Star Island
vacation with a purpose
isles of shoals, nh

2014 Programs
Vacation with a Purpose

Star Island welcomes you to vacation with a purpose and enjoy the community, experiences and breathtaking views only found on New England’s unique summer island.

For over a century people have visited Star Island, and the other Isles of Shoals off New Hampshire’s coast, for a chance to learn about matters of consequence and explore the world as it might ideally be removed from the constraints of mainland life. Immerse yourself within one of our cherished “conferences” -- an historic term we call our traditional summer island gatherings.

Many describe a week on Star Island as going to summer camp with their family. And we completely agree. From mid-June through August, programs are generally family oriented with pertinent theme speakers and workshops for adults, and related youth activities coordinated by age groups. Community events, like chapel services and softball games, bring everyone together highlighting our multigenerational mix. In September, groups focus on lifelong education in a more subdued and reflective atmosphere.

On the following pages you will find the 2014 programs. A volunteer group works hard to provide these opportunities. We hope you find time to visit Star Island this summer and participate in our community.

Register online at StarIsland.org
<table>
<thead>
<tr>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birding Weekends 4</td>
</tr>
<tr>
<td>Yearly Adults Conference 4</td>
</tr>
<tr>
<td>Weightless Retreat 5</td>
</tr>
<tr>
<td>Paranormal Adventure 5</td>
</tr>
<tr>
<td>Life’s Journey 6</td>
</tr>
<tr>
<td>Star Arts 6</td>
</tr>
<tr>
<td>Meditation Retreat 1 7</td>
</tr>
<tr>
<td>Innerpeace: Nourishing the Practitioner 7</td>
</tr>
<tr>
<td>ISHRA - June 8</td>
</tr>
<tr>
<td>Couple’s Retreat 8</td>
</tr>
<tr>
<td>Natural History Week 9</td>
</tr>
<tr>
<td>Youth Empower &amp; Spirituality 9</td>
</tr>
<tr>
<td>All Star 1 &amp; 2 Family Conferences 10</td>
</tr>
<tr>
<td>Lifespan Religious Education 11</td>
</tr>
<tr>
<td>International Affairs Family Week 11</td>
</tr>
<tr>
<td>Star Gathering 1 UCC Family &amp; Youth 12</td>
</tr>
<tr>
<td>Star Gathering 2 UCC Family &amp; Youth 13</td>
</tr>
<tr>
<td>Institute on Religion in an Age of Science 13</td>
</tr>
<tr>
<td>NHSPA Digital Photo Workshop 14</td>
</tr>
<tr>
<td>Life on a Star 1 Family Conference 14</td>
</tr>
<tr>
<td>Life on a Star 2 Family Conference 15</td>
</tr>
<tr>
<td>Meditation Retreat 2 15</td>
</tr>
<tr>
<td>Creativity Conference 18</td>
</tr>
<tr>
<td>Road Scholar 18</td>
</tr>
<tr>
<td>Historic Star Conference 19</td>
</tr>
<tr>
<td>Star Island Experience 19</td>
</tr>
<tr>
<td>Midlife Retreat 20</td>
</tr>
<tr>
<td>Connecting with your Inner Child 20</td>
</tr>
<tr>
<td>Pelican Reunion 21</td>
</tr>
<tr>
<td>Laity Family Weekend 21</td>
</tr>
<tr>
<td>Creative &amp; Professional Practices 22</td>
</tr>
<tr>
<td>Innerpeace: Nourishing the Goddess 22</td>
</tr>
<tr>
<td>Midweek 1 23</td>
</tr>
<tr>
<td>Writelines 1 &amp; 2 23</td>
</tr>
<tr>
<td>NHSPA Photographer’s Retreat 24</td>
</tr>
<tr>
<td>Writers in the Round 24</td>
</tr>
<tr>
<td>ISHRA - September 25</td>
</tr>
<tr>
<td>Isles of Shoals Association, UU 26</td>
</tr>
<tr>
<td>Transformative Meditation Training 26</td>
</tr>
<tr>
<td>Screenwriting 27</td>
</tr>
<tr>
<td>Midweek 2 27</td>
</tr>
<tr>
<td>Water from the Rocks 28</td>
</tr>
<tr>
<td>Quaker Retreat 28</td>
</tr>
<tr>
<td>Star Women 29</td>
</tr>
<tr>
<td>Star Yoga 29</td>
</tr>
<tr>
<td>Gosport Regatta 30</td>
</tr>
<tr>
<td>Star Island Harmony 30</td>
</tr>
<tr>
<td>Star Hampshire Dance 31</td>
</tr>
</tbody>
</table>
Though fewer than 30 species of birds breed on Star Island, almost 250 species have been recorded. Most are migrants that use the island as a staging post each spring and fall. Two weekend conferences will focus on the identification and natural history of the many species that we encounter.

**Program Fee:** $100/person

**Questions?** Contact Eric Masterson at eric.masterson@myfairpoint.net
Weight in our country has become a toxic issue. Many of us are all over ourselves with respect to weight. We make our bodies the enemy. We put ourselves on restrictive diets. And we make ourselves miserable. What if I told you that there is an easier way? What if I told you that you could be kind and gentle with yourself, that you could befriend your body, and still lose weight? If you are tired of diets that fail, if you are looking for a way for brain and body to live in harmony together, and for you to live at your optimum weight as a result, then this is the retreat for you.

