

NEWFOUND • OWATONNA Call of the loon

SPRING 2023

Camp Makes a Difference



SETH JOHNSON, Executive Director

Camp is all about children. It's about providing children a great place to be where they can grow spiritually, learn to love, be supported in challenging activities, and learn to work effectively together. We are very fortunate to see so many incredible moments – big and small – each summer at Camp: the new confidence of campers as they pass the Big Float Test or get up on skis for the first time, the sense of accomplishment after returning to Camp from a three day hiking trip in the White Mountains, the satisfaction of mastering their forehand in tennis, the unity found in the teamwork demonstrated on our athletic fields and in cabin life, the creativity shown in our arts and crafts program, and the sounds of laughter and singing that come from the lodges during mealtimes.

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PROGRAMS

Camp Newfound for girls
Camp Owatonna for boys
Family Camp for everyone
Creative Arts for adults

*We serve campers in a place where
Christian Science is lived and loved,
through overcoming limitations,
nurturing spiritual growth, promoting
spiritual discovery, and having fun.*

NEWFOUND-OWATONNA STAFF

Seth Johnson, Executive Director
Mary Rankin, Newfound Director
Reid Charlston, Owatonna Director
Sara Osborn, Operations Director
Jenny Green, Communications Director
Dan Gray, Facilities Manager
Jennai and Mike Hufstader, FC Directors
Deb Hensley, Creative Arts Director

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The American Camp Association (ACA) recently completed a five-year study examining the effect summer camps have on children. They found that camps have a very positive effect on children; camps really do make a difference in children's lives!

The study found that camp builds distinct and transferable life skills such as developing responsibility, nurturing independence, gaining an appreciation for living in the moment, practicing teamwork and relationship building, experiencing feelings of belonging, and offering new learning opportunities. The research found that the development of many of these essential skills was specific to camp, that summer camps are ideal places to grow, learn, have fun, and develop the qualities that are transferable, have a lifelong impact, and help people to be successful in their future lives.

We certainly know that Camps Newfound and Owatonna have had a lifelong impact on our campers and counselors for over 100 years. At our Camps, while developing important life skills, campers and staff also grow in their understanding of God and Christian Science. They see spiritual healing in action and the daily, practical application of Christian Science at work. We are so grateful that Newfound and Owatonna offer the whole package – spiritual growth, learning new skills, developing lifelong friendships, and having lots and lots of fun!

But how does Camp do this? I would say first and foremost by providing children an environment that is focused on growing spiritually. Everything we do, the program we run, has the purpose of helping children grow spiritually. If there is anything that might seem to get in the way of that, it is put aside, at least for a time. For example, we run a tech-free environment where campers experience a place where the focus is on building good relationships, outdoor adventure, and spiritual growth. We work hard to attract quality staff from all over the country and the world, who come from over 20 different colleges and universities, to work closely with the campers. Counselors and campers live together, grow together, and experience camp together. What could be more fun?!

I'm also grateful to say we've been attracting more campers and staff from other countries to join us in Maine. We've recently had campers and staff from England, Germany, the Netherlands, Switzerland, Costa Rica, South Africa, Saudi Arabia, and Canada as well as from many of our 50 states in the United States. And we're always looking for more campers and staff to join us on the shores of Long Lake! If you know anyone, camper or staff, who you think would enjoy a summer with us, please let us know or have them be in touch with us.

Thank you so very much for your continued love, support, and dedication to Camps Newfound and Owatonna as we prepare for another great summer. We can't wait until the children and staff get here!

Save the Date for a joint Newfound-Owatonna Reunion on Labor Day Weekend 2025!

Alumni Write about Camp's Impact

We asked some of our recent staff members and alumni how Newfound and Owatonna have made a difference in their lives, both as campers and as counselors, and we received many excellent responses. So many that we couldn't fit them all here! Be sure to scan the QR code below to read all of them.

Camp has made me more fearless, more compassionate, and open to trying new things. I've not only learned more about myself every year at Camp but also more about my relationship with God. I've met some of the best friends of my life and made the best memories."

