

# Training Guidelines



“Athletes of the Spirit”

... Leaders

... Council Rings

... Training Camps

---

## CFO International

Rev. 10/2010



## **CONTACTING CFO**

---

### **CFO International, Inc.**

P.O. Box 1301, Whittier, CA 90609-1301  
Tel: 1-562-902-1207 eMail: cfoicoordinator@gmail.com  
Becky Sutherland, Coordinator  
[www.cfointernational.org](http://www.cfointernational.org)

### **United Prayer Tower**

1501 So. Louisiana Ave. Mason City, IA 50401  
Tel: 641-421-6858 Fax: 641-421-6887 eMail: Pray@UnitedPrayerTower.org  
[www.UnitedPrayerTower.org](http://www.UnitedPrayerTower.org)  
Carolyn Miller, Coordinator

### **Association of Camps Farthest Out, Inc.**

317 S. Madison Ave., Watkins Glen, NY 14891-1120  
Tel: 607-535-44155 Fax: 607-535-9689 eMail: ACFOINC@aol.com  
Charles Grassl, Executive Director  
[www.campsfarthestout.org](http://www.campsfarthestout.org)

### **Macalester Park Publishing Company**

24558 546th Ave - Austin, MN 55912  
Tel: 800-407-9078 eMail: macalesterpark@macalesterpark.com  
[www.macalesterpark.com](http://www.macalesterpark.com)

### **CFO Classics Free-Loan Tape Library**

PO Box 92 - Milo, IA 50166-0092  
Tel: 1-800-903-5232 or 515-942-7118  
Matt Leach, Librarian  
eMail: Tapes@iowatelecom.net  
[www.cfonatapes.org](http://www.cfonatapes.org)



Copyrighted 2010

---

Permission to use or copy this manual is freely given provided no changes  
are made without the express permission of

**CFO International, Inc.**

(contact address listed above)

---

# TABLE OF CONTENTS

---

## INTRODUCTION TO TRAINING

	PAGE
Introduction to CFO Training	7
Schedules for a 2 1/2 Day and a 2 Day Training	10
Reviews and Evaluations	11

## TOOLS: COUNCIL RING HARMONY/KINGDOM LIVING

Our Core Beliefs	15
Clearing and Centering	16
Who We Are as CFOers	17
Council Ring Skills	21
Communication:	Speaking the Simplest Truth, Attitudes Which Sabotage Communication “I” Messages, Communication Chart
Be-Attitudes	25
Listening Prayer/Consensus Decision Making	27

## CFO PROGRAM

CFO Daily Schedule	31
Beginning Thoughts for Leaders	33
Meditation	35
Singing	37
Speaking	43
Devotion in Motion	45
Creatives	47
Rest Hour	49
Prayer Groups	51
World Prayer Broadcast	53
Blessing Service	55
Sharing Service	57
Optional Events:	Letters to God Fun Night
	59 60

## HOW TO PREPARE FOR AND CONDUCT A CFOI TRAINING WORKSHOP

The CFOI Training Program	63
Information for Conducting a Training Workshop	65
Criteria for CFO Leaders	67

Supplies Needed for Training	69
Agreement for Training Participation	70

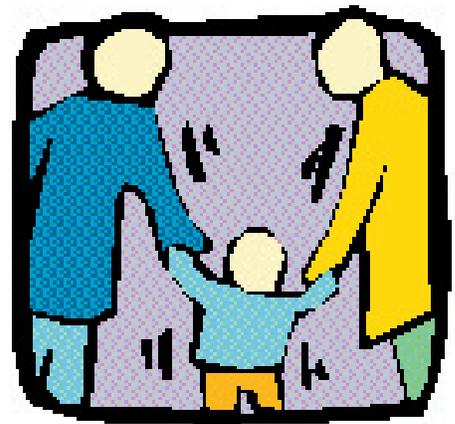
## **ADDITIONAL RESOURCES**

Bond of Faith Training	73
History of 9 O’Clock Prayer and Our Prayer	76
Camp Orientation	77
Prayer Preparation	81
Reading List for CFO Leaders	83
Writings of Glenn Clark	84
A Portrait of Glenn Clark	85
National Council Ring Certificate of Agreement	87
Local Council Ring Certificate of Agreement	88

## **PROGRAM PURPOSE REMINDER SIGNS**

89





---

# Introduction to Training



---

**IMPORTANT NOTE:** All material in this manual is to be read as presented except the sections headed **PREPARATION** and the parts in *Italics*. The part in *Italics* is information for the trainer and is to be stated in his or her own words when appropriate.



# INTRODUCTION TO CFO TRAINING

Presentation



30 minutes

## PURPOSES

- To provide a common understanding of the CFO Program worldwide.
- To present Guidelines for effective Council Ring meetings.
- To give people the opportunity to *practice* presenting parts of the Program.
- To let Council Ring members know what to seek and expect in leaders.
- To give persons wishing to be leaders experiences in how to fulfill the CFO purposes through each part of the program.

## THE TRAINING IS:

- Presented in a way which encourages all to participate. (joyfully, childlike, non-judgmentally)
- Designed for people who have had a CFO experience and are familiar with the Program.
- A time for experienced CFOers to develop leadership skills by practicing in front of a supportive group.

## PREPARATION

- Study: How to prepare for and Conduct a CFOI Training Workshop – pp.61-70.
- Prepare manuals, song books, chalkboard, chalk, eraser, timer, clock, sign up sheets, large name tags, evaluation forms.
- Place chairs in a circle so people can see one another.
- Plan ahead to display the Program Purpose Reminder Signs EACH time they are applicable.

## PRESENTATION

**Welcome to our CFO Training. This first part of our program is designed to give you an overview of our time together. Much of the presentation will be read by the facilitator. This is done intentionally so that everyone receiving the training around the world receives the same information.** *At this point the Presenter gives an overview of what is to come and other announcements that are helpful to the participants. For example: toilet facilities, breaks, organization of the manual, etc.)*

This is an intensive program and body breaks are not often built in. Please feel free to leave and return as necessary.

The purpose of this Training is to teach skills for

- Council Ring Effectiveness/ Harmony/Kingdom Living
- Leadership of CFO program areas.

The daily schedule we will follow can be found on page \_\_\_\_\_. Each section will include some form of group experience. We will also have opportunities to practice CFO Program Leadership on a volunteer basis. Please have your Bible with you at each session.

This Guideline is organized for a 2 1/2 Day Training. (Note to presenter: If doing a 4 or 5 Day Training, please consult the Resource Section of this manual for Schedules and additional materials. We suggest that you move the materials you will be using into their appropriate places in the manual.) We are not covering a Camp Orientation Session in this Training. Information is included in the Resource Section to assist in presenting an Orientation at your Camp.

The following symbols are used to help Trainers and Trainees identify the content of each page quickly and easily:

Presentation  
Material



Group  
Exercise



Resource  
Information



For many of our sessions you will be asked to find a partner. Please move as silently and quickly as you can; choose a different partner each time. If you find yourself without a partner, raise your hand and I will help you. I'd like you to practice now. Please find a partner. Decide who will share first. You will have 1.5 minutes to share. I will ring a bell when the time is up. (Read #1 below, ask Partner 1 to share, after 1.5 min. ring bell and ask Partner #2 to share. When complete, repeat with question #2, then #3).

1. How was I drawn to CFO?
2. What keeps me attending?
3. What does it mean to me to be an "Athlete of the Spirit"?

## OUR CFO HERITAGE:

"Our founder, Glenn Clark, was a college English professor and also a track, football and wrestling coach. When he reflected on what drew him to track athletics, he discovered that it brought the world together in a spirit of play. He believed that when a world played together, it could then work and love together. He discovered *seven sources of power or principles of spiritual/physical fitness and applied them to the spiritual life*. They are as vital today as they were many years ago.

- |                                    |  |
|------------------------------------|--|
| <b>1. Complete Sincerity</b>       | A natural spontaneity which dissolves pretense.  |
| <b>2. Self-Control</b>             | Training and determination to focus one's mind, soul and body.   |
| <b>3. Master of One Thing</b>      | Doing better than one's best.  |
| <b>4. Team Spirit</b>              | Subordination of one's own interest to the interests of the larger whole.  |
| <b>5. Sense of Rhythm</b>          | Putting one's self in tune with the rhythms of the body which is true reverence for God's holy temple.                                 |
| <b>6. Tuning into the Infinite</b> | Harmonizing with the unseen forces of the soul and spirit from which spring deeper inspirations which do not focus on worldly results. |
| <b>7. Universal Brotherhood</b>    | An experience which knows no creed, race or nation, and knows no future and no past."  |

*Jn.17.21, Jn.14.6, 1Jn. 5.1*

*Adapted from "Power in Athletics"-1936 by Glenn Clark*

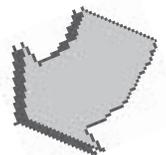
available at: [www.cfointernational.org](http://www.cfointernational.org)

### NOTE:

Glenn was very specific about the necessity of SILENCE in our Camps and daily lives. There are four periods of intentional SILENCE built into our camp program:

- Meditation - begins morning program
- Creatives - ends morning program
- Rest Hour - begins afternoon program
- Prayer - ends afternoon program

Every effort needs to be made to honor these periods of Listening to God.



The vision given by God to Glenn Clark was that CFO Camps were to be TRAINING CAMPS FOR ATHLETES OF THE SPIRIT. As a track and football coach, Glenn used these terms intentionally. He knew that his young athletes needed to practice, and to keep on practicing – even when they were at the peak of fitness, skill, and ability.

*1 Cor. 9.26-27*

To be an athlete requires the willingness to keep practicing, to keep learning, to keep growing in one's skills. For Glenn, this was a perfect parable of the Christian life. One never "arrives" one is always in a state of growing and learning. His dream for CFO was that it would be a place where people could come away from their daily routines and immerse themselves in Kingdom living. It was to be a place to stretch, to grow, to practice, to train spiritually – in exactly the same way that athletes train for sports.

The concept of CFO as a training camp for Athletes of the Spirit is as powerful an idea today as it was in Glenn's day. We hope this Training will be a blessing to you and your Camps, and our desire is that CFO continue to train great spiritual athletes!

*1 Cor. 9.25*

*The Training Committee*

This song from 'CFO Sings' gives a good summary of the values to be maintained in our CFO camps and Council Rings.

Let us sing it together (or read it aloud together) and allow the words and concepts to sink deep into our souls.

84

Let Go and Let God (a)  
(What We Mean by C. F. O. (b))

W. Russell Shull

Erik Frey

1. Just what do we mean by <sup>(a)</sup>this let - ting go? <sup>(b)</sup>the C. F. O? We mean that you  
2. It's not by self ef - fort that we may climb; It is by the  
3. Just One can up - lift us from weight of sod, Just One can re -  
4. So if you now tru - ly de - sire to know The won - der - ful

don't have to strug - gle to grow; You don't have to la - bor and  
Christ and the way of the vine; It is by our faith that we  
deem us, the Son of our God; Then look to the Mas - ter to  
<sup>(a)</sup>we have learned to let go; <sup>(b)</sup>of the C. F. O. Then drop ev - 'ry ef - fort at

strain to be - come; Just o - pen the chan - nel and let it be done.  
get what we need, It is by re - ceiv - ing we hu - mans suc - ceed.  
get and to give, Be - lieve Him, re - ceive Him, if tru - ly you'd live.  
life as a job, And hum - bly em - brace Him, let go and let God.

(b) This poem was originally written under the title, "What We Mean by the C. F. O."

\*\*\* For more information on Glenn Clark, please go to pgs. 85-86

# SCHEDULE: 2 1/2 DAY TRAINING PROGRAM AND COUNCIL RING SKILLS

---

**NOTE: (30) DENOTES NUMBER  
OF MINUTES ALOTTED**

## FIRST EVENING (AFTER DINNER)

- (15) Welcome, Introductions, Commitment  
Overview of Manual to Know Contents (pp.1-5)
- (30) Introduction to CFO Training (pp. 7- 9)
- (45) Introduction to Prayer Groups & Experience (pp. 51-52)
- (30) Meditation Training and Sign-ups
- (15) Overview of tomorrow - 9 O'Clock Prayer -  
Meditation leaders work with Team

## FIRST FULL DAY

- (30) Meditation Practice and Review - Prayer for Breakfast
- (60) Breakfast
- (45) Prayer Groups (Leader Reviews)
- (10) Core Beliefs
- (15) Bond of Faith
- (45) Creatives
- (45) Who We Are as CFOers
- (10) Rest Intro
- (15) Review Morning - Prayer for Lunch
- (60) Lunch
- (60) Rest
- (05) Review Rest,
- (10) Clearing and Centering
- (60) Communication Skills + Communication Chart
- (30) Beatitudes
- (60) Dinner
- (60) Listening Prayer Consensus Decision Making
- (15) Review Day - Sign Up Meditation (Volunteers Work with Team)
- (15) Overview of tomorrow - 9'OClock Prayer

## SECOND DAY

- (30) Meditation Practice and Review  
Prayer for Breakfast
- (60) Breakfast
- (30) Prayer Groups (Leader Reviews Process)
- (60) Singing
- (30) Creatives
- (60) Speaking
- (15) Review Morning - Pray for Lunch
- (60) Lunch
- (60) Rest
- (15) Review Rest - Clearing and Centering
- (60) Devotion in Motion
- (60) Dinner
- (15) Singing Practice
- (10) CFO Daily Schedule
- (15) Beginning Thoughts for Leaders
- (15) Explain Practice Sessions - Sign Up
- (45) Team Work with Volunteers
- (15) Overview of tomorrow - 9'OClock Prayer

## THIRD DAY

- (30) Meditation Practice & Review  
Prayer for Breakfast
- (60) Breakfast
- (60) Practice Session 1
- (60) Practice Session 2
- (30) World Prayer Broadcast
- (30) Review Training
- CLOSE

<u>Practice Session</u>	
(10)	Singing
(10)	Speaker
(15)	Devotion in Motion
(18)	Creatives
(07)	Review



# REVIEWS AND EVALUATION OF TRAINING

The following questions are to be asked when indicated on the schedule.

Presentation



## PURPOSE OF REVIEW

To monitor our progress in terms of the goals of our Training.

To learn to give and receive feedback in a way which encourages and builds a sense of teamwork.

To learn to connect all feedback to the purposes

## REVIEW OF PRACTICE SESSION SEGMENTS

**The facilitator leads an oral review of each presentation.**

10 minutes

1. Review purpose
2. How were the purposes fulfilled in this presentation? Please speak directly to the person who presented. In what ways/ Be specific ...
3. What did I appreciate about the presentation?(Please speak directly to the person who presented)
4. How could the purposes be better fulfilled next time?  
(Please speak directly to the person who presented)

## REVIEW OF THE DAY

**Reviews of the day are written by participants and trainers at the end of each day. They are collected and read by the Training Team. This gives the participants an opportunity to focus on what they have learned and gives presenters insight on what is experienced and questions that need answering.**

**The following questions are to be answered.**

10 minutes

1. What did I especially appreciate?
2. What new things did I learn?
3. What do I wish had been different?

## EVALUATION OF THE TRAINING EXPERIENCE

**The evaluations of the Training experience are written at the conclusion of the Training for the use of the Training Team.**

1. Review purpose of the Training (see p.7). In what way(s) were they fulfilled?
2. How will you use this experience in your Camp/Council Ring?
3. What suggestions do you have for next time?
4. Write a 3 sentence advertisement for this training.

20 minutes







# Tools for Council Ring Harmony & Kingdom Living



# OUR CORE BELIEFS

Presentation



10 minutes

## PURPOSE

The purpose of this part of the program is to remind each participant of the core beliefs of CFO.

## PRESENTATION

Each of these statements is the first sentence of one of the sections of our complete Bond of Faith as given by Glenn Clark. **Please see Complete Bond of Faith Training in Resource Section., p.75**

- We take as our Source and Center the leadership of Jesus Christ, our Lord and Savior.  
(note: Jesus is the leader, we are the followers) *Jn.1.12*
- We accept as our law of conduct and the source of our energy the two Great Commandments that He gave us upon which rest all the law and the prophets. *Mt. 22:37-39*
- Our Constitution of Conduct shall be woven out of 'The Sermon on the Mount'. *Mt. 5:3-10*
- We recognize that this Way of Life can be learned as a Science and practiced as an Art, but not until it is experienced in the form of Spiritual Rebirth can its full Power be released upon earth. *Jn. 3.5*
- **EVERYTHING** about our union together and our basis for working together shall be as fluid as the sea and as free as the air. Christ and all He represents is central; everything else is marginal. *Is. 28.16 Heb. 2.8*
- *With this bond of faith to unite us, one in impact but not in compact\*, with union in Christ and freedom in action, moving as an organism and not as an organization, we hope to unify and strengthen the deeper spiritual forces of the nation and the world that are working to save mankind in this age of crisis.* *Jn. 17. 21-23*

As you reflect on what you have heard, ask yourself:



- Can I believe this?
- Can I agree with this?
- Can I commit to this?