**Speaker:** Meredith Richardson is a motivational speaker, retreat creator and advocate of befriending your body.

**Program Fee:** $600/person

**Questions?** Email meredithmediates@aol.com

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Join North East Paranormal Associates for an adventure weekend on the island! Learn about the haunted history of Star Island and hear first hand experiences from the staff. Witness first hand evidence of the spirits in photos/evp’s and videos. Find out what it takes to be a paranormal investigator and how to use equipment in the field. Learn techniques for capturing and reviewing evidence. Receive Reiki, have a personal reading by one of our medium staff members and of course non-stop paranormal hunting and midnight snacks!

**Guest Speaker:** Staff of North East Paranormal Associates, Surprise Paranormal guests

**Program Fee:** $50/person

**Questions?** Email nepanh@yahoo.com
Journey Towards a More Authentic You
RELAX, RECENTER, AND RECONNECT
SAT 6/14 to WED 6/18

How do you feel about your life right now? Is there something missing? Are there changes that you would like to make but you’re just not sure how to make them happen? Do you feel a sense of loss or of being lost? Sometimes, life throws us for a loop. Sometimes, we wake up one day and realize we just don’t want to continue living the way we have been. If you’ve forgotten your strengths, your gifts that you offer to the world, if you’d like to make a change, but you feel stuck, if you don’t know what to change, but you know that what you’re doing isn’t working, if you’d like to get back to your Authentic Self, then this retreat is for you. Come relax, recenter, and reconnect to yourself and all that you bring to the world.

Program Fee: $500/person
Questions? Email meredithmediates@aol.com

Star Island June Combo
Attend Arts to receive 30% off room and board during NHW
visit starisland.org/discounts for info

Star Arts
CELEBRATING YOUR MEDIUM
SAT 6/14 to SAT 6/21 • www.stararts.org

Respond to the challenge of your artist within with wild creation. Star Arts is a gathering that engenders the creative drive in all of us. Whether you paint or sing, act or dance, write or photograph, you will find inspiration through an idyllic backdrop and an enthusiastic community of like-minded amateur and professional artists.

Workshop Leaders: Bruce Coville, Writing; Tony Meredith, Dance; Mike Albo, Theater; Christopher Volpe, Painting; Parrish Dobson, Photography; Scott Ward & Martin Hargrove, Music

Program Fee: $110/person
Scholarships: See www.stararts.org
Questions? Email chair@stararts.org or registrar@stararts.org
This retreat will explore “contemplative spirituality” in both theory and practice. For theory, we will study the concept of “spiritual direction” — a name for the process of responding to life’s callings, discerning the wisdom of our hearts, and relying upon soul-friends for guidance and support. Then, in silent formal meditation sessions, personal reflection and group activities, we will put those ideas into practice.

Minister: Rev. David Scheuneman
Program Fee: $90/person
Questions? Contact Rev. David Scheuneman at dave@studiozero.org

Renew your light in this self-care retreat. Learn practices that you can share with your clients, friends, and loved ones. Understand the symptoms, prevention, treatment, and ethical concerns of compassion fatigue, vicarious traumatization and burn out. You will experience effective, nourishing holistic practices that can reduce stress reaction, depression and anxiety. Included will be breath work, meditation, mindfulness and gentle yoga for inner peace, along with time for self-reflection, sharing and bliss on our beautiful island. Give yourself a gift of renewal, and strengthen your body, mind and soul with love and healing energy, so that you may live and work with a radiant heart.

18 CEUs (6 of these in Ethics) approved by NH NASW #2893
Registration: www.innerpeacehealingarts.com
Program Fee: $325/person
Join us on a journey through eons of time as we explore the ever changing conditions in the Gulf of Maine from prehistory into the future. We will investigate sea level rise and its impact on the local coastline, the rise and fall of animal populations, and changes in the environment in the Gulf of Maine. How do all these ecosystems interact and where is our place within them? Join us for educational guest speakers, lively discussion groups, and hands on exploration of the traces of changes left upon the island landscape, as well as much loved Star Island traditions of candle light chapel service, Pel Show, and a few exciting surprises.

Program Fee: $100/person

Couple’s Retreat

REDISCOVER THE RELATIONSHIP YOU ONCE HAD AND CREATE THE RELATIONSHIP YOU WANT

SAT 6/21 to WED 6/25

On a scale of 1-10, how would you rate the communication in your relationship? On a scale of 1-10, how would you rate the connection between you and your spouse or partner? This retreat is for all those who want their relationship to be better, but just don’t know how to get there. Come spend 5 days to reconnect with each other, to rediscover the relationship you once had, and to create the relationship you want going forward. Meredith Richardson is a mediator, conflict coach, inspirational speaker, and retreat coordinator. She will work with you to improve your communication and connection, while reducing your conflict. You will leave with a better understanding of and appreciation for yourselves and each other.

Program Fee: $1,000/couple

Questions? Email meredithmediates@aol.com
Natural History Week

**BIRDING IN THE 21st CENTURY**
SAT 6/21 or SAT 6/28 • www.nhcsstar.org

Eric Masterson, noted author, guide, and lecturer will conduct daily seminars on the several hundred eastern birds that visit the Isles of Shoals, with a focus on the forces of change, including climate, habitat, and food distribution. Planned is a whale/bird watch to Seavey Island and Jeffreys Ledge. Rick Van De Poll will lead a morning walk focusing on the symbiotic relationship between the island’s flora and fauna.

**Guest Speaker:** Eric Masterson, Harris Center for Conservation Education

**Minister:** Rev. Judith Davis, Christ Church Episcopal, Harwich Port, MA

**Program Fee:** $125/person

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**Star Island June Combo**
Attend Arts to receive 30% off room and board during NHW
visit starisland.org/discount for info

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**YES**

Youth Empowerment and Spirituality

**STARGAZERS AND TRAILBLAZERS**
SAT 6/21 to SAT 6/28 • www.yesonstar.org

The YES conference is an intentionally welcoming community that empowers youth ages 15-22 by giving them a safe space to grow as leaders and spiritually-grounded people. It is a transformative week of adventure, thought-provoking workshops, and impromptu dance parties under the stars.

**Minister:** Rev. Dave Scheuneman, Studio Zero, Las Vegas, NV

**Program Fee:** $85/person

**Scholarships & Questions:** Please contact Registrar Cassidy Bissell at registraroftheyes@gmail.com
All Star 1 Family Conference

IF A TREE TALKS IN THE FOREST
SAT 6/28 to SAT 7/5 • www.allstarone.org

Listen to your gardens! As humans continue to explore the pharmacopoeia of secondary products produced by plants for medicinal uses, biologists have learned that many of these compounds constitute an ancient language by which plants communicate with themselves, enemies and partners, on a time scale that few humans can appreciate.

Theme Speaker: Robert A. Raguso, PhD., Department of Neurobiology and Behavior, Cornell University

Minister: Rev. Nancy Wood

Program Fee: $95/adult (18+); $75/child with a family maximum of $365

Scholarships: Aid is offered on a completely confidential basis. Forms are available online. Questions should be directed to Ali Walton, Registrar at ali@waltongrantwriting.com.

Please consider a donation to the Financial Assistance fund. You can write a check payable to All Star One, with memo FA Fund and mail to Bill Gimpel, 12405 Round Tree Lane, Bowie MD 20715

Questions? Email allstarone2014@gmail.com

All Star 2 Family Conference

THE WONDERS OF LANGUAGE FROM THE EYES OF AN ANTHROPOLOGIST
SAT 7/5 to SAT 7/12 • www.allstar2.org

All Star II is a family friendly, creative, fun week; full of activities for adults and children including music, art, laughter and many opportunities for quiet, peaceful reflection.

Theme Speaker: Liza Bakewell, Ph.D. in Anthropology from Brown University where she has been a professor since 1992.

Minister: Rev. Meghan Kelly

Program Fee: $110/adult (18+); $85/child ($370/family maximum)

Scholarships: Available through the Ginny Levine Shoalership Fund. Visit our website or contact Mary Ellen Mellen, (802) 795-0033, financial.aid@allstar2.org. Inquiries/awards are kept confidential.
Lifespan Religious Education

EVOLUTION, DEVOLUTION, REVOLUTION: ON CHURCH, CHANGE & CHOOSING A FULL WEEK FAITH
SAT 7/12 to SAT 7/19 • www.starreweek.com

Join our intentional, multigenerational, UU community in a peaceful setting. Test out living a Full Week Faith with inspirational worship, programs for all ages, social time and fun. Learn, imagine, grow and relax together. Workshop topics include multigenerational ministries, spirituality of teaching, creating art, telling our stories and much more.

Guest Speaker: Karen Bellavance-Grace, Director of Faith Formation for the Clara Barton & Mass Bay Districts of the UUA and a Fahs Fellow

Ministers: Rev. Chris Holton Jablonski & Rev. Lauren Smith, South Church, Portsmouth, NH

Program Fee: $180 for first 2 family members, $155 for the next member with a max of $625 per family. ($125 special price for children 6 and under).

Scholarships: Contact Registrar Jane Clay at jhclay@roadrunner.com

Questions? Email jhclay@roadrunner.com

International Affairs Family Conference

PAKISTAN: CHALLENGES AND OPPORTUNITIES
SAT 7/19 to SAT 7/26 • www.internationalaffairsconference.org

Rudyard Kipling wrote about the Great Game in the 19th Century: the strategic rivalry between Great Britain and Russia in Central Asia. Today that Great Game continues with the United States, China, India and others maneuvering in Pakistan, which now has the atomic bomb and is a locus of international terrorist groups. We will explore Pakistan’s historic and current strategic role on the international stage and strive to provide a well-rounded perspective on how and why its people and government do what they do.

