NEWFOUND OWATONNA Call of the loon Reflection of perfection is our aim Reflection of perfection is our aim FALL 2019

Diving into the Daily Good

BY SETH JOHNSON, Executive Director

often remind myself that the most important thing about Camp is that it is for the children. Children come to Maine each summer from across the United States, Canada, and a few other foreign countries for a great summer camp experience. One of my favorite parts of my job is being able to observe the children around Camp every day. I enjoy attending Morning Meeting where campers and staff share what they are learning about God and Christian Science. I enjoy observing our many activities – watching a tennis lesson, a swimming lesson,



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or a team sport in action. I enjoy sending trips off as they pack up the vans and head to one of many destinations for a rigorous hike or a challenging ocean kayak. These are all really fun activities to see, but what lies behind all this activity is something even more important.

One of the things we emphasize at Camp every day during the summer is the importance of doing what we call "daily good." The campers and staff are encouraged to do "daily good," and to bring this idea tangibly into camp life in their cabins, on their teams, in their activities, on their trips, and everywhere at Camp. The idea stems from Mary Baker Eddy's hymn 253: "My prayer, some daily good to do/To Thine, for Thee." This "daily good" includes serving God and our fellow campers and staff. We see this as a camper offers loving support to a cabin mate adjusting to being away from home for the first time, encouraging other campers in activities they have never tried before, or just being a good friend. We strive to demonstrate that "Love is reflected in love" (S&H 17:7) from the spiritual interpretation of the Lord's Prayer. Doing "daily good" promotes selflessness, kindness, and compassion.

This "daily good" is one example of how Camp strives to develop God-like qualities and depth of character in all our campers and staff. At Camp, the children grow in their understanding of God, develop confidence, independence, and the ability to nurture healthy relationships. Living in a cabin with as many as ten other campers and counselors, everyone has the opportunity to learn to foster strong friendships, learn to work together, learn to be more caring, more giving, and more responsible. Every camper is also on one of the four teams at Newfound and Owatonna, and on their team, they learn the importance of teamwork, healthy competition, cooperation, and leadership. Through participating in our numerous land and water sports, the children learn to challenge themselves, develop new skills, and overcome limitations. And in our extensive tripping program, they develop an affinity and love of nature from spending time in the wilderness and immersing themselves in the mountains, rivers, lakes, and oceans of Maine and New Hampshire.

Camp is a safe place for campers to learn more about themselves and to be provided many opportunities to participate in a wide variety of activities, without the distraction of technology. It's a place where children may be a little out of their comfort zone at times; but they know they are supported, loved, and safe; and, while being stretched, they are encouraged to try and master new skills. They also learn to experience and appreciate the simple things in life and to value kindness, friendship, and loyalty.

I hope this all sounds familiar to you from your own experience as a camper or counselor at Newfound or Owatonna or from the stories you have heard your children or friends tell about their time at Camp. Whether it's in the cabin, on a team, in an activity, or on a trip, the opportunities for the campers to develop character and grow spiritually are substantial, life changing, and really do last a lifetime.

The summer of 2019 at Newfound and Owatonna was full of so much good. Our enrollment continued to grow, we had a strong staff, and everyone experienced a great deal of spiritual growth and love. Preparation is well underway for another excellent summer in 2020, and we are already looking forward to more "daily good" on the shores of Long Lake.



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A Special Place

BY WILL PAPPAS

HAT'S what I kept thinking about during my time at Family Camp this past summer – the specialness of Newfound and Owatonna. It wasn't a new thought; every summer I'm able to make it to Camp I find myself thinking the same thing because of how good I feel when I'm there. What is this peace we feel at Camp that we don't always feel back in our daily lives?

To me it seems clear that it's the prayer and uplifted thought at Camp that make it so special. Ultimately, it's never a physical location that's most important, although no one can deny the beauty of a Long Lake sunset. Truly, it's the commitment to Christian Science of everyone attending Camp – the shared mission of glorifying God and loving our neighbor – that elevates the mental atmosphere and blesses everyone there. There's simply less materiality and more spirituality being expressed.

