



Pilgrim Lodge

Maine Conference, United Church of Christ

Pilgrim Lodge is a multi-generational summer camp and retreat space centered on the spirit of extravagant welcome. Ours is a ministry of inclusion: no matter who you are or where you are on life's journey, all who come in love have a seat at the table. We believe in providing space to slow down the rapid pace of modern life in order to tend to community.

LIGHTEN UP LOOSEN UP 2025 DEANS LETTER

Check-in: July 30th @ 2-3PM

Check-out: August 3rd @ 9:30AM



Dean Allie (she/her)



Dean Lynn (she/her)

WELCOME TO LIGHTEN UP, LOOSEN UP 2025!

“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, four 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 turn! Just eat, breathe, sit, read, knit, breathe, walk, swim, nap, eat ice cream, play games, breathe, 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! Here's what's on the docket for our time together.

Remember-it's ALL optional!

This year we are offering several different crafts and one is weather dependent so we can't say which day we will do what but here's what is on the docket: Cyanotypes!

Cyanotype is a photographic printing process producing Prussian blue images. We have cyanotype paper and will have some muslin squares to print on as well. The process is similar to bleach dying using objects to block out the sun. We will also make some negative prints of iconic PL images to work from.

Another fabulous project will be making brooms with our friend Heidi! She has dyed a bunch of broomcorn and will teach us how to make colorful whisk brooms that are useful as well as beautiful.

Does anyone remember the 60s? Neither do we...BUT we are going retro and making some macrame plant hangers or (whatever) to bring back memories of those crazy times. We'll have plenty of cord to work with but if you have macrame cord lying about, bring it!

Macrame bikini anyone?

In case some of you LULU Lifers hadn't heard, we lost our dear friend and camper, Kathie McCarthy last year. It was quite unexpected and sudden and we are still shocked. In honor of her we will set up a "Kathie Kindness Kards" table where you can dabble in making some Artist Trading Cards with positive thoughts and images to give away like Kathie did. It can be a healing and loving way to remember her. We will bring some art and craft supplies to collage with and you are welcome to bring some of your own materials to share.

In addition to everything we have planned we are holding our annual auction to raise money for the Mission project. For the summer of 2025, we will support the Maine Immigrants Rights Coalition and the Maine Mobile Health Program. Please bring lots of treasures for the auction, and remember, bid high, bid often!

We are also blessed to be sharing camp with the OWL facilitator training group Fri-Sun (and a couple will be joining us Thursday!) This means that we will need to get a bit cozier in the cabins and sharing our spaces more but also more friends to greet at meal times and the waterfront-hmmmm new diving contestants?!

Oh, and the Island campers might paddle by and say hi-they will be returning to the mainland Fri afternoon to "clean up" before going home Saturday morning.



This is year 20 for LULU! Let's celebrate with a Fancy/Funky dinner on Saturday night. Bring your favorite memory if you have one and your hopes for future LULU memories.



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...



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! 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 July 30, please try to arrive between 2 pm and 4 pm so you can get settled in and comfy before supper at 6:15pm. Departure time on Sunday, August 3, is after breakfast until 10am. We'll be emptying our cabins by 8:30 am so that staff can start cleaning for the next group. If you're coming mid-session, please check in at the camp office when you arrive.

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 on July 30th!

Deans Lynn and Allie



PILGRIM LODGE SUMMER 2025 MISSION: MAINE IMMIGRANTS' RIGHTS COALITION & MAINE MOBILE HEALTH PROGRAM

This year, Pilgrim Lodge is supporting two Maine-based organizations dedicated to supporting our immigrant neighbors:

The mission of the Maine Immigrants' Rights Coalition (MIRC), is to improve legal, social, and economic conditions for immigrants in the state of Maine.

The Maine Mobile Health Program (MMHP) is one of the organization of the Maine Immigrants' Rights Coalition. The mission of the Maine Mobile Health Program is to improve the health status of Maine's seasonal workers and their families.

*An option to make a donation to our Summer 2025 mission organizations will be available at the camp store.



Link to Camper Guide with full Packing List

SEE YOU AT CAMP!

Questions? Email or call Pilgrim Lodge:

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