

You are Beloved

Chosen, Blessed, Broken, Given

Family Camp 2020

Camp Koinonia

www.CampKoinoniaNY.org

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Tips to Help Parents Through the Holidays

Adapted from "Tips to get your kids through the holidays graciously and gratefully"
By Amy Joyce, writer and editor for *On Parenting*

Camp Koinonia parents dream of beautiful, peaceful holidays filled with loving family, fun traditions and prayerful reflection. Reality is often quite different though when the kids are tired and overstimulated. Try these tips to help bring joy to your family!

Think ahead. If you can picture your children melting down at an event, prepare them for what to expect and plan for opportunities to take a break with them.

Teach, then coach. Let kids know what your expectations are for them and be prepared to coach them along the way. For example, give them a timetable, such as, "When we get (continued on page 2)"

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there, you'll have time to play with your cousins, and then when it's dinnertime, we all will sit at the table. I expect you to do that for at least 30 minutes. Then you can go play with everyone again.' Be sure your expectations are developmentally realistic, and be gentle yet firm in your reminders.

About that unwanted present. Again, preparation is key. Kids have bad impulse control and may slip when they're disappointed. In a quiet moment at home, tell them that if they receive a present, it's because someone loves them. Then practice how to respond politely, such as, 'Thank you. It was so nice of you to think of me.'

Add gratitude actions. Ask your children to think about people who do nice things for them that they don't normally thank such as the custodian at school, the mail carrier, the bus driver. Then do something to express appreciation. This activity could even spur ongoing thankful activities beyond the holidays.

Commit to a service as a family. Talk to one another about what you most care about. Homelessness? Animal welfare? Then find an organization you can get behind, and make a promise to do something monthly for that group or that cause.

Don't inundate kids with gifts. When you give too many gifts, the appreciation goes out the window.

Overall, remember that you are a role model for your children. Your behavior is a major influence on your kids. They will follow your lead as they learn and grow.



Article Source: <http://www.essentialkids.com.au>



Scan here or go online to support strong families today!

Dear Friends of Koinonia,

We only have until New Years to reach our goal of \$300K for the matching grant challenge, and we still have quite a distance to go. Every donation is *doubled*, so please think of us when making your charitable donations. Mark Mayton and Jerry Hansen have been working hard this fall to find and fix the water leaks around Camp. Once they're repaired, we have plans to finish Carol's porch, replace the windows in the Chapel, build a shade structure for the pool, fix the sink in the infirmary, install water, electric and sewer to the caboose and install a new electric line to two of the camper hook-ups. It's a lot of work, and your generous donations are already slated to pay for these improvements. Of course, we have many more improvements that are needed around Camp, and with your continued support, I look forward to making them a reality. Visit our website to donate, and be sure to register for Family Camp 2020 while you're there!

With love and Camp hugs,
Kerri Nowak, President

It's Time to Register for Summer 2020!

Family Camp
All-inclusive
5 Day Retreat
(Short) **Week 1:**

July 2-4

Week 2:

July 5-10

Week 3:

July 12-17

Week 4:

July 19-24

Week 5:

July 26-31



Visit www.CampKoinoniaNY.org to register today!
Reg. Fee: \$175. Ages 13 and up: \$220. Ages 6-12: \$170.
5 & under: FREE

Thank you to our *Renew* Capital Campaign Supporters!

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**\$150,000
Matching
Donation**

Every dollar you donate is doubled in 2019! Please visit our website today and sign up to give monthly for three years. Your pledge will go a long way in helping camp endure for generations to come!

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Scan here or go
online to support
strong families
today!

We've raised \$144,430 of our \$1.2M Renew Capital Campaign Goal

Your donation will help us:

- Replace the chapel windows
- Renovate our Lodge to an accessible 4-season building to increase our utilization and comply with ADA standards
- Update our sleeping cabins; replace windows, doors and bunks
- Add a playground and basketball court
- Build a Camp Manager cabin
- Create an Endowment Fund as a resource for capital improvements to our buildings and property for generations to come!

About Us

Camp Koinonia, Inc. is a not-for-profit 501(c)(3) organization with 269 acres nestled in the Finger Lakes region of Upstate New York. Camp Koinonia is available to rent for weddings, reunions and retreats from various faith traditions. We feature a unique Catholic Family Camp, where families celebrate faith and fun - together! We welcome everyone regardless of religious affiliation or the make-up of the family. Camp Koinonia is more than a destination – it's where LOVE grows!

Camp Koinonia, Inc. is an independent, not-for-profit 501(c)(3) organization, and all donations are tax deductible. Family Camp follows the traditions of the Catholic Faith, but we are unaffiliated with a diocese. Camp Koinonia does not discriminate on the basis of race, color, religion, gender, gender expression, age, national origin, disability, marital status, sexual orientation, or military status, in any of its activities or operations. We are committed to providing a safe, inclusive and welcoming environment for all members of our staff, volunteers, subcontractors, vendors, and clients.



Stay in touch with Camp Koinonia

Location: 1455 Italy Valley Road, Middlesex, NY 14507-9717

Mailing Address: P.O. Box 92382, Rochester, NY 14692

Email: contact@campkoinoniany.org

Website: www.CampKoinoniaNY.org



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What is Family Camp?

Family Camp is a week long family retreat. Your family will spend nights together in a rustic cabin and your days will be full of fun outdoor activities and prayerful reflection. Bathrooms have full plumbing and electricity and are located just steps away from the cabins. All meals are prepared, served and cleaned up by our staff. The Family Camp program is lead by Spiritual Directors who will guide you and your family as you strengthen your bonds while having fun together. Even the daily masses are planned so that everyone, including the youngest siblings, enjoy them and feel connected. Our amazing staff of teenage volunteers are assigned to families to help out during the week. Camp Koinonia is located in a beautiful valley, so there's no Internet, no cell service, and no distractions from your family getting closer and making new friends. Family Camp is an experience you simply can't get anywhere else, and we are proud to offer it to you. Visit us once, and you'll return year after year!