

Give Us This Day Our Daily Bread

**Camp Johnsonburg Summer Curriculum
2005**

Exploring a web of faith practices

Welcoming

Creation

Prayer

FOOD

Justice

Body Caring

Communion

Written and assembled by

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General Suggestions for how to use this curriculum

This curriculum was written to help you share this summer's faith practice---**FOOD**---with all the children who come here. It was created with the whole Johnsonburg community in mind---staff as well as campers. It is a tool to introduce these concepts to a diverse group of people who will ponder these practices from many different perspectives. It invites and makes space for different views and unanswered questions. It is not intended to induce guilt in either campers or staff, but rather to create an awareness that will then blossom in each person as he or she is led.

We challenge you to immerse yourself in the curriculum. Let it become a part of you. Reflect on it. Make it your own. Adapt it for your unit each week. Evaluate it. Add to it. Don't feel you have to use everything in it for each Daily Bread. We invite your comments and your questions on this curriculum at any time.

God calls us to this work, and Jesus is the ultimate teacher of these practices. We hope you enjoy using this curriculum and learning from it. Give yourself the freedom to flow, not only with the material, but also with the movement of the Spirit at work among your campers.

Blessings to all of you,
Alicia and Lorelei
June 2005

You are invited to come to the table---

Banquet for: All God's children

When: Summer of 2005 and beyond

Place: Camp Johnsonburg

Dress: Come as you are

Host: Jesus

Everyone has to eat. But when we follow the way of Jesus, food is for more than survival. Food is a gift of creation, a sign of God's love. To share food is to share God's goodness. Meals are a way to welcome and serve others, just as Jesus welcomes and serves us. When we welcome others, we welcome Jesus. He said when we give food and drink to those who are hungry and thirsty, we are giving these things to him. How we eat and drink shapes a way to live---receiving and sharing God's gifts with grateful, joyful and generous hearts. (From *Way to Live: Christian Practices for Teens*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 66)

This summer Johnsonburg will take a new look at faith practices. *Give Us This Day Our Daily Bread* is about food as a gift from God and how that shapes our perspective on its use in our lives. Each day we will look at food through a different lens---welcoming and food, creation and food, prayer and food, justice and food, body caring and food, and communion and food. As companions on this journey, we will hear Jesus' call to come to the table in a new way---one that includes not only accepting the invitation but inviting others to join us as well.

To help develop an appreciation for this gift that connects us to creation and the needs of others, we will---

- visit our new camp garden to learn about how our food is grown and what is necessary for that growth
- practice FGC (for the good of the community) by caring for creation at camp
- share a meal of beans and rice to gain an awareness of how much of the world eats each day

It is our prayer that together we will learn to welcome others to the table, care for all that is creation, express gratitude for our daily bread, share the food that God has provided, eat in a way that honors our bodies, and celebrate the meal that connects us to Jesus and one another.

For the fourth summer, the book *Way to Live* has inspired our curriculum of practical Christian faith development. Visit their website (www.waytolive.org/) for excellent resources for teens and others. A Leader's Guide to these materials may be downloaded for free at http://www.waytolive.org/waytolive_leaders_guide.pdf

Sunday Daily Bread --- Welcoming and Food

In the Gospels we see many examples of Jesus sharing a meal with others. In addition to his disciples, Jesus frequently ate with strangers and outcasts. As both the host and the guest, Jesus comes to us whoever and wherever we are. His invitation is for *everyone*.

Hints for staff:

Today is all about welcoming so when parents and kids come to your unit, keep in mind how welcome we want them to feel. Be intentional about how you greet each person. Be sensitive to the comfort level of your campers---some may feel at ease with more attention while others might prefer a more subtle approach.

On Sunday, Daily Bread will take place in three parts. Part I begins as campers arrive in the unit. Once campers have unpacked and come to the picnic table, they will do two activities. The first is "A Special Meal" (see below) and the second is "Welcome!" (see below). Part II will take place in the dining hall where each group will be individually welcomed to camp. Then the scripture will be read and acted out by staff members. Part III will take place back in the unit around the campfire where the scripture will be reread and the questions discussed. For elementary campers, try reading one of the suggested books or teaching them the song, "Zacchaeus Was a Wee Little Man." For older campers you might choose to talk about "Jesus Hospitality." (see below)

Scripture: Luke 19:1-10 (Good News)

Jesus went on into Jericho and was passing through. There was a chief tax collector there named Zacchaeus, who was rich. He was trying to see who Jesus was, but he was a little man and could not see Jesus because of the crowd. So he ran ahead of the crowd and climbed a sycamore tree to see Jesus, who was going to pass that way. When Jesus came to that place, he looked up and said to Zacchaeus, "Hurry down, Zacchaeus, because I must stay in your house today." Zacchaeus hurried down and welcomed him with great joy. All the people who saw it started grumbling, "This man has gone as a guest to the home of a sinner!" Zacchaeus stood up and said to the Lord, "Listen, sir! I will give half my belongings to the poor, and if I have cheated anyone, I will pay him back four times as much." Jesus said to him, "Salvation has come to this house today, for this man, also, is a descendant of Abraham. The Son of Man came to seek and to save the lost."

Activities:

1. A Special Meal---Ask campers to remember a meal that they have had that was really important to them. Have them think about what was special about that meal as compared to all the others they've eaten. Ask them to write about their special meal or draw a picture of it on the brown paper on the picnic table. It will become a table runner for the unit's time around the picnic table that week.

(Adapted from *Way to Live Leader's Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 34)

2. Welcome!---Ask the unit to come up with ideas for a special greeting that they will use as a group to welcome other people they meet this week. It could be a gesture, a phrase, etc. Emphasize that this will be used to *welcome* others and not *exclude* them as a secret handshake might do. (Adapted from *Way to Live Leader's Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 89)
3. A Placemat for Jesus---Have the whole unit create one placemat for Jesus. Each child in the unit will add something to the placemat. When all members of the unit have had a chance to contribute to this effort, the placemat will be given to the chaplains or the age group director to laminate. It will then sit on the unit's table in the dining hall for the remainder of the week to welcome others in Jesus' name.
4. Jesus Hospitality---Jesus shared meals with his disciples, his friends and people he met along the way during the time of his ministry. Think about the location of these meals, the preparation for them, who was there, what they might have eaten. Compare "Jesus Hospitality" to our hospitality today. How is it the same and how might it differ?
5. Jesus is Coming to Dinner---a skit about welcoming people. Check with the chaplains or Jaime for a copy of this skit.

Questions:

1. Talk about your special meal and what made it such an important memory for you. Who was there? What was the occasion? What made this meal so special? Was it the food or something else?
2. Think of a time that you felt very welcomed for a meal at someone's house. What was the secret of that person's hospitality?
3. Thinking about the story of Zacchaeus, put yourself in his place to answer the following questions: Why do I want to see Jesus? How will I be able to see him in the crowd? Why does he want to come to my house? What will he think of me? What will everyone else think?
4. Why did Zacchaeus not feel welcomed? What are some times when people don't feel welcomed today?
5. Have you ever been teased or bullied? Think about what Jesus would say if he was there to witness what was happening? Could Jesus make you feel welcome?
6. How do you welcome people to your home? What can you learn from Jesus?
7. How would you welcome Jesus to your home? Does this differ from the way you welcome others?
8. Who has Jesus shared meals with? Who would Jesus want you to share your meal with?
9. How might our lives change if we welcomed people the way Jesus did?

Songs: "Zacchaeus Was A Wee Little Man" (*Wee Sing Song Book*, Price Stern Sloan: Los Angeles, CA, p. 29)

"Family of God" (Words and Music by Beth A. Watson, 1993, *New Song: Leader's Guide*, 2nd edition, Congregational Ministries Division of the General Assembly Council---PC(USA): Louisville, KY, 2002, p. 75-76)

"Come and Dine" (grace) (Words and Music by C. B. Widmeyer, *Parent Trek*, Jeanne Zimmerly Jantzl, Herald Press: Scottsdale, PA, 2001, p. 159)

Prayer:

Come, Lord Jesus, be our guest, and let these gifts to us be blessed. Let there be a goodly share on every table everywhere. Amen. (From *Way to Live: Christian Practices for Teens*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 66)

O God, our Father, be Thou the Unseen Guest at our table, and fill our hearts with Thy Love. (Author unknown, *Bless This Food: Amazing Graces in Thanks for Food*, Adrian Butash, Delacorte Press: New York, NY, 1993, prayer 61)

Books:

Welcome is a Wonderful Word (young elementaries) (Gyo Fujikawa, Grosset and Dunlap: New York, NY, 1980)

But No Elephants (young elementaries) (Jerry Smath, Parents Magazine Press: New York, NY, 1979)

Quotes:

The knowledge that God loves me, humbles and liberates me. Maya Angelou

Take Out: (Activities to do at home)

1. With your family, friends or church group, visit a soup kitchen to help prepare and serve a meal. Think about how Jesus welcomed people as you greet and share the meal with guests who come that day.
2. Talk with your family about how you welcome others to your home. What are the things that you do that convey "Jesus Hospitality" to your guests?
3. Something I'd like to do with welcoming and food when I get home.....

Food for Thought: All are welcome at Jesus' table. How can we invite others?

Monday Daily Bread --- Creation and Food

We are one part of God's creation and, as stewards, we have been given the responsibility of caring for the earth. How we choose to live our lives affects the balance of this creation that God said was "good." The foods we eat connect us to the earth and how they are grown affects the earth, affects us and affects all others who live on the earth.

Hints for staff: Today you want your Daily Bread to be out-of-doors---somewhere in a natural spot of camp. Visit the camp garden. Have your group ask Ellen questions about the garden---preparation of the soil, design, what's been planted, what the garden needs from us. Check with Ellen about harvesting or planting one of the crops. Measure the food that is wasted at your table today. (see below) Encourage your campers to take only what they are able to eat in order to waste less.

Scripture: Genesis 1:27-31 (The Message)

God spoke: "Let us make human beings in our image, make them reflecting our nature so they can be responsible for the fish in the sea, the birds in the air, the cattle, and yes, the Earth itself, and every animal that moves on the face of Earth." God created human beings; God created them godlike, reflecting God's nature. God created them male and female. God blessed them: "Prosper! Reproduce! Fill Earth! Take charge! Be responsible for fish in the sea and birds in the air, for every living thing that moves on the face of Earth." Then God said, "I've given you every sort of seed-bearing plant on Earth and every kind of fruit-bearing tree, given them to you for food. To all animals and all birds, everything that moves and breathes, I give whatever grows out of the ground for food." And there it was. God looked over everything God had made; it was so good, so very good! It was evening, it was morning---Day Six.