Guest Speakers: Sadia Abbas, Assistant Professor, Department of English, Program in Women’s and Gender Studies, Rutgers University; Fawzia Afzal-Khan, Professor of English, Director of the Women and Gender Studies Program, Montclair State University; plus other qualified speakers to be confirmed.

Minister: Rev. Jeff Barz-Snell, the First Church in Salem, Unitarian

Program Fee: $195/adult (18+); $170/youth (18 months through 17 years)

Scholarships: IA and Star Island discounts and scholarships available

Questions? Email Kathy Elefterakis at kathy@internationalaffairsconference.org
Baptism, holy communion, ashes on Ash Wednesday, blessings, laying on of hands, anointing at healing services, foot-washing, lighting the Advent wreath — these are a few of the traditional rituals of the Christian church. They are special “spiritual” things we do in church on designated days. But do these practices have a life outside the sanctuary? Are they connected to the realities of our ordinary lives? Do they mean anything to us once we move from Sunday to Monday?

**Guest Speaker:** Rev. Dr. J. Mary Luti, Visiting Professor of Christian History and Worship at Andover Newton Theological School

**Minister:** Rev. Janet Hatfield Legro, Director of Spiritual Life and Community Service at Tandem Friends School.

**Program Fee:** $115/adult, $90/child entering 8th grade or lower

**Scholarships:** Contact the registrar at sg1_reg@yahoo.com

**Questions?** Email sg1_reg@yahoo.com

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Star Gathering 1 UCC Youth Conference

**PRACTICING OUR FAITH**

SAT 7/26 to SAT 8/2 • www.starisucc.com

We will explore different ways we might connect to the life-giving energy source that is both within us and beyond us. Join us in a week of "unplugging" from our media-rich lives and "plugging in" to the rich experience of connecting with the traditions and people you meet (or see only) on Star. Spiritual practices will be the theme of the morning program. What will you try: Capoeira, meditation, painting, making music, lectio divina? These are examples of the kinds of things that help us experience the awesome potential for connection and creativity each one of us embodies!

**Minister:** Rev. Catherine Allard

**Program Fee:** $115/person

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Star Island August Combo

Attend SG1 to receive 30% off Room and Board during SG2

visit starisland.org/discount for info
“When the heart overflows, it comes through the mouth.” Think story, poetry, song, prayer. Think of what we are grateful for in each moment. What happens when we take time to notice. What happens when we express gratitude. We will explore story, offerings and place - “the sacred or ordinary” - as we create offerings to mark the sacred places in our lives and surroundings.

Guest Speaker: Valerie Tutson, Storyteller
Minister: Rev. Dennis Moon, Senior Minister, South Congregational Church, Granby, CT
Program Fee: $115/adult; $90/child entering 8th grade or lower
Scholarships: Visit www.starisucc.com for more information
Questions? Email Stargathering2registrar@gmail.com

Star Gathering 1 UCC Youth Conference
EXPRESSING OUR FAITH
SAT 8/2 to SAT 8/9 • www.starisucc.com

When we express ourselves through creativity, compassionate words, and acts of kindness, we express our faith. We will give participants an opportunity to think about how they express themselves through words, art, and actions. In expressing themselves, they will get to know each other better and will grow closer to the God who created them and loves them just as they are. Youth who come to Star Island form a special connection with the island and with the community of friends they meet.

Program Fee: $115/person

Star Gathering 2 UCC Family Conference
EVERYDAY OFFERINGS
SAT 8/2 to SAT 8/9 • www.starisucc.com

Institute on Religion in an Age of Science
THE FUTURE OF SCIENCE AND RELIGION IN A GLOBALIZING WORLD
SAT 8/2 to SAT 8/9 • www.iras.org

Celebrating IRAS’s 60th anniversary, we will consider what today’s sciences tell us about the world and our place in it. How do globalization and cultural pluralism affect our understandings of science and religion, and how do these discourses shape our lives and our planet?

Program Fee: $275/person for members; $300/person for non-members
Questions? Email mbgriswold@yahoo.com
A thrilling week of exploration into how we understand ourselves and interact with the world around us, and how we can work together to create a better future. We’ll also share workshops, music, and worship to nourish the mind, replenish the soul, and tan the body. Join us - for fun!

Guest Speaker: Dan Ariely, Ph. D., bestselling author of *Predictably Irrational: The Hidden Forces That Shape Our Decisions*, *The Upside of Irrationality: The Unexpected Benefits of Defying Logic at Work and at Home*, and *The Honest Truth about Dishonesty*

Ministers: Revs. David and Teresa Schwartz co-ministers at the First Unitarian Church of Chicago

Program Fee: $100/adult and $75/child
Scholarships: See lifeonastar.org for details
Questions? Email loas1registrar@gmail.com

Led by long-time Shoals photographer Peter Randall, this workshop offers daily assignments and critiques to help participants sharpen their creative vision to make better photographs. Participants must have some experience with photography and be familiar with their digital cameras. We’ll make prints on the island and have a show at the end of the week. Limited to 15 participants.

