

Pilgrim Lodge Adult Camper Guide



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

All About Pilgrim Lodge

Welcome Campers!

Thank you for joining us at Pilgrim Lodge this season! This guide is designed to help you prepare for your time at Pilgrim Lodge and to know what to expect of policies and procedures when camp time comes.

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

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 each bring our unique and sacred lived experiences as we are called into relationship with one another on the shores of Lake Umbagog. We believe that intentional periods of living together, seeing the divine in one another and sharing in appreciation of the beauty of the earth, gives our spirits a chance to open to life in a real and vital manner. We believe in providing space to slow down the rapid pace of modern life in order to tend to community.

As a camp, we offer classic elements of a Maine summer, including cabin living, meals in the dining hall, and time at the waterfront. Amidst the fun activities at camp, we seek to explore issues of justice, focus on care of self, others, and creation, and build relationships that equip us to return to the world beyond. While rooted in the Christian tradition of the United Church of Christ, we believe no single tradition holds all the answers to the questions and challenges our world faces. To that end, campers explore scripture and other texts through the lens of story,

metaphor, and critical thinking. Campers also design and participate in worship and Sacred Gathering experiences that find inspiration in a diversity of perspectives and in the natural world. Camp is for anyone on a journey of spiritual exploration, faith formation, or any other form of religious engagement.

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 Pilgrim Lodge programs are the same for everyone according to our Statement of Faith.

Is Pilgrim Lodge the Right Fit for me?

When considering whether Pilgrim Lodge is the right fit for you, it is important to keep in mind that campers participate in a group living environment with shared cabins in bunk beds, meals and activities. Pilgrim Lodge is an accessible site with paths, ramps, and a boardwalk connecting the majority of the sites' facilities. It is a naturally wooded environment with areas of uneven terrain. A bell is rung to signal the change in activities.

Campers should expect to:

- Attend to their own personal hygiene needs independently including brushing teeth, showering, getting dressed and using the toilet.
- Participate in group meals. A primary menu is served at every meal with alternatives available at each (oatmeal and cereal in the morning, a salad bar and sun butter and jelly at lunch and dinner). Pilgrim Lodge is prepared to support a range of dietary restrictions and food allergies, but extreme restrictions will have to be supplemented with food provided by the camper. Contact the Pilgrim Lodge office to plan accordingly.
- Participate in daily camp activities. Daily life at camp involves a structured schedule with engaging and stimulating activities. A rest period is available after lunch each day and breaks may be offered to campers for short intervals. Many activities are optional, but individuals should be prepared to follow the schedule set for the day.
- Self-regulate emotions and seek support from Deans, camp staff or the Director if assistance is needed. Camp experiences can be intense and stimulating and emotions can run high. Conflict can occur in group living situations. Campers are expected to engage in problem-solving and conflict resolution practices.
- Adhere to camp rules and treat all others at camp with dignity and respect in order to uphold safety for self and others.

Pilgrim Lodge Accommodation Policy

While Pilgrim Lodge is a fully accessible site with paths, ramps, and a boardwalk connecting the majority of the sites' facilities, some of the terrain may be difficult for those with mobility issues. All the roads, trails, and paths are dirt or gravel and the boardwalk is made of cedar decking. We continue efforts to make the waterfront more accessible and user friendly. We do have a golf cart to provide individuals needing assistance with access to some of the more difficult-to-access locations, such as: the cookout field, both ball fields, chapel, labyrinth, and Quitobaquito (dining

hall). In addition, we do have 2 cabins with ramps and accessible showers for those who need them.

If you require additional assistance with mobility, verbal or sign language interpretation, vision, social interaction, mobility or fine motor skills, medical or other personal situations, we ask that you attend with an “aide” to provide the extra care you need. For adult camps, we recommend the aide be a friend or relative with a personal relationship and knowledge of your situation and the ability to provide the additional assistance required. The aide would be a camper registered for the session, and could fully participate in camp activities, maintaining the priority of ensuring the camper has the assistance and support they require to have the best experience possible at their camp session. Both individuals would be housed together, with the potential of sharing a cabin with other campers as well.