Activities:

1. **Measure Your Waste:** At the end of each meal in the dining hall, scrape all of the waste (no napkins) from your plates (not the serving dishes) into the bucket in the center of the table. When all of the plates have been cleared, have someone take the waste bucket to the front of the dining hall to put it into the larger waste container so that the camp waste can be weighed. With each successive meal, take enough but only what you will eat. Let's see if we can cut down on our waste in just one day.
2. **Visit the Garden:** Visit the camp garden. When you get there, spend a few minutes just observing the sights and sounds---letting the kids experience the wonder of it. Does it seem like the garden is a sacred space in camp? Check with Ellen, Lorelei or Alicia about what your group can do while they are there. Possible jobs may be watering, planting radish seeds, harvesting a crop that is ready and taking it to the kitchen. Learn about the vegetables that are planted and when each will be ready. Ask questions!!!! Thank God for the beautiful

- community of plants and insects that live there. Please close and fasten the gate when you are ready to leave. (There are lots of bunnies in lower meadow!)
3. Using Your Senses: TWG (time with God) should be spent in some quiet spot in a meadow, near the lake, in the woods---some place where campers are able to listen to the sounds and see the sights of creation around them. Ask campers if they are willing, to share their experience of this time.
 4. For the Good of the Community: Although FGC can be a daily activity for your campers, today is the day that you absolutely want to do this. It connects our responsibility to care for the earth with a place that we love. As your unit picks up trash, talk about how we extend this care out beyond camp. How can you bring FGC to your community at home? Does doing FGC encourage you to refrain from littering?
 5. Take Home Garden: In arts and crafts today, decorate a recycled yogurt container. When it is dry, take your container back to nature (or back to the unit) and plant seeds in it. Talk about how to care for your plant as it grows.
 6. Edible plants: Learn about edible plants that are found here at camp (mint, berries, etc.). Take a hike to find some of these plants. Talk about plants that grow in the wild and plants that are cultivated for food. Who were the first people in this area? What wild plants would they have used?
 7. Where is Your Food Store? Visit the nature center and do the food store activity found in the nature book.
 8. For the biking unit---Plan a trip to Genesis Farm, the local community supported garden, to learn about how community supported agriculture works.

Questions:

1. What things in nature do you find both here at camp as well as at home?
2. When have you felt especially close to nature?
3. How does nature take care of us?
4. In Genesis, what did God tell humans to do?
5. How do we care for creation? What's one way you can help God, the creator?
6. What steps are easy to take in caring for creation and which require more effort?
7. Have you ever created something that was special to you? How did you feel about your creation? How did the feeling that you had for your creation influence the way you wanted it to be treated?
8. Have you ever been responsible for caring for a plant or a pet? What did you need to do to care for it? How did it feel to have that responsibility? Did you enjoy it or would you have gladly given it up? What is the relationship between caring and loving? What might happen if we cared for the earth this way?
9. What connects you to the earth?
10. What disconnects you from the earth?
11. How do our lifestyle choices affect creation?
12. Where does your food come from? Who grows it? Where is it grown?
13. How is this a change from how people got their food 50 or 100 years ago?
14. How was the land treated as your food was grown? How were the people who helped to grow it, pick it, prepare it and transport it treated?

15. Do you find that you or your family waste food? How do you waste it? What might you do to cut down on that waste?
16. How is being conscious of waste a way to care for the earth?
17. How do you think God views creation and food?
18. Is caring for creation an expression of our faith?

Songs: “All Things Bright and Beautiful” (Cecil Frances Alexander, *Presbyterian Hymnal*, Westminster/John Knox Press: Louisville, KY, 1990, p. 267)

“The Garden Song” (Words and Music by David Mallett, Cherry Lane Music Publishing Co. Inc., 1973, *New Song: Leader’s Guide*, 2nd edition, Congregational Ministries Division of the General Assembly Council---PC(USA): Louisville, KY, 2002, p. 90)

Story: “Garden Day Camp” (*2005 Children’s Mission Yearbook for Prayer and Study*, Witherspoon Press: Louisville, KY, 2005, p. 80)

Prayers:

Thank you for the wind and rain and sun and pleasant weather,

Thank you for this our food and that we are together. Amen.

(Mennonite blessing, *A Grateful Heart*, Edited by MJ Ryan, Conari Press: Berkeley, CA, 1994)

Dear God, thank you for all the wonderful vegetables, fruits, and berries you have planted on your earth to feed us. Amen (Eileen Lindner, *2005 Children’s Mission Yearbook for Prayer and Study*, Witherspoon Press: Louisville, KY, 2005, p. 81)

Seeds we bring.

Bless them, O Lord!

Gardens we bring.

Bless them, O Lord!

Hoes we bring.

Bless them, O Lord!

Hands we bring.

Bless them, O Lord!

Ourselves we bring.

Bless us, O Lord!

(East Africa, from Church World Service Hunger Education Activities, www.churchworldservice.org)

Be a gardener,

Dig a ditch,

Toil and sweat,

And turn the earth upside down

And seek the deepness

And water the plants in time.

Continue this labor

And make sweet floods to run

And noble and abundant fruits to spring.

Take this food and drink

And carry it to God

As your true worship.

(Julian of Norwich, *Bless This Food: Amazing Graces in Thanks for Food*, Adrian Butash, Delacorte Press: New York, NY, 1993, prayer 126)

Books:

Children of the Earth and Sky---“Mandan Gardeners” (Stephen Krensky, Scholastic, Inc.: New York, NY, 1991)

Brother Eagle, Sister Sky (Chief Seattle, Paintings by Susan Jeffers, Dial Books: New York, NY, 1991)

The Lorax (Dr. Seuss, Random House: New York, NY, 1971)

The Tree (Dana Lyons, Illumination Arts Publishing Co.: Bellevue, WA, 2002)

The Legend of Blue Bonnet (Retold by Tomie dePaola, Penguin Putnam Books: New York: NY, 1983)

Miss Rumphius (Barbara Cooney, Viking Press: New York, NY, 1982)

The Giving Tree (Shel Silverstein, Harper and Row, 1964)

Quotes:

God saw everything that God had made, and, indeed, it was very good. Genesis 1:31a

Instead of being motivated by guilt and fear over the future of human beings, we care for God’s creation because it belongs to God and God made it good. God is at the center of our motivation. Jeanne Zimmerly Jantzi

Take-out (activities to do at home)

1. Plant a garden with your family at home. Learn what you need to do to prepare the soil and care for your plants as they grow. If your space is limited, consider growing your plants in containers instead. Think about sharing your harvest with your church or community food pantry.
2. Find out if there is a community supported garden in your area. Visit the garden to learn more about what is grown there and the methods that are used.
3. Talk with your family and friends about ways you can care for the earth. Think about walking or riding a bicycle or using public transportation instead of using your car. Learn about organic substitutes for chemicals used around your home.
4. Find out where the food you eat comes from. Try to trace it back to its source. Learn more about where it was grown, what farming practices were used and who was involved with its care and transportation.
5. Something I’d like to do with creation and food when I get home.....

