



Camp Reflections

Camp can very busy and active, but it is important that you and your patrol take time to reflect on the adventures, friendships, and experiences of scouting. These moments can also help calm everyone down, ease tensions, and lead to renewed appreciations. This resource is designed to help you to stop and take a few minutes to think on a theme or an idea.

There are six themes explored in this resource. Each page is dedicated to a theme with appropriate quotes, thoughts, prayers, and quick activities. Feel free to modify and expand on the pages as you see fit. You can assign each theme to a relevant day from the programme. We suggest you print out a copy for each member of the patrol and store them in a dry place for camp. Perhaps, a scout, with the PL or APL, can be responsible for them?

If your patrol or troop needs more than the six themes for camp, maybe a few scouts could make their own using these examples as a template? It would be a good activity for scouts and would help them with the Emotional and Spiritual parts of the SPIECES for their Crean Awards.

Have the patrol gather for a few minutes for the reflection. Try to find a space where there are not too many distractions and a time when you're not rushed. In the morning before programme begins or in the evening after the meal or around a campfire would all be good occasions. You could also use them as a closing thought for each day.



Setting Out

Thoughts:

The journey of a thousand miles begins with one step.

Lao Tzu

We're put here on Earth to learn our own lessons. No one can tell you what your lessons are; it is part of your personal journey to discover them. On these journeys we may be given a lot, or just a little bit, of the things we must grapple with, but never more than we can handle.

Elisabeth Kubler-Ross

Exercise:

Planning a Journey: Explain the following exercise to the patrol.

How do you prepare for a hillwalk or an expedition? What equipment do you bring? Imagine you are packing a backpack for the 'journey of life', what would you bring? For example, a bottle of determination or a spare set of confidence. Have the patrol pair up, with each pair making out a list of these items and share them with patrol. (P.S. there can be some fun and serious items in there!)

Prayer:

In all our travelling

ALL: May your footsteps guide us

In our journeying

ALL: May your footsteps guide us

Within our homes and families

ALL: May your footsteps guide us

In our leisure time together

ALL: May your footsteps guide us

In difficult situations and conflict

ALL: May your footsteps guide us

As we stumble on the way

ALL: May your footsteps guide us

In the travelling of our faith

ALL: May your footsteps guide us

As we place our trust in you

ALL: May your footsteps guide us

In all our travelling. Lord, may it be your footsteps in which we place our feet





Community

Thought:

The very fact you know about someone who is in trouble means that in some way you are able to help. Otherwise, why would this knowledge have entered your world? - Baal Shem Tov

Reading:

There was once a man who was busy building a home for himself. He wanted it to be the nicest, cosiest home in the world. Someone came to him to ask for help because the world was on fire, but it was his home that he was interested in, not the world. When he finally finished his home, he found he did not have a planet left to put it on.

Anthony De Mello

Exercise:

Community Ties

Have everyone draw up a list of five people in their community who helps other people. Discuss what they do and does it make a difference. Then, get everyone to think about ways they help in their community. Is there something more they can do?

Prayer:

Lord,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you see.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you might pray in me.

Bishop Lancelot Andrewes





Trees

Thought:

If you are thinking a year ahead, sow a seed.
If you are thinking ten years ahead, plant a tree.
- Chinese poet, 500 BC

Reading:

David Osiany, University of Nairobi, Kenya

I plant trees like crazy. I've planted more than 2,000 (perhaps 1,100 have survived) and am aiming for 5,000 in the next year. Whenever I travel, I carry trees: I buy them in Nairobi or in the village, and plant them by the wayside. If I see someone nearby, I offer a few shillings, and say: 'Why don't you take care of this tree?' When I can, I go back and check on them. My biggest challenge is funding: I set aside 10 per cent of my earnings to pay for the trees. I also worry that my trees will die. Maintenance is important.

Exercise:

Exploring Trees:

In pairs, the scouts should spend a few minutes in a wooded area collecting different natural items (eg. oak leaf, pine cone, twigs). Then, gather all the collected items. What different items were found? What can you tell about this forest from them? Or instead, you could also have the scouts make up a simple story based on the items found.

Prayer:

Pueblo Indian Prayer

Hold on to what is good, even if it's a handful of earth.
Hold on to what you believe, even if it's a tree that stands by itself.
Hold on to what you must do, even if it's a long way from here.
Hold on to your life, even if it's easier to let go.
Hold on to my hand, even if I've gone away from you.





Exploring

Thought:

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

Reading:

A wealthy person went on a world tour. When travelling in the Pacific Ocean, he went for days by plane, car and boat to one of the furthest islands in the ocean. As he surveyed the bleak but inspiring landscape, he turned to a local villager and said: "You're very remote here, aren't you?" "Remote from what?," she responded.

Exercise:

Tom Crean Explorer:

Have one or two scouts tell their favourite parts of the Tom Crean story. What qualities did he have that scouts can aspire to? What did exploration mean to him?

Prayers:

Wolf Cub Prayer, Bolivia

Kind and good Lord, teach me to be humble and generous,
to imitate your example, to love you with all my heart, and to follow
your path.

Isaiah 55:12

You will go out with joy and be led forth in peace;
the mountains and hills will burst into song before you,
and all the trees of the field will clap their hands.





Being Yourself

Thoughts:

I will not let anyone walk through my mind with their dirty feet.-
Mahatma Gandhi

Just be yourself, there is no one better. - Taylor Swift

Reading:

Realising the devastation and suffering caused by war, one woman began a peace campaign. She recruited others to support the cause and set up a large organisation to promote peace and justice. However, it was a long and hard mission and many people got tired and gave up. Undeterred, she spent her time demonstrating outside the government buildings alone. One day, a passerby, noticing the lone protestor, walked up to her and asked her in a mocking voice: *“Do you really think you’re going to change the world?”* She replied: *“No, but I hope by showing up, the world will not change me.”*

Exercise:

The best of us:

Ask patrol members to think about something they like about themselves. This can be a quality, like being friendly or adventurous, or skill, like playing guitar or camogie. After a few minutes, ask a few to share their thoughts.

Prayer:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.





Challenge

Thoughts:

Our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change. - Martin Luther King Jr.

A challenge only becomes an obstacle when you bow to it. -Ray Davis

Reading:

A woman found an eagle's egg on the ground and to save it she put it in a hen's nest. The eagle hatched with a brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a chicken. He scratched the earth for worms and insects. He clucked and cackled. Also, he would thrash his wings and fly a few feet in the air. One day, years later, he saw a magnificent bird above him in the cloudless sky. The eagle looked up in awe. "Who's that?" he asked. "That's the mighty eagle," said one of the chickens. "She belongs to the sky. We belong to the earth — we're chickens." So the eagle lived and died as a chicken, for that's what he thought he was.

Exercise:

Practice makes:

Prepare a simple game, like throwing hoops over a peg or tying knots behind your back. Give everyone a go, and then allow everyone a few minutes to practice the game. Give everyone a go again. Did anybody improve? What other challenges could practice help us overcome?

Prayer:

Dear God, thank you for the opportunity to be here in your garden. Give us the strength to endure, the wisdom to enjoy each moment, and the courage to push ourselves further than we have ever before. Bless our patrols, scouters and fellow scouts all over the world as we journey through scouting together.

