

# NEWFOUND•OWATONNA Call of the loon

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FALL 2022



## A Foundation of Love

BY SETH JOHNSON, Executive Director

In the past several years it seems that a lot has changed in the world. Most children had their schools close and participated in online learning for some period of time. Camps, sports, clubs, parties, and other social activities temporarily closed or changed for many people. There is a belief that because of these challenges stemming from the pandemic, many children continue to struggle academically, socially, and emotionally. At Camp, however, our higher spiritual sense tells us that these challenges can be met and overcome by learning more about God and Christian Science. Camp is a great place to help address and overcome these challenges. At Newfound and Owatonna, children and staff spend the summer striving to grow spiritually, learn new skills, build new friendships, and have fun.

Our metaphysical theme for 2022, from *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, was, “The vital part, the heart and soul of Christian Science, is Love” (113). Love permeates everything at Camp - each activity, each interaction with campers and staff, each challenge and victory. We can see the power of this love and support every day as it encourages our campers

*Continued on page 2*

## Call of the loon

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### PROGRAMS

Camp Newfound *for girls*

Camp Owatonna *for boys*

Family Camp *for everyone*

Creative Arts *for adults*

www.newfound-owatonna.com

to go out of their comfort zones by meeting new people, trying unfamiliar activities, going on challenging trips, taking on leadership roles, and growing in many different ways. This Love is what makes a summer at Camp a place of growth and healing. This Love transforms all of us.

At Newfound and Owatonna, we strive to be warm, inclusive, and welcoming. We encourage campers to learn new things in a loving, fully supportive environment. Counselors, cabinmates, older and younger campers – really everybody – are there to support each other with the radiance of Spirit, Soul, and Love. Here are some examples of the growth that we've seen at Camp where the children feel buoyed by this Love:

- Waterskiing off the boom for the first time with a counselor supporting you from the boat
- Signing up for an overnight white water canoeing trip which required learning strokes in the lake, then practicing white water techniques on a day trip
- Giving a testimony at Wednesday Evening Testimony meeting after sharing first within your cabin and then at Morning Meeting
- Persisting in trying to pass the Big Float test and succeeding on the final day of Camp after taking lessons all session and having your whole cabin sing from the dock as you tread water
- Finishing the Mountain Man Challenge (racing up and down three different peaks) with confidence and enthusiasm
- Making it to the top of the climbing wall, down the zip line, or jumping off the "leap of faith" for the first time

At home during the school year, children are challenged, too, but often these challenges come with the pressures of academic grades, making an athletic team, or participating in a musical performance; often such challenges come with a burdensome nature of competition. At Camp, we are a place where every camper and counselor feels supported in what they do, where growth is individual and celebrated by all. In this atmosphere campers naturally thrive and are helped to demonstrate above the undo pressures of competition. Starting each day with reading the Bible Lesson during Quiet Hour in their cabin and then sharing inspirations at our all-camp Morning Meeting is the foundation that gives campers and counselors the confidence to be their best selves. The "heart and soul of Christian Science," Love, is what we rely on throughout the day, through any situation – physical, social, or emotional – that presents itself as a challenge.

We know that the tools that our campers develop during the summer will strengthen them and help them be ready to utilize throughout the year to help overcome any challenges they face in their homes, schools, and in their communities. Newfound and Owatonna campers and counselors share their confidence, creativity, and leadership with others. As a 2022 Newfound camper's parent told us about her daughter's experience at Camp this past summer, "I like to think that for the rest of her life, when she is having doubts and insecurities, she can fall back on this moment for loving introspection." We know that Camp can give all children and staff the foundation of Love to do this, too.



# What Makes Camp Special

BY OLIVER COOPER

For some time I had hoped to find an opportunity to make it back to Camp Owatonna. After spending four years as a camper and another four as a counselor, it had been many years since I had been back. In the time since then my appreciation deepened for all the life-shaping experiences Camp gave me. Now, as a parent of three young children, I looked forward to introducing my family to a place I hoped would be special to them someday, too.

