



SEASONS

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Hello from Pilgrim Heights

This is the inaugural edition of our new quarterly newsletter, Seasons. In this newsletter, we will provide a preview of things to come, reflection on past activities, an introduction to staff, and other fun facts.

Highlights of the 2009 Summer Camp season

We had another successful summer at PH this year with over 300 campers of all ages and varied interests spending anywhere from a day to a week with us.

This year, we sent evaluations home to campers to find out what they enjoyed most about camp. Here are just some of the things campers have enjoyed:

- The Climbing Tower and Challenge Course (photos on page 3 & 4);
- Being at Pilgrim Heights with my grandchild(ren) (photo on page 2);
- Fishing, Boating, and Swimming (photo below);
- Singing around the campfire and s'mores (photos on page 3);
- Friends (photos on page 3 & 4); Everything!

We also asked campers what they would like to change or add for next year; so we can make summer camp better and better each year. They said:



- More campers - so, talk to your friends and family about all the fun you had at Pilgrim Heights this summer. Your excitement will be contagious!

- New games / activities - Like wind surfing,

horseback riding, tennis, beach volleyball.

• Update cabins and bathrooms - Consider Adopting-A-Cabin, or Contribute to the Shower Shake-Down campaign to replace the Oaks shower facility with a new, modern, handicap accessible facility by next summer.

- Nothing! Just more of the same...

Plans for summer 2010 are already underway. Stay tuned, the schedule will be released in the February edition of Seasons. Until next time! Ann Graham, Ex. Director

Farewell to Sarah Lauterbach

A new season has come to pass in the life of one of our valued employees. In August 2009, Sarah Lauterbach, our friend, Program Director, and Summer Staff member and Lifeguard for many years, embarked on a new career.

Sarah is currently living in her hometown of Waterloo while picking up some prerequisite courses at Hawkeye Tech before heading on to graduate school for Occupational Therapy next fall.



Ann Graham, Sarah Lauterbach
and Julie Eberbach

We will miss Sarah's dedication, her helpful hands, and her expertise. We wish Sarah all the best in her new endeavor, confident in the knowledge that as a lifelong Friend of Pilgrim Heights, Sarah will never be too far from us.



Shower Shakedown Campaign

The existing Oak Village Shower facility, located under Oak Lodge, has served us well for over 50 years; but it's time to replace these outdated washrooms with a modern, handicap accessible, well-ventilated, easily cleanable, three-season structure. The new shower facility will be situated on the south edge of the existing Oak Village complex with convenient access to the Oak cabins and lodge.

The Board of Directors of Our Sacred Space is steadfast in their commitment that any capital projects be started **only after all funds are raised**. In order to start construction, with a targeted completion of Phase One of this structure for the 2010 camping season, we need your help! The total estimated cost is \$90,000. The total funds raised are \$39,000, with a remaining goal of \$51,000. To assist with your financial support, donations may be sent to 3005 E Ave, Montour, IA 50173; or online at: www.pilgrimheights.org.

THE GIVING SEASON - -

By Jane Meyer, OSS Treasurer

Celebrating the end-of-the-year holiday season means gifts given and received.

- Lists are made and budgets reviewed.
- Thoughts move toward memories of times past and hopes for the coming years.
- Reflection reveals the real meaning of giving.
- Gratitude flows both ways: for the opportunity to give as well as for the gift.

Our Sacred Space, Inc. board members and staff hope you enjoy and embrace the connections we celebrate when we give and receive gifts of the season.

\$ - Our Sacred Space, Inc. has monetary gifts at the top of our Gift Wish List!

\$ - We need money to continue to support our staff as they work toward meeting the capacity for serving more people at Pilgrim Heights.

\$ - We need money to continue to fix and maintain the facilities at Pilgrim Heights.

Here are some additional gift ideas for giving to those with whom you want to share the giving season.