Food for Thought---Can you buy any of your food from a local farm or farmer’s market?

Tuesday Daily Bread --- Prayer and Food

God has promised to give us the food that we need each day. Learning what is enough for our needs and following Jesus' example of always giving thanks to God for the gift of food helps us to move in the direction of seeking enough for all of God's children.

Hints for staff: Today is about gratitude and knowing when we have enough. Both scriptures describe how God has always provided for God's people---even when it seemed like an impossible feat. Encourage campers to thank God in whatever way they are comfortable. Prayer is about having a conversation with God, and there are many ways that gratitude can be expressed.

Scripture: Exodus 16:2-5, 9-21, 31, 35 (Good News)

There in the desert the Israelites all complained to Moses and Aaron and said to them, "We wish that the Lord had killed us in Egypt. There we could at least sit down and eat meat and as much other food as we wanted. But you have brought us out into this desert to starve us all to death. The Lord said to Moses, "Now I am going to cause food to rain down from the sky for all of you. The people must go out every day and gather enough for that day. In this way I will test them to find out if they will follow my instructions. On the sixth day they are to bring in twice as much as usual and prepare it. Moses said to Aaron, "Tell the whole community to come and stand before the Lord, because the Lord has heard their complaints." As Aaron spoke to the whole community, they turned toward the desert, and suddenly the dazzling light of the Lord appeared in a cloud. The Lord said to Moses, "I have heard the complaints of the Israelites. Tell them that at twilight they will have meat to eat, and in the morning they will have all the bread they want. Then they will know that I, the Lord, am their God." In the evening a large flock of quails flew in, enough to cover the camp, and in the morning there was dew all around the camp. When the dew evaporated, there was something thin and flaky on the surface of the desert. It was as delicate as frost. When the Israelites saw it, they didn't know what it was and asked each other, "What is it?" Moses said to them, "This is the food that the Lord has given you to eat. The Lord has commanded that each of you is to gather as much of it as he needs, two quarts for each member of his household." The Israelites did this. Each had gathered just what he needed. Moses said to them, "No one is to keep any of it for tomorrow." But some of them did not listen to Moses and saved part of it. The next morning it was full of worms and smelled rotten, and Moses was angry with them. Every morning each one gathered as much as he needed; and when the sun grew hot, what was left on the ground melted. The people of Israel called the food manna (which means "what is it?"). It was like a small white seed, and tasted like thin cakes made with honey. The Israelites ate manna for the next forty years, until they reached the land of Canaan where they settled.

Scripture: John 6:1-13 (NIV)

Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), and a great crowd of people followed him because they saw the miraculous signs he had performed on the sick. Then Jesus went up on a mountainside and sat down with his disciples. The Jewish Passover Feast was near. When Jesus looked up and saw a great crowd coming toward him, he said to Philip, “Where shall we buy bread for these people to eat?” He asked this only to test him, for he already had in mind what he was going to do. Philip answered him, “Eight months’ wages would not buy enough bread for each one to have a bite!” Another of his disciples, Andrew, Simon Peter’s brother, spoke up, “Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?” Jesus said, “Have the people sit down.” There was plenty of grass in that place, and the people sat down, about five thousand of them. Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. When they had all had enough to eat, he said to his disciples, “Gather the pieces that are left over. Let nothing be wasted.” So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

Activities:

1. Blessings Prayer Walk: During TWG, do a blessings prayer walk in the meadow. Take one step for each blessing that you can think of in your life.
2. Food in the Gospels: Break the unit up into four groups. Assign each group one of the gospels (Matthew, Mark, Luke and John). Have each group look through their gospel to see what meals Jesus shared with people. (Adapted from *Way to Live Leader’s Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 35)
3. “Thank you, God, for giving us food”: Write a grace to express your thanks for the food you will eat today. Thank God for all those who helped make your meal possible.
4. “Give Us This Day”: Read the Lord’s Prayer (found in Matthew 6:9-13 and in Luke 11:2-4) in several different translations of the Bible to see how the words, “Give us this day our daily bread” are described in each one. For older campers, ask one of the chaplains to lead a lectio divina on the passage for your unit.
5. 40 Years of Manna: Act out the Exodus 16 story where God gave the Israelites manna in the wilderness. (Adapted from *Way to Live Leader’s Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 35)
6. Manna Distribution: Two variations of this activity. For younger children, have a bowl that holds exactly $\frac{1}{4}$ cup oats for each person in the group. Ask each child to measure out $\frac{1}{4}$ cup into a paper cup. If they all measure accurately and take just their share, there will be enough “manna” to go around. For older children, do the same preparations, but portion out the “manna” so that some children receive more and other children receive none. Talk about how kids felt when some had more and some had none. (Bread for the World Hunger Activities, www.bread.org)
7. Food in Music: Listen to a recording of “Eat It!” by “Weird” Al Yankovich and contrast the attitude expressed in that song to the one expressed in “All Good Gifts” from *Godspell*. (Adapted from *Way to Live Leader’s Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 34)
8. Progressive Thanks-giving: Join other units in a simple progressive meal.

