



Southern New England Conference

United Church of Christ

Living the Love & Justice of Jesus

SLCC at Home- Family Devotions Playlist Sleeping Bag Comfort- My Camp Cocoon (Devotion 2)

This series is a 'Playlist' of 5 devotionals. These opportunities were created to engage you- the parents, grandparents, caregivers and others- who support young people in their experiences of outdoor ministry or summer conferences at Silver Lake Conference Center. (SLCC) The invitation to you is to create an experience through these devotionals with your youth that enables you and them to deepen the experiences you've each had and to open a sacred space to share moments together to explore, engage, and celebrate summer camp (outdoor ministry) more fully. These are intended to be shared at home in times of physical distancing or following times of face to face programming.

Purpose: To recall memories of settling in at camp, especially setting up a bunk space and creating a personal space for your week away. A week away at camp can be a joy filled and /or challenging experience. Evenings away from home, especially for the first time can be a time of unanticipated insecurity and fear. Conversely, it can also be a space for joyfully exploring one's sense of emerging independence and testing new skills of caring for oneself away from home. Parents and others –especially Deans and Counselors when camping onsite- need to support youth to face their insecurities and summon their resilience and abilities to provide for their care and to practice new skills for managing time away from home. A sleeping bag can be a kind of cocoon, a place of sensory comfort for oneself while sleeping away from home, just as a toddler might use a blanket square, youth may find this space a welcome respite at the end of the day. The best counselors understand this and use vespers, story-telling, singing, and more to help settle youth before slipping into their bunks at the end of a busy day.

Supplies:

Game of Jenga, Score 4, or other board games for pairs
Sleeping bag (opened or zipped)
Favorite Storybook, stuffed animal, etc.
Favorite evening snacks
Flashlight

Read:

Psalm 4:8 Common English Bible (CEB)

*"I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety."*





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Watch/Participate: Get a Glimpse!

Remember Camp Day Highlights by reviewing this video

<https://www.youtube.com/watch?v=zODzu0gxb-o>

Watch an SLCC Video to Prompt Conversation about Your Day at Camp

<https://www.youtube.com/watch?v=cSCO95jX8BY>

End your reflection time with the SLCC Song Trilogy

https://www.youtube.com/watch?v=beXwGYqny_4

Talk about evening worship/vespers experiences by visiting Hubbell Chapel

<https://www.youtube.com/watch?v=-AXjS25Cfk>

Listen/ Reflect:

Now it's time to reflect on your day. Sit together on the ground outdoors on an open sleeping bag, or on a bench in your yard or on your deck and wrap yourselves in an open sleeping bag, covering your shoulders. Play a favorite game together. Next, take a few minutes to consider your day. What did you do? What were the highlights? While enjoying a snack begin by sharing a favorite story of the day, something exciting or unusual that happened or was part of your day. (or recent days) Share your stories. If your youth has been to camp, ask them to reflect on best days at camp – what activities are the most enjoyable, most challenging, etc. An alternative to a game or if conversation is slow to come, ask them to open a favorite children's storybook or chapter book and read aloud together or have your youth read to you. Enjoy this time together. Then have a conversation about safety and security using the questions below or others you might have.

Together, take some time to reflect on and share:

- I wonder what helps to make you feel safe?
- I wonder when or in what situations you feel safest?
- I wonder what helps to comfort you when you're not feeling safe?

In this exercise above, you (parent, relative or other caregiver) should also answer these questions as well as your youth.

Pray:

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Dearest Jesus, be our light, through the darkest hours of night. Watch and keep your beloved ones until you bring the morning sun. Amen.