


Nourishing the Kingdom:
*Food Service and Faith in Camping/Retreat
 Ministries*



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Pocono Plateau Camp + Retreat Center

Contact Information

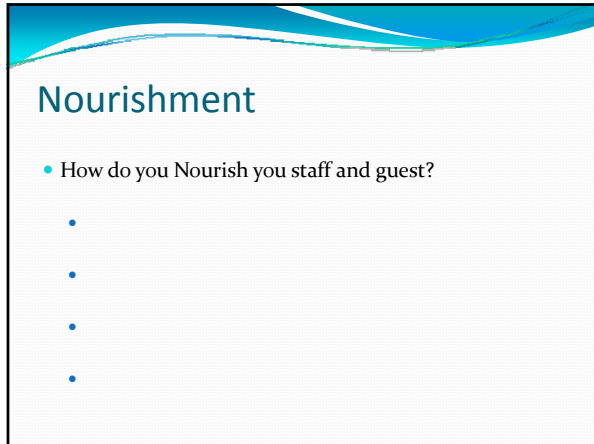
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<http://sites.google.com/a/poconoplateau.org/food-services/nourishment-for-camping-leadership>

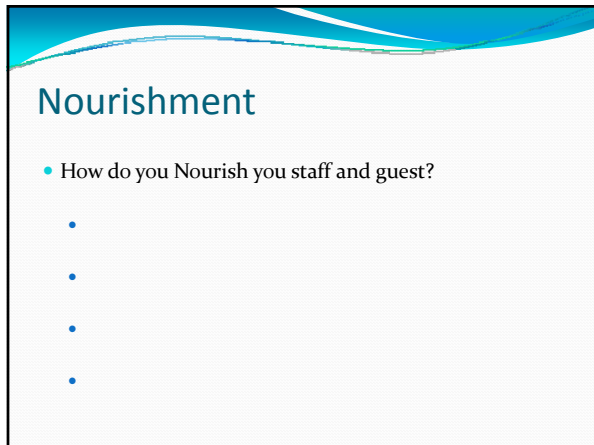
Nourishment

- **nourish definition**
- **nour-ish** (nər'ish)
- **transitive verb** - "to nourish"
- to feed or sustain (any plant or animal) with substances necessary to life and growth
- to foster; develop; promote (a feeling, attitude, habit, etc.)



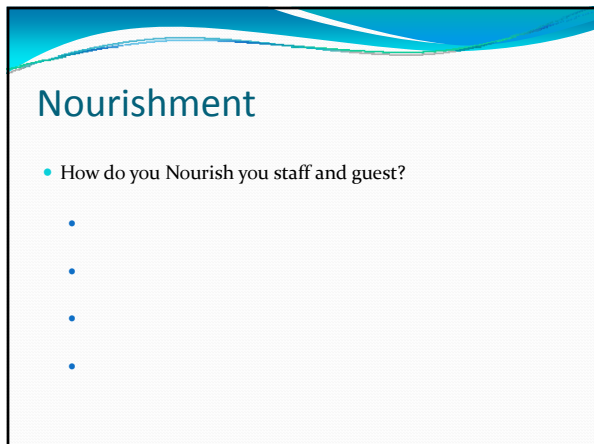
Nourishment

- How do you Nourish you staff and guest?
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Critical for Body Nourishment

- Water
- Fresh Air
- Sunshine
- Proteins
- Carbohydrates
- Fats
- Amino Acids
- Vitamins, Minerals, Nutrients

Aside from the Body

- Heart
- Mind
- Soul
- Spirit

What is Heart?

- Feelings/Emotions
- Impressions
- Notions
- Intuition
- Instinct

What is Mind?

- Thinking
- Remembering
- Ordering
- Organizing + Formulating
- Figuring things out
- Communicating

What is Soul?

- Longings
- Hopes
- Dreams
- Yearnings
- Music/Song
- Prayer
- Rest


What is Spirit?

- Ethereal and Invisible
- Bridge to God
- Miraculous
- Core of the identity
- Energy body



Critical for Heart Nourishment

- Peace
- Comfort
- Spaciousness
- Awe
- Wonder
- Amazement



Critical for Mind Nourishment

- Fresh Information - Input
- New Ways of Looking at things
- Activity
- Photos
- Out of doors
- Stimulation from Work
- Imagination
- Conversation




Critical for Soul Nourishment

- Music
- Out of Doors
- Faith practices - Scripture, Fellowship
- Friendship / relationship
- Trust
- Dreams
- Hopes
- Rest
- Conversation




Critical for Spirit Nourishment

- Silence
- Stillness
- Focus
- Spiritual Practice – Meditation
- Conversation



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Structure

- Develop Mission Statement
- Develop Core Business Values
- Develop Standards + Protocols
- Synthesize into a "Best Practices"
- Review "Best Practices"
- Evaluate
- Educate
- Model

Communicate

- Website
- Newsletters
- Periodic Publications
- Recipes
- Feedback
- Surveys



Raven's Nest Café
a site for NOURISHMENT

*A Cyber-Space
to facilitate all that we have discussed*

<http://sites.google.com/a/poconoplateau.org/food-services/>