\*\*\**impact: purpose/intention*  
*compact: rigidity*



# CLEARING AND CENTERING

---

Presentation



20 minutes

## PURPOSE

To learn techniques for helping a group *consciously* come together with a quality of openness to build trust.

## CLEARING

Clearing and centering are two ways to help a group focus after a break.

Clearing involves sharing what needs to be communicated so that you can be totally



present. The facilitator might suggest that persons respond to questions such as: What have you thought about since we have been together – what we were discussing, someone in the group, some feeling, “anything that is on my mind that I am thinking I don’t need to say anything about.” Clearing is saying it so that it is out and gone rather than staying inside me.

Is there anything to be cleared now? Questions, feelings, thoughts?

## CENTERING

Centering is another tool for becoming totally present as a group. Prayer, singing, silence, movement, etc. can all be used to accomplish this goal. We suggest using a variety of ways, remembering all of them will be role models.



A possibility is: Ask people to close their eyes ... breathe deeply and evenly and with each inbreath to be aware of connecting with the love of God and the Holy Spirit, with each outbreath releasing anything not of that energy (three breaths). Continue breathing in the love of God and become aware of others who are here with you, of the agreement and support you have for one another. Into the silence, allow anything that needs to be released for today to come, and ask whether you are willing to release that into the loving heart of God. Experience the shift within that comes as you let go. (short pause)...Open your eyes and be ready for the day.



# WHO WE ARE AS “CFO”ers

Presentation



45 minutes

## PREPARATION

Timer, Small Bell

## PURPOSES

To experience Who We Are in CFO in relation to our heritage in CFO and each other.  
To help us open more fully to one another and to God. (See Heritage info. on p. 8)

## PRESENTATION (PLS. STAY STANDING BETWEEN EXERCISES & MEET NEW PEOPLE EA.TIME)

The exercises that we will be doing are experiences to remind us of who we are in CFO. We want to experience one another as companions on our spiritual journeys. This material is taken from Glenn Clark's autobiography: A MAN'S REACH.

1. Glenn wrote, *“People coming to the CFO camps are a specially chosen group of people who are willing to give all they have to releasing of themselves and opening themselves up to God. God chosen souls -- for no one who came to camps ever seemed directed from any other source than God.”* *Jn. 15.16*



Please look around at the people who are here with you – souls who have been drawn by God. Know as we look at one another – we are persons willing to give all we have to the releasing of ourselves and to opening up to God. (Pause as all look around, 30-60 seconds). *Mt. 11.28-30*

2. Glenn Clark experienced many kinds of religious camps; church camps, YMCA camps, and prayer retreats. At all these camps there was Light, but at some it was fitful and sputtering as a faulty kerosene lamp, at others it was as brilliant and glorious as a cluster of electric light bulbs. What was the reason for this variation? Invariably the difference in intensity went back to one thing, **the harmony or lack of harmony among the leaders.** Glenn wrote, *“At such camps, every fiber of my being yearned to rush forth and start a camp of my own based upon Jesus’ promise that, ‘where two or three agree together I shall be in the midst of you.’”* (p.198 - A Man's Reach) *Mt. 18. 19-20*



- Please stand and silently find a partner ... pause ... If you do not find a partner, raise your hand so I can assist you. Close your eyes and remind yourself that Jesus Christ is with you (15 sec).
- Silently find a new partner ... pause ... Look at this person and remind yourself that Jesus Christ is with you in this person (15 sec).
- Silently find a new partner ... pause ... Look at this partner. Acknowledge the spirit in this person and remember that Jesus Christ is always with you (15 sec).



3. Find a new partner ...Glenn also wanted a camp where “*all the leaders believed that prayer was the mightiest force in the world.*” (p.198) *Mt. 6.9-10*

**Remember a camp where you sensed that all the leaders had this belief or a camp where there this was missing. Share what you want of these experiences. (1.5 min. each)**



4. Find another partner ... Another dream of Glenn Clark’s was to “*train [people] how to put God into their homes, their work and play. A camp where people ceased merely talking of and about God and started immersing themselves in God and the Kingdom in every area of their lives.*” (p.198) *Deut. 6.6-9*

**Be aware of one area in your life in which you sense yourself in God, immersed in His love, an area in which you are aware of God (Pause 5 seconds). Share the area in your life in which you sense God’s presence or want to sense God’s presence (1.5 min. each)**



5. Glenn wanted to teach us how to empty ourselves of self and love God with all our Strength, Mind, Heart, and Soul.” Ask yourself, “What might I want to empty so I can be filled with more of God’s love and light?” Hold that thought/feeling/image in your hands. **I’d like you to stand and join me in singing ‘Let Go and Let God’ (on next page). We’ll sing the song two or three times with movement so that we can really let it go. Now imagine yourself being filled with God’s love and light.** (Remain standing in stillness-15 sec)

6. Glenn said, “*As one attains oneness with God, he turns on the light in his own soul and becomes light to all who are in the house.*” (pp.199-200) **Let us practice turning on the light in our soul as we sing “This Little Light of Mine” (on next page)** *Mt. 5. 14-16*



7. Find a partner. ... Glenn also said, “*This camp is to be a blending of people from every walk of life, representing different professions – as well as all ages of men, women, and children.*” *Eph.4.2-3*

**Think of someone on a Council Ring with you, or in a camp, who was very different from you. How were you blessed by this other person? (Pause) What did you learn from that person or how did you keep yourself from learning from him/her? (1.5 minutes each)**

8. Please share with the group anything that had meaning about our sharing this exercises of “**WHO WE ARE AS CFOers**”.



9. To complete WHO WE ARE, let us confirm our oneness by coming together in a circle of unity and singing ‘The Bond of Love’. I’d like you to stand, make a circle, take hands with the people on each side of you and join me in singing:

“We are one in the bond of love; We are one in the bond of love;  
We have joined our spirits with the Spirit of God.  
We are one in the bond of love.”

**We’ll close this time together with a moment or two of silence as we affirm our unity in the bond of His Love..**

## 231 Let Go and Let God Have His Way

B. B. McK  
CHORUS

B. B. McKinney

Let go and let God have His won - der - ful way, Let go and  
let God have His way; Your bur - den will van - ish, your  
night turn to day; Let go and let God have His way.

## 241 This Little Light of Mine

1. This lit - tle light of mine,  
2. Hide it un - der a bush - el? No,  
3. Don't let Sa - tan blow it out, } I'm going to let it shine.

Motions: ① Hold up forefinger of left hand. ② Hold right hand palm down, as a cover over top of left finger. ③ Instead of singing "blow," blow at top of forefinger for candle, then continue singing.

1. This lit - tle light of mine,  
2. Hide it un - der a bush - el? No,  
3. Don't let Sa - tan blow it out, } I'm going to let it shine.

Motions: ① Hold up forefinger of left hand. ② Hold right hand palm down, as a cover over top of left finger. ③ Instead of singing "blow," blow at top of forefinger for candle, then continue singing.



# COUNCIL RING SKILLS – COMMUNICATION

Presentation



45 minutes

## PREPARATION

Display the Communication Chart if there are people present who do not have a copy. (Chart is available on p. 23)

## PURPOSES

To build unity on our Council Rings – an expression and experience of Kingdom Living.  
To learn to listen carefully to others while they are speaking what is true for them.  
To participate and speak what is true for me using “I” messages.

## PRESENTATION

We are here to learn with and from one another. We communicate in many ways ... i.e. by our facial expressions, by our actions, and by listening and speaking to one another. We will be learning and practicing skills of effective communication:

- Saying what is true for me - Asking for what I want/need
- Identifying attitudes which sabotage clear communication
- Using “I” Messages
- Choosing to Create Unity

### LISTEN TO THESE EXAMPLES OF ‘SAYING WHAT IS TRUE FOR ME’

<b>For myself:</b>	Where can I get information about ...	ex: Camp?
	I need ...	ex: a Song Book?
	How do I get ...	ex: to Camp?
<b>For others:</b>	Would you be willing to sit in the front seats?	
	What did you receive in the silence?	
	How do you feel about ...	ex: this decision?
	Could you teach me ...	ex: how to sing that song?
	Would you please help me ...	move the chairs?

### THE FOLLOWING ATTITUDES SABOTAGE COMMUNICATION – *Issues cannot be resolved using these patterns. (Leader: give a short personal example from your own experience)*

<b>Avoiding:</b>	I do not say anything in the meeting (thinking I am keeping the peace.) Later I talk to people about the issue and create division.
<b>Convincing/Reasoning:</b>	I am not interested in learning what is best for the group, only in convincing others that my idea is best.
<b>Distracting:</b>	When things get uncomfortable I change the subject, tell jokes or become sarcastic.
<b>Guarding/Preserving:</b>	I speak and act <u>automatically</u> to preserve the old ways of doing things.
<b>Manipulating/</b>	I do not value other people’s input but work at getting my own way.
<b>Controlling:</b>	Perhaps without others knowing what is happening.
<b>Pretending to Pray:</b>	I call for or promise to pray, yet never pray or let go of my own ideas so I can hear God.

## EXERCISE

This exercise will give us three opportunities to speak the truth about ourselves and to listen to another person.

When speaking, practice sharing what is true about your feelings, your thoughts, your opinions, your experiences, or your beliefs.

When listening, practice letting go of your own thoughts, in order to hear what is true for your partner.

Find a partner and decide who will speak first.



1. Remember a time when you were or were with an **AVOIDER** or **CONVINCER** . What were your thoughts, feelings, or experience at that time? 1 minute each

2. Remember a time when you were or were with a **MANIPULATOR** or a **PRETEND PRAYER** What were your thoughts, feelings, experience at that time? 1 minute each

3. Remember a time when you were or were with a **DISTRACTOR** or a **GUARDIAN/PRESERVER** What were your thoughts, feelings, experience at that time? 1 minute each

## “I” MESSAGES

While we are together, we have an opportunity to practice giving and receiving “I” messages. An “I” message is not about the way I see you with my eyes. It is the “I” meaning “ME, MY, MINE” – my personal thoughts and experiences ...

When we did this training for Spanish speaking CFOers they said the “I” message in Spanish means “The message inside of me.” Giving an “I” message allows me to claim and speak that which is true for me. It allows me to take responsibility for what I think, feel, want, like, and believe.

Many people have been taught that it is impolite to talk about ourselves. Not to say “I”, “I” , “I” as we speak. Not to put ourselves first. Here we are not talking about ego, like bragging or boasting. We are talking about sharing – about communicating more effectively.

An “I” message is an expression of my honest relating to you.

Ex: When I give you an “I” message, I am saying **I trust you to know about me.**

### NOW LET US PRACTICE GIVING AND RECEIVING ‘I’ MESSAGES.



Find a partner. Decide who will share first.

**Partner #1 - Share something you enjoy in CFO Camp, or something you want to be different. (1.5 min)**

**Partner who listened, please share with your partner what you heard him/her say. (30 sec)**

Find another partner. Decide who will share first.

**Partner #1 -Use ‘I’ messages and share an answered prayer. (1.5 min)**

**Partner who listened please share with your partner what you heard him/her say. (30 sec)**

To Group: I would like each of us to be able to suggest to someone that he/she is not using an “I” message. One way to do this would be to say,

Would you mind saying that again with an “I” message?

Would you remind and encourage me to use “I” messages?

Is that agreeable with you?



# COMMUNICATION CHART

Presentation



15 Minutes

I create distance or closeness in my communication by the words I use and the way I speak and listen to others.

This Communication Chart reminds me of choices I have to create unity rather than separation.

**My ACTIONS and WORDS will reflect my intent.**

**My BODY POSTURE, VOICE TONE, and FACIAL EXPRESSIONS will also reflect my intent.**

**I am always creating either distance or unity (share an example)!**

READ DOWN EACH COLUMN

## DISTANCE

IS CREATED BY MY  
DESIRES  
ACTIONS  
WORDS/LANGUAGE

If when I SPEAK, I attack or defend myself and others.



If when I LISTEN, I begin in my mind to attack or defend myself and others.



When I use these types of statements:  
YOU should HE always  
SHE made me THEY ought to  
IT must  
I create distance and conflict.

When I speak in a way which leads a person to protect or defend himself/herself I create separation

## LOVE • UNITY

ARE CREATED BY MY  
DESIRES  
ACTIONS  
WORDS/LANGUAGE

If when I SPEAK, I share honestly my thoughts and feelings.



If when I LISTEN, I LET GO in my mind of my own thoughts.



When I use these types of statements:  
I feel, I think, I believe, I like, I want or I need  
My opinion is ... My experience is  
I create love, unity, and cooperation.

When I share my honest feelings and thoughts I create love, unity and cooperation

Let's end this time with the following affirmations. Please stand and say with me: (Start with a whisper and increase to a loud voice on each affirmation.)

**I can consciously choose to create love, unity, and cooperation.(3x)**

**I will consciously choose to create love, unity, and cooperation. (3x)**



# COUNCIL RING SKILLS: BE-ATTITUDES

Presentation



20 Minutes

## PREPARATION

Give a copy of the Be-Attitudes to each participant (See p. 26)

## PURPOSES

- To gain understanding of attitudes which can create harmony in a meeting.
- To confirm our willingness to have and use these attitudes in our work together as well as in our homes, churches and communities.
- To provide a tool for use in Council Rings, Camps and daily life.

## LISTEN NOW TO THE BEATTITUDES

*Read the 14 BE-ATTITUDES AND THEIR EXPLANATIONS (p.26) slowly and clearly. Take a breath and pause between each one.*

*Reread the LIST of Beatitudes (left hand column on next page)*

## EXERCISE to help us experience the BE-ATTITUDES

1. Close your eyes while I read

**Be Prayerful, Be Trusting**



Choose one which you want to develop more fully. Think about it. (slight pause)  
Now affirm the one you chose. Ex: I choose to be Prayerful

2. With your eyes still closed, listen to these 4 Be-Attitudes

**Be Active, Be Prompt, Be Open, Be Truthful.**



Choose one which you want to develop more fully. Think about it. (slight pause)  
Now affirm the one you chose. Ex: I choose to be Open

3. With your eyes still closed, listen to these 4 Be-Attitudes

**Be Exact, Be Teachable, Be Moveable,  
Be Attentive.**



Choose one which you want to develop more fully.  
Picture yourself beginning to do it, or doing it more often or differently.  
Say to yourself, "I am willing to ....." (Longer pause)

4. Keeping your eyes closed, listen to these 4 Be-Attitudes

**Be Brief, Be Generous, Be Honest,  
Be Responsible.**



Choose the one you would like to develop  
Visualize yourself beginning to do it, or doing it more often or differently.  
Say to yourself, "I am willing to ....." (Longer pause)

Find a partner. You will have 1 minute each to share your experience with this exercise.

Is anyone willing to share into the group? Thank you.

Close with prayer for these new commitments.