A gift in celebration of a child:

Registration for

- Winter Youth Retreats tucked inside a pair of mittens
- Elementary Spring retreat tied to the tail of a kite
- High School Spring retreat wrapped around the DVD of *Clue*
- Junior High Spring retreat inside a treasure bag of "gold" candy coins
- Summer camp of their choice rolled up in a sleeping bag
- Framed picture of a favorite camp experience

A gift in celebration of an adult:

- Registration for a Spiritual Growth weekend
- Time off to counsel a summer youth camp
- Seasons Limited edition Prints by Barb Noble (all proceeds support scholarship for Pilgrim Heights campers – view them at our website)

A gift in celebration of Pilgrim Heights Camp & Retreat Center:

- Any of the gifts you give from the lists above!
- Contribution to the Shower Shake Down – so summer 2010 can be squeaky clean
- Donation to the Operations Campaign – pick a piece of the action to support
- Grant a wish from the wish list of items on our website (www.pilgrimheights.org)
- Sponsor a scholarship for a child to go to camp
- Give in memory or honor of someone special who loves Pilgrim Heights
- Volunteer as summer camp counselor or join a building & grounds workgroup

From Our Sacred Space, Inc., to you and yours, best wishes for a joyful gift giving season!



Grandparents and grandkids connecting at a Grandparents Camp this past summer at Pilgrim Heights.

Dear Friends of Pilgrim Heights,

This has been a year of Great Transformations and budding new hope including the introduction of our first Shoulder Season programming schedule. Like infants learning to walk, we totter at bit on occasion; but we discover our strengths and weaknesses as we grow.

We are again offering events for youth, adults and inter-generational groups. The highlights and dates for some of these events are found throughout this brochure. The specifics will be disseminated in print and on our web site under www.PilgrimHeights.org/group. If you have questions or suggestions or would like to have this information emailed to you directly, please contact us.

You may notice that we have withdrawn the Hobbies and Educational Activities from this year's calendar of events. However, we invite you to schedule a day, a weekend or a week away with your quilting group, scrapbooking friends, photography club or dear friends any time. Come and enjoy fellowship and the facilities; and we'll take care of the food.

Additional ways you and your family can enjoy our hospitality beyond the Shoulder Season programmed activities include: weddings & receptions, anniversary celebrations or family gatherings. Your church family can also come for an overnight all-church retreat, a day-outing for a worship service & meal, or a leadership retreat.

No matter the season, no matter the reason, this sacred space called Pilgrim Heights welcomes and rejuvenates the soul.

Come join us,
Ann Graham
Executive Director

FEEL LIKE A KID AGAIN - -

There are times when days, weeks and even years blur past us, when we recall fondly of days gone by often remembering the 'endless' summers that we enjoyed as children. Simple things could entertain us for hours and we would anticipate learning new things as each summer would unfold. Volunteering at camp can provide us an opportunity to reclaim a bit of that lost youth. Whether simply spending a day working on a project or committing a week (or two) working with kids as a counselor or dean, we can get our hands dirty, run around and be surrounded by sacred space and special people. We can have the opportunity to teach and to learn, to lead and to play, to try new things and get re-grounded to the importance of our spiritual life.



Please consider offering the gift of 'you' during the next year. There are various opportunities that will recharge your batteries and hopefully enrich you as well. I have often heard folks, usually parents, say that they would like to learn to sail, or go on a canoe trip. By helping out at camp, you can try new things or refresh old skills. Your enthusiasm will be magnified in those

around you, making the experience all the better. I have participated in many activities at camp and have never been disappointed. There are many good people that participate at Pilgrim Heights. I am a better person because of them! I look forward to seeing you at camp during the next year, I'll even teach you to sail.

Dave Eberbach – lifelong camper

New logo for
Pilgrim Heights



MEET LYNNETTE - -

Lynnette Harwick joined the Pilgrim Heights family in June and assisted with the 2009 camping season. She serves as the registration coordinator and also helps schedule various activities, including weddings and receptions held at the camp. She also maintains the website. In addition to these duties, Lynnette also assists Ann and pitches in with whatever needs doing.

Pilgrim Heights is not new to Lynnette, since she came to camp at Pilgrim Heights as a high schooler with her church group several times, including winter retreats. She was born and raised in nearby Toledo. She is married to Erin, and they have two young daughters, Emma - 4, and Leea - 2. Before she was married, Lynnette lived in Des Moines for awhile, and then she and Erin moved to Kansas City after their marriage, but decided to return to Iowa to raise their family. Erin works at the Tama Paper Board in Tama.



Lynnette has enjoyed getting reacquainted with Pilgrim Heights and the many changes since her days of camping as a teenager, and is looking forward to an exciting 2010 season. She is anxious to monitor the improvements that are being planned for the camp, and she would also like to see more weddings take place in the beautiful settings available at Pilgrim Heights, not only the Four Seasons Lodge, but also the many possible outdoor settings that the camp offers.

