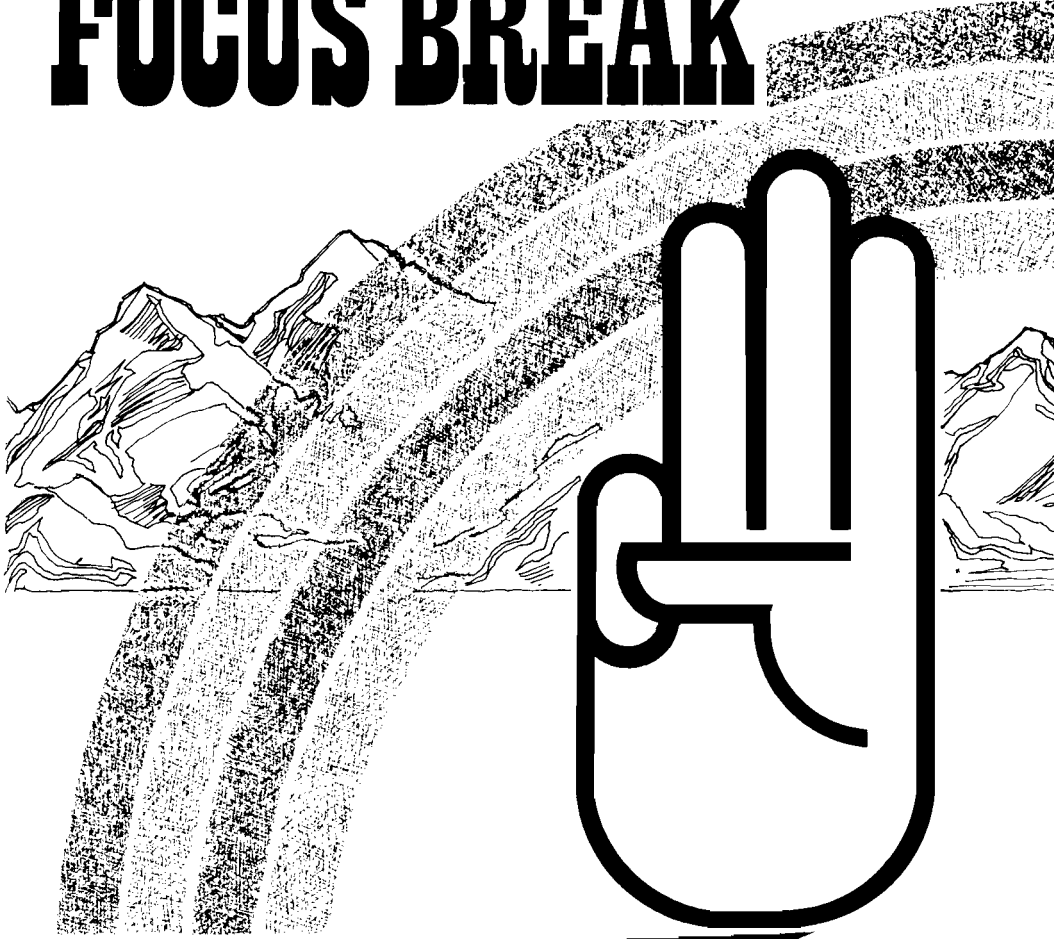


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FOCUS BREAK



GUELPH, ONT., 1985

«*Mise au Point*» disponible des
membres du corps des chaplains

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Credits

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HOW TO USE THIS BOOK...

Why have Focus Breaks at all?

Because the first loyalty that every Scout promises is “to love and serve God”. **Focus Breaks** are a way of taking a few minutes each day, in an informal style, to think about how this Jamboree’s experiences are related to God’s purpose for each person. Hopefully, they will help us see where we are going, where we have been, and will give a perspective on the activities of each day.

Focus Breaks help to put the blur of events into sharper focus.

When should you take a Focus Break?

Anytime. They are written for use in the morning. But the idea of **Focus Breaks** is that they should grow naturally out of any time when you are thinking and talking about Jamboree life. If that time turns out to be just before going to bed, that’s the time for **Focus Breaks**. **Although Focus Breaks** are intended for use in groups, they can also be used by individuals.

How do Focus Breaks work?

Each day’s **Break** has five straightforward steps.