2 Minutes



# BE ...

Presentation



5 minutes

- Be ... ACTIVE** Take part in discussions. Remember that all CR members have an equal voice. Speak to the whole group, not to the Chairperson only. **BE ACTIVE**
- Be ... ATTENTIVE** Let go of your ideas while another person is speaking. Choose to hear the other person's contribution. **BE ATTENTIVE**
- Be ... BRIEF** Talk briefly. Long statements allow minds to wander and cause listening to stop. **BE BRIEF**
- Be ... EXACT** Talk to the point. Be sure that what you say speaks to the subject. **BE EXACT**
- Be ... GENEROUS** Say what you have to say and give others a chance. **BE GENEROUS**
- Be ... HONEST** If you feel conflict with how a discussion is going, say so and tell why. Remember: You are seeking God's solution. **BE HONEST**
- Be ... MOVEABLE** If you have changed your mind, say so. **BE MOVEABLE**
- Be ... OPEN** Maintain an attitude of searching for God's solution. Our job is not to convince others of our opinion; it is to find God's answer. **BE OPEN**
- Be ... PRAYERFUL** Start all meetings with prayer. Remember always that we are seeking God's directions for our CR. If the Council Ring is divided on any decision, stop, and pray again, seeking God's way, acceptable to all. **BE PRAYERFUL**
- Be ... PROMPT** Be ready to begin at the appointed time. Be prompt in addressing conflicting issues. **BE PROMPT**
- Be ... RESPONSIBLE** Speak up if you sense another person manipulating or controlling the meeting. Remember that all Council Ring members have equal voice and responsibility. **BE RESPONSIBLE**
- Be ... TEACHABLE** Listen to learn. Another member may have a better idea than your own. **BE TEACHABLE**
- Be ... TRUSTING** If you reach an impasse, stop for prayer. Set the matter aside. Return to it afresh at a later time, earnestly seeking God's Will. **BE TRUSTING**
- Be ... TRUTHFUL** Say what you think. All possible points of view are welcome. Your ideas or questions may be just what the group needs to move ahead. **BE TRUTHFUL**

# LISTENING PRAYER/CONSENSUS DECISION MAKING

Presentation



70 Minutes

## PREPARATION

Have red/green & yellow cards, pencils and paper for each one.

## PURPOSES

- To learn to listen to God for clear questions and answers.
- To learn a valuable skill for effective decision making.
- To experience coming into harmonious agreement as a group.
- To experience the Kingdom Principle of 'Power of Agreement'.

## PRESENTATION – STEPS IN LISTENING PRAYER CONSENSUS

We will be practicing Listening Prayer in moving thru the following steps:

1. Getting clear on the goal
2. Developing criteria
3. Deciding and letting go
4. Listening for God's answer
5. Seeking consensus

### Getting Clear on the Goal

1. What is the need or task an individual or committee wishes us to consider?
2. Are we willing to accept that as an agreed upon need which we will process at this time through Listening Prayer Consensus

### Developing Criteria

1. Pray to develop criteria - What is important about .....?
2. Go into the silence. Ask and listen.
3. Express to the group what you receive in the silence.
4. Come into agreement that the ideas given are acceptable criteria for the task chosen.

### Deciding and Letting Go

1. **Decide on a simple, direct question that reflects a current need.** This is a most critical step. If possible, phrase the question so that it may be answered by a Yes or No. Don't try to answer the question at this point. (That is withing Seeking Consensus)
2. **Briefly THINK ABOUT any facts** which either affect the decision or would prohibit your letting go if they are not shared. This is a form of clearing. Write these thoughts down on a separate piece of paper. We are not going to share them out loud.
3. **Let go of these 'facts'**, Take your piece of paper, tear it up and place it in a rubbish basket.
4. **Now, become still, letting go of your personal thoughts, opinions, and feelings**, so you can listen for God's answer.



## Listening for God's Answer

1. Ask God the question agreed upon by the group.
2. Use cards if question (and answer) was a yes or no. Move to 'Seeking Consensus'
3. Use paper/pencils if question was not a yes or no. Accept what you receive.  
Write down what you hear.
4. Head up, eyes open when you are ready to report to the group.
- 5a. Each person reports what they have written. We do not discuss. (Often each person receives only part of the answer. Be prepared to share what you have, even if you don't understand it or think you received nothing of value. If two ideas come, share both. If nothing was received, pass)
- 5b. A recorder will note what people share. OR
- 5c. A recorder will read what people have written. (The contributor is therefore unknown)
6. We listen

## Seeking Consensus

1. Repeat the Question (as agreed upon at Step 1 in Deciding and Letting Go)
2. Use Yellow/Green/Red Cards. (It is very important that you understand and follow the card system as set down in the next section.) Remember that sometimes the red card will be just what is needed to direct the group towards a new position)
3. If there is consensus (all yellow cards or 'Yes') rejoice!
4. If there is not, ask – any questions needed for clarification?  
Re-examine the question you are asking in terms of the criteria you have defined  
Listen again.  
If all but one or two are in agreement, ask if they might be willing to support the proposal.  
(‘willing to support the proposal’ means that you are willing to invest as much energy in the proposal as if you had received a ‘yes’ in prayer)  
If they are not, continue the process at another time

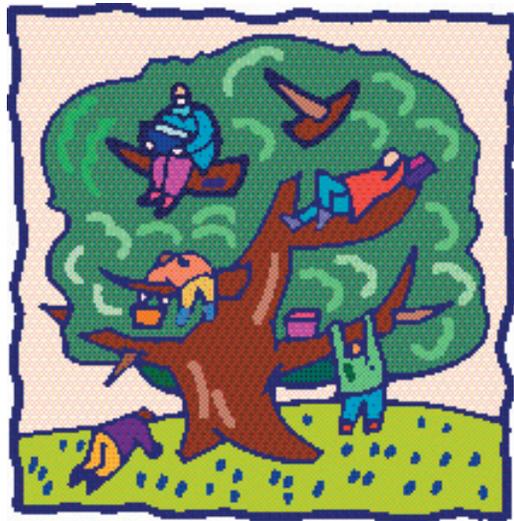
## Tools for Facilitating the Decision Process

Use Colored Cards to indicate visually your response to the question. The value of this is that the facilitator and the group know immediately when agreement is reached or a question or problem has arisen.

To indicate “Yes... I can agree or support”	➡	Hold up Yellow Card
To indicate “I need clarification or to make a comment”	➡	Hold up Green Card
To indicate “No...I can not agree or support”	➡	Hold up Red Card

If no solution is reached at this time, set the decision aside, come back to it another time or day.





---

# CFO Program



# CFO DAILY SCHEDULE

Presentation



20 Minute

## RHYTHM AND FLOW OF THE DAILY PROGRAM

The CFO program is the same in every CFO Camp around the world. It is not “culturally based”. There is Intent and Purpose to each part of the Daily Schedule. The gentle rhythmic flow from one part of the program to the next allows God to work to bring us into balance and wholeness.

In all of Glenn Clark’s writings, the theme of ‘wholeness’ is explored and emphasized (either directly or indirectly). Thus, the program of his camps was structured to open a pathway to wholeness of body, mind and spirit. There is a balance achieved by following the flow which he created – and so, we are careful to both maintain that flow and to support it... and then, to return to our homes and communities radiating wholeness wherever we are.

Each element of the program is designed to:

- carry one deeper and deeper into ‘oneness with Christ’
- connect with the inspiration already experienced in the camp program and at the same time, lead into the next activity with new energy or information or experience
- prepare campers to build a ‘spiritual approach’ into their lives at home

... And ultimately, to change the world!

Thus, each part of the program brings special delights, such as:

- prayer groups serve not only to bring healing to those attending, but also to prepare the camp to bring healing to the world at the World Prayer Broadcast.
- creatives become more than a creative experience, they become ‘an avenue for losing our self-consciousness in a sense of oneness with God and with this universe. When we yield ourselves to the spell of the great artist, we ‘lose ourselves,’ through our imagination, in his creation.” (from 1932 Brochure for Lake Koronis CFO)

This poem by Raymona C Swortwood (daughter of Glenn’s sister) expresses this well:

*“Descending tomorrow from the hilltops onto the plains  
Let us return not to resume our burdens  
But to step out gaily in our silver sandals – in search of great adventure.  
Cherishing within ourselves the secret we have learned Of Joyour living;  
The fun of overcoming our old hates and fears;  
Of sharing our new wells of love, Of meeting obstacles and finding in them strength.  
It is a glorious thing – This game of living.”*



**Note:** The times used here are for example only. The flow is what is important. The four (4) periods considered vital by Glenn Clark because of their intentional emphasis on listening and silence are listed in **bold**.

- 7:00 **Morning Meditation:** Turning inward to God.
- 7:30 Breakfast: Turning outward in fellowship with one another.
- 8:30 Singing: Unites and takes us from outward fun and praise songs to an inward place to prepare us to listen to the Speaker.
- 9:00 Morning Talk: Inward time of listening and reflecting on God's message for our personal life. Listening for God's voice thru the Speaker
- 9:45 Devotion in Motion/  
Rhythms: Outward exercise of the body. A time of release, play, and prayer. Moving the body helps us embody God's message.
- 10:45 **Creatives:** Inner to find out what the Holy Spirit is doing within us and to express it in Art or Writing.
- 12:00 Lunch: Outer fellowship with friends.
- 1:00 **Rest Time:** Inner quiet time to assimilate the day.
- 2:00 Recreation: Outer, make friends, walk, sports, book table.
- 4:30 Prayer Preparation Quieting and focusing time
- 5:00 **Prayer Groups:** Inner time to listen and speak with God . A time to pray together in a group.
- 6:00 Dinner: Outer meeting with friends.
- 7:30 Singing: Unites and takes us from outward fun and praise songs to an inward place to prepare us to listen to the Speaker.
- 8:15 Evening Talk: Inward time of listening and reflecting on God's message for our personal life.
- 9:00 Closing/9 O'clock Prayer



## PREPARING TO SHARE AS A LEADER IN A CFO CAMP

Pray about whether you are to accept the invitation. (Ask yourself: Am I currently, or am I willing, to use the program area I am invited to lead in my daily life?)  
Ex.: If you are invited to lead creatives – are you using creatives, excited about creatives, etc?

Do I agree with and support the Bond of Faith (see pp. 73-75).

What spiritual books (including Glenn Clark) have I read in the past six months?

What were the most important ideas to me? What was new or true to me?

Did I choose any new idea or principle to implement in my daily life?

Which one? How do I do it? What are the results?

What new insights do I have on:

The teaching of Jesus? My own spiritual growth?

How I can apply these spiritual ideas practically in my community and world?

Do I have a daily quiet time? Am I part of a 'listening' prayer group?

Do I apply the spiritual principles I know in my life?

Can I commit to participate fully in this camp?

Have I attended a FULL CFO Camp?

## STEPS TO TAKE: (AFTER YOU ACCEPT A LEADERSHIP ROLE)

ASK.....

What is the purpose of \_\_\_\_\_?

What choices or decisions do I need to make in planning?

Is there a progression or sequence to this activity?

What do I start with?

What does it lead to?

What skills are needed?

Which do I have now? Which do I need to develop? How will I do this?

What do I want to have happen?

What do I need to do so it can happen?

What do I need to do so people can follow clearly?

Are any supplies needed?

What are they? Where are they?

**Note:** Council Rings are encouraged to send the appropriate subject page with a letter of invitation.  
ex: send the Speaking page to the person you invite to speak.



*CFO Leaders are persons who are loving, joyous, honest,  
and who pray,  
who have a willingness to go farthest out,  
are growing and learning to be 'Athletes of the Spirit'.*





# MEDITATION TRAINING

Ps. 119.97

Presentation



25 minutes

## PREPARATION

Sign Up Sheet for three 6 min. meditation practices.

Prepare a 6 min. Meditation demonstration - modelling importance of silence

Choose a theme such as: Be Still, Forgiveness, Love, God Present With Us

(Other possibilities include a Bible Verse or CFO Song - Be sure to keep it short and simple)

Display Program Purpose Reminder Sign

## PURPOSES OF MEDITATION

To start the CFO day with personal direct contact with the Father, Son, and Holy Spirit.

(Meditation is 1 of the 4 periods of silent listening in our camp day)

To practice and learn to “Be Still & Know that I am God”.

To allow individuals to join as a group to focus God’s love into the camp day and program.

To build into our lives the practice of silence. To receive God’s Blessings and Guidance.

## PRESENTATION

Spiritual Preparation: Prepare the material for Meditation from your own prayer life. God might lead you to scripture, song, thoughts from the writings of Glenn Clark, or your own thoughts. (Do not OVERLOAD your Meditation with words - leave MUCH space for silence.)

Physical Preparation: Select a location that is as free as possible from noise, wind and interruption: if preassigned, be sure it meets these needs. Have a microphone available and know how to use it. Arrange the seating to best help the group achieve the purpose.

Group Preparation: Give the group some training in advance in the purposes to be accomplished, how and where they are to meet, etc. A sample introduction is on the back of this page.

## DEMONSTRATION

*The Facilitator gives a demonstration Meditation - keep it simple and repeat your thoughts*

6 minutes

*Be sure to demonstrate leaving at least 1 minute (or more) of quiet space after each thought.*

## EXERCISE IN PREPARING A MEDITATION

10 minutes

Become quiet, by relaxing each part of the body, letting go of your thoughts, seeking an “active stillness” in order to listen to what the Holy Spirit wishes to say through you.

Our theme is \_\_\_\_\_.



- We will have two minutes to write down the ideas which come in the silence. Begin now.
- Now take five minutes to expand these ideas.
- Look at your ideas in terms of the purposes of Meditation. Make any necessary changes.

(To hear what God wishes to impress on each one individually, is more important than the actual words written down.)

## SAMPLE INTRODUCTION TO MEDITATION

(written to be shared the night before the first Meditation in Camp)

Greetings Family and Welcome to our Camp. It is my privilege to give you some instruction regarding morning meditation which commences at 7:30 each morning in the \_\_\_\_\_ room.

Meditation is a special time of coming into a quietness and stillness in the presence of God. I believe silence is important as we have all come apart from a very hectic world, and it gives each of us maximum opportunity to come quickly into God's presence and benefit fully from that experience.

Some people need more time than others to settle the whole person – spirit – soul and body. I recall Jesus did say to His disciples, “When you fast”, He didn't say, “If you fast” – perhaps we could liken this silence as a “fasting unto the Lord” – A fasting of the tongue.

It is important that we be on time – come quietly – preferably several minutes beforehand – so that we can get settled and relaxed; and tune into our Heavenly Father– whilst waiting for the meditation to begin.

Please fill the seats from the back (or front?) first – not leaving any so that no one needs to step over another's feet. For those who are hard of hearing – please sit where you will be able to hear. And for those who have children – you may bring them in their pajamas, bring pillows, rugs, soft toys, crayons – anything that will keep them quietly occupied (sometimes a dry cereal or cracker helps). If there are several children in a family, please see that there is an adult seated between each child. If it is necessary to quiet a child – please do so quietly. If a child becomes restless – do not allow yourself to become restless also.

We will be meditating in the morning on the theme \_\_\_\_\_. There will be periods of silence during meditation which will increase in length as the week progresses. To give you some idea of time length, I will give you an experience of a 30 second quiet time. Just relax and get still. Meditate on the words spoken and soak up the presence of God. Believe that it is God speaking directly to you. It can be helpful if your eyes are closed. Let us meditate on the thought “I will always love you” \_\_\_\_\_

Meditation is an important start to our day – allowing God to immerse us with His presence, preparing us to grow into a deeper communion with Him throughout all the activities and rest periods of the day. So please come quietly and leave quietly – be on time, a few minutes early if possible so that you are settled comfortably before we start. Remember, 7:30 tomorrow morning (give place also). Thank you.



# SINGING TRAINING

Ps. 33.3 Ps. 47.6-7

## PREPARATION

- Plan a 5 minute Singing presentation demonstrating the flow of a song session (1 song from each category)
- Pencils and paper. Song books. Display Program Purpose Reminder Sign

Presentation



60 minutes

## PURPOSES OF SINGING IN CFO

The purpose of singing in the CFO Program is to Sing - This is not Devotion in Motion:

To lift the spirit of the group into oneness.

To teach uplifting songs which campers can easily remember and sing when they go home.

To prepare the group to hear the Speaker.

To practice following as a spiritual principle. The leader leads, campers follow. (Bond of Faith)

The purpose for this training is to teach Council Ring members to design a song session and lead singing

## PRESENTATION

### DEMONSTRATE A SHORT SONG SESSION

5 minutes

There are four categories of CFO songs: Fun and Action, Praise and Celebration, Commitment and Songs to bless the Speaker. I have chosen one song from each category.

Lead the group in your four selected songs.

### EXERCISE IN SONG LEADING

25 minutes

“Now we are going to learn to lead singing.”



**GROUP HUM:** Have the group stand and hum a song everyone knows. Encourage the group to feel the rhythm and move with the music. Emphasize the downbeat.

**INTRODUCE BEAT PATTERNS:** In CFO the song leader chooses the songs, leads the group, and keeps the beat with one or both hands.

