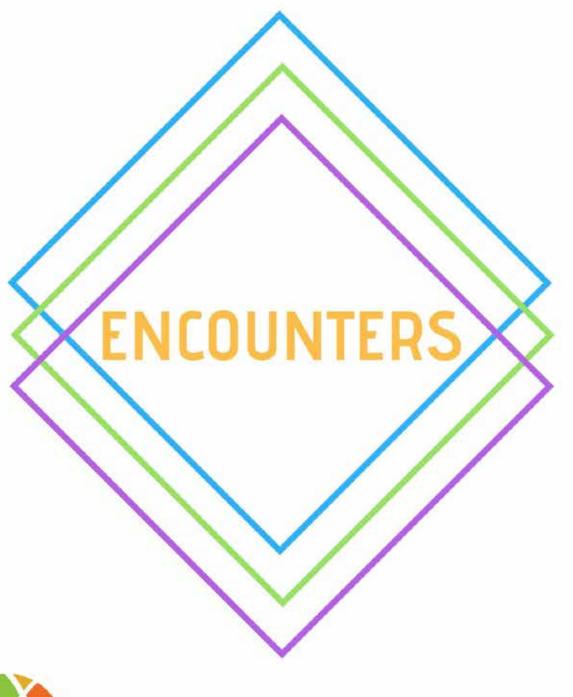
# **PWRDF VBS 2020**





# 2020 "VBS" Encounters - An Introduction

The Primate's World Relief and Development Fund, PWRDF, is excited to share Encounters with you.

# Why Encounters?

By way of this resource, we will Encounter God through our sacred stories, our local communities and global communities using stories from PWRDF partners.

In addition, our hope is that this will help you during the summer to continue your ministry alongside children and young people in your community (ages 6-11 years.) This resource has been developed as a Summer Day Camp program and has the flexibility to be either a full day or a half-day program. We strive to provide an experience for young people, their families and you that is grounded in the love of God, encompassed by the beauty of creation and seeks to build communities that make a difference in the world.

PWRDF strives to complement the ministry you are already doing and offer an opportunity to connect with PWRDF partners and local organizations and initiatives. Whilst Encounters is a weeklong summer program, we hope this will be a pivotal point for congregations, parishes and regional ministries to work collaboratively to establish and maintain a ministry with children, youth and families that is affirming and continues to connect with the global community as we seek to live in a truly just, healthy and peaceful world.

We recognize the reality many communities face, including volunteer burnout and the cost of programming and resources. Through Encounters, we offer a model that demonstrates the importance of sharing knowledge and resources from, with and in the whole community and to give among each other.

This model is one that affirms the Five Marks of Mission and shares the responsibility for nurturing relationships with God through the whole community, with opportunities for young and old to learn, to discover and to wonder about the awesomeness of God together.

Encounters is an integrated program that engages children and young people in conversations and questions about faith, their relationship with God, the Church and social justice. It is foundational to this ministry that we recognize young people are innately spiritual. By doing this we are affirming the Encounters of God with young people, and supporting them as they grow to live out with confidence and integrity who they are in God through Jesus.



Su McLeod Youth Engagement Coordinator, PWRDF

# **Five Marks of Mission**



1. To proclaim the Good News of the Kingdom.



2. To teach, baptize and nurture new believers.



3. To respond to human need by loving service.



4. To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation.



5. To strive to safeguard the integrity of creation and sustain and renew the life of the earth.

# **Table of Contents**

Inside Encounters you will find a framework to run a day camp. This is not a hard and fast way of running a camp, we recognize you are the experts in your context, so please take the flexibility of Encounters and make it your own, so it makes the most sense to your community and has the greatest impact.

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# Planning, Prep and Follow up

- Pray: pray for the camp, the campers and the volunteers that they would grow in faith and be transformed by God's extravagant love and creation
- Build a team: consider what the purpose of the camp is and why you are running the camp. Identify people\* who will help you share the message and engage the campers
- Divvy up the different parts of the day/week, be sure to share the load
- Send out personal Invitations to the potential campers you know
- Invite outside partners to help with the Exploratories
- Invite a representative from PWRDF to join you
- Attend a webinar training
- Practice the elements of a day at camp, Worship, Stories, Games, Art, Science...
- Make adaptations to fit your context
- Collect resources
- \*Identify people and please ensure that the people you recruit as volunteers have a Criminal Record Check and have completed the Diocesan Safe Church Training.

# Follow up

Following up with campers and their families is really important whether they are regular parishioners, occasional parishioners or you are encountering the campers for the first time.

- Extend invitations to children and families to parish events
- Sunday School, Youth Group, Harvest Supper.....
- Send a Christmas card with a photograph of the camp and memories of the week (these are best written immediately after the camp whilst it is still fresh in your mind)
- Host a community free cycle
- Offer events and opportunities to continue to learn together
- Host a family movie night

# Each Day at a Glance

# **Gathering Activities**

You could have both of these activities on offer as folks begin to arrive.

**Person Outline** to be developed through the week - could be used as a banner in your church community.

You will need:

- paper
- a bed sheet
- markers
- tape
- paints and brushes
- a flat service to hang the sheet on

Invite every participant and volunteer to have their outline drawn on the sheet, choose what is best for the individual, you could lay the sheet on the ground or hang it on the wall.

Make sure there is paper behind the sheet as this will stop the pen going through to the surface.



Invite campers and volunteers to write words on the banner that have spoken to them from the previous day.

Use the paints to decorate the banner as pictured here.

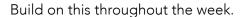
Weaving the story of creation and weaving your part in it is an ongoing activity throughout the week. Your weaving could be used as an altar frontal or Lectern hanging, depending on size.

You will need:

- a weaving frame made from
- some string or twine to weave through

As campers arrive invite them to find things to build the weaving.

Your coils can also include some paper with prayers, words from scripture or words that stand out from the previous day.







#### Worship

Worship is a time for everyone, campers, volunteers, all who are gathered

--in planning worship we have tried to hold this in mind to remember this is a time for the whole community. During worship, set time aside to be intentional, to hear God's word, to celebrate, to confess, to be forgiven, to affirm our faith.

Just as with our regular worship this time needs to be relevant, inclusive, transforming and caring, and reflective of who we are as a community of believers. If there are prayers or rituals you use with your children and in youth ministry programs, please use those and incorporate them into the worship and time together.

If you use a particular translation or method of storytelling, please use that, if you would like to try something different here are some translations of the Genesis passage.

NRSV. https://www.biblegateway.com/passage/?search=Genesis+1%3A+1-31&version=NRSV Easy to read version. https://www.biblegateway.com/passage/?search=Genesis+1%3A+1-31&version=ERV Message. https://www.biblegateway.com/passage/?search=Genesis+1%3A+1-31&version=MSG The word on the street.

Text http://benkefordito.hu/images/09\_GYAK\_Street%20Bible\_IntroGen1-3.pdf

Audio https://www.youtube.com/watch?v=-b\_7YEOfoyw

Godly Play https://godlyplay.ca/

"It Was Good" Video by The Work of The People https://www.theworkofthepeople.com/search?page=6&searchtext=Gensis+1%3A1-2%3A4a

#### Encounter 1

During this first Encounter, campers and volunteers will engage in Scripture. For this week, the Scripture is the first creation story: Genesis 1:1-31. On Monday we will introduce the theme and read the whole narrative. On each of the consecutive days we will focus on particular passages and have that frame your day together.

#### **Encounter 2**

During the second Encounter, campers and volunteers will learn about PWRDF and our partners. The PWRDF partner stories are available in text format to be read by one of the volunteers. We suggest you use a world

map or globe as props to tell the story. There are images of the PWRDF partners on our website PWRDF.org.

The story is followed by a prayer and a game to transition into the Exploratories, a time for campers to creatively process, express and connect to the focus for that day. We have chosen the term exploratory so as not to predetermine the outcome or prescribe a particular path. There is no right or wrong way for campers to discover and share their Encounters with God through Art, Play or Science.

**Art Exploratory:** campers explore the possibilities of the mediums they will be working with without determining or defining a specific outcome.

**Science Exploratory:** campers are provided with materials with which to experiment to discover what and how things work. Walk campers through an experiment and allow them to consider why things happen; they will try different methods and discover other possible answers.

**Play Exploratory:** introduce the game and explain the rules and the goal. Allow groups to develop their strategy if time permits. You could play a game a couple of times to allow the reflective process and teamwork development to be explored.



A series of videos accompanies PWRDF Encounters 2020. These videos have been put together to support you through this summer ministry whether you are using the resource as a family or facilitating it as a virtual summer Vacation Bible School. Look for the YouTube icon to indicate where a video is available. Videos include the retellings of Genesis 1 and the first creation story in different styles, songs, PWRDF partner stories, prayers and meditation. We've also put together videos to guide you through the art and science exploratories.

#### **Encounter 3**

During the third Encounter campers and volunteers will have the opportunity to engage in their communities both the Church community and the wider community. We will make a number of suggestions for you to reach out to people in your community. The whole idea of this is to provide an opportunity to learn from people in the community about what they do, why they do it and how you might get involved.

#### **Community Encounter ideas:**

- Working with a local Indigenous group, learn about native plants and their medicinal properties, plant a native plant garden
- Establish a community garden, with flowers to attract pollinators
- Land rehabilitation -- identify invasive plants and remove them
- Connect with a local beekeeper
- Connect with a local vermicomposting or community composting program
- Visit a wildlife rehabilitation centre
- Contact your local council or a community organization to see if there is a clean up project that you can work on together

# Meditation, Mindfulness and Prayer

Meditation can be at the start of the day as part of the worship, just after the worship or at the end of the day. The mindfulness elements can be used as an exercise throughout the day and meditation/prayer can be inter-changed as they can be contemplative prayer.

The Mindfulness resource was written by Rev. Cheryl Barker. She writes: "The first part is to explain that med-

itation is an exercise of the imagination. For me meditation engages my relationship with God, my ability to listen, and allows me to delve deeper into my feelings. It can often provide a great understanding of what the situation or feelings are all about. Oftentimes people will say that they can't do it or they don't know how. "Mindfulness means to be in the present moment and aware. It is best used throughout the day when you want to have a moment where people are fully engaged and aware of their being."

While children have an inherent understanding of the ability to imagine sometimes we need a reminder. A preliminary exercise for the group would be to ask them to close their eyes and imagine their bedroom. Ask them to imagine all of the elements of the room, toys, etc. Ask them to see it without saying anything and once they can visualize this ask them to raise their hands. They have just done it.

"Mindfulness means to be in the present moment and aware. It is best used throughout the day when you want to have a moment where people are fully engaged and aware of their being."

# **PWRDF Encounters Sample Day Camp Schedule**

Things to be added.

Break, Lunch, Exploratory X3 Art, Science, Play, Community Encounter

Time	MON	Who	TUES	Who	WED	Who	THURS	Who	FRI	Who
	Registration		Registration		Registration		Registration		Registration	
	Gathering Activity		Gathering Activity		Gathering Activity		Gathering Activity		Gathering Activity	
	Worship		Worship		Worship		Worship		Worship	
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							- 3			
	Closing Worship		Closing Worship		Closing Worship		Closing Worship		Closing Worship	

# Monday

#### Introduction of theme

#### **Registration and Sign in**

#### **Gathering Activity**

People Outline, see page 4 Waving our story, see page 4

# Visit pwrdf.org/encounters2020 to view Monday's video, which includes: Invitation to Worship, Encounter 1, Encounter 2, Song, Prayer and Meditation

# Worship

Things you will need - altar space with stones, instruments to lead and for campers to accompany with, music, projector, screen and computer, world map.

