

Pilgrim Lodge

Parent and Camper Guide



www.pilgrimlodge.org

207-724-3200

103 Pilgrim Lodge Lane,
West Gardiner, ME 04345

Greetings Parents and Campers!

Thank you for considering sending your child, or yourself, to Pilgrim Lodge this summer. This guide has been developed to help parents prepare for time at Pilgrim Lodge; and to help you and your child know what to expect and prevent miscommunications on policies and procedures when camp time comes. We are always looking to improve our program and communication so if you have any suggestions please do not hesitate to contact us, or any member of the Outdoor Ministry Team.

Mission

Pilgrim Lodge extends the ministry of the Maine Conference United Church of Christ through quality camping and retreat experiences. Hosted programs at Pilgrim Lodge emphasize spiritual and outdoor exploration, personal growth, authentic self-expression in a safe environment, and intentional community that affirms individual sacredness.

Values

Love of Creation – PL demonstrates the importance of environmental stewardship in our programming and use of resources

Love of Neighbor – PL creates a caring space for all people.

Love of Children – PL dedicates the majority of the summer to meaningful programming for youth.

Open and Affirming – PL stands for the inclusion of all people in accordance with our Statement of Faith. All who come in love have a seat at our table.

Statement of Faith

Pilgrim Lodge is a ministry of the Maine Conference UCC. All people who strive for a just world are welcome at Pilgrim Lodge and integral to our mission, regardless of faith journey, age, gender identity or expression, ethnicity, skin color, ability, sexual orientation, income, citizenship status, or any other similar labels. We live our faith through serving children, groups and families of all background with the same loving grace that has so freely been given to us.

Pilgrim Lodge Camp Philosophy

Inspiration is infused into lives through the power of love, nature, and God. Along the shores of Lake Cobbosseecontee, the Maine Conference United Church of Christ is blessed to nurture this ministry of inclusion. Amidst all the fun of summer camp, we teach stories from the Bible, as well as critical thinking. We find creative and fun new ways to bring meaning and enjoyment to worship. We celebrate and explore the awesome power of metaphor. We set the table for the feast God offers, without the

arrogance of assuming we have all the answers, or that everyone's experience of God is identical. We encourage and enable people to listen for God; we do not claim to speak God's voice. Often empowerment comes from recognizing the divine through healthy human connection: Christ is in the eyes and hearts of our brothers and sisters. In seeking, and finding that connection in one another, we recognize it within ourselves. Outdoor ministry has two foundational elements: community and creation. As our culture is increasingly withdrawing from community we believe that intentional periods of living together surrounded by the beauty of the earth, away from the stress and strain of ordinary, technology- centered routines, give our spirits a chance to be open to life in a real and vital manner.

Open Registration Policy

Anyone may attend Pilgrim Lodge. Campers do not need to be a member of the Maine Conference, United Church of Christ. Rules concerning acceptance and participation in all Maine Conference Outdoor Ministry events are the same for everyone without regard to race, color, sexual orientation, gender or national origin.

Accreditation

Pilgrim Lodge is accredited by the American Camp Association. Information on accreditation standards can be found at www.acacamps.org.

Camp Session Leadership - DEANS

Each session at Pilgrim Lodge is organized by volunteer leaders called deans. Most sessions have two deans who are responsible for recruiting their volunteer counselors and organizing the program and schedule. Because the deans and counselors are at PL as volunteers, for your event only, they bring a fresh and exciting feel to each session. Shortly before your session is to begin, you will receive a letter from your deans by email. This letter will describe the theme, outline special events, tell you special things to bring, and let you know of any deviation from information in this guide. Deans' letters are also posted online so if your event is getting close and you haven't received it, check online first, then give us a call. (207-724-3200)

Payment & Refunds

There is no refund for campers sent home for illness, homesickness, injury or discipline. A non-refundable deposit of \$100 for week-long sessions and \$50 for half weeks, and \$25 for weekend events is required with the initial registration. **Please note the balance is due by June 15.** We do not accept payment at camp. If payment is not received on time, campers may forfeit their spot to others on the waiting list.