**DOWNBEAT and SWING:** Emphasize the downbeat. Keep time to the music by swinging the arm.

**MELODY STEP:** Use your hand while you sing, to indicate the notes of the music as they go up and down.

While a trained song leader may use more traditional beat patterns, patterns 1 & 2 work well. *The group practices together, beating time to the songs you sing. (The leader chooses a song from each category which will give different rhythm experiences.)*

**INTRODUCING THE SONGS.** Introduce each song by giving its page number, name and repeating the page number. This is usually more effective than talking about the song.

**VOLUME CONTROL.** Large gestures and arm movements encourage the group to sing loudly, small gestures encourage the group to sing softly.

**HOW TO KEEP GOING IF YOU GET LOST.** Even the best of song leaders sometimes loses the beat but he/she can still move the arms in rhythm to the music until the downbeat is found. If one loses all else, find the downbeat. It is always a downward stroke of the hand. Do not stop, keep singing, smiling, trusting God; act as if you know what you are doing.

**ENDING THE SONG.** To end a song, hold arms outstretched, or raised; make eye contact to get attention and hold the last note until indicating a cut off by closing the hands or making a definite gesture.

**STANDING and SITTING.** Have the group stand sometime during your song session. Do not alternate standing & sitting in a way that feels like popcorn popping.

## EXERCISE IN DIRECTING



Divide the group in half facing each other. Introduce song and page number, then have each group direct while the other half sings. Sing at least two songs. Use beginning and ending movements, increase, and decrease in volume. Let this be a time of fun, play, and joy in learning together.

## EXERCISE IN CREATING A SONG SESSION

10 minutes

Have each person prepare a song session with three songs from categories 1-3 and 1 from category 4. (You will find suggested categories on the next pages)



1. Fun and action songs
2. Songs that build faith, songs that help us experience the expansiveness of what God calls us to be and do. Songs that lead to God within.
3. Quiet, Prayerful songs of commitment.
4. Songs to bless the speaker before starting.

## HAVE GROUP PLAN/LEAD ONE FULL SONG SESSION TOGETHER

15 minutes



*Have group choose one song from each category.  
Write choices on a large paper or chalkboard with page number.  
Ask the group if the song suggested fits the category.  
Could it also fit another category?  
Ask for a different volunteer to lead each song, so that many can practice.  
Write volunteers name after the song. Example:  
"I've Got the Joy, Joy, Joy" — John  
"This Little Light of Mine" — Mary  
"Hallelu, Hallelu: — Jacob  
The leader sits down and lets the people practice leading the group.  
Each will introduce the song and page using arm motions to lead.  
Each one stands and leads his/her song going on to the next person.  
No comments at this time. Keep the flow.*

## REVIEW THE SONG SESSION JUST DEMONSTRATED

3minutes

Did the songs chosen fit the flow?

What did you learn about leading singing?

---

## WHEN SONGS IN THE LOCAL LANGUAGE ARE USED

Help the group to categorize their own songs.

Help group choose songs that reinforce CFO Kingdom principles: love, joy, peace, faith, trust, and hope.

Avoid songs that teach fear, division, and exclusiveness.

---

# CFO SONG BOOK BY CATEGORY

These are selected songs from 2 editions of our CFO Song Book. They were chosen to give examples of the Song categories. Please feel free to use other songs from the Song Book as you feel led.

## GROUP I: FUN, ACTION SONGS

	PAPER	HARDCOVER		PAPER	HARDCOVER
Amen! Amen! Amen! -	64	326	Joy, Joy, Joy -	107	323
Certainly, Lord -	99		Keep Me Walking in the Spirit -	164	283
Christ Be With Me -		67	Let Go and Let God Have His Way -	27	231
Climb, Climb Up Sunshine Mountain -	162		Little David -	217	
Come Over on the Sunny Side -	95	71	Lovely is the Evening -	32	125
Come, Let Us Be Joyful -	75		Make New Friends -	92	92
Count Your Blessings -	38	21	My Lord Knows the Way -	176	117
Deep And Wide -	145	141	Now Let Us Sing -	70	44
Do Lord, Remember Me -	24	128	O I Gave All My Troubles to the Lord	223	120
Down By the Riverside -	212	224	O Lord, I Want Two Wings -	14	99
Every Promise in the Book is Mine -	150	81	O Say! But I'm Glad -	11	23
Every Time I Feel the Spirit -	193	270	Over and Over -	133	289
Everybody Ought to Know -	33	217	Praise Him in the Morning -	211	149
Fishers of Men -	25	240	Praise Him, All Ye Little Children -	146	142
Give Me Oil in My Lamp -	112	245	Ring the Bells -	186	
Go Tell it On the Mountain -	147	148	Rock-A-My Soul -	141	91
God is Love -	66	252	Rolled Away -	218	226
Going to Shout All Over God's Heaven	122	132	Sing and Smile and Pray -	3	
Hallelu, Hallelu -	207	57	Sing Your Way Home -	155	112
Happy on My Way -	81	307	Somebody Touched Me -	175	280
Have You Done Your Smiling? -	224		Spread Blessings -	74	253
Hello, Hello -	179	95	Standing in the Need of Prayer	178	74
He's Got The Whole World ...Hands	80	182	Tell Me Why -	29	
Humble Yourselves -	148		Thank God for the Sunshine -	4	
I Ain't Gonna Grieve My Lord No More -	51	114	The Old Ark's a-Moverin' -	127	
I know the Lord Laid His Hand on Me -	54	243	The Wealth of God is Free -	199	
I Thank Thee, Lord -	53	33	This Little Light of Mine	97	241
I Want to Be in Tune With Infinity -	69	294	Tiritomba -	68	
If You're Happy and You Know It -	91	50	Walking With Jesus -	134	119
I'm A Trampin -	130	131	Watch Your Eyes -	90	
I'm Gonna Sing -	44	3	We Love You, Love You, Love You -	137	89
It's Love ... the World Go Round	9	88	We're On The Homeward Trail -	204	
Jesus is the Light -	63	230	White Coral Bells -	118	
Joy in my Heart -	5	54	Wide, Wide as the Ocean -	39	22
Joy Unspeakable and Full of Glory -	196	45	You Gotta Get A Glory -	144	213

## GROUP 2: SONGS OF PRAISE AND CELEBRATION (SONGS TO EMBODY THE SPIRIT)

A Wonderful Savior -	35	140	Blest Be the tie That Binds -	205	211
All Creatures of Our God and King -	71	343	Break Thou the Bread of Life -	103	156
Amazing Grace -	200	228	Breathe on Me, Breath of God -	82	173
An Evening Prayer -	94	70	But They That Wait -	60	60
As Far As the East is From the West -	220	292	Can Others See Jesus in Me? -	159	193
Balm in Gilead -	42	133	Candlelight -	181	87
Beautiful Eyes -	37		Come, Thou Font of Every Blessing -	170	187

## GROUP 2: SONGS OF PRAISE AND CELEBRATION (CON'T.)

Day By Day	120	72	Let It Breathe on Me	174	58
Day is Dying in the West	152	37	Let The Beauty of Jesus	31	31
Dear Lord and Father of Mankind	151	316	Let There Be Peace on Earth 123	290	
Dream Large, My Soul	49	68	Let Us Break Bread Together 189	153	
Fairest Lord Jesus	180	79	Life Giving Earth	101	116
Faith of Our Fathers	87	309	Lonesome Valley	56	67
For The Beauty of the Earth 201	346		Lord Triumphant!	142	90
Glory, Glory Hallelujah	41	27	Lord, Heal Thy World Today	85	184
Go Down, Moses	108		Lord, I Want to Be a Christian	72	108
God Gave His Love to Me	173		Love and Joy Come to You	1	
God of Grace and God of Glory	76	104	Love Divine	111	194
God of Love	153	252	Love's On the Highway	52	93
God of the Mountain	195	78	Mankind, Look Up and Listen	140	97
God Who Touchest Earth ...	216	345	May Jesus Christ Be Praised	43	110
God's Great Love	156	177	Meet Christ in the Morning	34	274
Cod's Highway	126		More Love to Thee	100	115
God's Love is Deep Within Me	110	130	My Best Friend	124	291
Got Any Rivers	2	100	My Country is the World	86	185
Great is Thy Faithfulness	93	191	Near to the Heart of God	158	
Guide Me, O Thou Great Jehovah	96	286	Nearer My God to Thee	79	192
Have NO Anxiety	138	172	No Man Is An Island	18	246
He Keeps Me Singing	149	15	Nobody Knows the Trouble...	132	327
He Lives, He Lives	58	56	Now the Day is Over	192	315
He Satisfies Me So		172	O For a Thousand Tongues	165	150
Hear Our Prayer, O Lord	225	77	O It Is Jesus	169	145
Heavenly Sunshine		206	O Lord, Correct Me	209	65
Higher Ground	78	63	O Love That Wilt Not Let Me Go	182	216
Highways are Happy Ways	77	118	O Master, Let Me Walk With Thee	188	318
His Yoke is Easy	117	202	O The Light Shines Bright	157	158
Holy Spirit, Faithful Guide	222	324	On the Highways	202	
How Great Thou Art	226	350	Only Believe	198	135
I Know Whom I Have Believed	160	215	Open My Eyes	36	76
I Love the Lord, He Has Blessed...	187	317	Over and Over	133	289
I Need Thee Every Hour	194	147	Over My Head	26	36
I See Jesus Everywhere I Go	121	73	Over the Earth	105	
I Sing The Song of the Universe	98		Peace, I Ask of Thee	215	102
I Thank Thee, Lord	53	33	Prayer is the Soul's Sincere Desire	48	86
I will Not Be Afraid	214	101	Rise Up, O Men of God	46	220
I Would Be True	129	235	Search Me, O God	55	66
I'll Be Somewhere List'ning	65	285	Silent Night	183	
In Christ There is No East or West	106	190	Sing the Whole Day Long	219	
In My Heart There Rings a Melody	203	41	Spirit of God, Descend Upon ...	167	277
In the Secret of His Presence	16	34	Spread Blessings	74	253
Isn't He Wonderful	131	295	Steal Away	61	271
It Is Well With My Soul	171	61	Stepping in the Light	84	105
I've Been List'ning	184		Sunlight in My Soul	104	225
Jacob's Ladder	45	106	Surely Goodness and Mercy	166	198
Jesus Calls Us O'er the Tumult	47	284	Sweep Over My Soul	143	254
Jesus, Stand Among Us	115	259	Swing Low! Sweet Chariot	109	129
Joy to The World	197	134	Take My Life and Let It Be	177	168
Just a Glimpse of Jesus	191		Take Time to Be Holy	139	96
Kum Ba Yah	163	183	That Cause Can Never Be Lost ...	83	174
Lead Me On	119	123	The Lord is My Shepherd	208	195
Let Go and Let God	88	84	The Lord's Prayer	50	69

There's a Song in the Air	113	257
There's a Wideness in God's Mercy	15	189
This is My Father's World	125	344
Trust and Obey	221	282
Turn Your Eyes Upon Jesus	128	109
Under His Wings	102	183
We Gather Together	185	219

We Give Thee But Thine Own	168	278
We'll Walk in the Light	6	55
Were You There?	40	26
What a Friend We Have in Jesus	136	169
When I Survey the Wondrous Cross	135	139
Whisper A Prayer	116	276

### GROUP 3: QUIET, PRAYERFUL SONGS OF COMMITMENT

All Things Come of Thee, O Lord	23	337
Balm in Gilead	42	133
Beautiful Eyes	37	
Breathe on Me Breath of God	82	173
Dedication	73	
God in Heaven, Etemal Is Thy Power	21	83
God's Love is Deep Within Me	110	130
Hallelujah Carol	10	38
Have Thine Own Way, Lord	8	296
I Clothe Myself Safely 'Round		19
Into My Heart	57	14
Jacob's Ladder	45	106
Jesus Calls	13	25
Jesus, Stand Among Us	115	259
Kum Ba Yah	163	183
Lead Me On	119	123
Let It Breathe on Me	174	58
Let The Beauty of Jesus	31	31
Lord, I Want To Be A Christian	72	108

Love Is 'Round Us	30	30
My Desire	62	146
No Man Is an Island	18	246
O Galilee, Sweet Galilee	20	
O Grant Us Light, That We May Know	28	
O It Is Jesus	169	145
Only Believe	198	135
Open My Eyes	36	76
Peace, I Ask of Thee	215	102
Search Me, O God	55	66
Spirit of God, Descend Upon My Heart	167	277
Spirit of the Living God	114	258
Sweep Over My Soul	143	254
Sweet Hour of Prayer	17	314
Taps (Day is Done)	12	24
The Beautiful Garden of Prayer	7	
Thou Wilt Keep Him in Perfect Peace	22	35
Turn Your Eyes Upon Jesus	128	109
There is a Love		175

### GROUP 4 - SONGS TO BLESS THE SPEAKER

Let It Breathe (on him; on her)	174	58
Spirit of the Living God	114	258
Sweep Over My (his, her) Soul	143	254
Thou Wilt Keep Him in Perfect Peace	22	35
Turn Your Eyes Upon Jesus	128	109





# SPEAKING TRAINING

*Jn. 3.11a*

Presentation

## PREPARATION

Prepare a 10 minute demonstration talk following the format below.  
Display Program Purpose Reminder Sign



60 minutes

## PURPOSES

To share and teach about your life of prayer.  
To share principles of Kingdom living that have had personal meaning.  
To inspire campers to a deeper spiritual walk.  
To share one's own personal experiences of being an "Athlete of the Spirit".

## PRESENTATION

**Share the five main POINTS of a CFO talk.**

1. A spiritual principle which I have experienced such as:

Power of Prayer	Relinquishment (Let Go and Let God)	
Obedience	Giving and Receiving	Power of Agreement
Trust, Faith, Praise	Forgiveness	Silence
2. My personal experience with this principle (not a Bible study or a sermon).
3. What spiritual principles did I learn?
4. What scriptures were made real to me by this experience?
5. What life changes have I experienced as a result of this?

**Give a 10 minute demonstration of a CFO talk.**

10 minutes

**Lead the group in reviewing the talk just given.**

5 minutes



Review the purpose and 5 main points of a CFO talk.  
Was the purpose met in this demonstration talk? How? Be Specific.  
Were the 5 main points described above of a CFO talk covered?

**Lead the group in planning and developing a CFO talk**

30 minutes



1. Review the spiritual principles listed above
2. In prayer, choose one principle which has impacted your life.
3. Prayerfully reflect on your life experience & scriptural truths connected with this principle. Write down your thoughts.
4. Review what you have written. The talk needs to include what made a difference in one's spiritual walk. How did you learn? What did you learn? How are you different?  
***The message is NOT your personal story. The message is illustrated BY your personal story.***
5. Review your proposed talk in terms of the purpose and 5 main points of a CFO talk.
6. Share briefly the five points God has given. (Have one of the training team model this step. This is not a time to give a Talk. This is a time to learn how to plan a Talk)

## IF YOU ARE PREPARING A TALK FOR CAMP:

5 minutes

Review the spiritual principles of Kingdom living and reflect on the Camp theme.  
Be yielded to God in prayer asking what to share. Find out how much time is allotted for your talk.  
Plan your talks: use "I messages; share your own personal walk; review your talks in terms of the purpose and principles; practice your delivery.



# DEVOTION IN MOTION TRAINING

*Mt. 18.3 Acts 17.28*

Presentation

## PREPARATION

Prepare a 10 minute demonstration of Devotion in Motion using all five parts of the program.

Display Program Purpose Reminder Sign



60 Minutes

## PURPOSES

To learn to “pray with the body” by incorporating spiritual principles into movement.

To exercise, practice and move (sometimes to music) that can be taken home and used daily.

To experience God WITHIN us, God BETWEEN us, and God AMONG us.

“In Him we live and move and have our being.”

*Acts 17.28*

To release a sense of play, freeing the part of us that is childlike to experience fun & laughter.

To experience with your body the principle(s) shared by the Speaker or Meditation Leader (ex: trust or letting go, etc.).

Note: This is NOT singing and it is NOT action songs.

## PRESENTATION

There are five parts to a Devotion in Motion session:

- a. Physical exercise of **whole body**.
- b. Individual movement.
- c. One-to-one or small group interaction.
- d. Everyone together learning to move as one.
- e. Resting in quiet to prepare for Creatives.

### 1. Demonstrate the Devotion in Motion Session You Have Created

10 minutes

### 2. Each person creates a Devotion in Motion exercise

15 minutes



1. Review the 5 parts of a Devotion in Motion session. Choose 1.
2. Ask God for a Song or series of movements to use in the category you have chosen.
3. Develop your rhythm (try to include all parts of the body)
4. Try out your movements to be sure they flow from one to the other.
5. Go through the instructions you need to give to the group, to be sure they are clear.

### 3. Have 1 volunteer demonstrate his/her Rhythm for each of the five categories.

First teach words, movements and music.

Next have everyone do it together to learn.

Repeat it together as needed to experience the full meaning.

25 minutes

## PREPARING TO LEAD IN CAMP

Develop a series of exercises and movement to CFO songs and music that express and incorporate the spiritual principles important to CFO. Some of these principles are:  
Flexibility – Relinquishment (Let Go & Let God) – Trust – Balance – Faith

For each phase 1) demonstrate what you want campers to do 2) lead campers in practicing it, 3) do it together. **Plan to incorporate the total body in your exercises.**

Repeat the spiritual principles you are using in each category. (For example: harmony and balance as an individual and in relation to another person, and in relation to the group.)

Plan a number of movements for each category. Repeat some rhythms each day.

Be flexible. Aid the flow of camp by adapting ideas and concepts from the speakers or song leader and incorporate them into the session.

In the last 5 minutes ask campers to prepare for Creatives by sitting or lying down in silence.

Establish the location where there is room to move freely and safely. Arrange for a microphone if your group is larger than 20. Youth or children can help teach DIM one day in Camp.





40 Minutes

## PREPARATION

Prepare a 5 minute introduction to the creating phase and a 3 minute introduction to sharing using the principles/tips described here.

Pencils, paper, chalk.

Display Program Purpose Reminder Sign

## PURPOSES OF CREATIVES

To practice co-creating with God thru writing or art as a form of listening prayer

To develop, release and share the creativity that God has placed in each of us.

To experience the arts treated as new languages to be learned as means of opening new areas of self-expression.

To experience self-discovery toward making oneself a channel for expressing spiritual appreciations and insights.

## PURPOSES OF TRAINING TODAY

To learn the principles of leading a group into creatives.

To give trainees experience in introducing Creatives and Sharing. Note: We intentionally separate the creative experience from the sharing experience both here and in camp. At camp this is done by not introducing 'sharing' until completion of the 'creative' experience.

## PRESENTATION - NO CREATIVES ARE DONE AT THIS TIME

**Share your introduction to creatives.**

5 minutes



Each person write an introduction to Creatives using the principles described on the next page

5 minutes

**Share your introduction to sharing in creatives. Include the principles shown on next page**

4 minutes

**Each person write an invitation for sharing in Creatives using the principles described on the next page.**

10 minutes

**FIND A PARTNER. ONE PERSON WILL SHARE AN INTRODUCTION TO CREATIVES. THE OTHER PERSON WILL SHARE AN INTRODUCTION TO SHARING. SHARE WITH YOUR PARTNER WHAT YOU EXPERIENCED AS THE STRENGTHS OF THEIR PRESENTATION . HOW COULD HE/SHE BE MORE EFFECTIVE NEXT TIME?**

## REVIEW (LARGE GROUP)

10 minutes

What did you hear that made the purpose and procedures of Creatives clear to you?

What did you hear that helped you feel free to share or not to share and to understand why we invite people to share only if they choose?

## **The Creative Process: Important points to share are:**

Remind campers they are to be recorders of what they hear from God while listening in silence (You are a recorder of what you hear from God). We will spend the first 20 minutes in silence before recording what you receive.

Creatives is a form of listening prayer.

We are tuning into the creativity which God has placed in us

In creatives, we are practicing co-creating with God.

This is a time of putting into form what is happening inside us as the program unfolds

In the ebb and flow of the day, Art and Writing are “going deeper within” experiences, a kind of “listening and recording prayer”.

Facts campers need:

- a. the media available
- b. where supplies are located
- c. how much time is available
- d. when and how you will call them back

Many Creatives leaders include a short (1-3 minute) inspirational sharing to help the group focus.

It helps if this connects to the theme which is unfolding in the camp.

Please move to pick up your materials in silence, find a comfortable spot and then enjoy 20 minutes of silent listening.

## **Sharing: Important points to include are:**

Sharing is entirely voluntary. Sharing is a gift to others and ourselves (Your sharing may be what someone else needs to hear).

Acknowledge sharing of others with smiles or ‘thank you’ – clapping or comments are discouraged to eliminate unconscious competition

We discourage interpretation by others as it can detract from the campers’ personal experience with God.

Each person may share when they are ready.

## **TIPS TO DEEPEN OUR EXPERIENCE**

- choose an inspiration to share in introducing creatives which connects with that morning’s meditation or speaker or camp theme
- keep mechanics simple
- have examples of poetry/writing styles or art styles with which to experiment
- this is a great part of the day to have all ages participate together
- remind campers that ‘listening’, ‘creating’ and ‘sharing’ are wonderful to take home and put in our daily lives
- ”And God saw everything that He had made, and indeed it was very good” Gen. 1.31

*“At the Camp Farthest Out, looking at pictures, listening to music and poetry helps to release us from the petty personal. In our response to beauty we find a creativity in ourselves that makes us long to communicate to others what is richest and best in our own lives.”*

*from 1932 Koronis CFO Brochure*

# REST HOUR TRAINING

*Gen. 2.2b*

Presentation



5 minutes

## PREPARATION:

Review the following;  
Display Program Purpose Reminder Sign

## PRESENTATION:

The **purposes** of Rest Hour in the CFO program are:

To rest the body and mind and allow God to work within us to assimilate the experiences of the day.

To help maintain balance in the day's activities so that a person may leave camp feeling refreshed.

To provide an inward experience in the inward and outward flow of the entire program.

Rest hour is 1 of our 4 periods of silent listening. (see list on p. 9)

Please lie down with your eyes closed and allow your mind to rest while your body is quiet and your spirit is renewed.

## REVIEW:

As the group gathers after the rest hour:

Review the purposes of Rest Hour

Invite campers to share what they learned or experienced.







45 minutes

## PREPARATION

- Plan for seating of triads (groups of 3) in the space available
- Display Program Purpose Reminder Sign

## PURPOSES

- To learn to experience answered prayer as natural.
- To experience letting go and listening for God's guidance.
- To practice the principles of answered prayer – some of which are:

**Relinquishment - letting go and letting God**  
**Learning to forgive ourselves and others**  
**Learning to trust and depend on God**  
**Learning that our lives are in God's hands**

**Surrender**  
**Joyous expectancy**  
**Power of Agreement**

- To create a space where we can share God's presence together.

## PRESENTATION

There are two types of Prayer Groups – One that is led by a trained, experienced leader and one that has no assigned leader. We are going to experience a prayer group that has no assigned leader and is based on listening for God's prayer. Glenn Clark was once asked, "How is it that your prayers are always answered?" He said, "*My prayers are never answered, God's prayers are always answered.*"

Glenn said, "*The most effective groups are often very small; sometimes no more than three produce the greatest power. The smaller the group the less technique is appropriate, and the more pure inspiration can be depended upon. We have not begun to measure the tremendous spiritual resources available through two or three coming together and praying together. When two or three come together in perfect love, perfect harmony, perfect selflessness, so they can remain silent or speak aloud their inmost thoughts so they can live, move, and have their being as unselfconsciously as though no one else were present. Then indeed there is power. Such a group creates a MasterMind of Christ. For where two or three are gathered together in my name, says Jesus, there am I in the midst of them.*"

## NOTE:

We acknowledge and recognize the importance of offering and experiencing many styles of prayer groups in CFO camps. The Prayer Committee of the CFO International Board has prepared some important notes for 'Prayer Groups with Experienced Leaders' which you will find along with other information on prayer groups on the CFOI website: [www.cfointernational.org/literature](http://www.cfointernational.org/literature).

For purposes of this Training, we will learn and practice a form of Prayer Group which we call 'Triads'. Reasons for this choice are:

- trained leaders are not required
- cultural traditions are bypassed so fresh listening can be experienced
- simple to practice anywhere
- focus on choosing to listen for 'what and how to pray'



## PROCESS FOR FORMING GROUPS OF THREE:

One way of forming groups of three (triads or triplets) is to:



- a. count the total number of people -divide that total by 3
- b. have the group count off by this number  
ex: A group of 24, divide by 3 = 8. Count off by 8's.
- c. have the 1's find each other, the 2's, 3's etc.
- d. have each triad find a space where they can hear and focus.

## OVERVIEW:

- **BE STILL** Begin with 10 minutes of silence. Glenn says, *“Prayer of a positive creative quality needs a background of silence and until we are prepared to practice this silence, we need not hope to know the power of prayer.”*
- **ASK** Ask God to bring to your mind what He would have you pray. It may not be personal.
- **SHARE** One person briefly shares what came in the silence. (A long story is counter-productive.) Seek prayer for the solution rather than the problem. Ex: “I need healing” or “I need to forgive”.
- **LISTEN** All 3 partners become silent again to listen for God’s response to “How should we then pray?” (Be open to all the creativity which God offers).
- **AGREE** Share what comes in the quiet with your group (there will be times when you do not hear anything). Agree together on how you will pray. Each person may have a unique part of the prayer. Ex: one may have a scripture, one a song, one an image, etc.
- **PRAY** Pray together as you have agreed- with much time for silence.
- **GIVE THANKS** The person whose need is being prayed for ends the prayer with an “Amen” or by saying ‘thank you’ when the prayer feels complete.

Repeat these steps for each person in the triad as time allows.

If someone asked for a prayer you can not agree with (ex. ‘I want a helicopter for MY ministry’), you could say, “I can agree for God’s highest and best for you”.

As partners we are not to ask questions or comment. My job as a listener and prayer supporter is to let go of judgments that could keep me from agreement and from hearing how to pray.

We will now form triads in this room. Please locate your team members quietly and arrange your chairs in triads around this space

- a. move silently and quickly
- b. We will begin with 10 minutes of silence. I will signal you at that time.
- c. *If you are not used to silence, some ways to quiet your mind are:*
  1. *To focus on breathing in deeply of God’s love and healing.*
  2. *Silently repeat Jesus’ name.*
  3. *Repeat a favorite Bible passage, e.g.. “Be still & know that I am God.”*

Reminder: The unique features of this style of prayer group are:

- Personal leadership skills not required
- Listen for what to pray
- Listen for how to pray
- Agree together for how you will pray
- Person whose need is being prayed for ends the prayer.



# WORLD PRAYER BROADCAST

*Num. 6.24-27*  
*Jer. 29.7*

Presentation



35 minutes

## PREPARATION

This presentation is done concurrently with the presentation for the Blessing Service. Divide the group in half. One leader presents the World Prayer Broadcast and another presents the Blessing Service at the same time in a different location.

Display Program Purpose Reminder Sign

## PURPOSES

The purposes of the World Prayer Broadcast in CFO Camp are:

To channel the love and prayer power developed during the camp week outward to bless the world

To transmit the prayer power developed during the camp outward to change world conditions and situations.

To provide prayer bridges of connection between camps throughout the world.

## PRACTICE IN PLANNING A WORLD PRAYER BROADCAST - KEEP IT SIMPLE

Share the purposes and criteria(see below) for planning the World Prayer Broadcast

We will do our planning using Listening Prayer.

Use the consensus process of listening prayer, reporting and agreement to decide the following.

Focus on one issue at a time:

- a. form/shape of the group (circle, cross etc.)
- b. needs (solutions) to be prayed for
- c. who/how to pray
- d. how can the whole group be involved (affirmation, movement, etc.)
- e. anything else that needs to be included (songs, etc.)

Practice once.

## PREPARING A WORLD PRAYER BROADCAST AT CAMP

*Have a few campers use Listening Prayer to prepare the World Prayer Broadcast.*

*(Set Criteria: let go of your own ideas, listen for God's ideas for countries or conditions needing prayer focus, share what you receive in the quiet.)*

The planning needs to be done by a camper or campers who have had previous experience with World Prayer Broadcasts (WPB).

Pray solutions as cocreators with God.

Involve the whole Camp.

Keep the time of the World Prayer Broadcast short (15-20 minutes) so that the group can stay focused with their prayer.

Weather permitting, WPB is conducted outdoors.







## PREPARATION

This presentation is done concurrently with the World Prayer Broadcast.

Divide the group in half. One leader presents the World Prayer Broadcast and another presents the Blessing Service at the same time in a different location.

## PURPOSES

To give each camper the opportunity to be blessed by God through another camper.

To give each camper the opportunity to both give a blessing and receive a blessing.

## PLANNING THE BLESSING SERVICE - KEEP IT SIMPLE

Have a few people (1-3) use Listening Prayer to prepare the Blessing Service.

(Set Criteria: let go of your own ideas, listen for God's ideas, share what you receive)

Come into agreement about how the service will unfold, using the ideas which have emerged from your prayer time. Select a leader or facilitator.

Practice once to experience the flow of the service. Revise as needed for efficiency and accomplishment of the purpose. Plan to stay within the time allotted.

Prepare the location.

Invite campers to the service and give clear, brief instructions. The leader supports the Blessing Service in a quiet, prayerful manner until all have been blessed.

### **Possible Style of Blessing Service (this is only one of the ways you may use).**

Have an equal number of chairs arranged in each row.

Campers are asked to move forward and fill each seat from the front of the room to the back.

The back row is asked to stand behind the person seated in front of them. The back row person becomes the blesser of that person.

The facilitator signals by an "Amen" or "Thank You" after an appropriate time for the blessing.

The back row people sit down and the row that was just blessed stands and blesses the row of people in front of them. This continues for all the rows.

When the front row people have been blessed, they move to the back of the room and bless the people in the back row.

Blessers are free to lightly touch or not touch the one receiving the blessing, as prayer is offered in a low voice or silently.

A closing song is frequently used to close the Blessing Service.

See notes from Jul 2008 Blessing Service in Victoria, Australia on p. 56



## **CFO Australia - National Training, Millgrove, Victoria, July 2008**

### **BLESSING SERVICE**

Our prayers of blessing for each other:

1. We pray that whatever hurts or harms you, may be healed within and around you.
2. We pray that whatever concerns or depresses you, may be lifted now from your heart and mind.
3. We pray that whatever questions or decisions trouble you, that these may be answered with clarity, and with commitment on your part.
4. We pray that whatever new possibilities or challenges are facing you, that you may meet them with wisdom and love, and walk forward into them in the enabling power of the Holy Spirit.
5. As you learn to listen more deeply for your soul's sincere desire, know that you go with the blessing of God who created you; that Jesus is breathing his peace upon you at this moment; and that the Holy spirit will guide every step along your path.

Amen. So be it Lord.

# SHARING SERVICE

Presentation



20 minutes

## PURPOSES

To provide an opportunity for campers who so desire, to share how God has worked in them during Camp.

To awaken the group to God's faithfulness during our time together.

Display Program Purpose Reminder Sign

## PREPARATION

Select location where campers can see and hear each other.

Use microphone if at all possible.

## FACILITATING THE SHARING SERVICE

Gather with singing.

The leader welcomes campers, states the purpose of sharing and starts the time with prayer

Explain the purpose and need for brevity. Announce the time each person can take (usually 1-2 minutes).

Ask campers to come up quickly, form a line and be ready in a timely manner.

Support campers for whom sharing is emotionally challenging. This might mean

having kleenex available, touching or putting an arm around the shoulders, etc.

Let the person know when the time allotted is up.

Encourage the group to accept each sharing as a gift by saying 'thank you'.

Conclude with prayer or a song which has had meaning for the group.

Conduct a Sharing Service

15 minutes







5 minutes

## PURPOSES

- To experience God's presence.
- To listen to God speak in your inner heart, and record what you hear.
- To have a conscious experience of the creativity, intimacy, and availability of the loving God.
- To build faith.

## PREPARATION FOR LETTERS TO GOD

Have available pencils, chalks, writing paper, envelopes, and a designated box for collecting the sealed letters.

Display Program Purpose Reminder Sign

Paper, pencils, and envelopes are handed out at a specific time.

Explain the procedure clearly to campers, noting who pays for the stamps.

## ACCOMPLISHING LETTERS TO GOD

Uninterrupted quiet time is needed to write the Letter to God.

Time for this can be allowed in Creative Writing or in Prayer Groups or after an evening meeting.

