



Reflection on Changing Seasons

As an introvert, I've struggled with if and how I might share with you the recent changes in my life. I've asked myself, "Is this relevant news for my Pilgrim Heights family?" As you read this, you know my conclusion. 😊

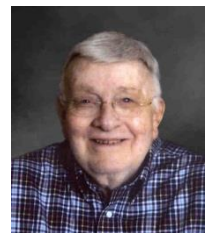
The ethos we strive to create here through Our Sacred Space, Inc. at Pilgrim Heights Camp & Retreat Center is one of a welcoming and supportive community. Many of you have shown me that very same welcome and support over the past 7 years, during my tenure as the Executive Director. So, to honor you, I'm sharing my reflection on the recent changes in my life.

It's been a season of personal changes for me to say the least: I got divorced (again); my youngest daughter Sydney graduated from High School and is now a Freshman at Iowa State University; I celebrated my 50th birthday; and my father, Rev. Edward Reinhardt, passed away in October.

When I say it aloud, it sounds like a lot of loss; but, I assure you I am not sad or lonely. I find comfort and joy in my family, my faith and my community of friends at Pilgrim Heights and beyond. As I reflect on the recent changes in my life, I know I am more than an aging, twice divorced, empty-nester. I am blessed. There is something positive in each and every situation, in all the seasons of my life. For that, I rejoice!

My parents raised me up in a home filled with faith and love. That isn't to say, I didn't have my share of teenaged angst; I did. My parents taught me faith was more than attending church on Sunday morning. Faith was how you lived, every day, with everybody, in every situation, in every place. They gave me the time and space to explore and develop my own personal faith.

If you knew my father, you know he loved music as well as the tradition and ceremony of church. As a teenager, he played the organ at his home church in Okawville Illinois at every opportunity. In 1955, he graduated from Eden Seminary with a Masters of Divinity. Throughout his life, he served churches and their communities in Iowa, Michigan and Minnesota. And when he wasn't in the pulpit, he was playing the organ.



In my position here, I've come to learn of my father's involvement in the UCC outdoor ministries programs. I am honored to continue his commitment to faith formation through the Christian Summer Camp & Spiritual Growth programs offered at Pilgrim Heights.



To celebrate his life and ministry, my family is designating memorial gifts given to Pilgrim Heights to fund instrument(s) for the Music & Movement area of our new the Nature Explore outdoor classroom, like the one pictured on the left. I think he would like that.

I hope I am in some small way a reflection of the life and faith of my parents; and that I have occasionally touched the lives of my children and my community in a positive way. Thank you for supporting me and allowing me to serve you!

Ann (Graham) Reinhardt

Recognizing a Need

In 2012, following the Barth family reunion, a group of family members volunteered to assist with laundering the bedding packs that were used during their reunion. That meant packing all of the soiled linens in the back of the van and/or pickup and taking the sets of mismatched sheets, blankets, mattress pads, and towel sets to the local laundry mat to wash, dry and repack into individual totes.

This is a 4-5 hour process, assuming use of numerous coin-operated washers and dryers. The cost of operating the machines alone typically runs \$75-100 depending on the number of linen packs to be laundered.

After returning from the laundry mat, John Barth offered to contact a friend of his in the commercial laundry business to inquire about getting machines on-site to save time and money in the laundering process.

Over the next 2 years, we researched options for commercial vs. residential machines, for installation of gas vs. electric appliances, for location of installation.

This summer, John donated and delivered a new large-capacity Speed Queen electric washer and dryer for the basement of Autumn House, along with a new hot water heater!



Pictured on the right, John Barth on delivery day beside the new machines in the basement of Autumn House.

Working Together

This fall, licensed electrician and volunteer John Boyle from UCC Central City, along with other members of the congregation, provided the electrical work for the installation of these machines. Staffer, Darrel Niedermann installed the plumbing; and together they installed the ventilation.

To raise the quality of the experience for our guests, Carolyn Barth and Jane Meyer, donated matching sheets, blankets and towel sets! We now have 50 beautifully coordinated linen packs which were used for the first time November 6th.

Staff and volunteers are now able to launder linens on-site, saving time and money, both of which are in short supply.

Pictured on the left, the prepared linen packs stored in the basement of Autumn House near the new machines.



Thank you all so much for:

- **recognizing a need,**
- **patience and persistence** in determining the best and most affordable solution for our needs, and
- your **generous gifts!**

To accomplish great things we must first dream, then visualize, then plan... believe... act!

Alfred A. Montapert

Why Volunteer?

People volunteer for a wide variety of reasons, especially wanting to help others. But it's also OK to want some benefits for yourself from volunteering. Here are just a few of the many motivations*:

- to feel needed
- to share a skill
- to get to know a community
- to demonstrate commitment to a cause/belief
- to gain leadership skills
- to satisfaction from accomplishment
- for recognition
- to learn something new
- to be challenged
- to make new friends
- to explore a career
- as therapy
- to have an excuse to do what you love
- to assure progress
- because you were asked
- for fun!

Instead of considering volunteering as something you do **for** someone, begin to think of it as an **exchange**. When you can see the benefits to both the recipient of your efforts and to yourself, it tends to strengthen your commitment to volunteering.

*A longer version of the list of motivations for volunteering can be found in "Why Volunteer" by Susan J. Ellis, President, Energize Inc.