Camp has made a difference in my life because it has taught me a new perspective to expect good, see the beauty in everything, and Camp introduced me to self love. I have made friendships that will last a long time and have connections with people I can always depend on."

The difference Camp has made in my life is the influence it has had on me and the way I see the world. Camp has given me the tools and strength, both physical and mental, to always see the light and the beauty even in the darkest of situations and to always see the beauty and light in every person I meet. Being given those tools and practicing from a young age has dramatically shaped the life I live and guided me as I entered my teenage years and now adulthood. I am who I am today 100% because of Camp and I could not be more grateful!"

Camp was one of the only constants in my life. No matter what happened that school year, whether it was transitioning from middle to high school, or moving to a new house, Camp and my fellow cabin mates were always there. I would always look forward to seeing the beautiful green grass on Coomber Field and to find out who my counselors were."

Camp has given me a strong model of what being a young woman should look like. Being surrounded by positive examples of womanhood during my teenage years helped shape me into the woman that I am today. Also, spending my summers outdoors away from technology allowed me to make meaningful connections and lasting relationships. I am deeply appreciative of the summers that I spent in an environment that challenged me to grow while helping me embrace the unique qualities that make me, me!"

Camp taught me how to make Christian Science my own. It gave me the space to learn, explore, and test the teachings of Christian Science for myself, and see if it's something I really believed in. I had some of my first significant healings at Camp. There's no other place where you have such a supportive environment to learn about your spiritual identity, among your peers, for an extended period of time like that! Camp has undoubtedly made me a better person."

Join the Newfound-Owatonna Career Network

Thank you to all who have joined the Newfound-Owatonna career network. Let's continue the great momentum we have started! Our latest staff members have benefited from the career network by tapping into the expertise of camp alumni and friends in various fields. The network has proved to be a valuable resource for our summer staff, providing them with guidance and mentorship as they explore their future careers. We invite you to join us in this exciting new opportunity. We asked alum Scott Coolidge why he joined the network. He replied, "I joined the CNCO Career Network to help connect our staff and camp family with opportunities in the marketplace. The experiences I

had as a camper and staff member were such a blessing, and it gave me a great foundation when I started my career. I see our camp staff (or alumni) as uniquely positioned to have successful careers no matter what they choose to do next."

To join or learn more, scan the QR code or email info@newfound-owatonna.com.

We also have an alumni group on LinkedIn. If you would like to join search for Camps Newfound Owatonna Alumni.





The Power of Laughter

MARY RANKIN, Newfound Director

A favorite time of day for me at Camp Newfound is bedtime. I love to walk through Camp saying goodnight to each of the cabins, beginning with the youngest campers in cabin Fold and ending with the oldest. Not only is bedtime beautiful with the sun setting over Hairbrush Island and the glow of white Christmas lights twinkling in the cabin windows, but the sounds are captivating, too. The sound of the waves, the call of the loons, and the breeze rustling through the trees are all iconic camp sounds. But the best camp sound is laughter: girls giggling with joy as they debrief their days together as they climb into their bunks. A good laugh can literally bring healing and positive transformation into our lives ... and there is so much laughter at Camp!

The idea that laughter is good for us isn't new. For centuries, cultures have embraced shared laughter as a way to bond, uplift, and heal. And now, science is taking laughter seriously as evidence grows for the health

benefits of a good laugh. Did you know that Mary Baker Eddy cherished laughter and humor? She once said, "I like to have my students laugh. A good laugh often breaks mesmerism" (Emma C. Shipman, "Mrs. Eddy and the Class of 1898," *We Knew Mary Baker Eddy*, 142). Mrs. Eddy even included a column on humor in many of her earliest issues of the *Christian Science Journal*. She understood that recognizing and appreciating the lighter side of life was important to healing and that it is a natural part of who we are as God's reflection.

Recently a counselor shared these sentiments about camp laughter with me:

I have never laughed more than I have at Camp. Each year I find myself with stomach pains from laughing so hard either on the floor of my cabin, in the cubie hall, or in the dining hall. The laughs we share are often so situational that anyone outside may find it not funny at all while we seem to think it is the funniest thing to ever happen.

