

## **People**

- Alone & Together
- Learning
- Exploring
- Sharing
- Giving & Receiving God's Grace, Love & Mercy



## ... OUTSTANDING FEATURES OF THE CAMP by Sarah Beach

### Reflections of 1st CFO in 1930

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- 1. It was an experience involving one's whole personality.
- 2. It was filled with freedom, spontaneity, trust in one another and the fun of doing creative things together; the program was marked by fearlessness, sanity and balance and emphasis on really fundamental things; the program grew in an amazing way out of the harmony and unity of feeling in the group.
- 3. Nobody was dogmatic, yet each one had strong convictions.
- 4. There was no destructive criticism: of the church, of modern society, or the young people of today, etc.
- 5. There was a vital interest in the social problems of the day.
- 6. There was such delightful comradeship among young and old.
- 7. There was such a tremendous amount of "carry-over" after camp, due to the fact that we actually began to live there; we did not find in the camp an escape from our problems but a new facing of them.

The whole thing was perfect. When I left I kept thinking of Tagore's lines, "When I go from hence, let this be my parting word, that what I have seen is unsurpassable."

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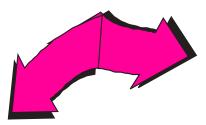
# *CFO ....an Experience of Wholeness*

"I yearned to see a camp where people ceased merely talking of and about God and the Kingdom ... and started immersing themselves in God and the Kingdom, in every area of their lives."

Glenn Clark A Man's Reach, p. 198

# A CFO Day is ...

- Living in the Spirit of God
- Living out the Divine Purpose and Plan of CFO
- Experiencing the balance and rhythm of the Kingdom: inward and outward
- A laboratory for "Athletes of the Spirit"



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.



# A CFO Day Includes ...

- Meditation being present to and with God
- Singing moving into oneness ... preparing to listen
- Morning Talk hearing God's faithfulness at work
- Devotion in Motion exercising to balance the body through movement and music
- Creatives listening to and creating with God
- Horizontal Hour resting and assimilating
- Recreation playing, reading, visiting
- Prayer being intimately present to God, listening and obeying
- Singing moving into oneness ... preparing to listen
- Evening Talk hearing God's faithfulness at work







- Living the Kingdom life here and now
- Spectacular Spiritual growth
- A balancing of body, mind and spirit
- Celebration of all creation