

Laura Camp

***The Lord
Is My
Shepherd***

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Laura Camp
The Lord is My Shepherd

*Especially for middle school girls,
here is a curriculum for:
studying Psalm 23 in the Bible,
visiting the Little House Books,
and doing activities with a pioneer flavor.
Laura Camp is a time for experiencing
a closer walk with God and each other.*

Thank you to everyone who has given to this book! With contributions from my family, from team members, from campers, from friends, from camp staff, this is a gift from one part of the body of Christ to another.

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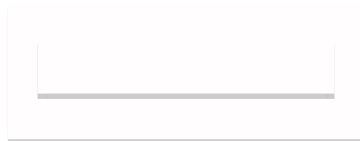


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*"Well begun
is half done!"*
Proverb

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Getting Started

Laura Camp History

How did a camp come about that would both encourage girls in Christ and celebrate the writings of Laura Ingalls Wilder?

Over one hundred years ago a camp meeting grounds grew up in Michigan at a place called Crystal Springs. A tabernacle was built and a variety of cottages, too, so those who came would be more comfortable during their gatherings. As the years went by the meetings gave way to more "modern" vacations and the site began to be used as a summer church camp. Many years after the original tabernacle was built, a camp director arrived whose wife looked at the church camp, then looked at her love for the Laura books, and wondered, why not put the two together? So she did and Laura Camp was born. She passed the baton along to someone who wondered, could we put what we do on paper so others could have Laura Camps, too? That was me.

Laura Camp at Crystal Springs uses one of the remaining cottages as its home. Your Laura Camp will have its own history, its own place to call home, whether a cottage, a cabin, or a tent. Laura was comfortable in all of those settings; and your Laura girls will be, too.

*Ready to write
your own
Laura Camp
history?*

Prayer

The very best place to start!

*"...pray without
ceasing..."*

1 Thessalonians 5:17

God knows you; He knows your schedule, your facilities, your resources, and your community. Ask Him for guidance, then listen for Him to speak through His Word, the peace in your heart, and the circumstances in your life.

As the planning proceeds, pray for the people who help, pray for campers, pray for the things you need for camp.

The spiritual impact of church camp cannot be measured this side of heaven.

Dear Lord,

Thank You for the women who have answered your call on their lives.

Please bless the work they do for You. Provide for them personally and for the camps they organize.

May the girls who come to camp grow in faith and in their walk with You.

Thank You for the faithful footsteps of those who have gone before us, including Laura Ingalls Wilder. May we leave faithful footsteps for those who come after us.

*In Jesus' name I pray,
Amen*

Team

The **people** who run camp are very important! (You didn't need me to tell you that, did you?) Let's cover the team.

The Leader, also known at various camps as the dean, camp chief, or director, organizes, teaches, inspires, and makes final decisions. We have two of these at our camp, known as co-deans (not to be confused with codeine!).

The Helpers, also known as resource people, are the wonderful women who watch for craft items on sale all year, sew petticoats beforehand, hem petticoats until bedtime, lead worship time, teach some activities, and make camp work.

Counselors, only known as counselors, are patient and wise, wear watches, and know how to laugh. If your camp goes overnight, they also need to run on very little sleep. (Being young helps.) They will be with campers always, getting them to events on time and reading stories.

Leaders may do most of the pre-camp shopping and a counselor may lead an occasional activity. Find what works best for your team.

Make sure everyone knows two basic rules: never one adult alone with a girl in a closed room and always send girls out at least two at a time.

*"Love one another
with brotherly
affection.*

*Outdo one another
in showing honor."*

Romans 12:10

Times

Times for camp can vary. Pick one.

*Choose the time
that works
best for you,
then choose the
activities
that fit.*

Overnight camp is all day, every day for a week. You will need meals and lodging for everyone. This works like a traditional church camp and provides the greatest opportunity for friendships to be established.

Day camp is just during the day; everyone is back home at night. You will need lunch for everyone. This works if most of your girls live nearby and have transportation.

Evening camp is, yes, just evenings, although just mornings or just afternoons would work, too. No meals or lodging are required. This can work as a vacation Bible school program.

Creative programming is an hour or two once a week or even once a month. Picture a home school cooperative class, a girls' group at church, or a scouting group.

Prayerfully choose the parts of Laura Camp that fit your situation and have fun.

If your budget or stash of craft items is low or the number of your potential helpers is small, why not start small this year and plan for a longer camp next year?

Settings

Once you know the time frame you will use for camp, you can consider **location**. Or, if you have a location in mind, it might influence the time frame you choose.

Wherever you go, be clear about details up front.

- What is available for your use?
- What is restricted?
- How much will it cost?
- When is the money due?
- What time is it available?
- What staff-run activities are available?
- What are the kitchen rules?
- What child protection paperwork is required?
- Are background checks required?
- Is a team nurse required?
- How is cleanup handled?
- Who is the primary contact person?
- How should decorations be attached to walls?
- Is there an area for each planned activity?
- Et cetera...

For overnight camp, check the campgrounds in your area. We utilize an existing church campground so there are cabins available, a dining hall, a pool, canoes, a variety of other camp facilities, and camp staff (and they cook and teach archery!).

For day camp or evening camp, a church fellowship hall, a home, a cabin, or a tent in the church lawn will work.

Decorate your main meeting area in pioneer style with whatever antiques people are willing to loan. Set out a group of Little House Books on a table with a Bible and camp journal.

A camp fire or wood stove will be needed for the cooking activity and to provide a traditional camping experience in the evenings.



Paperwork

Here we will cover two kinds of **paperwork**—the kind that keeps you legal and the kind that connects you with the campers.

*Patience is a
virtue!*

First, consider the legal kind. If you are holding your camp at an established facility like a church camp or church, administrators can let you know about the legal requirements. If you are meeting on private property please check with local and state authorities. For example, all adult workers may need criminal background checks and Department of Social Service clearances (or your state's equivalent). Cover behavioral expectations. Everyone will likely need to fill out health papers and a camp nurse may be required. Horseback riding will require release forms from parents. Photographic releases will need to be signed by parents, also.

It is ideal to find a helper willing to take care of this kind of paperwork if you are not familiar with procedures.

Second, connect with your campers several times before camp. This is happy paperwork!

Send a letter or online notice to anyone you think might be interested in Laura Camp, and ask them to tell their friends. Give them a glimpse of some of the activities you have planned. Please have a formal registration process included here so you have a definite head count. Ask for name, parents' names, contact information including addresses, phone numbers, and e-mail, along with any other information you will wish you had in your files before camp.

When you receive a registration, send a confirmation letter welcoming the Laura Girl and include health and release forms so these can be filled out before camp.

Two to four weeks before camp, send final details including a packing list, directions to camp, and arrival and departure times.

Schedules

How many groups will you be **scheduling**? A group of eight girls is the maximum size for most activities. Arrange your campers into small groups and plan according to the schedules in the appendix, pages 8–10. If you have two or three groups, simply use the "General Camp Schedule, 4 Groups" and eliminate groups you don't need. The "General Camp Schedule, 1 Group" may be used for five groups by having each group start on a different column: one group begins Monday using the Tuesday schedule, one begins Monday using the Wednesday schedule and so forth. This can be awkward for an activity that connects to another, however. For example, journals need to be done before Bible study. Another option for large groups is to run two of the same activity at one time with teachers for each.

*"For everything
there is a season,
and a time for
every matter
under heaven..."*

Ecclesiastes 3:1

Incidentally, if you have several groups, it works well to arrange girls into one activity group, another cabin group, and free choice table groups so they can get acquainted with everyone.

Schedules are a good way to organize not only what happens and when, but who makes it happen and where it happens. We use abbreviations to show who is in charge of each activity and where it will take place. It is handy to have all this on one page, but reading the fine print may require reading glasses. Abbreviations help:

<i>Spinning, Mu, A</i>	<i>Canoeing, Cr, C</i>
<i>Weaving, Ya, D</i>	<i>Candles, Ya, R</i>

Check with your facility administrator to determine meal times, times when staff are available to lead activities, swimming times (so lifeguards can be scheduled), and lights out. You will also need to know which areas are available for your use and when they are available. A midday "horizontal hour" (rest time) may be a state requirement for campers, besides being valuable counselor revival time!

Make sure the camp staff has a copy of your schedule before camp begins. Also give each of your team members a copy of the schedule. Posting schedules at strategic places around camp can help keep campers on time, too. Cooks appreciate this.

Chapel Time

Chapel

A chapel building is not necessary for **chapel time**; just an area to sing, play music, then sit in a circle and study the Bible.

Having an enthusiastic group of live musicians to lead singing is wonderful. If that is not an option, look into music resources on the Internet. There are many, many possibilities "out there." Wouldn't Laura have enjoyed that! Whatever format you choose, be sure the songs can be used legally for group worship. Pray, and locate one that works best with your equipment, facilities, and helpers.

We stand and bounce, dance, use motions and generally enjoy freedom to worship God. If campers have no church background or come from a church with very subdued singing times, this may be their first introduction to Christians praising God like David did. (II Samuel 6:14)

There are several musical versions of Psalm 23 available. Find one you like and sing it at the beginning of Bible Study to help the girls learn the Psalm.

The Bible study following worship may be done with any size of group. However, when we used it with a group of 28 it lacked the more intimate dynamics of a smaller group. Splitting into smaller groups would be preferable. Sitting in a circle on the floor allows everyone to see each other. Usually some girls will be more comfortable reading aloud than others. Be sensitive to those with little Bible background and let them participate at their own pace. Plan on about one half-hour for the study.

Have a basket of free Bibles, preferably modern translations, along with pencils or pens in the center of the circle for anyone who needs one. Be sure everyone brings their journal to morning chapel. These contain the student Bible studies.

"So faith comes from hearing, and hearing through the word of Christ."

Romans 10:17

Instructions for journals are in the activity section and the student Bible study pages are in the appendix, pages 1-6.

Teacher's Study

Notes For the Teacher's Study

Verses used are English Standard Version.

Words in *italics* are found in the student books.

Words in **bold** are paragraph themes.

Notes (in parentheses) are additional information.

Recommended reading:

A Shepherd Looks at Psalm 23,

Phillip Keller, © 1970 by W. Phillip Keller,
Daybreak Books, Zondervan Publishing House,
Grand Rapids, Michigan

Monday

"The Lord is my shepherd; I shall not want."

Psalm 23:1

*Study the teacher's
section before camp
to make sure you
are familiar with
all the concepts
presented.*

Does everyone have a Bible? (Hand out if necessary.) We'll be looking up verses this week so if you are not familiar with where things are, just use the table of contents in the front of your Bible to find the book you need. When you have found the book, the first number of the set will be the chapter and the second number will be the verse. We are probably using several different translations of the Bible so if someone reads a verse that is worded differently than yours, it's because it was translated by someone different. How many of you have studied a foreign language? You know that some words have more than one way that they can be translated, and that is what happens when the Bible is translated from its original languages of Hebrew and Greek. Let's turn to the book of Psalms, chapter 23, and read the first verse. Anyone want help? How does your Bible say it?

Psalm 23 was one of Laura Ingalls Wilder's **favorite parts** of the Bible. She had it memorized. By the end of this week I think you will, too. We'll get to know it bit by bit.

This psalm is like a poem and was written by a guy named **David**. He was the most famous Israelite king in the Old Testament but he began his working life as a shepherd. In Psalm 23 he uses shepherd terms to talk about his relationship with God. This week, from David, we'll learn about sheep and God!

The Old Testament writers knew **God** as the Creator of the universe and the only true God, the Leader of the nation of Israel. In the Old Testament God promised to send His Son to help us and that is what the New Testament is about. While God is only One, yet He has three aspects. Let's see what they are.

Who is the Lord?

Matthew 28:19 _____ (Father)
_____ (Son)
_____ (Holy Spirit)

God's Son is Jesus and His instructions for baptism in the book of Matthew include each part of what we call the **Trinity**: God, the Father; God, the Son; and God, the Holy Spirit. We might think of it like this—we are three parts: body, mind, and spirit. And God has three parts, too. Even though Jesus is called God's Son, He said He and His Father are One. He is the "body" part. (Trinity verses include Mark 1:10,11 and Romans 5:5,6; and God is One verses include John 10:30 and 14:9.)

The next part of our verse talks about our "shepherd."

Who is the good shepherd?

John 10:11 _____ (Jesus, Hebrews 13:20)

Sometimes **pastors** are referred to as shepherds, too, because they help take care of Christian congregations like a shepherd takes care of his flock.

What makes Jesus a good shepherd?

Let's take turns reading and we'll make two lists.

Ezekiel 34:1-6; 11-16

Good Shepherd

takes care of flock
strengthens weak
heals sick, binds up injured
brings back strays
searches for lost
rescues, pastures, rests

Bad Shepherd

takes care of himself
rules harshly
rules brutally
lets sheep be scattered
lets sheep be eaten
etc.

*If you are
uncertain what the
Bible says about
some of these
subjects,
check out the
additional verses.*

The Lord Is My Shepherd ~~~~~

How does a good shepherd get his flock? Have any of you been to a livestock sale barn? A sale barn is where other shepherds take their extra sheep or their not-so-good sheep and sell them to whoever might be there that day. That is one way to buy a flock. Or you might go to someone who raises sheep and buy sheep from them. Either way, you have **paid** for them.

When you get them home, you want to make sure no one tries to claim them as their own so you plan to **identify** them as yours in some way. Beef cattle are often branded to identify them with their owners. Sheep have too much valuable wool to be branded but they can be marked on their ears. This can be with ear notches cut with a knife or with tags punched into the ears. Think about getting your ears pierced, only more so!

*Let volunteers
take turns
reading verses.*

How did Jesus buy His flock?

Acts 20:28 _____
(with His blood, 1 Peter 1:18,19; 1 Corinthians 6:19, 20)

Why did He have to buy us if God made us? God made people perfect at creation but we have done things wrong—sort of like selling ourselves to sin. God cannot have a relationship with sin so Jesus took our punishment for us so we could have a relationship with God. (2 Corinthians 5:21; Galatians 3:13; Ephesians 1:7; Hebrews 9:12; Revelation 5:9)

Unlike sheep, we have a choice. What is it?

Luke 9:23 _____
(we can choose to follow or not, Matthew 16:24)

Taking up our cross is the **mark** of a Christian. It shows we are one of His. It means doing what He wants, not what we want. It's like our ear notch.

What does it mean "I shall not want"?