1. There’s a time for **looking back** at what has been happening. In Scout and Venturer groups, this will probably happen almost automatically. If you need prompting to get thoughts flowing, you can make use of the suggested questions that start each **Focus Break**.
2. The next step gives **perspective** to your thinking or talking. The suggested questions (which can be casually thrown into a discussion) will help to bring out a particular theme or concern.
3. The **Focus Point** is a paragraph, like a thought for the day, which summarizes that theme or concern. In groups, it can be read as it is, by a leader or a boy. Preferably, the leader should read over the day’s **Focus Break** in advance, think about the theme, and be prepared to insert the **Focus Point** into the discussion in his own words.
4. This leads to the next step, **looking ahead**. Run over the agenda for this coming day, and what you as a group or an individual staffer will be doing. Use the suggested questions to look at possible ways the **Focus Point** might affect the way you deal with the day’s activities.
5. A suggested Bible reading and prayer help to connect the discussions you have been having to the traditional bases of religious faith. Scout groups belonging to non-Christian faiths should substitute readings from their own scriptures, matching them to the theme of the **Focus Break** if possible.

Any special suggestions for groups?

As a leader accustomed to working with youth, you already have skills in encouraging discussion. **Focus Breaks** are simply a particular kind of discussion. Their aim is to stimulate thinking about the meaning of each day’s experiences.

Focus Breaks could take only a couple of minutes. They could also con-

tinue most of the day, off and on. Encourage any discussion that takes place.

Remember that the best way to have young people take a discussion seriously is to treat each contribution as if it were serious, even the smart-alec comments.

Keep it informal, if possible.

Similarly, make discussions a sharing of views, not an argument. If you disagree with what someone says, explain what you believe without forcing them to accept your ideas. It's important that youth **grow** towards a fuller understanding, because then the understanding will be theirs, not someone else's.

Try to involve everyone. If one person seems to need extra attention, arrange to spend time with that person later.

Selecting each day's Focus Break

The **Focus Breaks** for the first three days of the jamboree, and for the last day, are numbered in order.

For the remaining days, however; the **Focus Breaks** are not numbered. Leaders should choose the **Focus Break** that is most appropriate for the activities of each particular day — land activities, water activities, city tour, etc.

There is a special **Focus Break** for "A Day of Worship or Rest."

What's a "Disaster Day"?

At almost every camp or jamboree, something will go wrong. It could be an accident that happens to someone, a fire, a Scout getting lost, an illness that sweeps the camp. It may be a natural disaster, such as a windstorm that damages tents or a prolonged downpour that floods campsites and makes everyone miserable.

Whatever it is, while the "disaster" is in progress, you probably won't have time for a **Focus Break**. The special Disaster Day **Focus Break** is for use when the "disaster" is over and you're recovering. You may use it as a substitute for a regular Focus Break, or in addition to the regular Focus Break.

Suppose I need help?

Each sub-camp has a chaplain assigned to it, on hand at all times. The chaplains (identified by their chaplains' badges and purple hats) form a religious observances group. They're available to assist youth or adults with personal difficulties, counselling, advice on religious programs, worship services, etc.

Drop-In Centre

Chaplains are available during most of the daytime hours at the Youth and Adult Drop-In Centres. Boys, leaders, and staff are all welcome to drop in, to talk, to play video and other games, to read a selection of books and comics, and to watch videotapes and films.

NO. 1: STARTING NEW ADVENTURES

Looking back:

What kinds of things happened? How long did it take to get here? Did anyone lose a bag or pack? Did anyone get airsick? What about the difficulties of setting up camp?

Getting a perspective:

Was it worth some of the troubles to be here? Does anyone think it wasn't? Is anyone worried about what this Jamboree will be like?

Focus Point:

This jamboree is a new experience for all of us. It's natural to feel a little nervous about it. We're in a strange place, surrounded by people we've never met before. We don't know, yet, what the weather will be like, or what our activities will involve, or how well we will do what's expected of us.

None of us have ever been to this jamboree before. Some have been to other Jamborees. But this is a new experience for everyone here.

But then, every day, anywhere, is also like that. Every day is new. We've never lived it before. Like a birthday — others may have been that age before, but they have never lived your life. Nor have you. Every year is a new experience. That's true for everyone, no matter how long they may have lived, or how much experience they may have had.

These new days can be an adventure, if we take them that way. Not just here at CJ '85, but every new day of our lives.

Today's agenda:

Talk about the events, activities, programs, and duties scheduled for the coming day. Pay special attention to camp responsibilities, such as cooking and cleanup.