Camp is a great example of the good that can be accomplished when people are unified in purpose and right motives are at the helm. When individually and collectively the focus is on giving and growing, good things happen. Christian Science explains that the source of all good is God, so what a privilege for anyone serving at Camp to have a front row seat to this demonstration of God's abundant goodness!

As Christian Scientists we're aware each day that we should

be striving to be of one Mind. Healing is the natural outcome when we're of one Mind, and Camp is such a helpful training ground for this practice. It gives us an opportunity in so many different ways to be more loving, gracious, spiritually minded, courageous, fearless – all qualities that have their source in the divine Mind. Mary Baker Eddy wrote: "Pure Mind gives out an atmosphere that heals and saves" (*Miscellaneous Writings*, 260).

I think this idea of healing gets to the real crux of Camp's mission. One way to measure whether Camp is staying true to its mission is if it's found to be faithful to the practice of Christian healing. Are campers having healings? Are the values of Camp making a lasting impression on their lives? Is spiritual growth taking place? Camp will always remain special if we can answer yes to these questions.

I have friends who say that Camp and the values that were instilled in them have been the main thing that has kept them on the straight and narrow in life. Camp had that much of an impact on them. There's no doubt it's continuing to have that kind of impact today. For me, it only took a few days at Family Camp to be reminded of how special Camp is, and how increasingly rare a place like Camp is in today's world. We can all play a part in keeping it special!





Living the Newfound Woman

BY MARY RANKIN, Newfound Director

T'S hard to believe that ten years have gone by since I started as Director of Newfound! The time has flown, and for me this milestone is an opportunity to pause and reflect on this special place called Camp. Someone recently asked me what I've learned from Camp over these past ten years. I could have easily begun listing off nuggets of insight that have resonated with me over the years, but instead I found myself stewing over the question for days. Newfound and Owatonna have been in my life for decades; in that time I've had many different roles, all of which have generated lots of ah-ha moments and life lessons. But this question left me wondering what has been the most meaningful to me during my time as Director.

There is something special that is felt at Camp, but how do I articulate that feeling? The answer, for me, lies in the Newfound Woman. Although we've used the term every now and again over the years, this summer was the first time we wrote a definition for who and what the Newfound Woman is today. It takes the best of all the Newfound traditions, values, and behaviors that we have loved for more than a century and puts them all under one umbrella. Before I dive deeper into sharing what the

Newfound Woman is, I'd like to first tell you a story.

It was a typical morning at Newfound; the lake so calm that the reflection of the sky stood still in the water and patches of fog still hovered around the islands. While most campers were asleep and the staff was just beginning to get out of bed, four committed campers quickly grabbed a cold breakfast and hopped into a van headed to Pleasant Mountain. The girls were excited for the final phase of "Mountain Mama." The Mountain Mama challenge is a series of races up three different hills/ mountains that become increasingly more difficult in length and steepness. Anyone is welcome to participate in the first race. To continue on to the second and third rounds, you must complete the previous run within a specific amount of time. It's a fantastic opportunity for the girls to work hard and feel a sense of ambition, perseverance, and achievement. For some campers, it takes years to work up to the final run.

Before heading up the mountain, the girls grouped together, read a section of the Bible Lesson, and shared inspirational ideas for the day. Just as the stopwatch was about to begin, the campers asked if they were allowed to run the mountain

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The Way Camp Was Meant to Be

BY REID CHARLSTON, Owatonna Director

VERY September we have a board meeting at Camp. It is a great time to reflect on the summer, share our favorite memories with our board members who experience Camp through us, and for me, it is my last chance to be at Camp before the winter months set in. It is a quick trip, but I always find time to walk around, jump in the lake one more time, and enjoy the peace and quiet of one of the most beautiful spots on earth.