Philippians 4:19 _____
(every need supplied, 2 Corinthians 9:8)

What do we need?

1 Timothy 6:6-8 _____
(food and clothes, Hebrews 13:5)

What kind of flock is Jesus looking for?

Mark 2:17 _____
(sinners, Matthew 18:11,12, Ezekiel 34:16-21)

Are we sinners?

Romans 3:23 _____
(all are, Galatians 3:22)

Jesus is looking for us!

Let's close in prayer.

On my own:

Is the Lord my shepherd?

Am I content?

Monday's reading time

Farmer Boy,
chapter 13, "The Strange Dog"

What did God provide for the Wilder family?

What has God provided for you?

On My Own

Campers can answer "on my own" questions following group Bible study, during morning quiet time or "Horizontal Hour," or during quiet cabin time at night.

Tuesday

"He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

*He leads me in paths of righteousness
for his name's sake."*

Psalm 23:2,3

Who is the "**He**" we're talking about today? (Jesus) What makes a sheep restless? Being afraid or excited, being bullied by other sheep, being annoyed by flies, or being hungry or thirsty can keep a sheep from lying down.

When do sheep lie down to rest? _____ (when they feel safe)

Do you have trouble resting when you are **afraid**? Let's look at how Jesus takes care of our problems so we can rest in Him.

When Jesus is our shepherd:

1 John 4:18, 19, we don't need to _____ (fear)

Reading times

Reading a chapter and talking about it is a great activity for "Horizontal Hour" or bedtime. It also works on rainy days while girls are sewing. No need to stop at just one chapter!

The Lord Is My Shepherd ~~~~~

Loving Jesus means He will take care of us no matter what. We don't need to be **afraid** of judgment.

Ephesians 2:14—He makes _____ (peace)

Jesus expects Christians to get along with each other. We can **apologize** to each other when we need to and then find rest from anger and frustration.

*Matthew 11:28—we can come to Him when _____
(we are tired)*

When we get **loaded down** with frustrations and annoyances, we can bring them to Jesus and He will take away our worry—but we have to really give our loads to Him and not try to take them back!

*John 6:35—He satisfies our _____ and _____
(hunger and thirst)*

Jesus **satisfies** our hunger and thirst for righteousness. In the book of Matthew, He says, "Blessed are those who hunger and thirst for righteousness, for they will be filled." (5:6) He satisfies that hungry, God-shaped hole in each one of us.

*"If anyone thirsts,
let him come to
me and drink"*

John 7:37

The Good Shepherd leads His sheep by quiet waters. Waterfalls are not good places for sheep to get water, but they can drink from wells, springs, streams, and even dew! Dew would make for very quiet water! The important thing is to have **clean** water. Sheep will drink from mud puddles if they can't find good water. What do you suppose they might get from mud puddles besides water?

*Why is it bad to drink from mud puddles? _____
(parasites, disease...)*

Do people ever drink from mud puddles?

Jeremiah 2:13 _____ (yes)

What is a **cistern**? (hole in ground for catching rain water) Sometimes cisterns get frogs in them. That wouldn't make good drinking water! What would happen if a cistern leaked? What are some "broken cisterns" people try to drink from to satisfy their spiritual thirst? (happiness, money, fun, etc.)

Next, it says, "He restores my soul." What does this mean for sheep? Sheep can fall over and then they desperately need to be set upright, or be **restored**. If you have read The First Four Years, you might remember Laura and Almanzo's sheep blowing over in the wind during a storm and needing to be turned back over. Sheep can be blown over in storms, they can

get caught by their fleece in brambles, they can fall into ravines, and they can wander off and get lost. They can die from any of these situations if they are not rescued.

You can imagine the local wolves are very interested in a sheep that has fallen. So are the bears and mountain lions and vultures! Sheep that have wandered off need to be **brought back** to the flock, too. And sheep that are caught in brambles need to be released.

Why do sheep need to be restored? _____
(they blow over, get caught, fall, wander)

Do we need to be restored?

Isaiah 53:6 _____ (yes)

Sin leads us astray, lands us on our backs, catches us in its clutches. And the devil is waiting to pounce on us like a roaring lion. We die spiritually if Jesus doesn't rescue us.

How does Jesus rescue us from sin?

1 John 1:9 _____ (forgives and cleanses)

We don't have to lie on our backs, so to speak, with our feet kicking the air. Jesus is watching and can **turn us over** and set us on our feet.

Why does a good shepherd lead his sheep along paths? Wouldn't it be easier to let them stay in the pasture? It is easier, but **destructive**. If sheep stay in one area all the time, they will walk in the same places until their paths erode, they will eat the plants down to the dirt and try to dig deeper, and the land will become contaminated with their parasites and disease.

Why does a good shepherd move his sheep from one area to another? _____ (prevent self-destruction, etc.)

Shepherds can **rotate** sheep through different pastures to keep the ground in good condition. Have you ever seen an empty pasture next to a full one? The farmer is letting the empty one recover.

Jesus knows if we stay in the same place too long we will **self-destruct**, too.

Does Jesus want us to keep moving?

John 10:3,4 _____ (yes)

*"There is a way
that seems right to
a man, but its end
is the way to
death."*

Proverbs 14:12

The Lord Is My Shepherd ~~~~~

"The sheep hear his voice, and he calls his own sheep by name and leads them out."

John 10:36

You will notice Jesus leads us, expecting us to **follow**. If we don't follow to new pastures, we'll stay in the same old bad habits; we'll love ourselves instead of others until we are dry and bitter. There is a proverb that says there is a way that seems right to a man, but the end of it is death. (Proverbs 14:12) We need Jesus to move us on.

What are some ways Jesus moves us to new areas?

(circumstances, speaking to us in His Word, meaningful conversations, sermons, etc.)

We can trust Him to lead us in paths of righteousness.

What is righteousness? _____ (doing the right thing)

Jesus wants us to walk the righteous path. He wants us to want righteousness like we want food and water, as we read earlier. One version says **righteousness** is wanting God's approval. (pursuing, 1 Timothy 6:11; believing, Romans 4:3; Christ our righteousness, 2 Corinthians 5:21)

What does "for his name's sake" mean?

Psalms 106:8 _____ (for His reputation, etc.)

God leads us not because we are such good little sheep but because He is good.

*The righteous path is not always an easy path but it is the one that leads to **Heaven!*** (Romans 5:21; Proverbs 10:2; 12:28; 21:21)

Let's close in prayer.

On my own:

*Am I willing to love Jesus and others more than myself?
(We need God's help for this.)*

Am I willing to leave the worldly crowd to go with Jesus in His flock?

Tuesday's reading time

Little House on the Prairie,
Chapter 26, "Going Out"

Why is it hard to leave a familiar place?

Wednesday

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me."

Psalm 23:4

Remember yesterday we talked about the importance of changing pastureland for sheep and for us? In the summer when the snows are gone, shepherds in some parts of the country will take their sheep into the mountains for fresh grazing land. What do the mountains have to do with today's verse? Well...

*If you walk up the sides of a valley long enough,
where will it take you? _____ (hills, etc.)*

Yes, **valleys** are formed between two hills or mountains. So shepherds lead their sheep through valleys to get to fresh pasture higher up.

Why do we climb mountains? _____
(because it's there, better view, purer air, to see mountain flowers, etc.)

What is the good news in a valley? _____ (food, water, etc.)

Jesus will lead us **higher** with Him, to places we've never been, to purer air, to see wonderful things. It will be exciting. It will also include dark valleys on the way. The good news for sheep is that there is food and water in the valley. Valleys usually have a stream running through them, and where there is water, there is grass to eat.

*"I came that they
may have life and
have it
abundantly."
John 10:10*

The Lord Is My Shepherd ~~~~~

There is bad news in the valley, too. There are wolves and mountain lions looking for dinner. There are potential rock slides and flash floods. It is important to stay close to the Shepherd for **protection**. When we go through dark valleys in our lives, we need to keep close to Jesus, too.

And what is the bad news? _____ (dangers)

When we go through valleys we find:

John 6:35 _____ (Jesus is bread and water)

Romans 8:35-39 _____ (we cannot be separated from His love)

*"I have loved you
with an everlasting
love..."*

Jeremiah 31:3, in part

When life is hard we can think of **heaven** as an eternally safe pasture and know that Jesus can take us there no matter what happens to us here in an earthly valley.

How can a rod or staff be a **comfort**? Rods are like clubs. A shepherd's rod should be easily held and easily swung. Think about a British policeman's "billy club."

What does a shepherd's rod look like? _____ (club)

Have you ever seen someone use a stick to kill a snake? That's how a rod can be used for **protection**.

The rod can also be used for **discipline**. If a sheep heads toward poisonous plants or gets too close to a cliff, the rod can be thrown toward the sheep to scare it away from danger.

Why is it used? _____ (protection, discipline)

God has provided a rod for us. It is **His Word**! Jesus used this rod when Satan threatened Him in the wilderness. Let's read Matthew 4:1-11 to see how He did that.

God has provided a rod for us to use, _____ (His Word)
Matthew 4:1-11

Do you see how every time Satan tried to sidetrack Jesus, even with distorted Scripture, Jesus used the **Word** of God to fight off his attacks?

How is the Word of God used as a rod?

Hebrews 4:12 _____ (pierces, discerns)

Psalms 119:11 _____ (keeps from sin)

Yes, a rod can be a comfort and much more. What about a **staff**?

What does a shepherd's staff look like? _____
(candy cane shape)

When you want to herd pigs what do you use to help you? (gate, switch, etc.) If you want to herd cows, what do you use? (cattle prod, etc.) When you are **directing** sheep, you use a staff. The bend on one end helps with various jobs. For example, when a lamb is newborn, it is important that it bonds with its mother so she can take care of it. If the shepherd picks up the lamb to help it nurse for the first time, he will get his scent on it and the mother might reject it. But he can use the curved end of his staff to lift it in the right direction. The shepherd can use the curved end to draw the sheep close to him so he can check it for problems. He can catch a sheep headed in the wrong direction and turn it to the right way.

How is it used? _____ (directing)

By now you won't be surprised to find God has provided us with a staff for guidance—His **Holy Spirit**.

God has provided a staff for us—_____ (Holy Spirit)

How does the Holy Spirit help us?

John 14:26 _____ (teaches and reminds)

Romans 8:26 _____ (helps and intercedes)

1 Corinthians 3:16 _____ (lives in us)

The rod and staff that God provides—His Word and His Holy Spirit—do **comfort** us. They see us through the valleys of life.

Let's pray.

On my own:

How have I been led closer to God?

That's how I've been touched by His Spirit!

What verse will I think about tonight as I fall asleep?

*"And I will ask the
Father, and he will
give you another
Helper, to be with
you forever..."*

John 14:16

Wednesday's reading time

By the Shores of Silver Lake,
Chapter 7, "The West Begins"

How did God protect the Ingalls family?

Where have I seen God's Word in action today?

Thursday

*"You prepare a table before me in the presence of my
enemies, you anoint my head with oil;
my cup overflows."*

Psalm 23:5

Yesterday we learned sheep go into the hills or mountains for fresh pasture. These pastures at higher altitudes may include flat areas known as "mesas" in the Southwest. Does anyone know what "mesa" means in Spanish? Yes, it means **"table."** David, who wrote Psalm 23, was a shepherd and he would have known about "table lands."

What is a "table" to a sheep? _____ (high, flat pasture)

*"I will feed them
with good pasture,
and on the
mountain heights
of Israel shall be
their grazing
land."*

Ezekiel 34:14a

David would also have known how important it was to **prepare** the table lands for the sheep. The wise shepherd goes to the pasture before the sheep arrive and digs out poisonous weeds, puts out mineral blocks, cleans out the watering holes, and looks for good camping spots.

What does the shepherd do before the sheep arrive?
_____ (prepares area)

If a good shepherd prepares the pasture before the sheep arrive, what do you suppose **Jesus** does for His people? Let's read Luke 22:31,32 to see what He did for Peter.

What did Jesus do for Peter?
Luke 22:31,32 _____ (prayed)

Jesus **prayed** for Peter before he was tempted so he could get through a hard time without giving up.

What does He do for us?

John 17:9 _____ (prays)

Jesus **prays** for those who are His.

Who are our enemies?

John 15:19 _____ (world)

The **world** is an enemy to Christians. (Matthew 18:7, John 1:10; 17:14) This doesn't mean trees and grass are our enemies but those who don't love Jesus. And who was Peter's enemy? Satan is our enemy, too. But Jesus is praying for us, like He did for Peter. (Hebrews 7:25)

Staying close to Jesus is the way to survive. If you are in a fire you probably know to "stop, drop, and roll." If you are attacked by spiritual enemies, "read, pray, and obey." Read your Bible, pray to God, and obey what He says in His Word.

How do we keep away from our enemies? _____,
_____, _____
(read, pray, obey)

*"You are my hiding
place and my
shield; I hope in
your word."
Psalm 119:114*

In our verse for today it talks about **anointing**. What is that and why would anyone do it to sheep? Yes, it is putting something, often oil, on someone, usually on their head. As for sheep, summer brings all sorts of insects to pester them. A good shepherd has a favorite recipe for anointing oil ready to apply when his sheep start to suffer. For that matter, we have the same problem. How many of you brought bug spray to camp? So you have doused yourself with bug spray like a good shepherd would put bug repellants on his sheep.

Why do sheep have their heads anointed with oil?

_____ (to repel pests)

We have other things that **irritate** us besides insects. Do people sometimes annoy you?

What are some of our pests or annoyances, besides insects?

_____ (relationships, etc.)

What are Jesus' remedies for these?

1 Corinthians 13:4-7 _____ (love)

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*"Hatred stirs up
strife, but love
covers all offenses."
Proverbs 10:12*

Just think how many irritations we would avoid if we put on **love**. Short tempers are gone because we are patient. Discontent is gone because we don't envy. Arguing with others is gone because we are not easily provoked.

What is another ingredient in God's pest remedy?

Philippians 4:6 _____ (prayer, thanksgiving)

When we turn **anxieties** over to God, they become His responsibility. We don't have to be bothered by them anymore. And when we pray with thanksgiving, our attitude changes. If washing dishes annoys us, we can be thankful for enough food to eat. If feeding and watering the dog annoys us, we can thank God for the fun times we have with pets.

The table is prepared, the ointment is applied and now our cup **overflows**.

With what does our cup overflow?

1 Timothy 6:6 _____ (godliness, contentment)

Philippians 4:7 _____ (peace of God)

John 10:10b _____ (life)

What causes leaks in our overflowing cup?