Looking ahead:

What's familiar about today's program from other events? What's new? When you come to the end of the day, what kind of feeling would you like to have? Is there anything you can do to help that feeling come about?

Bible reading:

Psalm 23

Prayer:

Lord, as we start into the adventure called CJ '85, we have hopes and dreams and concerns. Help us to get along with each other so that we can fulfill those hopes and dreams. Don't let us lose track of our goals in the newness of this place and this time. Help us to make a new start today, leaving behind yesterday's problems and troubles. Amen.

NO. 2: LIVING TOGETHER

Looking back:

What do you most remember about yesterday? What incidents stick in your mind? What were your feelings during the day?

Getting a perspective:

What had you expected of this camp, this place, these events, before you came? How do the things that have actually happened compare with your expectations?

Focus Point:

Did you ever try to catch a firefly at night? Its light glows for a second, and then just as you're about to catch it, the light goes out, and you're left in the dark, until it glows again somewhere else.

Life's like that. There are so many things to chase after, so many dreams of what we want to do and to be. Like chasing fireflies, sometimes we chase those hopes and dreams here and there and everywhere, without quite catching any of them.

This Jamboree could turn out that way too. It could be just a bunch of people gathered together, with all of them doing their own thing, and no sense of purpose. Or it could be remembered as one of the great moments in Canadian Scouting.

We think of history as something that happens to other people — famous people like Napoleon or Columbus. But the fact is that history is going on all the time, and each one of us is helping to write it. Years from now, this jamboree will be history, too. People will look back, and see what kind of an event we helped to shape, by the way we all took part in it.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

The first step in developing a spirit of co-operation throughout this jamboree has to be a spirit of co-operation among ourselves. What can we do, today, to ensure that none of us feels left out, or feels of lesser value than others?

Bible reading:

I Corinthians 12: 14-27

Prayer:

Lord, help us to put our efforts and energies to work in this your world, to improve it for everyone's benefit. Prevent us from wasting opportunities. Keep us from being selfish about our wants and desires. As you journey with us through this adventure of life, teach us to get our directions and our sense of purpose from you. Amen.

NO. 3: THE SCOUTING SPIRIT

Looking back:

What do you feel best about, among all the things that we have done so far? What were some successes or highlights? Are they the same for you as individuals as for the whole group?

Getting a perspective:

What is it that makes a person a Scout? If someone simply bought a Scout uniform and wore it, would that make him a Scout?

Focus Point:

At a jamboree like this, many things keep us busy. Some are new and exciting, some may be boring. But in all this activity, there's a danger we may forget who we are, and why we are here.

Although people here come from all parts of Canada, and there are people from many different national backgrounds, we are all here because we are part of the Scouting movement. In one way or another, we have all made the Scout promise:

“On my honor, I promise, to do my best
to love and serve God, my Queen, my country, and my fellow men,
and to live by the Scout law.”

If we were to try to visit some of the ethnic Scout groups that are here, we might hear strange languages, see different shirts and scarves, or eat unfamiliar food. But we would still all be Scouts together, because we all share the vision of the founder of Scouting, Lord Baden Powell.

The Scouting movement is a bit like world religions. Though each religion has many different branches or denominations, most of them started with the vision of one person. So though there are many Christian churches, they all try to follow the teachings and example of one person, Jesus of Nazareth. There are many forms of Buddhism or Islam, but they all get their inspiration from Gautama, or from Muhammed. In the same way, the Scouting movement is made up of many different individuals and groups. But together, we continue the spirit of Lord Baden Powell.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

Suppose that being a Scout were a crime. Would there be enough evidence to convict you? How can you act and behave today so that anyone could know you were a member of the Scouting movement, even when you're not in uniform?

Bible reading:

Luke 4:16-21

Prayer:

Lord, we want to be recognized as your followers. Make the things that we do, the words that we say, the thoughts that we think, acceptable in your sight. Amen.

NO. 4 – 9:

The appropriate focus break for each day's activities should be selected from among the following.

A DAY OF WORSHIP AND REST

(for the appropriate day of worship for each faith)

Looking back:

What things did we do yesterday that were the same as the day before? Is there any pattern of activities developing?

Getting a perspective:

What day is today? Should it be the same as every other day?

Focus Point:

Long ago, long before there were electronic monitors that could measure people's mental or physical stress, people gradually learned from experience that there were certain rules of life. Because they believed that this was God's world, and that God was in charge of everything, they saw these rules as coming directly from God. It also encouraged them to obey the rules.