Example: Salad in one unit, main course in the next, dessert in the last. As the “guests” arrive at each unit and before that course has started, the host unit can share a grace that they have composed especially for this meal. (Adapted from *Way to Live Leader’s Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 38)

9. Food Fights and Contests: Ask campers to share their experiences with food fights or eating contests in the school cafeteria. What feelings are associated with using food in this way? (Adapted from *Way to Live Leader’s Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 35)

Questions:

1. Who were the Israelites? Why were they in the desert? Why were they complaining? If you had been with them, how would you have felt?
2. What did God give the Israelites? How often did God promise to give manna to them? What would happen if they took more than what they needed for a day? Have you ever experienced “manna” in your life?
3. What is enough? What happens if we don’t have enough? What happens if we have more than enough? What do we do with the extra that we have? What feels best to you---too much, enough, not enough?
4. Why do people express their thanks? How do they do it?
5. What is grace? Do you say grace? How often do you say grace? When and how do you say it? Does it matter whether we say it or sing it?
6. What is the first grace that you remember? Who taught it to you?
7. Did Jesus express his gratitude to God in prayer? Who did he teach to pray?
8. What was the prayer that Jesus taught?
9. Do you believe that God provides for us? Have you had the experience of God providing for you? How does it feel to know that God provides?

Song: “Tu Eres Mi Gran Amor” (Author Unknown, *New Song: Leader’s Guide*, 2nd edition, Congregational Ministries Division of the General Assembly Council---PC(USA): Louisville, KY, 2002, p. 320)

Story: “Thank you, God, for Banana Peels” (From *More With Less Cookbook*, Doris Janzen Longacre, Herald Press: Scottdale, PA, 1976, p. 260)

Prayer:

Blessed art thou

O Lord our God

King of the world

Who bringest forth bread from the earth.

(Traditional Jewish blessing, *Bless This Food: Amazing Graces in Thanks for Food*, Adrian Butash, Delacorte Press: New York, NY, 1993, prayer 6)

Praise God from whom all blessings flow

Praise God all creatures here below

Praise God above, ye heavenly host

Praise Father, Son and Holy Ghost.

Amen.

(Christian Doxology, *Bless This Food: Amazing Graces in Thanks for Food*, Adrian Butash, Delacorte Press: New York, NY, 1993, prayer 20)

Books:

Gertie and Gus (younger elementaries) (Lisl Weil, Parents Magazine Press, 1977)

I'm Your Child, God: Prayers for our Children (Marian Wright Edelman, Hyperion Books: New York, NY, 2002)

Quotes:

They had their meals together in their homes, eating with glad and humble hearts, praising God, and enjoying the good will of all the people. Acts 2:46-47

If the only prayer you say in your entire life is “thank you,” that would suffice.
Meister Eckhart

I move through my day-to-day life with a sense of appreciation and gratitude that comes from knowing how fortunate I truly am and how unearned all that I am thankful for really is. To have this perspective in my everyday consciousness is in itself a gift, for it leads to feeling “graced,” or blessed, each time. Jean Shinoda Bolen

Take-out (activities to do at home)

1. Gratitude Jar: Find a large (1 quart to 1 gallon size) jar with a lid. Decorate it with stickers, paper cut-outs, etc. Have each family member think about what he or she is grateful for each day---it can be more than one thing per day! Write or draw it on a slip of paper and place it in the jar. During a meal at the end of the week, take turns pulling out slips of paper and reading them to the rest of the family. Thank God together for all your blessings.
2. Take turns saying “grace” at home. Sing camp graces, share a favorite prayer from a book of graces or write/say your own grace.
3. Something I'd like to do with prayer and food when I get home.....

Food for thought---Does taking more than enough show a lack of faith in God's promise to provide for our daily needs?

Wednesday Daily Bread --- Justice and Food

We are all part of the body of Christ. If one member suffers from being hungry, we all hurt until that member's needs are met. Jesus wants us to feed the hungry and work to change the system that causes inequities among God's children.

Hints for staff: Today the whole camp will share a simple meal to develop an understanding of the way many people in the world eat each day. Our goal for this experience is to begin to build awareness and to empower campers to help work toward a solution to the problem of hunger. Emphasize that little steps taken by many people over time make a huge difference. Encourage their willingness to work for change. "Solutions for world hunger will come primarily through economic and political change, and we have a role in bringing that about." (*Breaking Bread: The Spiritual Significance of Food*, Sara Covin Juengst, Westminster/John Knox Press: Louisville, KY, 1992, p. 72)

Scripture: Matthew 25:31-40 (Good News)

"When the Son of Man comes as King and all the angels with him, he will sit on his royal throne, and the people of all the nations will be gathered before him. Then he will divide them into two groups, just as a shepherd separates the sheep from the goats. He will put the righteous people at his right and the others at his left. Then the King will say to the people on his right, 'Come, you that are blessed by my Father! Come and possess the kingdom which has been prepared for you ever since the creation of the world. I was hungry and you fed me, thirsty and you gave me a drink; I was a stranger and you received me in your homes, naked and you clothed me; I was sick and you took care of me, in prison and you visited me.' The righteous will then answer him, 'When, Lord, did we ever see you hungry and feed you, or thirsty and give you a drink? When did we ever see you a stranger and welcome you in our homes, or naked and clothe you? When did we ever see you sick or in prison, and visit you?' The King will reply, 'I tell you, whenever you did this for one of the least important of these, you did it for me!'"

Scripture: Micah 6:8b (NRSV)

And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.