Letters to God are usually written toward the end of camp. Each camper writes a letter to God expressing heartfelt desires and perhaps thanksgiving or any wish.

The camper then turns the page over and asks God to answer that letter, and records what comes. Thus God's answering letter is written.

There are two ways this can be done:

1. Writing the letter.
2. Some people may prefer to draw their Letter to God and God's answer.

The camper then seals the letter, addresses the envelope, stamps it or makes contribution toward postage if possible, and places it in a designated box.

Someone on the Council Ring takes the letters home and mails them six months later to the campers.

The camper receiving this letter six months later is usually amazed at how pertinent and timely the letter is when it is received.



**THIS IS AN OPTIONAL CAMP EVENT**



# FUN NIGHT

Presentation



20-30 minutes

## PURPOSES

- To provide a time when campers can enjoy fun and relaxation (being childlike).
- To provide a time of free expression for everyone.

## PREPARATION

- Prayerfully decide if a fun night is part of God's plan for this camp.
- Decide when fun night will be, ideally the second or third night of a 5 or 6 day camp.
- Arrange for time in the schedule so there is NO conflict with the normal program. Do not use Rest Hour or Prayer Group Time to plan or practice.
- Decide how it will be organized and who will facilitate the time.
- Display Program Purpose Reminder Sign

## HOW FUN NIGHT IS ACCOMPLISHED

Choose a facilitator.

Here are two possibilities for organizing the time:

1. Give each prayer group a scripture passage (a parable or story) or familiar camp song with 10 minutes for preparation.
2. Ask each prayer group to choose a Bible story or CFO song to act out.

Encourage audience participation by guessing what song or Bible passage the action represents. Group performances can be by pantomime, charades, etc. Most effective if mimed rather than spoken.

This is a good time for songs by the children's group (but not for solos).

### Note:

Fun night was used in CFO's first camp which was 3 weeks long. It may not be appropriate or part of God's plan for a short camp.



**THIS IS AN OPTIONAL CAMP EVENT**





---

# How to PREPARE for and CONDUCT a CFOI Training Workshop

---



# THE CFOI TRAINING PROGRAM

Resource Information



THE CFO INTERNATIONAL BOARD OF TRUSTEES, through the Camp Nurturing and Training Committee, has developed an exciting and inspiring program of leadership and Council Ring Training. This Training is available to any CFO Camp, National Council Ring, or CFO Region that requests a Training Camp.

**FORMAT:** The CFO Training Workshop lasts 2 to 5 days, depending on the needs of the area.

**MATERIAL COVERED** \_\_\_ Each participant is provided with a CFOI Training Guidelines. The Training covers all aspects of the CFO daily schedule: Orientation, Morning Meditation, Speaking, Song leading, Rhythms, Creatives, Special Events (World Prayer Broadcast, Blessing, Sharing). Workshops are also offered on Council Ring skills, and particular emphasis is placed on learning to make all decisions through listening prayer and consensus, so that Council Rings function as prayer groups.

**HOW THE TRAINING IS ACCOMPLISHED** The Training is experiential rather than lecture style. For example, the Song leading Training covers planning an effective song session in CFO, with attention to the progression of types of songs, then all participants have an experience of choosing together the songs for a singing session according to the “flow”. The group learns together direct, and different ways to lead group singing. The group practices together in a spirit of playfulness and joy, so that no one needs to be embarrassed or pressured.” A similar format is followed for the Rhythms Training.

The Speakers Training allows each participant to come into a deeper understanding of the most effective methods of speaking in CFO. Each participant has time to create a CFO talk. Emphasis is given to listening to God for guidance, and how to speak before a group.

Each participant will prepare and present the various parts of the CFO daily schedule, and will receive help from the group to improve his or her skills.

**ARRANGING FOR A TRAINING** A National Council Ring can request a training through the Regional Vice President. A local Council Ring can request a training through the national Chairperson. If qualified trainers are not available in a Nation or Region, the Camp Nurturing and Training Committee of the CFO International Board can be asked to conduct a training.

**WHOM TO INVITE** Hosts invite current and past CFO leaders, Council Ring members, National Council Ring members, and people who have leadership potential to the Training. It is also possible to arrange to host a Regional Training. As the invitations go out, stress the intensity of the Training and that full participation is expected and agreed to by registering.

**RESULTS** CFOI Training Workshops have been held in most of the Regions. Strong local leadership has emerged as a result of the Training, and CFOers are left with the skills to be effective CFO leaders in every aspect of the program. Council Ring skills are strengthened. In several countries, including Kenya and Peru, the number of CFO Camps doubled the year following the Training, as a result of increased commitment to the Kingdom through the CFO experience.

## COMMENTS FROM THOSE WHO HAVE PARTICIPATED IN A TRAINING

“Praise God for the Training! I have learned how unique the true CFO Program is, and I am committed to keeping CFO authentic. We are all really first-time CFOers here, because we have never really understood the program before.”

“I learned a lot about CFO leadership. I have attended other leadership training for my work, but this has been so much more effective. I want to be a song leader and a speaker in CFO, and now I know how. I have experienced how!”

“This Training has meant so much to me. From the first session, Orientation, through the World Prayer Broadcast we just finished, I have finally learned why we do what we do in CFO. Morning Meditation has always been a mystery to me, and a complete waste of time. But by beginning the day in quiet meditation, I have found that I sense and enjoy the flow of the whole day. I always did Rhythms and Creatives as a chore, because we were told to. Now I have experienced that they are tools of Prayer. I am so excited and thankful.”

“What has blessed me most is the participation of each one. It has been as though we truly are one family, truly brothers and sisters, so we do not have to be shy or self-conscious. We are family! I have been so blessed by the freedom to try.”

“I am so impressed with the Training, and how we were loved and encouraged into being willing to try leadership. I felt that I simply could not fail! I have had such fun and learned so much. I am now deeply committed to CFO.”

“You really trained us. I thought I did not need this. I have attended two International Camps and a Training four years ago. I am surprised I learned so much.”

### FOR FURTHER INFORMATION



*CAMPS FARTHEST OUT INTERNATIONAL  
PO BOX 1301  
WHITTIER, CA 90609-1301 USA  
TEL: 1-562-902-1207  
eMail: [cfoicoordinator@gmail.com](mailto:cfoicoordinator@gmail.com)  
[www.cfointernational.org](http://www.cfointernational.org)*





## PURPOSE

Preparation time before the training gives the Training Team time to pray together and come into harmony. Materials are assembled and the room is set up. If time permits, those who wish may practice their presentation parts before the team.

## PREPARATION

### TRAINING TEAM

It is of great value for the Training Facilitator to work with a local team. Benefits are:

Learning to plan together.

Learning to be clear about individual responsibility.

Learning to support one another.

Letting trainees know and observe that you are united as a team.

The team will help obtain supplies, set up the room, and any other preparations.

### TRANSLATION

When these Training Guidelines are used where more than one language is spoken, arrange for a good translator who will be available for the entire camp. The facilitator will remind everyone to speak clearly, slowly, and simply, and will make certain everyone hears and understands the translation, by periodic inquiry.

### REVIEW TIME SCHEDULE IN TRAINING GUIDELINES

Adjust, as necessary, to the actual starting, ending, and meal times you will be working with. Post this on large paper in a visible location.

## YOU WILL NEED

### PERSONNEL

A presenter for each part of the program. One person can do more than one part. Two people may do the entire presentation. The presenter encourages participants to listen for what God is calling them to learn.

Training schedules/assignments are given in advance so presenters can prepare.

### TRAINING MATERIALS

See the page headed “Supplies needed for Training” in this section.

Love, Patience, Love, Flexibility, Love, and a Ready Sense of Humor

## ROOM SET UP

Clean room, if needed. Make it an attractive and inviting learning environment.

Place chairs in a circle. This allows everyone to see each other and to be included in the circle.

Place on each chair: Song book or song sheet, Review papers, Training Guidelines.

## TEAM CONSCIOUSNESS

Spend time in prayer together. Everything is to be done in a harmonious way by “praying without ceasing”.

Participants work together as a team. If a presenter forgets something, another member of the team will remind him/her. (Tell the trainees at time of introduction that this will happen.)

Present training in a joyful, light hearted way.

Work together to create cooperation, love, harmony, and unity.

Create a meaningful ending to the preparation time.

Pray for the participants, the meeting room, the food, etc.

## TEAM BUILDING EXERCISES

Tell the Team that we will each have two minutes to answer a question. One person to be assigned as timer with 1-1/2 minute warning and the bell at 2 minutes. Follow with sharing into the whole group.

### EXERCISE



To help each person be present. (2 minutes each)

What would you be doing if you were not here?

What do you need to be here fully?.

Ask, “Can you let go of these things to be fully present for the Training?”

### EXERCISE



What training assignment did I have to prepare?

What do I need to finish it?

Do I need help from anyone?

Do I want to practice my presentation(s) with the team?

## COPY OF CFO TRAINING REGISTRATION (AS USED IN THE UNITED STATES)

### CFO International Leadership Training

Return this form with registration fee to:

[Registrar's Name]

[Address]

[Telephone Number]

NAME \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

WHY I WANT TO ATTEND - WHAT I HOPE TO GAIN: \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

CONTRIBUTION: \$ \_\_\_\_\_

# CRITERIA FOR CFO LEADERS

Resource Information



Persons who are loving and who accept the love of others.

Persons who have a love for CFO, understand its value for their lives, and who have had Camp and Council Ring experience.

Persons who are willing to learn while they are sharing what they know.

Persons who are willing to make the CFO Program a part of their daily lives.

Persons who are willing to hear the ideas of others and who are committed to seeking harmonious teamwork amidst diversity.

Persons who are free to make mistakes, correct them, and be willing to laugh at them.

Persons who are committed to supporting the Program and policies of the CFO International Board.

Persons who have practiced leadership in each part of the Program they will be presenting.

Persons who have participated with experienced leaders in a Training Program.

Persons who have the approval of the Regional Vice President or National Council Ring Chair.



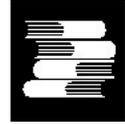
*“Remember That One Needs To Be Happy In His or Her Part In  
Leadership, If Those To Be Led  
Are To Learn and Experience Joy  
In The Participation  
Of Being A Camper”*

*From a Camper at Fifth International CFOI, Switzerland*



# SUPPLIES NEEDED FOR TRAINING

Resource Information



Lectern or table for Presenter.

Small flip charts found at the back of these guidelines. Put them on loops of string or metal to allow the paper to be turned. They are to be displayed concurrent with each part of the program.  
Chalk board and chalk or large sheets of paper and markers; easels are helpful if available.  
Tape recorder if using dance or music tapes.

CFO Song Books or Song Sheets — One (1) for every two (2) persons is fine.

Excerpts from Training Guidelines — One (1) for each person.

Small, easy-to-see clock with second hand for time keeper.

Small, easy-to-see clock for Demonstrator.

Numbers written on separate sheets of paper for use of time keeper - 0, 1, 2.

Small bell to signal time.

Masking tape.

Scissors — several pairs.

Marking pens or chalk — several.

Materials for name tags.

Large sheets of paper (about 12 sheets: 2x3 ft.) for displaying schedule,

Communication Chart,

Participants Review questions,

Sign-up sheet,

End of Training Review questions.

Daily Review questions,

(Whatever paper is readily available and economical is satisfactory.)

Enough small sheets of paper for each person to write a review of each practice participant. In areas where this is not possible, verbal feedback may be substituted.

Creatives supplies.

Colored pastels or crayons - cups or other containers for pastels or crayons.

Handi-wipes or some way to clean hands.

Pencils.

Boards to draw or write on.

Paper for writing and drawing. In a week long Training we will probably practice Creatives 6 or 7 times so will need that many sheets of paper for each person.

The two-day Training will probably include 3 practices.

Sign up sheets for Meditation and program presentation:

MEDITATION SIGN UP (6 minutes each)

First Day: 1. 2. 3.

Second Day: 1. 2. 3.

PROGRAM SIGN UP (Make one for each practice session)

Singing (10 minutes): Rhythms (12 minutes):

Speaking (10 minutes): Creatives (18 minutes):





## AGREEMENT FOR TRAINING

This agreement is between the Board of Trustees of CFO International and the \_\_\_\_\_, which will be called the Host Camp in this agreement.

The signature(s) below indicate that all the Council Ring Members of the Host Camp understand and are in agreement that:

1. The Trainers sent by CFO International are responsible for the total program. The Training Schedule will be followed.
2. All members of the Council Ring(s) of the Host Camp, and all those who attend the Training will support and participate in the program.
3. The Council Ring(s) will share in the expenses of the Training, amount to be mutually agreed upon.
4. The Host Camp will provide the following:  
A facility for Training, and housing of Trainers and Trainees.  
Materials as specified by the Trainers (may include copying of CFOI Training Guidelines; materials for Creatives; chalk board and chalk, etc.  
A minimum of 15 Trainees (participants in the Training.)
5. The CFO International Board of Trustees will support the Trainers in accomplishing the Training, and in any other decisions that the Trainers may make while at the Training.

DATED: \_\_\_\_\_

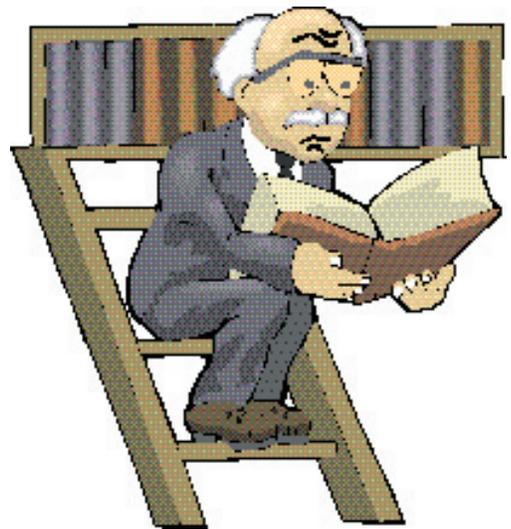
SIGNED: \_\_\_\_\_

\_\_\_\_\_  
The Host Camp

\_\_\_\_\_  
Chairperson, Training Committee

\_\_\_\_\_  
Becky Sutherland, Coordinator





---

# Additional Resources



# BOND OF FAITH TRAINING

Presentation



30 minutes

## PREPARATION

Read the Bond of Faith.

Have copies of the last paragraph written so everyone can read with you.

## PRESENTATION

The purpose of this part of the program is:

To remind ourselves of our common commitment in the Bond of Faith.

I will read the Bond of Faith slowly and clearly, one section at a time, and give 15 Seconds of silence between each section for reflection. As you reflect on what you have heard, ask yourself:

Can I believe this?

Can I agree with this?

Can I commit to this?

*(After the last article is completed)* I want you to join me in reading aloud together the last paragraph of the Bond of Faith.





# OUR BOND OF FAITH

I. WE take as our Source and Center the leadership of Jesus Christ. As the highest expression and most perfect manifestation of our highest conception of the character of God, we give Him our complete allegiance and loyalty as Lord and Savior. We are satisfied to belong to Him and to Him alone. In Him we have our Power, our Peace, our Plenty. In Him we live, move, and have our being.

II. WE accept as our law of conduct and the source of our energy the two Great Commandments that He gave us upon which rest all the law and the prophets. The deepest passion of our lives is to learn how to love God with all the strength of our dedicated bodies, all the intelligence of our dedicated minds, all the loyalty of our dedicated hearts, and all the devotion of our dedicated souls. We shall try to practice and, by the contagion of our example, inspire others to practice loving our neighbors as ourselves, regardless of their nationality, race, or creed.

III. OUR Constitution of Conduct shall be woven out of The Sermon On The Mount. Through adherence to this Constitution we shall hope to make religion go beyond Science and become an Art, lifting it above Law into Grace, and from a Code into a Contagion.

IV. WE recognize that this Way of Life can be learned as a Science and practiced as an Art, but not until it is experienced in the form of Spiritual Rebirth can its full Power be released upon earth. We agree that this Rebirth can not be achieved through creeds, rituals, or laws, but only by the baptism of the Holy Spirit. This we do not explain or try to explain. All we pretend to know is that when we are meek in heart, forgiving toward our enemies, with love for our fellowman and with faith in God, and turn and become as a little child, this experience is more likely to be ours.