Some of those rules were pretty simple. If you go around killing others, or telling lies about them, or taking things that belong to them, or even if you spend your time wanting things that other people have, then obviously you're going to have a very unstable, unsafe, society.

They also learned that when people spend all their time working — often struggling to survive — they get short-tempered. Angry. Self-centred. That doesn't lead to a happy society either. So almost every civilization around the world has a tradition of taking a day off once a week. It's a day for a change of pace, a day when you don't do the same things you do all the rest of week. In countries that are mainly Christian, that day is Sunday. (For Jewish people, it's Saturday; for Muslims, Friday.)

Today's agenda:

Activities, events, programs and duties.

Looking ahead:

There will be a "Scout's Own" worship service for the whole jamboree. But there are also regular activities going on all day. How can we worship God in those activities? Can we make this whole day a day of worship?

Bible reading:

Exodus 20: 1-17

Prayer:

Lord, as we journey on through this jamboree adventure, help us to find ways so that everything we do this day, each game we play or song we sing, may in some way be to your glory and not just our own. Amen.

FUTURE WORLD

(for use before or perhaps after a group session in the computer tent)

Looking back:

How many different kinds of activities have we taken part in already? Are some of them things you've done before at other Scout events?

Getting a perspective?

What do you think of the computer set-up they've got? How is it different from our other activities?

Focus Point:

For you, computers are new and exciting. But many people are frightened of them. They know that the world is changing because of computers. But they don't know what that new world will be like. So they're afraid.

Can you still remember your first day of school? You may have cried when your parent left you there, and you had to face a new and unfamiliar world alone.

One of the hardest things for people to face is change. Any people. Even adults. About 150 years ago, a group of people in England were so upset by the changes that new weaving machines were causing that they organized gangs and went around smashing the new machinery.

Some people feel that way about computers, though they don't go around smashing them.

Maybe there are some things about growing up that worry you. You may even be a little afraid of the changes that are going to come in your lives.

One of the important things about believing in God is that we know we aren't going into the future alone. No matter what the future holds, it's God's future too, and God will be with us.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

If God created the earth, did God create computers? How are computers part of God's world? How can God use them to help create a better world for everyone? Does the way that we use computers help or hinder God in creating a better world?

Bible reading:

Isiah 43: 18-21a

Prayer:

Lord, it's comforting to know that we are not alone in this world, but that you share its pain and sorrow, its joy and energy. Protect us from thinking that you are limited to being on our side only; keep us aware that you accompany each one of us on our adventure of life. Amen.

CANADIAN UNITY

Looking back:

Who are the new people you've met at this jamboree? Which provinces did they come from? Have we met some people from each of the Canadian provinces? Which provinces have we missed? Have we met any new Canadians, or Scout groups from other ethnic origins? Have we met any groups of handicapped Scouts?

Getting a perspective:

Before coming here, did you think about meeting people from many different parts of this country, and many different backgrounds? Did you expect to like them? Now that you've met them, how do you feel about them?

Focus Point:

Friendship is a funny thing. It always comes unexpectedly. You never know when someone is going to be a friend, or how it will happen.

Some people make friends more easily than others. Part of the secret is that they are willing to take a risk. Often, we prefer clinging to old friends instead of making new ones. The risk comes in offering yourself to someone else as a friend — without knowing yet whether that person will accept you. If your friendship isn't accepted, you can be very deeply hurt.

Sometimes friends disagree. You can't always have things your way. Then you may have to give up something for the sake of your friend.

Friendships don't happen just between people. Our whole country is based on friendship. It's only when people from Atlantic to Pacific, from the U.S. border to the Arctic islands, can work together as friends that we can overcome our differences and become a unified nation.

When we make friends here at the jamboree, we're helping in our own small way to make Canada a better country.

Today's agenda:

Activities, events, programs, duties.

Looking ahead:

Every day there are opportunities for meeting new people and making new friends. How can we turn some of the people we meet into friends? How do we get to know them better? How can we be more friendly towards others?

Bible reading:

Matthew 7: 7-12

Prayer:

Lord, as we go out into the world today, we will meet Scouts from many different parts of our country. We can shut them out of our lives, or we can welcome them into our lives as friends. Help us to make the right choices. Amen.