# **Gathering Songs**

# **Welcome to Camp**

Welcome! I am and we are so happy that you have chosen to be here with us this week. Together we will be exploring God's creation, we will witness that God is with us and still creating today, and remember that you are part of God's beautiful creation.

- Introduce staff/volunteers
- If you are using wristbands or dots on name tags to put campers into groups, explain that at this time
- Outline the day so campers know what to expect
- Go over the safety plan
- Indicate where water stations, quiet areas and washrooms are located

# **Invitation to worship**

God of extravagant love, you call us to this new day as the world around us wakens from its rest. Thank you for this place we call home and those who have tended and cared for it before us. Today we pray in this time that we Encounter your word through the stories and sharing, the songs and joyful noise, through your creation as with each other. Amen

# **Encounter 1**

Genesis 1: 1-31 (in a translation you wish to use, reference the introduction for examples.)

# **Engage**

- What is your favourite part of the story?
- Do you have a favourite day of creation?
- What do you think the Earth looked like?
- Why do you think God created the world?
- Would you have made the Earth in the same order of days?
- When you think about creation, how does it make you feel?
- How does it make you feel when we hear God is very happy with creation?

**Interpret:** Encourage the campers to retell the story through movement and words

# **Encounter 2 - Introduction to PWRDF**

The Primate's World Relief and Development Fund (PWRDF) is the Anglican Church of Canada's agency for sustainable development and relief. That's a lot of big words in one sentence so let's take a look at what that really means: How about we start at the beginning with the P.

- The Primate is the Archbishop of the Anglican Church of Canada; this is the most senior bishop. The Primate can be any gender. The current primate is Archbishop Linda Nicholls.
- World. Today PWRDF works with partners in Africa, Asia, Latin America/Caribboon and Control of the Control of t Latin America/Caribbean and Canada.
- Relief is a response to address and act on the immediate needs of people who are victims of natural R and human made disasters and violence. These responses typically include food, water, shelter and medical supplies. This is a short-term response to the needs of people that is delivered directly to a disaster area.
- Development is a long-term commitment and partnership that is established when a community identifies a problem and a sustainable strategy is established to respond.
- Fund. Where the money from many individual donations is held, like a bank account; the fund is to enable PWRDF to respond when a community or country needs PWRDF's support.

Through the support of individuals like you and Anglican parishes all across Canada, just like this one, PWRDF makes financial and human resources available to partners around the world working to improve health, food security and livelihoods for vulnerable people. The funds can be accessed for all the work PWRDF is engaged in, Emergency Response Relief work and Development Partnerships work.

We are not in this work alone -- PWRDF is a member of \*ACT Alliance and \*Canadian Foodgrains Bank (CFGB).

- ACT Alliance is a group of 150 churches and church-related organizations working together in over 125 countries to create positive and sustainable change in the lives of poor and marginalized people regardless of their religion, politics, gender, sexual orientation, race or nationality in keeping with the highest international codes and standards. https://actalliance.org
- Canadian Foodgrains Bank is a partnership of 15 Canadian churches and church-based agencies working together to end global hunger. https://foodgrainsbank.ca

PWRDF also works on advocacy through the Canadian Council for Refugees (CCR) and KAIROS (Canadian Ecumenical Justice Initiatives). This means if there is something happening in the world that could hurt other people, the land or the environment, we will write to the Prime Minister and other leaders to ask them to change that law or action - we encourage you to do this too.

Just as PWRDF isn't in this alone, neither are you; when we see or hear of emergencies and disasters in the world sometimes we feel overwhelmed, sad, worried, scared... it's okay to have these emotions. As we try to understand how another person is feeling and care about them we feel empathy. It is also really important that we talk about these feelings and emotions and remember that we are not alone. We all need to process our knowledge and experiences, and acknowledge that sometimes these are scary and awful things.

Something else that is really important to remember is to see hope in these events, as people come together and help each other, with the immediate resources they have, and by people giving generously of their money, time and expertise.

# **Prayer**

Pass around a basket of stones and ask each camper and volunteer to take a stone in their hand, once everyone has a stone continue with the following:

Look at your stone, turn it around, feel its surface...its shape, its texture, its colour, its bruises and cracks, its worn edges... if you feel comfortable enough, close your eyes as you do this so you become so familiar with your stone that you would be able to find it again. Can you imagine its story, the journey it has been on, the secrets it holds? How has it come to your hand? Was it once laid down by a great ocean, containing the remnants of what was once teeming life, slowly pushing together, becoming one solid stone holding the history of the plants and animals that lived and died together? Did it lie for centuries deep in the heart of the Earth, only to be thrown in an instant up and into the cooling air, cooling and shaping crystals and colours, becoming a building block of the great mountains and islands? Was it changed by great pressure and heat, by the twists and turns of the planet, pulled, pushed and stretched? What forces shaped it? Ice and fire, wind and tide, erosion and eruptions... smashing it, polishing it, shaping it... the many episodes bringing it to this moment.

Adapted from -Navigatio, Pocket Liturgies, From Safe Space: Telford

Ask the campers and volunteers,

"What are you most looking forward to today?"

Once everyone has thought of something, invite everyone to bring their stone up to the altar and name out loud what they are looking forward to today.

Once everyone has had a chance to respond, offer a prayer for those things and the day at camp.

Creator God, Thank you for creating this awesome world, we pray for this day at camp, for all the activities we are going to do and all the things we have named that we are looking forward to today, we pray that we will have fun, are safe and that we make new discoveries. We pray that we encounter the power of your love through creation and each other. Amen

Today as we go about all of our camp activities, pay attention to where you see the light and life that God has created, as you notice these things, the warmth of the sun, the smile of a friend, a bird, the grass or a flower.

#### Game

Name Toss (Low Activity)
Objective: Learn names
Equipment: a ball

#### How to play:

- 1. Arrange the group in a circle
- 2. One person starts off by saying their name then tosses the ball to someone else in the circle
- 3. That person in turn says "Thank you...... My name is ......." and tosses the ball to someone else who has not yet received the ball and says "Thank you...... My name is ......."
- 4. This continues until everyone in the circle has received the ball once.

If the ball is dropped pick the ball up and continue the play

Added challenge, try and pass the ball around the circle without dropping it, if the ball is dropped restart until you can pass the ball without dropping it.

Pass the ball by naminging the person you are tossing it too.

# Song - Like a Rock, By Linnea Good

Like a rock, like a rock, God is under our feet. Like the starry night sky God is over our head. Like the sun on the horizon God is ever before. Like the river runs to ocean, our home is in God evermore.

Words & Music: Linnea Good, Keri K. Wehandler, © 1999 Borealis Music; All rights reserved. Reprinted under ONE LICENSE #A-735670

# Visit purdf org

Visit pwrdf.org/
encounters2020 to view
Monday's Exploratory
Art and Exploratory
Science activities.

# **Exploratory Art**

#### **Constellation Jar**

**Materials** all available at the dollar store, your craft cupboard and recycling bin!

- Glass Jar
- Watercolor Paper
- Corrugated Cardboard
- Wooden BBQ Skewer, Tooth Pick, Thumbtack
- Paint
- Glow In the Dark Glue
- Glitter Glue
- Star Sequins
- Tape
- Battery Candle
- Constellations
- Scissors





#### **Directions**

Set up your supplies on a table, make sure your jars are clean.

#### Option 1:

- 1. Place a piece of paper on the corrugated cardboard
- 2. Poke holes in the paper using the thumbtack to make the constellations
- 3. Paint the paper to look like the night sky/milky way
- 4. Leave to dry
- 5. Once dry you might want to make the holes bigger using the skewers
- 6. Measure the paper and cut to fit inside the jar, tape the ends together
- 7. Put inside the jar
- 8. Put a battery candle inside jar



# Option 2

- 1. Select your glass jar.
- Cover the inside of your jar with glow in the dark glue and glitter glue, using either a paintbrush or squeezing from the glue container.
   Place star sequins inside.
- 4. Leave the lid off so the glue can dry.



#### Sun Printing with Acrylic Paint on Fabric

#### **Materials**

- White 100% cotton fabric
- Acrylic craft paints (darker colours work best)
- Paint brushes
- Water
- A tarp or plastic garbage bag
- Flowers, leaves, etc.

#### **Directions**

Set up your supplies outdoors -- hopefully it's a sunny day. Spread out a tarp or plastic bag to protect your table or grass or any other surface you are working on. Thin out the acrylic paints by adding water.

- 1. Collect some leaves and flowers you will get the best results from objects that lie flat and make good contact with the fabric around their edges
- 2. Wet the fabric, squeezing it out just enough so that it no longer drips
- 3. Lay your fabric at on the tarp
- 4. Paint the fabric
- 5. Arrange your plants on the surface of the material pressing them down lightly to ensure contact
- 6. Let the fabric dry completely
- 7. Now comes the fun part, remove the plants to reveal your print



The infrared energy of the sun, the same heat that we feel from the sun, causes the water to evaporate from the exposed surface of the fabric. The covered areas of the fabric are protected as the leaves and flowers act like a shade from the evaporation process. This means that the covered areas stay wetter than the exposed fabric and as the water evaporates and diffuses, it pulls the paint pigments along with it.

A cool side activity would be to go outside when the sun is out, after a rainfall would be best. Where are areas that are dry and areas that are wet? What acts as shade in the world? Eco Printing on paper tutorial by Gunnut Magi, https://www.gumnutmagic.com/blog/

Here's a simple video tutorial for eco-printing on paper using St John's wort. I've used three different variables to get guite different results from a single plant:

- Plain watercolour paper
- Paper soaked in iron mordant
- Paper soaked in logwood dye

Although I love the bright results St. John's wort gives on plain paper, the discharge print is really special. Watch the tutorial here, https://www.gumnutmagic.com/eco-printing-on-paper-video-tutorial-st-johns-wort/ The three variations are above.



# **Exploratory Science**

#### **Nature Exploration**

A Nature Exploration is a great way to have campers explore the outdoors and the wonder of God's creation from tiny bugs to our great sun. As campers are exploring, ask them to use four senses (no tasting!). When they find something on their sheet, they should ask themselves: What does it look like? What does it smell like? Can they hear it? If it's safe to touch, what does it feel like? Ensure campers know the rules for touching (e.g. Identify items on their sheet they can touch) and ensure they are well supervised.

#### **Materials**

- Nature Exploration Sheets
- Crayons/Pencil Crayons
- Paint Colour Sample Cards (optional)

Print Nature Exploration sheets (on page 15)

Provide each camper with a Nature Exploration sheet and a crayon. Campers can explore the area, trying to find all items on the Nature Exploration sheet.

