a way for the two non-profits to collaborate. I'm sure we'll be hearing more about this in future editions of this newsletter.

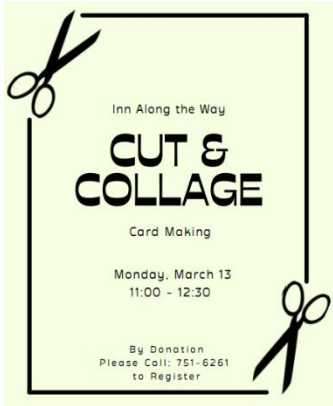
TOUGH WARRIOR PRINCESSES

Anne also contacted Tough Warrior Princesses (TWP) to come for a visit. TWP supports women who are affected by cancer, along with their families. They work hard to raise awareness and help fund cancer research. They wanted to see the Inn and how it works to determine if a partnership could be formed. They stayed overnight and were VERY impressed with what they saw. Their comments included: "It felt like home. I felt immediately at peace." "I can see how anyone would feel that same peace." "It was comfortable - like your grandmother's house - without the plastic on the chairs!"

AN ENCOURAGING WORD...

A recent group staying at the Inn commented: "In a time of need it was so helpful to stay here and recuperate. Being able to stay here made this trip a success! Thank you!"

CUT & COLLAGE WORKSHOP



Are you ready to start getting crafty again? Winters can be long in Maine and we all know that winter disease - cabin fever! Here's a great opportunity to get out of the house and do something creative. Mark your calendars for March 13th at 11:00 AM!

ACTIVITIES COMING THIS SUMMER

Here we are in the middle of winter, but summer will be here before we know it! We are planning to have another plant sale in the barn, along with our annual summer yard/barn sales. We'll let you know dates and times when we get closer.

DAYLIGHT SAVINGS TIME

Don't forget to Spring Forward at 2 **AM** on Sunday, March 12th. This should be the final time we change our clocks in Maine!



VOLUNTEERING

We are looking for ideas for the annual volunteer appreciation celebration. Please let Sherry know your ideas!

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 March:

- ◇ LUNCHES WITH THE BUNCHES – Wednesdays from 11:30 AM to 1:00 PM (or until we run out of food!)
- ◇ CIRCLE OF CARE – Every other Monday (March 13 & 27) – 1:30 PM – 2:30 PM
- ◇ GRIEF & RESILIENCE – Every other Wednesday (March 8 & 22) – 10:30 AM – 11:30 AM
- ◇ BECOMING MORTAL continues as an open discussion – Every other Wednesday Starting on March 1st from 1:30 PM – 3:00 PM
- ◇ CUT & COLLAGE WORKSHOP – Monday, March 13th from 11:00 AM – 12:30 PM

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/, 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

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 please check out our website: 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.

We look forward to hearing from you.

Respectfully,
MaryAnn Look