Devotion in Motion

Outward Expression

Purposes

To learn to 'pray with the body'
To exercise and practice movement that can be taken home and used daily
To experience God within us, between us, and God among us
To release a sense of play and childlike freedom

Preparation

Choose appropriate location considering space and safety
Prepare for microphone, music (if used), seatingfor disabled, etc.
Remember there are 5 parts* to a D.I.M. sessionand plan to incorporate all 5 each day
Display or share the purposes for Devotion in

Hints

Ensure that your session involves ALL parts of the body
Remember to focus on our physical strength and flexibility
Be sure to end your session with 3-5 min. of rest and silence to prepare for creatives
Keep it simple so that ALL campers can participate

***Five Parts of the D.I.M. session include:**
Physical exercise of the Whole Body
Individual Movement
One to One or small group
All together moving as One
Resting in quiet to prepare for Creatives

Creatives

Inward Listening

Purposes

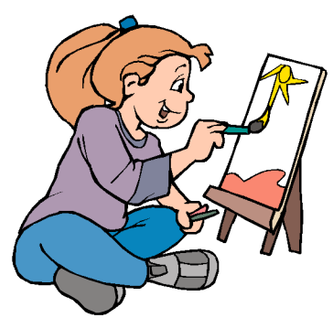
To practice co-creating with God
To develop, release and share that creativity
To practice listening to God

Preparation

Check with CR re: materials available
Prepare and share an introduction to Creatives as experienced in a CFO program. Include the purposes (See TG)
Prepare an introduction to Sharing remembering that this is entirely voluntary
Display or share the purposes for Creatives

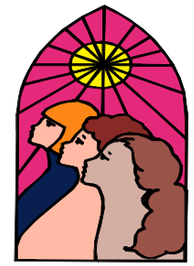
Hints

Emphasize listening in silence rather than artistic results
Organize materials for ease of distribution
In sharing creatives remember to encourage campers to refrain from clapping or interpretation - rather acknowledge each sharing as a gift with a 'thank you' or a smile



Prayer Groups

Inward Listening



Purposes

To learn to 'let go' and listen for God's guidance
To practice the principles of 'answered prayer'
To learn to experience answered prayer as natural
To pray

Preparation

Listen and pray
Plan how Prayer Groups will be handled (size of groups, triads together in one space, groups with leaders, etc.)
Set up physical space for style of group
Help any leaders to understand and prepare for their role

Hints

Start with purposeful silence
Encourage campers to experiment with listening for what to pray for and how to pray in each individual circumstance
Keep prayers short and remember that prayer is more than words
We are not trying to solve people's problems - we are wanting campers to return to their homes and churches with an awareness of God's personal care andpresence

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Principles of Answered Prayer Include:
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
Joyous expectancy
Power of Agreement

Helpful Hints for CFO Camp Leaders

Training Committee - CFOI Board - 12/08

General Hints

Pray before accepting any leadership role
Learn how your program area fits into the total camp program
Ask questions about:
- Theme of Camp
- Expectations of Council Ring
- Camp Facilities
- Equipment & Supplies available for your program area
- Time allocation for your program area
- Involvement of children and youth

Become familiar with the purposes, preparation and helpful hints for your part of the camp program.
At camp make every effort to connect your segment with the segment which preceded it and which follows.
Watch your timing to honor the next leader and accomplish the 'flow'.

Note: Under each program heading in this brochure is a brief description of how that program area fits into the 'ebb & flow rhythm' of the day/camp.

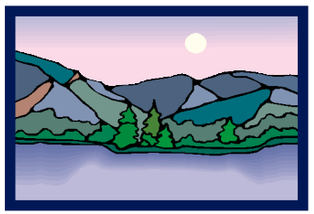
Suggestions to Aid your Preparation

Read Glenn Clark's books.
Visit www.cfointernational.org and explore the literature available
Ask your Council Ring to share a copy of the CFO International Training Guidelines (TG)... or the page relevant for you.

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

Inward Listening



Purposes

To start the day with direct personal contact with God
To practice and learn to be still
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.

Preparation

Set up easily accessible seating
Use a microphone if possible or arrange seating close to leader
Prepare your material keeping it simple and repetitive to allow the inward listening to be accomplished
Display or share the purposes for Meditation

Hints

Remind campers that Meditation is one of the 4 periods of intentional silence during the camp day:
Meditation - begins morning program
Creatives - ends morning program
Rest - begins afternoon program
Prayer Groups - ends afternoon program

Give a brief introduction before the first session if possible. (See TG)
Keep words to a minimum and gradually increase length of silence between thoughts

Singing

Outward Expression

Purposes

To sing - It is NOT Devotion in Motion
To create a sense of unity and oneness
To teach uplifting songs that campers can sing at home
To help the group prepare to hear the Speaker

Preparation

Connect with any themes set by the Council Ring (CR), Speaker, etc.
Ask CR what format will be available (ex: songbooks, overhead, printed words, etc.)
Familiarize yourself with any technology and/or accompanist. Practice
Display or share the purposes for Singing

Hints

Plan with CR to have NO announcements during Singing
Ask about extra duties e.g. dismissing children, mealtime blessings, other activities, etc.
Plan to repeat songs during camp
Plan your song session to accomplish a flow from 'getting together to celebration to reflection'
Plan to end the song session with blessing the speaker

Speaking

Inward Listening

Purposes

To share and teach about YOUR life of prayer
To share principles of Kingdom Living which have personal meaning
To inspire campers to a deeper Spiritual walk
To share one's own experience of being an 'Athlete of the Spirit'

Preparation

Make sure your talk covers a spiritual principle* you have experienced
- what did you learn?
- what scriptures are relevant?
- what life changes have you experienced?

Display or share the purposes for Speaking

Hints

Check with the CR re: time allotted and stick to it
Prepare and practice your talk(s)
Check that you have covered all the steps listed above
Use a microphone if available

*** Spiritual Principles common in CFO include: Power of Prayer, Obedience, Trust, Faith and Praise, Relinquishment (Let Go and Let God), Giving and Receiving, Forgiveness, Power of Agreement and Silence**