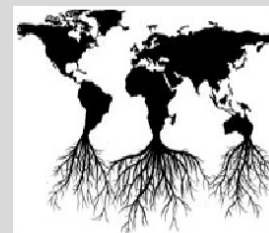


Camp Betsey Cox



The camp with a song in it's
heart

The Bubbler



A Betsey Cox New Year Messagefor you...and yours



"Life is like riding a bicycle. To keep your balance,
you must keep moving." - *Albert Einstein*

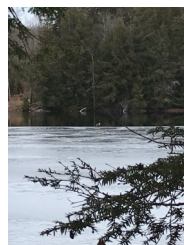
As we all ring in the New Year, with resolutions or not, we are ringing in change. Change can be unsettling sometimes, but it is always growth producing! Wait! Growth and Change! I have heard that somewhere! Camp Betsey Cox! And combine that with Imagination and Action, Kindness, Gratitude, and for Einstein, Movement to keep our balance-we have a great start to the New Year.

Devri recently came upon an article about the science of gratitude. A quote:

People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. - Derrick Carpenter, [The Science behind Gratitude](#)

We imagine that being Betsey Cox community members, you have already discovered the truth in this kind of study. People can actively work on gratitude. One woman shared that she started a "gratitude jar" last year and popped notes into it all year about things she was grateful for. Then, on New Year's Eve, she opened the jar and reread all the notes. That would be a great jar to read we imagine.

And so as we embrace the New Year and new beginnings, we wish to express our gratitude for....the people we know at camp....the pond....the green of the archery field, farm and riding ring. ...the seasons as they change the scene across camp. ...the silly things we can do at camp....the garden in which we grow some of the food we enjoy....the Future World Leaders sign at the edge of the lane....the way we learn to live and grow together.....and so much more!



And because we are the Camp with a song in its heart,
here is a hymn to leave you with.

For the beauty of the earth,
For the beauty of the skies,
For the love which from our birth
Over and around us lies,

[Chorus]

*Praise to all, with voices raised,
This our hymn of grateful praise.*

(Text: Folliott S. Pierpoint, 1835-1917, with adaptation)

Happy New Year!