If a camper withdraws *more than two weeks* before the start of a session the deposit will be forfeited, while any additional payments that have been made will be refunded.

If a camper withdraws *two weeks or less* before the start of a session the parent (or adult camper) will be responsible for the full camp fee; no refunds will be made.

Open Invoices:

Individuals with an unpaid balance from previous years will not be allowed to register until past balances are paid. Payments received will be used to pay open invoices from previous years and not toward registering for new events.

Event Cancellation:

All events are subject to cancellation due to insufficient registration. If an event is cancelled, full refund of payments (including registration deposit) will be made. Confirmation notices will be sent after a registration is received and accepted. Online confirmation is by way of email.

Behavior

Certain behaviors deemed inappropriate may result in a camper being sent home and the camper's minister being notified.

These behaviors include, but are not limited to: fighting; hitting; biting; stealing; destruction of, or intrusion into, another's property; threatening another; defying a counselor or dean; refusal to eat; wandering from established program areas; sexual activity; possession or use of cell phones; possession or use of weapons, alcohol, or illegal drugs; misuse, and distribution or concealing of prescription or non-prescription medication. Any camper sent home will be reaccepted for an Outdoor Ministries event only after consultation with the Outdoor Ministries Team and the Director of Outdoor Ministries.

Alcohol and Drugs:

Alcohol and other drugs are not permitted at Pilgrim Lodge or Outdoor Ministries events. Drugs include inhalants such as gas or glue and the misuse of over the counter or prescription medicine. Anyone using or possessing alcohol or illegal drugs or misusing prescription drugs will be sent home immediately and the camper's minister will be notified.

Fireworks:

Fireworks are not permitted at Pilgrim Lodge or at Outdoor Ministries sponsored events. Anyone using or possessing fireworks will be sent home and their minister will be notified.

Scholarships

Many local churches have their own camp scholarship program. Please ask your pastor if such a program is available in your church. Additionally, partial scholarships are also available from the Maine Conference UCC for members of United Church of Christ churches. [Scholarship options are found at this page](#). The Maine Conference Scholarship and Camp Pride applications can both be completed online. **Applications are due by May 15**. Applications received after May 15 will be considered only if funds remain after on-time applications have been disbursed. Please [contact us](#) for a paper form.

Photographs and Publicity

By registering for camp, campers and parents agree that photographs taken of campers may be used for promotion by the Maine Conference, United Church of Christ including, but not limited to: camp brochures, promotional slideshows, video presentations, CD-Roms sold to campers, the Pilgrim Lodge website and other Pilgrim Lodge internet sites.

U.S. Mail to campers

Letters from home are encouraged. Please keep letters upbeat and do not focus on how much you miss your camper. **Do not mail candy or food.** Do not send any mail after Thursday's pickup.

Address letters this way:

Camper's Name
Cabin # (camper's cabin number)
Name of session (ie: "Arts Alive")
Pilgrim Lodge
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Email to campers

Campers may receive emails. This option is available through UltraCamp, our online registration system. You can sign up for this during the registration process or any time after registering by accessing your existing account.

Phone Calls and Off-Hour Emergencies

Phones are available for use by campers only in case of emergency.

The office phone number is 207-724-3200.

If the office is closed and **IN THE EVENT OF EMERGENCY ONLY** you may call 207-724-3300.

Please do not call the emergency line for administrative or non-emergency reasons.

Please do not ask to speak to your camper for non-emergency issues. The camp director and staff are happy to check in with deans and counselors and give you a full report on how your camper is doing. Call the office during business hours for a check in.

