



Earth Journeys

NEW MOON OVERNIGHT CAMP

July 31st– August 7th, 2011



EarthWalk's New Moon Camp will be Sunday July 31st to Sunday August 7th in the Stranahan Town Forest in Marshfield, Vermont. We will be spending 8 days and 7 nights camping and living with a small group of girls (ages 12-15) and women.

At the very beginning of this transformative week our community of family, friends, and Elders will join in a **send-off ceremony**, singing us out into the woods. Throughout the week, our goal as Mentors is to help create an experience where we can *all* deepen our relationship with ourselves, each other, and the Earth, and to recognize and honor our emerging strengths and gifts. Each day we will share in the joy and work of living together on the land. We will haul water, chop wood, cook food, practice skills and **play!**

Here is a taste of what a typical Earth Journeys camp day might be:

Wake up and greet the day with a song!

Breakfast and Morning Circle : we will share in cooking over the fire, talk about the day ahead and then play some sensory awareness games to ground ourselves in the beautiful fields and forests of the Stranahan land.

Project and craft time including: baskets, masks, beads and cordage, pottery, friction fire, carving, preparing herbal remedies, etc.

Lunch: we will come together for some food sharing, a drink of water, maybe a little game or story.

Afternoon Wander exploring the land: tracking the local animals; cooling off in a brook; identifying and collecting plants for food, medicine, and crafts; and mapping the landscape.

Quiet time for sit spot, reflection, solo project, and journaling

Dinner time! We'll work together to create a hearty, wholesome dinner cooked over the fire using local and organic ingredients. We will explore a variety of campfire cooking techniques including: cooking on a spit, directly on the coals, in a steam pit, in a Dutch Oven, using hot rocks to boil, and more.

Fireside Story Jam: around the fire we'll share stories and music, skits and laughs before slipping into our sleeping bags for the night...

Nighttime Hikes and Games : Just when you thought it was time for bed! A few nights throughout the week we're bound to brave the dark forest on some optional trust-building adventures

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Mid-way through the week we will meet up with the boys' camp to work together on a **stewardship project** for the Stranahan Town Forest. We will certainly play some games and feast while we are all together as well!

Towards the end of the week there will be a *solo challenge* created by the campers and the mentors during special check-in times throughout the week. Each camper's solo challenge will be different and unique, tailored to the needs of the individual camper and crafted to meet the level of challenge they seek: from an extended afternoon Sit Spot time, to a night under a tarp with another camper, to multiple nights alone sleeping in a debris shelter. The check-in time will give us a chance to set intentions about both the internal and external skills we are working on to prepare for the experience. Campers have the opportunity to deepen their solo experience each returning year.

At the close of the 8 days, we will be welcomed back by our community, made up of family, friends, and Elders in a **return ceremony**. After our community sings us back out of the woods, we will have the chance to share stories, skits, songs and projects from the week, and to reflect on our intentions and the ways in which we have grown and changed. We will close with a magnificent community potluck feast!

Heidi Wilson, 2nd year mentor and School Year Program Director at EarthWalk is leading the team of mentors for New Moon Camp for the 2nd summer. Heidi has been leading groups of children, and students for over 10 years and is certified in Wilderness First Aid. She is really excited to share her passion for music, basketry, and campfire cooking with the girls. Hannah Morgan will also be returning to New Moon Camp again this summer bringing her gifts of song, story, and earthcrafts!

Cost and registration is in the EarthWalk Summer Camp Brochure on this website.

WE HOPE TO SEE YOU THIS SUMMER!



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