



Endurance: Sunrise/Sunset/Stargazing Reflection

The Crean Award:

Endurance:

Participate in a Sunrise/Sunset/Stargazing reflection

SPICES

Character
Emotional
Spiritual

Adventure Skills

Various

The Activity:

Objective:

*To Participate in a Sunrise,
Sunset, or Stargazing reflection*

Activity Type:

Patrol/Troop Activity

Roles:

Activity Leaders





Plan

Programme

This activity is mainly about creating circumstances where your patrol or troop can have a memorable occasion; but it is not only about the opportunity for reflection. You need to plan an event around the reflection to make it happen. You should consider some of the following:

- Go on a night hike or a dusk 'til dawn hike
- Including it in a patrol camp
- Having an overnight in your scout hall
- Bivvying or sleep in hammocks
- Running a 'quiet' campfire, where you sing gentle songs softly and have some reflections as well.

Sunrise/Sunset

In planning a reflection based on a sunrise or a sunset you will need to plan an activity that allows you to be in a good place to watch a sunrise or sunset. You should consider the following:

- When is sunrise and sunset? Check out the time online
- Pay close attention to timing your programme or journey, as you will need to ensure you reach your viewing point beforehand.

- Where is a good place to watch the sunrise/sunset? Mountains or high points are great locations, being on the coast will also offer a great view (especially, on the East coast for dawn, and the west for sunset). Perhaps, there is a building in the city you have access to which is a good vantage point?
- If you are planning an activity that will require you to be moving at night, remember there is a big difference between travelling during the day and travelling at night. If possible select a route that has a clearly defined path or way . Also, ensure all scouts have suitable clothing and equipment for travelling in the dark.
- Will the weather allow you to see the sunrise or sunset? It is probably a good idea to include this activity as part of a camp, as you will need a clear sky to properly see the sunrise or sunset. This will give you a selection of evenings or night to have the activity.
- Check the weather forecast, and look for a day/night with high air pressure as this gives a greater likelihood of clear skies.
- Be careful: you should never look directly at the sun with the naked eye.





Plan

Stargazing

- Similar to the sunrise/sunset activity, you will need a clear night.
- Light Pollution: In urban areas, the glow from artificial light (homes, street lights, cars, etc), brightens the night sky and blocks the light of stars. In rural areas, light pollution is significantly decreased.
- Check out astronomy resources online, such as Astronomy Ireland or the astronomy merit badges of the UK Scout Association or the Boy Scouts of America. These will provide details for star-gazing at different times of the year.
- Printout some guides to the night sky so you will be able to identify constellations and planets (check out the scout resource on Star Constellations: goo.gl/hAX4br)
- Prepare for standing around outside at night, by wearing suitable clothing and bringing refreshments.

Reflection

Sunsets, sunrises, and a star-filled night sky have all inspired people throughout history. By running a reflection based on one of these events, you give yourself and your patrol a chance to consider the natural world and get a sense of the bigger picture.

You could run a Scouts' Own or hold a simple reflection ceremony with some quotes and silence while taking in the sunrise, sunset, or a clear night sky. Sunrises are good for uplifting and energetic stories, as night gives way to day and spirits rise as you feel the rays of the sun. Whereas, sunsets are better for reflective and quieter occasions. You can take stock of the day or a recent event. When stargazing, scouts could tell the story of some of the constellations, especially those from Greek mythology. Also, allow some time of silence when the patrol can just take in the scene. For stargazing, you can bring survival bags and just lie out and look up at the night sky.





Do

Scouts' Own/Reflection:

You can run a short reflection or a mini-scouts' own if you like. Here is a possible format (make sure to leave time for silence between each part):

- Opening Thought – introduce the main idea
- A reading/reflection – something to get everyone thinking about the theme
- Prayers – a time to think about things beyond ourselves, to the spiritual
- Closing – thought to end the activity

Atmosphere & Involvement: It is extremely important that there is the right atmosphere, otherwise your reflection won't work. Explain to everyone what is going on and make sure the group is calm. Also, it is important to give as many people as possible a role.

Check out this resource for a selection of prayers, reflections and activities for a Scouts' Own goo.gl/94Lfi4

Here is a collection of quotes, ideas, and prayers which you might want to use in a reflection:

Sunrise:

“There's a sunrise and a sunset every single day, and they're absolutely free. Don't miss so many of them.” — Jo Walton

This day will you strengthen us. Amen.

This day will you bless us. Amen.

This day will you uplift us. Amen.

This day will you visit us for good. Amen.

This day will you inscribe us for happy life. Amen.

This day will you hear our cry. Amen.

This day will you accept our prayer in mercy and favour. Amen.

This day will you support us with your righteous hand. Amen. - Jewish New Year Prayer.

A seeker asked the Sufi Jalal ad-Din ar-Rumi if the Qur'an was a good book to read. He replied, “You should rather ask yourself if you are in a state to profit from it.” - Anthony De Mello





Do

“There's always a story. It's all stories, really. The sun coming up every day is a story. Everything's got a story in it. Change the story, change the world.” — Terry Pratchett

“In God’s Name be the course and the mooring; let us embark.” - Holy Qur’an. Surah 11.41 (Prayer of Noah)

With the new day comes new strength and new thoughts.
Eleanor Roosevelt

Each morning we are born again. What we do today is what matters most. *Buddha*

Waking up this morning, I smile,
Twenty four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion. Thich Nhat Hanh

“About all you can do in life is be who you are. “ - Rita Mae Brown

Sunset:

One day some people came to the wise master and asked: How can you be happy in a world of suffering, war, and illness? She held up a glass and said: Someone gave me this glass; It holds my water admirably and it glistens in the sunlight. I touch it and it rings! One day the wind may blow it off the shelf, or my elbow may knock it from the table. I know this glass is already broken, so I enjoy it -- incredibly. - Achaan Chah Subato

"When I admire the wonder of a sunset, or the beauty of the moon, my soul expands in worship of the Creator." – Mahatma Gandhi

"Never waste any amount of time doing anything important when there is a sunset outside that you should be sitting under." – C. JoyBell

Nature is painting for us, day after day, pictures of infinite beauty if only we have the eyes to see them. -- John Ruskin





Do

Beyond the sundown is tomorrow's wisdom, today is going to be long, long ago. -- Thomas Hornsby Ferril

Taps

Day is done, gone the sun,
From the lake, from the hills, from the sky;
All is well, safely rest, God is nigh.

Fading light, dims the sight,
And a star gems the sky, gleaming bright.
From afar, drawing nigh, falls the night.

Thanks and praise, for our days,
'Neath the sun, 'neath the stars, neath the sky;
As we go, this we know, God is nigh.

Sun has set, shadows come,
Time has fled, Scouts must go to their beds
Always true to the promise that they made.

While the light fades from sight,
And the stars gleaming rays softly send,
To thy hands we our souls, Lord, commend.

Stargazing:

Some of the sunset items are relevant for stargazing.

Sometimes while gazing at the night's sky, I imagine stars looking down making wishes on the brightest of us. — Richelle E. Goodrich

The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff. — Carl Sagan

When I gaze at the heavens which your fingers have formed, and look at the moon and the stars which you have set there, I realise how small we are in the magnificence of your creation. (Variation of Psalm 8).

The true joy of a moonlit night is something we no longer understand. Only the people of old, when there were no lights, could understand the true joy of a moonlit night. — Yasunari Kawabata





Review

Reflection

Was the setting helpful for a reflection?

Do you think you got something out of the activity?

Practicalities

What worked well?

What could have gone better?

Patrol Review

What will we do next?





Review the SPICES

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas/Creativity
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs

