

October 2010

September –whoosh! Gone in a flash. After waiting all year for the glorious colors of autumn they were slow to start and have now gone beyond peak. This first week in October has shown some amazing color! We enjoyed the company of several guests here just to see the colors and they were not disappointed. Small world that it is, two couples here at the same time who didn't know each other live within 10 miles of each other in Florida! We also enjoyed getting to know Karin and Johnny from Belgium. This was their 16th (!) trip to the states and really LOVED this part of Maine. What's not to love??

Our 5th Yoga retreat was very successful. 8 yoginis and 1 yogi (our FIRST male participant!) shared meals and class times from Friday night to Sunday afternoon. We learned about Kundalini and Kripalu yogas, very different styles. We also learned about Qigong, an ancient practice to enhance our chi, our good energy. Saturday night was Ginni's Restorative Class. Everyone is encouraged to wear their PJs to that class as you will want to drift off to sleep following that class! We were very lucky with the weather....it was rainy Friday but by free time on Saturday the sun came out! A few people took hikes, some relished the warmth of the sun in comfy outdoor chairs with our spectacular views in front of them (colors were well under way!). And 8 of the participants enjoyed massages, thanks to Heidi and Tinamarie, who brought their tables from Rangeley and set up to offer this service. Next retreat will be in March, 2011. Watch the website for the information on that.

Ginni had the privilege of performing a wedding on September 25. Ellen and Al traveled 2 hours just to have their wedding in Reeds Mill Church. There are two more weddings in October. The first is for Joyce and Carroll. The bride, a local woman who has known Reeds Mill Church her whole life, and her husband-to-be visited the church for the first time at our September hymn sing this year. The other couple, Julie and Kevin, is from elsewhere in Maine. The bride stayed at Star Barn when we were still reserving rooms in the house while building the barn. We feel so blessed that her stay here ultimately will end in her wedding here. She and her intended are bringing the family to stay at Star Barn to make it a family wedding weekend!

Wildlife here is busy preparing for winter, eating everything possible! Moose, turkeys, porcupines. As I write seven turkeys are foraging outside my window under the bird feeders. We must all prepare for what is to come; cold and snow and short gray days. But our winter months will be filled with holidays and family times and friend gatherings; snow shoeing and cross country skiing and snowmobiling. Warm fires and good books. Even in winter, life is good here. We invite you to share all that with us!

Ginni and David