Camp is so tranquil when it is empty. The wind gently sways the trees and the tiny waves roll softly onto the beach, but other than that all is still. While the peace of those moments is nice, it never truly feels right. It is strange to see the boat dock without sailboats, the H-dock without lifeguards, and the gaga pit without

Scouts. The growl of the ski boats is missing, and even the accidental slamming of the cabin doors is a sound I miss. It is so clear that Camp was made to have campers, and as I stroll silently through the grove it always is hard to believe that there are only seven short weeks each year when the campers are here.

Seven short weeks. That is the way Camp was meant to be. The other forty-five are filled to the brim with school, sports practices, playdates, and all the hustle and bustle of life. But here, on the shores of Long Lake, boys come to refresh and reset for seven short weeks.

In that context, it seems very short, but these seven weeks are one of the greatest gifts that we can give our children. A full summer at Camp allows your son to find new friendships, build stronger social skills, discover abilities he never knew he had, and grow closer to God.

Owatonna (and Newfound too) is designed as a seven-week program. While it is true that we do offer a three and four-week option (and even a two-week option for first-time campers), the complete camp experience is all seven weeks. The reason for this is simple – Owatonna is about growth.

When a boy comes to Owatonna and

decides to go to tennis he will be taught by a counselor who isn't there simply to let him try his hand at hitting a few balls - he wants to help him become a proficient tennis player. The same is true in swimming classes, waterskiing, archery, and all camp activities. More important, he will get this same commitment to helping him grow socially and spiritually as he builds relationships with the boys in his cabin. When a camper stays for the whole summer it allows the counselors the fullest opportunity to get to know him as an individual. As they do, they can learn the best ways to encourage him, challenge him, and guide him.

Parents have told me that their sons have come home from Owatonna with

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Filling Each Day with Good

BY SARA OSBORN, Operations Director

HAVE three teenaged boys. They each have a cell phone and a laptop computer, and our family has two game consoles and an ipad. Despite my best intentions, all of these "screens" get significant use between homework, social media, communication with friends and family, and playing games. It's kind of astounding, but when we arrive at Camp for the summer, the computers and phones are put away without a backward glance. They each don a watch and pack up a digital alarm clock, and off they go!

I picked up a counselor from the airport on my way to Camp this past summer, and I asked him if he had brought his computer with him; he answered, "No, I really didn't want it at Camp." And he is not alone in feeling this way. The storytelling in the cabins, the singing at meals, the card games after dinner, the reading of books at rest hour, and the comradery throughout the day fill the campers' time. They fall asleep to the sound of waves, loons calling, wind in the trees, and a bugle playing taps after a full day of waterskiing, soccer, arts and crafts, swimming, and climbing up to the high ropes. The pull of the phone, television show, video game, and social media just disappears when there is so much good filling each and every day. It doesn't get much better than this.

And the American Camp Association agrees! As part of their 5-Year Camp Impact Study on the value of a summer camp experience, they interviewed campers between the ages of 15 and 17 about their thoughts on cell phone use at camps. Overwhelmingly, the teenaged campers agreed that one of the best parts about being at camp was not having their cell

phones. Victoria Povilaitis, the study's author, wrote, "Campers described how because there are no phones allowed at camp, they are able to meet people and interact with them offline, form closer connections with others, get a much-needed break from the expectations and pressures of social media, and have the opportunity to live in the moment."*

One of the campers interviewed said, "I feel like if I had access to my device all these years, this wouldn't be my favorite place. I wouldn't have met the people that I've met and had the same relationships... I feel like it would be nowhere near the same if we had our phones here."

And another, "Summer camp is a good place for teens to get away from social media because like, I find myself caught up in it way too often, and here it's great to just come and relax and kind of get away from all that."

The ACA study supports what we already know from being at Newfound and Owatonna in the summer: Campers and staff thrive in a place where they can be themselves, learn independence, become better leaders, and make life-long friends. We can't wait to leave the phones behind and have another fabulous summer on the shores of Long Lake in 2020!