Galatians 5:19-21 _____ (sin)

How will others know when our cup overflows?

Galatians 5:22, 23 _____ (fruit of the Spirit)

Let's close in prayer.

On my own:

What sin would God have me get rid of today so my cup can overflow?

Am I willing to do that? (1 John 1:9)

Thursday's reading time

Little House on the Prairie,
Chapter 19, "Mr. Edwards Meets Santa Claus"

Do you think Mr. Edwards' cup was overflowing?

How have I seen someone's cup overflow today?

Friday

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever."

Psalm 23:6

Put a piece of paper at each chair and make sure everyone has a pencil before starting.

Yesterday we learned how Jesus prays for us and how love and prayer can anoint our heads. What happens when sheep are **poorly managed**? They eat the pasture down to nothing and must go hungry, and pests and parasites take over.

What follows poorly managed sheep? _____ (bad pasture)

Well-managed sheep will improve a pasture by fertilizing it and eating weeds, like thistles.

What follows well-managed sheep? _____ (good pasture)

Our verse talks about goodness and mercy. If we are in the Good Shepherd's flock does this mean only fun and happy things will ever happen to us?

Do only good things happen to Christians?

Hebrews 11:32-38 _____ (no)

Sometimes really amazing, miraculous things happen to Christians and sometimes really terrible, awful things happen. So **how** can goodness and mercy always follow us?

"Count it all joy..."

James 1:2a

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"...for those who
love God all things
work together for
good..."

Romans 8:28 in part

What does God do with bad things that happen?

Romans 8:28 _____ (uses for good)

Goodness and mercy follow us. When we are in God's care He can make something **good** happen from the worst circumstances. Remember, sheep eat prickly thistles!

What good things follow Christians? (Remember the overflowing cup?)

Galatians 5:22,23 _____,

_____, _____,

(love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, self-control)

And against such things there is no law!

What is the house of the Lord?

Psalms 26:8 _____ (where God's glory is)

Ephesians 2:19-22 _____ (saints, believers, us)

John 14:1-3 _____ (where Jesus is)

Unlike sheep, we have a **choice** about who owns us, but we must do it God's way.

What would happen if a sheep escaped a bad shepherd and wiggled under the fence of a good shepherd? Whose ear notch or ear tag would be on that sheep? It must be returned to its owner. But there is a way to come to the Good Shepherd so He can **legally** own us; change our ear tags, so to speak. Jesus says in John 10:1 and 9, "Truly, truly, I say to you, He who does not enter the sheepfold by the door but climbs in by another way, the man is a thief and a robber....I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture." And in John 14:6, "...I am the way, the truth, and the life. No one comes to the Father except through me." Other religions may have nice people in them, but they are not God's flock.

Can we get into Jesus' flock by what we do?

Ephesians 2:8,9 _____ (no, faith only)

What is faith?

Hebrews 11:1 _____ (assurance...)

What do we hope for?

Ephesians 1:7 _____ (redemption, forgiveness)

Matthew 6:20 _____ (heaven, 1 Peter 1:3-9)

How do we please God?

Hebrews 11:6 _____ (believe)

What does the last word in this Psalm mean, "forever"?

2 Timothy 4:18 _____ (heaven!)

What sort of pastureland will this be?

Revelation 22:1-5 _____ (describe...)

*"...on rich pasture
they shall feed..."*

Ezekiel 34:14 in part

Will I trust Jesus to save me from sin and take me to
heaven?

My decision: _____

Date: _____

Please take the piece of **paper** at your place and write your
name on it if you want to be part of Jesus' flock. You may put
these in the basket as you leave.

Let's pray.

On my own:

How will I keep my eyes on the Good Shepherd?

Optional section, if time allows:

How do we know bad shepherds?

1 John 4:1,2 (they don't confess Christ)

2 Peter 2:1,2 (deny Christ)

2 Timothy 3:1-5 (sins)

Friday's Reading Time

Little Town on the Prairie,
Chapter 2, "Springtime on the Claim"

What is the best part of being in God's house today?

Before Going Home

Please encourage all the campers to read the last page of their journals and to fill them in when they get home.

*"So Jesus said...'If
you abide in my
word, you are
truly my disciples."
John 8:31, in part*

An important concept to discuss is the value of reading verses in their context (with the verses around them). We have studied the 23rd Psalm in the context of the entire Psalm, plus some of its author's history, gathered from elsewhere in Scripture. The other verses we have used have not included their context. It is interesting to see the bigger picture around them.

Daily walking with God, fellowshiping with other believers, and remembering who we are in Christ are all essential activities to living victoriously. Stay close to the Shepherd!

Staying in Christ After Camp

My daily walk with God

Read my Bible—read Psalm 119:11

Why? _____

If you are new to Bible reading, begin with the book of John.

Pray—read Philippians 4:6,7

Why? _____

Obey—read John 14:23,24

Why? _____

Confess—read 1 John 1:9

Why? _____

*"For we have come
to share in Christ,
if indeed we hold
our original
confidence firm to
the end."*

Hebrews 3:14

My fellowship with believers—read Hebrews 3:13

Why? _____

I remember who I am in Christ—read 1 Peter 2:9,10

A chosen _____

A royal _____

A holy _____

A people _____

And why? _____

My name _____

Date _____

Activities

Organizing

Here are instructions for the activities, plus directions for petticoats and name tags. The instructions can be copied and handed out to whomever will be in charge of each activity. Putting instructions in sheet protectors will keep each activity together and keep them from coffee, candle wax, and ice cream stains.

"She...works with willing hands."

Proverbs 31:13 in part

It is best to have a "go to" person assigned for each activity even if someone else will be teaching. This person can answer questions and make sure all supplies are gathered.

An activity list form is included on page 7 of the appendix. On our list we include other things that need to be done, besides activities. It gives us a picture of what we need to finish before camp and who will be doing it. The material column may be used as a shopping list, as well as a packing list. A sample looks like this:

Activity	People	Material	Verse
<i>Camper letters</i>	<i>Cindy</i>	<i>Paper, stamps</i>	
<i>Name tags</i>	<i>Amy</i>	<i>Fabric, cord, marker, plastic</i>	<i>John 10:3</i>

Remember to include things like legal paperwork, camper letters, the schedule, counselor training, movies, vespers, music, and cabin photos.

Instruction verses

A Bible reference is included for each activity. Read these at the beginning of each activity—God's word applies everywhere!

Finding supplies

Let people at church know what you need. Thrift stores are great places to find craft supplies. Dollar stores are good for scissors. It is a fun challenge to see if you can fill all of your activity needs for under retail prices. Sale shopping, here we come!

By the way, if your closets are full of craft supplies but not the ones listed here, make up your own activities. God sends us different resources, He will help you with different ideas.

Activities in Alphabetical Order:

Canoeing
Container—sewing basket
Cooking—roasted apples
Dance
Decorative stitching—hot pad
Dipped candles
Doll—yarn
Fire starters
Games
General 1—drop spindle spinning
General 2—weaving
General 3—dyeing
General 4—washing
Group—letter boxing
Group to share—button spinners
Horseback riding
Ice cream
Jewelry—button strings
Journals
Name tags
Personal care—soaking salts
Petticoats
Sewing—apron
Variety show
Writing—quill pens, ink, letters

Supply Basket

Stock a general supply basket and put it in an easily accessible location for team members to use.

- ☐ scissors
- ☐ stapler
- ☐ pencil
- ☐ tape
- ☐ glue
- ☐ rulers
- ☐ pencils
- ☐ pens
- ☐ markers
- ☐ and reading glasses...

Camper Supplies

These supplies may be distributed at the first sewing activity. Campers carry these in their containers all week, along with a sewing project to work on in spare moments.

- ☐ 8 pins
- ☐ sewing needle and embroidery or crewel needle
- ☐ piece of wool to hold pins and needles
- ☐ sewing thread
- ☐ embroidery floss or crewel yarn
- ☐ scissors

Cleaning Up

When the group is done with a project, make sure everyone helps in putting things away and cleaning the area.

Also...

The full week schedule in the appendix includes three choices to be run by summer camp staff, plus swimming. Our girls would look longingly at our camp's GaGa ball court if we didn't allow for some game time in the schedule. You may have a climbing wall available. Or archery. Or mountain boarding. If you are "on your own" for those times, consider asking someone to teach archery, lead a nature walk (learn to identify burr oaks and walnut trees!), and play a game. If there is no swimming available, try a sprinkler or a slip and slide game.

Canoeing

*"Love one another with brotherly affection.
Outdo one another in showing honor."*

Romans 12:10

Note

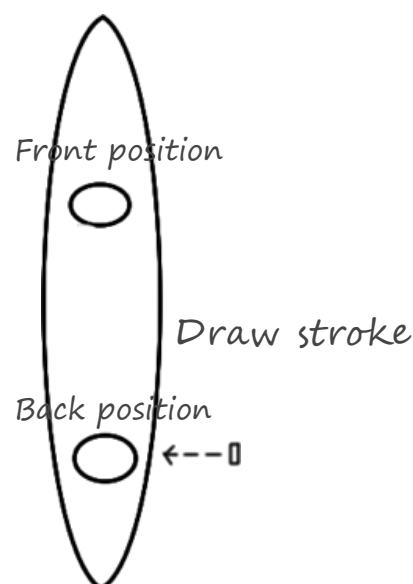
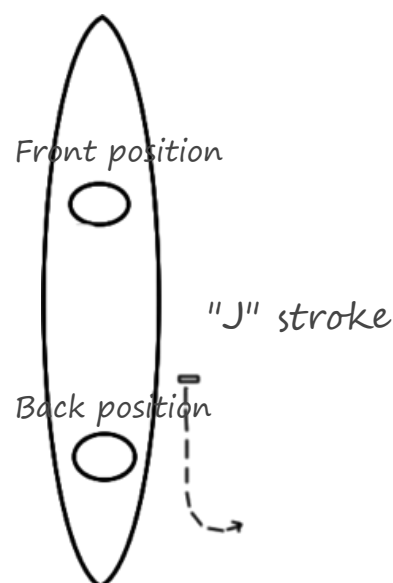
This is a great activity to emphasize getting along with each other. It requires the paddlers to communicate clearly—and patiently—so they can get where they want to go.

Needed

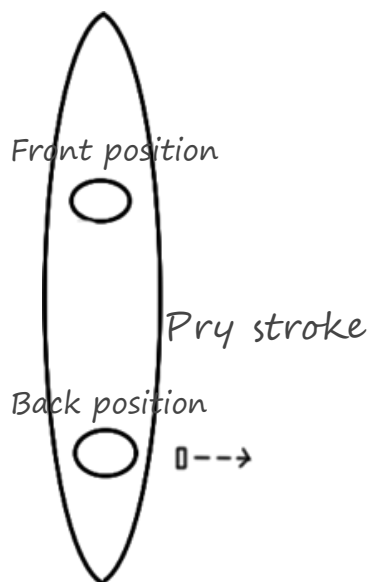
- ☐ a canoe for every two or three campers
- ☐ a body of water
- ☐ lifeguards for the first and last canoes, with experience on your body of water
- ☐ life jackets for everyone
- ☐ paddles for everyone
- ☐ a way of transporting campers and canoes to the put-in point and back to camp from the take-out point

Instructions

1. Buckle on life jackets.
2. Choose paddles that are approximately shoulder height.
3. Demonstrate hand positions on paddles: left hand covering top of paddle and right hand most of the way down the shaft.
4. Determine canoe partners and their positions.
5. Explain the camper in the front position will need to:
 - paddle steadily when forward momentum is needed,
 - call out hazards the back position cannot see,
 - use the draw stroke when needed.
6. Explain the back position camper will need to:
 - steer the canoe,
 - ask the front position to switch which side of the canoe she is paddling on, if necessary.
7. Explain the three basic strokes:
 - "J"—paddle is put in the water forward of the paddler, canoe is pulled up to the paddle, then paddle is pushed out in a "J" shape, automatically correcting for the natural turning of the canoe;
 - draw—paddle is put out in the water away from the canoe and the canoe pulled toward it (drawn toward it, thus, the name);



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pry—paddle is put in next to the canoe and the canoe is pushed away from it (pried).

These strokes can be done from either side of the canoe.

8. Set boundaries. Is splashing allowed? Do canoes need to stay in order? Don't mess with the life guards!
9. Put the canoes in the water and have campers take their places, reminding them to keep their center of gravity low.
10. Have fun!

Container—Sewing Box

"She looks well to the ways of her household and does not eat the bread of idleness."

Proverbs 31:27

Note

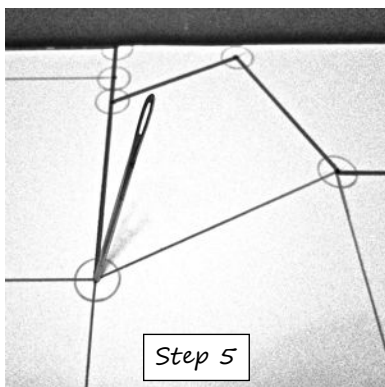
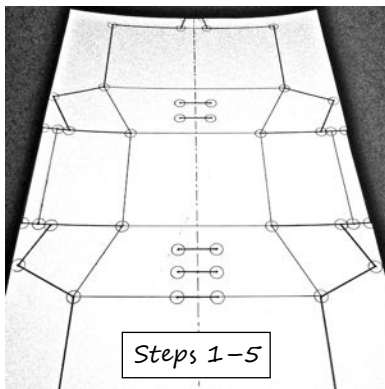
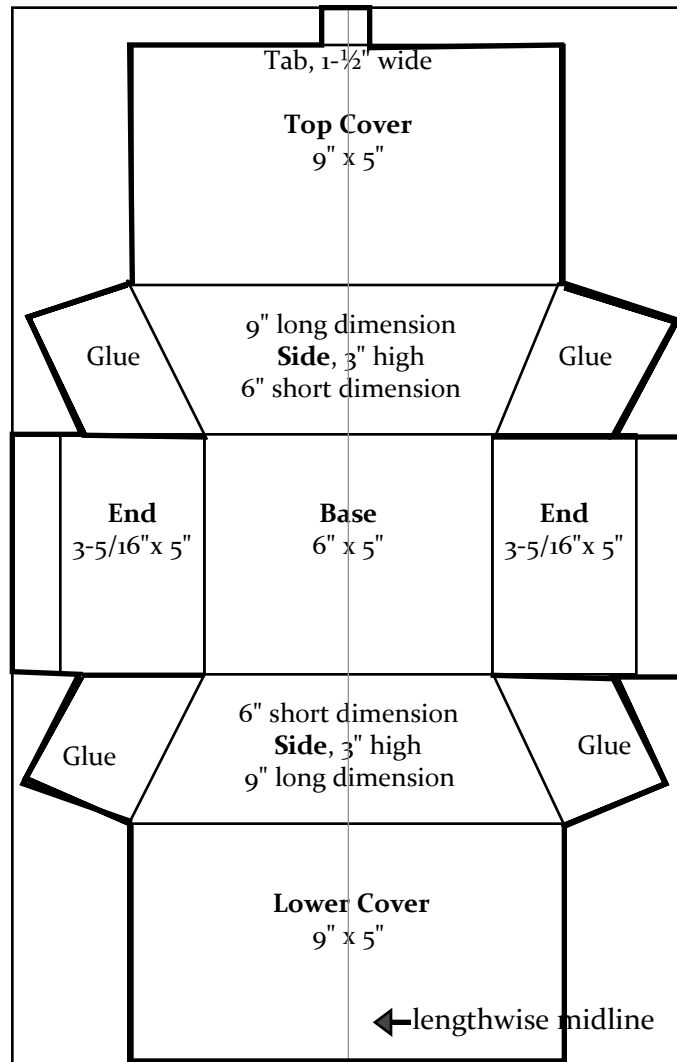
What a good time to talk about using our time wisely! Sewing baskets will allow everyone to carry a project with them to make the most of spare moments.