Welcome home Lynnette - to Iowa and to Pilgrim Heights!

MAKE A DIFFERENCE - -

Whether you sponsor a camper or an improvement at the camp, you can do it either by mail at:

3005 E Avenue, Montour, IA 50173;
or online at: www.pilgrimheights.org



Are you in this picture? You could be - come and join us around the campfire next summer at Pilgrim Heights!

Great friends,
Great fellowship,
Great food,
Great fun!

Shoulder Season Programming Schedule Dec. 2009 thru April 2010

HS/YA Winter Retreat.....	December 29-30
Elem/Jr High Winter Retreat.....	Dec. 31-Jan. 1
Spiritual Growth 1	February 8-9
Spiritual Growth 2	March 6-7
Elem. Retreat - Spring.....	March 12-13
HS Retreat - Spring	March 19-20
Jr. High Retreat - Spring.....	April 9-10

HS/YA – Winter Retreat

Tues., Dec. 29, 1:00 pm - Wed., Dec. 30, 1:00 pm

High School and Young Adult Forum:

Were you involved in church activities in junior high and high school? Now that you're a little older, are you wondering how to be part of the church as a young adult? Come for an informal, but exciting discussion about how young adults can become a vibrant part of the Iowa Conference and the church as a whole.

The cost of the retreat is \$35/person. For more information: www.PilgrimHeights.org/groups/HSYA-WinterRetreat

Elem/Jr. High – Winter Retreat

Thurs., Dec. 31, 1:00 pm - Fri., Jan. 1, 1:00 pm

3rd – 8th graders celebrate New Years at Pilgrim Heights! Count down the last moments of 2009 with your friends and ring in 2010 at the bell in the field. There will be music, games, movies, food, fellowship, and more.

The cost of the retreat is \$35/person. For more information: <http://www.pilgrimheights.org/groups/ElemJrHighwinterRetreat>

Spiritual Growth 1

Mon., Feb. 8, 6:00 pm - Tues., Feb. 9, 3:00 pm

Taking Pause: A Midwinter Retreat

Join us for an opportunity for new beginnings, fresh starts and second chances as we explore what this start of a new year in faith means to each of us.

The cost of the retreat is \$95/person. For more information: www.PilgrimHeights.org/groups/SpiritualGrowth1

Spiritual Growth 2

Sat., March 6 - Sun., March 7

Would you like to enjoy a fuller and more joyous life? Who wouldn't? You are invited to explore and deepen your spiritual life through: Group activities including centering prayer and Feather/Stone Circle; Individual spiritual direction and Yoga, massage or healing touch therapy

The cost of the retreat is \$95/person. For more information: www.PilgrimHeights.org/groups/SpiritualGrowth2

Elementary Retreat - Spring

Friday, March 12, 5:00 pm - Saturday, March 13

There are hundreds of references to wind throughout The Bible. This weekend, we will learn about situations in which God created or directed the wind for God's purpose. We will fly kites, visit a wind generator site and learn about renewable energy and the natural factors that affect the wind.

The cost of the retreat is \$35/person. For more information: www.PilgrimHeights.org/groups/Elementary-Retreat-Spring

High School Retreat – Spring

Friday, March 19, 5:00 pm - Saturday, March 20

Are you up for a game of CLUE? Masquerading as detectives, we'll attempt to solve the famous murder mystery, the death of Christ. Can you figure out WHO DONE IT?

The cost of the retreat is \$35/person. For more information: www.PilgrimHeights.org/groups/HighSchoolRetreat-Spring

Jr. High Retreat – Spring

Friday, April 9th, 5:00 pm - Saturday, April 10th

Pirates at Pilgrim Heights? Arrgh, matey, it's true. And you just might be one.... if you join us in our adventures searching for buried treasure! This will be a fun-filled weekend where we discover the treasures God has buried within each one of us. And, bring your best pirate outfits and pirate jokes – there will be prizes!

The cost of the retreat is \$35/person. For more information: www.PilgrimHeights.org/groups/JrHighRetreat-Spring

FRIENDS,
FELLOWSHIP,
FAMILY, FAITH
& FUN AT . . .



PILGRIM
HEIGHTS
CAMP
2009