



GETAWAY GUIDE

This Family Getaway Guide includes:

DESTINATION DEVOTIONS

FAMILY FAITHS PRACTICES

EXPLORER'S ACTIVITY GUIDE

OUTDOOR ACTIVITIES

JOURNAL PAGE /PRAYERS/QUOTES

On the Go Bible Phone App:

YouVersion



Found in your phone's
app store

Adult and Kid Versions



DESTINATION DEVOTIONS

Hike to your destination and enjoy some devotion time with your family

Barbers Cliff: A Grain of Sand

Opening Activity: Read together or separately background information about the sandstone found at Barbers Cliff. After reading, take a few moments to discuss the question that follows.

The sandstone found at Barbers Cliff and around LOMC property is called Saint Peter sandstone. Saint Peter's sandstone is typically mined to be used for glass as it has uniformly sized small grains and often lacks impurities. It is also mined to be used as filter and molding sand, abrasives (such as toothpaste, scouring pads, and sandblasting tools), and as "frac sand" in oil and gas drilling. Sandstone starts as a large rock deposit, gets mined into small sand particles, and then is used to create something new.

Imagine you are like the sandstone. What pieces of you - such as talents, strengths, passions, etc.- can be your "sand" that can go out into the world and create something new?

Notes:

Prayer: Creator God, just as you have made sandstone with care, you have made us. Help us to follow your Spirit as it leads us in ways that we can be like sand. Help us to see that we have different talents and skills that can be used in your world, and that when we work together with others, we can create something new. Amen.



Paul's Pond: Remembering Baptism

Activity: Read the story of Jesus's baptism. Matthew 3:13-17, Mark 1:9-11, or Luke 3:21-22.

Discuss the following questions:

- What is baptism?
- What does baptism mean for Christians?
- Why do you think Jesus decided to get baptized? What does remembering your baptism mean to you?

Notes:

Prayer: Loving and merciful Son of God, thank you for identifying with us in our sin, and for sharing with us the gift of baptism. As we take this time to remember our baptism, we remember that you have made us clean and have declared us your children. Amen.

Labyrinth: Reflection and Prayer

Activity: Labyrinths have been used in various ways as a part of Christian worship. The labyrinth path has been thought to have originated to symbolize the pilgrimage to Jerusalem. Today, the labyrinth can be used as a chance to pray and reflect. Follow the path into the center and then back out at whatever pace best fits you and pray or reflect in the way you are comfortable with.

Notes:

DESTINATION DEVOTIONS

Prairie Locations: Scream and Shout

Activity: Stop at any spot on the prairie, such as Levi's Cave, RailRoad Ridge, Stoney Point, or the Treehouse. While surrounded by God's creation and away from other people, take a chance to scream and shout frustrations and praises.

- Start by taking a few minutes to think through or discuss different events, people, and things you miss and are frustrated by during the uncertain times of Covid-19.
- Scream your frustrations out. Yell and scream and be as loud as you want.
- After getting out your shouts of frustration, take a few minutes to think through or discuss events, people, and things you are thankful for.
- Scream your praises to God. Yell and shout and be as loud as you want.

Prayer: Life-giving Spirit, we ask that you hear our frustrations and you carry them away. We pray that you renew our spirits and replenish our energy. We give you thanks and praise for all the blessings in our lives. We are thankful that in all of the uncertainty, one thing will always remain true, and that is your love for us. Amen.

Notes:



Prairie Hike: Creation is Good

Activity: While on your hike, take time to engage your senses - sight, smell, and sound- to observe God's creation around you.

LOMC does not encourage you to ingest or touch any wildlife

Take a few minutes to discuss the following questions:

- What was something you saw, heard, or smelled that surprised you?
- Was there something you noticed that you might have missed if you did not intentionally use your senses?
- How did you notice the wildlife interacting with and depending on each other?
- Do you think the wildlife could survive without each other?

Notes:

Review the story of Creation: Genesis 1:1-2:4

- What is our role in caring for creation?
- What have you seen, smelled, or heard on the hike that reminds you that God called all God had created good?

Notes:

Prayer: Creating Trinity, by your Word and through your Breath of Life you created everything from nothing. We thank you for creating us and for trusting us with your creation. We ask that you guide us as we continue to explore and discover the world you have made. Amen.

FAMILY TIME



FAITH5 is a simple family faith practice to incorporate into your bedtime routine in five to fifteen minutes a night. When done over time, these practices carry the power to enrich communication, deepen understanding, aid sleep, and promote mental, physical and spiritual health.

Visit <https://faithink.com/about-faith5> for more info.

The five steps are:

- **SHARE** your highs and lows
- **READ** a Bible verse or story
- **TALK** about how the Bible ready might relate to your highs and lows
- **PRAY** for one another's highs and lows
- **BLESS** one another (Use finger to "draw" sign of the cross on their forehead)

For more info go to www.faith5.org

Night #1 Reading Activity

- Pick one person to read Psalm 104:1-7
- Everyone else closes eyes and listens for a word or words that stick out to them.
- Share that word(s) and discuss why it stood out.
- Pick another person to re-read the Psalm– this time listen for all the nature words.
- Discuss which words you heard.

Night #2 Reading Activity Verses 16-22, 24-25

- Follow the same directions above.



PSALM 104:1-14

Oh my soul, bless God!

God, my God, how great you are!

Beautifully, gloriously robed, dressed up in **sunshine**, and all heaven stretched out for your tent.

