

Adult Chill, the camp formerly known as Lighten Up, Loosen UP

“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, three days of relaxation, fellowship, quiet moments in solitude, raucous moments with friends, no worries, 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. Can you imagine 3 days without technology? After the past two years, we have become so attached to all those screens and now is your chance to leave it all behind. Just eat, breathe, sit, read, knit, breathe, walk, swim, nap, eat ice cream, play games, craft, paddle, 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:

Thursday, Tie-dye is back! On our first day together you can bring any cotton items for dying. shirts, napkins, pillow cases, tea-towels. If it's any natural fiber and light-colored, you can dye it. I will have some cotton napkins for purchase.

Friday, Block printing: Allie is carving a special PL themed wood block that you can print onto those dyed objects after they are washed and dried. We will also teach you how to make your own design on printing styrofoam. This can be printed on paper and fabric, your choice! This is a very open art project with you deciding what you make.

Time TBD, Pickle making! Lynn is the pickling Queen and wants to make sure you have something delicious to take home to remember us by come winter. She will provide all the stuff. Although, if you have a surplus in your garden I'm sure she would love to have more goodies to share all around (zucchini?).

In addition to all the fun stuff we have planned we are having our annual auction to raise money for the Mission project. This year it is the United Church of Christ's Global H.O.P. E. initiative to raise funds for Ukraine. You can read more about it on the PL website or at <https://www.ucc.org/global-h-o-p-e/ukraine-emergency-appeal/> Try to find all those gold bars under the couch cushions because there are going to be some fabulous items! Maybe the item *you* bring will get the highest bid this year!

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. 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 ksteelhammer@pilgrimlodge.org
- Adult health forms will be attached to your registration confirmation.

Breathe...

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 or 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. Maybe even one at the waterfront! Our focus this year is Prayer, (haven't we needed *that* for the past 2 years!) 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 3, please try to arrive between 3 and 5 pm so you can get settled in and comfy before supper at 6pm. Departure time on Saturday, August 6, is after breakfast until 10am. We'll be emptying our cabins by 8am 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, chill, 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

Lynn Neal
lneal2267@gmail.com
207-205-4711

Allie Rimkunas
allie.rimkunas@gorhamschools.org
207-653-0941