The Owatonna 100 Year Reunion proved to be just the right opportunity for our family to visit. When we signed up for the reunion, I wondered to myself, "Will Camp still be as I remember?" What I found was not only did Camp have the same familiar look and feel, but being at the reunion meant that I got to reconnect with so many of the great people from my camp experience. I saw old cabinmates, counselors, and directors with whom I worked, and younger campers I remembered who had now grown into great adults. It was heartwarming to see all the generations of people Camp has blessed. My family had a great time, and the seed had been planted that we should try to come back again.

The next summer our family went to Family Camp for the first time. Most of our family vacations involve trips to see other family, so this year when we were planning to visit our kids' grandparents over the summer, we floated the idea of getting

together for a week at Family Camp. It ended up being one of the best experiences for all of us.

The setting on Long Lake is beautiful and still stuns me everytime I lay eyes on it. There was a great mix of activities, some where we could peel off and explore our own things, and others that were fun to do altogether. Our family spanned ages from two to 70s, and we all found opportunities to tap into our childlikeness and go play and explore. At meal times we would all gather to recap our adventures from the day and enjoy a delicious meal prepared by the kitchen staff. The whole Family Camp staff took such great care of everyone.

Underpinning the whole experience is the environment that makes Camp so special where each day you see "Love reflected in Love" in action. My wife and I watched our four and five year olds climbing up the rock wall, and just when they thought they had made it as far as they could go, we could see the support and encouragement from other kids and counselors lifting them to new heights. I also got to see my parents – who never had the chance to attend Camp, but made sure my sister and I had the opportunity to go – get to experience for themselves what makes Camp special. It was such an uplifting week for all of us, and I love hearing my kids recount their own special memories from Camp as they look forward to their next trip back.





# A Day in the Life of a Newfound Counselor

BY MARY RANKIN, Newfound Director

I hear the sound of the loons as I open my eyes to the sun peeking in the cabin windows. As I sit up in bed and look out at the lake, I notice the early morning fog lifting off the lake and the reflection of the trees in the water. This is my favorite time of day at Camp. So peaceful! I brush my teeth, throw on my Newfound sweats, and head to the tennis courts to meet up with a few other counselors. We are going to get in a quick workout before our staff meeting.

**6:30 am** The staff circles up in the Grove to kick off our day with some metaphysical sharing. Mary shares one of my favorite short poems called “Memo from God.” It’s a good reminder that Divine Love is directing and guiding our day. Then the “Practitioner of the Night” (a counselor) shares ideas from her prayers for Camp last night.

**6:35 am** It’s time for the staff’s personal metaphysical study for the day. I grab my Weekly Bible Lesson, a *Christian Science Sentinel*, and my journal and head toward a picnic table near my cabin. It’s so incredibly peaceful! At this point in the day the lake

is still calm, the air is crisp, and I can smell the fragrance of the pine needles. I open my Christian Science books and begin to study.

**7:05 am** I head back to the Grove, and a few counselors share inspirations from their metaphysical study time; then we jump into announcements for the day and wrap up by sharing gratitude and highlights. I share how awesome it was to see the campers cheering each other on during our triathlon yesterday.

**7:20 am** As a staff, we play a quick round of Alaskan Baseball (such a fun game). The rubber chicken accidentally gets tossed into the lake, and we all burst out laughing as a counselor dives in to save it!

**7:30 am** The Counselor of the Day (COD) rings the bell. “Good morning! It’s going to be another awesome day at Camp!” I say as I open the door and greet my campers. Five out of seven campers pop right up and begin to make their beds, square corners and all (our cabin is doing really well in inspection these days!). The other two need a little encouragement as

*Continued on page 10*



# The Heart of Camp

BY REID CHARLSTON, Owatonna Director

Each year our leadership team chooses a metaphysical theme. The purpose is to give us a lens through which to focus our prayers as we prepare for and execute the summer. Over the years, I have enjoyed spending time pondering and praying about the themes we have chosen. The time I have spent with them has definitely helped deepen my understanding of their important messages and has brought me closer to God, but our 2022 theme from *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, “The vital part, the heart and soul of Christian Science, is Love,” might be my favorite one yet (113).