Activities:

1. Rice and Beans Meal: Every Wednesday noon, the kitchen will serve the entire camp a meal of rice and beans. It will be an opportunity to celebrate a meal together, to create an awareness about how a large percentage of the world eats and to eat as they do for one meal. There will be signs on each table with facts about hunger and what can be done to eliminate it. It will be very important for us, as staff, to be positive about this experience and to be able to explain why we are doing it. After lunch, the group will return to their unit where the counselors will debrief the meal with their campers. Questions might include: What did you think of our lunch today? Have you eaten a similar meal before? Do you

understand why we ate rice and beans today? The rice and beans make a complete protein to nourish us. Did you know that many people in the world eat only rice and beans each day? What would that be like for you? How do you feel? Are you full? What have you learned from this experience?

As campers participate in this discussion, please be willing to accept their honest reactions. Talk about the choices many of us have when it comes to deciding what food we will eat each day. Explain how, as members of the body of Christ, when one hurts, all others hurt as well---we are all in this together. As mentioned earlier, this activity is meant to make kids aware and empower them to think about what they might do to help bring about change.

2. Seven Cents a Day---Hunger could be cut in half in the United States and world-wide by 2015 for seven cents per American per day. How much per day could your family put aside for hunger? How much would that be in a week? How much would that be in a month? How much would that be in a year? How much would that be by 2015? What would you have to do without in order to give seven cents per day per family member? (Activity from Hunger No More, www.bread.org)
3. A Place for the Homeless to Eat: In Arts and Crafts, have campers make placemats for the homeless who are in our Interfaith Hospitality Network. Explain to them that IHN offers a different place to stay each week while someone is looking for a job, a home, etc. Johnsonburg hosts IHN for two weeks each year. Ask campers if any of them have been involved with IHN at their churches. The placemats will be taken to local networks for use at mealtime.
4. Read the Stories: In Wednesday's box in the program closet there are stories about people who are struggling with hunger. Break the unit into small groups and ask campers to read the stories, assume the role of the persons in them and then introduce themselves to the rest of the group. Talk about what it's like to know people who are hungry by name. Does it make a difference? (From Hunger No More, www.bread.org)
5. How Can We Help? There is a great need to help those who are hungry and there are many ways we can do this. Talk about what one person can do, what one family can do, what one church or youth group can do to make a difference.

Questions:

1. Do you know someone who has been hungry? Have you ever been hungry? What's the longest time you've been without food? What does it feel like?
2. Why do you think some people are hungry? What causes hunger?
3. Do people have a responsibility to help those who are hungry? Why?
4. What can each of us do to make a difference?
5. What would it require from our own lives in order to do this?
6. Who and what influences your choices about sharing food?
7. How does it feel to share?
8. Feeding people who are hungry is only one part of the solution. What else needs to be done to solve the problem?
9. When we give, do we give out of our excess or out of what we have for ourselves? For example, do we give our old clothes away or do we choose the best that we have to give?

10. What do you think is God's vision for the world?
11. What are we doing already?
12. What else can we do?
13. Is it really possible to end hunger in the world?

Songs: "What Does the Lord Require?" (Jim Strathdee, Desert Flower Music, 1986, *New Song: Leader's Guide, 2nd edition*, Congregational Ministries Division of the General Assembly Council---PC(USA): Louisville, KY, 2002, p. 338)

"Where is Bread?" (Carolyn Winfrey Gillette, 2000, "Food and Hunger," *Christian Reflection*, Center for Christian Ethics, Baylor University: Waco, TX, 2004)

Story: "Mother Teresa of Calcutta" (*Ten Amazing People and How They Changed the World*, Maura D. Shaw, Skylight Paths Publishing: Woodstock, VT, 2002, p. 30-33)

Prayers:

At breakfast: God, I don't really know what it's like to not have enough food. Help me to be aware of people who go hungry. Help me to do whatever I can to keep people from being hungry. Give strength to those who are hungry. In Jesus' name. Amen. (Eileen Lindner, *2005 Children's Mission Yearbook for Prayer and Study*, Witherspoon Press: Louisville, KY, 2005, p. 51)

At noon with the rice meal: (Place several uncooked grains of rice in your hand. Feel the texture of the rice. Think about cooked rice, how it feels and looks when it is all fluffy and warm. Think about the millions of people today who will grow rice, cook rice, and eat rice. Holding the rice tightly in your hand, pray) O God, be with those who are eating rice wherever they are in the world. Help them to have enough rice that they will not be hungry and bless them so that they may eat their rice in peace. In Jesus' name. Amen. (Eileen Lindner, *2005 Children's Mission Yearbook for Prayer and Study*, Witherspoon Press: Louisville, KY, 2005, p. 77)

At dinner: O Lord, the meal is steaming before us and it smells good. The water is clear and fresh. We are happy and satisfied. But now we must think of our sisters and brothers all over the world who have nothing to eat and only a little to drink. Please, please give all of them your food and your drink. That is the most important. But give them also what they need everyday to go through this life. Amen. (Prayer by young Africans, *52 Ways to Say Grace*, Byers Torsella, Running Press: Philadelphia, PA, 2000)

Books:

Harvesting Hope: The Story of Cesar Chavez (Kathleen Krull, Harcourt: San Diego, CA, 2003)

The Greatest Table: A Banquet to Fight Against Hunger (Michael Rosen, Harcourt Brace: San Diego, CA, 1994)

Material World: A Global Family Portrait (Peter Menzel, Random House, 1995)

Everybody Cooks Rice (Norah Dooley, Scholastic: New York, NY, 1991)

Uncle Willie and the Soup Kitchen (DyAnne DiSalvo-Ryan, Mulberry Books: New York, NY, 1991)

