

Dear Middler Spirit Camper,

July 25th will be here before you know it! We hope that you are as excited as we are to get to Pilgrim Lodge and spend time together pilgrimlodgically! We guarantee that you'll have a great time and experience heroism in action. Please read this letter carefully as you prepare for Middler Spirit.

Our mission project for the year is the inspiring Maine-based, Quaker non-profit organization "Friends of Kakamega." This group needs \$80 per day to house and feed orphans in Kenya affected by AIDS, but Friends of Kakamega does much more than provide shelter and meals. Your contribution to the mission project this year will support education, bicycles, farm animals and emergency relief. We urge you to collect whatever contributions you can from members of your church, your family and friends, and others who would like to help. You'll learn much more about the Friends of Kakamega at camp, and we know you will want to help this worthy cause as much as you are able. More information is posted below.

As for special events, we plan to have the 'fancy dinner' on Thursday night, followed by the dance. You might want to bring a slightly nicer outfit to wear for that night. Friday is the famous Monster Race and Wednesday night is the fabulous cookout followed by field games. Bring (non-aerosol) bug spray, a re-useable water bottle with your name on it, and get ready to have fun!

Please remember to bring sneakers or other closed-toe shoes. Candy, gum, food, beepers, cell phones, radios, CD players, iPods, mp3 players, or electronic games are not allowed, so please DO NOT bring them to camp. Please DO remember to bring your musical instruments or anything else you may need to participate in our talent show on Friday night. For a full list of suggested items to pack see the Parent & Camper Guide (we posted it below as well).

Registration is on Sunday, July 25 from **2pm until 4pm**. Please do not arrive prior to 2pm, as counselors and staff are still preparing for your arrival. Upon your arrival, the counselors will ask for the name of the person who will pick up each camper on Saturday. No camper will be allowed to leave with anyone whose name is not on the counselor's list. Departure may begin after our closing circle time (approximately 9:30am) on Saturday, July 31st. We ask that all campers be picked up before 10:30am. Please be aware of the PL policy on arriving late and leaving early. Since Pilgrim Lodge desires to create a community with all of its participants, we expect campers to arrive at the designated time and to stay for the duration of the program. For more information, please see the [PL Parent and Camper guide.](#)

We encourage you to tell everyone to write to you at camp. The address is your name and cabin number, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345. Page 5 of the [Parent & Camper Guide](#) explains how your family can send email and access on-line photos.

We are looking forward to meeting you on Sunday the 25th and having a pilgrimlodgical week with you! In the meantime, please **join our Facebook group! It's called "Middler Spirit at Pilgrim Lodge"** and should come up if you search for "Middler Spirit" in the Facebook search box. Until then, take care!

Deans Rachel and Marsha

# IT'S ALMOST TIME FOR CAMP!

A Quick Review for Children and Youth Sessions



**Reminders:** (see previous pages for details)

## WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items in an easy to carry bag or bucket (towels, washcloth, soap, toothbrush, floss, comb/brush etc.)
- sleeping bag or bedding
- pillow
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent (non-aerosol please!)
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission (look to the right)

## Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

## Mail: Please do not send food or candy

Camper's Name, camper's cabin #  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

**Email and On-line Photos** require a \$10 per camper account set up on line. A credit card is needed. Email cost one credit, credits are available when you set up your account. See page five for details

## Epi-pens or inhalers:

In order to keep an epi-pen or inhaler with your camper new state regulations require special forms (in addition to the health form) signed by both parents and physicians. The form is available at:

[www.pilgrimlodge.org](http://www.pilgrimlodge.org) or by calling 724-3200

## Health Forms:

Your physician signed health forms should be mailed in to: Pilgrim Lodge, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345. Call 724-3200 if you're unsure if your form from last year is still valid. Form 2 must be signed by a physician in 2009 or 2010.

**Head Check:** A health screening including a head check is being performed upon arrival. Thanks for your patience and understanding.

## Please do not Bring:

**Cell Phones or other electronic communication devices** (campers who bring cell phones may be sent home) alcohol or illegal drugs; weapons (including pocket knives); personal listening devices; electronic handheld games, pets; valuables; jewelry; beepers; computers; fireworks, SCUBA equipment, "healies" skate boards or in-line skates

## The Camp Store and Mission Offering

Upon arrival there will be a table where you can set up an account for the store. Cash is only accepted at the store during drop off and pick up, not during the week. During the week your camper will have an opportunity to make a donation to our mission offering from that account. Parents will make the decision for younger campers. Ice cream is \$1 per day.

**Photo CD's:** You can order a CD-Rom of photos of your campers week at the store for \$15 and it will be ready for you when your camper leaves. Photo CD's may be ordered after camp but a shipping charge is added.