The specific story that comes to mind whenever I think about the MOST I have ever laughed was when I was 11 and in Green Pastures. We had been giggly already in the cabin, but when we walked outside my flip flop had what appeared to be a big bite taken out of the side. Genuinely I still do not know what ate my shoe, but my friend and I could barely breathe due to laughter. We easily laughed about it for another half hour as we proceeded to shower and get ready for dinner and the entire time we were beside ourselves with how funny we thought this was. Anytime we even thought about my shoe for the rest of the summer we would laugh again. I kept that silly shoe for the next seven years, despite growing multiple shoe sizes in the meantime, because of that happy memory.

This sweet story reminds me of the famous quote by Victor Borge, "Laughter is the shortest distance between two people." Laughter really does build bridges; it



Prepare the Child for the Road

REID CHARLSTON, Owatonna Director

The ice is off the lake, the days are getting warmer, the sun is shining later into the evenings, and Camp will be here soon. Before we know it, families will be turning off ME-35 and dropping their sons off for another great summer at Camp Owatonna, ready to have fun and grow in new ways at their favorite place on earth. As I have been thinking about the upcoming summer and all the good we have in store, I have been pondering the classic quote, “Prepare your child for the road, not the road for your child.”

Why is it this quote that keeps presenting itself to my thought? The world is telling us that our children are more anxious and less prepared for life than ever before. As parents, we are aware there is

a problem. Our children’s natural tendency, when challenged, is to turn to us for help and guidance; and because we love them, we are all too willing to provide it. We think we are helping, but we may be depriving them of the very opportunities they need to be prepared to navigate their own lives. Life is coming at our children – quickly – and we won’t always be there to ensure that the ride isn’t bumpy.

Our children need to learn how to handle things on their own. How do we get them there? I would suggest that the best way to do this is to give them opportunities that present challenges incrementally. When a person overcomes an obstacle and succeeds, it makes the next one seem more achievable. And it is important that we do this intentionally for our children because if we don’t,

Continued on page 11




Scan the QR code to see
Newfound & Owatonna's
2023 Staff.

JOIN US IN SUPPORTING NEWFOUND AND OWATONNA'S METAPHYSICAL TH

“Thou shalt love the Lord
and with all thy soul, and
and with all thy mind; and

LUKE



THEME FOR THIS SUMMER FOCUSING ON THE TWO GREAT COMMANDMENTS:

thy God with all thy heart,
and with all thy strength,
and thy neighbor as thyself.”

10:27

Family Camp Fun!

JENNAI HUFSTADER, Family Camp Director

Family camp offers a wide range of activities for everyone in your family. Here are seven reasons you and your family should spend a week on Long Lake with us this August!

1. QUALITY FAMILY TIME: One of the best parts of attending Family Camp is the opportunity to spend quality time with your loved ones. With busy schedules during the year, spending a week at Family Camp provides an ideal setting for families to bond, relax, and have fun together. The shared experiences of Family Camp create memories that will last a lifetime!

2. ACTIVITIES: Family Camp offers such a wide range of activities each day that there is something for everybody in your family, no matter their age! From water activities like swimming, waterskiing, kayaking, canoeing, sailing, and paddleboarding to land activities like arts and crafts, ropes course, rock wall, archery, and tennis, there really is something for everyone. If keeping yourself busy with activities is not something you want to do, you can sit quietly on the beach and read a book. So many of Camp's activities are things you don't have the chance to do at home, so come to Family Camp to do them all!

3. CHARACTER AND SKILL DEVELOPMENT: Family Camp's wide range of activities are not only fun, but offer a chance to learn new skills. Campers can practice life skills such as teamwork, communication, and problem-solving on the ropes course. They can work on their resilience while learning how to waterski. Learning new skills is both fun and rewarding!

4. VACATION: Family Camp offers a break from the routine of everyday life. Parents can relax while their children are busy in activities or join in on the fun with their kids. For the littlest campers, there is morning and afternoon childcare. You don't have to cook, clean, or plan activities because Family Camp does that for you. And Camp's beautiful natural setting on Long Lake is truly one-of-a-kind.