If you asked me before the summer

began where I would rank this year’s theme, it probably would not have been too high. Sure, I love the idea of Love and I know how important it is to the understanding and practice of Christian Science, but to be honest, it was a busy spring and I hadn’t taken the time to really dig into it in the same way I have some of the other themes from the past. I also had other things I was focusing my metaphysical time on, and I think my justification was that it was more simple than some of the other themes we have used and therefore didn’t need the same effort to be prepared to use it throughout the summer. Well, simple it is, but I didn’t realize then how much I would see its

power and truth all summer long.

I first started to notice it during pre-camp staff training in early June. During the two weeks that staff are getting to Camp and preparing for the arrival of the campers, they spend time getting to know each other, getting certified to teach in their specific activity areas, and learning what it takes to be a good counselor. As we have our discussions and debriefs, I am always looking for ways to connect what we are doing to the spiritual understanding that is so important for students of Christian Science, and what I began to realize was that our metaphysical theme fit in everywhere. When we talked about building a cabin atmosphere, Love was

*Continued on page 11*





# What our Parents Say about a Summer at Camp

**W**e see the growth and fun that campers experience every summer at Camp from learning new skills, building new friendships, and making lifelong memories. But we thought you might enjoy hearing what camp parents say about the benefits of a summer at Camp.

“Growing up as an only child with a single mother in a big city, going to Camp every summer for seven weeks starting at 8 years old was as exciting to me as visiting Disney World! I always have felt that Camp was what shaped me as a person: my spirit of adventure, willingness to try new things, my outlook on life stemming from approaching every activity from a spiritual basis, experiencing the strong bonds of friendship, and being a problem solver and caretaker.

Camp was always my second home, my soft place to fall every summer. And when I was too old to even be a counselor anymore, I jumped at the chance at being on staff at Family Camp. When our first child was born, I didn’t hesitate to sign up for Family Camp so even as a baby she could experience Camp! I never doubted that my children would follow in my footsteps at Camp so that they could benefit from the same experiences I valued so much in my childhood.

And Camp has not disappointed! My three kids adore Camp as much as I do and did! They talk about it all year long and never blink an eye when summer plans are discussed in the winter. Camp offers them not only all the fun and excitement that a summer should, but the chance to be independent, make

choices for themselves, and witness their extraordinary abilities in all areas of life from trying new foods and activities to developing new relationships and helping others. Camp allows them to come into their own where their experiences and lessons are all theirs, of their own making, to take with them into life. Sending them to Camp every summer has been one of my greatest accomplishments in parenting, and every summer when they come home they are wiser, more caring, more adventurous, and above all, more confident! ‘Those who share its treasures have memories of gold.’”

- Newfound-Owatonna parent

“I send my children to Camp to give them an opportunity to try new things and develop more independence and confidence in a supportive atmosphere where everyone wants and expects them to succeed.”

- Owatonna parent

“I send my daughter to Camp because I know she will be surrounded by unconditional love and support throughout her summer there. At Camp, she is always motivated to be the very best version of herself. She is able to try so many new activities and relies on God whenever she’s faced with a challenge. I’m also incredibly grateful for her Newfound sisters. They are her closest friends, and she communicates with them every day of the year.”

- Newfound parent











# The Ultimate Vacation

What do you call a week filled with fun, new friends, and great memories on one of Maine's most beautiful lakes? Family Camp! We have activities for everyone in your group, from childcare for our youngest campers to water sports, tennis, rock climbing, and so much more for the whole family. It's a great place to try something new or spend an afternoon reading on the beach, soaking in all that summer on a lake in Maine offers.

However you fill your days at Camp, all the details have been taken care of for you. The only thing you need to think about is having fun. But don't take our word for it; watch our new Family Camp video and hear what our campers say

about the ultimate family vacation.