#### Options:

- Get campers to draw each item once they've found it
- Give campers a number of the paint colour sample cards and ask them to find items in nature that match the

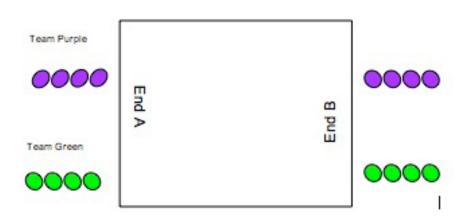
# **Exploratory Play**

#### **Beach Ball Relays**

**Equipment:** Beach Balls, Pool noodle, water squirters

**Set up:** Set a playing area, see image at right

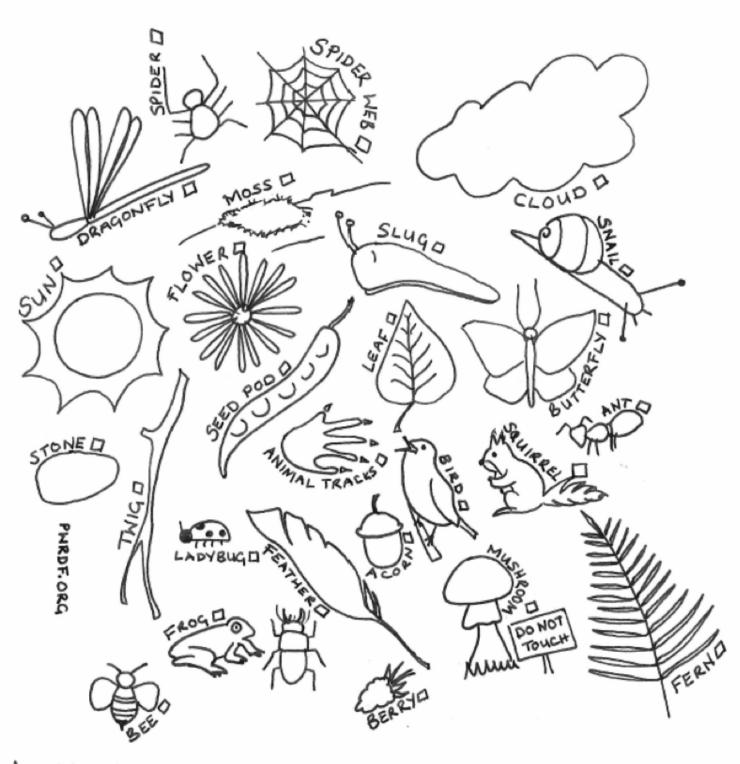
**How to play:** Divide campers into 2 equal teams; have one half of the team at one end of the playing area and the other half of a team at the other end.



#### Teams race with:

- 1. One team member from End A races to the other end with a beach ball between their knees
- 2. One team member from End B races to the other end with a beach ball pushed only by 1/2 a pool noodle
- 3. One team member from End A races to the other end with 3 beach balls pushed at the same time with 1/2 a pool noodle
- 4. Two team member from End B race together to the other end with a beach ball between their backs
- 5. Two team member from End A race together to the other end with a beach ball between their sides
- 6. One team member from End B uses a pool noodle to keep the ball off the ground
- 7. The whole team from End A sprays the beach ball with water squirters to the other end
- 8. The whole team from End B sprays the ball back

# NATURE EXPLORATION



ADD YOUR OWN NATURE DISCOVERIES

#### **Encounter 3**

- Learn about Vermicomposting
- Visit an environmental conservation area
- Visit an environmental rehabilitation area
- Participate in an Invasive plant removal and cleanup project

# **Closing Worship**

Song/s

# **Meditation** Genesis 1:1-31

#### Creating a connection to the earth, one another and to creation.

Close your eyes. You can put your hands over your eyes if you want to. Now take a deep breath in. When you breathe out, feel your body relaxing. Breathe in again and as you breathe out, feel your feet and legs relaxing. You can shake them out if you need to. Let them sink into where they are resting. Breathe in again and as you breathe out feel your tummy and chest relaxing. Breathe in again and as you breathe out feel your arms, hands and shoulders relaxing. Breathe in again and allow your face and head to relax as you breathe out. If you want to, scrunch up your face and allow it to relax as you breathe out. We are going to take two more deep breaths in and as you breathe out feel your whole body relax.

Imagine a cord connected to your core just at the bottom of your tailbone. See this cord travel down through the floor. This cord can look like anything you want it to. See this cord go down through the floor, into the ground underneath. See this cord travel all the way through to the centre of the Earth. Feel this cord connect to the centre of the Earth. To the centre of God's creation. Now feel yourself attached to the centre of the world. Connected to God. Once you feel this connection imagine your cord is full of energy. Imagine the energy moving from the top of your head down to your bottom, all the way down the cord. You might see this energy as light; you might see it as pictures coming out of your head and down your cord. You might see it as shapes. If you see anything going down the cord, that is okay, it is something that you are sending to the centre of the planet. You might even hear a sound from the cord. What does it sound like?

See this energy travelling all the way down to the centre of the planet. Now see the energy come from your hands and arms travelling through your stomach and down your cord. It travels to the centre of the Earth because you don't need it anymore. Now feel this energy move out from all areas of your body. Listen to the energy move from your chest down to the centre of the planet. See this energy come from your feet and legs and go down your connecting cord.

I will give you a few minutes to do this on your own. Let any unneeded energy fall down the cord. Notice how clean and clear you feel. (Pause)

Now thank yourself for all of the things you released. (Pause) Thank God for the connection to the planet. (Pause) You can open your eyes whenever you are ready.

After meditation questions:

- 1) What did your cord look like?
- 2) Did you see or hear anything go down the cord?
- 3) Did you feel anything different in your body?
- 4) How do you feel?

#### **Mindfulness Moment:**

Mindfulness walking exercise: Heart Awareness

Stand with your eyes closed. Place your hands on your heart. Breathe deeply in and out paying attention to your heart and any sensations that are around you. Now do 10 jumping jacks or jump up and down. Pay attention to your breath and your heart. Continuing with your hands on your heart, stand still becoming aware of how your heart changes. As your heart stills, thank God for your heart.

# **Prayer**

Pass around the basket of stones, Ask campers and volunteers where and how they experienced God today.

Once everyone has thought of something, invite them to bring their stone up to the altar and name out loud where and how they experienced God. Once everyone has had an opportunity to answer, offer a prayer of thanksgiving for these times.

# **Tuesday**

Theme: Water & Vegetation

# Registration and Sign in

# **Gathering Activity**

People Outline Waving our story



# Worship

During the gathering worship service we will take time to introduce components of the service such as Affirmation, Confession, Creed, Lord's Prayer, Peace.

Things you will need - altar space with stones, instruments to lead and for campers to accompany with, music, projector, screen and computer, world map.

# **Gathering Songs**

# **Welcome to Camp!**

- Welcome campers.
- Outline the day so campers know what to expect.
- Go over the safety plan.
- Indicate where water stations, quiet areas and washrooms are located.

# **Invitation to worship**

God of extravagant love, you call us to this new day as the world around us wakens from its rest. Thank you for this place we call home and those who have tended and cared for it before us. Today we pray in this time that we Encounter your word through the stories and sharing, the songs and joyful noise, through your creation as with each other. Amen

**Encounter 1-** Genesis 1: 6-13 (in a translation you wish to use, reference the introduction for examples.)

# **Engage**

- What is your favourite part of the story?
- What do you think the first fruit or vegetable to grow was?
- What would you plant?
- If God was only present to this world through vegetation what vegetation would God be?
- What do you think the Earth looked like?

# Interpret

Encourage the campers to retell the story through movement and words

# **Encounter 2 PWRDF Partner stories - St. Jude Family Projects**

St. Jude Family Projects is an organization in Uganda, Africa. It was started by a woman named Josephine and her husband John. Josephine and John were teachers, but when war broke out in their country, they lost everything, and began to grow food so they could feed themselves. Their crops weren't growing well, so they asked a family member for a couple piglets so they could use their manure (poop), which is full of nutrients, to help their food grow faster and to produce more. A few years later, Josephine took an organic farming course and learned how to make compost, which also helps food to grow. This new knowledge improved Josephine's food growth a lot, so she began to share what she learned and to teach others in the community. The woman who taught the course came back to visit and was so impressed with the way Josephine was sharing her knowledge that she paid for her to go to university in England and learn about organic farming.

In 1997, Josephine and John turned their small-scale family farm into an official teaching farm for local people, and St. Jude Family Projects became an NGO, Non Governmental Organization - like PWRDF. Here people could learn hands-on farming skills that they could use to grow their own food, and skills they could teach their family members. St. Jude's goal is to see healthy people eating many different healthy foods and having a good source of income (money), as well as creating a community where people help teach each other and use their shared skills to become even stronger.

St. Jude's focuses on teaching three main groups: women, children and youth. In Uganda, most of the farming is done by women, and many don't have a lot of food to eat. By teaching them how to grow their own food in their gardens using simple methods, they can eat, and even feed their families. They can also teach their children how to grow food too. One program that focuses on that is the Super Women program, where local women train other women to plant and grow seedlings (baby plants), to plant and fertilize banana trees, to make soap to improve hygiene and health, to collect rainwater and use it for their gardens, and to raise piglets so they can use their manure to help their plants to grow big and strong.

St. Jude's also has projects at government schools, where poorer children go and often these kids don't have lunch. St. Jude's has set up gardens here that grow food so the kids can eat lunch and they teach them the farming techniques that will help them when they grow up. The kids are also able to teach their parents what they learned, so their parents can grow their own food too. St. Jude's also focuses on teaching youth in the community, helping them understand that they are powerful and energetic, and can work to help protect the environment. They also encourage youth to learn farming skills, so they understand that there is something for them to do in their rural community, and they work to make it a better place to live, to encourage youth to stay in the community.

One of the main focuses of St. Jude's is a type of farming called permaculture, a type of farming that follows and uses the patterns of natural ecosystems. At St. Jude's, they copy ecosystems by using systems that trap rainwater and use it in a way that wastes no water. By teaching local farmers these principles, they can survive on their smaller pieces of land, collecting water and using it all on that same piece of land. They also encourage and teach community members to use composters, fertilizers and manures to feed the soil, and in turn, the soil feeds them by growing better food faster.

St. Jude Family Projects helps teach locals in Uganda about good farming practices, to help them and their families grow food while still taking care of the environment. By putting their farming practices to use, they end up with a system that helps to feed the whole community, without having to worry about the days to come.

# Engage

- Can you find Uganda on the map?
- Do you collect compost at home? What do you put in the compost?
- Kids in the school teach their parents the farming they learn. Do you learn things in school or here at camp that you can teach your parents?
- Does anyone grow vegetables at home?
- What do plants need to grow?

# Song - River, byJulian Patterson

River, rush-a-down to the ocean blue River, from a mountain high River, as you do what rivers do, River, draw the Spirit Nigh

Spirit, come-a-down to the riverside, Spirit, from a mountain high Spirit, I am free for you to guide Spirit, pray that I be taught

Water, let me drink of your healing power Water, strength of life you give Water, as I travel with each hour Water, help my body live

River, flow-a-down where you ran before River, source of clearer view River, as I walk your rocky shore River, see my journey through

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#### **Prayer**

Pass around the basket of stones. Once everyone has a stone, ask the campers and volunteers, "What are you most looking forward to today?"

Once everyone has thought of something, invite them to bring their stone up to the altar and name out loud what they are looking forward to today.

Once everyone has had a chance to respond, offer a prayer for those things and the day at camp.

Loving God, Thank you for the waters and vegetation, the things that nourish us and feed our bodies. Thank you for people like \_\_\_\_\_ who grow food in their communities and share the harvest and teach other people to do the same.

We pray for all the things we have named, all the things we are looking forward to today and that in all these things we encounter you

Today, as we go about all of our camp activities, pay attention to where you water and the vegetation, and remember that God has and is creating these things, as you notice them. What do you think God is saying to you?

#### Game

# **Exploratory Art**

#### **Shadow tracing**

Materials

- Paper
- Pencil
- Paint
- Paintbrushes
- Water
- Construction paper
- Scissors
- Glue

**Directions:** Try a couple of different ways of shadow tracing, one using nature and one using objects, maybe animal figures.