5. FRIENDS: Family Camp is a great place to meet new friends or reconnect with old friends. Campers have the opportunity to interact with other families and individuals who share similar interests, values, and beliefs all week long. Watching your children become fast friends with other kids or reconnecting with a friend from Camp that you haven't seen in decades is one of the most special things at Family Camp.

6. FAMILY TRADITIONS: Attending Family Camp can become a tradition that your family looks forward to year after year. It will create lasting memories. Family Camp is something our family looks forward to and talks about all year long!

7. HAVING FUN: And perhaps the most obvious reason to attend Family Camp is simply to have fun. From swimming and canoeing to crafts and games, there is something for everyone at Family Camp. The relaxed and carefree atmosphere of Family Camp can be a welcome break from your day-to-day life, and a chance to simply enjoy each other's company and have a good time. So come to Family Camp! We guarantee the memories created will last a lifetime. See you this August!



Bonnie Bower, Annie Thayer, Hilary Harper-Wilcoxon, Molly Menschel, Rebecca Minor, Victoria MacKenzie-Childs, Danis Collett, Playin' Possum

“There is a crack, a crack in everything
That’s how the light gets in, that’s how the light gets in.”

–Leonard Cohen

DEB HENSLEY, Creative Arts Director

Those who attend Creative Arts camp know how serene and joyful this place is. They also know that hearts crack open here – and yes – that’s how the light gets in. That’s because what we do here is alive with bold, spiritual demands; we show up willing to challenge the status quo of mortal limitations. Classes urge us toward original thought; calling us to investigate, invent, grow wings, and soar. They require something soulful of us and ask us to expand our capacity to reflect the Love for which the world hungers. Creative Arts camp in the end, like all life-affirming art, brings us to our best selves. Have a look at our class offerings and join us for a stimulating, stirring week of learning and growing. You can find all the details at www.newfound-owatonna.com.

CREATIVE ARTS SUMMER 2023 WORKSHOPS

Sounding Inner Landscape: illuminating personal narrative with Molly Menschel

What an opportunity to learn how to create a unique audio/visual project! With Molly’s professional guidance you’ll conceptualize your project through journaling, brainstorming ideas, and group feedback. Then you’ll write and record your narrative and add your own photographs. You’ll have all day every day throughout the week to explore the experience or idea you’re keen to convey. All you need is an iPhone.

Writing Moves! with Hilary Harper-Wilcoxon & Deb Hensley

Writing belongs to all of us and movement sparks creativity in ways little else can. This class is chock full of writing prompts and movement techniques that serve to open thought and clarify intention. There will be lots of good old-fashioned time to write and share as well. So whether you want to write for the periodicals, essays, memoir, or jump into fiction, come on along. Let’s move – and work on it together!

The Magic of Watercolor with Annie Thayer

Play and experiment with color and value! Be spontaneous with materials! Pour watercolors on the page, paint without a brush, paint a complete landscape in 15 minutes! Learn watercolor painting with Annie in ways you may never have tried. Experience the magic of watercolor which is oh so much fun.

Layers of Luminance: Silk Painting with Danis Collett

White silk. Dark dyes. Paint luscious, color-filled abstract designs on silk scarves. Danis will guide you to explore the translucent

quality of silk dyes and make patterns where colors interact with one another in various ways. Learn the basic techniques and materials of silk painting, resist dyes, brushes, and steaming. Use your creativity to bring a unique piece of wearable beauty to light.

Wonderful Wood n’ Things with Bonnie Bower

Carving happens with small knives and wood coming off one chip at a time. It’s not fast art, but it sure is wonderful and meditative. A lovely sense of community arises as classmates interact with each other. Bonnie says, “Come experience the joy of seeing your special carving emerge from wood in your own hands!”

Non-Formulaic Mosaics with Victoria MacKenzie-Childs

Using natural materials, pottery shards, shells, and other sundry from the local environs, explore the world of spontaneous mosaics with acclaimed ceramic artist, Victoria MacKenzie-Childs. Just imagine – that old picture frame, the milk jug in your garage, a forsaken chair from your attic, or maybe that unused bench in your basement – given a whole new life through your own unique, vibrant, mosaic invention.

