

# Pilgrim Lodge Adult Camper Guide



[www.pilgrimlodge.org](http://www.pilgrimlodge.org)

207-724-3200

103 Pilgrim Lodge Lane,  
West Gardiner, ME 04345

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## **Welcome Campers**

Greetings friends of the Maine Conference and beyond! Who says camp is just for kids? Not us! Adults need time apart too. Time to relax, to change the routine, to listen for God and to make new and renewed connections with others. Throughout life's journey these are basic needs and Pilgrim Lodge is a place to help meet them. This guide is designed to help you prepare for your time at PL and to know what to expect. It is our hope and our prayer that you will join us this summer and let the stress of daily life melt for just a short while to reveal the profound, fun, and often neglected camper that needs to sit on a porch and read, jump in the water, sleep, walk alone in the woods, or stay up late connecting with others. And when the time comes to return home, our hope is that you will have tapped that deep well that gives purpose and meaning to living, and gained new perspective that brings a tangible sense of the divine to all facets of your life.

## **Pilgrim Lodge Camp Philosophy**

Inspiration is infused into lives through the power of love, nature, and God. Along the shores of Lake Umbagog, the Maine Conference United Church of Christ is blessed to nurture this ministry of inclusion. Amidst all the fun of summer camp, we teach stories from the Bible, as well as critical thinking. We find creative and fun new ways to bring meaning and enjoyment to worship. We celebrate and explore the awesome power of metaphor. We set the table for the feast God offers, without the arrogance of assuming we have all the answers, or that everyone's experience of God is identical. We encourage and enable people to listen for God; we do not claim to speak God's voice. Often empowerment comes from recognizing the divine through healthy human connection: Christ is in the eyes and hearts of our brothers and sisters. In seeking, and finding that connection in one another, we recognize it within ourselves. Outdoor ministry has two foundational elements: community and creation. As our culture is increasingly withdrawing from community we believe that intentional periods of living together surrounded by the beauty of the earth, away from the stress and strain of ordinary, technology-centered routines, give our spirits a chance to be open to life in a real and vital manner.

## **Open Registration Policy**

Anyone may attend Pilgrim Lodge. Campers do not need to be a member of the Maine Conference, United Church of Christ. Rules concerning acceptance and participation in all Maine Conference Outdoor Ministry events are the same for everyone without regard to race, color, sexual orientation, gender or national origin.

## **Accreditation**

Pilgrim Lodge is accredited by the American Camp Association. Information on accreditation standards can be found at [www.acacamps.org](http://www.acacamps.org).

## **Camp Session Leadership - DEANS**

Each session at Pilgrim Lodge is organized by volunteer leaders called deans. Most sessions have two deans who are responsible for recruiting their volunteer counselors and organizing the program and schedule. Because the deans and counselors are at PL as volunteers, for your event only, they bring a fresh and exciting feel to each session. Shortly before your session is to begin, you will receive a letter from your deans by email. This letter will describe the theme, outline special events, tell you special things to bring, and let you know of any deviation from information in this guide. Deans' letters are also posted online so if your event is getting close and you haven't received it, check online first, then give us a call. (207-724-3200)

## **Payment & Refunds**

There is no refund for campers sent home for illness, homesickness, injury or discipline. A non-refundable deposit of \$100 for week-long sessions and \$50 for half weeks, and \$25 for weekend events is required with the initial registration. **Please note the balance is due by June 15.** We do not accept payment at camp. If payment is not received on time, campers may forfeit their spot to others on the waiting list.

If a camper withdraws *more than two weeks* before the start of a session the deposit will be forfeited, while any additional payments that have been made will be refunded.

If a camper withdraws *two weeks or less* before the start of a session the parent (or adult camper) will be responsible for the full camp fee; no refunds will be made.

### Open Invoices:

Individuals with an unpaid balance from previous years will not be allowed to register until past balances are paid. Payments received will be used to pay open invoices from previous years and not toward registering for new events.

### Event Cancellation:

All events are subject to cancellation due to insufficient registration. If an event is cancelled, full refund of payments (including registration deposit) will be made. Confirmation notices will be sent after a registration is received and accepted. Online confirmation is by way of email.