Please let us know ahead of time if you require specific accommodations or mobility assistance, so we can be sure to have an appropriate plan in place. In addition, if you will be attending with an aide, please provide us with that information so we can be sure to house you both together with the appropriate accommodations.

Health Care

There is no Health Care Provider on duty for adult camps. Adults are responsible for their own health care. In the event of an emergency, participants would be brought by ambulance or arranged ride to the MaineGeneral Health emergency room in Augusta.

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 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 written by your Deans from the camp office 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 on the camp listing.

Camp Outreach Project

Each summer Pilgrim Lodge has an outreach project that is incorporated into each session, typically as an evening program presentation and activity. Through this program, campers learn about an organization or multiple organizations that Pilgrim Lodge will support, how those involved with the organization work to help others, and what Pilgrim Lodge campers can do to help their organization. As part of the project, campers and families have the opportunity to contribute monetary or other specific donations. These donations are generally collected during check-in at camp or the family may designate remaining store balances at the end of the week to be donated to the outreach project.

For more information about this summer's Outreach Project, visit our website -

<https://www.pilgrimlodge.org/summer-camp/outreach-project/>

Theme and Curriculum

Each year has a different theme divided into concepts to explore each day that relate to a scripture passage, sacred text or other guiding content for that day. The curriculum provides age appropriate activities that are generally utilized during Family Group time. For multifaith camp programs, thematic material from the curriculum may be used while drawing upon a variety of other texts. Deans, counselors, and staff are encouraged to weave the themes throughout the day as well.

Outcomes: The Pilgrim Lodge program and use of curriculum are designed to support campers in developing a sense of community and belonging through increased self-confidence and being accepted for one's authentic self. Through exploration of concepts of faith and spirituality, campers will be encouraged to reflect upon the value of spiritual seeking in their own lives.

Registering and Preparing for Camp

Registration

Registration and payment is through Pilgrim Lodge's UltraCamp platform. Confirmation notices will be sent after registration and the deposit are received and accepted. Registration confirmations are sent by email. If the UltraCamp system presents a barrier, contact info@pilgrimlodge.org or 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 two weeks before the start of the camp session.** 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 adult 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.

Scholarships

Many local churches and some community organizations have their own camp scholarship program. If you are associated with a church, please ask your pastor if such a program is available. Additionally, scholarships are also available from the Maine Conference UCC by applying through Pilgrim Lodge. There are a limited amount of funds for distribution. Scholarships will be dispersed as long as funds remain for the season. Please apply only if you are truly in need in order to attend camp. Scholarship options are available at: <https://www.pilgrimlodge.org/summer-camp/scholarships/>. Please contact us at info@pilgrimlodge.org or calling 207-724-3200 for support or questions.

Health Form Requirements

Adults campers must complete a single-page Health and Emergency Information Form for Adults and Families. No doctor's signature is needed. This form is built into the UltraCamp registration system to be completed online before camp.

Medications

During adult-only events at Pilgrim Lodge, adults may keep medications (prescription or non-prescription) with their belongings. We ask that you be discreet and keep medications out of sight in your controlled possession.

Photographs and Publicity

By registering for camp, campers agree that photographs taken of campers may be used for promotion by the Maine Conference, United Church of Christ including, but not limited to: future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge or Maine Conference UCC website and social media platforms.

Every camper will receive an 8X10 photo of all the people in their camp. After camp, photographs from camp are posted in UltraCamp and available through the log-in of the primary contact for the camper. Photos can be viewed as follows:

1. Log into your UltraCamp Account
2. Look for the three horizontal lines in the top left corner, select Photo Gallery
3. Select the appropriate camp season by year
4. Select the camper who is at camp this week
5. Follow instructions to purchase photos as desired.

Communication

U.S. Mail to campers

Address letters this way:

Camper's Name,

Name of session (ie: "Lighten Up, Loosen Up"), Cabin # (camper's cabin number)

Pilgrim Lodge

103 Pilgrim Lodge Lane

West Gardiner, ME 04345

Cell Phones and other Communication devices

Disconnecting from the world of electronics is an important part of camp community building and getting the full value of the camp experience. We recognize that adults may have family and business responsibilities that require them to make contact. Please do not use your cell phones and other communication devices in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voicemail answer the phone and retreat to an isolated place to check the message and return the call. Please aim to disconnect from your devices while at camp and honor the above guidelines if you are not able to fully do so.