**Objects:** Place a table in a sunny spot where long shadows will be cast. Unroll paper or have each camper place an object on a single piece of paper then encourage campers to trace the shadows.

**Nature:** Encourage campers to explore the space and find a shadow that is being cast by a tree, flower or other interesting pattern. Place the paper so the shadow is cast on the paper and trace the outline. Once campers have traced a shadow they can fill in the patterns with paint. Cut out the pattern and place it on a contrasting colour or make scenery if they did the object shadow. There are some great examples by Lisa Lipsett here: https://creativebynature.org/ light-and-shadow/#top



# **Exploratory Science**

#### **Grow veggies from kitchen scraps**

Unlike a traditional backyard garden planted from seeds, growing from scraps allows you to regrow vegetables and see the process in just a few days.

#### **Materials:**

- The tops of root vegetables, carrots, beets, onions or potatoes, or the bottoms of green onions/scallions and romaine lettuce all work well.
- Small glass jar
- Shallow tray
- Water
- Knife and cutting board

\*Note: These instructions tell you how to regrow scallions, but it also includes tips for growing other types of vegetables. Carrots will not grow new carrots but they should grow new greens from the top. While carrot greens are edible, they tend to have a bitter taste. If you don't care to eat them, they can be planted in potting soil once they have sprouted and be kept as houseplants. The same is true for garlic. Sprouted potatoes and sweet potatoes are fun to watch grow, but require more steps to produce new potatoes.

#### What You Do:

- 1. Show and help campers to prepare the vegetables
  - a. Green onions/scallions: cut about one inch (2.5 cm) from the end saving the root portion.
  - b. Carrots and other root vegetables: cut off the tops ideally they would have a little bit of green attached.
    - c. Romaine lettuce and celery: save a two inch (5 cm) section from the bottom.
- 2. Place the cut scallion ends into the small jar and add just enough water to cover the lower third of the roots
- 3. Set the container(s) in a sunny spot, such as on a window sill
- 4. Refresh the water every day or so. You will start to notice new green shoots in just a day or two and these new shoots will be enough to harvest and use within five days.
  - a. Carrot tops and celery hearts take a bit longer to grow
- 5. To regrow the romaine and root vegetables place the romaine heart and the tops in water. Set the containers in a sunny spot. Refresh the water every day or so. You will start to notice new growth. You may also notice roots forming. Once you see regrowth happening and roots forming, transplant them into some potting soil. Cover the base of the vegetable with soil right up to where the new growth has started. Water them well, give them plenty of sun and enjoy harvesting!

#### What is happening:

Did you know that even after you have eaten all that you can eat of some vegetables, and all you have left is a bit to throw away, it isn't really the end?

Plants can keep on living and growing, putting out new roots and sprouting new stems after they've been picked out of the ground or if part of the plant is removed, as long as they have all of the things that they need. What do plants need to grow? The same as humans: Water and Energy! Animals get their energy from food. Plants get their energy primarily from the sun using photosynthesis however they can also get energy from nutrients in the soil. Different plants require different amounts of water, sunlight and nutrients. To start putting out shoots and roots, all your little leftover bit of vegetable needs is water and sunlight. It can't grow forever like that, it will need soil and nutrients at some point but that's all you need to get it started.

When you buy scallions at the store or market, they've still got roots attached to the bottom, which makes them very easy to regrow. Carrots don't come with the roots attached because the carrot IS the root of that plant, so while the top of a carrot can't grow you a whole new carrot, you can grow carrot greens from it. Carrot greens can be eaten -- you can add them to salads or make carrot top pesto!

Some vegetables don't even need that much help to get growing – if you leave garlic and onion unused for too long, you might find that a green shoot starts poking out the top, and if you leave potatoes or sweet potatoes they grow long white roots out of little spots called eyes. Garlic, onions and potatoes will grow shoots and roots even faster if you leave them out in the sunlight (energy!) which is why it's best to store these vegetables in a dark, cool place. If your garlic or onion does start to grow a shoot, you can plant it in soil and watch it grow.

#### Science Lesson

When plants grow, there are parts that we can see and there are parts that we can't. If you've planted a seed before, how did you feel while you were waiting for something to sprout up? Did you know that while you were waiting and waiting, all kinds of things were starting to happen underground? What do you think was happening under there?

What do the roots of a plant do? They suck up nutrients and water to help the plant grow. In some vegetable plants, the roots suck up all that good stuff, and use it to help the plant above ground grow into something delicious to eat, but in some the roots grow themselves and become something delicious to eat.

- What kinds of things do you think are roots?
- Can you think of some that grow above the ground?

- When vegetables grow above ground, sometimes it's the stalk that we eat, sometimes it's the leaves, sometimes it's the flower, and sometimes it's the seeds
- Stalks are the part of a plant that are usually straight and tall. What vegetables do you think are the stalk?
- Which vegetables are leaves?
- Which ones do you think are flowers?
- Which ones are seeds? No matter what part of the plant we eat, or whether it grows above ground or below ground, the roots are an important part of helping it to grow.

# **Exploratory Play**

#### **Crab Soccer**

Equipment Beachball or another kind of soft ball (not a real soccer ball)

#### Set up:

The playing area is one large rectangular with marked goals, the area could be established by using a tarp as the play area.



#### How to play:

- Divide campers into two teams with two goalies.
- Explain the crab position (both hands and feet touching the ground, with stomachs toward sky)

Added challenge: If the play is going well and campers have a handle on how to play, add an additional ball. In the same way, you could add additional goals. If you are playing on a tarp, turn this into a water game by spraying the surface with water.

# **Encounter 3**

- Plant a native garden, invite local Elders to share the importance of the plants and their medicinal proper-
- Visit a farm, community garden, farmers market, pick your own or a Canadian Foodgrains Bank Grow Hope Farm.
- Bring back some produce that the campers can use to make jam or pies

# **Closing worship**

# Song/s

# Meditation

# Genesis 1:6-13 - Strengthening our connection to God and creation.

It is about creating a space within ourselves for God to be. Before you begin, have the children imagine a word, a sacred word. You can suggest examples like God, Jesus, Amen, Christ, Abba, grace, peace or love.

Close your eyes. You can put your hands over your eyes if you want to. Now take a deep breath in. When you breathe out, feel your body relaxing. Breathe in again and as you breathe out feel your feet and legs relaxing. You can shake them out if you need to. Let them sink into where they are resting. Breathe in again and as you breathe out feel your tummy and chest relaxing. Breathe in again and as you breathe out feel your arms, hands and shoulders relaxing. Breathe in again and allow your face and head to relax as you breathe out. If you want to, scrunch up your face and allow it to relax as you breathe out. We are going to take two more deep breaths in and as you breathe out feel your whole body relax.

Say your special word silently in your head. Notice how quiet you are. If you hear yourself saying something else in your head or your mind wanders, say your special word again silently. Then notice how quiet you are inside.

You don't have to keep saying your word over and over again; just say it when you feel yourself thinking about other things. Use it to quiet yourself again.

#### Using a quiet voice say:

And God said, "Let there be light," and there was light. For God saw that the light was good, and God separated the light from the darkness. God called the light "day," and the darkness he called "night. Imagine the light. The light can look like whatever you want it to. Imagine the light fitting into your heart. Feel your heart growing big and bright. You might feel your heart grow, or you might see the bright light surrounding all of your body. Feel how bright God's creation is. As God brings you light allow your light to shine back to God.

If you start to think about other things use your special word to quiet your mind again. I will let you imagine the light for a bit on your own. (Pause)

You did a great job quieting your thoughts and letting God's light in. Open your eyes whenever you are ready. After meditation questions:

- 1) Did your sacred word help you become quiet inside?
- 2) What did your light look like?
- 3) How did it feel to know that God's light was inside you?
- 4) Do you feel like you are a part of God and God's creation?

# Mindfulness moment: Light Awareness

If possible do this exercise outside. It can be done anywhere from a parking lot to a park. Remind the children of the sacred word from the morning. Tell them that you are going to go outside and have an exciting light adventure. Notice the light. Notice how it reflects off of surfaces and illuminates different surfaces. Notice where the dark shadows are as well. Take a moment to close your eyes and turn your face to the sun. Feel the heat and the light on your face. Walk mindfully paying close attention to all of the light and dark. Make sure you walk in silence and use your special word to draw you back. Thank God for creating you and for the light.

# **Prayer**

Pass around the basket of stones. Ask campers and volunteers where and how they experienced God today. Once everyone has thought of something, invite them to bring their stone up to the altar and name out loud where and how they experienced God. Once everyone has had an opportunity to answer, offer a prayer of thanksgiving for these times.

# Wednesday

Theme: Living Creatures

# **Registration and Sign in**

# **Gathering Activity**

People Outline Waving our story

# Worship

During the gathering worship service we will take time to introduce components of the service such as Affirmation, Confession, Creed, Lord's Prayer, Peace.

Things you will need - world map, instruments to lead and for campers to accompany with, music, projector, screen and computer.

# **Gathering Songs**

# Welcome to Camp!

- Welcome campers.
- Outline the day so campers know what to expect.
- Go over the safety plan.
- Indicate where water stations, quiet areas and washrooms are located.

# **Invitation to worship**

God of extravagant love, you call us to this new day as the world around us wakens from its rest. Thank you for this place we call home and those who have tended and cared for it before us. Today we pray in this time that we Encounter your word through the stories and sharing, the songs and joyful noise, through your creation as with each other. Amen

**Encounter 1-** Genesis 1: 20-25 (in a translation you wish to use, reference the introduction for examples.)

# Engage

- What is your favourite part of the story?
- What do you think the first animal was?
- What animal would you create?
- How do you think the animals all lived together?
- If God was only present to this world through animals, what animal would God be?
- What do you think the Earth looked like?

# Interpret

Encourage the campers to retell the story through movement and words



# Song

# **Encounter 2- Cow**

Animals can help people in many ways, and all it takes is one animal and some time to grow for it to make a huge difference in the lives of poorer people.

Let me tell you a true story about a woman named Safina who lives in Rwanda, Africa, with her husband and four children. She met one of our partner organizations, Partners in Health, when she went to the hospital with her 5 month-old son who wasn't getting enough nutrients or food. At the hospital Partners in Health gave them milk with lots of nutrients, and continued to help feed the child as he grew. Once Safina left the hospital to go back home, Partners in Health gave her one goat. Since then the one goat has given birth to 12 other goats. These goats have helped Safina and her family a lot. Safina was able to sell three of the goats to help pay for some of the costs of living and things they need to make their house stable, strong and fit for four children. The goats also helped her grow better maize (what we call corn) because she was able to use their manure to feed the soil and help the plants grow. With more maize, they were able to sell more too, and save enough money to buy a cow. The cow has even better manure to help feed the plants, and the cow produces milk that the family can drink. Safina was also able to save enough money to buy a female duck that laid eggs two months later. Safina now has 16 ducks, helping to produce even more manure to help fertilize her plants. Now Safina and her husband can easily grow lots of bananas and maize to eat, and they even have enough to take it to the market and sell their products to make more money. What started out as one goat for Safina's family has turned into 12 goats, 1 cow, 16 ducks, more maize, more bananas and a good amount of money to raise four children without worrying about where their next meals will come from.