### Alcohol and Drugs:

Alcohol and other drugs are not permitted at Pilgrim Lodge or Outdoor Ministries events. Drugs include inhalants such as gas or glue and the misuse of over the counter or prescription medicine. Anyone using or possessing alcohol or illegal drugs or misusing prescription drugs will be sent home immediately and the camper's minister will be notified.

### Fireworks:

Fireworks are not permitted at Pilgrim Lodge or at Outdoor Ministries sponsored events. Anyone using or possessing fireworks will be sent home and their minister will be notified.

### **Scholarships**

Many local churches have their own camp scholarship program. Please ask your pastor if such a program is available in your church. Additionally, partial scholarships are also available from the Maine Conference UCC for members of United Church of Christ churches. Applications for scholarships are found at the back of this guide.

**Applications are due by May 15.** Applications received after May 15 will be considered only if funds remain after on-time applications have been disbursed.

### **Photographs and Publicity**

By registering for camp, campers and parents agree that photographs taken of campers may be used for promotion by the Maine Conference, United Church of Christ including, but not limited to: camp brochures, promotional slideshows, video presentations, CD-Roms sold to campers, the Pilgrim Lodge website and other Pilgrim Lodge internet sites.

### **U.S. Mail to campers**

Letters from home are encouraged. Please keep letters upbeat and do not focus on how much you miss your camper. **Do not mail candy or food.** Do not send any mail after Thursday's pickup.

### Address letters this way:

Camper's Name  
Cabin # (camper's cabin number)  
Name of session (ie: "Arts Alive")  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

### **Phone Calls and Off-Hour Emergencies**

Phones are available for use by campers only in case of emergency.

The office phone number is 207-724-3200.

If the office is closed and **IN THE EVENT OF EMERGENCY ONLY** you may call 207-724-3300.

Please do not call the emergency line for administrative or non-emergency reasons.

Please do not ask to speak to your camper for non-emergency issues. The camp director and staff are happy to check in with deans and counselors and give you a full report on how your camper is doing. Call the office during business hours for a check in.

### **Insect Repellent and Sunscreen**

Lyme Disease and other insect-borne illnesses are a risk in any outdoor activity in the state of Maine. Campers need to bring and apply appropriate, non-aerosol insect repellent. There have been cases of Lyme Disease allegedly contracted at Pilgrim Lodge. Exposure to the sun also carries risk. Campers need to bring and apply sunscreen with an SPF factor of *at least* 30 before outdoor activities. Please send only sunscreens and insect repellents in non- aerosol containers.

### **Smoking**

Events sponsored by the Outdoor Ministries Committee are tobacco-free.

### **Personal items**

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the music cabin), music devices (see next page), 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. We recommend writing your name on all items, including clothing.

### **Camp Mission Project**

Each summer Pilgrim Lodge has a mission project that is incorporated into each session, typically as an evening program presentation and activity. Through this program, campers learn about the mission project, how those involved with the project work to help others, and what Pilgrim Lodge campers can do to help their organization. As part of the partnership with the mission organization, campers have the opportunity to contribute to the mission project. These contributions generally are funds taken out of the campers' store account (set up during camper drop-off the first day of each session), but sometimes the organization asks for physical donations as well (for example: craft supplies, toiletries, basic first aid supplies, etc.)

For more information about this summer's' Mission Project, visit our website - <http://www.pilgrimlodge.org/summer-camp/mission-project/>

### **Health Form Requirements**

No medical examination is required for adults. Adults must sign and submit a one page health form (FORM 4) authorizing 'permission to treat' in the event of emergency and list emergency contacts. Either mail the health form to camp one week before your session or bring it with you. We'll have some on hand when you arrive but it's best to get this out of the way beforehand.

## **Medications**

During adult-only events at Pilgrim Lodge, adults may keep medications (prescription or non prescription) with their belongings. We ask that you be discreet and keep medications out of sight.

## **Health Care**

There is no nurse on duty for adult camps with the exception of Vintage Ventures. Adults are responsible for their own health care. In the event of an emergency, participants will be brought by ambulance or arranged ride to the Maine General Medical Center emergency room in Augusta.

