

The Good Life Center at Forest Farm

The Homestead of Helen and Scott Nearing
372 Harborside Rd., Harborside, Maine 04642
(207) 326-8211 www.goodlife.org

2008 MONDAY NIGHT MEETINGS

****PLEASE NOTE**** All 2008 Monday Night Meetings will be held at Reversing Falls Sanctuary in North Brooksville. Please call for directions. Vegetarian potluck dinner begins at 5:30pm. Meetings begin at 7:00pm. Suggested donation \$5.

- JULY 7** *Can Religion Save the Environment?*
Jan Flaska, founder, Northeastern Independent School Spiritual Council
- JULY 14** *The Ecological Self, A Musing*
Phoebe Phelps, MA, Dmin., Eco-Psychologist and Spiritual Director
- JULY 21** *Celebrating the Ancient Art of Spinning*
The Wednesday Spinners
- JULY 28** *The Vegetarian Myth: Food, Justice and Sustainability*
Lierre Keith, author, activist, recovering vegan
- AUGUST 4** *Mountain Top Removal & America's Resource Wars*
Robert Shetterly, author, painter, activist
- AUGUST 11** *Gaining Ground: Buying Land in a Crazy Market*
Ellie Kastanopolous, director, The Equity Trust
- AUGUST 18** *Food Sovereignty: National, State and Local Perspectives*
Kathy Ozer, Director, National Family Farm Coalition; Logan Perkins, Protect Maine Farmers
- AUGUST 25** *The Good Life Revisited: Homesteading for Cultural Change in the 21st Century*
Bob St.Peter, The Good Life Center at Forest Farm

Experience the good life for yourself at historic Forest Farm with one of our Simple Living Weekends. Call for more information or visit us on-line

HANDS-ON WORKSHOPS

Hands-On workshops take place at Forest Farm from 9:00am – 1:00pm, unless noted. \$15-\$25 sliding scale, includes a seasonal, vegetarian lunch. Space is limited. Registration is required. Scholarships are available -- don't hesitate to ask.

Join us Saturday afternoons in July & August from 1 – 5pm for Hands-On Homesteading, informal instruction on essential skills for homestead life and simple living. Free and open to the public.

May 31 *Learning to Garden in 4 Hours:
The Down & Dirty on Getting Down & Dirty*

June 14 *Designing a Suburban Homestead &
Four Season Garden Workshop*
(This HOW will take place in Hampden – call for location)

July 12 *Using and Maintaining a European
Scythe*

(This HOW is limited to 10 people. Registration deadline is July 5. Rain date is July 19)

August 30 *Introduction to Seed Saving*

September 27 *Foraging for Wild Mushrooms*

SUMMER COURSES & SPECIAL EVENTS

August 3-8 *Seeking Sustainability: Explorations of Simple Living*

Cost: \$500 per person, \$800 per couple. Includes course, seasonal, vegetarian meals, and place to pitch a tent or lay a sleeping bag. Space is limited. Registration deadline is July 1. **Course agenda and pictures are available at www.goodlife.org -- click on Seeking Sustainability.**

August 22-24 *The Ecological Self & the World: Turning Concern into Action*

Cost: \$150 per person, \$250 per couple. Includes course, seasonal, vegetarian meals, and place to pitch a tent or lay a sleeping bag. Co-facilitated by Phoebe Phelps, Eco-Psychologist and Spiritual Director in Orland, ME, and Bob St.Peter, director of The Good Life Center and community activist. Visit www.goodlife.org for more info.

PUBLIC TOURS OF HELEN & SCOTT NEARING'S HOMESTEAD

JULY AND AUGUST: Open 6 days a week, 1-5 p.m. Closed Wednesday.
SEPTEMBER - JUNE: Open 5 days a week, 1-5 p.m. Closed Tuesday and Wednesday.
GROUPS ARE WELCOME & ENCOURAGED – PLEASE CALL AHEAD