THE ROYAL CITY (Guelph)

Looking back:

Instead of considering the kinds of things that have been done, encourage the Scouts to think about locations. Where have they spent their time during the jamboree? Land? Water? What parts of the jamboree area? On fields? In woods? In crowds? Off by themselves?

Getting a perspective:

Is all of Canada like this jamboree site? How is this place typical of our country as a whole? How is it different?

Focus Point:

More than half of all Canadians live in cities. And as the cities keep growing, fewer people live in rural areas. Some people love cities. Others hate cities, because they are so unlike the natural world that God created.

Have you ever made sand castles at a beach? In a way, cities are like those sand castles. God created the beach and the water; people created the sand castles. In the same way, people created cities in God's world.

In Biblical times, the most famous city was Jerusalem. In later years, when people moved to new countries to settle, they sometimes talked about a "New Jerusalem" — their vision of creating a place that would be more like the kind of world God wanted.

You can tell a lot about what matters to people by the way their build their cities. When Guelph was settled in 1827, they wanted their city to look right. So they made a law that all the buildings along the main street had to be built of stone. They built a cathedral on a hill, where no one could miss seeing it. The kind of city they built gives us clues to what they believed in.

We aren't cities. We're people. But in the same way, the kinds of things that we do, the way we treat others, give clues to what each of us believes in.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

In the various experiences we'll have today, how can we demonstrate to people that we take our Scouting promise and law seriously? How might others see that we "love and serve God, our Queen, and our country"? What kind of clues might we be giving when we think no one is watching?

Bible reading:

Psalm 19: 7-14

Prayer:

Lord, help us to realize that in doing your will, in obeying the laws for living that you give us, some of your qualities rub off on us. In doing your will, we become more like you. Help us to be your representatives today, to all we meet. Amen.

WATER ACTIVITIES DAY

(for any day on which water sports may be a major activity)

Looking back:

How many of the things we've done have involved running? Climbing? Walking? Sitting? (note—these are all land-based activities.)

Getting a perspective:

Are you looking forward to our water activities? Why? What's so special about water?

Focus Point:

One of the reasons that water is special is that it's a symbol. Do you know what a symbol is? A symbol is a very ordinary thing that reminds us about a lot of other extraordinary things.

Water isn't just water. It's also what keeps us alive. Without water, we'd have no green plants, just desert. We have to drink water or we die of thirst.

Water helps us keep clean. It lets us wash away germs and dirt that could harm us.

Water is like coming home. All of us, before we were born, lived entirely in water, when we were in our mothers' womb. Maybe it was also our universal home. The theory of evolution says that all life (of which we are a part) began in the oceans, then spread to land. The first chapter of Genesis in the Bible also says that God created life in the oceans first, and then created the land creatures.

Our bodies are about 80% water.

But though water gives us life, it can also take away life. Many people drown in water every year. So it reminds us of death, too. Symbols often have two sides like that.

That's why many religions use water in their rituals. Christian ministers, for example, use water when they baptize people. The water is a symbol of being made clean and new, and of making a new beginning in a new way of life.

Today's agenda:

Activities, events, programs, duties.

Looking ahead:

In what ways did we become new people when we took the Scout promise? How might we remind ourselves of our new lives as members of the Scouting movement today? (Each time we fall into the water, perhaps?)

Bible reading:

Genesis 1: 1-2, 20-27

Prayer:

Lord, we have a special opportunity today. Help us, as we have fun and enjoy ourselves, also to be constantly reminded that you have the ability to transform us, to re-make us as a new creation closer to your own image. Amen.

LAND ACTIVITIES DAY

Looking back:

Are you getting used to sleeping on the ground?

Getting a perspective:

If you were God, would you have made the ground hard or soft? (If hard) What would that be like to plant seeds in, or for worms and moles to dig in? (If soft) What would that be like to run on, or to ride a bicycle across?

Focus Point:

We human beings have tried to be like God in dealing with the earth. And we haven't been very successful.

We've made the earth harder. We've paved it for parking lots and highways, and we've put up houses and cities on it. Then we find that we're running short of good farmland to grow our food on.

We've tried to make it soft by ploughing it, and then the rain washes a lot of our topsoil into the streams, or the wind blows the topsoil off as fine dust.

We've killed off many of God's creatures with pesticides and poisons, and we've tried to make the earth grow more by loading it with fertilizers. But we're finding that managing the earth is much more complicated than we had thought. Playing God isn't easy.

