

# The Well

A FAMILY-FRIENDLY RETREAT TENDING THE WOUNDS OF RACISM

**July 24-27, 2019**



**FERRY BEACH**  
Retreat & Conference Center

**Saco, Maine**



## **What is the Well?**

The Well is an intentional gathering space of spiritual healing for individuals and families who are directly impacted by racism. It is a culturally proud, welcoming and unapologetic space that centers the experiences and expressions of communities of color.

The Well is a life-giving retreat. Just like a communal well in ancient times, we gather at the Well, share wisdom and learn from each other, talk about things that matter, and fill our vessels with resources that sustain us.

As a rare multi-generational opportunity for children, youth, and adults, programming of the Well explores our spiritual paths, including rites of passage that bear witness to our experiences. There will be food, music, sports, history, arts, and bodywork that nurtures our souls, and worship, rituals and networking that uplift our spirits.

## **Who can attend the Well?**

The Well welcomes those who are directly impacted by racism: families and individuals of color, as well as white families raising children of color, and multiracial families.

Although you do not have to be a UU to attend, we ask participants to resonate with the Unitarian Universalist values of equity, justice, inclusion, and compassion.

We recognize that the imperfect and complex ways we talk about our racial identities is how “racism” continues to cause spiritual harm. The Well hopes to be a mediating space of guidance, support and reconciliation for those who experience the sting of racism in their everyday lives. Historically, that list refers to

those who have experienced social and structural oppression: African Americans/Blacks, Caribbean people, Asian/Pacific Islanders, Middle Easterners, Latin America/Latinx, Indigenous peoples across the Americas, and mixed-race people.

## **Where and when is the Well?**

The inaugural Well will be held at the Ferry Beach Retreat & Conference Center on the Atlantic coast town of Saco, Maine, on July 24-27, 2019. Ferry Beach is a 32-acre beach-front camp with 19 buildings. Steeped in the values of Universalism since 1901, it affirms readily that all are loved and welcome.

## **What can I expect at the Well?**

- Deep welcome, celebration, renewal, connection, reconciliation by and for people who share experiences of being targeted for racial oppression
- Exploring our ancestral paths through storytelling and practices of reconciliation
- Exploring theology and history of POC in Unitarian Universalism
- Connecting our lives with the values and commitments of our faith
- Sharing stories of cultural displacement, migration, global inter-connections and their impact on our way of thinking, feeling, and being
- Innovative strategies for healthy boundaries for white and POC participants
- Workshops and rituals to support the work of white parents and siblings in multiracial families

**For more information and reservation, go to:  
[ferrybeach.org/thewell](http://ferrybeach.org/thewell)**