You can find it on our website under "videos" or under the Family Camp link; or follow this link to find it directly: <https://www.newfound-owatonna.com/videos/>. Filmed and produced by Nate



Richards, former Owatonna camper, counselor, and tripper, and current Newfound-Owatonna trips director, the new video highlights what makes Family Camp such a special vacation. We are very grateful for all the 2022 Family Campers who shared with us about their experiences at Family Camp this year and in past summers; thank you also to those of you who show up in the video in other shots. Please feel free to share this new video with any friends and family members who might be interested in learning more about Family Camp!

*Use the QR code  
to watch the video*





# Soul Song

*Art is an inseparable part  
of who we are and what we do*

BY DEB HENSLEY, Creative Arts Director

Between two shores of a very Long Lake, there's a cottage perched on a point. I got to call it home for eight days this past summer in my new role as director of Creative Arts camp.

By night the loons were crazy wonderful. First, just one soloing over the waves in his small, perfect voice. Then a whole chorus, tossing their heads at the stars, sending their calls to our ears – mournful, wild, bold. It was better than opera.

By day, the students coaxed shapes from clay, made stories in photos, painted with pastels, choreographed their own dances, built baskets, and devised a musical theater piece. It was a glorious week from start to finish with vibrant student and teaching artist showcases and Artists in Residence sharing the fruits of their work. All of it – remarkably free of human ego – full of color, sound, silence, gratitude, generosity, kindness, and authenticity.

We made new friends, sunk into conversations, and tapped our toes with the live band music. We sang hymns, played games, swapped songs, shared stories by a fire, and made our way into a deeper connection with the divine. As one 2022 Creative Arts student put it: “The experience revealed more of my potential and possibilities than I had ever even dreamed of being attainable – and now I am inspired to attain new heights of creativity. This is blessing me from the inside out, to infinity and beyond.”

And every night, our master teachers on the lake gave free concerts – their wild voices flowing through our open windows to where we slept – or tried to!



Blinking awake to one of these rock concerts at not quite 3 am, I sat up in bed. What were they insisting on teaching me? I wondered as I listened to their Soul language. Do they use God to create this astonishing music? No. They don't use God to do anything. They are already completely at one with God and they know it. They can't help but call and sing it.

By the end of the week, those elegant creatures had defined for me the spiritual basis for making art we're always talking about at Creative Arts camp. Like the loons, our work all week had been to live, move, make, and create as we are each uniquely called to do – by Soul. It's not about using God to help anyone be more creative. It's about yielding to our oneness with Soul and responding to Her calling. It's learning that art is an inseparable part of all we are and do – for, as the Long Lake loons know – Soul is our selfhood and song.



## Every Donation Makes a Difference

Help to bring all the things you love about Newfound and Owatonna to a new generation of campers.

Support Camp by giving to our Unrestricted, Campership, Capital or Endowment Fund or give monthly as a Sustaining Friend and please consider Camp in your current and future Planned Giving.

To donate: [www.newfound-owatonna.com](http://www.newfound-owatonna.com) or use envelope

VISIT [WWW.NEWFOUND-OWATONNA.COM](http://WWW.NEWFOUND-OWATONNA.COM) 9



they slowly peek out from under their covers.

**7:55 am** We finish cleaning the cabin just before the second bell of the day rings through Camp. At the Grove, we watch the CITs raise the flag.

**8:00 am** It's breakfast time! As we say grace in unison, the smell of bacon and maple syrup fill the air. Breakfast is my favorite meal at Camp!

**8:45 am** Quiet Hour. The campers head back to the cabin after brushing their teeth and begin to study this week's Bible Lesson. It's exciting to see that our camp metaphysical theme for the summer is in this week's Lesson: "The vital part, the heart and soul of Christian Science, is Love" (*ScH* 113:5-6).

