

Women at the Well 2010 at Pilgrim Lodge

Greetings Sisters,

May 2010

Welcome to Women at the Well! Your deans for the event, Deborah and Anne, are ready and eager to greet you for this sacred time apart. Thank you for honoring the Holy One within, by setting time aside to join with one another and the beauty of God's creation for a well deserved weekend at Pilgrim Lodge.

We're fine tuning the summer theme about being a hero to "Honoring the Heroine's Journey." Over the course of life women take on many roles: multi-tasker, nurturer, organizer, care-giver for young and old, and Supermom. We want this weekend to honor our inner super heroines and allow them to let go a bit. We can leave the cape at home and spend this time for ourselves to recharge and renew.

We hope you will begin to enjoy the gift of our time together by reading our book choice for this year, "*The Help*" by Kathryn Stockett. This is a great book with characters that find their way into your heart and don't let go. We couldn't put it down! Of course, we all know how busy life is so don't worry if you can't read it before camp. The book is available Amazon and Borders as well as BJ's and Sam's Club or your library. The Bangor Theological Seminary Bookstore will be on sight for the weekend, (thank you Bonnie!) and will have our book in stock. Bring it with you along with your Bible, journal and mission money.

Speaking of mission, the project this year is "Friends of Kakamega" originated and sustained by two women here in Maine,; hero's indeed! You'll have an opportunity to make a voluntary offering if you choose. Please see the attached page about this important work.

Some nut and bolts: Let's all try to bring a **coral (some call it salmon) or peach colored shirt** or any variation therein for our group photo. Some of you may be attending PL for the first time so be sure to take a look at the enclosed list of items to bring, (and not to bring). If you have special dietary needs, special food, milk or juice they may be left in the kitchen refrigerator. Pilgrim Lodge is a tobacco free zone as are all Outdoor Ministry sponsored events. Regarding cell phones: disconnecting from the world is part of the joy/challenge of a retreat event. If you need to keep in cell contact, please keep phones on silent and use them privately so as to respect everyone's experience.

Our time together will begin with supper on Friday June 4th and end with lunch on Sunday June 6th. You may arrive at camp anytime after 4pm on Friday June 4th to get settled in your cabin. (Please let us know if you'll be late for dinner!) Our intention is to create a community for one brief weekend. All participants are a sacred part of the event. Arriving after Friday evening or leaving early, create a gap in community that affect us all. We respectfully request that you take this into consideration as you make your plans. One last schedule detail: Yes, CIT training will be happening in the camp during this weekend and we will likely see them at meals. However, this is just good stewardship of resources. Our weekend will not be diminished by this in anyway.

We've taken advantage of many great suggestions that were offered in the evaluations to create a balanced schedule with opportunities for community and quiet time, activities and reflection, time for leisure and time for focus. Sharing in worship leadership is welcome and may be provided by a church group for either Saturday morning or evening. The following scriptures are suggested as starting place for planning: Luke 21:1-4, and 2Timothy 1:3-7. If your group is interested, please let us know. Anyone

interested in serving as a group facilitator is welcome to step up. And of course, our option time on Saturday afternoon is a great time to share a fun activity with the group. For example:

This year Michele Gurtler from Bar Harbor has graciously offered to lead an easy fun craft as an option on Saturday afternoon. Here's what she has to say:

Fleece Tie Blankets

No sewing experience ! Make a warm and fuzzy blanket in no time!



Materials you will need:

You will need two different coordinating fleece pieces (or Clashing depending on your style) for a Baby Blanket: 1 and 1/3 yards of two different fleece
Small blanket (lap size) 1 and 2/3 yards of two different fleece
Fleece can be bought all over, JoAnn's, Mardens, etc.

- 1-2 Cheap plastic measuring tapes
- a 4"x4" piece of cardboard (Can be cut from a pizza box or anything you have)
- good (fabric) scissors (fiskers from walmart work fine @ \$10.00)
- about 20 straight pins with BIG heads (you can share a box with friends) the tiny ones that come a zillion to a box are NOT GOOD
- A good attitude!