*Victoria Povilaitis (2019) Smartphone-free summer camp: adolescent perspectives of a leisure context for social and emotional learning, World Leisure Journal, 61:4, 276-290, DOI: 10.1080/16078055.2019.1661104











Becoming Campers Again

BY JONATHAN BURKY

N attorney, software engineer, kindergartener, first grader, and au pair. That's the way someone might define us as we arrived at the top of the hill. However, as we entered Family Camp, we all became campers again.

Amy and I spent many summers as campers and counselors at Owatonna and Newfound. We also spent several summers at Family Camp - as staff and then as campers. In fact, our relationship began when we were on Family Camp staff in 2007! This past summer, we arrived at Family Camp with our son, Benjamin (age 6) and daughter, Lily (age 5). We also introduced Angel, our au pair from Brazil, to Family Camp.

We feel at home, and at peace, the moment we drive down the hill and arrive at Camp. The beauty of Long Lake brings us instantly back to camp mode. We love being surrounded by nature and all the activities Family Camp offers. We love that each year at Family

Camp is unique. You might see familiar faces and old friends. However, there are always new faces and new friends. Some of the family campers return year after year, while others have never been to Newfound and Owatonna before. Everyone comes together as a community with a shared goal of being campers being children of God. Every time we go to Family Camp, we leave refreshed with a renewed sense of purpose and with new inspiration.

This past summer, we watched our children laugh, run, and play. Benjamin discovered that he loves kayaking. He paddled the entire Bun Run and finished, even though it was much more challenging than he expected. Both Benjamin and Lily also had a great time waterskiing for the first time off the boom. Both children made immediate friendships that will continue to blossom when they become campers. Amy and I had a chance to relax, which isn't always easy

with our hectic schedules. We waterskied, played tennis, sailed, went on the ropes course, and did archery. We talked with old friends and made new friends. We also had amazing experiences with our children. We went fishing, and Benjamin caught his first fish. We did archery together, and Lily shot her first arrow.

Angel is not a Christian Scientist, but she loved attending Morning Meeting and Wednesday Evening Testimony Meeting. She commented on how loving and inclusive everyone was, and she totally embraced the camp spirit.

As I sit in my office in downtown Seattle looking out at large buildings, I can close my eyes and reflect on all our experiences at Family Camp. Family Camp gives an opportunity to set aside our identities as an attorney, software engineer, elementary school student, and au pair and focus on the qualities of being campers.

So, How Was It?

BY DANIS COLLETT, Creative Arts Director

It just seems the most direct way to answer the question, "So, how was it?" is to let you hear directly from a few of this year's participants — teachers, artists-in-residence, students. Oh, and there were other tidbits, like the two voice students who freed up whole new octaves in their singing ranges, and another who regained freedom of mobility by "leaning on the sustaining infinite." A lot of love happens at Creative Arts.

"It's like a garden in my mind — every thought of the camp experience. Ideas were empowered there, and child-likeness, and individuality. I wish I could take bouquets home of the songs written, the marvelous expressions on the faces of the dancers, the conversations that left sides aching from the laughter, the sharing. The whole camp experience ... under the mighty wings of prayer."

"Wow! Loved it! It was my first time. This was a thoughtexpanding experience."

"It is the most uplifting environment where I feel safe to step out on a limb creatively and leap...I love, love, love being where I was in Lower Camp Paradise."

"Thank you so much for this wonderful opportunity to try new activities, and free up dormant talents, interests, abilities. It was a confidence-building experience for me."

"I ended up writing two songs that I will love forever. Two songs!! Are you kidding! I didn't think I could write one."



"I'm grateful for the way this diverse and large group of individuals coalesced into a community."

"The people are wonderful even with all their differing views of life. We had the divine in common."

"I never imagined how much joy and love I would experience the whole way through my weeks at Family Camp and Creative Arts. Whether as a camper, a cook, a teacher or student, I will be there for many years to come.

Keep your eye on the website around February for next year's class offerings!