We haven't realized what a wonderful gift God gave us, in the earth. But we have to remember that it wasn't given just to us. It's also for future generations. We need to pass it on to others, in good shape. That means being careful about pollution and industry. It means thinking about how each one of us is affecting the earth when we throw away candy wrappers, or trample down the grass (other examples from observation may also apply). God gave us the earth to look after, not to destroy.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

What are you standing on? What will you stand/walk/run on all day? How much do we depend on the earth? How can we help to look after the earth today?

Bible reading:

Psalm 24: 1-6

Prayer:

Believe as you, Lord God, creator of the universe, who brings forth good things from the earth. We thank you for the gift you have given us, in a complex earth that we could not do without. Help us, in all we do, to care for it, and to make sure that the world we pass on to others is as good or better than the one we received. Amen.

NAMING EXPERIENCES

Looking back:

Ask each person about the one most important thing that has happened during this jamboree, so far?

Getting a perspective:

What was it, about that incident, that made it important? What did people learn from it? What difference will it make to their lives?

Focus Point:

The Law of Gravity existed before an apple dropped on Sir Isaac Newton's head, and startled him into thinking about why objects like apples fell towards the earth, instead of flying off into space. What made Isaac Newton a great scientist was that he recognized something going on, and was able to name it.

In the ancient story of Adam and Eve, Adam named the animals that appeared before him. After that, they could be identified. In the same way, we have learned to identify some birds and animals here, by giving them names. People were just faces to us, until we learned how to put a name to them, to identify them again.

It's important to do the same for our experiences. We need to identify "teamwork" as the key to success in games; or "careful caution" as the key to climbing cliffs. When we can name whatever it was that made an experience special, then it is fixed in our memory. It won't slip away from us, and be ignored or forgotten.

Today's agenda:

Activities, events, programs, and duties.

Looking ahead:

Now and then during the day, stop for a moment's reflection, to think about what quality — like co-operation, togetherness, or individual initiative — is special about this activity? What are we learning from it?

Bible reading:

Genesis 2: 15-20a

Prayer:

Creator God, you have given each one of us names, which make us individuals. Help us to follow your example of creativity, by encouraging us to identify and remember our learnings in these special days. Amen.

NO.10: DEPARTURE

Looking back:

Without going into detail on any one incident, try naming or listing all the different things you have done, or the people you have met, at this jamboree.

Getting a perspective:

Are you surprised at how much has happened? With so much that has gone on, how do you feel about heading home?

Focus Point:

A week ago, all of this was new and strange. Now it's familiar, and we're feeling sorry to leave it. Although at the beginning we were nervous and uncertain, we've gained a lot of strength from each other over this time. We've worked together, laughed together, maybe suffered a little together. When we break up and go home, it's going to seem strange to be alone again.

One thing we should learn from this Jamboree is that we can trust each other. In this camp, we've lived in tents that can't be locked. We've lived close to thousands of people we never met before. Yet there's been very little theft or damage or violence.

Partly that's because we are all in Scouting, and Scouts are expected to be trustworthy. But it's also because we took the risk of trusting them. If you expect to be cheated, you probably will be. But if you are willing to trust people, as we all have at this camp, the chances are you'll find many more whom you can depend on.

Today's agenda:

Activities, events, programs, and duties. This may include departure schedules, travel suggestions, etc.

Looking ahead:

Think of some of the people you'll have to trust before you reach home again — from bus drivers you can see, to airline mechanics you can't. How many of them can you check up on before you trust them? Are you yourself as dependable as you expect others to be — like all the people you will be trusting with your life?

Bible reading:

Psalms 121

Prayer:

Lord, in all the things that are going to be happening, in all the rush of last minute activities, help us not to forget about you or to doubt you. Be with us, even when our minds are on other things. Amen.

DISASTER DAY

(For optional use, when things go badly. Either substitute this **Focus Break** for a regular one, or use in addition.)

Looking back:

Take extra time for this. Talk about what people felt like when the lightning struck, or the tent fell down. . . . Reliving some of the problems can make them less frightening. Often, they turn into things to laugh about.

Getting a perspective:

What have we learned from this experience? Simple responses like “Stronger tent poles,” “A warmer sleeping bag,” or “Learn some First Aid,” may be all that’s possible.

Focus Point:

Sometimes it’s only when things go wrong that we start to learn. When everything’s going well, you can just coast along. Why bother learning, when you’re doing all right as it is?