Program Fee: $225/person
Questions? Email petererandall@gmail.com

Life on a Star 1 Family Conference
**PLAYING FOR SOCIAL GOOD**
SAT 8/9 to SAT 8/16 • www.lifeonastar.org

NHSPA Digital Photography Workshop
**FROM SNAPSHOT TO FINE PRINT**
SAT 7/26 to SAT 8/2 • www.nhspa.org
LOAS two

Life on a Star 2 Family Conference
CIVILIZED TO DEATH
SAT 8/16 to SAT 8/23 • www.lifeonastar.org

How would a time-traveler from our prehistoric past assess the lives we lead and the future prospects for the path we’re on? Dr. Christopher Ryan will lead us in conversation about how we live today in the context of how our species evolved. What have we lost and what have we gained? Do we work too much? Do we play enough? We’ll turn modern civilization on its head and explore how we can all live better lives by deepening our understanding of our prehistoric roots.

Guest Speaker: Dr. Christopher Ryan, New York Times bestselling author of Sex at Dawn: How We Mate, Why We Stray, and What it Means for Modern Relationships

Program Fee: $100/adult and $75/child
Minister: Rev. Alison Miller, Morristown (NJ) Unitarian Fellowship
Scholarships: See lifeonastar.org for details
Questions? Email loas2registrar@gmail.com

MEDITATION RETREAT 2
PRACTICING PRESENCE
SAT 8/23 to SAT 8/30 • www.starmeditation.org

Join us for a retreat devoted purely to ‘practicing presence’ through formal silent group meditation, solitary nature contemplation, intentional community, mindful socializing and savoring little moments throughout the day. Our minimalist format is suitable for beginning to advanced meditators from many traditions and faith backgrounds.

Minister: Rev. David Scheuneman
Program Fee: $90/person
Questions? Contact Rev. David Scheuneman at dave@studiozero.org
## Room & Board Rates

<table>
<thead>
<tr>
<th>Adults (18+)</th>
<th>Standard</th>
<th>Single Upgrade</th>
<th>Motel Standard</th>
<th>Motel Single Upgrade</th>
</tr>
</thead>
<tbody>
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<td>6-night Programs</td>
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<td>YAC June, Couples, Journey, Midlife</td>
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<td>Innerpeace June, HSC 3-night, Laity 3-night, Pel Reunion 3-night</td>
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<td>Pel Reunion 2-night, Laity 2-night, Play, CPP</td>
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**Youth rates are determined by age on the first day of the program, regardless of room type.**

<table>
<thead>
<tr>
<th>Youth</th>
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<td>Free</td>
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When choosing to register, please remember that Star Island is in a remote location and access can be limited even for emergency purposes. Learn more about Star Island, resources, and precautions you can take at StarIsland.org/Conferences/Info.
The room and board rates on the previous page represent the operating costs associated with living our vision and creating community. When you stay on Star Island, you pay for your room, your meals, and ferry transportation. Room and board income covers about 2/3 of our total operating costs, which include things like generating electricity, creating drinking water, and treating wastewater. Yet attending a summer program is not about keeping the generators running – visiting Star Island is about you and your part in our island community. Our rates represent more than you can imagine by making every shared conversation and warming smile priceless. The sunsets? We throw those in for free.

We do not want finances to prohibit anyone from participating in a program at Star. Please take a look at the financial aid and discount programs below that can help make a Star Island experience possible for anyone.

### Discount for New Families

Families new to Star Island in 2014 attending a select group of programs will receive 50% off room and board for all youth under the age of 18. Learn more at StarIsland.org/Discounts for select program list and how grandparents can save, too!

Learn more about our 2014 Incentive Programs at StarIsland.org/Discounts

### Multi-Program

Attend a second 6 or 7 night program between August 23 and 30 and receive 30% off your room and board during this August week. Find complete details at StarIsland.org/Discounts.

### Former Pels

Come back to Star Island as a guest and receive 50% off your room and board when attending the full length of any 2014 program. If you used this feature in 2013, receive 25% off. Registration deadlines and other restrictions apply. Visit StarIsland.org/Discounts for more information.

### Financial Aid

If paying the full rate would preclude you and your family from attending a program, please inform your registrar. Many programs have scholarships to help in cases of need. Star Island also has a confidential Financial Aid Program available to individuals and families already registered for a program and have not received a program scholarship. Learn more about your options at StarIsland.org/Financial-Aid.
Creativity Conference

OUT OF YOUR MIND: GETTING CREATIVE ABOUT BEING CREATIVE
SAT 8/23 to FRI 8/29 • www.conversationsincreativity.org

We are all creatures of habit. We find comfort in routines, tried-and-true techniques, and familiar ideas. Not this week. It’s time to get creative about being creative, to break free of old biases and think in new ways. What will you find when you step out of your mind? Make rules and break them. Play games and make them. Illustrate. Fabricate. Make videos that pixilate. Be on camera. Be the camera. Find your voice. Collaborate.

Workshop Leaders: Peter Olotka, creator of games, museum exhibits and all things play. Ben Kinsley, performance, video and multimedia artist. Others TBA.

