

LULU Camp 2016

Hello dear campers!

We are very excited for our week of Lighten Up, Loosen Up and hope that you are excited as well. It is hard to believe that a year has flown by since last August! To our new friends-WELCOME! To our returning friends, can't wait to see you!

We, your Deans, Joan and Allie, are looking forward to hanging out with all of you and have plenty of nothing planned. That's right, this is all about letting go of the outside world and just letting yourself breathe. However, we will have the usual set-up where you can bring any special project that you want to do and claim a table in the Craft Cabin (the old lodge). Allie is hoping to do lots of trail exploration for any interested campers. Swimming and boating are always on the docket too. And of course, there are those who just want to read on the porch or watch the dragonflies. If you have a special art, craft, talent, (talent show on the Saturday night!) or whatever that you'd like to share please feel free to bring it! Allie will be bringing some oldies but goodies and some new stuff to play with.

Our mission project this year is "Daisys Children". This mission provides nutritional, educational and medical support to impoverished children in Honduras. Founded by our own Sharon Beckwith of North Berwick, Maine. The mission presentation will be on Wednesday afternoon. We will be holding our annual auction Saturday night to raise money for this mission. Think of something to donate to the auction and be prepared to bid high and often! Last year we raised more for the mission project than any other camp.

Here are some details to remember whether you are a first-timer or a veteran camper:
Don't forget a sleeping bag, pillow, towels, swimwear, flashlight, rain gear, bug repellent, sunscreen, toiletries, something warm to wear in case it gets cold. If you want to go on hikes with Allie you will need comfortable shoes/sneakers.

If you want to participate in the activities that we have planned you will need to bring:

- † White or Light colored cotton T-shirts to tie dye
- † Small glass or ceramic containers and small succulents to go in them to make tiny terrariums. You can go with Allie on Trail Hikes to get the moss for them. Joan will be bringing a lot of glass punch cups you can use if you want.
- † If you have plants that you can donate to PL Allie would love to have them to put around the new building.
- † In the evening we play games. If you have a specific one you want to play bring it with you. There are some in the Lodge. We also show a movie and have puzzles OR just sit and visit with each other. Your choice.
- † We will have a talent show Friday night and would love to have you participate.
- † Donna Hurd will be offering Tai Chi in the afternoon. She says you can sit and do some of it if you want.
- † Allie will be offering clay making this year the beginning of our time together. You might want to make tiny figures to go in your tiny terrariums.

- † We will have origami paper and books with instructions to make various things. I remember the airplanes we use to make.
- † It's the newest fad!!! Adult coloring books We will have pages for you to color from them. You can bring colored pencils or markers to color with. We will have some.
- † Joan will be planning the worship services and would LOVE someone else to step in and take on one or two. They don't need to be long or complicated, just short and sweet. If you are interested in helping her out, please contact her at the email below. Our theme this year is "Fearless Faith".

If you have special dietary needs, special food and drink can be left in the kitchen refrigerator. It would be great to let the kitchen staff know ahead of time by calling the office. Please don't bring drugs, alcohol, or pets. (Service animals are welcome but the PL office needs to know in advance.) Please call the PL office at 724-3200 with any of these needs or questions. Pilgrim Lodge is a tobacco free zone. Regarding cell phones: disconnecting from the outside world is what we're all about here at LULU and part of the joy of being on retreat. If you must use your phone, please keep it on silent and use it privately to respect everyone's experience.

If you have special housing requests please let Allie or Karen (PL office) know. Cabin 2 is wheelchair accessible and we must reserve it for those who need it.

Please remember to send in your payment to the PL office at least 2 weeks prior to camp and complete the health form to bring to registration. You don't need a doctor's signature. We do have health forms in the office, but wouldn't it be nice to have it all done ahead of time?

So there you have it, we look forward to seeing you on Wednesday morning any time **after** 9 am. **PLEASE! NO early birds.** You can drop off your items for your cabin at the regular place by the old lodge. We will greet you. When unloaded you can go up to the new parking lot. Please wait for us to assign cabins. The staff will help you take your items to your cabin. The loons await!

Blessings,

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