V. EVERYTHING about our union together and our basis for working together shall be as fluid as the sea and as free as the air. Christ and all He represents is central; everything else is marginal. Where and when we find confusion in our concept of Him, we feel assured that when we vision that concept through the lens of The Sermon On The Mount and the Two Great Commandments, and His sacrifice on the Cross, we shall see Him as He really is. In our attempts to get close to Christ some may take the door of mysticism, some the door of sacraments, some the gateway of metaphysics and some the path of social service. The

indispensable thing is that no matter what the door we may use, we shall all arrive at the place, where we shall all have the Mind of Christ Jesus.

VI. WE shall recognize three circles in our united efforts at spreading the Kingdom of Heaven through the hearts and souls and minds of men. The outer circle which was described in the Gospels as the "multitude" must be fed by parables and simple, practical teachings that those who hear are able to receive. The middle circle is where the teachers and apostles shall be taught through messages that may be more intimate and sacred, knowing that the hearers will not trample that which is holy underfoot. Finally there is the inner circle, the inner family, where we shall share our deepest inmost experiences and highest revelations, and keep much in secret and in silence, to share with God alone.

VII. FINALLY we come to the specific means by which this Kingdom may be projected into the activities and lives of men. These take the form of projects such as summer camps and winter retreats, establishing healing centers or institutes of prayer, planting of prayer groups and convening groups of business men or Congressmen or ministers for inspiration or training for the larger work. We believe that these projects should be prayerfully visioned, carefully planned and then not committed to a committee to be committed to death, but to some individual in the group who is on fire with zeal and devotion regarding that particular project as a means of bringing the Kingdom into manifestation in that particular way upon this earth.

*With this bond of faith to unite us, one in impact but not in compact, with union in Christ and freedom in action, moving as an organism and not as an organization, we hope to unify and strengthen the deeper spiritual forces of the nations and the world that are working to save mankind in this age of crisis.*



**GIVEN BY GLENN CLARK TO  
THE CAMPS FARTHEST OUT  
1956**

## 9 O’CLOCK PRAYER FOR PEACE

Seven days a week at 9 p.m., CFOers around the world pause for one minute wherever they are, and pray for peace!

“God gave Glenn Clark a vision of broadcasting love to the world because when people first came to camp and found themselves so bathed in love, they were tempted to keep it. God showed them that by sending it out it multiplied. This pattern can create a Belt of Love around the world.” (Ruth Robison, 1980)

The pattern of the 9 p.m. prayer for peace was first used by the British during World War II. The idea had been proposed by London industrialist Major W. Tudor Pole during the dark days of the evacuation of Dunkirk in 1940. Each night at 9 p.m. the people of the British Isles would tune in to the BBC to hear the news. The announcer would say, “This is London. This is the 9 o’clock news and this is Stuart Hibbern” (or some other news announcer).

Then the chimes of Big Ben would ring out and the nine great strokes would follow. During the chimes and strokes, an estimated two million people prayed in silence. This minute was known as the Silent Minute of Prayer.

There are many stories about the effects of this time of prayer. Examples: A captured Nazi Intelligence officer stated, “With the striking of your Big Ben each evening you used a secret weapon which we did not understand. It was very powerful and we could find no countermeasure.” Other reports were from German bomber pilots who saw hundreds of planes coming against them when in fact, there were only two. (From *Hand on the Helm* by Katherine Pollard Carter)

Anyone can be a part of this prayer for peace. Each night at 9 p.m. wherever you are, alone or with someone, pause for a moment and pray silently or aloud:

**Thy Kingdom come,  
Thy will be done,  
on earth as it is in Heaven.  
Let there be peace on earth  
and let it begin with me.  
Amen**



20 minutes

## **PURPOSE OF ORIENTATION IN CFO:**

To present an overview of how the CFO experience trains campers as  
ATHLETES OF THE SPIRIT for KINGDOM LIVING on earth.

## **PURPOSE OF ORIENTATION TRAINING:**

To allow everyone to experience preparing an Orientation Talk.

## **INSTRUCTIONS and DEMONSTRATION**

Present information from the Orientation Resource Material that is appropriate for  
this Training.

Facilitator then gives an 8 minute Orientation Talk.

## **PARTICIPANTS DEVELOP AN ORIENTATION TALK:**

Facilitator refers everyone to Orientation Talk Outline and Orientation Example in the  
Training Guidelines for their later reference.

# **ORIENTATION INFORMATION**

## **GLENN CLARK—WHO HE WAS**

A praying Christian, college English professor, athletic coach, Sunday School teacher, husband,  
father, friend, and mystic.

## **THE HOW AND WHY OF CFO CAMPS**

Glenn Clark asked God, “What can one man do toward PEACE IN THE WORLD?” For the next  
10 years God processed him through a series of experiences that readied him to receive  
the vision for the CFO camps.

## **THE CFO VISION**

CFO was to be a training camp for “Athletes of the Spirit”, a camp for Christians who wanted to  
go “farther out” with Jesus by following Him. It was to be a time of learning to put God’s laws into  
practice in everyday life. The camp was to be an opportunity to learn to love God, one another,  
self and to learn to pray more effectively.

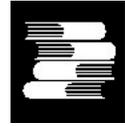
## **THE CFO DAILY PROGRAM**

The CFO program is intentional. It is designed to bring the camper into harmony, rhythm and  
balance with the Universe, therefore with God’s Intent. Glenn Clark knew the value of  
rhythm, of balance, and helped to evolve a day that flowed very much like the waves of  
the sea: in and out, in and out, becoming deeper-higher each day. To experience this,  
participation in the total program is necessary. There is a rhythm and flow from inner  
receptivity to outer action.



# ORIENTATION TALK OUTLINE

Resource Information



## THE NAME “FARTHEST OUT”

The “farthest out” concept came when the “island farthest out” off the coast of Maine was pointed out to Glenn Clark. The concept of people of all denominations and convictions coming together, dropping all that divides, coming into oneness with each other and with God—going farthest out in prayer, love, physically, mentally, and spiritually. Going farthest out for Christ and the Kingdom.

## RHYTHM AND FLOW OF THE DAILY PROGRAM

The CFO program is the same in every CFO Camp around the world. It is not “culturally based”. There is Intent and Purpose to each part of the Daily Schedule. The gentle rhythmic flow from one part of the program to the next allows God to work to bring us into balance and wholeness:

Morning Meditation:	Turning inward to God.
Breakfast:	Turning outward in fellowship with one another.
Singing:	Unites and takes us from outward fun and praise songs to an inward place to prepare us to listen to the Speaker.
Morning Talk:	Inward time of listening and reflecting on God’s message for our personal life.
Devotion in Motion:	Outward exercise of the body. A time of release, play, and prayer. Moving the body helps us incorporate God’s message.
Creatives:	Inner to find out what the Holy Spirit is doing within us and to express it in Art or Writing.
Lunch:	Outer fellowship with friends.
Rest Time:	Inner quiet time to assimilate the day.
Recreation:	Outer, make friends, walk, sports, book table.
Prayer Groups:	Inner time to listen and speak with God .
Dinner:	Outer meeting with friends.
Singing:	Unites and takes us from outward fun and praise songs to an inward place to prepare us to listen to the Speaker.
Evening Talk:	Inward time of listening and reflecting on God’s message for our personal life.

## CONCLUSION

Perhaps a personal sharing of what CFO has meant in your life.  
Reminder that no one comes to CFO by accident, but by Divine Appointment.  
Leave campers with a sense of anticipation and expectation.



# ORIENTATION EXAMPLE

Resource Information



Welcome to the \_\_\_\_\_ CFO Camp. I have been asked by the Council Ring to give an Orientation to CFO. I have the wonderful opportunity to tell you about CFO and how it came into being. Dr. Glenn Clark was an English professor and athletic coach at Macalester College in St. Paul, Minnesota, USA, in the early part of the last century. He was a committed Christian who worshipped at and was a member of the Presbyterian Church. He also taught Bible study classes at a nearby Congregational Church.

Glenn Clark met regularly with a small group of students for prayer. One of his students asked him, “Why are your prayers always answered? Will you teach us to pray as you pray?” That night Glenn sat and wrote down his methods of prayer for the students. These writings were later published as an article in *The Atlantic Monthly*, a very popular magazine in the USA, and were later expanded and published as the book, *THE SOUL’S SINCERE DESIRE*. This book sold hundreds of thousands of copies in the USA and many other countries. As a result of this book, people began to contact Glenn for prayer, and hundreds asked to meet with him personally. He began to speak in denominational camps and YMCA camps, teaching what he had learned about answered prayer. Of these experiences he wrote, “At all these camps there was Light, but at some it was as fitful and sputtering as a faulty kerosene lamp; at others it was as brilliant and glorious as a cluster of electric light bulbs. What was the reason for this variation? Invariably the difference in intensity went back to one thing: the harmony or lack of harmony among the leaders...at such camps every fiber in my being yearned to rush forth and start a camp of my own based upon Jesus’ promise that “where two or three agree together I shall be in the midst of you...” This yearning quickly led to the establishment of the first CFO camp.

The life experiences of Glenn Clark led him to write 50 or more books and booklets, including the spiritual classics *THE SOUL’S SINCERE DESIRE*, *I WILL LIFT UP MINE EYES*, and *WINDOWS OF HEAVEN*.

Glenn envisioned people talking with God and having an experience of Kingdom Living instead of just talking about God and the Kingdom. The name “Camps Farthest Out” comes from Glenn Clark’s experience when going to the island “farthest out” off the coast of Maine where he caught the vision of the CFO program we follow. Glenn wanted us to become Athletes of the Spirit. The program we will experience this week is the same program that is followed in every CFO camp around the world. There is a rhythm to the CFO day, an ebb and flow like the waves of the sea. The rhythm turns us inward, for a deeper experience of God, and then outward, to sharing in the Kingdom with each other. The CFO day begins with:

Morning Meditation:	Turning inward to God, learning to listen to God.
Breakfast:	Turning outward in fellowship with one another.
Singing:	Outward sharing to uplift, relax, unite, help us prepare to hear the speaker.
Morning Talk:	Personal sharing of speaker’s own spiritual walk is an inward experience as we listen.
Rhythms:	“Fitting the soul into the body” an outward experience of play, exercise, praying with body, mind, and spirit, to prepare for Creatives.

Creatives:	Inward learning to listen to God through media of Art and Writing; tools of prayer that can be used at home with sharing optional.
Lunch:	Outward fellowship.
Rest time:	Inward time to rest and assimilate.
Free Time:	Outward recreation, making friends, walks, etc.
Prayer Preparation:	(usually the first day of camp only) Inward - a time to remember that it is God, who does the work, not we.
Prayer Groups:	The heart of the camps, "Prayer Laboratories" with freedom to pray aloud or not and time to listen to God as well as speak to God. Inward and Outward
Dinner:	Outward.
Singing:	Inward and Outward.
Evening Talk:	Inward.
Fellowship:	Outward.
Lights Out:	Inward.

This completes the day at camp. The program establishes a rhythm of activity and quiet, of listening and sharing, of prayer and praise. We learn at camp to establish patterns that we can take home with us to continue our spiritual growth.

There will be special events nearer the end of the week.

"World Prayer Broadcast:" Praying for the world with body, mind, and spirit which sends love from the camp around the world. "Blessing Service:" Allows each person to give a blessing and then to receive a blessing; another of God's loving experiences. Share experiences telling of God's loving experiences. The last event during our camp will be "Sharing:" A time to share what God has done in our lives during this camp.

(Here the person presenting the orientation may briefly share what CFO has meant in his/her life.)

No one comes to CFO by accident, but rather by Divine Appointment. It is important to participate in every part of the program.



# PRAYER PREPARATION

Presentation



10 minutes

## PURPOSES:

- To encourage campers in prayer.
- To prepare campers to go to their Prayer Groups and pray together.
- To explain Prayer Groups (Laboratories) and to encourage campers to experiment with prayer — to let the light and love of God reveal and heal any area of life not in harmony with Jesus' teachings.
- To present the principles of prayer — relinquishment, surrender, forgiveness, expectancy, trust, and agreement.
- To give examples of answered prayer.

## PREPARATION:

Prepare a demonstration prayer Preparation using the following guidelines.

## PRESENTATION:

- Prayer Preparation brings us together before t Prayer Groups in camp and prepares us to pray together (presents the idea of being willing to experiment together in prayer laboratories.)
- Prayer Preparation may be offered daily or only on the first day of camp as a bridge between Free Time and Prayer Group.
- The prayer preparation leader shares:
  - From his/her life experiences in prayer,
  - About experiences applying principles of prayer,
  - Experiences of answered prayer in CFO prayer groups,
  - Encourages campers to open their minds and hearts to expecting and recognizing God's action in their lives. This encourages them to:
    - State their needs.
    - Release their needs.
    - Speak their needs simply to God and to one another.
    - Listen to God.
    - Trust God.
    - Experiment in praying together.
- Demonstrate Prayer Preparation using these principles.





# READING LIST FOR CFO LEADERS

The following is a list of the writings of Glenn Clark. They are listed in order of priority: People sharing in overseas CFO camps need to read at least the first five.

**THE SOUL'S SINCERE DESIRE:** (1926) Glenn Clark's first book on the spiritual life. A practical guide to answered prayer based on The Lord's Prayer and the Twenty-third Psalm.

**THE DIVINE PLAN:** (1959) The most widely distributed of the writings: a week of daily meditations on God's perfect Divine Plan for our lives. Often used as a Morning Meditation in the camps around the world.

**A MAN'S REACH—The Autobiography of Glenn Clark:** (1949) Glenn tells his life story. With particular emphasis on spiritual development. Chapter 21 details the founding of the Camps Farthest Out, and his vision for the movement.

**I WILL LIFT UP MINE EYES :** (1937) A workbook on prayer and spiritual growth, giving specific techniques to learn to relinquish our prayers and choose God's plan over our own.

**FISHERS OF MEN:** (1928) Glenn's approach to "evangelism" — sharing the Good News through who you are, through love and Your own life experience, rather than through "preaching."

**GOD'S REACH:** (1951) Glenn's summation of his spiritual experience and discoveries about Prayer. "The culmination of all our earthly and heavenly endeavor is Oneness — oneness with one's neighbor, oneness with God the Father, and oneness with Christ." How God reaches into the affairs of humanity and reveals Himself.

**THE THIRD FRONT:** (1944) written with Glenn Harding and Starr Daily, an account of their year-long journey together establishing schools of prayer to harness the spiritual power of the nation to bring forth peace on earth. Good information on Glenn's dream for CFO around the world. (Currently out of print. Loan copy available from CFOI Office)

**TWO OR THREE GATHERED TOGETHER:** (1942) A guide to spiritual growth focusing on personal prayer and meditation and prayer groups. Applying prayer to the nations needs praying for world peace. More depth information on Glenn's intent for CFO around the world. (Currently out of print. Loan copy available from CFOI Office)

**WATER OF LIFE:** (1931) Chosen for the theme for the CFO Golden Jubilee (50th – Anniversary Celebration). An allegorical novel. The main character, Dale Montclair, and his father, dream of bringing the water of life to a thirsting humanity — the father, physical water to the barren deserts, the son, spiritual water to barren souls. The dream unfolds through such helpers and guides as the devout Hindu, Arjuna, who was a teacher of spiritual principle to Dale; Heinrich, his non-English-speaking traveling companion and spiritual brother who traveled with him throughout Greece and in visions, throughout the ancient Greek myths; Alighieri, the Italian poet who opened the mystic vistas and the seven circles of Heaven for him; Job Israel, the wealthy Jew who helped his father's dream come true, and Ruth Merriam, who teaches him to lose and find himself in Love. If one would know Glenn Clark, one should meet Dale Montclair!

**THE WAY, THE TRUTH AND THE LIFE:** (1946) Drawing from the prayers and parables of Jesus, Glenn points us to an experience of Kingdom Living.

**COME, FOLLOW ME:** (1952) A "gospel according to Glenn Clark", a dramatization of the experience of living with Jesus.

**HOW TO FIND HEALTH THROUGH PRAYER:** (1940) "Let us try to go deeper than the skin and muscles when we want to overcome, . ." illness. "Let us go deeper than the organs and blood vessels. Let us go clear through to the thoughts and emotions, the angers and the fears, and let us patiently observe these operating in the subconscious areas of our being. Finally, let us penetrate if we can to the very citadel of the Holy of Holies — the very soul of God, Himself, from whence all life comes..."

