

Mealtime Blessings

Back of the Bread

Back of the bread is the flour,
Back of the flour is the mill,
Back of the mill is the wind and the rain
And the Father's will. Amen.

Mountain Meadows Grace

We thank the Lord for the food we eat,
For camping fun and the friends we meet,
For the rushing streams and the calm cool breeze,
For lovely meadows and tall green trees.

Be Present

Be present at our table, Lord,
Be here and everywhere adored.
These mercies bless and grant that we
May faithful for thy service, be. Amen.
(Tune of Hernando's Hideaway)

Friend's Blessing

May our eating habits be acceptable in your sight,
O Lord. Amen.



TRAIL REFLECTIONS

Here I am, Lord

I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
My hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

Refrain

Here I am, Lord.
Is it I, Lord?
I have heard you calling in the night.
I will go Lord,
If you lead me.
I will hold your people in my heart.

Sunday

I am but one,
But I am one;
I can't do everything,
But I can do SOMETHING.
What I can do,
I ought to do,
What I ought to do,
God helping me,
I WILL DO.

Being in a new patrol is not easy. You don't know anyone and they don't know you. Nothing is happening. Or, nothing is happening the way it happens in YOUR troop. What is going on?

For Reflection:

What are your expectations for the week?
What have you learned about yourself today?
(You may choose to share your thoughts with another patrol member or the patrol)

"We must be the change that we wish to see in the world"
Mohandas Gandhi

Welcome to White Stag

The coming days will be ones of happiness, challenge, and learning. This book of reflections has been developed for you to use each day. The reflections provide an opportunity for leadership and spiritual growth and development. Our hope is that as you use this book you too will open yourself to a process that leads to a greater leadership and spiritual fulfillment.

Keep this book handy and use it often during the week. It can be used individually, with another patrol member or by your patrol.

We wish you an enjoyable, safe, exciting, and rewarding experience.

May you understand the joy of following the White Stag.

The Staff of White Stag

Monday

Campers

Campers are very special people:
They have felt the cool wind of dawn;
They have known the slow march of the stars along the Milky Way;
They have reached out their hands to new friends;
They have stood tiptoe to the meaning of life, and found it good;
Their eyes have caught the vision of the shining future,
Their hearts have encompassed all the bounds of the earth.
And their minds have listened to God.
from "Campfires, A Collection of Favorites" compiled by Linda Kish

For Reflection:

What have you learned about someone else today?
How has this helped me? (you may chose to share your thoughts with another patrol member or the patrol)

Lord, open my eyes that I may see the glimpses of truth you have for me.

Mealtime Blessings

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship
We thank thee, oh Lord. Amen.

Windy Grace

Thanks for the sun, the wind and the rain.
Thanks for the things that give us this day.
Thanks for the earth, provider of all things,
Thanks to the Lord forever. Amen.

Johnny Appleseed

Oh the Lord's been good to me.
And so I thank the Lord. For giving me
the things I need, the sun and the rain and the apple seed. Oh the Lord's been good to me. Amen.

Health and Strength

For health and strength and daily bread
We give thee thanks, O Lord.
(Can be sung as a round)

Saturday

A New Beginning

Wesley's Rule:

Do all the good you can
By all the means you can
In all the ways you can
At all the times you can
In all the places you can
To all the people you can
As long as ever you can.

The Hungarians have a story in their history of a White Stag that lead the Hungarian nation from certain death to the land they now live in – a land that gives them life and freedom. From this story comes their understanding that to follow the White Stag is to go where you will prosper.

In your lives, follow the White Stag, for it will lead you to the best life has to offer.

May the Great Scoutmaster of all Scouts be with you and guide you until we meet again.

Friday

Take Time

...to THINK – it is a source of power
...to PLAY – it is the secret of perpetual youth
...to READ – it is the fountain of Wisdom
...to PRAY – it is the greatest Power on earth
...to LOVE and BE LOVED – it is a God-given privilege
...to LAUGH – it is the music of the soul
...to GIVE – it is too short a day to be selfish
...to WORK – it is the price of Success.

We will be known forever by the tracks we leave.
Native American proverb

For Reflection:

What have I learned? How will others remember me after this week? (You may choose to share your thoughts with another patrol member or the patrol)

Lord, I will go where you lead me, I will hold your people in my heart.

Tuesday

"How can we determine the hour of dawn – when the night ends and the day begins?" the rabbi asked of his students. "When, from a distance, you can distinguish between a dog and a sheep?" one of this students suggested. "No" the rabbi answered. "Is it when you can distinguish between a dogwood and a grapevine?" another student asked. "No" he replied. "Please tell us the answer, then" said the student. "It is when you can look into the face of a human being and have enough light to recognize in him your brother," the wise teacher replied. "Until then, it is night, and the darkness is still with us."

For Reflection:

What have I done to help my patrol come together as a team? Do I need to change in order to be more team-oriented? (You may choose to share your thoughts with another patrol member or the patrol)

Lord, help me to be cheerful in the face of difficulties

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Wednesday

I will follow the upward road today
I will keep my face to the light
I will keep high thoughts as I go my way
I will do what I know is right
I will look for flowers by the side of the road
I will laugh and love and be strong
I will try to lighten another's load
This day as I fare along.

For Reflection:

How is communication within the patrol? Are you working like a smooth running machine? What can you do to be part of the group? (you may chose to share your thoughts with another patrol member or the patrol)

O God of the mountains and valleys, of the forest, meadows and plains, be our guide as we walk together the trail of life. And may your love, made known to us in the stories of our faith, be known to others through the words and deeds of our lives, this day and always. Amen.

Thursday

A Camper's Ten Commandments

Thou shalt do thy share and more;
Thou shalt keep thy sense of humor;
Thou shalt do thy camp duties to the best of thy ability;
Thou shalt not cry over burnt food;
Thou shalt treat other people as you would wish them to treat you;
Thou shalt not pollute or destroy;
Thou shalt not talk all night;
Thou shalt not forget about personal cleanliness;
Thou shalt spread thy friendship to someone new;
Thou shalt listen to they leaders, for they are wise in the ways of making camp a happy time for everyone.

For Reflection:

Have I made the week pleasant for others and myself? How can I make the next two days better? (you may chose to share your thoughts with another patrol member or the patrol)

Lord, give us the strength and courage we need for tomorrow, for only with your help are we able to serve others.

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