Needed

- ☐ 28" x 22" poster board, one half sheet (14" x 22") per camper
- ☐ six clothespins per camper
- ☐ pattern (instructions following)
- ☐ scissors
- ☐ rulers
- ☐ pencils
- ☐ decorations
 - pictures of flowers, butterflies, fruit. Try wallpaper, wrapping paper, or garden catalogs for pictures to cut out and glue on.
 - colored pencils to draw borders
- ☐ 1½"-2" wide ribbon or fabric strips in 45" and 22" lengths, for handles and bows. Find colors to coordinate with pictures.
- ☐ knife and cutting board
- ☐ blunt point—chopstick, back of table knife, et cetera
- ☐ glue
- ☐ bowls of water and wash cloths for removing excess glue
- ☐ plastic or newspaper to cover tables

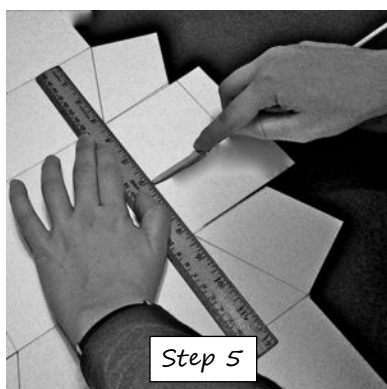
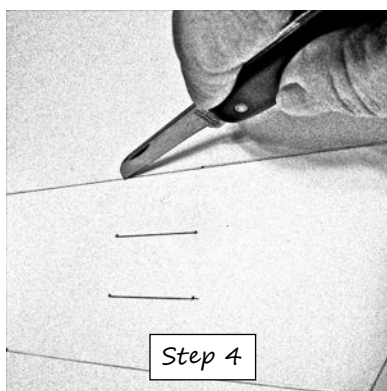
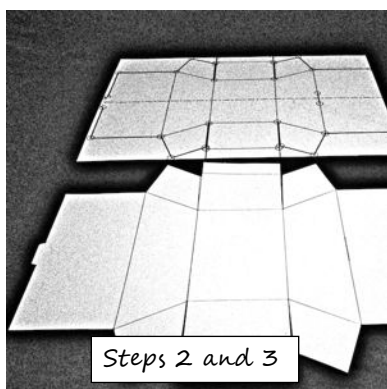
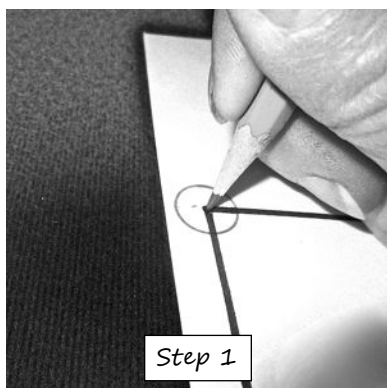


Make one pattern
for every six
people.

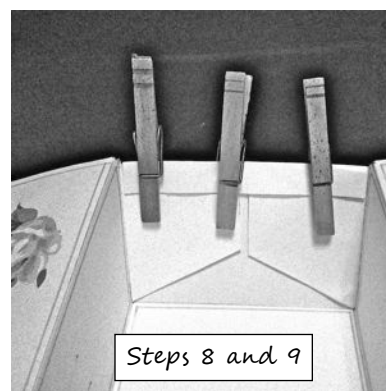
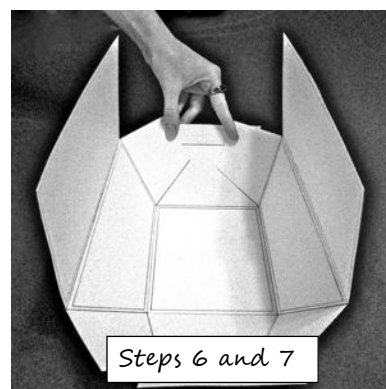
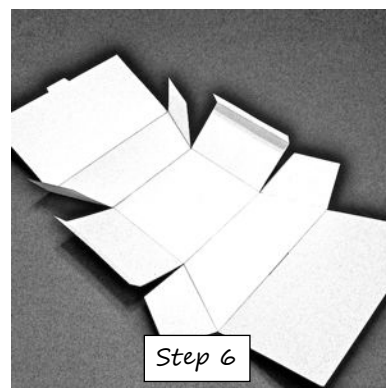


Pattern Instructions

1. Cut a standard sheet of poster board (28" x 22") in half (14" x 22" each). Make a pattern on one of the halves.
2. Draw a line down the middle of one piece, lengthwise.
3. Draw the shape as shown above, beginning with the lower cover and moving up from there, using the lengthwise midline to keep the shape centered.
4. Draw 2 lines, 1½" long and 1" apart in the middle of both sides (for the handle), and one on the line between the lower cover and the side, for the tab. (See the top photo.)
5. Use a large tapestry or darning needle to make precise holes at every line end (about 42 of them). This will become a giant connect-the-dots pattern. Circling these will make them more visible.



- Box Instructions**
1. Put the pattern over the poster board. With a pencil, mark all dots.
 2. Draw lines using a ruler to connect dots, checking the pattern frequently. Frequently checking the pattern in God's word is also recommended!
 3. Cut on outer lines and along one side of each glue piece.
 4. Have a team member cut slits in sides and cover. (Use a knife on a cutting board.)
 5. Score folding lines with a blunt point (like a chopstick).
 6. Fold along scored lines, set box up, trim areas to make them fit.
 7. Decorate with paper cutouts and colored pencils.
 8. Fold in glue flaps and glue inside the end pieces.
 9. Fold over the area at the top of the end pieces, glue over flaps, hold with clothespins.
 10. Run the 45" ribbon or cloth around the basket for a handle, lacing it through the slits on either side, tie in a bow on one side.
 11. Add a matching bow on the other side with the 22" piece.
 12. Let glue dry thoroughly before removing clothespins.





Cooking—Roasted Apples

"When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread."

John 21:9

Note

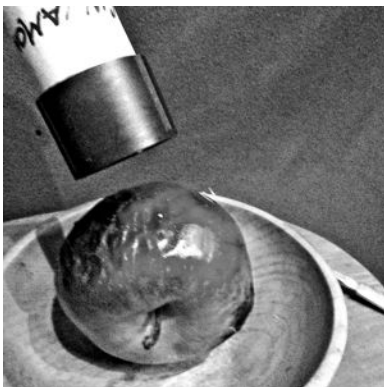
Eating...the fire and the food. The fire comes first and will probably require more patience than roasting the apples. Refer to the fire starter instructions for help.

Needed

- ☐ fireplace, fire ring, or wood stove with room around it for the group
- ☐ bucket of water to quench any stray sparks
- ☐ tinder, kindling, and logs enough for a one-hour fire
- ☐ one match...okay, more than one match. Lighting a candle with that one match will allow you many tries without exhausting your match supply.
- ☐ roasting sticks, one for each camper and helper—use long sturdy ones to keep petticoat hems away from the flames
- ☐ two pans of water, one for washing apples, the other for washing hands
- ☐ an apple for each camper and helper plus a few extra in case you lose some to the fire
- ☐ cinnamon to sprinkle on the outside of roasted apples
- ☐ plates or bowls to hold hot apples
- ☐ forks to loosen apples from their sticks and to eat them!

Instructions

1. Prepare the fire area and build a fire.
2. Wash hands and apples.
3. Put apples on roasting forks and hold over the fire until soft. Times will vary depending on the type of firewood, type of apples, and type of campers (from "the more ash, the better" to "I like mine raw"...). Encourage patience.
4. Put on a plate or bowl, sprinkle with cinnamon, enjoy!



Dance

" 'He who scattered Israel will gather him, and will keep him as a shepherd keeps his flock.' For the Lord has ransomed Jacob and has redeemed him from hands too strong for him. Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy; I will comfort them, and give them gladness for sorrow."

Jeremiah 31:10b, 11, 13

Note

Yes, God gathers us, He keeps us, He has ransomed us, He redeems us! How shall we show our joy? Some people dance. But here we find ourselves with a problem. Lots of dancing is done for reasons really, really far removed from showing our happiness before the Lord; so many churches frown on any kind of dancing. In 2 Samuel 6 this very issue is discussed between King David and his wife, Michal. Perhaps we have gone the way of Michal. So for the sake of those who would love to dance for good reasons, from praising God to laughing and exercising, we offer you these dances, echoing King Solomon, there is "a time to dance." (Ecclesiastes 3:4)

Needed

- ☐ an area with fairly level ground
- ☐ music

The first dance can be done to your own singing. Live music is fun, a fiddle is perfect. No fiddler handy? Then check out the music from the "Little House Books" in recorded form and go electronic. A songbook with music from the "Little House Books" may be helpful as well.

Here are four dances from simple to more complex. Demonstrate first, then walk the girls through the steps until they are comfortable, then add music. It is nice to dance in time to the music but it is more important to enjoy the process, so take a deep breath and have fun.





2. Left foot crosses over right foot



1. Right foot crosses behind left foot

Grapevine

This is a good dance for warming up. It has Israeli roots—so think right-to-left—and works well to "Shalom Chaverim" (available on the Internet).

Dancers:

Once the footwork is learned, girls can join hands and dance in a circle, raising their hands up when the music goes up.

Footwork:

1. Right foot crosses behind left foot.
2. Uncross legs (left foot crosses over and down beside right foot).
3. Repeat, right behind left, left over right (like twisting grapevines, only with your feet).

This may be done in either direction.

Jig

Remember the jiggling competition between Laura's uncle and her grandmother? The jig described here is a very simple jig, not necessarily authentic, but easy to learn for your own competition.



Dancers:

Girls are "on their own."

First position:

1. Put left hand on waist, right hand arching overhead, right foot pointed out to the right.
2. Hop three times on left foot.
3. Move right foot in front of left knee.
4. Hop three times on left foot.
5. Switch to second position.

Second position:

1. Put right hand on waist, left hand arching overhead, left foot pointed out to the left.
2. Hop three times on right foot.
3. Move left foot in front of right knee.
4. Hop three times on right foot.
5. Switch to first position.

Alternate back and forth until exhausted. If changing hand positions is too complicated just keep both hands on the waist.



Irish Washer Woman

This is a "called" dance so ask someone to shout directions. If no one has a loud voice think about a microphone setup. There is music called "The Irish Washerwoman"—perfect!

Dancers:

Everyone stands in a circle. There should be an even number of dancers so everyone can have a partner to swing on the fourth line.

Calling:

"All join hands and go to the middle,"

(4 steps in)

"And with your right foot keep time with the fiddle."

(4 stomps)

"And when you get back remember my call."

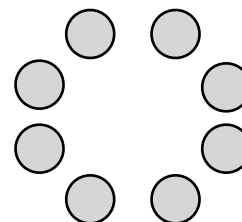
(4 steps back, drop hands)

"Swing your right and promenade all."

(link elbows and partners rotate for 4 counts, join hands and "promenade"—walk—around the circle, 16 counts)

Repeat.

In
Stomp
Out
Swing
Promenade



Virginia Reel

This is a popular dance with which to close. Usually a group of girls reluctant to dance will beg for more by the time we end the Virginia Reel. Try the "Arkansas Traveler" or "Turkey in the Straw" for music.

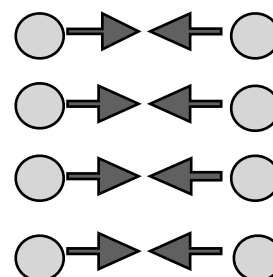
Dancers:

Two rows of dancers, Row A and Row B, line up across from each other, about six feet apart, facing each other. Both rows need to have the same number of people—the dancers across from each other will be partners. Team members may need to participate or sit out according to the numbers. If you have more than twelve dancers (six in each row) make another set of rows.

First part:

1. Partners meet in the middle and curtsy, return to lines.
2. Partners meet in the middle and right arm swing, return to lines.
3. Partners meet in the middle and left arm swing, return to lines.
4. Partners meet in the middle and do-si-do. (Pronounced doe-see-doe.) Do what? That means they face forward, walk to just past their partners right shoulder, step to the right behind their partner, still facing forward, walk backwards back to their line, all the time with their arms folded in front of them.

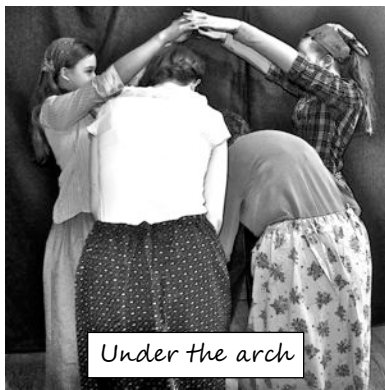
Head



Foot



The Lord Is My Shepherd ~~~~~



*Clap in time and
shout for fun!*

Second part

1. The head partners (pick one end to be the head) meet in the middle, join hands and sashay all the way down the middle of the rows to the foot, then back to their positions. Sashay in this case means to use sideways sliding steps—not an essential move, just go down and back. Return to position.
2. This is the reel. The head partners meet in the middle and right arm swing with each other, then left arm swing with the first person in the opposite row, then right arm swing with the partner, then left arm swing with the next person in the opposite row and so on down the line to the foot where they join hands to sashay back. It helps to remember that your right arm is always for your partner, the left arm always for another. Remember which arm goes with which person and this becomes a really fun whirl.