Another example of how animals can help people is in Tanzania, Africa. PWRDF has been supporting the Diocese of Masasi for over 20 years. The program there helps in 21 villages, and provides calves, goats, chickens and other small animals to families. The nutrients from the milk of these animals helps children grow big and strong. Here, each animal is a gift of God, and when the animals have babies they encourage the owners to pass on the gift of God and give the baby animals to other families so that they can also have milk and all of the good things that come with raising an animal. This way of living and supporting each other in the community has helped the entire village to earn more money, and live a more comfortable life. One couple was given a cow. From the money they made from the milk of the cow the couple was able to do a lot of work on their house, building a floor, stronger walls, and even adding an electricity system, all from the milk of one cow.

The last example we will hear about today is from a goat program in Malawi, Africa. In the Neno district, there are not a lot of real roads, and more than 160,000 people live very far away from a doctor or nurse or hospital. In these areas there are people called community health workers (CHWs) who take care of the local people when they are sick or having health problems since the hospital is so far away. They don't get paid enough money to live comfortably, so sometimes they need to do other work and then they cannot take care of the community as well. PWRDF started a program where they are giving CHWs a breeding goat. This gives the health workers another way to make money and to make sure they have enough food to eat, giving them more time to spend helping their communities with their health. This means that not only do the health workers benefit from the goats, but the whole community benefits too because they will have better access to safe and proper health care.

Through local programs like these, animals help give families a good source of nutritious food and more products to sell. This helps to feed people and to make sure they know where their next meal is coming from, all year long. By giving just one animal to a family, they can easily become more food secure, meaning they have food to feed their family when they need it. Which in turn, helps them live healthy and happy lives.

#### Engage

- Can you find Rwanda, Tanzania and Malawi on a map?
- Which story was your favourite?
- If you could give one of these animals to someone, which would you give?
- If you could have one of these animals, which one would you like to raise?
- Let me hear your best animal sounds!

#### Prayer

Pass around the basket of stones. Once everyone has a stone, ask the campers and volunteers, "What are you most looking forward to today?"

Once everyone has thought of something, invite everyone to bring their stone up to the altar and name out loud what they are looking forward to today.

Once everyone has had a chance to respond offer a prayer for those things and the day at camp.

Loving God, let our actions be a reflection of your love for us and the whole of creation, thank you for all of the living creatures, the ones that fly, the ones that swim, the ones that run, the ones that crawl, the ones I love and even the ones I am not sure of. Thank you for the love, joy and comfort that they bring and give to us. We pray that our thoughts and actions are filled with love and compassion and that in our time together today we encounter you. Amen

Today, as we go about all of our camp activities, pay attention to where you see the living creatures and remember that God has and is creating these things, the spider, the centipede, the bird, the cat, the butterfly and the bees. As you notice them, what do you think God is saying to you?

# Song - It's a Song of Praise to the Maker, by Ruth Duck and Ron Klusmeier

"It's a song of praise to the Maker, the thrush sings high in the tree. It's a song of praise to the Maker, the gray whale sings in the sea, And by the Spirit you and I can join our voice to the holy cry And sing, sing, sing to the Maker too.

It's a call of life to the Giver when waves and waterfalls roar. It's a call of life to the Giver when high tides break on the shore, And by the Spirit...

It's a hymn of love to the Lover; the bumblebees hum along. It's a hymn of love to the Lover, the summer breeze joins the song, And by the Spirit... It's the chorus of all creation; it's sung by all living things. It's the chorus of all creation; a song the universe sings, And by the spirit..."

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#### Game

# **Exploratory Art**

#### **Recycling Craft**

Materials

- Clean recyclables
- Hot glue
- String
- Scissors
- Other types of fasteners
- Scissors



#### **Directions**

Set up the recyclables for the campers to pick through and select what they are going to use in their creations. This is also an opportunity to use up some excess craft supplies that you may have. Allow campers to explore the materials and the possibilities. There are an abundance of examples on Pinterest.

#### **Hand Warmer**

Materials

- Old sweaters and scraps of material
- Old infant mittens
- Scissors
- Larger needles
- Thread
- Rice or flaxseed
- Lavender

#### Directions

Sewing is not something many children have done; this is a good gentle exercise to introduce the skill with a great attainable outcome. Allow campers to explore the materials that are available and to think about the shape they would like to make.

# **Exploratory Science**

- Baking
- Jam Making
- Relish Making or Pickling
- Carrot top pesto

So many church communities have amazing bakers, cooks and preserve makers and these skills are often used for fundraising. This is an opportunity to engage young people in developing life skills and the pride of making something that tastes delicious!

Identify a team of folk from your parish who can teach and guide the campers through making something to eat from start to finish. We can talk about it, we can read about it, we can watch documentaries about it but nothing beats visiting the source of where our food comes from and the farmers who grow our food. This is how we learn best, through experiential, tactile engagement. When you're baking or cooking with your campers, take the time to go through each ingredient. Where does this ingredient grow? What part of the plant does this ingredient come from? Was it processed to end up in its current form? Is this something that you could grow in your backyard or does it come from a big farm or maybe even from across the world? In addition to learning about the ingredients, explore what each ingredient does: Is it making your dish sweet or salty? Does it react with another ingredient? What do you think this dish would be like without this ingredient? Could you replace this ingredient with something else? Maybe something you could grow in your garden? This is how we learn best, through experiential, tactile engagement.

When you're baking or cooking with your campers, take the time to go through each ingredient. Where does this ingredient grow? What part of the plant does this ingredient come from? Was it processed to end up in its current form? Is this something that you could grow in your backyard or does it come from a big farm or maybe even from across the world?

In addition to learning about the ingredients, explore what each ingredient does: Is it making your dish sweet or salty? Does it react with another ingredient? What do you think this dish would be like without this ingredient? Could you replace this ingredient with something else? Maybe something you could grow in your garden?

# **Exploratory Play**

#### Pollinator Relay / Butterflies and Bumblebees

Objective: To work together as a team to collect seeds and bring them back to the home base.

**Equipment:** Cup with strings attached (enough strings for each camper), if you have a large group and you do the added challenge (see below) you could make extra cups, popcorn or water & bucket x2.

At right is what the cup will look like, you can punch the holes using a single hole hole punch, tie the string over the lip of the cup. The string should be at least two feet long.

**Set up:** Establish the playing area, place a 1 bucket the receiving bucket at one end and place the second bucket the pollen bucket at the other.

#### How to play:

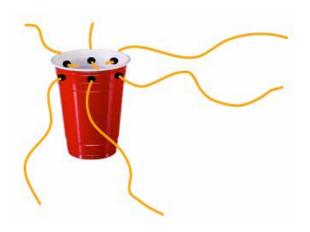
- 1. Divide campers into two teams, Butterflies and Bumblebees.
- 2. When play starts set a timer for 15 minutes.
- 3. Explain to campers that their job is to collect the pollen from the bucket/s and bring it back to their home base.
- 4. Using the cup, each camper holds on to one strand of string.
- 5. The teams work together to collect pollen from the pollen bucket and when they have some pollen in their cup they race back to put it in their receiving bucket.
- 6. The game continues until the pollen is collected or time runs out!

#### Added challenge:

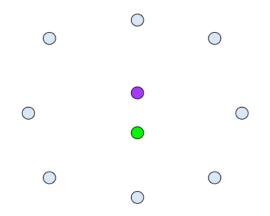
Have the pollen in different locations spread out over a larger playing area (see right), add obstacles: flyswat (pool noodle tap on legs), bug spray (water)

# **Encounter 3**

- Bee Keeper
- Animal Conservation / Rehabilitation / Sanctuary







# **Closing Meditation**

#### **Genesis 1:20-25 - Travelling with God's Creation**

Close your eyes. You can put your hands over your eyes if you want to. Now take a deep breath in. When you breathe out, feel your body relaxing. Breathe in again and as you breathe out, feel your feet and legs relaxing. You can shake them out if you need to. Let them sink into where they are resting. Breathe in again and as you breathe out feel you tummy and chest relaxing. Breathe in again and as you breathe out feel your arms, hands and shoulders relaxing. Breathe in again and allow your face and head to relax as you breathe out. If you want to, scrunch up your face and allow it to relax as you breathe out. We are going to take two more deep breaths in and as you breathe out feel your whole body relax.

Today we are going to travel. Imagine a way to travel. It can be a car, a boat, an air balloon, anything that you can imagine. Climb into the vehicle. Once inside, you might see different buttons, controls and lights. Notice what it is like to be inside. There is a switch that turns your vehicle on. Turn it on. Your vehicle is ready to take you anywhere that you want to go. Imagine a part of God's creation that you have always wanted to visit. A place with lots of animals, birds or fish. Push the button to take you to your destination. Feel the vehicle switch into gear. It might make loud noises or shake a bit. Relax and enjoy the ride.

Once the vehicle stops, go ahead and open the door to this place. First notice the ground. What does it feel like under your feet? Look at your feet. What kind of shoes do you have on or maybe you aren't wearing any shoes at all? Take a look at your surroundings. Are there lots of trees or plants? Is there lots of water? Is it warm or cold? Feel the temperature on your skin. What do you hear? Are there any noises that you recognize? What kind of animals or birds are around you? Feel free to walk around the area looking at all of the animals, birds or fish. Have you been here before or is this the first time you are seeing some of these creatures up close? You can get right up close to the creatures. You can touch them. What do they feel like? Are they soft, hard, cold or warm? Are they cute, furry or are they a bit scary? You don't have to worry because you are safe. Feel free to run with, swim with, fly with or just experience the animals. I am going to let you explore this place. (Pause)

When you feel you have finished your exploration, go back to your vehicle and get inside. Turn it on and set the dial to bring you back home. Sit back and enjoy the ride. When you return, get out. Now thank God for all of the creatures you have seen on your travels. (Pause)

When you return, get out. Now thank God for all of the creatures you have seen on your travels. (Pause) You can open your eyes whenever you want.

After Meditation questions:

- 1) What did you see?
- 2) What was your favourite creature that you saw?
- 3) What did it feel like to be close to these different creatures that God has created?

#### **Mindfulness moment: God's Creation**

If it is possible, have a phone with different sounds of birds, animals, whales, all types of God's creatures. Ask the children to find a place to sit or lie down, somewhere they feel comfortable. Ask them to close their eyes, or use their hands to cover their eyes, and spend a few moments taking in deep breaths. Play the different sounds for them asking them simply to use their hearing and inner imagination to connect to the beings they are hearing. Spend a few minutes doing this. As you finish give thanks for the animals and birds that inhabit our Earth.

#### **Prayer**

Pass around the basket of stones. Ask campers and volunteers where and how they experienced God today? Once everyone has thought of something, invite them to bring their stone up to the altar and name out loud where and how they experienced God. Once everyone has had an opportunity to answer, offer a prayer of thanksgiving for these times.

# **Thursday**

Theme: Humankind

**Registration and Sign in** 

# **Gathering Activity**

People Outline Waving our story



# Worship

During the gathering worship service we will take time to introduce components of the service such as Affirmation, Confession, Creed, Lord's Prayer, Peace.

Things you will need - world map, instruments to lead and for campers to accompany with, music, projector, screen and computer.

# **Gathering Songs**

# **Welcome to Camp!**

- Welcome campers
- Outline the day so campers know what to expect
- Go over the safety plan
- Indicate where water stations, quiet areas and washrooms are located.

# Invitation to worship

God of extravagant love, you call us to this new day as the world around us wakens from its rest. Thank you for this place we call home and those who have tended and cared for it before us. Today we pray in this time that we Encounter your word through the stories and sharing, the songs and joyful noise, through your creation as with each other. Amen

# Encounter 1- Genesis 1: 27

Perfect creation

God created human beings;

God created them godlike, Reflecting God's nature.