**9:10 am** We gather for Morning Meeting. A camper shares how she overcame feeling nervous on the high ropes course a few days before. Next a counselor stands up and shares some ideas on loving yourself and others and seeing the beauty in each one of us. It's so special to be in a place where we can share thoughts and ideas with other Christian Scientists.

**10:00 am** Time to teach swimming! The Springs (youngest campers) are such an energetic group. Today we are helping the little ones practice for their Big Float test.

**11:05 am** Second period we have the Rivers who are a little older and working on holding their breath and swimming under water. We toss diving rings into the lake and have a diving competition.

**12:10 pm** Cabin recall. Everyone changes for lunch and heads to the Grove. I love to get there as fast as I can so that I can join the Hill Climb Club. I haven't missed a day yet!

**12:20 pm** Lunch is served! My cabin is the Inspection Honor Cabin this week, which means we get to go through the lunch line first. Yum, it is make your own salad day!

**1:00 pm** Rest Hour! We play the mail game as we pass out letters and then everybody hops on their beds for rest hour. Today is meal ticket day, so the campers write home about all of their fun adventures.

**2:10 pm** Time for third period. Instead of swimming this period, I was assigned to help out in the Art Studio where we are working with clay today. It's a great change of pace and the view of Hairbrush Island is beautiful! I help a few campers make pinch pots.

**3:05 pm** Fruit bell. Actually, surprise! It's cookie bell today (this is rare)!! Thank you to our awesome cooks, Mindy and Debbie, for the delicious treat!

**3:25 pm** I head back to swimming for fourth period. The Oceans (the high school girls) have been working really hard to pass levels this week, so we focus on swim strokes. We take the

last 15 minutes of class to play games on the Big Float. The high dive is especially popular today!

**4:30 pm** For Free Period today I am lifeguarding at the rope swing. It looks like we have a good sized group of girls ready to soar through the air and splash into Long Lake.

**5:20 pm** As the bell rings for shower hour, I post myself in the middle of the cubie hall so that I can chat with each camper as she goes to and from the Oaks (showers) and cleans her cubie for inspection. Shower hour is a great time to check in with everybody about their day.

**5:50 pm** The bell goes off and the countdown begins for flag lowering.

**6:00 pm** Dinner time! My campers and I are planning to sing the "hula hop" to my co-counselor. But first we sing two of our favorites: "Camp Dearie Camp" and "Newfound Days."

**7:00 pm** It's time for evening activity. We are playing Stratego tonight...a huge Newfound tradition! As a staff member, I am on Silver Birch, but I will secretly be cheering on my childhood team, the Green Hemlocks.

**8:00 pm** We brush our teeth, get in pajamas, and head to the cabin. This time of day is the best! We circle up and debrief our day by answering our Four Daily Questions. Truly, the campers are so loving, thoughtful, and strong! Newfound is amazing, and I feel so blessed to be here. Here are our Four Questions:

What was a highlight from your day?

How did you see the Newfound Woman expressed today?

Who is someone or what is something you are grateful for?

Did you do a "daily good" today or see someone else do a "daily good"?

**8:45 pm** Beginning with Fold cabin and all the way down the line I hear "Goodnight Cozy, Goodnight Sunshine, Goodnight Still Waters"...it's a domino effect of one cabin after the other saying goodnight through the windows. Finally, I hear "Day is Done" being played on the trumpet to indicate that it's time to be quiet. The campers go silent, and the pink and purple sky fades away as the sound of the crickets and waves get a little louder. One by one the girls' flashlights go out.

**10:00 pm** After catching up on some reading, I am almost ready to close my eyes for the night. Just one last thing..."Dear Journal, I want to express gratitude for what an important place Camp is to me. As a camper it changed my life and helped me grow in so many ways. I didn't think Camp could get any better, but I have to say that being a counselor IS even better! It's incredibly fun, enriching, and rewarding." As I turn off my flashlight, I smile to myself...it's been another unforgettable day at Camp Newfound!