**WHAT WOULD JESUS DO?:** (1950) A sequel to Charles M. Sheldon's classic *IN HIS STEPS* (c. 1900), this novel follows the lives of the grandchildren of the characters in Sheldon's book, as they confront the challenges of life in 1950 and ask the question in the face of each dilemma, "What would Jesus do?"

**WINDOWS OF HEAVEN:** (1954) Twelve weeks of daily meditations by Glenn Clark, illustrated with magnificent photos by Lucien Aigner. Many pictures of early CFO camps and leaders.

# WRITINGS OF GLENN CLARK

**Note: Many of these pieces are available at:  
[www.cfointernational.org](http://www.cfointernational.org)**

- |      |   |  |
|------|---|--|
| 1906 | How to Lead a Bible Class                       |  |
| 1906 | The Art of Living                               |  |
| 1921 | The Master Key of Reading Character             |  |
| 1922 | The Manual of Short Story Art.                  |  |
| 1925 | The Soul's Sincere Desire                       |  |
| 1926 | Twelve Parable-Miracles of Answered Prayer      |  |
| 1928 | Fishers of Men                                  |  |
| 1929 | Power of the Spirit on the Athletic Field       |  |
| 1930 | The Thought Farthest Out                        |  |
| 1931 | Water of Life                                   |  |
| 1932 | The Lord's Prayer                               |  |
| 1932 | Personality in Essay Writing                    |  |
| 1933 | Song of the Soul's of Men                       |  |
| 1934 | The Land We Vision                              |  |
| 1935 | Silver Sandals                                  |  |
| 1936 | Islands of Light                                |  |
| 1936 | Power in Athletics                              |  |
| 1936 | Fruits of the Spirit                            |  |
| 1937 | I Will Lift Up Mine Eyes                        |  |
| 1937 | Footsteps, Voices and Silences in College Halls |  |
| 1937 | The Minute Man                                  |  |
| 1939 | The Man Who Talked With Flowers                 |  |
| 1939 | Gold, Frankincense and Myrrh                    |  |
| 1940 | God's Minute Men                                |  |
| 1940 | The World's Greatest Debate.                    |  |
| 1940 | The Slingshot of David                          |  |
| 1940 | How to Find Health Through Prayer               |  |
| 1941 | Does God Hear Prayer?                           |  |
| 1941 | Facing the World with Prayer Groups             |  |
| 1942 | Armor of the Soldier                            |  |
| 1942 | Two or Three Gathered Together                  |  |
| 1942 | Three Mysteries of Jesus.                       |  |
| 1942 | The Way, the Truth and the Life                 |  |
| 1943 | The Truth Shall Make You Free                   |  |
| 1944 | The Third Front                                 |  |
| 1944 | New Frontiers                                   |  |
| 1945 | The Secret to Power in Business                 |  |
| 1945 | The Senior Partner in Business                  |  |
| 1946 | The Man Who Walked in His Steps                 |  |
| 1946 | The Man Who Tapped the Secrets of the Universe  |  |
| 1946 | Together. Privately published.                  |  |
| 1947 | The Way of Love                                 | 1951 God's Reach                                 |
| 1947 | Home of Love                                    | 1951 The Way to Victory in International Affairs |
| 1947 | Touchdowns for the Lord                         | 1952 Come Follow Me                              |
| 1948 | Collaborating With Eternity                     | 1953 Be Thou Made Whole                          |
| 1949 | Man's Reach                                     | 1954 The Holy Spirit                             |
| 1950 | What Would Jesus Do?                            | 1954 Windows of Heaven                           |
| 1950 | From Crime to Christ                            | 1955 On Wings of Prayer                          |
| 1950 | The Other Dawn                                  | 1956 God's Voice in Folklore                     |
|      |   | 1956 Department of Peace                         |



# A Portrait of GLENN CLARK

{As suggested by a writing of Thelma Lee}

by G. Jean Anderson

Who was Glenn Clark? When did he live? What did he do and how did he think? Miles Clark, Glenn's son, writes this about his father:

"If I am asked who Glenn Clark was and what he did, I answer that he was a creative artist of life who believed in the brotherhood of man in Christ and believed in prayer as the perfect communion with God."

Today, we know Glenn Clark as the founder of Camps Farthest Out, a Christ-centered interdenominational, non-denominational spiritual growth movement which holds conferences and retreats all over the world. Glenn believed in God as the central working force of the universe. He believed God is Spirit, to be worshipped in Spirit. He believed in the spiritual greatness of every man and woman. He believed in the coming of the kingdom of God and the possible present reality of the kingdom of heaven today in the hearts of humankind. He believed in prayer.

Glenn Clark regarded himself as a message bearer and retained a sense of humility about his life and work. He wanted to awaken people to their divine heritage as children of God.

Glenn began life in Des Moines, Iowa, on March 13, 1882. He was one of eight children and apparently enjoyed a happy family life. He attended Grinnell College in Iowa, where he participated in track events and played football. He had a prevailing interest in writing. After graduation, he continued his education at Harvard University and earned a master's degree in English literature. In 1912, Glenn and his wife, Louise, moved to St. Paul, Minnesota, where he joined the faculty of Macalester College.

As a college professor, not only did Glenn fulfill his duties in the classroom, he also coached the track team of the school. In addition, he taught Sunday school and had regular prayer gatherings with his students. On one occasion, a young man asked that Glenn teach them to pray as he did; the young people had observed that their instructor's prayers always seemed to be answered.

As a result of this request, Glenn Clark began to analyze what he did when he prayed. His period of study and self-examination led to his writing his book, *THE SOUL'S SINCERE DESIRE*. It was to be the first of many volumes on the life of the spirit, and sets out Glenn's thoughts about how to pray and the power of prayer.

Public response to *THE SOUL'S SINCERE DESIRE* was overwhelming. People from every denomination and creed wrote, asking Glenn Clark to visit their church or group; he received innumerable invitations to speak to Christian organizations. He began to address young people at conferences and camps, where he observed that most of the emphasis was social and intellectual. He also noted that frequently the leaders of the meetings were not in harmony, and that this lack of agreement served to create hard feelings and misunderstandings. Glenn has written, "I yearned to see a camp where people ceased merely talking of and about God and the Kingdom — words that too often implied separation — and started immersing themselves in God and the Kingdom, in every area of their lives."

The first CFO —Camp Farthest Out — was held at Lake Koronis, Minnesota, in the summer of 1930. It was a true training ground of the spirit, a place where individuals from every walk of life, from many churches and faiths, gathered to become “athletes of the spirit.” The Camps Farthest Out have grown through the years to the point that now there are over 60 camps each year in North America and more than 100 camps and/or retreats throughout the rest of the world.

Glenn Clark was a mystic, a visionary, a man whose faith in God and in humankind was unshakable. One of his deep beliefs was that all things work together for good when we are in tune with the Divine Plan. He said this:

“I believe that my disappointments are God’s appointments.”

“I believe that to see harmony in that which is without brings harmony in that which is within.”

“I believe in praying for ever-increasing capacity to love and serve [others] and for greater worthiness to be loved and served by them in return.”

“I believe that the gifts of God are many thousands of times greater than I am now capable of receiving, and that I should therefore pray to increase my capacity both to receive and to give.”

“I believe that God’s Plan for life is a healthy, happy expression for the good of all.”

“I believe that the chief essential of life is to keep in touch with the Father, and let the divinity that is in me manifest through me.”

Glenn Clark lived his life in an attempt to follow the great example of Jesus. As he studied that unique life, he wrote, “Nothing was petty, nothing was trivial, nothing was without meaning in Jesus’ world, for all things combined to reveal the Kingdom....” Glenn added, “There is one prayer I pray regularly every morning of my life — that I may abide in the Kingdom of Heaven every moment of the day and inspire others to abide there, also.”

Glenn Clark’s legacy is the Camps Farthest Out, numerous books and pamphlets and his own inspiring example of how we might live in the Kingdom of God moment by moment. He traveled the world, sharing his God-given vision with people of many countries and races. His earthly life ended on August 16, 1956, yet the work he began lives on.

Glenn’s old friend, Starr Daily, wrote, “Out of all the spiritual truth and counsel given to the world by Glenn Clark, we have sought to find the one gem which more than any other has been the finest legacy left to us by him.” He found two. The first was: “The answer resides in the question.” The second was: “What you are willing to relinquish, you are able to keep.”

Miles Clark tells us, “All his life Glenn had asked the question, ‘How can I find my God?’ He found the answer in the question and in the relinquishing of the kingdom on earth for an eternal kingdom in heaven. He had, at last, given up all he had built and dreamed, and he will keep it forever.”



## National Council Ring CERTIFICATE OF AGREEMENT

2\_\_\_\_\_

The National Council Ring, Camps Farthest Out, of \_\_\_\_\_ hereby agrees to the following guidelines and conditions in the spirit of Glenn Clark's vision of a Prayer Belt around the world:

A. To accept and practice the CFO BOND OF FAITH, and the following statement of purpose and plan:

Camps Farthest Out International is a non-denominational lay movement in which each Camp Council Ring finds a place apart, where a group may live as a "colony of heaven on earth" - sharing in a common search for spiritual reality and the wholeness of life ... a place where all of life's activities of body, mind, spirit, work and play may be joined in the worship of God in Christ, and the love and service of our fellowmen. This search is embodied in an integrated and balanced program unique to CFO, including active physical movement, recreation, creative expression thru art and writing, prayer groups, meditation and spiritual instruction, designed to release and inspire all campers to the most perfect fulfillment possible of abundant life in Christ, The Camps are under the leadership of those chosen by the Council Ring as best qualified (by their dedication to Christ and their experience and practice in CFO) to show the way to this goal "farthest out" through the guidance and power of God.

B. To nurture, advise, supervise, and charter official Camps Farthest Out in accordance with CFO International Guidelines, and such other guidance as may be provided thru the CFO International Office.

C. To send annually to the Regional Vice President and International Coordinator:

1. The names and addresses of all National Council Ring members and officers;
2. A report of all Camps conducted, including number of Campers, locations, dates, etc.
3. Such other matters as the CFO INTERNATIONAL office may request.

D. To keep their camps unaffiliated with any other active religious or philosophical movement or organization; and to prevent any denomination, "sect" or other divisive element from proselyting among Campers, either "on the side" or from the platform.

(Glenn Clark was very insistent on this as a protection of the FREEDOM of all in Camps.)

E. To meet together in an annual meeting, and there conduct such business as may be required to carry out their responsibilities. It is recommended that this meeting include a full CFO day camp program.

**This certificate to be renewed ANNUALLY.**

WE CERTIFY THAT OUR NATIONAL COUNCIL RING IS IN UNANIMOUS AGREEMENT  
TO THESE SPECIFICATIONS .

\_\_\_\_\_  
National Council Ring SECRETARY

\_\_\_\_\_  
National Council Ring TREASURER

\_\_\_\_\_  
National Council Ring CHAIRPERSON



*A Global Outreach of Creative Christian Living*

**Local Council Ring  
CERTIFICATE OF AGREEMENT  
CALENDAR YEAR 2\_\_\_\_**

The \_\_\_\_\_ Camp Farthest Out International, of \_\_\_\_\_ hereby agrees to the following requirements and obligations in the spirit of Glenn Clark’s vision of a Prayer Belt around the world:

A. To call the Camp “ \_\_\_\_\_ CFO” (plus whatever words convey the equivalent meaning in the language of the area)

B. To conform to the CFO Bond of Faith, and to the following statement of purpose and plan:  
Camps Farthest Out International is a non-denominational lay movement in which each Camp Council Ring finds a place apart where a group may live as a “colony of heaven on earth” - sharing in a common search for spiritual reality and the wholeness of life ... a place where all of life’s activities of body, mind, spirit, work and play may be joined in the worship of God in Christ, and the love and service of our fellowmen. This search is embodied in an integrated and balanced program unique to CFO, including active physical movement, recreation, creative expression thru art and writing, prayer groups, meditation and spiritual instruction, designed to release and inspire all campers to the most perfect fulfillment possible of abundant life in Christ. The camps are under the leadership of those chosen by the Council Ring as best qualified (by their dedication to Christ and their experience and practice in CFO) to show the way to this goal “farthest out” through the guidance and power of God.

C. To send annually to their National Council Ring and Regional Vice President the names and addresses of all Council Ring members and its officers.

D. To maintain up-to-date address lists of all who have attended the camp.

E. To respond in a timely manner to special requests from the CFO International Office, Regional Vice President or its own National Council Ring.

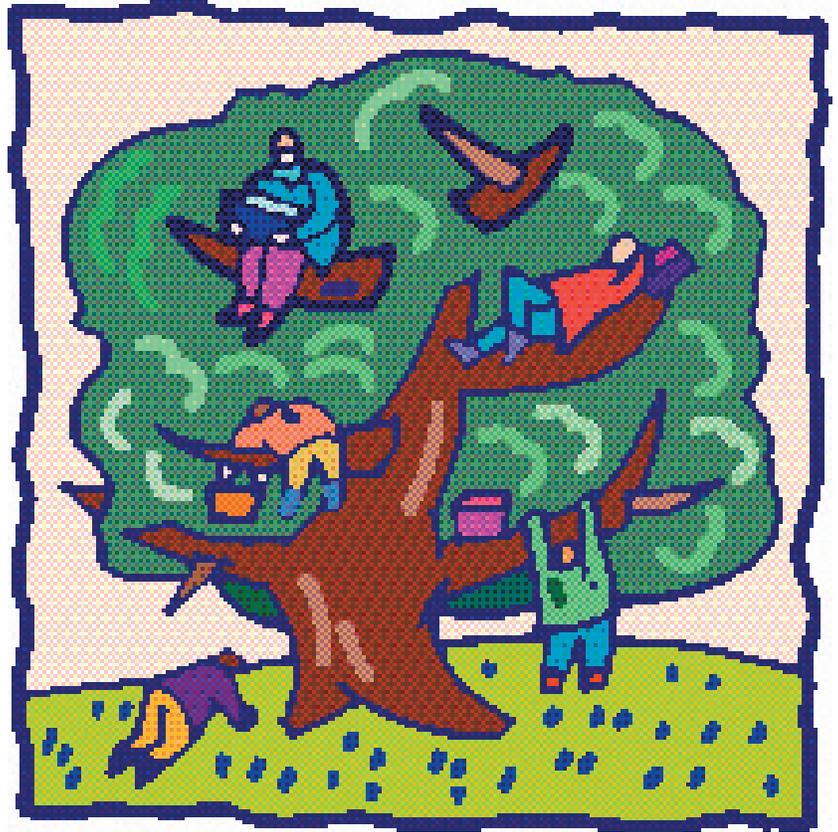
F. To keep the Camp unaffiliated with any other religious or philosophical movement or organization; and to prevent any denomination, “sect” or other divisive element from proselyting among Campers, either “on the side” or from the platform. (Glenn Clark was very insistent on this as a protection of the FREEDOM of all in Camp.)

WE CERTIFY THAT OUR COUNCIL RING IS IN UNANIMOUS AGREEMENT WITH THESE SPECIFICATIONS. This certificate to be renewed ANNUALLY.

\_\_\_\_\_  
Camp Secretary

\_\_\_\_\_  
Camp Chairperson

Our Camp this year will be held \_\_\_\_\_ (dates) at \_\_\_\_\_ (location).



---

# Program Purpose Reminder Signs

---

To be displayed for every Program Segment



# **Orientation**

**purpose - background  
encouragement**



# **Meditation**

**practice listening to God**

**be still**

**prepare for the day**



# **Singing**

**creates unity**  
**prepares to listen**



# **speaking**

**listen for God's message  
encourages,  
builds faith**



**Devotion in Motion/**

**Rhythms**

**unify body, mind, spirit**

**exercise - play**



# **Creatives**

**listen, record,  
share, receive**



# **Rest Hour**

**you rest  
God works in you**



**Free Time**

**recreation  
(re-creation)**



# **Prayer Preparation prepare group for CFO Prayer Groups**



# Prayer Group

**listen for God's prayer**  
**pray together**



**World Prayer**

**Broadcast**

**pray - send love  
to transform the world**



**Blessing**

**Service**

**give and receive**



# **Fun Night**

**participate freely,  
create laughter, joy  
and unity**



# **Sharing of this camp experience**



# **Council Ring**

**persons who pray, love  
and work for the camp**