

FESTIVAL SESSION DESCRIPTIONS

THURSDAY **2PM – 5PM**

2 p.m. Craft cabin is open. Pool is open.

4 p.m. Hike Moonlight trail (meet at flagpole)

FRIDAY **Session 1:** **9:30 –10:30AM**

Children & Plants [Nature Pavilion]

Working with plants is one of the many ways we can engage with the natural world. At Sequanota, we are blessed to be surrounded by plant life! Join us for a hands-on experience where we will gather local plants and infuse them with sunshine to make tea. We will also learn how to use the plants around us medicinally. Please have your child wear clothes that can get dirty/muddy for this event.

Annie Baltzer is an educator, ecotherapist, herbalist, and life-long lover of nature who is passionate about helping people deepen their connection to the natural world. She currently serves as the Camp Naturalist at Sequanota.

Pouring Art, a resin wall hanging workshop [Arts & Crafts Cabin]

Get creative in our hands-on resin wall hanging workshop, where you'll learn to mix pour and design your own unique piece.

Neelum Hassan is an educator, trainer and artist from Karachi, Pakistan. She has created beautiful pieces of art with resins in her studio, Soulside Studio. She loves to cook and share her culture.

Beyond the Binary [Dining Hall]

We will share an interactive experience and discuss terms, identities, and the idea of welcome in church spaces. Sometimes we struggle to welcome or share spaces with others because we haven't yet understood what that means for them. You are enough to have this conversation and we will share in a learning community!

Scott Luikart is a Lutheran Christian from South Dakota, by way of Texas. Scott leads Camp PRIDE for Lutheran Outdoors, South Dakota and is a mentor and leader in his congregation's youth ministry.

Hike to East Rocks [Meet at the flagpole]

Sequanota staff will lead a hike to East Rocks - all ages are welcome.

FESTIVAL SESSION DESCRIPTIONS

FRIDAY

Session 2:

11:00AM – 12:00PM

1000 Hours Outside [Nature Pavilion]

The average child spends 4-7 hours a day on screens, but only gets 4-7 minutes of unstructured free play outside each day. 1000 Hours Outside is changing that. 1000 Hours Outside is a Global Platform to reclaim childhood and reconnect families. The founder, Ginny Yurich, says: “The premise is simple, but the impact is profound.” The goal? Spend 1000 hours outside in 1 calendar year.

Hanna Weimer is the Program Director for Sequanota. She is passionate about kids getting outdoors.

Crafting with Clay [Arts & Crafts Cabin]

Come work with white clay to form a small decorative bowl or ornament. This workshop is for kids or adults. Clay can be painted after 24 hours so you can return tomorrow to finish this project or take it home with you to finish later.

Daniela Victoria is a “creative” from Tepeaca, Mexico. Dany is studying design at the university. She enjoys playing violin, painting, crocheting and this summer taking pictures at camp.

Mindful Worship Leadership for Everyone [Dining Hall]

Do you ever lead or assist with worship in your congregation and get nervous about it? Would you like to lead or assist with worship but don't feel like you're equipped? This may be the workshop for you. We will discuss what it means to pay attention in leadership with the intent to include all people in worship while finding ourselves worshipfully centered in God.

Rev. Kevin Shock serves as the Assistant to the Bishop of the Allegheny Synod. He has a passion for scripture, worship and God's people.

Archery will be led by the Sequanota staff at the [Archery Range] behind the wooden cabins.

FRIDAY

Session 3:

2:00PM – 3:00PM

Daal Diaries: uncovering the secrets of Pakistan's favorite lentil comfort food [Bowersox Center Kitchen]

Dive into the story of Daal in this interactive cooking workshop, perfect for food enthusiasts of all levels and ages.

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Spirituality, Our Search for God [Dining Hall]

Learn or review some daily spiritual practices that bring us closer to God. Centering prayer, Lectio Divina, Benedictine, Ignatian, and Celtic spirituality will be discussed and practiced.

Rev. Nancy Hoover is the pastor of Grace Lutheran Church, Johnstown, PA. She has been trained as a Spiritual Director and enjoys sharing her spirituality with others.

Camp Sing-a-long [Music Tent near Log Cabin]

Come sit under the shade trees and listen to music or sing-a-long to camp favorites.

Pool is open from 2-5 p.m.

Zipline & Climbing Tower is open 2p.m. [Tower]

Sequanota staff will facilitate the tower today. The Zipline is for youth 12 years old to adults. Campers who are 10 years old and up can climb the wall. Parents/Guardians will need to complete a waiver.

Creek Hike & Macroinvertebrate Study [4-square court]

Join us as we splash into the creek together! Not only will we enjoy the beauty of the creek trail, we will also get to know the amazing world of life that exists beneath the rocks and on the stream bottom! Macroinvertebrates are tiny creatures that cling to the rocks below. They are also indicator species that can inform us about the health of a stream simply by their presence or absence in the system. We will learn how to locate and identify these creatures as we walk through the stream. Please be sure to wear your "creek shoes" (shoes that can get wet and fully attach to your foot) and clothes or a swimsuit that can get fully wet for this event.

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FRIDAY

Session 4:

3:30PM – 4:30PM

Craft Cabin is open to continue a project or for kids to pick a project they would like to complete.

Music with Oscar [Music Tent near Log Cabin]

Enjoy a musical performance by Oscar Hernandez Garcia from Puebla, Mexico.

Oscar is a guitar teacher and studies at the music conservatory at the Benemerita Universidad Autonoma de Puebla.