Sign Up to Volunteer

<http://www.pilgrimheights.org/how-to-help-out/perform-a-service-project/signup-to-volunteer/>

Choose one or more of the skills from the list that match your talents. If it's a limiting factor, choose the options for your Availability. Please enter any comments in the box before submitting the form.

Then, we'll contact you when a project matches your skillset.

As little as 2 hours of your time and talent would go a long way to relieving the demands on our limited staff's work load.



Signup to Volunteer

First Name *

Last Name *

Email *

Work Phone

Home Phone

Organization

Skills Available: Carpentry, Computer usage, Event Planning, Facilitation - Challenge Course, Food Service, Fundraising, Gardening. Chosen:

Availability Available: Weekdays, Weekends, Morning, Afternoon, Weekly. Chosen:

Please tell us what type of volunteer work you might be interested in.

Submit

Projects To Do

Carpentry

Sign Up

General Maintenance

Sign Up

Guest Food Service

Food Service for Guests, generally covered by paid staff.

full	11/15/2014 3pm - 10pm	Supper for 32
sign up	11/16/2014 6:30am - 2:30pm	Breakfast & Lunch for 32
sign up	11/21/2014 4pm - 10pm	Supper for 8-12
sign up	11/22/2014 6:30am - 2:30pm	Breakfast & Lunch for 8+
sign up	11/22/2014 3pm - 11pm	Supper & Snack
sign up	11/23/2014 6:30am - 2:30pm	Breakfast & Lunch

Housekeeping

Housekeeping - can be started any time after date/time listed; but, must be completed by the date listed in the comments

sign up	11/17/2014 9am - 11:30am	Clean Autumn House - by 11/20
sign up	11/21/2014 8am - 9am	Clean Cedar Lodge / Office - weekly

Projects To Do

If you can cook, clean, do laundry, or provide routine maintenance, etc. and have a couple hours to spare periodically, please consider giving us a hand.

Volunteer Now! Sign up for a project listed on our website <http://www.pilgrimheights.org/how-to-help-out/perform-a-service-project/projects-to-do/> or contact ContactUs@PilgrimHeights.org.

We Can't Do It Alone - We Need Your Time & Talents!

Book your Holiday Party Now

<http://www.pilgrimheights.org/attend-our-events/retreats/holiday-party/>

Why choose Pilgrim Heights for your holiday festivities?

- Spacious, private meeting areas.
- Scrumptious catering: from four course meals to snacks.
- Projectors, Smart Boards, Wi-Fi, and wireless modems are available upon request.
- Not your typical conference room or restaurant experience - Beautiful landscape surrounds you!



A Day Away with the Psalmist – 1st Thursdays of the month from 9am-3pm

<http://www.pilgrimheights.org/attend-our-events/retreats/praying-with-the-psalmist/>

Spend a Day Away exploring the Psalms, deepening your relationship with God through prayer.

January 8 th	"Who Are We?"	Psalms and Identity
February 5 th	"Praying the Psalms"	The Psalms and Jesus
March 5 th	"Along the Way"	Psalms for the Journey
April 9 th	"Singing the Psalms"	Psalms for a Lifetime

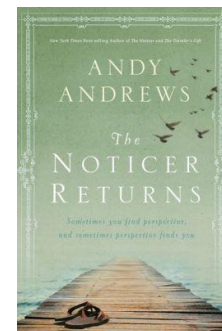
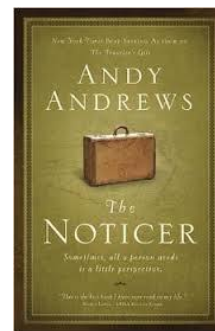


Noticing the Shift in 2015 – Last Saturdays of the month from 1pm-7pm

<http://www.pilgrimheights.org/attend-our-events/retreats/the-shift/>

Notice what awaits in the simple wisdom and heartwarming story of Jones. Based on a remarkable true story, *The Noticer* beautifully blends fiction, allegory, and inspiration; providing simple, yet powerful distinctions about love, relationships, value, and integrity; inspiring you to take that first step toward a major life change.

January 24 th	The Noticer, Chapters 1-3
February 28 th	The Noticer, Chapters 4-6
March 28 th	The Noticer, Chapters 7-9
April 25 th	The Noticer, Chapter 10 & The Noticer Project
May 30 th	The Noticer Returns, Chapters 1-4
June 27 th	The Noticer Returns, Chapters 5-7
July 25 th	The Noticer Returns, Chapters 8-10
August 22 nd	The Noticer Returns, Chapters 11-12
September 26 th	The Noticer Returns, Chapters 13-15
October 24 th	The Noticer Returns, Chapters 16-17
December 5 th	The Noticer Returns, Chapters 18-19 & Epilogue



Pilgrim Heights Virtual Birthday Party **CELEBRATE!** 61 years - Sun, February 15th

<http://www.pilgrimheights.org/attend-our-events/retreats/virtual-birthday-party/>

Set aside part of your day, during worship or independently, to celebrate the continuing existence of Pilgrim Heights. We'll provide an electronic recap of the prior year's highlights and a glimpse into the remainder of the New Year for you to view and share with those you love.

2015 Summer Camp Schedule coming soon – Sessions June 8th – August 8th

<http://www.pilgrimheights.org/attend-our-events/camps/>



Environmental Education Day Camps & Residential Christian Camps



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