But when things go wrong, you realize how much more there is to know. You realize how much better things could be. You’ve got something to aim for.

The Scout motto is “Be Prepared”. In these last few hours, we’ve realized that we could have been better prepared than we were.

Today’s agenda:

Forget about today’s agenda until the past has been talked out, and people are ready to move on into new activities.

Looking ahead:

What has this experience shown you that you need to know? About camping? About your skills? About yourself? Are there courses or programs that could teach you these things? Can you start to plan now for such a course?

Bible reading:

Psalm 46

God is our refuge and our strength, always ready to help in times of trouble.

So we will not be afraid, even if the earth is shaken,

And mountains fall into the ocean depths,

Even if the seas roar and rage, and the hills are shaken by violence,

The Lord God Almighty is with us; the God of Jacob is our refuge.

Prayer:

Lord, it was rough while it lasted, but we thank you for this experience anyway. We have come out of it stronger and wiser than we were. We have learned that there is strength in depending on each other; we know better what we need to learn. We thank you for being with us, and supporting us in our time of need. Amen.

CHAPLAINS' SERVICES

The members of the chaplaincy corps are on hand at the Jamboree to help you. There is a "Faith Celebration Centre" next to the Drop-in Centres; any religious group at the jamboree may book this centre through the manager at the Drop-in Centre.

There will be regular services in the sub-camps for those who wish to attend, from the various churches and denominations. Details and times will be posted on bulletin boards in each sub-camp, and at the Chaplains' Drop-in Centres.

Chaplains will also be responsible for leading a "Scout's Own" service on Sunday evening; all Scouts, Venturers, and adults are urged to attend.

The Youth and Adult Drop-in Centres will be open from 9 a.m. to 9 p.m. each day, with two or more chaplains on hand. They will have available a variety of books, games, comic books, and videotapes of films. Any Scout, Venturer, leader or staff member is welcome to drop in, to read, talk, watch, or play.

In addition, you can call on the assistance of a chaplain if you find yourself in a situation such as having to tell anyone about a death in the family, or to cope with any similar emotional trauma.

TABLE GRACES

Having a Grace at meals is another way, like the daily **Focus Breaks**, of making connections between ordinary events and God.

These pages suggest two kinds of graces — verbal and ritual. You may choose to use one or the other, or possibly both. Some of the suggestions for rituals may seem silly, but the important thing is to have some regular act that marks the start of every meal, and that helps to define the group uniquely before God. Each verbal grace is a suggestion only. They may be adapted or changed; they can be read or put into your own words; they can be given by a youth or a leader. The main thing, is to keep them short and to the point.

Dear God, for (give names) who prepared this meal for us, for all whose work enabled us to receive this food today, and for the good earth that grew it, we are grateful. Amen.

Our Father, we have expended energy together today in our activities. We're glad now to be together as we renew our energy and our fellowship. Amen.

Lord, there's a time for everything — to do things, and to relax, a time to put out effort and a time to take in food, a time to challenge ourselves and a time to grow comfortable together. Let us enjoy this time while we eat. Amen.

Jesus, here's a new day, a new set of opportunities. Before we launch into the excitement of this day, let us share in peace and companionship this meal together. Amen.

Heavenly Father, our lives are filled with good things, so that our strength and spirit is renewed like the soaring of an eagle. Keep our spirits high, lifted up by the fellowship in which we share this meal. Amen.

Rituals

In an act that can be symbolic of Christian communion and that also reminds us of the equality of all people who need food to live, you might pass around a slice of bread or a bun at the start of each meal. Have each person break off a piece and eat it before commencing the meal itself.

For similar reasons, you could start every meal by having everyone simultaneously drink from their own cups. Make it a rule that no meal starts without this act which is done by everyone at once. No words are needed.

Before starting to eat, have everyone reach into the middle of the table for a mass handshake or handclasp. Remember to use your left hands!

Extend a Scout staff the length of the table, and have each person reach out (with the left hand, of course) to clasp it for five seconds.

FLAG CEREMONIES

In the mornings:

(With Scouts and Ventures at the alert, the flag ready for raising/breaking)

A new day begins. Let's speak to God who gives us this day, and ask God's blessing and help.

Prayer: (from the prayers below, for each day; read by leader or youth)

(Raise/break the flag.)

(Period of silence and meditation.)

Announcements, as necessary.