Minister of the Week: TBA
Program Fee: $100/person
Scholarships & Questions? Contact the registrar, Jill Brody at registrar.creativity@gmail.com
Chairperson: Sandy Damashek

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DIGITAL PHOTOGRAPHY, WATERCOLORS, EXPERIENCE
SAT 6/21 to SAT 6/28 & SAT 8/23 to FRI 8/29 & SAT 8/30 to FRI 9/5

Watercolor Painting on a Historic Ocean Island (#11879RJ) - August & September
Enjoy painting where Childe Hassam created over 100 canvases. Focus on shoreline landscapes, the lighthouse, stone buildings and ocean seascapes on the historic Isles of Shoals. Create your own mix of class instruction, painting on location and daily critique to suit your interests. Beginners through advanced painters are welcome.

Digital Photography on a Historic Ocean Island (#15432RJ) - August & September
Explore, study and photograph the beautiful Isles of Shoals. Each day includes instruction, critique, historical studies, free time for exploring, composing and taking photographs and the mutual support of other photographers. Emphasis will be on composition, visual language and learning how to see. Beginning and experienced photographers are welcome.

Experience Star on a Historic Ocean Island (#21155RJ) - June & August
Venture out to Star Island and join in a wide variety of activities, including meditation, engaging with your creative process, and delving into New England history. And if you need a rest after a botany walk, there is plenty of time to gaze out to sea while relaxing on the front porch.

Register online at www.roadscholar.org
Historic Star Conference

**ANGLING NEW ENGLAND ON THE MAP**

SAT 8/23 to TUE 8/26 or SAT 8/30 • facebook.com/historicstarconference

Mark the occasion of the 400th anniversary of Captain John Smith’s mapping of New England and delve into a time when fishing offered the prospect of both survival and fortune. Attend interactive history workshops, lectures and programs that illustrate adventurous and dynamic pre-colonial life on our shores.

**Theme Speakers:** Drs. Matthew Edney & Nathan Hamilton, USM; Regional Historians

**Minister:** Rev. Rosemarie Smurzynski

**Program Fee:** Full conference: $115/person (age 12+); 3-night session: $80/person (age 12+) Although there is no separate children’s programming, Historic Star welcomes children of all ages under the supervision of their parents/guardians.

**Questions?** Email HistoricStarRegistrar@gmail.com

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Star Island Experience

**STAR ISLAND**

SAT 8/23 to SAT 8/30 • www.starisland.org/experience

Venture out to Star Island and join in a wide variety of activities, including meditation, engaging with your creative process, and delving into New England history. And if you need a rest after a botany walk, there is plenty of time to gaze out to sea while relaxing on the front porch.

**Program Fee:** $90/person

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You can save 30% on room and board when attending the Creativity Conference, Historic Star, Meditation II, or Star Island Experience. Visit StarIsland.org/Discounts for complete details.
Midlife Retreat

MINDFUL PLANNING FOR THE SECOND HALF OF YOUR GLORIOUS LIFE
SAT 8/23 to WED 8/27

Midlife is a time to plot our course and adjust our sails. Some of us find that we are wildly off course and experience what has been described as a midlife crisis. Some of us find that we just need to make a few adjustments. And for some of us, we may find that we are content with our journey, that while life may not be perfect, it is good enough. Come take the time to explore yourself — where you are, where you want to be, and how to adjust your sails.

Program Leader: Meredith Richardson creates inspirational retreats designed to guide you gently through change by reintroducing you to your strengths and giving you the tools and inspiration to craft the life you dream about.

Program fee: $500/person

Rekindle the inner passion to play as a child. Nurture yourself with outside the box playtime including: mirror work, artistic movement, campfires, meditation, alchemy crystal singing bowl sound therapy, creative writing, nostalgic game time. Remember how you used to love to play? Become heart centered with child play once again!

Theme Speakers: Donna Jutras Tobey, co-founder of Divine Light Society and owner of Peaceful Easy Healings; Dr. Scott Ferreira, co-founder of Divine Light Society and owner of Natural Care Wellness Center.

Program Fee: $55/person

Questions? Email divinelightsociety@gmail.com
Pelican Reunion

BACK TO THE ISLAND
FRI 8/29 or SAT 8/30 to MON 9/1 • www.pelicansarepelicans.org

Star Island is an island completely surrounded by water? Does this ring a bell? Do you remember when there were slop buckets in every room? The Old Boiler Room was actually a boiler room? Come back and explore with us some of the old and some of the new. Join us for beloved traditions like a sunset bonfire, candlelight chapel services, lobster dinner and softball. Sit in rocking chairs and walk on rocks. Join in intergenerational activities and fun with the PIT crew kids (Pelicans in Training). Explore your creative side with fun and exciting workshops. You Will Come Back!

Minister of the Week(End): Rev. Nancy Wood

Program Fee: $30/person by August 15; $60/person thereafter.

Scholarships: Email financialaid@pelicansarepelicans.org

Laity Family Weekend

CELTIC CHRISTIANITY: THE COMPASSIONATE CHRIST
FRI 8/29 or SAT 8/30 to MON 9/1 • www.facebook.com/Laity.Weekend

Ancient and ever new, come explore Christianity through the eyes of the Celts, the earth and the compassionate Christ where the life, death and resurrection of Jesus were understood to be cosmic events. How does this resonate today? Come back to Laity Family Weekend and find out!

