

PEAK Internship Fall Update!

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PEAK Internship Update

2022/2023 Intern Cohort

(L-R: Emma Heath, Kendra Santoro, Titus Harper, Calvin Tattershall, Haylie Alexander, Claire Shnowske, Ian Wooten, Nate Rizzuto)

We have a fantastic new cohort of interns at Spring Canyon for the 2022/2023 intern year. Eight interns arrived on Aug 31, 2022 and jumped right into their orientation/training. During this orientation they learned our bed making, bathroom cleaning, and kitchen standards as well as a bit about maintenance. They also became certified belayers on our indoor climbing wall. Finally, they received an estimable stack of books that they will read and discuss this semester in the academic portion of the internship.

The interns are working hard supporting our retreat schedule by:

1. **Manning the front office offering guest services support.**
2. **Helping as cook's assistants in the kitchen.**
3. **Working with our maintenance manager helping with the many small repairs that are ever-present.**
4. **Leading the weekly housekeeping teams to ensure everything is ship shape for each new guest.**
5. **Safely belaying guests on our indoor climbing wall - and getting in a lot of their own climbing.**
6. **Working efficiently and thoroughly when it comes to setting for and cleaning up after meals.**

In the midst of all the service the interns are also learning some great life lessons in the academic program:

1. **What it means to live honorably while studying the Arthurian Legend through *The Death of King Arthur* by Peter Ackroyd and *Idylls of the King* by Alfred Tennyson.**
2. **How to take responsibility for their thoughts, words, and actions through *12 Rules for Life* by Jordan Peterson.**
3. **How to live well in Christian community by reading *Life Together* by Dietrich Bonhoeffer.**
4. **What it really means to sacrifice and live with gratitude by studying the life of Ivan Denisovich in *One Day in the Life of Ivan Denisovich* by Aleksandr Solzhenitsyn.**
5. **How to understand their worldview as it relates to various worldviews available to them, and form their own solid foundation of beliefs through reading *The Universe Next Door* by James Sire.**
6. **How to get all they can out of these great books by reading *How to Read a Book* by Mortimer Adler.**
7. **The value of journaling as they write for 10 minutes, six days a week.**
8. **How to have good conversations through the discussion of all the books listed.**
9. **How they are gifted by God through individual Strengthsfinder counseling. We hope this assists as they are looking ahead to their next steps.**



Praying for the interns at their commissioning after their orientation time

Of course there is also time to enjoy the beautiful Rocky Mountains. We took a camping trip to the Great Sand Dunes National Park; some have been hiking and mountain biking; and others are looking forward to the rapidly approaching ski season. We also spent some time outdoors at the shooting range learning fundamentals of self defense.



Weekly "Family Dinner" and sometimes a game or movie at the Truitt's



They enjoy many an evening on our climbing wall



Sheet folding and housekeeping fun



Defensive Shooting Fundamentals "field trip"



A waterfall hike on the way to the Sand Dunes



Fun at the Sand Dunes



Enjoying the wedding of two full time staff, Caleb and Katherine Lambert

Aside from retreat support, academic discussions and down time, we also get the privilege of visiting with each intern individually during their weekly “1 on 1” sessions (yes, it’s really 2 on 1 since both of us are in the meetings, but that sounds intimidating). This hour is spent focusing on the intern - hard questions are asked as we explore what he/she hopes to accomplish this year, what each intern’s next step might be and what struggles might prevent growth. We think we can say this is a highlight of the week for all involved.

One very unique aspect of this particular year is our church situation. In order to attend church consistently, we need a Sunday evening service. As of September the local Anglican congregation of six people decided to move their service to the evening so we could attend. Spring Canyon’s attendance brought the meeting to 20 attendees, but within 4 weeks of moving the service the church has grown to more than 60 regular attendees. A vestry is forming and everything is becoming more official with this growth. It’s a great process for the interns to witness. We don’t expect them to leave here as Anglicans, but we are thankful for the opportunity to have weekly church attendance and involvement in a community outside of Spring Canyon. Claire and Emma are both serving in the nursery and Calvin, Ian and Emma are helping with the worship team.

As we move toward the end of the semester, the interns are heading out for a two week break over Thanksgiving, then return in time to decorate for and support our Winter Sports Retreats (WSR) and take an end of semester Blue Book exam. After WSR the interns wrap up their first semester with another break and then return at the end of January to begin their second semester.

We'll leave you with quotes from the interns' recent speeches. They each spoke on the topic of what they have learned so far that is changing their lives.

Haylie: "Love is a choice. I'm learning when to love, when to forgive, and when to let go. It's important to have healthy relationships...I've also learned to question the Bible in order to own my faith."

Titus: "I'm learning what it means to speak with truth and clarity."

Emma: "Perspective is powerful. A grateful perspective in particular, transforms my outlook on challenges and my attitude towards life."

Nate: "I'm learning what it means to learn and that learning is an adventure and an endeavor."

Kendra: "Keeping in mind Romans 12:2, I'm learning to live with confidence and that sometimes I need to make sacrifices to please God. It's important to find balance in life and take care of myself."

Claire: "Words matter! I'm more careful and intentional in my word choice to make sure my thoughts are correctly expressed...There are foundational truths, and beliefs need to line up with reality."

Calvin: "Courage is a choice, not a character trait...Courage isn't just for the big things. It's needed to get out of bed every day - get up, dress up and show up."

Ian: "I'm learning how to be human and figuring out who I am...My actions reflect myself and the culture around me."

Obviously, these lessons don't come from just showing up for the PEAK Internship. These lessons are learned through much hard work and a willingness on each intern's part to show up each day, be present, pay attention and work on growing and changing. It is a blessing and joy to accompany them in this journey for the year. Please pray for each of the

interns as they serve and grow this year and pray for guidance on where the Lord is leading them when the internship finishes.

Blessings,

Andy and Heidi Truitt

More information regarding the PEAK Internship is located on our website:

www.springcanyon.org/peak-internship/

Applications to join the 2023/2024 cohort open Dec 15, 2022.



Spring Canyon is a ministry of Officers' Christian Fellowship

For more information visit us at our website www.springcanyon.org

Or contact us at (719) 395-2328

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