

Morning Altars *[Start Your Morning]*

AUTHOR(S):	Melissa Shaw
SUMMARY:	In this session we will create intentional natural altars, called Morning Altars by artist Day Schildkret. As a community, we will collect natural materials and mindfully assemble a temporary space for prayer, reflection, and quietude.
TOPIC(S):	Wellness, Nature, Meditation
LEARNING OBJECTIVE:	The goal of this session is to offer an alternative to traditional morning prayer by creating a communal meditative experience that pays homage to nature.
AUDIENCE:	Ages 12+ Groups of no more than 20.
TIMING:	60 minutes
APPENDICES:	https://www.morningaltars.com
MATERIALS NEEDED:	Please use found items from the campgrounds that have already been left as “offerings.” (For example: leaves, fallen bark, twigs, rocks, stones, sticks, soil, feathers, etc.) All items will ultimately be returned. It is important that nothing is ripped out from the ground or off of any other living thing for this activity.
SET-UP DETAILS:	Ideally this would take place outside, but can be moved inside if it is raining.

SESSION TIMELINE & OUTLINE:

- 5 minutes: Welcome**
- 10 minutes: Nature Walk & Gathering Materials**
- 35 minutes: Build**
- 10 minutes: Processing & Close**



CORNERSTONE 2020 RESOURCE

Welcome (5 minutes)

Welcome everyone to the space and intention setting.

Nature Walk & Gathering Materials (10 minutes)

Participants will be given a few minutes to find materials around our site that are on the ground to bring back to the community as shared building resources.

Building (35 Minutes)

In silence, as a group, with a little guidance from the facilitator, build a 2-D nature “mandala” on the ground.

Explain: We will seek to integrate each other’s ideas into a larger pattern and at the same time weave our intentions into our work.

We will be asked to keep in mind the patterns that are naturally starting to form and to flow with one another’s ideas, validating and “Yes And-ing” them as our altar evolves. When constructing the mandala comes to an organic conclusion we will pause together in reflection.

Processing and Close (10 minutes)

Lead a discussion asking the group:

How did that feel?

How might this be done at camp?