Tonight and tomorrow we face a big challenge — we will be saying our good-byes. A great summer of growth and friendship will be ending, and that’s painful. How will we handle the pain? Not by ignoring it, I hope. It means that our time together was important to us, and ignoring the pain is like ignoring the friendship, the community spirit. Instead, be like the Phoenix. Fly into the fire unafraid, knowing that you will survive; that there are things bigger than you like friendship and community; that you have a solid network of camp friends to support you in times of trouble, and that you will support when things are good. Remember the strength you have inside that comes from self-discipline and self-esteem. Remember that safe place inside where you can go and heal. And remember that, in order for the firebird to rise out of the flames, more than anything else, he needs the magic of love – kindness, trust, positive vibrations.