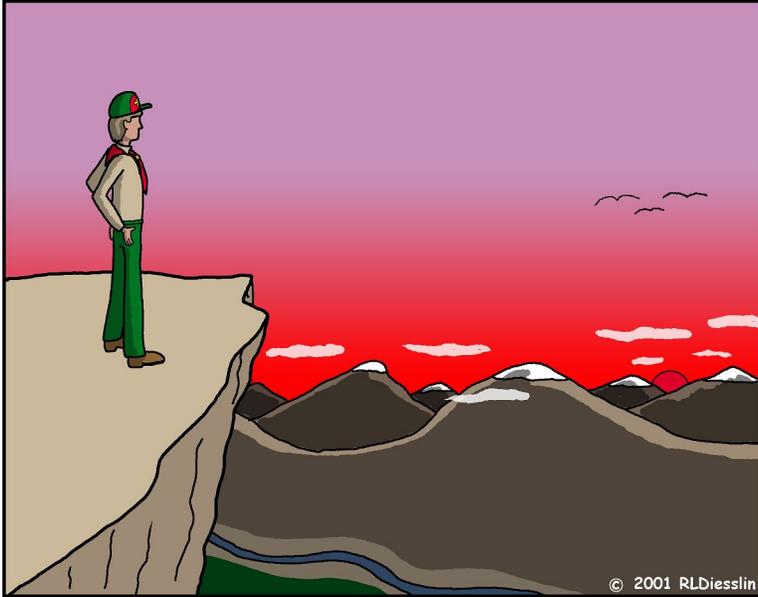


Kamp KNOTS

Knots LAW: Reverent



DAILY MEDITATIONS

For a Sunday - Saturday Camp

Adapted from the Religious Relations Committee Capitol Area Council 2005 Daily Meditations, Scripture selections are from World Scriptures, Paragon House:St.Paul,1991, MacScouter's Big 'A Scout is Reverent' Resource Book, and the The Big Book of Scout Worship Services. Sources also found on the internet and at USScouts.org

Compiled and Edited for Kamp KNOTS by Rich Diesslin 2007, 2008, 2009.
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Note: for best results, print as a booklet (pdf option).

Some Graces

A Scout's Grace (2007 Rich Diesslin)

For fellowship and friends and fun;
For love and life and liberty;
For scouting and service and support;
For camp and country and cosmos;
We count our blessings and thank god!
Amen

The Philmont Grace

For food, for raiment,
For life, for opportunity,
For fellowship and friendship
We thank thee, o lord.
Amen

JOHNNY APPLESEED GRACE

Oh the Lord is good to me
And so I thank the Lord
For giving me the things I need
The sun and the wind and the apple seed
Oh, The Lord is good to me!

RUB-A-DUB GRACE

Rub-a-dub-dub
Thanks for the grub
Yea God!

Rock You Grace

The Tune: (We Will Rock You)

Heavenly Father, Lord and King,
You provide us with everything.
We've got Food on our plate,
Tastin' great.
Thanks for the food we already ate.
Singing thank you, Father, thank you!
Thank you, Father, thank you!

World So Sweet Grace

Just a simple, fast grace.
Thank you for the world so sweet.
Thank you for the food we eat.
Thank you for the birds that sing.
Thank you God for everything.

Blessing Hymn

(Tune: Edelweiss)

Come dear Lord, be our guest
As we gather together.
May our heart glow with love,
Keep us close to you ever.

Friendship and joy, may they
bloom and grow.
bloom and grow forever,
Bless our homes, bless our friends,
Bless our common endeavors.

Thank you God, for this day,
Bless all those who greet it.
May your love glow with peace,
may your love go forth from us.

Friendship and peace may they bloom and
grow
Bloom and grow forever.

Bless our friends, bless our work
bless each of us forever.

We Know, We Know

(Tune: Hi Ho Hi HO)

We know, we know,
from whom all blessing flow
We thank him then
We say Amen
We know, we know!
(We know, We know, We know -
repeat 'til tired!)

God Is Great

(Tune: London Bridge)

God is great and God is good
God is good, God is good
Let us thank him for this food
Alleluia!

Addams Family Grace Grace

Tune: Addams Family theme song.
Cross arms over chest when snapping

We thank you Lord for giving,
The things we need for living
The food, the fun, the friendship,
The Boy Scout Fam-i-ly.