*Owatonna continued from page 5*

at its core. When we talked about proper ways to discipline, Love was the foundation. When we talked about the importance of being prayerfully prepared for each day, Love was the starting and ending point. I was proving that Love indeed was the heart and soul of Christian Science, because each time I connected a camp activity to Christian Science, Love was the obvious connection.

Throughout the summer, I got to witness firsthand the power of Love in many different ways. Campers had many healings, and as I talked with them it was always so clear to see how Love was the power bringing the good results. Love was expressed by the counselors who were with campers needing support, team captains were learning how to lead with love, and campers were recognizing that Love was what they could turn to whenever they had a need and it would be met.

To be clear, Love has always been a vital part of Camp. One of our four pillars that we try to build on each summer is “Love One Another,” so it is something we often talk about and that feels core to what Camp is all about. But, since the goal of the metaphysical theme is to focus the lens a little more closely on a certain idea, we all got to see more clearly than ever before how Love truly was the heart of everything.

The ultimate expression of this for me came as the summer was ending. For the past couple of years, we have had a few campers join us who speak very little English. Counselors have had to rely on what they can remember from their high school and college language classes with some help from Google Trans-



late to communicate with them.

On the second to last day of the summer, one of these boys was crying. It seemed likely that he was feeling worn out from a busy four weeks at Camp that required lots of time and energy just to communicate basic things. I guessed that he was probably feeling ready to go home where things would be easier and much more like normal. But, as his counselors gently supported him, it became clear that he was actually emotional because he was sad that Camp was ending and he didn't want to leave. For me, this was the clincher. Here was a camper who often couldn't clearly understand what we were trying to communicate at Camp, and yet he so powerfully had felt Love throughout the whole time that he was sad to see that coming to an end. If Love can be expressed and felt by counselors and campers even without the ability to use language to communicate it, then it truly must be the vital part and the heart and soul of Christian Science and of Camp. I am so grateful that we chose this theme, and I will never forget how clearly it was demonstrated throughout our summer. We have so much to be grateful for from summer 2022, and I'm confident that the Love that we shared will continue to ripple outward throughout the year.

## Work at Camp this Summer!

**D**o you love the outdoors? Do you want to spend the summer on a lake in Maine? Do you want to grow professionally in a supportive atmosphere? If so, join us for summer 2023. Staff gain professional experience being leaders while making new friends, learning new skills, and having fun! We are hiring counselors, trippers, kitchen staff, and Family Camp staff. If you are interested or know someone who might be interested, we'd love to speak with you; reach out to one of our directors:

**Newfound:** [mary@newfound-owatonna.com](mailto:mary@newfound-owatonna.com)

**Owatonna:** [reid@newfound-owatonna.com](mailto:reid@newfound-owatonna.com)

**Family Camp:** [familycamp@newfound-owatonna.com](mailto:familycamp@newfound-owatonna.com)

## Be Part of the Newfound Owatonna Career Network

**T**hank you so much to all who have helped us build the Newfound-Owatonna Career Network. Let's keep the momentum going! At the end of the summer, our recent staff members were able to use the career network and contact camp alums and friends in multiple career fields for guidance and mentorship as they explore their future career fields. It's a fantastic resource for our summer staff, and we want to keep it growing. If you would like to be a part of this initiative or have questions, please email [info@newfound-owatonna.com](mailto:info@newfound-owatonna.com).



# Newfound-Owatonna Call of the loon



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## MAKE A NOTE



**We have a program just for you  
on the shores of Long Lake!**

### 2023 CAMP PROGRAMS & DATES

1st session	June 18 – July 7
Two-week session <i>for new campers</i>	June 18 – July 1
2nd session	July 9 – August 4
Full session	June 18 – August 4
CIT	June 18 – August 4
Family Camp Week 1	August 7 – 13
Family Camp Week 2	August 14 – 20
Creative Arts	August 22 – 29

*Experience the best vacation  
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## JOIN US FOR FAMILY CAMP!

To see what Family Camp is like, watch our new video!

Scan the QR code to view:



First-time family campers receive a 50% discount  
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