God created them.

We are formed, moulded, shaped, designed, created.

In our very being, we bear the marks of our creation, the fingerprints, the brushstrokes, the evidence of our making.

In our character we see echoes of our parents, our DNA, our personalities holds a pattern of our creator; our love, compassion, pain, anger, sorrow, joy in the small things, creativity, need for community. We live in a world of beauty, wildness, diversity.

The cry of God that set the universe in motion set our hearts beating.

Source: Adapted from -Navigatio, Pocket Liturgies, From Safe Space: Telford Used with permission

#### **Engage**

- What is your favourite part of the story?
- What do you think the nature of God is?
- How does it feel to know that you are created to reflect the nature of God?
- How do you see God in other people?
- How do you see God in creation?

#### Interpret

Encourage the campers to retell the story through movement and words

# **Encounter 2- Water - Protecting the Paramos**

https://pwrdf.org/protecting-the-paramos/

In Colombia, South America, there is a mountain range called the Andes. In one section of these mountains there is an area called the Páramos. The Páramos are a tropical moorland ecosystem, with low-growing plants and wetlands. The Páramos also contain 70% of Colombia's water sources, which is a lot! They are a source of clean water for more than 2 million people, and they play a big part in fighting climate change.

There are many laws in Colombia and in the world to help protect this area, but the Páramos are still at risk because of mining activities. People want to dig underground to nd oil and gas they can sell. This region is also at risk because there is not a stable government in this area of Colombia, so they aren't able to easily protect it. That's where people come in. A local organization called Grupo Comunicarte is being supported by PWRDF and by the WACC (World Association for Christian Communication) to work together and have people protect the environment.

Grupo Communicarte is working with people who live in six communities to protect this fragile ecosystem. In rural parts of Colombia one of the most popular ways people communicate messages is through the radio. There are more than 450 radio stations, and if the message is delivered to all the stations you could reach up to 3,750,000 people! The style of radio in Colombia allows regular people to produce their own messages, and it allows people to talk about their concerns and work together to find solutions to help protect the environment in Colombia. The project will send out an hour-long radio broadcast every week. They will also train 10 environmental writers on protecting the environment. Both these parts of the project will help to strengthen local writers and support community radio networks working on protecting the environment.

In some communities where this ecosystem is even more at risk, the project will train five extra local people to help to spread information on protecting the environment, as well as to encourage cooperation between com- munities so that everyone is working together. The goal of the project is to help to educate locals, visitors and tourists, and to make sure the knowledge of caring for the Páramos is passed to as many people as possible. The Páramos are a very important and necessary source of water that needs to be protected in the fight against climate change. By working together and using their voices, the people of the Páramos are helping to protect the environment.

# **Engage**

- Can you find Colombia on the map?
- How do you help care for the Earth?
- The people in this story use the radio to help spread their message. What are some other ways people can spread important messages to others?
- What is your favourite part of nature?

# Song - Here I am, Lord, By Dan Schutte

I, the Lord of sea and sky I have heard my people cry All who dwell in dark and sin My hand will save I who made the stars of night I will make their darkness bright Who will bear my light to them? Whom shall I send? Here I am. Lord Is it I, Lord? I have heard You calling in the night I will go, Lord If You lead me I will hold Your people in my heart I, the Lord of wind and flame I will tend the poor and lame I will set a feast for them My hand will save Finest bread I will provide 'Til their hearts be satisfied I will give my life to them Whom shall I send? Here I am, Lord Is it I, Lord? I have heard You calling in the night I will go, Lord If You lead me I will hold Your people in my heart I will hold Your people in my heart

Words & Music: Dan Schutte, © 1981 OCP; All rights reserved. Reprinted under ONE LICENSE #A-735670

#### Confession

Sometimes we forget that we are created by God and that God is here among and with us. Sometimes we say things that are unkind and treat people and the world in a way that doesn't show our love for them and God; for those times, we are sorry.

#### **Absolution**

May you open your eyes, hear with your ears, understand with your hearts and turn, and God will heal you. Source: churchonthecorner.com

#### **Prayer**

Pass around the basket of stones, once everyone has a stone, ask the campers and volunteers, "What are you most looking forward to today?"

Once everyone has thought of something, invite everyone to bring their stone up to the altar and name out loud what they are looking forward to today.

Once everyone has had a chance to respond, offer a prayer for those things and the day at camp.

Good morning, Lord!

It is a good day, we give thanks for a good night's rest,

.....In all these things we encounter you. Amen

Today, as we go about all of our camp activities, pay attention to where you see humankind and remember that God has and is creating us, all of us, and is with us in our silly moments, happy moments, sad moments and frustrating moments as you see, play, talk and hang out with your friends. What do you think God is saying to you?

#### Game

"I love my neighbour who" (Where the wind blows)

# **Exploratory Art**

#### **Self Portrait Shadow Boxes**

#### **Materials**

- Cereal box or similar
- Portrait photograph or photocopy of a photo to fill the frame
- Transparencies or clear document sleeve
- Sharpies, paint markers, chalk pens
- Paint
- Scraps of paper
- Glue/tape
- Scissors

#### **Directions**

The idea of this art exploratory is for the camper to think about who they are, the things they enjoy and how they are created in the image of God.

- 1. Cut an area on the front of the cereal box just smaller than the transparency
- 2. Using the scraps of paper decorate the box write/draw/paint/ stick things that you enjoy/like
- 3. Place the transparency over the photocopy and trace yourself
- 4. Stick the photocopy to the inside of the box
- 5. Affix the transparency from the inside of the box

# **Exploratory Science**

#### **Moss Graffiti**

A moss graffiti project lets campers create a large art project without the need for toxic paints and aerosols.

What are mosses? Mosses descend from the first plants to have covered the Earth --they are simple plants and have been here for millions of years. As we learned on Tuesday, plants, like mosses, need water and energy to grow. Unlike other plants, mosses don't have roots, so they have to get all of their energy from the sun using photosynthesis. Mosses use short growths called rhizoids to attach to various surfaces, including rock walls or plywood. Different species of mosses prefer different surfaces -- be sure to choose a moss for this project that grows well on your chosen surface. Most mosses do better in more shaded areas. While they are fairly resilient mosses do need water to grow and your moss graffiti should be watered at least once every two days.

How can you blend moss and still have it grow? Mosses, like other plants, can produce sexually and asexually. Sexual reproduction requires a sperm to fertilize an egg. However, during asexual reproduction, one moss cell can separate and turn into two cells all by itself (one plant into two plants-- cloning!). By continuing to do this, mosses can grow and spread over an area.



# Moss Graff

You Will Need

- I Moss
- 1 Paintbrush
- I Blender
- D Buttermilk or Yogurt
- 1 Water
- 1 1/2 Teaspoon Sugar
- I A Wall or Plywood board
- 1 Container

You could do one large corporate

- [Gother up a Small handful of Moss or buy some online
- Wash off any earth that is on the roots
- 3 Break the moss up into Small bits \$ put them into the blender

1 Add 2 cups of buttermilk 2 cups of Water

1/2 Teaspoon Sugar

- Blend untill Compleatly SMooth

"Paint" Your design freehand or with Stenals on your chosen Surface

Water frequently using a Spray | Spritzer

# **Exploratory Play**

• Water activities (such as balloon toss, sprinkler running, slip'n'slide)

## **Encounter 3**

- Learn about your local watershed
- Where does your tap water come from?
- Learn about access to clean water in Canada

# **Closing Meditation**

#### Genesis 1:28-30; Meditation: Floating with Flora

Close your eyes. You can put your hands over your eyes if you want to. Now take a deep breath in. When you breathe out, feel your body relaxing. Breathe in again and as you breathe out feel your feet and legs relaxing. You can shake them out if you need to. Let them sink into where they are resting. Breathe in again and as you breathe out feel your tummy and chest relaxing. Breathe in again and as you breathe out feel your arms, hands and shoulders relaxing. Breathe in again and allow your face and head to relax as you breathe out. If you want to, scrunch up your face and allow it to relax as you breathe out. We are going to take two more deep breaths in and as you breathe out feel your whole body relax.

Today we are going to travel again, this time in a hot air balloon. Take a moment to look at the hot air balloon. Is it colourful? Is it big or is it small? Take a moment to look around at the bright sky. Feel the warmth of the sun on your skin. Go ahead and climb into that hot air balloon. Notice there is a button that says start. Push the button and feel yourself rising into the sky. You are safe. Relax and enjoy the ride. As you rise look down at the ground below you. Maybe there are trees, or plants. Is there lots of colour? Are there flowers? What do you see? I am going to give you some time to look. (Pause)

Now feel the hot air balloon descending. You may feel a gentle bump as the hot air balloon lands. Now you are in the middle of all of the plants and trees. Take a moment to look around. You can reach out and touch all that is growing around you. How does it feel? Are there any smells? Do the flowers have lots of colour? I am going to give you some time to really explore what is growing all around. (Pause)

When you feel you have finished exploring, thank God for the entire world you have seen on your travels. (Pause)

You can open your eyes whenever you want.

After Meditation questions:

- 1) What did you see?
- 2) Were there any smells or colours that stood out for you?
- 3) How did it feel to be in God's garden?

## **Mindfulness Moment: Getting Seedy**

You will need a variety of seeds. You can either have individual seeds for the children to pick up in their hands or you can have small bins of lots of seeds that the children can reach into. Today we are going to use our sense of touch to become mindful. Keeping your eyes closed breathe deeply for a few breaths. Clear your mind. Now take a seed. Touch the seed. Play with it in your hand or just sit with it. Become really aware of the seed. Spend a few minutes. When you are finished give thanks for all of the plants, flowers, and trees God has created for us to take care of.

### **Prayer**

Pass around the basket of stones. Ask campers and volunteers where and how they experienced God today. Once everyone has thought of something, invite them to bring their stone up to the altar and name out loud where and how they experienced God. Once everyone has had an opportunity to answer, offer a prayer of thanksgiving for these times.

## **Doxology**

Ephesians 3:20,21

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus forever and ever. Amen.

# **Friday**

## Theme - The Whole of Creation

## Registration and Sign in

## **Gathering Activity**

People Outline Waving our story



# Worship

During the gathering worship service we will take time to introduce components of the service such as Affirmation, Confession, Creed, Lord's Prayer, Peace.

Things you will need - world map, instruments to lead and for campers to accompany with, music, projector, screen and computer.

## **Gathering Songs**

## **Invitation to worship**

God of extravagant love, you call us to this new day as the world around us wakens from its rest. Thank you for this place we call home and those who have tended and cared for it before us. Today we pray in this time that we Encounter your word through the stories and sharing, the songs and joyful noise, through your creation as with each other. Amen

Encounter 1- Genesis 1: 1-31 (in a translation you wish to use, reference the introduction for examples.)

Consider reading as a Lectio Divina. This exercise helps us to see our sacred text as a gift.

- **Reading** (*lectio*) is the first step. We are going to read through the story of the First Creation, as it is being read, listen to where the Holy Spirit calls your attention to a particular word, phrase or line that God wants you to hear.
- **Meditation** (*meditatio*) is the second step in the meditation. As the story is read through again, think about the word, phrase or line that the Holy Spirit has called to your attention, holding them in your mind and considering them from different angles.
- **Prayer** (*oratio*) is the third step. As the story is read through a third time what are the things you are being called to pray for? We will pray for these things together after the passage has been read.
- **Contemplation** (*contemplatio*) In the contemplation step, you rest in God's presence, quieting yourself and listening for God's response to your prayer.