Na na na nah (snap fingers twice)
Na na na nah (snap snap)
Na na na nah (3X then snap snap)

We thank you for the food Lord,
For Mom and Dad and you Lord,
We thank you for the food Lord,
The Boy Scout Fam-i-ly.

Ah-ah-amen (snap-snap)
Ah-ah-amen (snap-snap)
Ah-ah-amen (3X then snap-snap)

Everyday

(Tune: Camp town races)

Thank you God for all you do
Ale-luya
Thank you God for all you do
Every single day.

Every single day. Every single day.
Thank you God for all you do
Ale-luya - Every single day!

Thanks Be To God

(Tune: Wendy)

Thanks be to God, the father almighty
Thanks be to God, who gives us our bread.
Thanks be to God, the spirit eternal
Thanks be to God, forever.

He gives us the starry sky!
He gives us the birds that fly!
He gives us the rainbows high
Above the clouds, above the clouds..
[...Above the clouds, above the clouds!]

(repeat "thanks" part)

God is Great Rock

(Tune: Rock Around the Clock)

God is great, God is good
Let us thank Him for our food
We're gonna thank Him morning, noon and night
We're gonna thank Him 'cuz He's outta sight
Amen, amen, amen, amen....do do do! Yeah!

Alleluia, Amen

(tune: Happy birthday)

Alleluia, Amen
Alleluia, Amen
Alleluia, Alleluia,
Alleluia, Amen

A Blessing

For what we are about to do,
may the Lord make us truly responsible.
For what we are about to think,
may the Lord make us truly wise.
For what we are about to say,
may the Lord make us truly sensible.
For what we are trying to achieve,
may the Lord accept and bless our efforts.

Monday: Helping References

...you shall love your neighbor as yourself. –Judaism and Christianity. Leviticus 19:18

Greatest Commandment: Jesus answered, The first is, ... you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this, You shall love your neighbor as yourself. There is no other commandment greater than these." -Christianity. Mark 12:29-31)

... for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.
-Christianity. Matthew 25:35-36 (Parable of the Good Samaritan also comes to mind)

Golden Rule and Variations:

In everything do to others as you would have them do to you; for this is the law and the prophets. -Christianity. Matthew 7:12

Do to others as you would have them do to you. -Christianity. Luke 6:31

"Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss." -Taoism. T'ai Shang Kan Ying P'ien.

"May I do to others as I would that they should do unto me."
-Philosophy. Plato (Greece; 4th century BCE)

Silver Rule and Variations:

Do not do to others what you do not want them to do to you.
-Confucianism. Analects 15:23

This is the sum of duty: do not do to others what would cause pain if done to you.
-Hinduism. Mahabharata 5:1517

"What is hateful to you, do not to your fellow man. This is the law: all the rest is commentary."
-Judaism. Talmud, Shabbat 31a.

Hurt not others in ways that you yourself would find hurtful."
-Buddhism. Udana-Varga 5:18

"Do not do to others that which would anger you if others did it to you."
-Philosophy. Socrates (Greece; 5th century BCE)

Monday: Helping Reflection

Thought for the Day: Have you ever felt helpless? Imagine yourself trying to take a taxi to a certain location in a huge foreign city. You discover that the taxi driver does not speak your language, and you speak little of his. But the day is saved when a passerby sees the predicament you're in and offers his help. Fortunately, your helper speaks both languages fluently. After only a few moments of explanation by our new friend, the taxi driver has you on your way to your destination. You do not know if your helper has ever been a Scout, but he's shown Scout spirit.

More than eighty years ago, William Boyce felt the same sort of helplessness in a foreign city when he was trying to find his way one night through a thick London fog. Fortunately, a young British Scout became Boyce's helper. With this Scout's helpfulness, Mr. Boyce found his way. He returned home with the idea of starting the Boy Scouts of America - now the largest member of the world Scouting family.

There are many opportunities here at Kamp KNOTS for you to be a helper as you fulfill the third point of the Scout Law. Maybe you can help someone find his way. You can be friend another Scout. You might even share a Scout skill or help someone accomplish a task. Always be ready to "help other people at all times" in fulfillment of the Scout Oath - and the Golden Rule.

Questions for Discussion:

1. What are some ways you can do to help others while at Kamp KNOTS?
2. What are some religious examples of people being helpful and caring?

Prayer: Lord, help us to always have a helpful spirit, seeking to show concern for the needs of others. AMEN

Breakfast Prayer: As we begin this day, O God, make us aware of ways we can be helpful to others. Bless this food and this day as we seek to serve you. AMEN.