# Pilgrim Lodge 2010 Mission Focus

Every summer, the Outdoor Ministries Committee chooses one worthy project on which to focus our mission efforts. This involves education and awareness of the issues on both local and global scales, connection to the gospel message to serve others in need, prayer and worship activities on behalf of people involved with the mission, and an opportunity to offer monetary gifts. Campers at youth camp can make a donation their store accounts. Adult and family camps have the opportunity to make a traditional offering. The 2010 mission focus is on:



## Friends of Kakamega

Supporting the Kakamega AIDS Orphan Project and Care Center  
Run by the United Society of Friends Women

### A Maine-based Quaker non-profit organization that supports the

AIDS Orphan Project of USFW (United Society of Friends Women, Kakamega). Kakamega, Kenya  
The USFW Orphan Project of Kakamega, Kenya is a grassroots effort to help children whose parents have died primarily of AIDS. It is an **ORPHANAGE, a FEEDING PROGRAM** and provides **EDUCATIONAL SPONSORSHIPS** for orphans so they can go to school. It is run by Kenyan Quaker women of the USFW (United Society of Friends Women, Kakamega). Since 2001 they have devoted their lives to helping orphans in serious need.

#### **FRIENDS OF KAKAMEGA — THE MAINE CONNECTION**

Partnered with the USFW is **Friends of Kakamega**, a Maine-based Quaker non-profit organization. Since 2002 Friends of Kakamega has worked to finance the Care Center dining hall and dormitories, and to sponsor over 150 children for education. Each summer Friends of Kakamega organizes a service project trip to the orphanage to work with the children, and to introduce participants to a world so different from that which Americans are used to.

How Many people are served by this organization?

- 50 camper aged boys and girls live at the Kakamega Care Centre, where they get nutritious meals, love and guidance from a caring and benevolent staff, a new family of friends and really, a new lease on life.
- 60 other local orphans come to the Feeding Program at the Care Centre , and eat their primary meal of the day
- 100 children who live in the rural areas with guardians receive sponsorships so they can attend school and get food.
- 40 teenagers are able to attend high school because of sponsorships they receive through the program. Matriculating and graduating high school is essential to thier eventually being able to take proper care of themselves.

**Organic Farming:** To promote self-sufficiency and generate income in Kenya, the Friends of Kakamega has purchased seven acres of farmland. The farm is currently being converted to organic production, both for environmental benefit and to avoid the high cost of fertilizer. Guided by a retired Kenyan Agriculture expert, the land will serve as a demonstration farm to teach the value of organic farming. Corn, beans, peanuts, and other crops are grown for Care Center meals and to generate income for the Center.

More information is available at [www.friendsofkakamega.org](http://www.friendsofkakamega.org)

## Directions to Pilgrim Lodge phone: 207-724-3200

**Traveling North on I-295:** Take **exit 51**, turn **Left** on Route **126**. Follow Route 126 about 2.5 miles. / at the blinking light turn **RIGHT** onto Spears Corner Road /continue straight for 4.3 miles (through 2 stop signs) to a third stop sign: **Careful: cross traffic does NOT stop at any of the three stop signs** / at that third stop sign turn **LEFT** onto Neck Road/ Pilgrim Lodge will be one mile ahead on your **RIGHT**

**Traveling North on I-95 (new shorter route):** Take **exit 86** and turn **LEFT** onto Route 9 / drive a mile and half and turn **RIGHT** on route 126 / in 10.8 miles at the blinking light with “Litchfield Country Store” on your right, Turn **LEFT** at **Batchelder’s Corner** (the post office should now be on your right) / in 2 miles bear **LEFT** on Neck Road /Pilgrim Lodge is 2 miles ahead on the **LEFT**

### **Traveling South on I-95**

From **I-95**, take exit **109 B** onto **Route 202** west. Follow below

**Traveling West:** Travel through Augusta on **Route 202**, cross over **I-95**

*South and west continued:*

After 2.5 miles, (by the Manchester Citgo), at the stoplight where route 17 turns right (don’t turn right) and 202 goes straight (don’t go straight) turn **LEFT onto Pond Road** / proceed South for about 6.5 miles / Pilgrim Lodge will be on your **RIGHT**

**Traveling East:** Take 126 from Lewiston to Litchfield. At the blinking light with “Litchfield Country Store” on your right, Turn **LEFT at Batchelder’s Corner** (The post office should now be on your right) / drive 2 miles/ Turn **LEFT onto Neck road**/ Pilgrim Lodge will be in 2 miles ahead on your **LEFT**

