



# Lighten Up, Loosen Up 2019

*also known as LULU*

“When I breathe in, I breathe in peace,  
when I breathe out, I breathe out love.”

-Thich Nhat Hanh

Welcome to the best-kept secret of Pilgrim Lodge: five days of relaxation, fellowship, quiet moments in solitude, raucous moments with friends, no worries, and ADULTS only! Not that we don't love our younger campers, but they've had the camp all summer long and now it's our time! Just think, you don't have to plan meals, do laundry, answer emails, clean toilets, check Facebook, or answer the phone. Actually, please don't plan to do any of that at camp, we are trying to keep our time here technology free. Can you resist? Just eat, breathe, sit, read, knit, breathe, walk, swim, nap, play badminton, eat ice cream, play games, craft, paddle, play volleyball, do puzzles, talk, listen, breathe, and best of all, share this space with a bunch of adults who are there for the same reason. No adulting necessary.

So what are you waiting for? It's almost time to scoot to camp to hurry up and relax! Well, it's a while away, but we can still dream about it can't we? Here are some other things you can dream about and prepare for.

**Wednesday, Clay weaving templates and beads:** On our first day together we will have a clay workshop. We will be making weaving templates, beads, and any SMALL clay thing that you wish. There will not be glazing this year due to time constraints but the clay can be painted after firing on Saturday.

**Thursday, Felt construction:** We will teach you how to make a small pin, earrings, pendant, wall hanging, whatever. This is a very open art project with you deciding what you make. We'll supply oodles of felt scraps and some embroidery floss. You can bring large eye needles, your own floss, and any small beads or additions that you might think will be cool to add to your creation.

**Friday, Bookmaking:** We'll teach you how to make a few different kinds of small blank books for whatever purpose you'd like. We'll supply some papers and glues. You can bring some collaging images that you love, stamps, paper punches, scissors, paints and or markers.

**Saturday, Weaving:** Ooh, here's some new ideas for an old art! You can choose to make a wall hanging, pouch, circular or rectangular weaving, or weaving on a clay template. We'll supply some cardboard templates, clay, yarn, large weaving, and yarn needles. You can supply your own yarn bits, needles, beads, or anything you might want to include in a weaving. If time allows we might do a little kumihimo but we'll supply everything for that. (Ooh, piqued your interest? Google it!) Note: If you want to make a clay template, you will need to be at camp on the first day when we make them.

Breathe...

Remember, this is all optional. You are also invited to bring whatever projects you want to work on for yourself. The Lodge is yours to take over and spread out in. Or bring all those books you've been meaning to read and do a little hermiting. Grab a table, or porch, or trail and indulge in a little *you* time. Speaking of *you* time, we'll be doing a talent show on Thursday night and you can take this time to shine with some singing, reciting, dancing, acrobatics, card tricks, jokes, or whatever makes your boat float! One of our campers is bringing some music that she'd like to teach to a group for the show. This could be your debut!

Breathe...

- When you register please check out the policies to make sure you understand what is expected about technology use, accommodations, leaving camp, and cabin assignments: <http://www.pilgrimlodge.org/summer-camp/camp-policies>
- If you have specific dietary needs, please send an email with information to [Karen@pilgrimlodge.org](mailto:Karen@pilgrimlodge.org).
- Adult health forms will be attached to your registration confirmation.

Breathe...

Our mission this year is the UCC Disaster Ministries. We'll be having our usual auction to raise money for this on Saturday afternoon. Please consider bringing an item or two. Maybe you'll make an amazing work of art during the week that will bring in the highest bid--bragging rights!

Cabin assignments will be determined before you arrive so please let us know if you have specific housing needs:

- Handicap accessible
- Limited number of stairs
- Limited walking distance
- Limited number of cabin mates
- Specific cabin and/or cabin-mates (***we will do our best to accommodate, but cannot guarantee everyone will get their request.***)
- other?

If any of the above apply, please provide details to [allie.rimkunas@gorhamschools.org](mailto:allie.rimkunas@gorhamschools.org) or [lneal2267@gmail.com](mailto:lneal2267@gmail.com).

If you want to help with worship services, we are more than thrilled to let you plan and lead! Some of our worship will be in the chapel and some in front of Quitobaquito. Our focus this year is **Peace Talks**, and we'll be happy to talk before and during camp to help with whatever you might need. Remember, it can be short, sweet, and simple.

Breathe...

If you are arriving on Wednesday August 14th, please try to arrive between 10 am and noon, so you can get settled in and comfy before lunch at 12:15. Departure time on Sunday, August 18 is after breakfast until 11am. We'll be emptying our cabins by 9:30 so that staff can start cleaning for the next group.

Breathe...

Whatever your plans for our time together, we hope that you will remember to breathe, relax, lighten up, and loosen up. As usual, there is tons to do but the only requirement is to...

Breathe...

Can't wait to see you all in August!

Deans Lynn and Allie

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