Volley Toss and Gaga Ball [Basketball & Volleyball Courts area]

Sequanota staff will lead an easy game of volleyball and dodgeball called Gaga.

Pool is open from 2-5 p.m.

FESTIVAL SESSION DESCRIPTIONS

SATURDAY

Session 5: 9:30AM –10:30AM

All Manner of Creeping Things: PA Reptiles [Nature Pavilion]

Learn about turtles and snakes native to our region. (This session is especially geared for youth.)

H. Jean Sinal continues to teach STEM summer programs following her retirement from the Science Department of Hollidaysburg Area Junior High School.

Pouring Art, a resin wall hanging workshop [Arts & Crafts Cabin]

Get creative in our hands-on resin wall hanging workshop, where you'll learn to mix pour and design your own unique piece.

Neelum Hassan is an educator, trainer and artist from Karachi, Pakistan. She has created beautiful pieces of art with resins in her studio, Soulside Studio. She loves to cook and share her culture.

Forest Bathing: A Guided Immersive Experience in Nature [Dining Hall]

Forest bathing is the practice of immersing yourself in nature in a mindful way, using your senses. Forest bathing differs from hiking in that it focuses on the "here," not the "there." The pace is slow. Join us on this guided nature experience where you will receive gentle invitations for connection as we walk together through the forest. Discover the physical, mental, emotional, and spiritual health benefits of sensory immersion in the ambience of the forest.

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Faith & Sound [Music Tent near Log Cabin]

Have you ever stopped to really listen to the world of sound around you at any given moment? The sounds around us can prove to be opportunities to experience God and our faith. Sounds help us think intentionally about our faith and life of prayer. From silence to the sound of wind in the trees to a string quartet; all sounds have a purpose and place. Learn about how we hear and interpret sounds in our daily life, how to listen more faithfully, and even create your own sounds for a time of devotion. Get your hands on some sound tools and synthesizers and more. We will play, listen, and pray!

Ryan Custead shares his talents in youth ministry and music as the Director of Faith Formation & Outreach at Zion Lutheran Church in Hollidaysburg, PA.

Parachute games, Samurai Chef and other noodle games [Flagpole - Main Field]

Sequanota staff will lead some fun games this morning.

FESTIVAL SESSION DESCRIPTIONS

SATURDAY

Session 6: 11:00AM – 12:00PM

Sequanota's Sustainable Forestry Practices: A Driving Tour [Nature Pavilion]

See how Sequanota is working to protect, preserve, and manage natural resources on this driving tour of Camp.

Rev. Nathan Pile is the Executive Director of Sequanota and enjoys engaging the community in faith conversation in the great outdoors.

The Joy of Painting with Dany [Arts & Crafts Cabin]

This is not painting with Bob Ross, but it's the next best thing. Come create a painting inspired by Dany's creativity.

Daniela Victoria is a "creative" from Tepeaca, Mexico. Dany is studying design at the university. She enjoys playing violin, painting, crocheting and this summer taking pictures at camp.

Beyond the Binary [Dining Hall]

We will share an interactive experience and discuss terms, identities, and the idea of welcome in church spaces. Sometimes we struggle to welcome or share spaces with others because we haven't yet understood what that means for them. You are enough to have this conversation and we will share in a learning community!

Scott Luikart is a Lutheran Christian from South Dakota, by way of Texas. Scott leads Camp PRIDE for LOSD and is a mentor and leader in his congregation's youth ministry.

Hike to South Rocks

Sequanota staff will lead a hike to South Rocks and some bouldering.

SATURDAY

Session 7: 2:00PM – 3:00PM

Invasive Species [Nature Pavilion]

Learn about the plants that have made your home, their home! They are not native plants, but they can thrive in this region. There will be several ideas shared to help combat these plants in your yard.

H. Jean Sinal continues to teach STEM summer programs following her retirement from the Science Department of Hollidaysburg Area Junior High School.

Stephen Ministry: learning to love your neighbor [Dining Hall]

Come learn about Stephen Ministries origins and current ways it is helping us to love our neighbors in a fractured culture.

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Karen Wagner is a member at Zion Lutheran Church in Hollidaysburg, PA. She has been a visitor, leader, and trainer in this critical outreach ministry.

Slip and Slide [Main Field]

The Sequanota staff will have the soapy slip and slide out and kids are welcome to join the fun before they go to the pool.

Pool is open from 2-5 p.m.

SATURDAY

Session 8: 3:30 – 4:30PM

Mental Health, youth and young adults [Dining Hall]

Have you heard about the social, emotional and mental health crisis affecting our younger generations? Join us for a conversation defining the problem and beginning to seek answers. Resources will be shared.

Rev. Nathan Pile is the Executive Director of Sequanota and enjoys engaging the community in faith conversation in the great outdoors.

Craft Cabin is open to continue a project or for kids to pick a project they would like to complete.

Music with Ryan [Music Tent near Log Cabin]

Enjoy a musical performance by Ryan Custead from Hollidaysburg, PA.

Ryan Custead shares his talents in youth ministry and music as the Director of Faith Formation & Outreach at Zion Lutheran Church in Hollidaysburg, PA.

Pool is open from 2-5 p.m.

Earthball Games [meet at flagpole]

Sequanota staff will lead games with the giant (5 ft.) ball.

SATURDAY

9:00 – 10:00PM

Flying Creatures of the Night! [4 square]

Join us just after sunset to learn about the moths that call Camp Sequanota home. We will catch, identify, and document any moths that cross our path. We will also be on the lookout for lightning bugs as well! Bring a flashlight and a curiosity about moths and night-fliers to this event!

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