## **Pilgrim Lodge Accommodation Policy**

Pilgrim Lodge is a fully accessible site with paths, ramps, and a boardwalk connecting the majority of the sites' facilities. However, we are a naturally wooded environment and some of the terrain may be difficult for those with mobility issues. All the roads, trails, and paths are dirt or gravel and the boardwalk is made of cedar decking. Currently, access to the waterfront swim area is difficult for those needing mobility assistance, but there are plans in the works to make the waterfront more accessible and user friendly.

We do have a golf cart to provide individuals needing assistance with access to some of the more difficult-to-access locations, such as: the cookout field, both ball fields, chapel, labyrinth, and Quitobaquito (dining hall). In addition, we do have 2 cabins with ramps and handicap accessible showers for those who need them.

If you require additional assistance with verbal or sign language interpretation, vision, social interaction, mobility or fine motor skills, medical or other personal situations, we ask that you attend with an "aide" to provide the extra care you need.

For adult camps, we recommend the aide be a friend or relative with a personal relationship and knowledge of the campers' situation and the ability to provide the additional assistance required. The aide would be a camper registered for the session, and could fully participate in camp activities, maintaining the priority of ensuring the camper has the assistance and support they require to have the best experience possible at their camp session. Both individuals would be housed together, with the potential of sharing a cabin with other campers as well.

*Please let us know ahead of time if you, or your camper, require specific accommodations or mobility assistance, so we can be sure to have an appropriate plan in place.*

*In addition, if you will be attending with an aide, please provide us with that information so we can be sure to house you both together with the appropriate accommodations.*

## **Visitation**

Please do not arrange visits from non-participants during your event.

## **Leaving Site**

When leaving site for any reason, during the camp session, all campers will need to sign out.

### Pilgrim Lodge Sign-Out Policy - *Applies to Adult Campers, Counselors, and Deans*

If an individual needs to leave site for any reason they will:

1. Tell the dean they are leaving
2. Sign out at the office
  - a. Provide time of departure
  - b. General location destination
  - c. Approximate return time
3. Sign back in at the office upon return

If no one is in the office at time of leaving or returning, the sign-out sheet will be either:

1. On exterior door to the office
2. With a staff member in the kitchen

## **Cell Phones and other communication devices**

Disconnecting from the world of electronics is a necessary part of camp community building. We recognize that adults may have family and business requirements that require them to make contact. Please do not use your cell phones and other communication devices in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voicemail answer the phone and retreat to an isolated place to check the message and return the call. The best option is to leave the phone at home. The next best option is to turn it off, leave it in your belongings at camp and check it occasionally or use it only if need be. Third, if you must carry the phone with you at camp, please honor the above guidelines.

## **Camp Store**

The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes and combs. Pilgrim Lodge wear is certified sweatshop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. Cash and checks are accepted at the store during adult events.

## **Group Photos**

Every adult camper will receive a photo of all the people in their camp.

**Staying in the same cabin with friends**

If you have a request of whom you might like to stay with, please let us know. Also let your friend know that they will need to make the request too. When we have both requests, we will make the effort to lodge you in the same cabin.

**Waterfront and Boating**

Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguards. Under no circumstance are adults to swim anywhere on the lakefront except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours. If you have your own boat or kayak and would like to use it, feel free to bring it, but be sure to confer with the lifeguards.



## IT'S ALMOST TIME FOR CAMP!

### A Quick Review for Adult Sessions

#### WHAT TO BRING:

- Casual relaxing clothes
- Warm clothes for cold days and nights
- Warm sleeping clothes
- Rain gear
- Shorts
- Jeans/pants
- Sweatshirts
- Bible
- Notebook or stationery and pen
- Bathing suit
- Beach towel
- Shower shoes/beach shoes
- Musical instruments
- 1 nice outfit (not too formal)
- Bathroom items (towels, washcloth, soap, toothbrush, floss, comb/brush etc.)
- Sleeping bag or bedding
- Pillow
- Comfortable sneakers/hikers
- 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

#### Please do not Bring:

- Alcohol or illegal drugs
- weapons (including pocket knives)
- Pets
- Valuables
- Jewelry
- Computers
- Fireworks
- SCUBA equipment
- "healies" skate boards or in-line skates

Mail: (Please do not send food or candy)

Camper's Name

Camper's cabin #

Pilgrim Lodge

103 Pilgrim Lodge Lane

West Gardiner, ME 04345

#### 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.

#### Health Forms

You'll need to fill out and sign FORM. You can do this when you get to camp, or mail in the form that is available to print from our website.