If you do not want to approach this text using a Lectio Divina, here are some other questions:

- What is your favourite part of the story?
- What do you think creation looked like?
- How does it feel to know that when God looked at creation and thought that it was VERY Good?
- How do you think God took a Sabbath a day of rest?
- How do you take a Sabbath a day of rest?

## Interpret

Encourage the campers to retell the story through movement and words

# **Encounter 2- PWRDF people**

We all live in the same world, and it's our job to protect it and each other. When we have a lot of things or money, it's nice to give some of that to organizations and charities that help to support people in need and the planet. By working together we can help each other, and care for the planet we are so lucky to call home. As children of God it is our responsibility to protect the Earth and all the wonderful things that come with that.

Over the past week you've heard some examples of people helping care for each other and for the planet. We learned about St. Jude Family Projects, an organization in Uganda that focuses on sharing the farming knowledge they've learned with others in the community. They also work on using systems that are good for the environment, and that follow the natural patterns of the environment so that they don't harm the Earth. By collecting rainwater and using it for their gardens, they are also helping to conserve water and use what they have to its fullest.

We also learned about how one animal can help to give a family nutritious food like milk and eggs, and can help their plants to grow. We saw a few examples of goats and cows being given to one family, and then the family sharing the kids and calves that their animal births with others in the village. This is a good example of sharing what you have, and paying it forwards even if you don't have a lot, but feel you have enough.

Then yesterday we learned about the Páramos in Colombia and the people that are working very hard to help protect this area. The people are making an effort to help save the environment and to protect this special area of land that is also a source of clean water for 2 million people. This is a good example of people working together to help protect the environment and the planet.

It's amazing what all of these organizations and people are doing globally, but there are many people and kids working with PWRDF to help others right here in Canada.

A couple of years ago, a 12-year old named Madison donated the Christmas tips she earned from delivering newspapers to help build systems that provide clean drinking water in Cuba.

A young boy named Theo learned about a clean water project helping people in Indigenous communities in Northern Canada from his church and from his parents. He decided that for his fifth birthday he would ask his family and friends to donate money to the water project, instead of buying him gifts. He also helped to spread the word about the project to his family and friends, using his voice to stand up for others, like the people of the Páramos did for the environment.

Ten-year old Chloe learned about Syrian refugees through PWRDF, and she decided to make and sell bracelets to help raise money and awareness. She made announcements at her church and sold her bracelets to the congregation, raising money to help Syrian refugees, especially the children, to make sure they had a place to sleep, food to eat and water to drink.

And, eight-year old Liam has done more than five different runs, each one longer than 5 kilometers, to raise money for different foundations. Twice he has donated this money to PWRDF causes that he thinks are important, and he always donates some of his own money as well. He says, "We just don't realize how fortunate we are to have so much when people just as good as us have nothing, and if you have the ability to act, why not?"

## Engage

- What PWRDF story that we heard about this week was your favourite?
- Which of these kids' stories was your favourite?
- Do you know anyone who has raised money to help support others?
- What kinds of things could you do to help raise money for others?

## Song - Touch the Earth Lightly (TENDERNESS) - Colin Gibson, Shirley Erena Murray

Touch the earth lightly, use the earth gently, nourish the life of the world in our care: gift of great wonder, ours to surrender, trust for the children tomorrow will bear.

We who endanger, who create hunger, agents of death for all creatures that live, we who would foster clouds of disaster, God of our planet, forestall and forgive!

Let there be greening, birth from the burning, water that blesses and air that is sweet, health in God's garden, hope in God's children, regeneration that peace will complete.

God of all living, God of all loving, God of the seedling, the snow, and the sun, teach us, deflect us, Christ reconnect us, using us gently and making us one.

Words & Music: Colin Gibson, Shirley Erena Murray ©1992 Hope Publishing Company Reprinted under ONE LICENSE #A-735670

#### Game



# **Art Exploratory**

#### My hand in the care for creation

#### **Materials**

- Scraps of white material you can use paper as a substitute
- Wax crayons
- **Pastels**
- Watered down paint
- Glue
- Scissors
- Leaves, twigs .....

# Visit pwrdf.org/ encounters2020 to view **Friday's Exploratory Art and Exploratory** Science activities.

#### **Directions**

- 1. Cut enough material for each camper to use for the background and a separate piece to trace their hands.
- 2. Place the leaves under the material to do rubbings or trace over the plants and leaves with the wax crayons/ pastels.
- 3. Do a colour wash over the large rubbing.
- 4. Trace the outline of the hand and cut it out.
- 5. Place the hand on top of the background you can fix in place with glue or stitching.

# **Science Exploratory**

#### Solar Oven S'mores

Who doesn't love s'mores?

#### **Materials**

- A small box with an attached lid (a pizza box works well)
- Aluminum foil
- Plastic wrap
- Glue stick
- Ruler
- Pen
- Any kind of tape that you have handy is good
- Stick (about 1 foot long) to prop open reflector flap. You could use a skewer or ruler
- Box cutter or Xacto knife ADULTS PLEASE HELP WITH THIS PART
- Pie tin or similar
- Graham crackers
- Large marshmallows
- Plain chocolate bars (thin)
- Napkins

#### **Directions**

- 1. Using the ruler mark out a 1-inch (2.5 cm) border on the lid of the box around the three sides.
- 2. Cover the inside of the box, all the sides, the bottom and the lid with glue from the glue stick.
- 3. Then cover the glue with the aluminum foil (dull side down) making sure the foil is as smooth as possible.
- 4. Make sure that the inside of your box is lined with aluminum foil.
- 5. Tape two layers of plastic wrap across the opening you cut to make the lid one layer on the top and one layer on the bottom side of the lid.
- 6. Test the stick you will use to prop the lid up.
- 7. Set the oven in direct sunlight, with the flap propped open to reflect the light into the box.
- 8. Preheat the oven for at least 30 minutes, you can do this as you prepare your s'mores.
- 9. Break the graham crackers in half to make squares. Place four squares in the pie pan.
- 10. Place a marshmallow on each.
- 11. Open the oven lid and place a piece of chocolate (about half the size of the graham cracker square) on top of each marshmallow. Place another graham cracker square on top of the chocolate and press down gently to squash the marshmallow.
- 12. Close the lid of the solar oven and let the sun heat it up for a few minutes more, just to melt the chocolate.
- 13. Enjoy!

#### Science

No matter what kind of oven you use - a regular kitchen oven, a toaster oven, or even a campfire, it works by taking energy and turning it into heat.

Different ovens work in different ways – a camp fire has energy stored in the wood that turns into heat when it is burned; an electric kitchen oven heats up when energy from electricity heats up metal inside the oven; gas ovens are kind of like a camp fire but with gas instead of wood (and inside your house instead of outside!). A solar oven is just the same, except it captures energy that is already heat. The aluminum foil inside of the box catches the heat from the sun and bounces it around so that the inside of the oven heats up – and cooks your s'more!

The sun provides us with energy which we use in many different ways – it provides us with heat (for s'more ovens!), it provides plants with energy which they use to grow (photosynthesis), it provides us with energy which can be turned into electricity (solar panels). How else do we use the energy from the sun?

# **Play Exploratory**

#### **Octopus Tag**

Equipment: none

#### How to Play:

- 1. Set your area of play.
- 2. The playing area represents the "Ocean".
- 3. Mark these sidelines with a marker of some sort.
- 4. Determine who will be the first Octopus, this camper will be in the center of the Ocean.
- 5. All other campers are Fish. The Fish line up at one end of the ocean and the Octopus calls out "I am the Octopus, full of black potion – Let's see if you can cross my Ocean!"
- 6. The Fish then try to swim (run) across the ocean and the Octopus tries to tag them. If tagged before reaching the other side of the Ocean (which is marked) then they become an addition to the Octopus. The Octopus addition, leaving one foot planted on the floor, also tries to Tag players running by. Any player tagged also becomes an Octopus addition.
- 7. Each time players reach the other side of the Ocean, the Octopus say the chant again and the players try to cross the Ocean again.
- 8. Last Fish tagged becomes the new Octopus.

# Song

## Creed

We believe in God the Father, Creator and giver of life, Who calls us to live and love as respectful stewards; to do justice, to love mercy, and to walk humbly with God.

We believe that time is a gift, to be received with gratitude and to be given generously.

We believe that love is the fulfilment of the Law; that it is more blessed to give than to receive.

We believe that Jesus Christ, teaches us to love God with heart, soul, mind, and strength and to love our neighbours as ourselves, so we see God in the poor, oppressed, condemned, and forgotten, and embrace all people with God's true compassion.

We believe that the Holy Spirit, unites us in God's eternal journey of love, frees us to serve, and fills us to overflow with grace, truth, beauty, and life as God's children in this world. Amen

Source: www.churchonthecorner.org.uk

## Meditation

#### Genesis 1:31: We are God's Creation

If possible ask the children the day before to bring any stuffed animals or small creatures in for this meditation.

Place your stuffed animal on your belly. Hold it with your hands if you want to. Close your eyes. You can put your hands over your eyes if you want to. Now take a deep breath in. When you breathe out, feel your body relaxing. Breathe in again and as you breathe out, feel your feet and legs relaxing. You can shake them out if you need to. Let them sink into where they are resting. Breathe in again and as you breathe out feel your arms, hands and shoulders relaxing. Breathe in again and allow your face and head to relax as you breathe out. If you want to, scrunch up your face and allow it to relax as you breathe out. We are going to take two more deep breaths in and as you breathe out feel your whole body relax.

In a quiet voice read: God saw all that God had made, and it was very good. And there was evening, and there was morning—the sixth day.

Imagine something that you do really well or are proud of. Maybe it's a sport you play, or you are good at reading or art. Maybe you like a certain part of yourself. Know that some people can be shy, some loud. Know that

some people like different things. Some people are good at math and some at art. Some of us make music. Know that each of us is unique. God made us all human. Take a moment to just be with yourself. (Pause)

Imagine God with you now. A part of God dwells in each one of us. Imagine God is tiny enough to fit inside of our hearts. See God smiling at you from inside of your heart. Feel how God loves you.

Feel your heart grow big and bright. You might feel your heart grow or expand. Now see the light going outside of your chest. Feel your whole body filled with light.

Watch as the light travels down your arms and legs. Feel it grow past your whole body. Watch the light expand into the world. Is your light touching creation? I am going to give you some time to watch your light expand into the world. Yours and God's light. (Pause)

You are doing a great job of letting God love you and spreading that light and love to the world. When you are ready you can open your eyes.

## After Meditation questions:

- 1) What was your special quality you thought of?
- 2) What did your heart feel like?
- 3) Does it feel like God is part of you?
- 4) How did it feel to be a part of God's love and light?

# Mindfulness Moment: Walking in Care

If possible do this exercise outside. Today we are going to go for a walk. It's going to be a different kind of walk because it is going to be a scavenger hunt for our senses. God asked each of us to take care of creation. So quieting our minds we are going to go on an adventure without talking or if we have to, talking very quietly. As you walk become aware of all of the noises you hear. Do you hear any animals or birds? Are there cars or trucks? What do you see? What is around you? What do you feel? Is the air hot or cold on your skin? Is the wind blowing against your skin? What does the ground feel like under your feet? If you can touch things, what do they feel like? Can you taste anything? Does the air have a taste? Is there fruit growing that you can taste? Go for a walk being aware of everything around you. Everything that God has created. When you are finished ask everyone to share what they experienced. Say a prayer at the end giving thanks for God's creation and for God creating you. When you are finished ask everyone to share what they experienced. Say a prayer at the end giving thanks for God's creation and for God creating you.