Insect Repellent and Sunscreen

Lyme Disease and other insect-borne illnesses are a risk in any outdoor activity in the state of Maine. Campers need to bring and apply appropriate, non-aerosol insect repellent. There have been cases of Lyme Disease allegedly contracted at Pilgrim Lodge. Exposure to the sun also carries risk. Campers need to bring and apply sunscreen with an SPF factor of *at least* 30 before outdoor activities. Please send only sunscreens and insect repellents in non-aerosol containers.

Smoking

Events sponsored by the Outdoor Ministries Committee are tobacco-free.

Personal items

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the music cabin), music devices (see next page), and sporting equipment, provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items. We recommend writing your name on all items, including clothing.

Music Devices

Middler and Senior High campers may bring listening devices to camp to help them fall asleep *if the following conditions are met.*

The device:

- is not internet capable
- is not also a cell phone, electronic communication, or gaming device
- is not used at any time other than when lying down on one's bunk, at either bunk or bed time
- does not leave the cabin (except for approved program specific events)
- is used with headphones or earbuds so that others cannot hear the music
- is turned off at the counselor's request

Counselors may choose to keep listening devices in their possession and distribute them before bed or bunk time. Any listening device can be confiscated if used outside these guidelines, or guidelines established by the deans or cabin counselor. If confiscated the device will be returned at the end of the session.

Camp Mission Project

Each summer Pilgrim Lodge has a mission project that is incorporated into each session, typically as an evening program presentation and activity. Through this program, campers learn about the mission project, how those involved with the project work to help others, and what Pilgrim Lodge campers can do to help their organization. As part of the partnership with the mission organization, campers have the opportunity to contribute to the mission project. These contributions generally are funds taken out of the campers' store account (set up during camper drop-off the first day of each session), but sometimes the organization asks for physical donations as well (for example: craft supplies, toiletries, basic first aid supplies, etc.)

For more information about this summer's' Mission Project, visit our website - <http://www.pilgrimlodge.org/summer-camp/mission-project/>

Theme and Curriculum

Pilgrim Lodge will draw much of its program from the National Council of Churches "Inside Out Christian Resources for Outdoor Ministries." Some sessions rely more

heavily on this curriculum than others depending on the volunteer leaders (or deans). Each year has a different overall theme divided into themes for each day that relate to the scripture passage for that day. The curriculum takes each theme and develops program ideas for age appropriate activities. Counselors are supplied with their own bible study and theological reflection. Usually these themes and Bible verses are used during worship planning and Family Faith Group time. Deans, counselors, and staff are encouraged to weave the themes throughout the day as well.

Background checks

Deans are responsible for recruiting counselors for their session. Counselors are then screened and trained by the Pilgrim Lodge staff. Background checks are performed on all adult deans, counselors and staff members. Counselors meet daily with the deans and a member of the PL staff to discuss camper issues and gain support for particular behavioral issues.

Counselorships

A \$75 discount is offered to parents who serve as a counselor (\$37 for the half-week session.) This discount is to be used in the same year as the counseling session and is to be used for immediate family members only. To apply for a counselorship simply mail in the form at the back of this guide (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) or bring it with you.

Supervision

Campers are supervised at all times. At each interval campers know what their options are and where they are supposed to be. Sometimes the volunteer counseling staff is in charge and at other times (ie: 'option time') the summer staff are supervising. There are some periods of informal socializing in the lodge or on the boardwalk, but with adults close by. Campers are not allowed to wander the camp alone or without supervision and can be sent home for defying this regulation. Set shower times are supervised by the cabin counselor sitting in (or just outside) the cabin, within earshot.

Cabins

Pilgrim Lodge offers choices for cabin assignments: Boys, Girls or All-Gender Cabins. During registration, you will be given multiple choice options to indicate the cabin that is the best fit for your camper including their willingness to be placed in an All-Gender cabin. All cabins are supervised by trained counselors and have access to private changing areas in the bathroom and shower room. Pilgrim Lodge will honor requests by participants to be in the cabin that best fits their gender identity. If you have questions about All-Gender cabins, please see our Frequently asked Questions page or contact us at info@pilgrimlodge.org.