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 207-458-8219. Please do not call the emergency line for administrative or non-emergency reasons.

Packing and Arriving

What to Bring*

- Casual relaxing clothing
- Warm layers for cold days or nights
- Warm pajamas
- Rain gear
- Shorts
- Jeans / pants
- Sweatshirt or fleece coat
- Bathing suit and Beach towel(s)
- Shower shoes / beach shoes
- Sneakers / closed-toed shoes for recreational activities
- Bathroom items (towel, washcloth, soap, toothbrush, floss, comb/brush, shampoo, etc.)
- Sleeping bag or sheets and blankets for twin-sized cot
- Pillow with pillowcase
- Flashlight
- Laundry bag
- Insect repellent and Sunscreen (SPF 30 or more)
- Water bottle with name written on it
- Notebook, pen, stationary, stamps
- Musical instrument (optional)
- Money for store and option Outreach Project donation
- Medications: Prescriptions must be in **their original container** and clearly marked with the camper's name.
- Items specified in the Dean's letter for the session which could include:
 - Bible or other reading materials for the program
 - Clothing to tie-dye
 - A special outfit for the camp photo

*Please contact the office if there are items that you don't have. We may be able to share!

What NOT to Bring

- Cell phones, electronic communication devices, computers, electronic handheld games, or any device that uses wireless or cellular data
- Alcohol or illegal drugs
- Weapons (including pocket knives) or fireworks
- Pets (contact the office in the event that a camper utilizes a service animal)
- Valuables or jewelry
- SCUBA Equipment
- "Healies," skateboards, in-line skates

Personal items

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the music cabin), and sporting equipment, provided their name is written on the item. Pilgrim Lodge is not responsible for lost, stolen or broken items.

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.

Alcohol and Drugs

Alcohol and other drugs are not permitted at Pilgrim Lodge or Outdoor Ministries events. Drugs include recreational marijuana, inhalants such as gas or glue, illegal substances and the misuse of over the counter or prescription medicine. Anyone using or possessing alcohol or illegal drugs or misusing prescription drugs will be asked to leave immediately.

Smoking

Pilgrim Lodge programs are tobacco-free. If you are an adult and need to use tobacco products while attending a camp session, please contact the office (info@pilgrimlodge.org or 207-724-3200) to determine allowable options.

Fireworks

Fireworks are not permitted at Pilgrim Lodge Anyone using or possessing fireworks will be asked to leave.

While at Camp

Camp Store

The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes and combs. Pilgrim Lodge wear is certified sweatshop and child labor free! Ice Cream time is built into the schedule and cones cost \$1.50. All proceeds from the Pilgrim Lodge store go directly to support the

ministry of Pilgrim Lodge. Cash, checks, and credit card are accepted at the store during adult events.

Staying in the same cabin with friends

If you have a request of whom you might like to stay with, please let us know by completing the Cabin Preference form in UltraCamp during registration. Also let your friend know that they will need to make the request too. When we have both requests, we will make the effort to lodge you in the same cabin.

Waterfront and Boating

Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguards. Under no circumstance are adults to swim anywhere on the lakefront except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours. If you have your own boat or kayak and would like to use it, feel free to bring it, but be sure to confer with the lifeguards.

Leaving Site

When leaving site for any reason, during the camp session, all campers will need to sign out. In the event of an emergency, we need to be able to account for all individuals.

Pilgrim Lodge Sign-Out Policy - *Applies to Adult Campers, Counselors, and Deans*

If an individual needs to leave site for any reason they will:

1. Tell the dean they are leaving
2. Sign out on the clipboard in the dining room next to the parking lot exit
3. Provide time of departure
4. General location destination
5. Approximate return time
6. Sign back in on the clipboard upon return

Visitation

Please do not arrange visits from non-participants during your event.

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