Inspired Songwriting with Rebecca Minor

Whether you’re drawn to creating a church solo or a secular song, this class offers fresh inspiration for making melodies while guiding you in the gentle art of wordsmithing. Learn about basic song forms, break down favorite songs musically, craft new compositions, or revise previous ones with Rebecca’s coaching. You’ll come away from this class with at least one completed song!

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transcends all language barriers and it forms lasting friendships and bonds. In the words of another staff member, “Laughter is a huge part of the joy and sisterhood of Camp because laughter connects people.”

Here are some other ways that laughter can enrich our lives: Laughter is a mood booster and a stress buster. Laughter improves our physical, emotional, and mental well-being through transforming thought and embracing spiritual lightheartedness. I have witnessed countless healings at Newfound, and I believe that many of them can be attributed to the joy, light, and laughter that takes place as we naturally express God. Humor delivers a feeling of freedom, optimism, gratitude, and peace.

The following is an excerpt from an article published in the *Christian Science Journal* (August 2014) written by a Newfound alum about a moment of spiritual joy and light at Camp.

Last August I had just completed a summer as a counselor at Camp Newfound ... Around me I saw the lake, surrounded by pine trees stretching up to the bright, shining sun. All was calm except for a heavy afternoon wind, which made whitecaps on the lake and blew through the window to my bed. There was a surrounding beauty, remarkable and soothing, that the human eye couldn't deny.

And then, there I was, still sitting on my bed, with nothing having changed in my surroundings – but the change in what I saw was incredible. I was no longer looking at merely a lake and a sunny sky. I

saw more than just the physical beauty of nature and a place I loved. My lens of vision had changed from the material to the spiritual, and I saw that I was surrounded by the infinite beauty of spiritual goodness, not visible to the human eye, but tangible beyond words to human consciousness. It filled the innermost corners of my being. I saw goodness. There it was, everywhere! All around me, goodness was lighting up the whole earth.



Divine Love communicates with us in so many ways, including through humor and joy. This excerpt might not have been a moment of belly-rolling laughter, but it certainly was a moment of pure joy and light that came as closure to a summer filled with laughter. Bringing laughter, fun, and positivity into the lives of staff and campers plays an essential part in spiritual growth.

Newfound provides an opportunity to practice being creative, having fun, laughing with others, and interacting face to face. The more we practice these habits, the more our thoughts tend toward light and laughter, the more our thoughts tend Godward. This primes campers and staff so that when they go back out into the world they respond to situations from a foundation of lightness and joy rather than despair, and the difference is life changing.

I think we can confidently add laughter to the list of the many reasons why Camp is incredibly valuable. I am excited for another summer on Long Lake filled with laughter, ensuring a summer of healing and growth.

Toast and Jam with Playin' Possum

Join the jam with this fun-loving family band – David, Gigi and Peter Hynd – who love to play music and look forward to doing it with you! Learn about jam etiquette and take delight in performing with others. Play around with arrangements and practice stepping up to the mic with confidence. Discover how great your song sounds with instrumental backup, and experience the joy of singing and making music with a band. Come along, shape your songs, and hone your performance skills with Playin' Possum. But watch out. You just might sound fantastic.

Independent Project

Have you been yearning toward a new creative project? Seeking uninterrupted time to revise a current one? This supportive, independent session offers you time to broaden and deepen the spiritual foundation of your creative work. Students gather at the beginning of each session to set intentions, then are free to read, study, explore, wander, write, sketch, paint, sculpt, write, or work on their own projects. To close the afternoon, everyone returns to share insights and reflect together on inspirations gained.

Owatonna continued from page 5

then their guide could be whatever they find on social media.

If we want our children to have the perseverance and courage to press on in the face of frustration and conflict, we have to give them two things: a chance to experience these roadblocks at manageable levels in a relatively controlled environment and the opportunity to try out the tools they will need to overcome them so they will eventually be able to wield them as effectively as David did his sling. And this is why Owatonna is so important for your son.

