

Greetings, Manitou Island Campers!

Manitou is calling us together this summer! Listen for the Spirit!

My tent doesn't look like much but, as a real estate agent might say,
"It is air-conditioned and has exceptional location."

— Fennel Hudson, A Waterside Year - Fennel's Journal - No. 2

Any one of us can go and spend time in nature for an hour or a day and have a lovely day; but when we venture into nature and listen to nature's subtle rhythms and unique callings to us ~ then, spending periods of time immersed in nature becomes a destination of re-charging, reflecting, renewing and enjoyment. Living within the spirit of nature becomes a useful strategy available for coping with busy, unpredictable life experiences!

Venturing into nature, ~ winter, spring, summer, fall ~ can become a retreat destination! Let us venture on to Manitou Island for a week with this spirit in mind!

Our week camping on Manitou Island will be filled with adventure: camping and canoeing, swimming and quiet time, group activities, choice time and chapel services.

1. **Arrival:** Please plan to **arrive** on Sunday, August 7 between 12:30 and 1:30 PM having already eaten lunch

Departure: Please plan to **depart** on Saturday, August 13 at 9:00 AM

2. **Come Prepared:** On the island, we are subjected to many of nature's elements.

Notice that items listed on it allow for layering for different kinds of weather.

You will find an attached Packing List It can be hot and sunny; it can be chilly and

rainy. Come prepared to adjust to varying conditions and we'll all have a great time!!

Some thoughts to consider: synthetic clothing dries more quickly. Rain gear will keep you dry, sunscreen and non-aerosol bug repellent will protect you from parts of the outdoor experience you may find less pleasant. Expect to get dirty ~ our adventures will be what makes our week on Manitou so much fun!

PLEASE, BRING YOUR OWN WATER BOTTLE!!!

3. **Communication:** As a community gathering together on the island, we are offered a unique opportunity to grow strong together in an pre-arranged atmosphere of relative isolation ~ yet a paddle away from emergency needs. Family and friends will not be receiving emails and letters from us. We will not be able to receive mail or upload pictures on the PL website. If notes and mail from home are important to you, consider requesting your family and friends to write notes that you can pack and open throughout the week. Plan ahead for this time and for your needs for the week on the island.

One mail run, mid-week will be delivered and then another on Saturday as you are preparing for your departure.

4. **Respecting and Caring for Manitou!:** We will be practicing a low-impact presence on Manitou, our host island. 'Leave No Trace camping' will be discussed

when we gather on Sunday morning, before we leave for the island. We will conserve our water; we'll use biodegradable soap (provided by our island staff) and will consider the impact of our presence on Manitou's precious environment.

CONSIDER THIS: How can our presence ADD to the beauty of the island?

5. Emergency Contact: If there is an emergency, the PL office can be in touch with us immediately. The phone number in the PL office is **207.724.3200**.

6. Your Dean is Leslie Chatfield. Leslie is an ordained minister in the United Church of Christ; she serves as an Intentional Interim Minister in New England churches. She's been our Chaplain for Senior High camp at PL for several years. She has extensive experience with kids and low impact camping across the U.S.

I look forward to meeting all of you and having a terrific week on Manitou Island together!

Peace and blessing to all of us!

Leslie Anne Chatfield

We need to find God, and God cannot be found in noise and restlessness.

God is the friend of silence.

See how nature – trees, flowers, grass – grows in silence; see the stars,
the moon and the sun, how they move in silence...

We need silence to be able to touch souls ~ Mother Teresa

See schedule and packing list on the following pages.

SAMPLE SCHEDULE

Our schedule is flexible.

Our activities depend on weather.

A typical day might look like this, but we may decide together that it will look different!

Breakfast

Chapel Service (run by campers)

Group Activity (challenges, games, chapel planning, mission activities)

Swimming

Lunch

Quiet Time

Canoe Time

Interest Groups (2 options – changing daily)

Dinner

Vespers

Fire Circle/Evening activity

PACKING LIST

Common question:

‘Is there a limit to how much I can bring?’

Reasonable answer:

‘Bring what you can comfortably carry yourself.’

We have many supplies (tents, camp kitchen supplies, etc.) that we must ferry across to Manitou and that we must carry to a central location. We must be thoughtful about just how much we **MUST** bring in order to have a safe and enjoyable experience! Please keep this in mind!

Clothes: Please pack synthetic clothes; non-cotton material may be best.

Please bring what will make you most comfortable but these items are suggestions.

- ___ 7 t-shirts
- ___ 1 long sleeve shirt
- ___ 1 warm layer, e.g. fleece
- ___ 2 shorts
- ___ 1 pair of pants
- ___ 1-2 bathing suits
- ___ 1 pair of shoes that can be worn in water
- ___ 1 pair of sneakers (closed toe shoes)
- ___ 7 pairs of socks
- ___ 8 pairs of underwear
- ___ 1 hat
- ___ 1 raingear
- ___ 1 clean, plain white tee-shirt (to be used in the event we do tie-dying)

Other items:

- ___ Sunglasses
- ___ Sunscreen
- ___ Toothbrush and toothpaste (natural toothpaste, if possible)
- ___ Towel
- ___ Sleeping bag and pillow
- ___ Flashlight (with extra batteries ~ as many as you think YOU might need)
- ___ Personal items (glasses, contacts, meds, feminine products, etc.)
- ___ 1 water bottle (1 liter)

Optional:

- ___ Thermarest/ self-inflating light-weight sleeping pad
- ___ Cards/board games
- ___ Book
- ___ Camera
- ___ Tissue
- ___ Musical Instrument in a protective case
- ___ Camp Chair
- ___ Tent (if you have one and are willing to share, please bring it)

DO NOT BRING ANY OF THE FOLLOWING:

Make-up, aerosols, electronics, cell phones, video games, ipods, camping knives.

Please be advised: You will be asked to leave camp if you bring any of the following:
Drugs, Alcohol, Illegal Substances, Weapons

Sometimes, when we are far from clocks and schedules,
we can still recapture a lost sense of place-based time.
On a relaxing camping trip or a long day outdoors, perhaps,
we can slip back into the rhythm of the sun.

— Richard J. Borden, Ecology and Experience: Reflections from a Human Ecological
Perspective

So.....Come! Come!

Bring your sense of humor, your sense of adventure, your joy, your courage,
and your love of the out of doors!

We can't wait to see you on the 7th of August!

I love to think of nature as an unlimited broadcasting station,
through which God speaks to us every hour, ...
if we only will tune in.

~ George Washington Carver