Evening Prayer: As we end this day, grant us peace, joy, a giving spirit, fellowship, and brotherhood, O Lord. AMEN.

Tuesday: Cooperation References

Israel's reconciliation with God can be achieved only when they are all one brotherhood.
-Judaism. Talmud, Menahot 27a

The believers indeed are brothers; so set things right between your two brothers, and fear God haply so you will find mercy. –Islam. Koran 49.10

Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them. –Christianity. John 17.20-21

It is because on antelope will blow the dust from the other's eye that two antelopes walk together. –African Traditional Religions. Akan Proverb (Ghana)

Let your aims be common,
And your hearts of one accord,
And all of you be of one mind,
So you may live well together.
-Hinduism. Rig Veda 10.191.2-4

Maintain religion, and do not stir up any division within it. –Islam. Koran 42.13

Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand. –Christianity. Matthew 12.25

There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. –Christianity. Galations 3.28

Two are better than one; because they have a good reward for their labor.
-Judaism and Christianity. Ecclesiastes 4:9

People of All Colors - I was born with a bronze skin, and I like it. Some of my friends were born white or black or yellow. They were not consulted. But that's all right. There are yellow roses, white roses and red roses, and the fragrance of the one is about as nice as another. I hope my children will live in a world where people of all colors can sit and work together. -Native American Chief Walking Buffalo of the Stoney Indians

Tuesday: Cooperating Reflection

Thought for the Day: Someone once said, "When you help someone up a hill, you are a little nearer to the top yourself." Life is like that in almost all we do. Any job is made easier and lighter if you have help. Any wonderful scene, great movies, excellent book, or tasty meal are much better if they are shared. Anytime we truly share in something with another person, we cooperate with them. We decide, "I'll do this and you do that, and we'll get through this together."

Every baseball, basketball, or football team depends on cooperation. "I'll pass the ball to you, and you put it through the hoop." This process has served humanity through the centuries. It has been found to be one of the most successful means of accomplishing great things. An old adage says that it's surprising how much you can get done if you don't care who gets the credit.

God wants us to learn to cooperate. He made it almost impossible for us to accomplish certain things without help and cooperation. At first, we sometimes balk at the need to share a burden with someone else, but eventually, we learn to do our best work with a trusted, cooperative partner.

We can learn a great deal about cooperation from our summer camp experience. After all, it takes cooperation and patience to live successfully in such close quarters. If you get frustrated with your fellow Scouts, ask for God's help. He will bless you and your life will be richer and fuller.

Questions for Discussion:

1. What are some of the obvious benefits of cooperation?
2. Why do you think God wants us to learn to cooperate? Why is it important that we learn to live in harmony?

Prayer-Morning: O God, we thank you for the daily challenges you provide us. We pray for your blessing and inspiration in finding peaceful and cooperative solutions to them. AMEN.

Prayer-Evening: Dear Lord, we thank you for this day and for our many blessing. We pray your spirit to attend us through the night and bless us tomorrow with unity, harmony, and peace in our efforts. AMEN

Wednesday: Friendship References

"Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow: but woe to him that is alone when he fall; for he hath not another to help him up."

–Judaism and Christianity. Ecclesiastes (sound familiar ... the buddy system!)

"A faithful friend is a sturdy shelter; he who finds one finds a treasure."

- Christianity. Sirach 6:14

"A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses." –Judaism and Christianity. Proverbs 27:19

There are three sorts of friend that are of value [...] Friendship with the upright, with the true-to-death, and those who have heard much. -Confucianism. Analects 16.4

The friend who is a helper all the time,
The friend happiness and sorrow both,
The friend who gives advice that's always good,
The friend who has full sympathy with you,
These four the wise see as good-hearted friends
And with devotion cherish such as these
As does a mother cherish her own child.
-Buddhism. Digha Nikaya iii.187, Sigalovada Sutra

Those that are good, seek for friends; that will help you to practice virtue with body and soul. -Taoism. Tract of the Quiet Way

Greater love has no man than this, that a man lay down his life for his friends.
–Christianity. John 15.13

Wednesday: Friendship Reflection

Thought for the Day: He who brings you closer to God is your friend. One of the great blessings of friendship is the sharing of meaningful and enjoyable discussion time together and fellowship. Each of us needs and tells our hopes and dreams, and in whom we can find safe, peaceful comfort. Here, among your many friends in Scouting and in this historic countryside, you can find and build friendships that will last a lifetime.

