



Welcome to Spirituality in Woodworking!

Our half-week camp runs from Sunday beginning with supper, to Wednesday lunch.

I will be arriving late afternoon on Sunday. You are welcome to arrive any time after 1:00 to enjoy the peace and quiet of PL, but our camp will officially begin at supper. So if you arrive before me, please check in at the camp office, and let Staff know you have arrived. We will be staying in Forrester, so you can choose a bunk and settle in.

Let's plan to meet and have supper together at 6:00 p.m. and use that time to get oriented and plan the schedule for our time together. My vision is to make our time flexible enough so that we can have 2 or 3 sessions on Monday and Tuesday to work on projects, have devotional time, be free to rest, or walk in the woods, swim, boat, etc. I will be available to assist or guide the woodworking, and will have devotional materials for you to use if you choose. We will also have opportunities for worship. Ultimately, however, you will set your own pace and schedule, for this is a time of rest, renewal and inspiration.

I will have carving tools for making small bowls, spoons, ladles, etc. There will be drawknives and a draw-horse to assist with projects like canoe paddles. And, of course, an array of power hand-tools will be available. I will also have a pattern for making an Adirondack chair.

If you need wood for a personal project it would be best to bring it with you, otherwise it can be purchased locally first thing Monday morning. If you feel inspired to do a project on behalf of Pilgrim Lodge that can be arranged through our maintenance coordinator, Steve Jones. In that case PL will cover materials.

If you would like to bring your own tools, feel free. If you have safety glasses, *please bring them*. Safety will be a priority, and I will ask you to buddy up when using power saws if I am working with someone else. That second pair of eyes or a hand holding the work piece is invaluable.

If you have any questions, please feel free to e-mail me at: gilhealy@gmail.com And if you have a project in mind, it would be helpful if you'd let me know. I look forward to meeting you and for this time to get creative at Pilgrim Lodge!

Grace and peace.....Gil Healy

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 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**