- There's no wifi; let it go for the weekend.
- Please be discreet about cell phones and medications.
- Think about how you will make this experience prayerful.

# Pilgrim Lodge Scholarship Application

**Due: May 15**

**Of the year for which you are applying**



**Send this completed form to:**

Pilgrim Lodge Scholarship Request  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

Please check with your local church pastor to see if a Pilgrim Lodge scholarship is available from the church.

All applications must be **signed by a United Church of Christ minister** (unsigned or incomplete applications will be returned without being processed. If the application is re-submitted and received after May 15 it will be considered a late application.)

Scholarships received after May 15 will be considered only if any funds remain after all on-time applications have been processed.

There are a limited amount of funds for distribution. Please apply only if you are truly in need in order to attend camp. The amount of scholarship offered will be dependent on the number of applications received by May 15. Scholarships do not exceed one third of the camp fee.

Camper Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Church (include town name) \_\_\_\_\_

Session and Date of session \_\_\_\_\_

Signature of United Church of Christ Pastor (required) \_\_\_\_\_

Parent/Guardian, or Adult camper, signature (required) \_\_\_\_\_

Number of household members: \_\_\_\_\_

Annual Household income: \_\_\_\_\_

Other scholarships applied for: (Summer camps, local church etc.) \_\_\_\_\_

Church of program \_\_\_\_\_

Amount requested (or granted) from above \_\_\_\_\_

Amount Requested from Maine Conference \_\_\_\_\_



## Request for a Pilgrim Lodge Counselorship

**Thank you!** Our program would not exist if not for the incredible gift of time offered by our counselors. Thank you for valuing the ministry at Pilgrim Lodge enough to offer your time.

**About Counseling:** If you would like to counsel but are not sure how to begin, start by contacting us at camp

(karen@pilgrimlodge.org or 207-724-3200) We'll ask you if you have particular weeks in mind. Your information will then go to the deans of those camps who will contact you about whether or not they are in need of counselors. You'll be asked to read a short book on counseling and take an on-line exam and print out the certification of completion (only the first time you counsel.) You'll also need reference forms and a background check authorization, available online or from your dean. You will be asked to attend a few meetings before camp and to arrive a day before where you will receive training more specific to Pilgrim Lodge.

**Counseling when your child is at PL:** Some parents hope to counsel when their child is at camp. You know your child, and whether or not this is a good idea for them. We find that for some younger children it works out fine. Middler and Senior High campers usually tend to do better given their own time and space at PL. Unless there are extraordinary circumstances, we will not place your child in your cabin. It is difficult to step out of the role of parent and trying to be a camp counselor to your own child.

**Counselorships:** If you have an immediate family member attending camp this summer, you can receive a \$75 Counsellorship (\$37 for the half-week long session) toward his or her camp fee. Please, immediate family only. Counsellorships are not offered to CIT's and are not to be used for oneself. Counsellorships must be applied in the same year that you counsel.

Date: \_\_\_\_\_

Counselor Name: \_\_\_\_\_

Phone \_\_\_\_\_

I am counseling for this session: \_\_\_\_\_

Please apply my Counsellorship to (camper's name) \_\_\_\_\_

Attending this session: \_\_\_\_\_

This camper is my: (son, sister etc.) \_\_\_\_\_

Counselor's signature: \_\_\_\_\_

You can mail this form (103 Pilgrim Lodge Lane, West Gardiner, ME 04102) or bring it with you to camp. If you're counseling after your camper's session, it is helpful to us to have this form before the camper's session begins.

# Directions to Pilgrim Lodge

Office 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:

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.  
*See below for remaining directions.*

## Traveling West:

Travel through Augusta on Route 202, cross over I-95  
*See below for remaining directions.*

## ***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 and turn LEFT onto Neck road  
Pilgrim Lodge will be in 2 miles ahead on your LEFT