Remember that to have a friend, you need to be a friend. Reach out to someone, share something, reveal something of your own personality and qualities to him, and look for his best qualities and characteristics.

Whenever God desires to bless us, it is usually through the hands of someone else on earth. More often than not, it is friends that provide some of God's greatest blessing. We bless others when we serve them; we are blessed when we allow others to serve us. Incorporate the values of Scouting and your natural inclination to do a Good Turn daily to find, build, and maintain friendships in all that you do here.

May God bless you to desire the friendship and fellowship that is available to us here at Kamp KNOTS this summer.

Questions for Discussion:

1. What can we do today to be a friend to someone else?
2. When you are among your closest friends, do you notice a feeling of spiritual growth and development that may not be present when you are around certain others? What do you think accounts for this difference?

Prayer-Morning: Dear God, we thank you for the opportunity to love and serve our friends, and pray for your divine guidance in leading us to those who will become our true friends. AMEN.

Prayer-Evening: Dear God, as we close the day, we offer our gratitude for all that we have and are. We thank you for our friends and for the blessings that come through them to us. AMEN.

Thursday: Giving and Sharing References

"What is good has been explained to you; this is what God asks of you, only this: to act justly, to love tenderly, and to walk humbly with your God."

-Judaism and Christianity. Micah 6:8

In all this I [Paul] have given you an example that by such work we must support the weak, remembering the words of the Lord Jesus, for he himself said, 'It is more blessed to give than to receive.' –Christianity. Acts 20:35

... give, and it will be given to you. [...] for the measure you give will be the measure you get back. –Christianity. Luke 6.38

Those who act kindly in this world will have kindness. –Islam. Koran 39.10

If beings knew, as I know, the fruit of sharing gifts, they would not enjoy their use without sharing them, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last bit, their last morsel of food, they would not enjoy its use without sharing it, if there were anyone to receive it. –Buddhism. Itivuttaka 18

Giving simply because it is right to give, without thought of return, at a proper time, in proper circumstances, and to a worthy person, is enlightened giving. Giving with regrets or in the expectation of receiving some favor or of getting something in return, is selfish giving. –Hinduism. Bhagavad Gita 17.20-21

The man of perfect virtue, wishing to be established himself, seeks to establish others; wishing to be enlarged himself, he seeks also to enlarge others.

-Confucianism. Analects 6.28.2

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. –Christianity. Philippians 2.3-4

If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Ecclesiastes 4.10 (yeah, the buddy system again – it's everywhere!)

Thursday: Giving and Sharing Reflection

Thought for the Day: Summer camp draws people from all over the state and even people from other states. It offers each camper unique opportunity to give and share. Everyone comes with a unique cultural background and this diversity brings a tremendous richness to Kamp KNOTS. You have already met many Scouts from various regions of the state and probably have made some new friends. When we share the uniqueness of each culture, we begin to learn that we are not really all that different. We all experience similar feelings of happiness and sadness, fulfillment and disappointments, confidence and fear. When we realize that people are basically much the same, we don't find it so difficult to treat each other with justice and love.

Sometimes, however, people become somewhat shy and fearful of making new friends. Do you find yourself trying to cling to familiar surroundings or spending your time only with the people you know? Might there be someone in your group who is very shy and needs some help in meeting new friends? God truly wants us to learn about each other, to understand each other, and to come together in friendship.

Ask God to help you overcome any fear or shyness you might feel. Do your best to open yourself to new experiences. Trust that all you do in developing these bonds of friendship will help to build a world of justice, love, and understanding. Believe that God is present with you and will help you in this work. Help build some paths to the future.

Questions for Discussion:

1. What are some of the God-given gifts you bring to Summer Camp? Have you tried to share these with others?
2. Have you tried to learn about other regional distinctions, customs, and cultures? Have you made many new friends?

Prayer: God, help me work for peace, justice, and love in our world by uniting my self with others in friendship. AMEN.

Breakfast prayer: Dear God, help us all to use this day well. We thank you for this food that gives us energy to work in building a world of understanding among all peoples. AMEN.

Evening prayer: Thank you, God, for this day. Grant us a peaceful and restful night so that we may awaken refreshed and eager to work again in building a world of justice, love, and understanding. AMEN.