Third part

2. Row A lead dancer "peels off" - in other words, she leads her row down the outside of the row to the foot of the line. Row B dancer does the same thing with her row.
3. When the lead partners meet in the middle at the foot of the rows they join hands to make an arch.
4. All the partners join hands as they meet and go under the arch, then sashay down to where the rows began. This makes a new lead couple and the dance begins again. Make sure everyone has a chance to be the head partners.

Decorative Stitching—Hot Pad

"On the hem of the robe they made pomegranates of blue and purple and scarlet yarns and fine twined linen."

Exodus 39:24

Note

Wool is naturally fire resistant which makes it an extra wise choice for a hot pad.

Needed

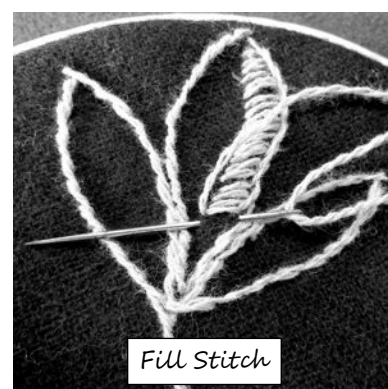
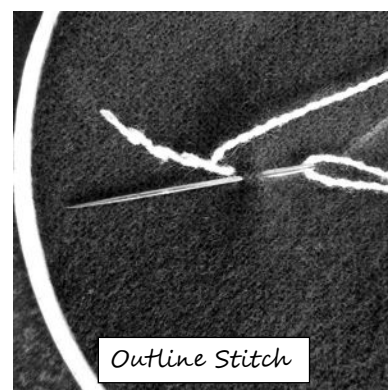
- ☐ pattern ideas (floral wallpaper, embroidery books)
- ☐ chalk

For each:

- ☐ two 7" x 7" squares of thick wool, use three pieces if the wool is thin
- ☐ sewing basket
- ☐ small embroidery hoop

Instructions

1. Choose a piece of wool.
2. Put it in an embroidery hoop.
3. Sketch a pattern on it with chalk (keep this simple).
4. Thread the needle with crewel yarn or three strands of embroidery floss, knot the end (not the best needlework technique but less frustrating than losing stitches).
5. Begin stitching; try the outline stitch and the fill stitch. The idea here is not perfection but a relaxed time of learning a new skill.
6. When the design is complete, remove the hoops.
7. Put the second (and third, if necessary) piece of wool behind the first (covering the back of the design) and pin together.
8. Round the corners with scissors.
9. Stitch the two pieces together along the edges using a blanket stitch. When starting and stopping the blanket stitch, hide the knotted ends between the layers of wool.





Dipped Candles

*"...let your light shine before others,
so that they may see your good works
and give glory to your Father who is in heaven."*

Matthew 5:16

Note

Be sure to start the slow cooker in plenty of time. Creativity is encouraged. Shaping is done after the wick has enough wax on it to hold a modified shape.

Needed

- ☐ one deep slow cooker for every four girls. It's nice but not essential to line it with a plastic cooking bag.
- ☐ two or three jars as tall as your slow cooker will hold
- ☐ wax from old candles and/or paraffin
- ☐ crayon pieces for added color
- ☐ thick cotton string for wicks cut into 8" and 16" lengths; 16" wicks will have candles on both ends
- ☐ table and floor cover—plastic sheets or newspaper
- ☐ an extension cord, if necessary
- ☐ pint or two of water

Instructions

Before the activity—this is best done at least a day ahead

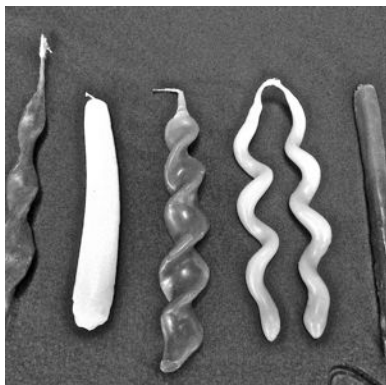
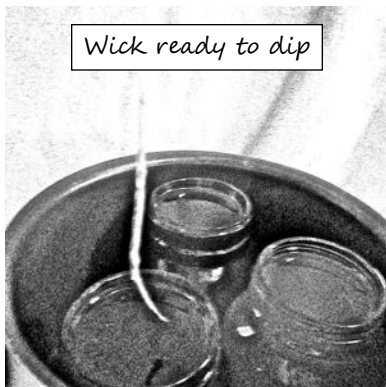
1. Put several cups of water in the crock pot (helps moderate wax temperature), add jars.
2. Fill the jars with candle pieces, sorted into general color groups. Adding crayon pieces will intensify colors.
3. Heat on high with the lid on until wax is melted.
4. Remove old wicks from the bottom of the jars with a plastic fork or chop stick.
5. Add wax as necessary to fill the jars to the top and reheat.

Making candles

1. Make sure wax is completely melted.
2. Take a string and dip it in the candle wax.
3. As it cools, straighten the string.
4. Repeatedly dip, straighten, and cool.

Troubleshooting

- if candles are bumpy, wax is too cool,
- if candles refuse to build up, either wax is too hot or they are not being cooled long enough between dips.



Doll—Yarn

*"...your hand shall lead me,
and your right hand shall hold me."*

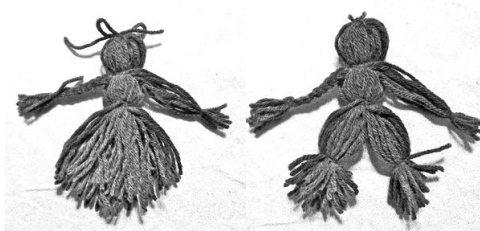
Psalms 139:10b -

Note

God holds us. We can remember that every time we hold a doll. Dolls are an excellent service project. Girls can learn to make them, then give them to a little sister, a young friend, or an organization that can distribute them to needy children. Be sure to have enough yarn for each camper to keep one for herself if she would like.

Needed

- ☐ yarn
- ☐ 6" cardboard squares
- ☐ scissors
- ☐ optional fabric scraps

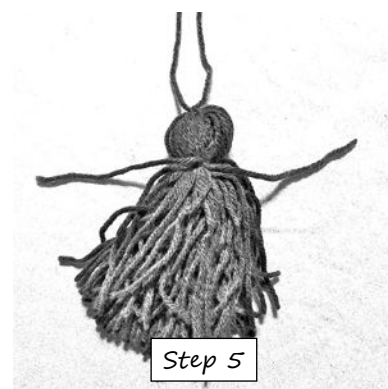
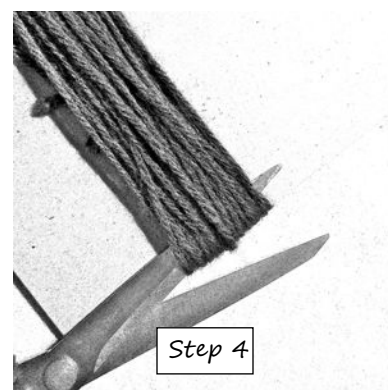
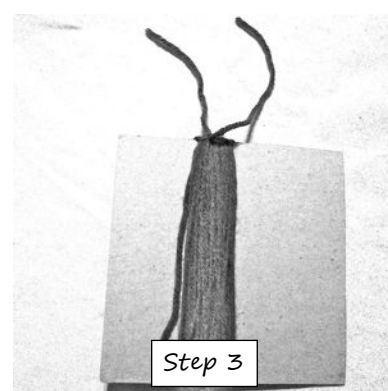


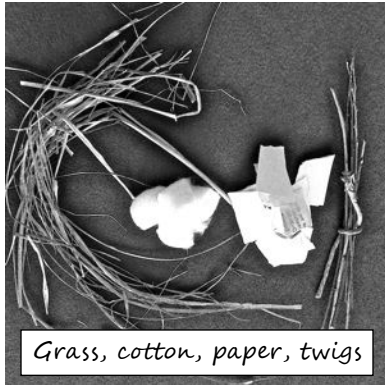
Steps 6 through 8

Instructions

1. Choose yarn.
2. Wrap yarn around the cardboard 50 to 60 times, loosely.
3. Cut several pieces of yarn 4" or 5" long. Tie and knot one around the top of the yarn to hold all the strands together.
4. Cut all the strands of yarn along the bottom of the cardboard (NOT the tied top). Remove cardboard.
5. Use another piece of yarn and tie it 1" down from the top to form the doll's head.
6. Separate several strands of yarn on the left and right, below the head, for arms. These can be braided or simply cut shorter and tied at the ends for hands.
7. Use another piece of yarn for a waist. Now you have a girl doll.
8. For a boy doll, divide the remaining yarn for legs and tie each at the bottom for ankles.

These can be dressed and embellished with scraps of cloth.





Fire Starters

*"Is not my word like fire, declares the LORD,
and like a hammer that breaks the rock in pieces?"*

Jeremiah 23:29

Note

How is God's word like a fire? Deuteronomy 4:24; 9:3, and Hebrews 12:29 all talk about God as a consuming fire. He destroys adversaries. Let's be under His protection and not an adversary!

Be sure to do this project first thing in your week so everything will be dry for fire-building later. There's nothing like wet firewood to put a damper on a camp cooking project. You can choose to do just one kind of fire starter or try them all and see what works best for you.

Starting a fire requires tinder to catch the match flame, kindling to gently add to the initial flame, and logs to warm up in the flame of the kindling and burn long enough to cook a snack. Any of these fire starter ideas qualify as tinder. Kindling should be finger size and the logs arm size. Gather each size and store in a dry place.

Needed

- ☐ cotton balls (real cotton) and cooking oil
- ☐ dry grass
- ☐ scrap paper
- ☐ small twigs and cotton string

Instructions

1. Soak cotton balls in cooking oil.
2. Collect dry grass.
3. Shred paper.
4. Break twigs into 6" pieces, tie with cotton string.
5. Collect kindling and logs.
6. Put everything in a box in a dry location, all ready for your cooking project.

Games

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us..."

Hebrews 12:1

Note

The race the Bible is talking about is a lot more serious than the games we'll be playing!

Needed

- ☐ an open area, preferably outdoors

For Hoops and Graces

- ☐ hoop—6"-12" embroidery hoop (just the inside hoop), one for every two girls, the larger the hoop the easier to catch
- ☐ ¼"-½" wide ribbons, five or six, 1-2 yards long each, tied to the hoop to slow its speed and to look pretty
- ☐ four sticks—12"-24" dowels, ½" thick. Use longer sticks for larger hoops, four sticks for every two girls.

For Epidemic

- ☐ a watch or timer

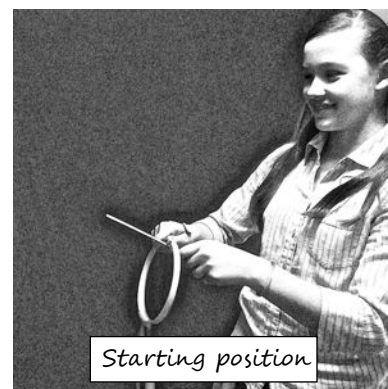
For Jump Rope

- ☐ single jumping ropes (7'-9')
- ☐ double jumping ropes (12'-16')

Instructions

Hoops and Graces

1. Find a partner.
2. Each partner takes two sticks, one in each hand.
3. One girl crosses her sticks like an "x".
3. She hangs the hoop from the middle of her "x", then moves her hands out quickly, "squirting" the hoop off the ends of her sticks.
4. The second girl catches the hoop with both of her sticks and repeats the squirting procedure back to the first girl.



Epidemic



This is a get acquainted game. Exchange names every time there is a handshake. The leader shakes hands with everyone while giving a special handshake to two or three people (only one if the group is very small). This handshake will include a tickle to the palm, invisible to the casual onlooker. Every time one of these "infected" campers shakes hands with someone, she will pass along the tickle. Each person that receives the special handshake becomes "infected" and will pass it along to everyone she touches. It is interesting to see how many people have become infected at the end of the time. Allow enough time for everyone to shake hands with at least half of the group.

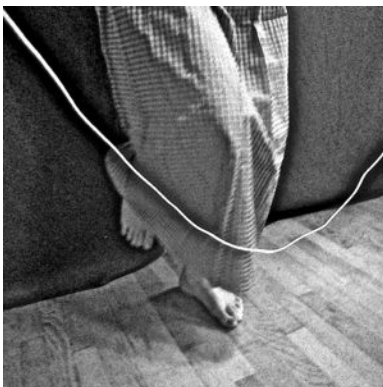
This is a good time to mention how attitudes are "catching," too.

Jump Rope

1. Two volunteers hold the ends of a long rope and swing the rope completely around, high and wide, in a steady rhythm.
2. A girl slides in and begins jumping.
3. Onlookers cheer, and try some jump rope rhymes.
4. Several groups jumping at one time provide friendly competition—make sure it's friendly and that groups are cheering for each other.
5. Individual jumping competitions are an option, too.

Teddy Bear

Teddy Bear, Teddy Bear, turn around.
Teddy Bear, Teddy Bear, touch the ground.
Teddy Bear, Teddy Bear, show your shoe.
Teddy Bear, Teddy Bear, that will do.
Teddy Bear, Teddy Bear, go upstairs.
Teddy Bear, Teddy Bear, say your prayers.
Teddy Bear, Teddy Bear, turn off the light.
Teddy Bear, Teddy Bear, say, "Good night."



I Like Coffee

I like coffee, I like tea,
I'd like (name) to jump with me!

Cinderella

Cinderella, dressed in yella,
Went downstairs to meet a fella.
Made a mistake
And met a snake!
How many doctors did it take?
1 2 3 4 5 6 7 8 9 ...

General 1—Spinning

*"She puts her hands to the distaff,
and her hands hold the spindle."*

Proverbs 31:19

Note

Imagine being able to make your own yarn! Here we go.

