

Welcome to Lighten Up, Loosen Up 2024

“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 time! 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! Here's what's on the docket for our time together. Remember-it's ALL optional!

Wednesday afternoon or possible Thursday morning: HYPERTUFA!

Hyperwhat? This is a special cement mixture that is ultra lightweight and easy to make. Our friend Heidi will teach us how to make plant pots with molds that she will supply. Prepare to get messy!

Thursday morning BONUS: a special morning workshop to start to restore a pram or two. Our friend Jonas will lead a two day workshop teaching how to bring our darling little prams back to useful life. He'll also do this on Friday morning. Yup, it's a messy one!

Thursday afternoon: Recycled felted wool mittens Our old friend Heidi is back to help us slow-sew ultra-warm mittens from old sweaters. She has plenty of old sweaters but you can bring one if you want. It needs to be washed and dried on hot to make it felted. Bring a needle and thread.

Friday afternoon: Botanical Eco-prints Bring 100% cotton socks, or cotton napkins, hankies, or other small natural fiber items. We'll be printing leaves and flowers on them with a special process. Moderately messy.

Friday morning: Repeat of pram happiness. There should be a “messy” emoji...

Saturday morning BONUS: Here's another morning workshop! Many large trees came down this spring and need to be cut away from the trails. If you'd like to get a bit of a workout and show your love for PL, join us for some clearing. Don't worry, the chainsaw will be in someone else's hands!

Saturday afternoon: Tie-dye is back! On our last 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. These will go into plastic bags and home with you to rinse 24 hours later. MESSY!

In addition to all the fun stuff we have planned we are holding our annual auction to raise money for the Mission project. The summer mission focus centers around the

Platinum Rule: “Treat others as they would like to be treated.” For the summer of 2024, we will support the Maine Seacoast Mission. Please bring lots of treasures for the auction, and remember, bid high, bid often! And here’s something new! We all have art and craft supplies that we can’t stand to throw/donate but maybe we’d like to augment our stuff or see it go to a happy place where it will be used-right? We are going to set up a table for just that purpose so that folks can browse and trade (we’ll have a puzzle trading table too).

But wait, another new thing! How about a fancy dinner on Saturday night? Come dressed in your finest or funkiest apparel and bring one small item that has meaning for you from your own table at home.

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: Here’s the [link](#).

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! 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 31, please try to arrive between 2 pm and 4 pm so you can get settled in and comfy before supper at 6pm. Departure time on Sunday, August 4, 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 31st!

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