Campers staying in the same cabin with friends from home

We do not house friends from the same church together, nor do we grant requests for campers to be together. Our experience is that friends from home tend to relate to one

another instead of getting to know new cabin mates. We hope campers will make new friends in their cabin. Cabin time is limited and there is ample time for friends to be together during camp.

Physical Exam and Health Form Requirements

Health forms are to be submitted to camp at least two weeks prior to arrival.

Health forms are available online, or will be mailed by request.

Parents will have the option to fill out the Health Form 1 online through the registration system. The nice thing about this feature is once you have it filled out, you will not have to do it again in future years. You will only have to update any changes to the form from year to year!

EXAM

A physical examination is required by a licensed physician within 12 months of attending camp.

Frequently Asked Questions About Health Forms

1. Which Health Forms do I need to complete?

- Parents fill out FORM 1
- A doctor's signature is needed on FORM 2
- Only those with inhalers, epi-pens, or other medications that *must be kept on their person* must fill out FORM 3, signed by both a doctor and a parent (Maine State Law)

2. Can I use last year's form again this year?

Due to ACA regulations, every camper needs a new form each year.

3. Does my child's sports exam suffice?

A physical form signed by a doctor within the last year that clears the camper for school sports may be substituted for form 2 only. Parents still must complete FORM 1.

Medications

ALL medications (including birth control and non-prescription medicines) must be turned over to the camp nurse, or designated trip leader, at registration. Failure to surrender medications to the nurse will result in a camper being sent home without refund. Do not bring common over the counter medications such as Tylenol: these are available from the camp nurse. Medications should be in their original container and clearly marked with the camper's name, the name of the medication, and usage instructions. Unused medications are to be picked up at the end of the week. We recommend you speak with your doctor about your child remaining on medications prescribed during the school year while at camp.

Disclosure of Medical Conditions

In order for us to help your child have the best experience possible, the Camp Director needs to be aware in advance of any physical, emotional or behavioral needs a child

may have. Special arrangements can be made. This information is shared only with those responsible for the care of your child.

Health Screening

A camp nurse or doctor will train staff members to perform a brief health screening upon arrival. This includes a few questions, and a check for evidence of head lice.

Health Care

A nurse is on duty during all youth camps, with standing orders from a doctor on call. We will attempt to reach parents if an illness or injury requires a visit to our on-call doctor's office or the emergency room. If we cannot reach parents, we will take the camper for treatment and continue to try to reach parents. Parents or guardians are responsible for health care costs should a camper need to be brought to our on-call doctor's office, pharmacy, or the emergency room. Invoices for such visits will be given to parents when they pick up their camper. Parents are responsible for payment directly to the health care provider. At the time the camper is picked up, parents will reimburse the Maine Conference for prescription medication purchased on a camper's behalf.

Drop Off and Pick Up

Drop off and pick up times are posted in the camp brochure and on-line. Most sessions register between 2 and 4 pm of the first day and pick up is usually at 9:30-10:30 am on the last day. *Any changes will be reported in a dean's letter.*

Dropping off late/picking up early

Pilgrim Lodge desires to create a community with all of its participants. Arriving late and leaving early creates gaps in that community that affect all participants. Therefore we expect campers to arrive at the designated time and to stay for the duration of the program. If you cannot make this commitment because of sporting events, vacations or other reasons, please cancel or reschedule your camp experience by calling us at 207-724-3200. Deposits are non-refundable. (Please note, a few parents with last minute issues like traffic have been concerned that their child would not be accepted if they were a bit late. This is not the case: This policy is about pre-planned missing of a portion of camp.) A camper will be released for their own medical health or on the death of a family member.

Visitation

Parents, family members and friends of campers are cordially invited to visit during registration and departure only. At other times campers will be fully occupied and family and friends are asked to please refrain from visiting or calling by telephone.