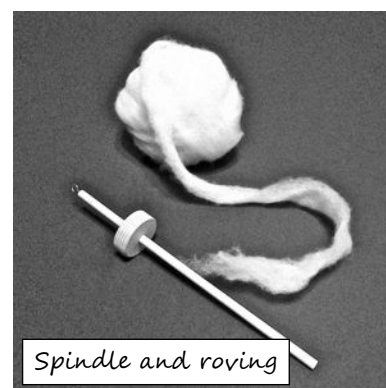
Needed

- ☐ 12" dowel rod to fit tightly inside the wheel
- ☐ 2" or larger wood wheel for the whorl
(look in the wood toy section of a craft store)
- ☐ small cup hook
- ☐ sandpaper
- ☐ glue
- ☐ wool roving—1-2 ounces per camper. This can be expensive so shop around at yarn stores and on the Internet, and talk to friends with sheep!

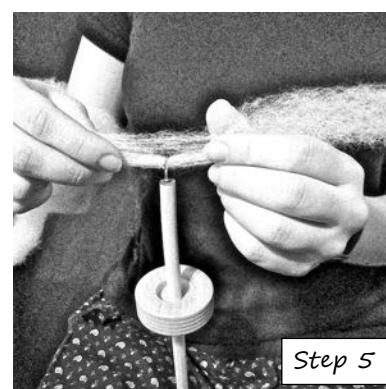
Instructions

The spindles may be made before camp or done as part of the project.

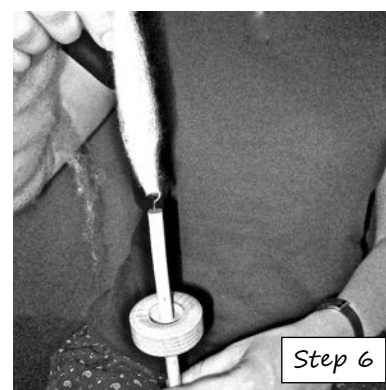
1. Lightly sand the dowel, insert in the wheel about 3" from one end.
2. Apply a spot of glue to hold in place.
3. Screw the cup hook into the end closest to the wheel (whorl). This is your drop spindle.
4. Take a 2-yard section of roving and "pre-draft" it; pull it gently out to loosen and align fibers. It should not break.
5. About 3" from one end of the roving, snag the hook into the roving.
6. Wrap the short end around to join the long part of the roving. Hold together with your right hand. Wrap the long part around your right arm to keep it out of the way.
7. Hold the long end of the spindle against your right leg and roll it out toward your knee. This will twist the yarn in your right hand.
8. "Park" the spindle between your knees.
9. Move your right hand slowly up the strand of roving until the twist no longer follows.
10. Repeat from step 7 until there is enough twisted yarn (about two feet) to move it to the long "storage" end of the spindle.



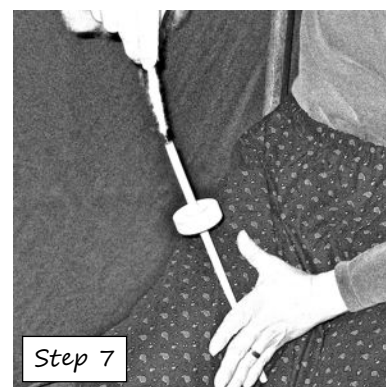
Spindle and roving



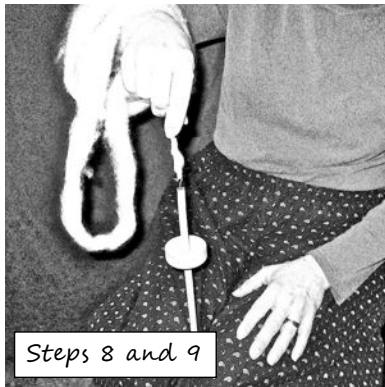
Step 5



Step 6



Step 7



11. Remove the wool from the hook, tie around the long end of the spindle, close to the whorl, roll the spindle to wind the wool (this maintains the twist).
12. Leave enough yarn free to run the yarn around the whorl, up through the back of the hook, and out several inches.
13. Begin the rolling, "parking," twisting process again.
14. When there is a break, or it is time for new roving, roll the spindle and "park" it, pull the fibers on the end of each strand out a bit, hold each end side by side, and allow to twist together.
15. When this method becomes easy (hooray!), then the parking is no longer necessary and the spindle can be spun with the left hand and dropped in one motion. This will go more quickly.



If you would like to see this demonstrated, check for videos on the Internet. There are several techniques.

General 2—Weaving

"She seeks wool and flax, and works with willing hands."

Proverbs 31:13

Note

A simple cardboard loom can be used for a variety of projects, like bookmarks, coasters, and cell phone cases. We'll make one a little larger than we need so it can be used for other projects. It is easiest to "warp" with commercial yarn, but you may want to use some of your hand-spun yarn for the weaving. Let's go, willing hands.

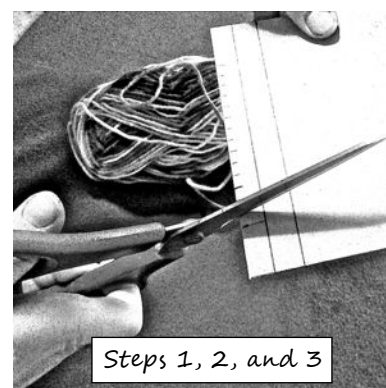
A Bookmark

Needed

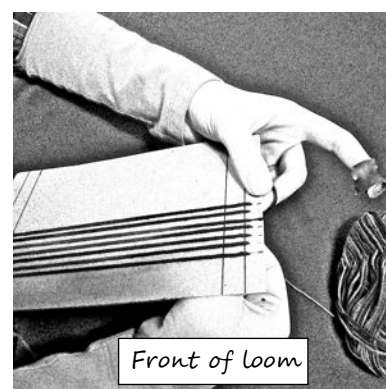
- ☐ 6" x 9" piece of cardboard, not corrugated (cereal box cardboard will work)
- ☐ ruler
- ☐ scissors
- ☐ pencil
- ☐ small skein of lightweight, variegated yarn
- ☐ tapestry needle (a plastic craft needle will work)
- ☐ plastic fork for pushing yarn close together

Instructions

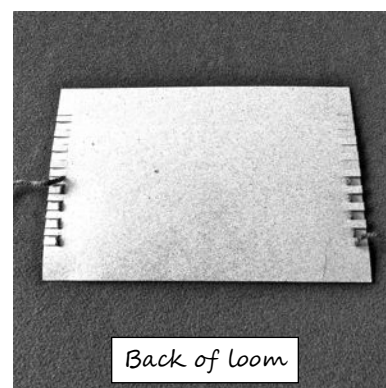
1. Draw lines $\frac{1}{2}$ " and 1" away from both short ends of the cardboard.
2. Make marks $\frac{1}{4}$ " apart all along both ends, except for the first and last inch.
3. With scissors, cut to the $\frac{1}{2}$ " line at every $\frac{1}{4}$ " mark. This is your loom.
4. Start the "warping" (installing all the long yarns) by anchoring the end of the yarn in the first slit on one end. Leave a 3" tail on the back side of the loom.
5. Take the yarn to the other end of the loom and go in the first slit there to the back of the loom.
6. Wrap around the back to the next slit on the same end, bringing the yarn through that slit and coming out on the front.
7. Take the yarn across the loom again to the other end.



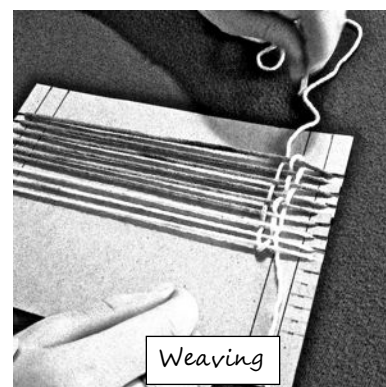
Steps 1, 2, and 3



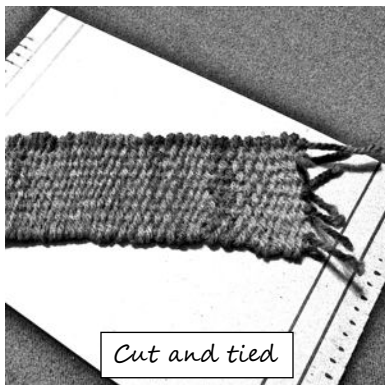
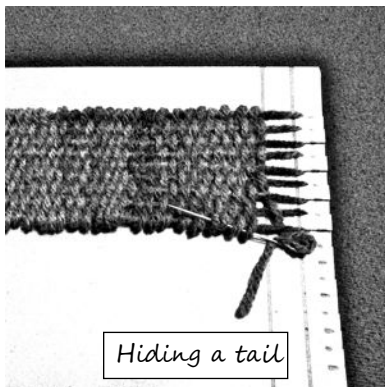
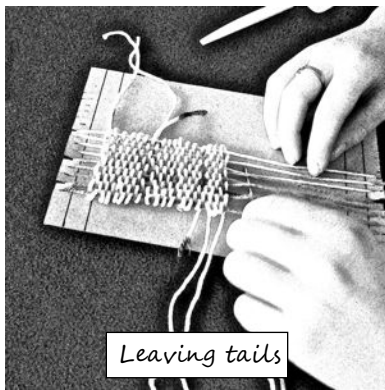
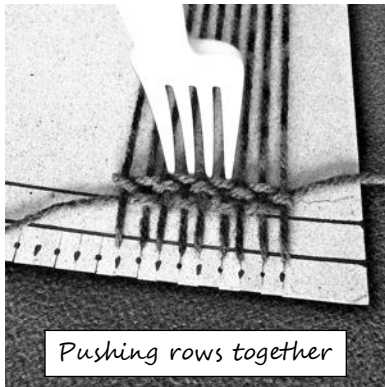
Front of loom



Back of loom



Weaving



8. Repeat steps 6 and 7 until there are 9 warp yarns crossing the front of the loom in neat, parallel lines. Keep the tension on the yarn snug but not tight.
9. Cut the yarn, leaving a 3" tail.
10. Cut a 4-foot piece of yarn from the skein and thread on the tapestry needle.
11. Starting at one end on the line that is 1" from the end, weave over, under, over, under across the vertical warp yarns. Leave a 6" tail at the beginning.
12. Now turn and go back across, weaving under, over, under, over; opposite of the last row. The edge should not be pulled tight or the weaving will curve in. Keep the edges straight. These horizontal yarns are called the weft.
13. Use the fork to push the rows close together, keeping the first row on the 1" line.
14. If you want to change colors of yarn, or make a stripe of your own hand-spun yarn, leave a tail for the last color and a tail for the new color.
15. When you have woven down to the 1" line at the bottom, it is time to finish. Run the tail (while still on the needle) down the edge of the weaving and clip off any extra.
16. Thread each of the other tails on the needle one at a time and run them down the edge of the weaving, also.
17. If you would like to tighten the weaving, push the weft yarns closer together towards the middle.
18. Now cut the warp threads off the loom from the back side and tie them together, two by two.

General 3—Dying

"One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul."

Acts 16:14

Note

May God open our hearts to hear Him speaking to us through others, as well! Have fun with these natural dyes.

Needed

- ☐ the apron muslin (already washed and dried; see sewing)
- ☐ string for tying folds
- ☐ scissors
- ☐ a quart jar for each apron
- ☐ clothesline
- ☐ two clothespins per apron
- ☐ prepared dye
 - red cabbage (blue-grey)—one head per apron; cut into chunks, simmer in 4 cups water for an hour, allow to cool overnight, strain, reheat before using
 - onion skins (orange)—4 cups dry onion skins per apron, ask to clean the bins at the grocery store if you don't happen to have enough on hand; simmer skins in 4 cups water for an hour, allow to cool overnight, strain, reheat
 - turmeric (yellow)—4 tablespoons per apron; pour 3 cups of hot water over the turmeric, may be used immediately, turmeric will rinse off later

Instructions

1. Prepare the apron by folding, tying with string, or crumpling; the dye will penetrate areas differently making patterns similar to tie-dying.
2. Put into a quart jar.
3. Pour three cups of hot dye onto the apron in the jar, making sure it is completely submersed (a team member does this).
4. Cover and set in the sun to steep, let soak overnight.
5. Remove from jar, remove strings, rinse briefly, wring out.
6. Hang to dry.
7. Iron to help set dye. If the apron is not sewn yet, press the casing at this point (see sewing).



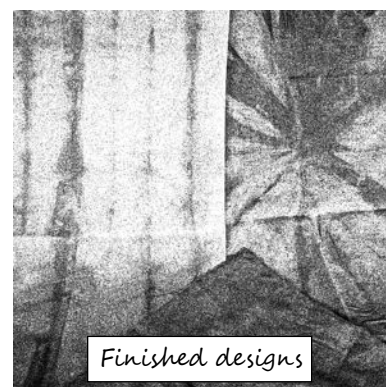
Dye material



Folded and tied



Fabric immersed in dye



Finished designs



General 4—Washing

"Wash me thoroughly from my iniquity, and cleanse me from my sin!"

Psalm 51:2

Notes

This is a fun project to do outside in hot weather. It provokes a sense of appreciation for electric washers and dryers, too. Girls can work in pairs for wringing out, one on each end of a petticoat, twisting until it kinks back on itself. Please caution girls not to wring out other garments this way, especially knits, as most will be damaged. Does anyone know what a wringer washer is?

Needed

- ☐ dirty petticoats
- ☐ a washtub; if you can find two, one can be used for rinse water
- ☐ a washboard
- ☐ liquid detergent (homemade soft soap would be ideal but liquid dishwashing detergent works)
- ☐ clothespins, 2 per petticoat

Instructions

1. Fill the washtub half full of water with one squirt of detergent.
2. Immerse petticoat in water, rub spots, especially the hem, on the washboard (you may need to change water after several petticoats if they are especially dirty).
3. Squeeze out the excess water.
4. Dump wash water, refill with clean water.
5. Rinse in clean water, no need to scrub.
6. Wring out.
7. Hang on the line. Petticoats may also be laid to dry on the clean prairie grass, if you have some, like Laura's family did.



Group—Letterboxing

*"You will seek me and find me,
when you seek me with all your heart."*

Jeremiah 29:13

Note

A letterbox is British for mailbox but these are really hiding places, not mailboxes. Why this activity is called "letterboxing" I don't know, but it sounds more intriguing than "bag hunting" or "clue following"...

The clues that will lead girls to your hiding places will be specially designed for your site. What are the unique features? What history would be interesting to include in your clues?

God has certainly given us an abundance of clues for finding Him in His Word!