Faith the Cow (Susan Bame Hoover, Faithquest, 1995)

Beatrice's Goat (Page McBrier, Atheneum Books: New York, NY, 2001)

The Long March (Marie-Louise Fitzpatrick, Tricycle Press: Berkeley, CA, 1998)

A Country Far Away (Nigel Gray, Orchard Books: New York, NY, 1991)

Ten Amazing People and How They Changed the World (Maura D. Shaw, Skylight Paths Publishing: Woodstock, VT, 2002)

Quotes: Our happiness is greatest when we contribute most to the happiness of others.
Harriet Shepard

Do what you can, with what you have, where you are. Teddy Roosevelt

We can do no great things---only small things with great love. Mother Teresa

The question of bread for myself is a material question, but the question of bread for my neighbor is a spiritual question. Nicolai Berdyaev

Compassion is the keen awareness that all living beings are part of one another and involved in one another. Thomas Merton

God is glorified when the hungry are fed, the naked clothed and the homeless given shelter. God is glorified when we use our resources to fight poverty, seek justice and love peace. Allan Boesak, South Africa

If we have no peace, it is because we have forgotten that we belong to each other.
Mother Teresa

I am a firm believer that there is no place where God is not. Maya Angelou

Do not go where the path may lead, go instead where there is no path and leave a trail.
Ralph Waldo Emerson

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has. Margaret Mead

Preach the gospel at all times. If necessary, use words. Francis of Assisi

Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion is to look out to the world. Yours are the feet with which Christ is to go about doing good. Yours are the hands with which Christ is to bless all people now. Teresa of Avila

A person who has food has many problems. A person who has no food has only one problem. Chinese saying

Take-out (activities to do at home)

1. Find out if your church or community sponsors a Church World Service CROP Walk to raise money for hunger. Invite your family and friends to participate with you.

2. Learn more about Fair Trade. Find out where the nearest Fair Trade store is and visit it with your family. Discuss the benefits of buying fair trade food and other items.
3. Participate in a fund raising fast. Talk to your family or youth group about sharing a simple meal once a week during Lent and donating the money you saved to help feed the hungry.
4. Find out more about Bread for the World and their offering of letters.
5. Offer to help in your local food bank or food pantry.
6. Something I'd like to do with justice and food when I get home.....

Food for Thought---Lord, to those who hunger, give bread. And to those who have bread, give the hunger for justice. (Latin American prayer from Church World Service Hunger Education Activities, www.churchworldservice.org)

Thursday Daily Bread --- Body Caring and Food

We are all created in God's image. When we care for our bodies and choose to honor them by the way that we eat, we maintain a connection to the earth, to God and to our brothers and sisters.

Hints for staff: Because there are so many other concerns related to body caring, you'll have to remain focused on how it connects with food. Our goal is to help campers look at their bodies in a new way---as made in the image of God. How we see our bodies impacts on what we eat and drink. Our choices can honor not only our own bodies, but the bodies of others as well. With today's practice, it's very important to be sensitive to those campers who may be struggling with body image, eating disorders, etc.

Scripture: I Corinthians 6:19-20 (Good News)

Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God; God bought you for a price. So use your bodies for God's glory.

Activities:

1. What Builds a Healthy Body? Draw a body on construction or brown paper. Label it with healthy food choices inside and not-so-healthy food choices outside. Discuss why you made the choices you did.
2. Good Choice—Bad Choice: Have campers stand in a straight line. To one side is “good choice” and to the other is “bad choice.” The counselor calls out foods, one at a time and campers must choose which it is and move to that side. OR Role play scenarios with healthy vs. unhealthy food choices (an after school snack, having to eat everything on your plate, late for school in the morning, thirsty after a long walk)
3. Prayer Request: Have your body make a prayer request for you. Campers may share their request or not as they are comfortable.
4. Feast and Fast: Compare feast with binge and fast with diet. What issues are involved with each of them? (Adapted from *Way to Live Leader's Guide*, Dorothy C. Bass and Don C. Richter, Upper Room Books: Nashville, TN, 2002, p. 34)

Questions:

1. What are the reasons that people eat?
2. What are your eating patterns like? How often do you eat? How much do you eat? What do you usually eat?
3. What do you eat after school? What do you do when you're running late?
4. How do you decide what to eat? Do your food choices create a balance for you?
5. How do your family, your culture, your genetics and the economy affect your food choices?
6. What foods are good for the body? What foods are not a healthy choice? Is it confusing to know what a healthy diet is?

7. Do you eat your food slowly and enjoy it, or eat quickly while you're doing something else?
8. Who prepares your food?
9. How much food is enough? What kind of messages are we sent by restaurants and ads?
10. How does exercise impact your body with regard to calorie intake?
11. When have you felt good about your body? When have you not felt good about your body?
12. Do you believe your body is a "temple?" What does it mean to be created in God's image? How does that affect how we treat our bodies? What does it mean to worship God with our bodies?
13. How does your body shape your identity?
14. What do my eating habits say about the fact that all food is a gift from God?
15. What would you like to change about your eating habits?
16. How about fasting? Is it for dieting purposes or does it involve a spiritual practice? What is spiritual fasting? (Fasting with others helps focus our attention on the community and God rather than on ourselves.)
17. If all people are made in God's image, what does that say to us about caring for the bodies of others?