In the evenings:

Day is done. Evening falls. Let us be silent, and think about what we have done today.

(Period of silence and meditation.)

(Lower the flag.)

Prayer: (from the prayers below, for each day)

Announcements, as necessary.

MORNING PRAYERS

1. At the start of this day, we come before you, Father. Help us to live as members of the Scouting Movement, thinking those thoughts and doing those things that come from our prayer and promise. Help us to dedicated to you, O God, our work. We ask you to forgive our shortcomings as we forgive the shortcomings of others.

Amen.

2. God bless our brothers and sisters in Scouting, especially

EVENING PRAYERS

1. As the quiet splendour of the day dies away with all its joys and sorrows, we wait for the shining light that never fades. Call us from our distractions and gather us into the quiet of your love. Meet with us, O Father, for we seek your face.
Amen.
2. Forgive us, heavenly Father, whatever we have done wrong to-day, that we who sleep

those gathered in this jamboree. We live among your people as those who are willing to serve. Make us sensitive to the needs of others and give us sufficient courage and wisdom to act with love and compassion each day of our lives.

Amen.

3. Father, thanks for the past night and for all the joys of the morning. Be present at our Jamboree throughout this day. Help us to participate in all events well. Keep from us all that is evil. Make courage, loyalty, happiness and good comradeship flourish among us, always, and help each of us to think of the others' good.

Amen.

4. Almighty God, who spreads the heavens as a tent to live in, look on your sons and daughters who start a new day. Drive out of this Jamboree all things that offend, and unite us in service towards one another, that this day may be well spent in friendship and happiness.

Amen.

5. Into your hands we commend ourselves, O God. Give each of us a watchful spirit that we may do your will perfectly and gladly — to the honor and glory of your name.

Amen.

6. At the start of a new day with our brothers/sisters in Scouting help us to remember our promise and prayer to love you, O God, and love our brothers and sisters as ourselves. Help us to

beneath the stars may sleep in peace. Guard all who come together in this jamboree. Defend us from all the dangers of the night.

Amen.

3. Now, O God, give us a quiet mind, after a busy day, as we lie down to rest. Dwell in our thoughts until sleep overtakes us, so we may awake refreshed and ready for the tasks of a new day, in a better way than we did today.

Amen.

4. O God draw near and stay with us for evening is near and the day is dying away. May we recognize your presence with us now.

Amen.

5. O God, as you make the evening follow the day, bestow on us the gift of rest for our human weakness. Grant us, O God, as we enjoy this and all the gifts of your goodness, with our brothers and sisters in Scouting, we may trust and thank you for these great gifts.

Amen.

6. O God, in the quiet of the evening, after a busy day in the Jamboree, come into our hearts as we lie down to rest. Help us to know we are not alone, but that

play our part in the events of the Jamboree and enjoy all that we do. If to-day we hurt anyone, help us to put things right before this evening.

Amen.

you are with us. Remove all our worries and fears and help us to sleep in peace.

Amen.

7. Father, we thank you for all your gifts of this new morning; for your gifts of sleep, health, strength, for your vision of a new day with its fresh opportunities of work and service. Strengthen us so that in all our work we may be faithful; in our fun, thoughtful of others; in times of trouble, blessed with a true Scouting spirit.

Amen.

7. Give us, O God, your peace this night and watch over us until the morning comes. Then may we be endowed with vigour of body, alertness of mind and strength of spirit to give you true obedience for your name's sake.

Amen.

8. O God, support us all day long, until the shadows lengthen, evening comes, the busy world is hushed, and our work and fun are done. Then in your love and mercy give us a safe lodging, a holy rest and peace.

Amen.

8. Lighten our darkness O God, and by your mercy and love keep us safe from all perils and dangers of this night.

Amen.

9. Help us, O God, to remember that each day, whether it is at the Jamboree, in passage or at home, it is a gift from you. May we use it for your glory and for the love and enjoyment of all we meet.

Amen.

9. Save us, O God, waking; guard us sleeping, that awake we may watch with you and asleep, we may rest in peace.

Amen.

10. Loving Father, our eternal Guide, may we never forget or dishonor you this day; but in all places and in all occupations, may we remember your presence and cherish your love.

Amen.

10. Father, thanks for the good things of to-day. Guard us and all our love to-night. Preserve us from all dangers. Give us quiet and refreshing sleep and awake us tomorrow, strong to do your will and enjoy another day of your gift of life.

Amen.