It would help if prior to PL you laid your fleece back to back (good sides facing out) and trimmed your edges to fit each other. Make sure you trim off edging that has words and yucky spots. It does not have to be perfect. Honest. No one will notice. Michele

Thanks Michele!! It looks like it will be fun and easy: the best kind! If anyone else has something to offer, please feel free! If digging in the dirt is what you relish, we can help with that too! The past few years many of you have blessed PL with the gifts of potted annuals and perennials. These gifts of flora and your willingness to dig in the dirt and help to beautify PL is always appreciated. But remember **only if you want to**. No requirement. Just offerings of love and color!

If you have special housing requests please send them to Anne at the email below. Also please remember to send in your payment to the PL office at least 2 weeks prior to camp. You do not need a doctors' signature but will still need to complete and submit the one page health form which is enclosed in this letter. You can bring it with you when you arrive. We'll have some on hand in case you forget.

Well, we certainly hope that covers it!! Just come, and enjoy and relax....hey, why not bring a friend along? We are looking forward to greeting you on Friday June 4th at 4pm. Dinner will be served at 6pm. Please let us know if you will need to arrive at a later time. We are anticipating our time together with joy and look forward to spending an exciting and relaxing time of renewal with all our Sisters at the Well.

Faithfully,

Deborah Breault Deborah @ 207-729-3117, email to: dtateb@gmail.com

Anne Hodgman Anne @ 207- 783-1728, email to: ceannie@hotmail.com

IT'S ALMOST TIME FOR CAMP!

A Quick Review for Adult Camps



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 (towels, washcloth, soap, toothbrush, floss, comb/brush etc in an easy to carry bag or bucket)
- sleeping bag or bedding
- pillow
- a good book
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission

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

Health Forms:

You'll need to fill out and sign FORM 4 in the back of this guide and list emergency contacts. You can do this when you get to camp, or mail in the form which is available on line.

Please do not Bring:

Alcohol or illegal drugs; weapons; pets; valuables; jewelry; computers; fireworks, SCUBA equipment, skate boards or in-line skates.

Please be discreet

about cell phones and medications.

Email and On-line Photos require a \$10 per camper account set up on line. Incoming email only. A credit card is needed. See page five for details. There's no wi-fi; let it go for the weekend.

Think about how you will make this experience prayerful.



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

Pilgrim Lodge Camper Health History for ADULTS (FORM 4)
(page 1 of 1)
This is the only health form adult campers need

Mail at least two weeks prior to event or bring it with you to:

Pilgrim Lodge ~ Health Form
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Dates attending camp: from _____ to _____

Camper Name: _____

Male Female Date of Birth _____

For adult campers: you can mail this in, bring it with you or fill one out at camp. Thank you.

Camper Home Address: _____
Street Address City State Zip Code

Person to contact in case of emergency:

Name: _____
Relationship Preferred
to Camper _____ Phones (_____) _____, (_____) _____

Email: _____ Address: _____
(if different from above)

Allergies: No known allergies I am allergic to: Food Medicine Environmental agents (insect stings, hay fever, etc.)
(please describe below what you are allergic to and the reaction seen.)

Diet, Nutrition: I eat a regular diet. I eat a regular vegetarian diet.
 I have special food needs *(Please describe below, continue on back if necessary)*

I have reviewed the program and activities of the camp and feel I can participate without restrictions
 I have reviewed the program and activities of the camp and feel I can participate with the following restrictions or adaptations
(Please describe, continue on back if necessary.)

Medical Insurance Information: I am covered by medical/hospital insurance Yes No
Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____

Subscriber _____ Insurance Co. Phone No. (_____) _____

Authorization for Health Care:

I hereby give permission to the camp to provide, seek, and consent to routine health care, administration of prescribed medications, and emergency treatment for me, as may be necessary, including, but not limited to X-rays, routine tests and treatment, and/or hospitalization. I also give permission for the camp to arrange related transportation. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. Further, it is my intention that the appropriate representatives of the camp be treated as "personal representatives" for the purposes of disclosing protected health information pursuant to the privacy regulations promulgated pursuant to the Health Insurance Portability and Accountability Act of 1996. I hereby agree (pursuant to 45 CFR § 164.510(b)) to the disclosure to camp representatives of the protected health information of the person herein described, as necessary: I) to provide relevant information to the camp representatives related to the person's ability to participate in camp activities. In the event I cannot communicate in an emergency, hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of Adult
Camper _____

Date: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Camper Name _____

(For Camp Use) Cabin _____

Check this box and use the other side of this sheet to record any additional information that camp staff should know, or should share with a doctor in the event you are unable to communicate

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**

