

SOS Kansas Children's Newsletter



September 2008
Newsletter Issue 4

Utilizing your camping experience to grow physically, Mentally and Spiritually

SOS Kansas Camping Retreat

My camping experience in Kansas, Bloomington park was wonderful. The camp allowed us to have a good time and stimulated young minds in a meaningful way. Camp let us do what we love to do on a regular basis, playing games, learning and just making friends. But it also gave us the opportunity to exercise the few things we forget to do in daily lives. It gave us a opportunity to attend workshops on life values and meditate. The camp sponsors did a wonderful job. They looked out for everyone making sure all necessities were met. I felt that I was genuinely taken care of. The camp provided an environment that tended to the physical, emotional, and creative well being of each and every camper. The best part about the camp was that the learning was all hands-on. No textbook, tests or classrooms were required. Instead, we interacted with nature, created original fun games, and meditated to attain tranquility.

Our fun activities consisted of visiting the beach, playing volleyball, bon fire singing and sharing stories. Our spiritual and mental activities consisted of our 2 children's workshops. The workshops taught us how to work in a group. How to cooperate, coordinate and compromise with everyone. We also learned the importance of meditation and the benefit of it. Later we got time to put this to practice and meditated. People of all ages had fun at camp and learned beneficial things.

Everyone benefits from good exercise, but even the most active kid enjoys taking a break and simply calming down. The camp provided a unique balance of physical and spiritual activities that allowed kids to run, play, rejuvenate, while at the same time calm down, relax and tranquilize.

- GAUVRI GORAWARA

Bloomington Park Lawrence

My camping experience was good. We stayed two nights in Bloomington Park Lawrence. I helped everybody in putting up their tents. I played there in swings & slides. It was good to meet some new kids. There was one workshop where we got to know each other better. There was a beach where we enjoyed the water, and swam. I don't know swimming but still I was inside in the water with my Dad. It felt relaxing. Physically & mentally there were lots of things to do in camping. We did meditation, and did children's workshops. Regular meditation brings us inner peace, relaxes one's self, and increases level of energy while giving us emotional stability.

-RAHUL THAWANI.

Inside this issue:

SOS Camping -Gauvri Gorawara (Editor)	1
Bloomington Park - Rahul Thawani	1
Camp Geiger Anuj Goyal	2
Girl Scouts Ruchi Goyal	2
Benefits from camp - Jay Ahuja	2
Camping & Medita- tion - Vinay Yadav	3



Camp Geiger

For my camping experience I went to Camp Geiger. We went there on our troop bus. The bus was crowded but the ride was fun. When we got there we unpacked our stuff and put it in our tents. Then we played a little. After we got tired the bell for dinner rung so we started walking there. The dinner there was fantastic.



The next day I had to go to my classes. My first class was woodcarving with my friend, Thomas, and we learned how to carve in a block of wood with woodcarving tools. Then I went to Citizenship in the Community and Science with my friend Ben. After that we went back to our campsite and then to the Dining Hall for lunch. After all of that, the three of us went to geology. Then I went with Thomas to camping and cooking. After that we went to our campsite again and then to the Dining Hall for dinner. After Dinner we went straight to a campfire. It was one of the most interesting campfires I have ever been to. After the camp fire we went back to our campsite to sleep.



The next couple of days were the same, but then on Wednesday we had another campfire. This campfire was for Mic-O-Say. This is when they have a huge fire and everyone who is a Third Year Scout at Camp Geiger and is a First Class scout gets picked to be in Mic-O-Say. They then have to pass a test that I don't know of and then they are in.



The next days after the campfire were the same too. But on Friday they had a campfire that I didn't go. This is because I was sick. But my friends told me that it was really fun. My dad took me home on Friday instead of me coming home with everyone else on Saturday, but I still had a lot of fun. Camp Geiger is the best place to go for a camping experience.

In my camping experience I was physically fit by walking around a lot because we have to walk to get to places like our different classes and for our meals. I was mentally fit because at our classes you had to think a lot about what they were teaching you. I was spiritually fit because I prayed to god almost every night to thank him for what an incredible day I had and that I hope the next one is even better.



- ANUJ GOYAL

Girl Scouts

My camping experience was for Girl Scouts. We went for two days. We had a cabin to sleep in for the night. When we got there we had to unpack our bags from the cars. We set up the kitchen and we checked out the basement and ate our dinner that we brought from home. In the basement we played Apples to Apples. Then we set up our beds but we didn't sleep, we ended up eating more. After that we played down stairs a little more. Then we sang some camp songs for half an hour. We finally decided to go to sleep because we had a long day ahead of us. In the morning we went for a hike to take some pictures of nature. For lunch we had to cook it outside on the grill outside. It was a little chilly so some people stayed inside and helped with cutting tomatoes, peeling lettuce or setting up their plates, bowls, spoons, forks, etc. Then we packed all our things and we had to mop the floors in the kitchen, basement and the rest of the cabin. Then we left camp and headed back to school so our parents could pick us up.

- RUCHI GOYAL

Benefits from camp

I think camp was great! I learned a lot of physical, mental, and spiritual skills that will help me in life. One physical benefit I gained is that when we played games, we played a number game that helped me learn cooperation with teammates. I also had a lot of fun going to the beach I played with some of my friends like Vinay, Anant, Neil, and Samyak. Personally I believe that the bonfire was the best. Singing and sharing stories was incredible. A mental benefit from camp is that we got plenty of time to meditate. This made my camp experience really fun! I felt like I had peace and quiet time or else I'm always in a rush to get to school and to soccer practice. Finally a spiritual benefit is that the workshops I attended were great. The camp sponsors did a great job setting up the workshops! and I learned a lot about meditation. I think camp was great and we should have every year for at least a week!!!!!!

- JAY AHUJA

Meditation at Clinton Lake

We went to Clinton Lake for camping. When we got there we unloaded the things from the car. In camp we learned team work because we all worked together to make the camp successful. In our first workshop we were paired up with partners and we both had two sheets of paper, in the piece of paper were questions we had to ask our partners. After everybody was done asking questions, the big kids had to memorize the sheet of paper and the little kids had to answer one question about their partner. The point of the workshop was to get to know someone you really didn't know. We meditated out in the open air and we felt very good. Meditation heals our physical pain, and helps us focus mentally; also it helps us grow spiritually by getting closer to god.

The beginning of "meditation" is usually innocuous, a means of relief from the strain and tension of everyday life. People live under constant pressure, endlessly competing with others in work and society. It is a cliché that life has become increasingly complex, but clichés often contain a great deal of truth. It is increasingly more difficult to cope with pressures and worries, and mental health suffers as a result. Meditation is offered as a way to cope with such stress. The opportunity to withdraw, at least for a while, from the tumult and clamor of everyday life has definite benefits. The mind is rejuvenated, the soul refreshed, nerves calmed, and in general, one is at peace – with oneself and the environment. Fortified by sessions of meditation, people have found they are able to face the tensions of the world with increased success. -VINAYYADAV