You built your palace on the **ocean** deeps, made a chariot out of **clouds** and took off on **wind**-wings.

You commandeered **winds** as messengers, appointed **fire** and **flame** as ambassadors.

You set **earth** on a firm foundation so that nothing can shake it, ever.

You blanketed **earth** with **ocean**, covered **mountains** with deep **waters**;

Then you roared and the **water** ran away-your thunder crash put it to flight.

Verses 16-22

God's **trees** are well-watered-the **Lebanon cedars** he planted.

Birds build their nests in those **trees**; look-the **stork** at home in the **treetop**.

Mountain goats climb about the cliffs; **badgers** burrow among the **rocks**.

The **moon** keeps track of the seasons, the **sun** is in charge of each day.

When it's dark and night takes over, all the **forest creatures** come out.

The **young lions** roar for their prey, clamoring to God for their supper.

When the **sun** comes up, they vanish, lazily stretched out in their dens.

Verses 24-25

What a wildly wonderful world, God! You made it all with Wisdom at your side, made **earth** overflow with your wonderful **creations**.

EXPLORER'S GUIDE

EXPLORING SPECIAL PLACES ACTIVITY

Directions:

1. Select a place you would like to explore. A list of places can be found in your LOMC Nature Guide— or pick any random area.
2. Decide if you will journey together as a family or pair up and head to your location.
3. Make sure you bring a pen or pencil.
4. Once you have found your spot— follow the guided questions on the next few pages.

FIRST IMPRESSIONS

After choosing a special area, take time to **WANDER** around and just have fun. Then pick a comfortable spot where you can think about your place and answer these questions:

What are some of the first things you **NOTICED** about your site ?

How do you **FEEL** being here?

PICK a name for your special place. If you have chosen a already named location-you can change it!

The name of my special place is:



MY JOURNEY TO:**DRAW** what your place looks like:

EXPLORER'S GUIDE

EXPLORING ACTIVITY CONTINUED

A. **FIND** the best view and give it a special name. Then sketch the view in this space:

B. **FIND** the best place to listen for nature sounds. Then see how long it takes to hear at least five different natural sounds. See if you can figure out what's making the sound.

WRITE down the sounds and who made them:

C. **DESCRIBE** a bird's call or any other natural sound using words or letters. For example, the gathering call of the California Quail has been described as "Chi-ca-go" or "Come-right-here".



NIGHT AND DAY

VISIT your favorite place at night and ponder these questions:

- What has changed?
- Did the flowers close up?
- Are there birds around?
- What other animals may be out?
- How does it feel to be there at night?

WRITE down your observations here:

Everybody needs beauty...places to play in and pray in where nature may heal and cheer and give strength to the body and soul alike."

— John Muir

OUTDOOR ACTIVITIES

A TREE'S LIFE

Trees are often the oldest things around. Find a tree you like and make up a life story for it. What kind of life has the tree led? How old is it? What makes it happy and what makes it sad?

PICK-UP STICKS

Collect 12 short and thin twigs, hold them a few inches above the ground, and let them drop. Try to pick up one stick at a time without moving the other sticks. If you move another stick, the next player tries until all the sticks are collected.

TREASURE SEEKING

Pick an object— like a rock or a cool-looking stick, and hide it. Everyone else must now search for this hidden treasure. If nobody finds it, the seekers get to ask the hider 10 “yes or no” questions to help them on their quest.

FREEZE

Everyone starts moving in wild and crazy ways, and when the designated yeller yells, “Freeze!” everyone stops right where they are. Whoever doesn’t freeze or can’t hold their position before the yeller yells, “Go!” melts out of the game.



BUILD A SHELTER

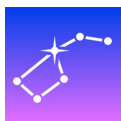
Look for a place for your shelter. You need an area that is cleared out so it is easy for you to get to. You also need a good base— like two branches that form a Y shape, or two trees that are close together. Gather large sticks or branches that have **ALREADY FALLEN** from trees. Start by leaning the ends of the largest sticks or branches in the Y of the tree. Think about making a tent or triangle shape. When you are happy with the size of your shelter, cover the openings with leafy branches. **REMEMBER:** when you're done with your shelter please return all the branches to where you found them!

STARGAZING

Get ready for a stargazing party! Lay out some blankets or chairs and head out to watch the stars! A couple phone apps that may be helpful in identifying constellations and planets are:



StarTracker



Star Walk

CLEAN UP

Take 10 minutes and clean up the environment around you using a spare trash bag. Pick up wrappers, cans, paper, and any other litter you can find. Help us keep LOMC looking beautiful!

JOURNAL

Use this space to write down your thoughts about your experience. Jot down things that you learned about nature and exploring the outdoors. Where did you see God during your time?

PRAYERS AND QUOTES ON CREATION

We give you thanks, most gracious God, for the beauty of the earth and sky and sea; for the richness of mountains, plains, and rivers; for the songs of birds and the loveliness of flowers. We praise you for these good gifts and pray that we may safeguard them for our posterity. Grant that we may continue to grow in our grateful enjoyment of your abundant creation, to the honor and glory of your name, now and forever.

The Book of Common Prayer

God writes the Gospel not in the Bible alone but also on trees, and in the flowers and clouds and stars.

~Martin Luther (1483-1546)

If I spend enough time with the tiniest creature—even a caterpillar—I would never have to prepare a sermon. So full of God is every creature.

~Meister Eckhart (1260-1327)

Sermons

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature... I firmly believe that nature brings solace to all troubles.

~Anne Frank (1929-45)

Diary