Minister: Rev. Kelly Gallagher, Acting Associate Conference Minister for the Massachusetts Conference of the United Church of Christ.

Program Fee: $25/person (18+ years old), $20/person (Under 18)

Questions? Email Barbara Smith Delahunt at 2014laityevent@gmail.com
Innerpeace Healing Arts

NOURISHING THE GODDESS
WED 9/3 or FRI 9/5 to SUN 9/7 • www.innerpeacehealingarts.com

Celebrate your divine goddess spirit! Join us and experience inner peace, while you nurture and renew with gentle yoga, mantra, meditation, mindfulness, and Yoga Nidra (the practice of deep relaxation) and healing self-exploration through the arts. Participating in the full retreat will allow more time for quiet, rest, and self-reflection. Enter into the wonder of island, sea, stars and sunsets. Live in beauty and harmony with nature, self, and community on our island haven. Heal as you release physical, mental, and emotional stress. Nourish yourself, and fill your soul with joy in a journey that is both inward and expansive. Be supported in opening your heart, mind, and body to live with love and compassion for self and others. You might even transform your life. You are invited to experience the majesty, wisdom and power of beautiful Star Island and your own true goddess nature!

Program Tuition: Full Retreat $150/person, Weekend Only $125/person

Creative and Professional Practice for Artists

PROFESSIONAL DEVELOPMENT FOR ARTISTS
SAT 8/30 to MON 9/1 & WED 9/3 to FRI 9/5
www.kimbernard.com/star_island.html

This intensive workshop is designed for artists who want to create a sustainable life making art: how and where to exhibit, documentation, creating a website, grant writing, residencies, developing a supportive community and time management will be thoroughly covered with breaks for nature walks, journaling sessions, yoga and dark chocolate.

Program Fee: $295/person
Questions? Contact Kim Bernard at info@kimbernard.com
Get away from it all—to a beautiful spot where you can be as active or as quiet as you wish. Everything except orientation is optional, including morning and evening chapel and meals, but oh, the opportunities! Build friendships new and old, chat or read in the rocking chairs, climb on the rocks, explore Star and other islands, play tennis, sing—not to mention enjoying sea, sunrise, sunset, and stars.

Minister: Rev. Mary Giles Edes
Program Fee: $35/person.
Questions? Contact Sarah Hooker at sarah.hooker@myfairpoint.net

Prompts that lead your pen to places you never dreamed. An empty notebook filled with stories, scenes, new characters, or poems. Techniques gleaned and taught. Laughter and self-confidence ricocheting in your soul. Eagerness for next year’s retreat. Those are the take-aways from a Creative Writing Retreat with WriteLines.

Workshop Leader: Dale Slongwhite
Program Fee: $275/person
Questions? Email dale@writelines.net
Writers in the Round is a four-day, supportive, creative, and collaborative retreat for songwriters and poets of all levels of experience. It is a time for stretching boundaries, playing with new forms and ideas, learning from one another and breathing fresh salt air. WITR offers daily classes, unstructured time for composition and sharing, small group workshops and nightly song and poetry swaps. Our seasoned, professional instructors are supportive of risk-taking for writers wanting to expand their repertoire, as well as encouraging for emerging artists. Past participants have consistently noted that the experience was remarkable for sparking creativity and providing a safe, yet stimulating learning environment.

Program Fee: $110/person

NH Society of Photographic Artists Retreat
PHOTOGRAPHY RETREAT
THU 9/4 to SUN 9/7 • www.nhspa.org

This 4-day retreat, now in its 17th year, offers conferees a creative and learning get away with the camaraderie of film and digital photographers of all levels and will feature a workshop led by a special guest photographer who will also exhibit a presentation of their work. You will also have the opportunity to display your passion of this art form by sharing your photographs with the group for critiquing purposes.

Program Fee: $110/person, includes a one year individual membership to the New Hampshire Society of Photographic Artists
Shipwrecks are unique time capsules providing historians with insight into the past. Shipwreck sites not only feature a vessel’s structure, but contain cargo, personal items, tools, and other diagnostic artifacts. Shipwrecks humanize history, and this conference will examine the role of builders, sailors, and seamen, who gave life to New England.


**Program Fee:** $65/person

**Questions?** Email Laurence Bussey at skipper@neyachts.com
If you are like most people in the world, at some point or another, you have tried to intervene in a dispute between others. Some of us make our livelihood of this work. Some just want some extra tools for when it’s absolutely necessary. Transformative mediation is similar to the therapeutic skills of active listening and motivational interviewing. You follow the participants, rather than leading them. You hold the belief that people know best how to live their own lives. Through this, you transform conflict into cooperation, and have the opportunity to facilitate the transformation of relationships and lives. Transformative mediation is useful for conflict in any type of relationship.

Theme Speaker: Meredith Richardson, President of the Board of Governors of the Maine Association of Mediators and a member of the Board of the NH Conflict Resolution Association.

