

Welcome to 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, 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 think, you don't have to plan meals, do laundry, answer emails, clean toilets, check facebook, or answer the phone. Can you imagine 4 days without technology? After the past 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:

Monday, 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 \$1 each. Any old t-shirts that you want to color and cut up for Wed, bring those too.

Tuesday Balloon lights/bowls. Bring your own electric votives or mini light strands. We'll be making balloon bowls for votives or small ones for personalized lights. (possible extra: ice candles)

Wednesday Chapel poufs /or tiny weavings. We'll be weaving either big circles with t-shirt yarn or tiny pendants with embroidery floss. If you want to make a pouf, bring old t-shirts to cut up and scraps for stuffing. If you want to make the tiny woven pendants, we have lots of embroidery floss and beads, or bring your own.

Thursday Gelli prints can be done on cloth - bring your own - or paper. I'll provide white bags to practice on (and make cool luminaries). This involves acrylic paint so wear old clothes.

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?). A few pint jars would be great if you have extra. She's got plenty of rings and lids.

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

Platinum Rule: "Treat others as they would like to be treated." Donations collected to support the mission will be divided equally between two organizations:

[Daisy's Children](#) [Talented Youth Community Fellowship of Uganda](#) You can read more about it on the PL website. 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...

- 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! 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...

Whichever day you are arriving, we ask that you arrive between 10:30-12:00 AM. If you are arriving on Monday, August 7, you can check-in on the boardwalk by the cabins. If you are arriving on any other day, please check-in at the office so that we can welcome you and get you pointed in the right direction. Departure time on Friday, August 11, is after breakfast until 10am. We'll be emptying our cabins by 8 am 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

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