

Compassion Camp Overview:

- Week 1 - July 6** **Compassion Helps Us See & Welcome Others. Luke 15: 11-32**
To see and welcome is how we accept one another. When we gather together at the table, we accept each other in the same way God accepts us. Children will practice recognizing and sharing in the feelings of others as well as connecting with their own bodies/emotions. Through the parable of the father and the two brothers in Luke 15:11-32, children will witness how compassion empowers us to release any anger and judgment we may hold toward others, ourselves, and the world for not being what we wanted or needed. Children will learn how compassion inspires seeing, forgiveness, and welcoming.
- Week 2 - July 13** **Compassion: Being brave and showing up. Mark 2: 1-12**
To be brave is letting God help us see and reach out to our neighbor. When we reach out to our neighbor, we experience the miracle of God's power to restore and make our community whole. Through the gospel story of friends bringing their friend on a mat to Jesus, we will witness how compassion often requires risk. We will learn the ways compassion calls for focus - we keep our eyes on Jesus, even as others might misunderstand or judge our actions.
- Week 3 - July 20** **Compassion: Loving ourselves. Mark 12:28-31 / Deuteronomy 6 (The Greatest Commandments)**
Compassion helps us love ourselves. It means showing gentleness and kindness to ourselves in heart, soul, mind and strength. We know the commandment to love others. One way we understand how to love others is to pay attention to how we feel and we need, too. Jesus show us that one way to love God and love our neighbor is by taking care of our bodies, mind, and souls. Doing this helps us connect with God's Spirit within us.
- Week 4 - July 27** **Compassion: Being present with each other. Ruth 1**
Compassion helps us be present with each other. When we follow God's Spirit - which is always on the move - and are open to the people we encounter along the way, they can experience God's Spirit through our care. Through the testimony of Ruth, Orpah, and Naomi, we will witness how compassion involves deep trust, an open mind, and a soft heart. Children will learn that being present with each other asks us to let go of our expectations, be flexible, and trust the Spirit, as we seek to lead compassionate lives.

Week 5 – Aug. 3 Compassion: Fresh starts. Leviticus 25 - Sabbath Time

Compassion is God’s justice. And working for God’s justice, making things right, releases God’s abundance in the world, making sure everyone has what they need. When we rest, and help people and allow the land to rest, we show God’s justice. When we gather together at the table in joy, we show God’s justice. When we care for those who need the most help, we show God’s justice. Justice, making thing right, is what happens when we are compassionate.

Join us in this Compassion Prayer over the next 6 weeks:

Joyful Spirit,
Your loving hands are always creating freedom, release, and fresh starts!
Help us do the same today by caring for all living things
with gentleness and care.
Open us to humbly receive that same care ourselves.
Make our hearts smile and our actions sing
with your promise of abundance toward the whole world.
Amen.

Consider taking time to color and reflect on the prayer with the enclosed coloring pages or use the Daily Examen questions to reflect on your day with someone else or on your own.

Examen

Open: God is good, **all the time!**
All the time, **God is good!**

Pray: **God-With-Us,**
You lead us on life’s path.
Move our hearts so we can be there for others along the way. Amen.

Reflect: What surprised you today?
What disappointed you today?
When did you share kindness or compassion today?
When did you not share kindness or compassion today?
And what are you most thankful for today?