

# Spiritfest 2017 Schedule

Available all times: Volleyball, Badminton, Frisbee Golf, Bocce Ball, Horseshoes, Gaga ball, Croquet, Corn Hole, Geo-Caching, Whiffle Ball, Nine-Square, and hanging out in Bergland. Snacks are located in the Bergland kitchenette.

**PLEASE DO NOT ATTEMPT ANY ACTIVITIES OTHER THAN THE ABOVE WITHOUT ROCKFISH STAFF PRESENT!**  
 ~In case of emergency dial 911~ First Aid kits are located in Bergland and Dining Hall

FRIDAY				
5:00	<b>Check-in starts at Bergland- park in lot behind building</b> Feel free to bring your dinner and eat in Bergland.			
8:15	<b>Welcome Games</b> Bergland			
9:00	<b>Vespers</b> Bergland	<b>Board Games &amp; Puzzles</b> Bergland		
SATURDAY				
7:00 - 7:50	<b>Birding</b> Meet outside Dining Hall			
8:00	<b>Breakfast</b>	<b>8:15-9:30 Check-in at Bergland- park in lot behind building</b>		
9:00 - 10:20	<b>Yoga</b> Bergland Bring mat if you have one	<b>Playing Well With Others</b> Lodge (see map) Bring guitar, ukelele, etc.	<b>River Tubing</b> 8 and up Lifeguard shed near Bathhouse, Bring a beach towel.	<b>Archery</b> see map
10:30 – 11:50	<b>Fabric Stenciling</b> Arts & Crafts Bldg (see map) Bring a tee shirt or other fabric item	<b>Drumming</b> Campfire Circle (see map)	Takes about an hour to complete. There are 20 tubes, so we need to stagger start times – 9:00 and after 10:15	
12:00	<b>Lunch &amp; Ingathering</b>			
1:30 - 3:30	<b>Folk Singing</b> 1:30-2:25 Dining Hall		<b>Spirited Photography I</b> 1:30-2:25 Bergland	
	<b>Mudwalk</b> 2:30-3:30 Meet at Bathhouse, wear old shoes		<b>Greeting Card Crafting</b> 2:30-4:00 age 12 and up Bergland (alternatives provided for younger peeps)	
3:30 - 5:30	<b>Open Swim</b> Pool -see map. Bring beach towel.	<b>Porch Chat with Justin</b> 4:30-5:30 Deck @ Dining Hall	<b>Group Challenge Course</b> Starting 3:30 and 4:30 see map (Sasha leads the 3:30)	<b>Let's Explore Haiku Together!</b> 4:30-5:30 Bergland
5:45	<b>Dinner &amp; Group Photo</b>			
7:00 - 7:45	<b>Skit Preparation-</b> pick a location to meet with your group			
8:00	<b>Cabaret - Dining Hall</b> - talent show - skits - drumming & folk songs			
9:00ish	<b>Vespers &amp; Campfire w/ S'mores!</b> Bergland Fire Pit	<b>Board Games &amp; Puzzles</b> Bergland		
SUNDAY				
7:00	<b>Birding</b> Meet outside Dining Hall			
8:00	<b>Breakfast</b>			
9:00 - 10:25	<b>Fabric Stenciling</b> Arts & Crafts Building Bring a tee shirt or other fabric item	<b>Chaos to Calm</b> Bergland	<b>TBD</b>	
10:35 - 11:30	<b>Yoga/Meditation</b> Bergland	<b>Spirited Photography II</b> Dining Hall		
11:30-12:00	<b>Closing Circle</b> Bergland Lawn			

## WORKSHOP DESCRIPTIONS

**Birding:** In the morning we'll tiptoe around the grounds to watch and listen for the many species that live here. After supper we'll sit by the river and see what comes along. Last year there was an exciting hawk and kingfisher interaction! Bring binoculars if you have them. Julie Angerman

**Greeting Card Making:** Beth Flanagan will guide you in a step-by-step process of creating two professional quality greeting cards using various techniques of collage, stamping, and other adornment. Ages 12 and up.

**Drumming:** Come feel the rhythms! Whether you are talented or just a beginner, when a group gets together it feels good. If you can clap your hands or tap your feet when you listen to music, then you can drum. Really! Bring your own drum or borrow one of ours. Art Lieberman

**Group Challenge Course:** Different course elements present physical, emotional and mental challenges for all ages. It's also fun!

**Folk Singing:** Songs for the young (and young at heart). Let's learn and sing together a few classic children's songs. Then we'll pick one or two to present at the Cabaret! Ukuleles, banjos, mandolins, guitars, pennywhistles, and any other noisemaker you'd like to bring will be welcome. Tom Atkinson and Chris Wise

**Playing Well With Others:** Share ideas and experiences about musical collaboration and practice singing and playing instruments in a group. UUFR has 3 music venues—Song Swap, Folkly Friday, and Coffee House—where we have the chance to play music in a group, but may be asked to play unfamiliar songs. We will look at tempo, volume, and other challenges. Then we'll try a song or two to put it all together. Bill MacMillan

**Spirited Photography:** From the introduction of the Kodak Brownie to the era of the iPhone, picture taking has become woven into the fiber of our lives. Cameras are ever-present and mostly taken for granted. We'll play with becoming more intentional as we make images. No prior skill or fancy equipment needed. The most basic flip phone has an adequate camera. After a bit of warm up and discussion we'll set forth

into Camp Rockfish and capture our visions. Sunday we come back together and appreciate what we've created. Richard Kevin

**Porch Chat with Justin:** Informal discussion new minister Justin Osterman.

**Chaos to Calm: Looking at new ways to face change.** In times of change, we are faced with having to make new choices. What effect does this have on our values and sense of wellbeing? What parts of change are important to pay attention to? Let's explore qualities of change, resiliency and stress reduction through conversation and mindfulness. Join integrative life and leadership coach, consultant and facilitator, Annelies M. Gentile, MA, ACC of Conduit for Change, LLC for an interactive, life-affirming, presence-based conversation and workshop. Learn more about Annelies at [conduitforchange.com](http://conduitforchange.com)

**Fabric Stenciling:** Bring a light colored article of clothing or a hat or even sneakers and have some creative fun!

**Let's Explore Haiku Together!** Many of us know Haiku as a Japanese poem of seventeen syllables traditionally evoking images of the natural world. In this session we will look beyond the syllable count! On the agenda for this session: -Touch on a brief history of Haiku in Japan and around the world. -Discuss what makes these short poems so compelling to read and write. -Take a little nature walk for inspiration -Write and share (optional) Haikus of our own. Patty Townsend

**Yoga:** Join us for nature-inspired yoga on the deck at Bergland! This class will explore a wide range of poses to increase vitality, build strength and increase flexibility. Mindfulness and yogic breathing will also be explored in a calming, centering, nurturing atmosphere. This will be a vinyasa style class suitable for beginners to advanced students, for teens and adults. Please bring a yoga mat (a few loaners are available) and a bottle of water. Pam Callaway

**Mudwalk:** Partake in the all-natural mud hole where the struggle is real, and then clean off at the outdoor shower at the bathhouse. Wear old shoes and clothing