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 Funds or consider Camp in your Planned Giving.

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together, so they could cross the finish line as a unified group. While this is a loving approach, the staff reminded the girls that Mountain Mama is a race; and the purpose is to challenge each other and themselves to do their best through individually expressing God. Healthy competition is a tool that helps us learn how to celebrate someone else's success while at the same time valuing our own progress. It's a growth mindset that isn't about who wins, but rather the lessons and triumphs along the way.

And so with that, four motivated campers embraced the healthy competition and set out on their mountain run. These young ladies inspired each other to give 100%. They ran neck and neck every step of the way. It was truly a remarkable race! In the end, the youngest of the group crossed the finish line seconds before the older campers. She rejoiced as she received high fives and cheers from the other girls who were genuinely celebrating her victory. Just imagine how it felt for this camper to receive sincere love and support from the older campers whom she looks up to every day! I have no doubt it was incredibly meaningful, perhaps more so than winning the actual race.

Every summer I am deeply touched by stories and moments like this, where we see girls supporting girls. I feel it is so important for a woman to learn at a young age that she can be strong, radiant, and confident while at the same time admiring another woman for her qualities. You see, I grew up with two brothers and their entourage of friends. I spent most of my time climbing trees, trading Star Wars cards, and building things in my dad's shop. I loved my time with my brothers and was more comfortable around them and their friends than my own female friends. When I was nine years old I headed off to summer camp in Maine, and suddenly my point of view began

to change.

At Camp Newfound, I found myself surrounded by women who were loving, intelligent, strong, inclusive, and confident. I quickly realized that our identity isn't defined by what the world tells us about ourselves, but instead lies in who we are as the image and likeness of God. Those four campers who ran Mountain Mama are a great example of young women supporting each other and expressing true womanhood. So what is our definition of the Newfound Woman?

The Newfound Woman expresses a spiritual model of womanhood and rejects the false model, which the world sets before her. She recognizes that beauty is not in matter, but is found in her expression and reflection of Soul. She holds to two points at all times — that she can never be apart from God and that she is already complete because she reflects God. Knowing this, she has the dominion to try new things, the confidence to include others, and the grace to be unflustered. She is radiant, full of integrity, and eager to learn more about God. She is beautiful because of her unselfishness and because she knows her self-worth as God's daughter.

This model of womanhood is what has meant the most to me throughout my time at Newfound. After a decade of learning and growing alongside so many phenomenal women, I am profoundly thankful for how Camp has shaped my view of identity. Not only is Newfound a place where our spiritual identity is nurtured, but it's a place where we are all in it together. At Camp we are surrounded by 100 "sisters," all rooting for each other, seeing each other as beautiful reflections of God, and holding each other to high standards. Camp reverses

negative stereotypes and labels that the world pins on us and replaces them with a brighter, more permanent sense of self. We are not only uplifting each other, but we are uplifting the whole world! To have spent so much time in a place that celebrates these qualities has been an incredibly meaningful experience, and that is what I'm most grateful for from my past ten years as Newfound's Director.



Owatonna continued from page 5

a greater desire to go to Sunday School, with more patience with their friends and siblings, a greater sense of individual accountability, and a stronger sense of confidence. It is possible for your son to grow in these ways with a shorter time at Camp, but with all that is thrown at him throughout the year at school, who wouldn't want to maximize this opportunity for their child?

As you make the decision of how long to send your son for this summer, I'd like to help you think through some reasons why parents opt for a shorter time and offer some new ways to think about them.

Am I shirking my parental duties by sending my kid away for the whole summer?

While not many parents have said this to me out loud, I know that it is one of the thoughts that crosses their minds. Everything about today's world tells parents that they are responsible for the wellbeing and education of their children, and that too much time away may limit a parent's control of a child's growth. But truly the responsibility of raising and caring for these boys rests in God's hand. We manifest a portion of the care and guidance of God to our children, but having a partnership with Camp can help your son to learn that God's guidance can come to him no matter where he is - from counselors, fellow campers, and even in the angel messages he hears when he is quiet. One parent told me, "The best parenting I do all year is when I send my kids to Camp." Allowing your son to spend time in an intentional community like Owatonna, focused on growth and learning about God, isn't shirking your duties as a parent, but helping to fulfill them in a more complete way.