Cell Phones

Disconnecting from the world of electronics is a necessary part of camp community building. Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell

phone. This also applies to Camp Pride campers found using their phone at non-designated times. Parents have access to an emergency number (207-724-3300). Using cell phones as a watch is not an acceptable excuse for possession of cell phones at camp. Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parents to us and their counselors. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parent haven't truly come to peace with the notion of them being away from you and in our care. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted staff member, a dean, the camp nurse, or the director. We are all here to help. Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.

Camp Store and Store Accounts

The camp store sells postcards and stamps, Pilgrim Lodge apparel, hats, flashlights, memorabilia, and necessary items such as toothbrushes, and combs. All Pilgrim Lodge clothing is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge.

No cash is accepted at the store during the week. Parents set up camper store accounts upon arrival. The account is drawn down during the week. Upon camper pickup you will receive any change due, if you indicated at the time of drop-off you wanted cash back. *Other options: donate remaining balance to Summer Mission Project, donate remaining balance to Pilgrim Lodge, maintain remaining balance in account (if camper is coming back for another session).* During the week the store will open once a day for ice-cream sales (\$1.25 per day) and once a day for other items.

During the week campers may have an opportunity to fill out a mission slip to determine if, and how much, they would like to donate to the summers mission project. If you have a desired amount you want donated, either discuss it with your camper so they know how much to donate at that time, OR let us know at arrival (when the store account is set up) how much you would like to go to the mission.

Pre-camp Visits

Parents concerned that their child is nervous or may become homesick can do some

things to help the child prepare for camp. A visit to camp ahead of time is the best way for a child to know what to expect. Please call before you visit. Coming to camp with a friend is another good idea (although we do not house friends in the same cabin).

Clothing

The Outdoor Ministries Team wishes to affirm everyone's right to self-expression and their right to express their individuality. The intent of the OMT's suggested attire is to ensure that everyone feels comfortable and accepted as they are at all Pilgrim Lodge and Outdoor Ministries activities. Clothing should be worn so that all body parts are covered to maintain generally accepted levels of modesty. Undergarments, appropriate to age and physical development should be worn at all times and should not be visible, with the exception of bra straps showing underneath sleeveless blouses and other garments.

The following will not be tolerated on clothing

profanity; pictures or message of a sexual nature; weapons, violence; drug, alcohol or tobacco related material; or any item that degrades others or is offensive.

It is our hope that everyone will support compliance with this policy.

Group Photos

Every camper will receive an 8X10 photo of all the people in their camp. CD-Roms of digital photos of most sessions can be purchased at the camp store. If you pre-order a CD at registration you will save the cost of postage because the disc will be waiting for you when you pick up your camper.

A Typical Day at PL

No two days are exactly alike and there will be some slight differences depending on the camp session and age of campers. Generally the program schedule looks like this:

- 7:00 Wakeup bell, optional swim
- 8:00 Breakfast
- 8:45 Cabin cleanup
- 9:00 Chapel
- 9:20 Morning watch - *quiet reflection*
- 9:30 Family Faith Group - *curriculum based, group building activities, worship planning*
- 10:40 Option time - *swimming, boating, crafts, music, nature education, games in the lodge*
- 12:00 Lunch - *followed by singing & camp store open*
- 1:00 Bunk Time - *state mandated nap or lay on the bed reading or writing; Mail delivery*
- 2:00 Interest groups - *small group activities led by counselors or staff*
- 3:00 Ice Cream time
- 3:20 Option time - *swimming boating, crafts, music, nature education, games in the lodge*
- 4:30 Family Faith Group - *curriculum based, group building activities, worship planning*
- 6:00 Dinner
- 7:00 Vespers - *evening worship service*

- 7:20 Evening Program
- 8:45 Snack
- 9:00 Bedtime - *younger campers*

Older Campers

- 9:00 Boardwalk Time - *time for socialization on the boardwalk*
- 9:30 In cabins
- 10:00 Lights out

IT'S ALMOST TIME FOR CAMP!