Friday: Future References

Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth. –Judaism and Christianity. Psalm 46:10

If God is for us, who can be against us? –Christianity. Romans 8.31

United with me, you shall overcome all difficulties by my grace.
–Hinduism. Bhagavad Gita 18.58

Men of little ability, too,
By depending upon the great, may prosper;
A drop of water is a little thing,
But when will it dry away if united to a lake?
-Buddhism. Elegant Sayings 173

Youths may faint and be weary,
And young men may fall, exhausted;
But they who hope in the Lord shall renew their strength.
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not grow faint.
-Judaism and Christianity. Isaiah 40.30-31

Whosoever keeps his duty to God, God will appoint a way out for him, and will provide for him a way that he cannot foresee. And whosoever puts his trust in God, He will suffice him. Lo! God brings His command to pass. God has set a measure for all things.
-Islam. Koran 65.2-3

Friday: Future Reflection

Thought for the Day: In 1932, Kamp KNOTS began with some land and a vision. Today, Kamp KNOTS has grown to encompass a woodland that serves our Scouting and non-Scouting communities on a year-round basis.

Kamp KNOTS – replete with a dining hall, an swimming pool, a lake, and many other facilities – is our outdoor facility that we use to teach character, citizenship, personal fitness, and environmental awareness.

Adjacent to a Gorge, a State Park and a Glen Nature Preserve, Kamp KNOTS is an integral part of many continuous acres of natural woodlands.

In surroundings such as these, it is not difficult to believe in God's great power or to God's love for those God created to inhabit the earth. However, every day at the summer camp will be filled with exciting new experiences, each one vying for your attention. It will be easy to become distracted and fail to acknowledge God's presence here. Yet, God is just a prayer away.

Be certain to take a few moments out of this and every day to thank God for all God has done for you. As the 46th Psalm reminds us, it is important for us to be still and to recognize God's presence and power in our lives. That you are reading this Meditation is a good indication that you recognize the importance of doing your duty to God each day.

Questions for Discussion:

1. What are some of the ways we can know that God exists here at Kamp KNOTS?
2. Are there times in your life when you felt God's presence in an especially strong way? If so, when?

Prayer-Morning: Thank you God, for loving us. Give us a special sense of your presence today as we observe your creative power all around us in this land. AMEN.

Prayer-Evening: As we end this day, we pause to praise you, to be still and know you better. We are grateful for our safe journey, our families, the world brotherhood of Scouting, and your presence with us now. AMEN.

Saturday: Memories!

Remember how the Lord your God led you all the way. –Christianity. Psalm 46:10

Thought of the Day: While we have no vespers service this morning, we hope you think back on your experience at Kamp KNOTS fondly. Perhaps you will remember it for a lifetime, as many of the staff do from our time at camp as a youth (and even now). It is now time for you to leave this special place after having spent almost a week here. You may have mixed emotions - On the one hand, you are probably eager to see your family and friends. On the other hand, your mind may be flooded with wonderful memories that may make you want to remain just a little longer.

We hope your memory of Kamp KNOTS is one of fun, and people, and spiritual experiences and places, and fun and ... did we mention fun? As for our vespers and Chaplain's program we hope you felt God's love and presence even though you were many miles from home. As the Scripture passage reminds us, God is always there leading and teaching us, in good times as well as those that are not so good.

What about you? As you soon depart Kamp KNOTS site, do good memories go with you? Will you think of times when you felt closer to God, in prayer, in personal moments of reflection, in shared Meditation experiences with others, and in the awesome recognition of God's creative power? Will you be able to testify that God is willing to lead you wherever you go on planet earth and even beyond. After all, you have already stepped into the future by learning to live in God's country and in nature at Kamp KNOTS.

Questions for Discussion:

1. What memories of God's love and care will you be taking with you as you leave Kamp KNOTS?
2. Who are some people who have made special contributions to you during your stay here at Kamp KNOTS? Why?

Prayer: Thank you, God, for leading us each day wherever we may go in this world. We love you. AMEN.

Breakfast prayer: As we begin a new day, we give thanks, O Lord, for the many great memories of this Summer Camp, for our food, and for your many blessings. AMEN.

Departure prayer: Lead us O Lord, as we prepare to leave Kamp KNOTS. We are grateful for our many Scouting experiences in the land we will long remember. Protect us in travel and preserve our memories of this adventure. We ask this in your name. AMEN.

GODSPEED!