Are there other things I should be signing them up for?

My answer to this is both no and

yes. For some of us, our children spend countless hours during the year at sports practices or other scheduled events. They practice instruments, do homework, and follow a fairly repetitive pattern. Giving them seven weeks to be away from that can help refresh them, so that when they return they are more excited about picking up where they left off with some of those things. Plus, in many cases, your son can continue to practice and develop his skills during his time at Camp. We offer a strength and conditioning clinic to help boys train for their fall sports, we play many different games against other camps, we have a number of campers who bring their instruments to Camp and practice them during rest hour, and we try to help support any other ongoing activities that would be beneficial to your son. Of course, there may be a truly unique opportunity presented to your son, and I understand if that makes more sense in a given summer to adjust his time at Camp. But you will be hardpressed to find many other summer activities that combine all the different growth opportunities, athletic to spiritual, that come from time at Camp.

Will archery help my son be prepared for the pressures of middle school, high school, college, or the rest of his life?

One of the most respected voices in the camp world is Michael Brandwein. Brandwein describes camp as teaching level one and level two skills. Being able to notch an arrow, pull back the bowstring, and hit the bullseye is a level one skill. It is great for kids to learn a level one skill like shooting an arrow; but, unless your son decides to try to live solely off the land or compete in the Olympics, it is not something he will have to rely on in the rest of his life. But archery - and all camp activities - are great vehicles for teaching level two skills.

At an archery period, the boys are learning to listen to their instructor and follow his directions for the safety of all. They are practicing patience and persistence as they try to pass levels and shoot more accurately. They are learning to be coachable and accept feedback, and they see the value of encouraging one another - all level two skills that will undoubtedly help them succeed in life.

Can we afford tthe whole summer?

The answer to this question is, without a doubt, yes. Newfound-Owatonna has been blessed with many supporters who have seen the value of a Christian Science camp for children, and they have made it possible through their support for our Camp to work with any family to make sure their child can attend for as long as they want to.

But I'll miss him too much!!

This is definitely the hardest one. I would be lying if I tried to convince you that you wouldn't miss your son while he is at Camp; but eventually he will grow up and move away, and I would argue that getting some practice at a long-distance relationship will only help build a foundation for his time away at college and beyond.

Ultimately, there are many factors that go into how long your son gets to come to Camp each summer; but if you haven't thought about sending him for all seven weeks, or if he has been asking for it and you've been on the fence, maybe what I have shared here will help you to look at the full Owatonna experience in a new light. I hope to see you all on the shores of Long Lake next summer, and hopefully for many of you that will mean we get to spend seven weeks together.



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Two-week session for new campers	June 20 – July 4
2nd session	July 12 – August 8
Two-week session for new campers	July 12 – July 25
Full session	June 20 – August 8
CIT	June 20 – August 8
Family Camp Week 1	August 10 – 16
Family Camp Week 2 (50% off for new families)	August 17 – 23
Creative Arts	August 25 – Sept. 1

Campers, families, alumni, and friends are invited to our annual

CAMP CHRISTMAS PARTY

Saturday, December 7, 2019 6:00-8:30 pm



NEW LOCATION

Hildreth Elementary School 27 Mass Ave. Harvard, MA 01451

Join us to celebrate the season. We will provide the pizza. Please bring a drink or dessert to share. We hope you can make it!

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SAVE THE DATE

Join us for the 100th Anniversary of Owatonna/ROPIOA on Sept. 3-6, 2021. We hope you will return to the shores of Long Lake to attend the celebration, enjoy Camp, and connect with friends, old and new.

Visit our website at www.newfound-owatonna.com