For starters, Owatonna is fun! Splashing around at the beach, kicking the soccer ball with friends, eating s'mores around a campfire, and going down our 100' slip-and-slide are favorite activities that create an environment that your son will enjoy. This allows him to lean into Camp and all it has to offer. Very soon, whether he recognizes it or not, his counselors will begin to find ways to challenge him. Maybe it is overcoming a fear of heights on the rock wall, maybe it is learning how to drop a ski behind the boat, maybe it is summiting one of the White Mountains. Along with these opportunities come other, more important, ones that are built into everyday life at Camp – How do I get

“As parents, we felt Camp was an important part of college preparation. It gave our boys an opportunity to learn to be independent and responsible in a loving, protected environment. It's also an opportunity for kids to live with others and learn how to interact and work together to create an environment that is beneficial and happy. While guidance is given, it's given by someone other than a parent. All of this is part of the college experience. I know that my children were well prepared to attend college quite some distance from home. I can't say enough good things about Camp.”

along with my cabinmates? How hard am I willing to work in inspection to help my cabin succeed? What do I do when I am not as good as the others? We all have had to wrestle with these questions, and while Owatonna is not Utopia, it is a place where a boy can find the most important tool set to help him navigate these moments – Christian Science.

One of the first tools that Camp gives is an understanding that Father-Mother is God. The Scouts – our youngest campers – get to experience this on a daily basis, as this is often their first time away from home for an extended period of time. Another important tool campers develop is how to prepare themselves mentally for the day. They do this each morning during Quiet Time and Morning Meeting, and we get to hear the fruitage from this preparation at our Wednesday evening testimony meetings. A third tool is an understanding that their pastor is always available to guide them. This comes from their daily study of the weekly Bible Lesson. A fourth tool is that they can turn to God anywhere they are to listen for His guidance – on a run

up a mountain, on an island in the sea, or in the middle of the night in the woods on Flag Trip. Camp presents each of these tools – tools that will help them succeed throughout their entire lives – and gives campers the opportunity to practice them and demonstrate them daily.

Sure, your son can learn a lot about grit and commitment and discipline from sports camps or other summer activities. There are many other great options out there that will help him to grow, but none of them can compare to the constant message that Owatonna is sending that Divine Love truly does meet every human need.

As parents we know we have a responsibility to help prepare our children for the road ahead. There surely will be bumps, but if we choose wisely we can give our children the opportunity to develop confidence in the tools that will allow them to navigate their own paths. These are the tools we will be working with this summer at Owatonna, and we hope that your son will join us this year and for as many more as possible so he can be best prepared for success throughout his life.



NATE RICHARDS

YOUR 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 Funds and consider Camp in your current or future Planned Giving. To donate: www.newfound-owatonna.com/giving or find us on Venmo at @CampNewfound-andOwatonnaCorp or use the enclosed envelope. Thank you!

Newfound-Owatonna Call of the loon



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MAKE A NOTE OF IT

Come to Camp!

2023 CAMP PROGRAMS & DATES

Camps Newfound and Owatonna

1st session	June 18 – July 7
Two-week session*	June 18 – July 1
2nd session	July 9 – August 4
Full session	June 18 – August 4
CIT	June 18 – August 4

* For new campers

Family Camp (50% discount for new families Week 2)

Family Camp Week 1	August 7 – 13
Family Camp Week 2	August 14 – 20

Creative Arts August 22 – 29



JOIN US FOR FAMILY CAMP!

Experience the most enjoyable vacation your family will ever take. **First-time families receive a 50% discount off Week 2.**

info@newfound-owatonna.com

Memoria Day

volunteer work weekend at Camp

Families, alumni and friends ... join us at Camp to help get Camp ready for the summer!

We have projects for all ages and abilities. We supply the basics – yummy food (starting with breakfast on Saturday), cozy cabins, warm showers –

and you supply the elbow grease.



Please let us know if you are planning to attend. info@newfound-owatonna.com

May 26–29

WWW.NEWFOUND-OWATONNA.COM