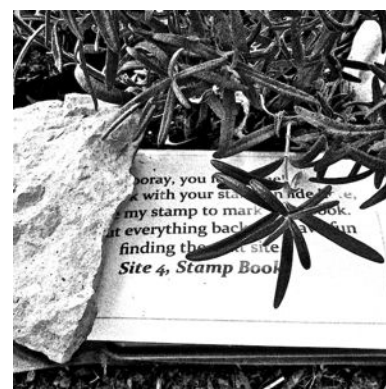
Needed

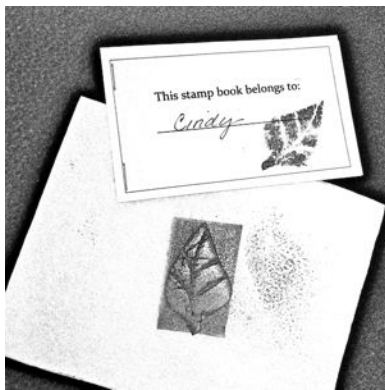
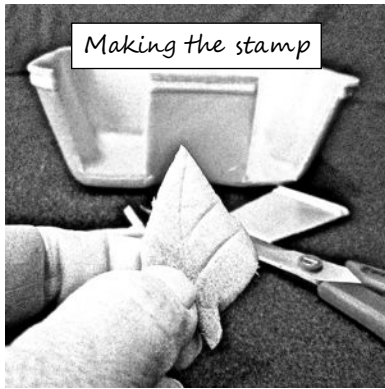
Before camp

- ☐ a sealed plastic bag for each hiding place, containing:
 - ☐ a small notebook of blank paper with a page for each camper (this can be 3" x 5" sheets of paper stapled together at one end), called a site log book
 - ☐ a distinctive stamp
 - ☐ a stamp pad
 - ☐ clues, one for each location, a copy for each group
- Hide each bag, have the clues ready to hand out during camp.

During camp, for each camper

- ☐ stamp making supplies
 - ☐ polystyrene cut in 1½" and 2" squares (styrofoam plates, for example)
 - ☐ double sided tape or tape to roll
 - ☐ scissors
 - ☐ chopsticks or fingernails
 - ☐ stamp pads for practicing with new stamps
- ☐ a pen or pencil for signing your name
- ☐ a notebook of blank paper with a page for each letterboxing site (this, also, can be 3" x 5" sheets of paper stapled together at one end)
- ☐ a paper towel for cleaning ink from stamps





Instructions

Before camp

1. Prepare bags for 5 hiding places. An instruction reminder may be included.
2. Hide these away from poison ivy.
3. Assign each hiding place a number or name. Prepare clues for each location. Print enough for each group of two or three girls.

During camp

4. Have each camper make her own stamp, different from anyone else's stamp.
 - Draw a simple design on the 1½" square of foam.
 - Cut out and emboss with the end of a chopstick or fingernail, if desired.
 - Tape to the middle of a 2" square of foam.
5. Divide girls into groups and hand out clues to each group.
6. Send girls out to find those hiding places. When they find a place have them:
 - use their stamp in the site book and sign their name,
 - use the site stamp in their personal book and make a note of the hiding place,
 - put things back in the bag, seal it, and put it back in the hiding place,
 - do a happy dance (optional).
7. Ring a bell or blow a whistle when time is up and see how many places groups were able to find.

From the dining hall to the
chapel door,
Then 10 paces to the left on the
forest floor,
Under the oak where the acorns
ride,
There's a stone under which the
treasure can hide.

Rhyming is optional!

Group, to Share—Button Spinners

"Let each of you look not only to his own interests, but also to the interest of others."

Philippians 2:4

Note

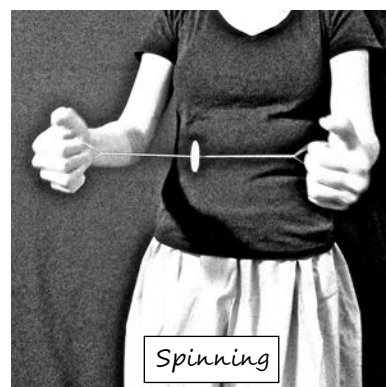
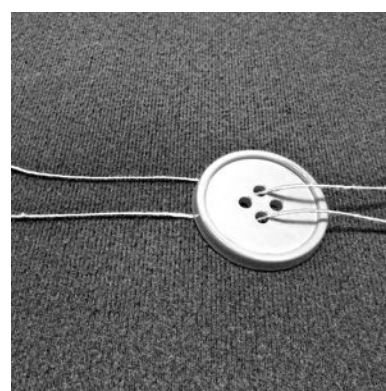
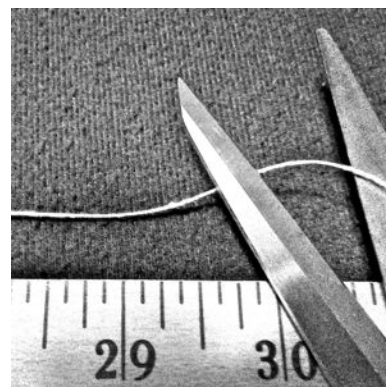
Our camp runs at the same time as another camp so this is a project we make for ourselves and to share with the other campers. It can be shared at home, as well, with family and friends.

Needed

- ☐ sturdy string
- ☐ large buttons, at least $\frac{5}{8}$ " in diameter, with two holes (four holes are not a problem, but shank-style buttons will not work)

Instructions

1. Cut string into 30" lengths, one for each button.
2. Put an end through one hole and back out through an opposite hole.
3. Tie the ends in a sturdy knot.
4. Pull the loop at the back of the button out so the button is suspended in the middle of the loop of string.
5. Put your forefingers in either end of the loop.
6. Twirl the button over and over so the string twists on either side of it.
7. Pull the ends out, relax, pull, relax.
8. With practice the button will spin either direction with a little tug from the fingers; winding and unwinding, seemingly endlessly.



Horse Adventure

*"Then I saw heaven opened, and behold, a white horse!
The one sitting on it is called Faithful and True,
and in righteousness he judges and makes war."*

Revelation 19:9-11

Notes

Wow! What a horse picture from the Bible! Let's be ready when Jesus, the Faithful and True, comes on His horse.

For our earthly horse adventure we will need earthly horses. Some campgrounds include stables which will make this activity easy. Otherwise, look for a nearby stable equipped for inexperienced riders. Or maybe you know someone with a buckboard or covered wagon who would provide rides for your campers. A horse-drawn buggy could be a really fun adventure, too, and just like Laura.



freestockphotos.biz

Some questions to ask a stable:

- How many girls can ride at one time?
- Will the riding be inside or outside?
- If outside, is it in an arena or on a trail?
- What happens if it rains?
- How much does it cost? When is this to be paid?
- How many staff members will be available?
- What paperwork is required?

Needed for horseback riding

- ☐ a well-staffed horse facility
- ☐ release forms signed by parents
- ☐ transportation by qualified drivers

Instructions for horseback riding

Go and do it!

Ice Cream

"...the cheerful of heart has a continual feast."

Proverbs 15:15

Note

This is a good project to do right after supper. Make sure everyone has a turn cranking.

Needed

- ☐ one reliable hand-cranked ice cream freezer for every ten ice cream eaters
- ☐ recipe ingredients
 - 3 cups milk
 - 1½ cups granulated sugar
 - 6 cups heavy cream (3 pints)
 - 6 teaspoons vanilla
- ☐ measuring cups and spoon, spatula
- ☐ 1 pound of salt
- ☐ lots of ice cubes
- ☐ bowls and spoons

Instructions

1. Measure ingredients and put in the freezer can, stir well.
2. Assemble freezer parts.
3. Alternate ice cubes and salt around the outside of the can, up to the top.
4. Crank until ice cream is frozen. Carefully remove can from bucket and remove lid.
5. Remove dasher and scrape the ice cream into a bowl. Someone may need to lick the ice cream from the dasher... Put the rest of the ice cream into bowls for everyone.
6. Feast.



Ingredients

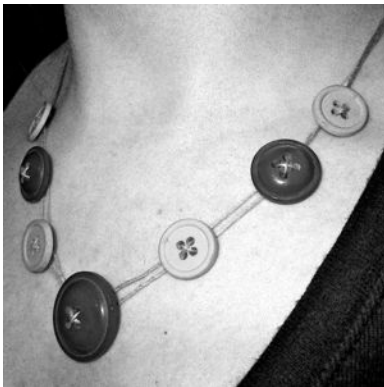
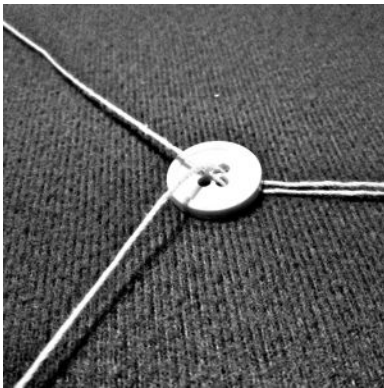
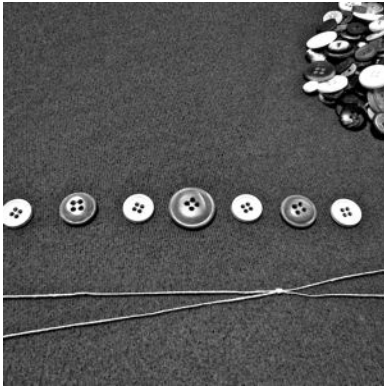


Cranking



Removing dasher





Jewelry—Button Strings

"...keep your father's commandment, and forsake not your mother's teaching. Bind them on your heart always; tie them around your neck."

Proverbs 6:20b, 21

Notes

Remember how Laura and Mary made a string of beads for their little sister? They were copying the model of self-sacrifice they saw in their parents. This could be an interesting topic of conversation while stringing buttons.

Needed

- ☐ string
- ☐ buttons with four holes, at least seven per camper
- ☐ scissors

Instructions

1. Cut string two and a half times as long as you want the finished necklace.
2. Double the string.
3. Make a knot one third of the way from the fold.
4. Choose buttons and arrange in a line.
5. Thread each end of the string through two of the holes in the first button, using adjacent holes, from back to front.
6. Cross the string and thread back through the other holes. Slide down to the knot.
7. Continue to add buttons with the same method. Adjust spacings.
8. Tie a knot after the last button.
9. This string may be tied on each time it's worn or the ends may be tied in a knot if it is long enough to be taken off over the head.

More time and more buttons? Make a matching bracelet.

Journals

*"So teach us to number our days
that we may get a heart of wisdom."*

Psalm 90:12

Note

The girls will carry their journals to Bible study every morning and may write notes in them at other times, too.

Needed

General

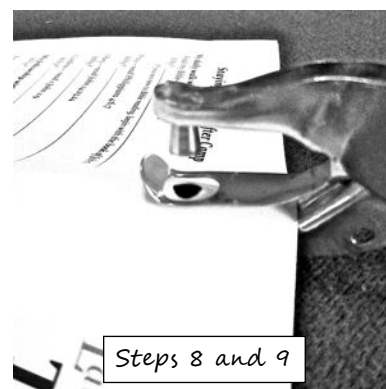
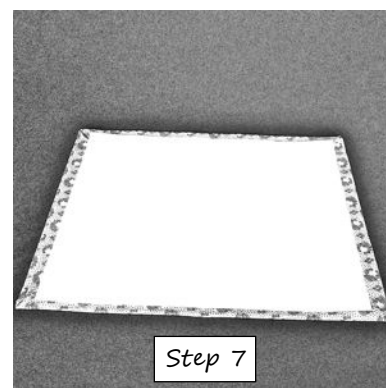
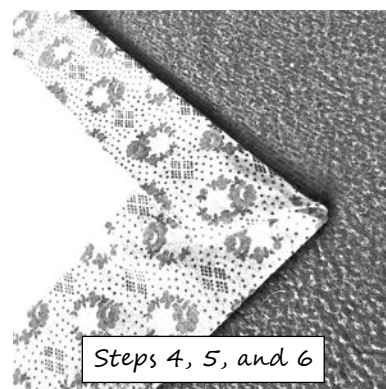
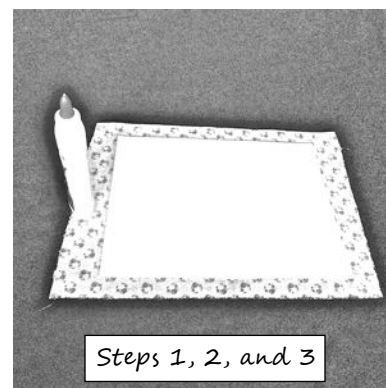
- ☐ glue
- ☐ hole punch
- ☐ marker
- ☐ scissors
- ☐ table covers
- ☐ wet cloths for cleaning up

For each journal

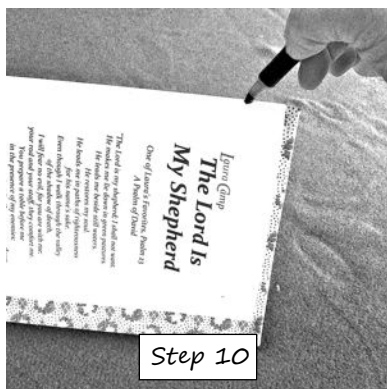
- ☐ 9" x 12" piece of cardboard, scored in the middle (short way)
- ☐ 15" x 18" piece of fabric
- ☐ ¼"-1" ribbon or fabric strip, 32" long
- ☐ 8 ½" x 11" end paper (heavy copy paper)
- ☐ student Bible study sheets, copied from pages 1-6 in the Appendix.

Instructions

1. Lay fabric face side down.
2. Spread glue on the outside of the cardboard.
3. Press the glued side of the cardboard in the center of the fabric.
4. Fold fabric and cardboard in half to make space for the bend.
5. Spread glue on the edges of the fabric.
6. Fold fabric over the cardboard, making the corners neatly, and press in place.
7. Spread glue on the end paper and press in place, covering the raw edges of the fabric.
8. Arrange Bible study sheets in order, fold in half.
9. Punch a hole on either end of the fold.

