



**M**t. Aetna Camp and Retreat Center is a facility dedicated to supporting Christian ministries by providing them a place to regroup, reconnect and relax in the splendor of God's woodlands.

**We** have heated cabins and guest rooms to sleep up to 200, a cafeteria that seats 175, meeting rooms for groups large and small, a seasonal swimming pool, hiking trails, canoeing, basketball and a fabulous nature center.

**We** offer summer camp programs for children and youth, and outdoor school sessions in the spring and fall for 5<sup>th</sup> through 8<sup>th</sup> grade. We also offer challenge course/team building programs for ages ten and up.

**The** center is located just an hour northwest of Washington DC, an hour west of Baltimore, and only 3 miles off Interstate 70 at Exit 35.

**If** your ministry, church, club or association could use such a semi-rural facility, then give us a call at 301-824-6045.



SEVENTH-DAY ADVENTIST CHURCH  
[www.adventist.org](http://www.adventist.org)

**Mt. Aetna Camp and Retreat Center**

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**The Mount Aetna Accounts**  
**V O L U M E 1**



Where  
 I did  
 I lose it?

*A story of renewal*

*A short  
 story by*  
**Charlene  
 Milam**



**I** WAS EXHAUSTED! OH, I DON'T MEAN physically, I mean mentally. Day after day, it was the same old grind; fix lunches, get the kids off to school, get the husband off to work, grab a granola bar for breakfast and try to find space on my desk to get some work done in my home office. At least I didn't face a long commute every day.

Still, there never seemed to be enough time to cram everything into the schedule. I was constantly battling to find time to fill the spiritual nooks and crannies of my life, let alone schedule daily time to keep my spiritual tank filled. I knew it was important, but my PalmPilot was constantly beeping at me to remind me of some other urgent thing that must be done.

Pick up the kids.  
Run to soccer practice, ice skating, baptismal class. Today is J.J.'s hockey team. Don't forget piano lessons!

And practice time. And choir rehearsal tonight! I was living life constantly on edge, constantly running, constantly juggling, constantly... searching. I knew there was more to life—I'd had a life once. Where did I lose it?

And then my best friend invited me to spend a weekend with a group of women at Mt. Aetna Camp and Retreat Center, just an hour away in



Hagerstown, Maryland.

No doubt you know the logistics I faced in trying to organize time away from home by myself. My immediate response was 'thanks, but no thanks.' However, my very persuasive friend encouraged me to give it some thought. She reminded me that I had just been lamenting my lack of time to renew my relationship with the Lord and suggested again, that I give the idea some consideration.

Well, I reconsidered. I went. For one glorious long weekend, I exchanged my stuffy gym exercises for the wonder of the great outdoors; the beautiful windows of my church for the open arch of God's glorious sky; the grinding routine of slavery to my PDA, for time spent rejuvenating not only old friendships, but reforging that spiritual connection with my Creator. Did it change my life? No. But then again, yes.

**A**ll right, I still carry my PalmPilot, but it doesn't run my life anymore. Rest? Relaxation? Recreation? Even rejuvenation? Yes, I did find all those things at Mt. Aetna, but more than that, I found what I'd been searching for...myself.