

Rainbow Trail Lutheran Camp

Compass Points

Pre-trip Planning Guide #4

Make It Your Own

One of the great things about being “on trail” is that the trip is really what you make it. What you choose to do is pretty much what you get to do. We want to make this a safe and enjoyable trip for you (so we may stop some activities). We’ll work with you throughout the week to shape the trip to your specific wants and needs. We also want your input into the activities and food that we plan for your trip. This has to be done early so please take the time as a group to consider your options and let us know what you would like to do and eat.

- **Trip Expectations & Goals** -- This is the time to start talking about specific goals and expectations that your group has for their trip. Use the Trip Expectations Form to guide this discussion. Don’t speed through the worksheet to complete this, take time to talk about broad and generic goals that your group has for their trip as well as some specific goals and expectations each participant have.
- **Make Menu Choices** -- Use the Trip Expectations Forms to sit down with your group and make decisions about the dinner options available for your backpacking trip. Once your group has completed this worksheet, send it back to camp before April 30th. We will start preparing and shopping for trail meals soon so it is important this is done on time. You can fill this out on your computer and e-mail it to ben@rainbowtrail.org. Or, if you prefer, mail it to:
Rainbow Trail Lutheran Camp
ATTN: Compass Points
107 S 9th St, Suite B
Canon City, CO 81212
- **Reminder about “What To Bring” List** -- Talk to your group participants again about their progress of getting any gear for trail that they need. Distribute the “What to Bring” list again if people have lost theirs, to ensure that they will have enough time to go shopping for their gear before the summer.
- **Display Board “Countdown”** -- Continue to keep the rest of the Congregation informed about your trip. As a group, create a display board to put up in a “high-traffic” area in your church. One idea is to make the board theme a “Countdown to our Compass Points trip.” Include any fundraising or other events that your Congregation should know about and can be a part of it. Make sure that members of your Congregation are still being reminded of the trip and how they can help or be part of the experience as well!

Group Meeting Outline

1. Open with prayer – continue to pray as a group and giving participants a chance to pray aloud for the group to get them used to it before their time on trail.
2. Welcome and Group “Highs and Lows”
 - a. Welcome everyone to the meeting. Share any pertinent updates since your last meeting, introduce any new participants that have decided to join your trip that were not there for the first meeting.
 - b. Help facilitate a sharing activity, either ‘Highs and Lows’ or ‘Roses and Thorns.’ Continue whichever activity you did last meeting so that your group can continue sharing with one another and getting to know each other.
3. Lead your group in the provided Bible Study.
 - a. This is another opportunity for your group to come together and form bonds even before their Compass Points Trip.
 - b. It will also be important in getting your group used to talking about the Bible and their faith.
4. Review the Trip Expectations and Goals Sheet and Bible Study Options
 - a. Choose what trip activities you would like to do
 - b. Choose what Bible study program you would like to do
 - c. Choose what dinner meals you would like
5. Fill out the Trip Expectations Form and return it to Rainbow Trail **by April 30th**. Our planning for activities and food purchasing takes place during the first week of May, so if you do not have this in on time, your options will become more limited.
6. Check in with how physical preparation is coming for the trip. Encourage people to continue doing physical preparation for the trip.
7. Close with a prayer.

Pre-Trip Bible Study

What is Your Role on the Mountain?

Central Theme: As we embark on this journey together we each have our own expectations and gifts that we bring to the trip. These will all come together and play a significant part in each other's mountaintop experience.

Bible Passage: 1 Corinthians 12:12-27

Objectives:

- To discern what our individual role on the mountain will be, and how it works with others'.
- To realize that a journey is successful when the group struggles and rejoices as one.
- To get a better idea of what the mountain will be like.

Opening Activity:

Have the group break out individually to meditate on the passage **OR** Have the group read the passage together while assigning different people body parts to 'act out' i.e. hands clap, feet stomp.

Answer these few questions:

- Who is a part of the body?
- What is the most important part of the body?
- What happens when one part suffers? One part is honored?

Group Discussion:

- What is the overall message Paul is trying to convey in this passage?
- What can we learn from these verses that will help you on your Compass Points Trip?
- What kind of part of the body of Christ do you think you are? What do you think are your gifts?
- How can you use your gifts on your Compass Points trip? (Are you someone who is gifted in leading? Encouraging? More of an observer?)
- What do you think your group needs to do as a whole to have a successful Compass Trip?

Trip Options and Wrap-Up

- As a group, create goals for your Compass Points Trip.
 - Hike a lot of miles
 - Hike a difficult route
 - Peak a mountain
 - Peak several mountains
- Decide as a group what your additional trip options you might like to do.
- Discuss as a group what you individually want to be able to do, where you think your gifts lie, and where you are going to need your group's support the most.
- Spend time together as a group praying with and for each other so you can become one body together to have this mountain top experience.

Close Together in Prayer