A Quick Review for Children and Youth Sessions

WHAT TO BRING:

- Casual relaxing clothes
- Warm clothes for cold days and nights
- Warm sleeping clothes
- Rain gear
- Shorts
- Jeans/pants
- Sweatshirts
- Bible
- Notebook or stationery and pen
- Bathing suit
- Beach towel
- Shower shoes/beach shoes
- Musical instruments
- 1 nice outfit (not too formal)
- Bathroom items (towels, washcloth, soap, toothbrush, floss, comb/brush etc.)
- Sleeping bag or bedding
- Pillow
- Comfortable sneakers/hikers
- Flashlight
- Laundry bag
- Insect repellent
- Sunscreen (SPF 30 or more)
- Water bottle with camper's name written on it
- Items listed in your Deans' letter
- Money for store/mission

The Camp Store

Upon arrival there will be a table where you can set up an account for the store. Campers are not allowed to have cash in their cabins. Cash is only accepted at the store during drop off and pick up. *Ice cream happens every afternoon, and is \$1.25 per day.*

Please do not Bring:

- Cell Phones or other electronic communication devices
- Alcohol or illegal drugs
- weapons (including pocket knives)
- electronic handheld games
- Pets
- Valuables
- Jewelry
- Computers
- Fireworks
- SCUBA equipment
- "healies" skate boards or in-line skates

Mail: *(Please do not send food or candy)*

Camper's Name
Camper's cabin #
Pilgrim Lodge
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment

provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

Photo CD's:

You can order a CD-Rom of photos of your campers week at the store for \$15 and it will be ready for you when your camper leaves. Photo CD's may be ordered after camp but a shipping charge is added. Individual photos are available for purchase in our online photo gallery offered through our registration system.

Epi-pens or inhalers:

In order to keep an epi-pen or inhaler with your camper new state regulations require special forms (in addition to the health form) signed by both parents and physicians. The form is available at: www.pilgrimlodge.org or by calling 724-3200

Health Forms:

Your physician signed health forms should be faxed to 207-724-3732
OR mailed in to: Pilgrim Lodge, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345.

Health Check:

A health screening will be performed upon arrival.

Directions to Pilgrim Lodge

Office Phone: 207-724-3200

Traveling North on I-295:

Take exit 51, turn Left on Route 126. Follow Route 126 about 2.5 miles.
At the blinking light turn RIGHT onto Spears Corner Road
Continue straight for 4.3 miles (through 2 stop signs) to a third stop sign
Careful: cross traffic does NOT stop at any of the three stop signs
At that third stop sign turn LEFT onto Neck Road
Pilgrim Lodge will be one mile ahead on your RIGHT

Traveling North on I-95:

Take exit 86 and turn LEFT onto Route 9
Drive a mile and half and turn RIGHT on route 126
In 10.8 miles at the blinking light with “Litchfield Country Store” on your right, Turn LEFT
at Batchelder’s Corner (the post office should now be on your right)
In 2 miles bear LEFT on Neck Road
Pilgrim Lodge is 2 miles ahead on the LEFT

Traveling South on I-95:

From I-95, take exit 109 B onto Route 202 west.
See below for remaining directions.

Traveling West:

Travel through Augusta on Route 202, cross over I-95
See below for remaining directions.

South and West continued:

After 2.5 miles, (by the Manchester Citgo), at the stoplight where route 17 turns right
(don’t turn right) and 202 goes straight (don’t go straight) turn LEFT onto Pond Road
Proceed South for about 6.5 miles
Pilgrim Lodge will be on your RIGHT

Traveling East:

Take 126 from Lewiston to Litchfield.
At the blinking light with “Litchfield Country Store” on your right, Turn LEFT at
Batchelder’s Corner (The post office should now be on your right)
Drive 2 miles and turn LEFT onto Neck road
Pilgrim Lodge will be in 2 miles ahead on your LEFT