

Hello Parents & Senior High Camper – 2010!

June 10, 2010

*“There is a strong body of research confirming that direct contact with nature increases mental health, as well as psychological and spiritual development. Benefits include stress reduction, a sense of belonging, improved self-confidence, self-discipline and a broader sense of community.” --Meghan Vivo*

Welcome to a new and ever challenging week of growth, renewal and FUN living in nature at beautiful, inspiring Pilgrim Lodge! Co-Deans, Joanne Morgan and Pam Burnham plan to deliver a terrific group of counselors as well as moving programs, varied interest groups, the famous PL dance, talent show, vespers and chapel services ALL enhanced by YOUR participation!

***This is important:*** we have the largest group ever attending PL. To make the registration process go more smoothly we are asking that people arrive in shifts:

***ARRIVE ON SUNDAY, JUNE 18***

***If your birthday is from Jan-June please arrive from 2-3 pm***

***If your birthday is from July-Dec. please arrive from 3:30-4:30***

PL's theme this year is “Be a Hero.” The word means different things to different people. You may think of Robin Hood, Superman, the Dalai Lama, Einstein, Jesus or the firemen of 9/11 – even your mom or dad! What makes a hero? Can only certain, special, people become heroes? Is the honor reserved just for dragon-slayers, destroyer of evil empires, and rescuers of the suffering? Our Family Faith Group (FFG) time will be spent exploring and discussing these questions and more. According to author, Joseph Campbell, “A hero is someone who has given his or her life to something bigger than oneself.” We might agree or we may take this as a working definition or even transform the definition over the week spent at PL. We've lined up a few dynamic speakers to shed some light on the topic of heroes: Julia Clukey - Olympic Luge medalist; Sarah Bigney - peace and social justice activist; a past PL'er, Alan Bartlett who is an Army officer stationed in Afghanistan, and Charles Rotmil a survivor of the Holocaust, who lives here in Maine, come visit, enlighten and inspire us. **Heroes walk among us, doing things that make a difference in someone's life.** Let's learn from our guests, from each other and we can all strive to be Heroes, working for God! And we ask you to seriously consider this and bring to camp a picture, photo, download of someone you believe to be “your” hero. We will put them up and talk about them some time in your FFG and as a whole camp display for the week. Of course you can take them back with you, so it is just for our time together.

This years Mission is an orphanage in Kenya. **Kakamega Orphanage** houses, feeds and schools orphaned children left by parents who have died mostly from AIDS or AIDS related complications. More information is available at: <http://www.friendsofkakamega.org> \*\*We would like to warn you, or prepare you for part of the program may have sensitive issues regarding sexuality and the cultural norms of Kenya. The world is a different place and things are accepted or tolerated to various degrees in all cultures, please be open to discussion. Aged 5 to 13, the children love to do hand crafts. Learning a trade also helps them to become self-

sufficient and passes the time. **We ask you to bring a skein of regular yarn, or a pair of knitting needles.** Any color, any size or type is fine. Needles may be made of wood, steel or plastic. If you so choose, you may bring more than one item! We will still collect a monetary donation at the mission presentation on Tuesday night, but a collection of these supplies will directly help the kids.

We've changed some of the schedule to better fit our programming needs. This will be an 'at capacity - plus' week of campers. Meals may take a bit longer and getting to events will be a challenge as the group could number 140. Please be patient! Bring your musical instruments, talents to share, weather and dance appropriate clothing - your discretion is appreciated in appropriateness! A blunt way of putting it is, "Camper's - we do not want to see a crack in either the front or the back of your body!" We don't need people to feel uncomfortable as they talk to, or walk beside a fellow camper.

We referenced the benefits of being in nature; hearing the loons, watching dragonflies dance... therefore, please leave cell phones with those dropping you off or let the deans hold them with your car keys. We will happily return them Saturday morning when you leave PL for home. Please check the PL handbook <http://www.pilgrimlodge.org/registration.html> for rules(ie. cellphones, behavior etc.) and guides to packing. For very good reasons, help us help all who are there have a great time and not disrupt the community that will be built over this special week this summer.

**Seniors and post-grads** attending this summer, which there will be over 50 of you: **we are also asking you to prepare your own poster-board with photo of choice that you may post at the appropriate time for friends to sign.** With this many it gets kind of above and beyond, so if each does their own, it will be what you want and easier for us all. Thanks ahead of time for understanding. We will have a meeting of the group early in the week to address what may happen for a celebratory time.

An **all camp tie-dye** will be part of the cookout (Wed.) festivities at the fields. As well you may bring a t-shirt to camp that you would like to tie-dye and or have kids sign as a memento. Shirts will also be available from the PL Store as usual and you can order a white one to purchase about Tues. am, so all that wish to can do those things that are important to them. We are all individuals, so you can make your own choices on some of these things or bring one from another year, and the whole camp could sign it come Friday and Sat., it is up to you!!

Here's to Nature and Heroes! Looking forward to an awesome week with our Senior High Campers!

Love,

Pam & Joanne,

questions or comments to (207) 490-0037

# 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**