Program Fee: $1,000/person

Questions? Email meredithmediates@aol.com
If you are enamored with Star, ours is the conference. We will only disturb your love affair with meals and two daily chapels. This is an excellent opportunity for a retreat with friends. There are many places where you can enjoy privacy on the island at this time of the year.

Minister: Rev. Telos Whitfield
Program Fee: $25/person

The hope of every screenwriter is that his or her script will be filmed or videotaped. With that goal in mind we will work toward writing a producible short screenplay that can be shot in one location with four or fewer actors. Develop well-honed characters who exist beyond the beginning and ending of a story, while learning to think as a producer — breaking down a script by needs including location, cast, crew, budget, and scheduling.

Program Fee: $150/person
Questions? Contact Dana Biscotti Myskowski at myskowski@gmail.com
**Quaker Retreat**

**FRIENDLY REST AND REJUVENATION**

MON 9/8 to FRI 9/12

For the fourth year, a few Quakers and other friends will gather on Star Island for 2 or 4 nights for a peaceful, unstructured retreat. There’s a silent Meeting for worship after morning chapel, a room for art work, music, and discussions, shared meals with other retreat members and fabulous scenery.

**Program Fee:** There is no programming fee

**Questions?** Email Sarah Marter at Savery08@comcast.net

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**ROCK**

**WRITING TOWARD FREEDOM, MEANING & CONNECTION**

MON 9/8 to FRI 9/12 • www.writingthatmatters.net

This contemplative writing journey explores what constrains, what emboldens, what spiritual wilderness teaches, what liberates and fosters a life of coherent intention. Writing prompts, shared reflection, art, music, and the surroundings of Star create a unique opportunity to reconnect with a larger story and reclaim what matters most.

**Program fee:** $125/person

**Questions?** Email Leaf Seligman at leaf1231@gmail.com
Join some of New England’s top yoga teachers at the twelfth yoga retreat on Star Island. Deepen your practice and release your daily cares on this granite oasis where the air is clean and salty, the sea is all around, and the sounds at night are laughter and the low OM of a bell buoy.

**Program Fee:** $175/person  
**Scholarships:** Email carrie@rasamaya.com for more information  
**Questions?** Email tristan@rasamaya.com

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**WITHIN AND WITHOUT**  
**THU 9/11 to SUN 9/14 • www.rasamaya.com**

**Star Yoga**

A casual retreat with a mind/body/spirit focus that encourages individuality and creativity while respecting solitude and silence. Workshop offerings have included knitting, poetry and movement, fostering conversation, fun and laughter! Strong bonds are developed with each other and the island, as we share activities, meals, walks and deep conversations.

**Program Fee:** Full Retreat $75/person; Weekend $50/person
Star Harmony

SECULAR & SACRED CHORAL SINGING FOR COMMUNITY, CHURCH & HOSPICE CHORUSES
FRI 9/12 to SUN 9/14 • www.amidonmusic.com/StarIslandHarmony

A weekend of mostly a cappella 4-part harmony singing; of arrangements of folk songs, hymns, spirituals, gospel, seasonal songs, shape note songs and songs written by folks steeped in the oral tradition; for directors and singers in community, church and hospice choruses, and for those who simply love to sing.

Program Fee: $100/person.
Questions? Contact Peter Amidon at amidonpeter@gmail.com

Gosport Regatta

REGATTA WEEKEND
SAT 9/20 to SUN 9/21 • www.starisland.org/regatta

The centerpiece of this program features a sail race that was first hosted in 1874 and carries the tradition of winning the Oceanic Cup, first won by the original yacht “America.” Follow the race from the starting line on the M/V Thomas Laighton and come ashore in time for lunch with live entertainment and the best views of the finish line. The awards reception and dinner bring race crews and spectators together in the Oceanic Hotel dining room. Guests are treated to a brunch on Sunday followed by a concert. Overnight and race-day tickets available starting March 1 at StarIsland.org/Regatta.
Our small, friendly music and dance weekend includes contra, square, English country and couple dances. There is time to relax and explore the island, join yoga or singing conferences, rock on the porch, and attend our non-denominational chapel service. Waltzing before breakfast, a musicians’ workshop and music jams fill out the schedule. Our website has more details, including biographies of our talented staff.

Dance Caller: Cis Hinkle
Musicians: Rodney Miller, fiddle; Peter Barnes, keyboard, whistle, flute; Jaige Trudel, fiddle; Adam Broome, guitar
Program Fee: $90/person
Questions? Email Chrissy Fowler at ktaadn_me@hotmail.com

Register online at StarIsland.org

Star Island thanks the following for allowing us to use their photos in this publication:

Front Cover: Bob Levine; Back Cover: Jessica O’Keefe
Irja Cilluffo, Sean D. Elliot, Anna Elliott, Bob Giles, Gail Goodell, Darren Grebe, Bob Levine, Jared Lipton, Susan Stibler, Carrie Tyler

THANK YOU TO OUR GOSPORT REGATTA SPONSORS

We also wish to thank:
Fred C. Church • Gobbi Plumbing and Heating • Isles of Shoals Association, Unitarian Universalist Nadeau Family • PPMTV • RT Stearns • South Street and Vine • The 100 Club • York Harbor Marine