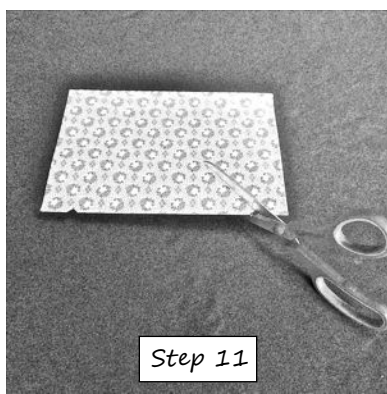


The Lord Is My Shepherd ~~~~~



10. Line up Bible study sheets on the outside of the fabric (that's not a typo) and mark the location of the holes.
11. Set the study sheets aside, fold the cover in half and cut triangles over the markings. This will make holes which can now be lined up with the holes punched in the study sheets.
12. Put the study sheets on the inside, still in order, lining up holes.
13. Put both ends of the ribbon into the holes from the inside, turn over, and tie on the outside.

Now you are ready for Bible study.



Name Tags

"... he calls his own sheep by name and leads them out."

John 10:3b

Notes

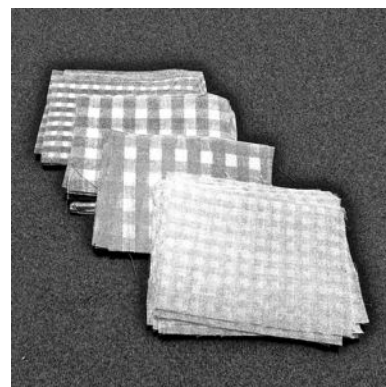
We have the name tags made before camp and lay them out on the registration table. It looks welcoming and we can begin putting names with faces immediately. Be sure to have material available for new name tags should there be a spelling error.

Needed

- ☐ 2½" x 3½" rectangles of light-colored gingham.
- If you have several groups of girls, you can use different colors of gingham for different groups.
- ☐ 30" ribbons
- ☐ black marker
- ☐ clear contact paper or 3½" wide tape
- ☐ hole punch

Instructions

1. With marker, print first names in large, easy to read letters.
2. Cover with clear contact paper or tape on both sides, extending past the gingham by ⅜" on all sides so the fabric is sealed inside.
3. Punch a hole in each upper corner.
4. Thread the ends of the ribbon through each hole and knot.





Personal Care—Soaking Salts

"...wash me, and I shall be whiter than snow."

Psalm 51:7b

Note

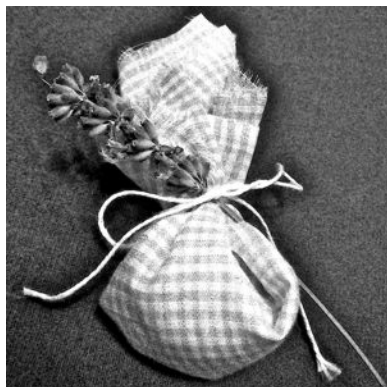
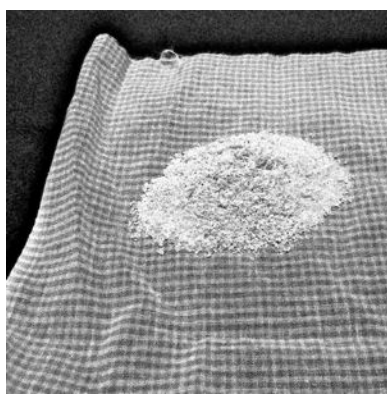
These bath bags are easy and fun to make. Have plenty of material on hand so everyone can make several. The scents should help cover musty cabin odors while at camp. Then take them home and put them under the faucet as the bath water is running for an aromatic and relaxing bath.

Needed

- ☐ Epsom salts
- ☐ baking soda
- ☐ powdered milk
- ☐ oat flour
- ☐ 3 or 4 bottles of aromatic oils with droppers
- ☐ 6" squares of lightweight fabric
- ☐ decorative string to tie bags, lavender sprigs
- ☐ teaspoons for dipping and mixing
- ☐ small bowls for mixing
- ☐ sealable plastic bags

Instructions

1. Start with 1 spoon of Epsom salts in a bowl.
2. Add 1 spoonful of your choice of baking soda, powdered milk, or oat flour.
3. Choose an aromatic oil and add a few drops.
3. Stir.
4. Pour into the center of a square of fabric.
5. Pull up the corners and tie with string.
6. Soaking salt bags may be kept in sealable plastic bags to prevent odor overload.



Baking soda - skin softener

Epsom salts - relaxing

Oat flour - soothing

Powdered milk - cleansing

Petticoats

*"...women should adorn themselves in respectable apparel,
with modesty and self-control..."*

1 Timothy 2:9, in part

Note

Petticoats are prepared before camp, then fitted when the girls arrive, and finished as team members have opportunity. Having some women dedicated to finishing elastic and hemming will speed the process and get those campers properly outfitted. If you know the waist size and hem length of each girl before camp, petticoats could be ready to go at the time of registration. Girls would not have a choice of fabric but there would be an at-camp time savings.

Thoughts on modesty change with time and culture but this is a good time to mention the importance of dressing to please God.

Needed

Before camp

- ☐ fabric—cotton and cotton blends in solids, stripes, checks, and prints. Fabric can vary in length and width. The minimum length of a petticoat is 36" and the minimum width is 30" flat (60" around). Sizes larger than that will be needed as well.

"Carrie" size (small)—2 yards

"Laura" size (medium)—2½ yards

"Mary" size (large)—3 yards

Plan for most of the petticoats to be "Laura" size, unless you already know the size of your girls.

- ☐ sewing machine with thread
- ☐ scissors
- ☐ safety pins
- ☐ fabric scraps and markers for name tags
- ☐ half inch elastic, 30"–36" per petticoat

Instructions

Before camp

1. Straighten both ends of the fabric.
2. Decide whether to use the fabric horizontally or vertically.
 - Horizontal use requires only one side seam and allows a selvage edge at the top and bottom of the skirt. It is best suited to 45" wide material (or less) with a design that looks good going around.





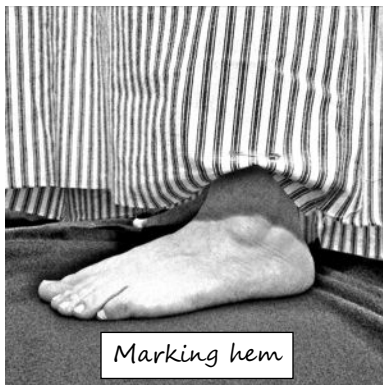
Running elastic in casing



Pinning name tag and elastic



Stitching casing closed



Marking hem

—Vertical use requires cutting a piece of fabric at least 2 yards long in the middle to make two identical pieces that are sewn together at both side seams (with the design going the same direction).

—Petticoats should be between 36" and 45" long and 60" or more around.

3. Stitch the side seam(s). Press open.
4. Turn over 1" at the top edge to form a casing. If the fabric does not have a selvage edge and ravel easily, first turn down ¼", press, and then turn down the 1" casing.
5. Start sewing the casing at the side seam. Leave the final 1" open to allow elastic to be run through the casing.
6. Press, fold, count for camp!

We do this next step the **night before camp starts** as a fun social time with team members (flat petticoats take up less space in the luggage, too), but it can be done before folding and packing for camp.

7. Precut elastic for each petticoat in 30" lengths, a few in 36" for the "Mary" size.
8. Run elastic through casing, secure both ends with a safety pin along with a scrap of fabric to serve as a name tag.

Now the **campers come along**.

9. When chosen by a camper:
 - have the camper put it on,
 - adjust waist elastic and hold with the safety pin,
 - mark hem line with a safety pin,
 - label the name tag with permanent marker and pin to the skirt.
10. Stitch elastic together where pinned.
11. Stitch casing closed with name tag in the stitch line.
12. Fold up at hem line and sew. (A ¼" fold on the raw edge will keep the hem from raveling and look neatly finished, even on the inside.)

When the campers are all dressed, celebrate!

Sewing—Apron

"He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet..."

John 13:4b,5a

Notes

Jesus used a towel for His apron. Instead of a towel, we'll get some sewing practice on our aprons. Demonstrate both the running stitch and the whip stitch. (I know, ideal would be a blind stitch, but we'll start with something simple.)

Needed

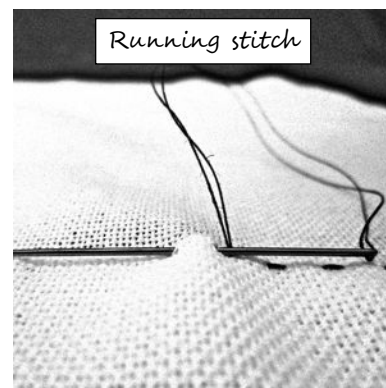
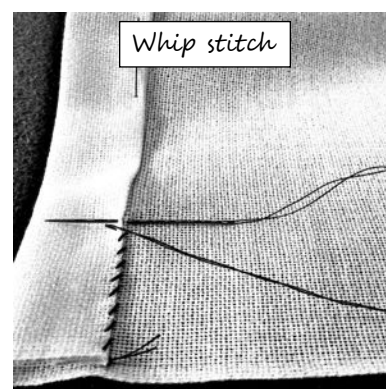
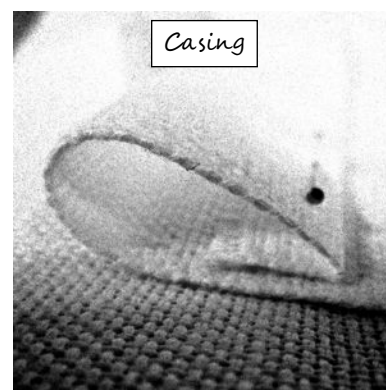
- ☐ 1 yard of bleached muslin (24"–36" wide) for each apron, washed and dried

If you want shorter aprons, use $\frac{2}{3}$ of a yard, instead.

- ☐ $1\frac{1}{2}$ –2 yards of cord per apron
- ☐ tape to wrap the end of the cord
- ☐ sewing supplies
- ☐ ruler
- ☐ iron
- ☐ ironing board or towel to iron on table

Instructions

1. Turn under $\frac{1}{4}$ " on one cut end (not a selvage side), pin in place, and press gently with the iron, being careful not to scratch the iron. Use the selvage edges for the sides of the apron.
2. Turn under an inch on the same end, pin, and press. This is called a casing.
3. Thread the needle with a length of thread (from hand to shoulder long).
4. Pull the ends of the thread together and knot.
5. Choose either a running stitch or a whip stitch, then stitch close to the folded edge of the casing with small, even stitches.
6. When the thread has about 3" left, make a knot and start a new thread.
7. When finished, wrap tape around one end of the cord, work the cord through the casing, gather the apron on the cord, and try on your new apron!



Variety Show

*"Having gifts that differ according to the grace given to us,
let us use them..."*
Romans 12:6a

*Campers enjoy
seeing team
members doing
silly skits, too!*

Note
This event should be announced at the beginning of the week so girls have time to practice during spare moments. Singing, skits, poetry, jokes (appropriate ones, of course), Bible verses...

- Needed**
- ☐ a poster with a pencil nearby to sign up
 - ☐ a room where voices carry well
 - ☐ an enthusiastic team member to be mistress of ceremonies

Best Variety Show Ever!

Time, Date, Location

Sign Up Here

Name(s)	Act

Writing - Quill Pens, Ink, Letters

*"Let not steadfast love and faithfulness forsake you;
bind them around your neck;
write them on the tablet of your heart."*

Proverbs 3:3

Notes

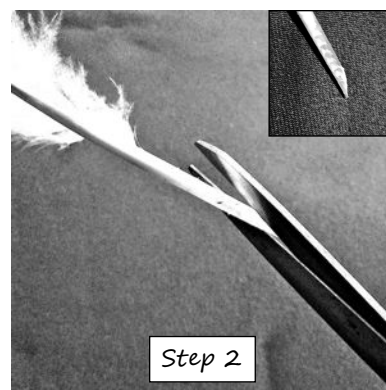
This project will give you a fresh appreciation for the letters and books written before ballpoint pens and computers.

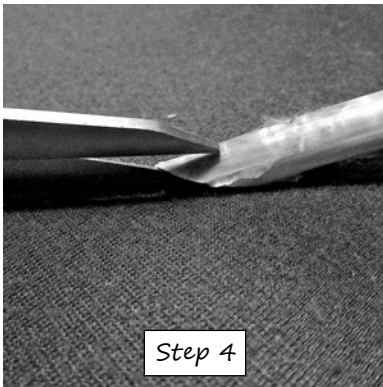
Needed

- ☐ quills. Check with a poultry processing plant to get large turkey feathers. Or ask to collect feathers at a county fair. This is seasonal so check your options early to avoid expensive purchased quills. Quills need to have shafts large enough to grip like a pen. Slimline pen size is fine. Plan on extras in case of cutting mishaps. Rinse feathers in bleach water and air dry thoroughly.
- ☐ scissors. Girls may use their sewing scissors (not recommended on a regular basis, but this is camp).
- ☐ nail file or sandpaper for smoothing edges
- ☐ ink
 - make your own:
 - collect walnut hulls in the fall, soak in rainwater all winter; or find walnut hulls, pour on boiling water and soak several days
 - or
 - use dark wood stain from the hardware store
 - or
 - buy ink powder from a historical supply store
 - Put in several small lidded jars so every girl will have easy access to the ink.
- ☐ scrap paper
- ☐ letter writing paper (envelopes and stamps, optional)
- ☐ table cover
- ☐ paper towels for cleaning up spills

Instructions

1. Select a quill and determine which way it fits your hand.
2. Cut an angle at the very tip. This allows space on the shaft for further cuts when the first becomes dull or if the cut needs to be improved. This is actually quite an art, usually





- done with a knife; so our quills won't function as well as a professional's, but our motto is, "Safety First." Sand or file the edges, if necessary, for an evenly shaped point.
3. If the fletching (feathery part) interferes with holding the quill, just cut some off.
 4. Cut a short slit up the middle of the tip to help ink flow.
 5. Dip the tip in ink, blot and practice on scrap paper. Try a fancy alphabet. Spencerian script is classic, with information and samples available on the Internet.
 6. Write a letter to someone. Use your best form. Or write a favorite Bible verse or the verse for the day from your journal.
 7. Correcting mistakes? Do what the calligrapher for the Declaration of Independence did when he made a mistake on the "A" of "America" and ignore it; or line through it and go on, as was also done. Ink blots happen. Don't run for the correcting fluid.
 8. When finished, clean the tip of the quill and wrap it in a piece of scrap paper.
 9. Allow ink to dry; mail or hand deliver your letter, or post your verse by the door.

Appendix

<i>Bible Study Journal</i>	
<i>Pages</i>	<i>1-6</i>
<i>Activity List Form</i>	<i>7</i>
<i>Camp Schedules</i>	<i>8-10</i>