Songs: "Sanctuary" (Words and Music by John W. Thompson and Randy L. Scruggs, Full Armor Publishing and Whole Armor Publishing, 1982, *New Song: Leader's Guide, 2nd edition*, Congregational Ministries Division of the General Assembly Council--PC(USA): Louisville, KY, 2002, p. 263)

"Come, O Come" (Public Domain, *New Song: Leader's Guide, 2nd edition*, Congregational Ministries Division of the General Assembly Council--PC(USA): Louisville, KY, 2002, p. 55)

Story: "Mahatma Gandhi" (*Ten Amazing People and How They Changed the World*, Maura D. Shaw, Skylight Paths Publishing: Woodstock, VT, 2002, p. 18-21)

Prayer:

May my body be a prayerstick for the world. Joan Halifax

Quotes: Happily those foods most healthy for our own bodies also contribute to a healthy environment and more equitable society. In a faith context that is good news, allowing us through our daily food choices to both treat our bodies as sacred and love our neighbors as ourselves. Michael Schut

I want a fast from gluttony of nations, systems, policies that feed some well while others starve for grain, for bread, for dreams, for peace. Jan Richardson

Take-out (activities to do at home)

1. Find a mirror when you get home. Take a good long look at your body. Remind yourself that you are made in God's image. If we believe that we are made in God's image, how does that affect the way we care for our bodies?
2. Talk with your parents and siblings about how your family makes food choices? What would you like to change?

3. Something I'd like to do with body caring and food when I get home.....

Food for Thought---Who influences what I eat and how does that affect my body?

Friday Daily Bread --- Communion and Food

Jesus' invitation to the Last Supper was extended to many more people than his twelve disciples. We still hear his voice today: inviting all to come to the table, being there with us in the breaking of the bread and the sharing of the cup, connecting us to each other and renewing the promise that he will be with us always. Gathering around the table together gives us a taste of God's kingdom to come.

Hints for staff: Today completes the circle as communion once again brings us back to Jesus' table that welcomes everyone. Today is a celebration day. The Lord's Supper is a meal that connects us to all those who have eaten it before us and to all those who will eat it after us. We have chosen to have an Agape meal or a love feast instead to keep this special time inclusive for all campers. Some kids have taken communion and some have not, but they are all companions on this journey and are all welcome to this Agape meal today to feel a part of something very special.

Scripture: Mark 14:22-25 (NRSV)

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God."

Activities:

1. Agape Meal: With your campers, plan an agape meal for today. It may be done for your closing campfire or at some other time during the day. You may use bread and grapes or some other food that seems appropriate. Give thanks to God for the many ways you were fed this week, for the gift of each other and for the love that is given to all of us.
2. Create a Bowl: Using play-doh from Arts and Crafts, give each camper a small piece during Daily Bread time, and ask them to form a small bowl out of it. The bowl is a symbol for this week's food practice and is to remind them that we are moving in the direction of seeing all bowls in this world filled equally.
3. Bread Making: Using simple ingredients, make Navajo Fry Bread over the campfire for your Agape Meal today.

Questions:

1. What is a covenant?
2. What does the word mean to you in this scripture?
3. What are some promises that God has made in the past?
4. Who was around the table at the Last Supper? Who is invited to come now?
5. Have you ever taken communion?
6. What does the bread and wine symbolize during communion?
7. How does it happen in your congregation?

8. What meaning does this meal have for you?
9. Have you ever taken communion in a different church? What was that like?
10. Did you feel welcome at that table?
11. How is communion different from other meals?
12. What things are the same?
13. When you think about the feelings you've experienced during communion, are these feelings present at other meals as well?
14. The word "companion" comes from two Latin words: com (together) and panis (bread) forming the word that means "one who eats bread with another." As you think about your experience at camp this week, share time with your unit and remember the different ways you ate bread together.

Songs: "Let Us Break Bread" (African American Spiritual, *Presbyterian Hymnal*, Westminster/John Knox Press: Louisville, KY, 1990, p. 513)

"I Am With You Always" (Words and Music by Jeff Pearson, Centergy Music, 1997, *New Song: Leader's Guide*, 2nd edition, Congregational Ministries Division of the General Assembly Council--PC(USA): Louisville, KY, 2002, p. 132-133)

Story: "Feeding of the 6000" (Story by Alicia Pasko, 2005 summer chaplain, Johnsonburg Presbyterian Center)

Prayer:

Hold a single slice of bread. Any kind will do---white bread, pita, tortillas. Study the bread. It is so basic and such ordinary food we forget that without it there would be no sandwiches, no French toast, nothing to soak up gravy! Jesus said he was the bread of life because he is so basic to our lives and gives us the strength to live. Still looking at the bread, pray silently for those who do not have bread today. Tell God how it makes you feel to know about hungry people. Share with God what you hope for people who are hungry and try to make one promise to God about how you can help. (Eileen Lindner, 2005 *Children's Mission Yearbook for Prayer and Study*, Witherspoon Press: Louisville, KY, 2005, p. 7)

Books:

Bread, Bread, Bread (Ann Morris, Scholastic: New York, NY, 1989)

I Wish Tonight (Lois Rock, Lion Publishing: Oxford, England, 1999)

Quotes:

Be gentle when you touch bread. Let it not lie uncared for, unwanted. So often bread is taken for granted. There is so much beauty in bread. Beauty of sun and soil, beauty of patient toil. Winds and rains have caressed it, Christ often blessed it. Be gentle when you touch bread. Author unknown

Take Out: (activities to do at home)

1. Talk to your friends about how communion is shared in their congregations. What is the same and what is different?
2. Plan an Agape meal to share with your youth group. How does it remind you of the Lord's Supper?
3. Something I'd like to do with communion and food when I get home.....

Food for Thought---As Jesus prepared for the Last Supper, what do you think was on his mind?

* For further information or to discuss this curriculum, please contact Lorelei Oelschlager at lorelei@campjburg.org, Johnsonburg Way to Live chaplain, or Harry Zweckbronner at harry@campjburg.org, Johnsonburg Program Director --- or visit our website at www.campjburg.org and click on "Contact Us."