# **Prayer**

Pass around the basket of stones, once everyone has a stone, ask the campers and volunteers, "What are you most looking forward to today?"

Once everyone has thought of something, invite everyone to bring their stone up to the altar and name out loud what they are looking forward to today.

Once everyone has had a chance to respond, offer a prayer for those things and the day at camp.

God of hope and healing, we give you thanks for this new day and all the new opportunities we have to explore and play. We pray for all the things that we are looking forward to today and that in those things we encounter you. Amen

Today, as we go about all of our camp activities, pay attention to where you see the awesomeness of creation that God has created and is still creating today, what wonders you have? What makes you happy? As you notice creation, what do you think God is saying to you?

# Closing

Ask campers and volunteers where and how they experienced God today?

Once everyone has had an opportunity to answer, offer a prayer of thanksgiving for these times.

This week we have Encountered God through....... We have learned that God is in all things and all places, all plants and vegetation, all animals and microbes, and all of humankind. God is in our stories, in our sharing and in our time together and God will continue to be in all of these things and more.

We have used these stones all week to help us pray and build our altar, today instead of placing your stone on the altar, I invite you to be the stone in your hand as a reminder of this week and to help you pray.

# **Additional Resources**

# **Gathering Activities**

You could have both of these activities on offer as folk begin to arrive,

 Person Outline to be developed through the week - could be used as a banner in your church community. You will need, Paper, a bed sheet, Markers, tape and a flat service to hang the sheet on, paints and brushes

Invite every participant and volunteer to have their outline drawn on the sheet, choose what is best for the individual, you could lay the sheet on the ground or hang it on the wall.

Make sure there is paper behind the sheet as this will stop the pen going through to the surface.

You could invite campers and volunteers to write words on the banner that have spoken to them from the pre-

Use the paints to decorate the banner as in the picture here.

• Weaving the story of creation and weaving your part in it ongoing through the week could be used as an altar frontal or Lectern hanging depending on size.

You will need a weaving frame made from sticks and some string/ twine to weave through.

As campers arrive invite them to find things to build this weaving

You coils also include some paper with prayers, words from scripture or words that stand out from the previous day. Build on this through the week.

## **Additional Games**

These games are good to have in your back pocket for moments when the group is needing to use energy or fill a transition time.

I love my neighbour who - same as where the wind blows or anyone who

#### Cooperative drawing

Objective: working together

Equipment: Pen with four or more string attached, Paper

How to play:

- Place a piece of paper on a flat surface 1.
- 2. Invite the group to identify something to draw or write.
- Once the image is agreed upon invite the group to draw the image.

Alternative: You could set the word or image for the group.

Pre draw with a pencil for the group to trace.

For the cooperative drawing to work, the group needs to work together, encourage them and help them to plan how they might achieve the outcome, and process how well they did.

#### Peek-A-Who/Peek-A-What

Objective: Learning names Equipment: Large blanket

Play: Split the group into two teams. Have teams sit on the opposite side of the blanket. In each round, have the teams send someone to the blanket. When the blanket drops, the first person to say the name of the person on the other side of the blanket wins the round. Their team wins the other person, so they cross to the other side of the blanket. Play continues until one team has everyone or until everyone knows each other's names. Variation: Have both people at the blanket pick an animal to act out when the blanket is dropped, they must then say the name and kind of animal the other person is acting out.

#### Elephants, toaster and palm tree

Objective: Work with the people next to you to form animals.

Equipment: none

Play:

- 1. Arrange your group into a circle with one person, the caller, in the center.
- 2. This person points to someone in the circle and calls out "elephant," "cow, " or "giraffe."
- 3. The person that is pointed at, as well as the person on each side of them, become an instant team and will have to coordinate their actions and make each animal as described below.
- 4. Elephant: center will stick both hands in front of their nose to form a trunk. The partners on each side will form the ears by leaning over placing one hand by the center person's hips and the other by their head.
- 5. Toaster: center person will crouch then jump up and say "ping" The outside people will loop their arms around the middle to form the toaster.
- 6. Palm tree: center places their hands directly over their head and together forming the trunk of the tree, while the outside two arch to their sides away from the tree to form the branches.
- 7. If they do not get into this position by the count of 5 by the pointer then the last to get into position will become the center person.

#### **Animal Partners**

Objective: Finding your partner/group.

Equipment: None

Play: Tell each player what animal they will be for this game. Depending on the size of the group, give 2-5 players the same animal. To play this game, they need to find the other people who are the same animal as them, but they are only allowed to make the noise that their animal makes. No hopping like a frog, or walking like a monkey, only sounds. The game is over when everyone has found their group.

#### **Noodle Standing. High Activity**

Materials, Pool noodles

How to play:

- 1. Hand out one pool noodle to each camper.
- a. If you do not have enough for everyone play in rounds so those not participating can cheer on the people that are and vice versa.
- 2. The game begins with each camper holding a pool noodle straight up and everyone standing in a circle of 3-5 campers a few feet apart. If you have enough pool noodles for everyone you could do one large circle or two circles.
- 3. Once everyone is in place say "1,2,3 GO!"
- 4. The campers lets go of their noodle and move in a clockwise direction to the next noodle, the idea is to get there before it falls to the ground.
- 5. Once everyone is ready say "1,2,3 GO!" again

The goal is to keep all of the noodles standing for as many rounds as possible.

Added challenge after 5-6 rounds, ask the campers to take a step backwards to make the circle wider and repeat the play.

#### **Fire Tender**

Equipment: Blindfold, sticks

How to play:

One child sits blindfolded with lots of sticks around them in the middle of a circle, made up of the other campers. Quietly identify one or two campers at a time, attempt to remove a stick from the fire keeper and return safely to the circle. If the blindfolded camper hears a noise, they point in that direction.

There are a couple of online resources we would highly recommend for Games and teamwork activities:

- Clumps gathering game
- Copycat Are we ever really the same?
- Amoeba Bin

#### Playmeo - Mark Collard

playmeo creates simple, yet powerful training workshops & resources that help people connect.

Website https://www.playmeo.com/about-playmeo/start-here/

Youtube https://www.youtube.com/channel/UCLTChRD6rP44gkmGvRqRsIA

#### **Ultimate Camp Resources**

https://www.ultimatecampresource.com/

# Supporting Resources

Local Community Connections

- Friendship Center
- Local Elders
- Community Composting
- Community Garden
- Community Kitchen
- CFGB Grow Hope or Growing Project
- Community Farm
- Pick your own fruit farm
- Farmers Market
- Botanical Gardens
- Bee keeper
- Visit a Cob house, build a Cob house

#### **Story Books**

Matthew Paul Turner

When God made Light

When God made you

When God made the world

Old Turtle

#### **Books about Bees**

- You Wouldn't Want to Live Without Bees! By Alex Woolf
- When the Bees Fly Home. By Andrea Cheng
- What If There Were No Bees?: A Book About the Grassland Ecosystem. By Suzanne Buckingham Slade

#### **Books about butterflies**

- A Butterfly Is Patient. By Dianna Aston
- Hurry and the Monarch. By Antoine O Flatharta

#### **Books about Social Justice**

- Stepping Stones: A Refugee Family's Journey by Margriet Ruurs
- One Green Apple by Eve Bunting
- Ada's Violin: The Story of the Recycled Orchestra of Paraguay by Susan Hood
- The Invisible Boy by Trudy Ludwig
- It's Our World, Too!: Young People Who Are Making a Difference: How They Do It How You Can, Too! by Phillip M Hoose
- One Earth: People of Color Protecting Our Planet by Anuradha Rao
- The Water Walker by Joanne Robertson
- One Plastic Bag by Miranda Paul
- The Happy Prince by Oscar Wilde
- The Good Garden: How One Family Went from Hunger to Having Enough by Katie Smith Milway
- Water Stories from Around the World By Various

#### **Science activities**

- Seed germination
- https://theimaginationtree.com/growing-beans-on-cotton-balls/
- Chia Pet
- Leaf Chromatography https://www.playdoughtoplato.com/leaf-chromatography/
- Build a Nature Habitat
- Acidic soil test
- Seed Matching
- Bird Feeder https://www.naturalbeachliving.com/apple-birdseed-homemade-bird-feeders-kids/
- Bake bread

#### **Art/ Craft activities**

- Food Journey Map
- Constellation Jar
- Monarch Butterfly Origami http://www.tammyyee.com/printbutter-m.html https://www.doverpublications.com/zb/samples/784576/sample6f.html
- Nature Art
- https://lustik.tumblr.com/post/111741860617/alain-bernegger-lustik-twitter-pinterest
- Painted Leaf https://www.flickr.com/photos/\_\_gabee/albums/72157629664293738/
- Mixed media https://petitandsmall.com/easy-fun-diy-activities-do-kids/
- Sun Printing http://maryandpatch.blogspot.com/2011/06/when-summer-is-back-quand-les-beaux.html
- Nature Weaving http://2bricoles.over-blog.com/2016/03/le-tissage-remis-au-gout-du-jour.html
- Tree weaving https://cassiestephens.blogspot.com/2013/04/in-art-room-tree-weaving-with-third.html
- Weave the story of creation and weave your part in it https://www.flickr.com/photos/definite\_ yes/13738657025/in/photostream/

#### Song resources

All Who Are Thirsty, Kutless

Allelu

Amazing Grace

Awake My Soul, Mumford & Sons

Be Bold, Be strong

Be Still For The Presence Of The Lord

Behold, John Bell

Better is One Day, Matt Redman

Big House, Audio Adrenaline

Blessed Be Your name, Matt Redman

Bless the Lord, Matt Redman

Come All You People, hymnary.org

Come, Now is the Time to Worship, Brian Doerksen

Come With Me, hymnary.org

Don't Be Afraid, John Bell

Do something beautiful, Graham Kendrick

Down to the River, Alison Krauss, Gillian Welch

Draw the Circle Wide

Eat This Bread

Father I Adore You

Give Me Oil in My Lamp

God of Wonders, Third Day

Grace like Rain, Chris Tomlin

Guide My Feet, hymnary.org

Here by the Water, Steve Bell

God's Got the Whole World

Hippo Song

His Banner Over Me is Love

I am a New Creation

I Could Sing of Your Love Forever

I Like to Chew My Gum

Indescribable, Chris Tomlin

I've Got Joy, hymnal.net

I Will Remember, wild goose

Jesus Christ is Waiting, John Bell

Jesus is the rock n' he rolls my blues away, Larry Noman

Jesus Remember Me

Jubilate Deo

Kum Ba Yah

Lord, I Lift Your Name on High, Hillsong

Lord of the Dance

Love Round, godsongs.net

Not Be Shaken, Vineyard

No one will ever be the same, Wild Goose publication

One Love, Bob Marley

Over my Head, Wild Goose publications

Peace like a River

Sanctuary (Lord prepare me) Randy Rothwell, Lenny LeBlanc

Seek Ye first

Shine (from the inside out), godsongs.net

Shout to the Lord, Hillsong Worship

Take, Oh Take Me as I Am

The Butterfly Song, butterflysong.com

This is the Day

The Trees of the Field

Three Little Birds, Bob Marley

**Ubi Caritas** 

Undignified, David Crowder Band

Waves of Grace, Larry Norman

We Shall Stand, Graham Kendrick

We Will Take What You Offer, John Bell

With My Own Two Hands, Jack Johnson

W.T.L.

You are My Vision, Rend Collective