

# TRAVELIN' WITH TRINITY

## Summer Camp

Stay Connected with Your Trinity Family All Summer Long!



## WORKBOOK

Activities & Challenges For All Ages

**READ**

**PRACTICE**

**CONNECT**

Trinity United Methodist Church | Grand Rapids, MI

# TRAVELIN' WITH TRINITY

## Summer Camp

Welcome to Trinity's new summer adventure program! This year, we will take you on a journey of reading, practicing, and connecting with the goal of building deeper relationships with each other and with God.

### WHAT

**Pick a few Summer Camp activities or do them all - the choice is up to you!** Travelin' with Trinity is designed for all ages and for multiple learning styles with the goal of keeping you engaged and inspired all summer long.

### HOW

**Use this paper log or the digital PDF version to track your progress.** The reading and practicing challenges are designed so that you can do them at home or wherever your summer travelin' may take you.

### WHEN

**Workbooks are available starting June 7th and are due August 20th.** Finish activities to win prizes! All prizes will be distributed at Party in the Park at Hager Park on Thursday, August 20th. If you cannot attend, select prizes may be available the following Sunday (August 23rd) after worship. How do I qualify for prizes, you ask?

**Kids 5th Grade & Under:**

- Complete 10 activities to win a small prize.
- Complete 15 activities to win 3 small prizes.
- Complete 25 activities to be entered into a special kids-only gift basket drawing. Two baskets will be awarded for this age level.\*

**Youth 6th - 12th Grade:**

- Complete 15 activities to win a small prize.
- Complete 20 activities to win 3 small prizes.
- Complete 30 activities to be entered into a special youth-only gift basket drawing. One basket will be awarded for this age level.\*

**Adults:**

- Complete 40 activities to to be entered into a special adults-only gift basket drawing. One basket will be awarded for this age level.\*

Badge icons like this one are scattered throughout this workbook. Check them off as you finish activities to keep track of your progress!



\* If you will miss Party in the Park but want to be entered into the drawings, you can submit your workbooks (or just a confirmation of completion) ahead of time via email or paper copy.

### QUESTIONS

**Not sure how to proceed or wondering about a specific activity?** Contact Laura Johns, Director of Discipleship, at [L.Johns@grtumc.org](mailto:L.Johns@grtumc.org).

Dive into a favorite devotional, spend some time with scripture, explore faith thru the written word.

# TRY THESE ACTIVITIES

## Reading

### READ

Your reading activities are unlimited! Count it once or for all your badges.

For kids & youth, we recommend at least 10-15 minutes per activity counted.

For adults, if you're building a new reading habit, start with 15-20 minutes.

Growing an existing habit? Challenge yourself to more time or a deeper dive.

Cross off a Summer Camp badge below for every time you complete a READ activity. Specific bonus READ activities & prompts are below.



## Walking on Water

A story about the Disciples worrying and Jesus walking on the water to them appears in the Gospels of Matthew, Mark & John. It also shows up in most of the Storybook Bibles given to kids & youth on Milestone Sunday. Find this story in your Bible, read it, and wonder with someone about it. I wonder...

- Does your mind ever fill with worry?
- When you're distracted by worrisome thoughts, what you can do to calm yourself?
- What this story tells us about Jesus?

God's Stories: What Kind of Man? (pg 179)  
Book of Belonging: Walking on Water (pg 202)  
I Wonder: Jesus Walking on Water (pg 168)  
NRSV Kids & Youth Bibles: Matthew 14:22-33



## Sermon on the Mount

In the Gospel of Matthew is a story about Jesus climbing the side of a mountain to teach a crowd of followers. It shows up in all four Milestone Sunday Storybook Bibles. Find it, read it, and wonder together. I wonder...

- What it felt like to be in the crowd that day?
- Which teachings you would find easy to follow? Which might be a little harder?
- Which of the Beatitudes (Blessed are...) statements stands out to you and why?

God's Stories: Sermon on the Mount (pg 155)  
Book of Belonging: Outside-In Kingdom (pg 181)  
I Wonder: What Jesus Said (pg 126)  
Just Love: How Blessed We Are (pg 201)  
NRSV Kids & Youth Bibles: Matthew 5-7



# TRY THESE ACTIVITIES

## Practicing

Connect with God through  
spiritual practice, prayer,  
contemplation, and movement.

### PRACTICE

There are many different ways to connect with God - to reflect on the radical love offered to us and to foster a deeper relationship. Try one of the ideas below or come up with your own spiritual practices.

For each activity you try, cross off the associated Summer Camp badge.



### *Create a Morning Altar*

Go on a walk, collecting small items as you go, and then create a morning altar. Let the process of slowing down give you a chance to connect with the divine. Use this QR code to access a 3 minute stop-motion short to see the process. Discover the seven steps for creating an altar at: [morningaltars.com/7steps](http://morningaltars.com/7steps).



### *Casting Away Your Cares*

Seek out a body of water - a lake, river, or stream. Find a rock on the shore. Hold it in your hand and think about a worry or burden. Squeeze the rock. Roll it in your fingers. Feel the weight of it. Drop or throw the rock into the water. Watch it sink into the depths. Release your worries or burdens to God.



### *Praying in Color*

Let your creative side out and try praying in color. What different art supplies can you use? Info on different types of praying in color can be found here: <https://prayingincolor.com/ways-to-pray-in-color>



### *Walking Prayer*

Walking - all on its own - can be a spiritual practice. It replenishes the soul, connects us with the natural world, and can aid in health & healing. Movement also encourages dialogue, leading to richer conversations with family, friends, and even strangers. Go on a walk today and connect with God and each other. Want to try a new walking prayer?

Check out "Pray As You Go," a digital resource for guided prayers for all ages.

The QR code brings you to the homepage but the link below is to a specific guided walking prayer: <https://pray-as-you-go.org/series/20-walking-with-god>



# TRY THESE ACTIVITIES

## Practicing



### Building Prayer

Get out a building toy: legos, duplos, magnatiles, or even dominos. Choose some blocks and build something with them. Notice the different colors, shapes, and sizes. Consider what God might be building in your life. Invite God into the conversation. Reflect on the scripture below and ask how God is building you in community with others.

Ephesians 2:19-22

“Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.”

## Track Your Practices

Did you complete a practice more than once or try out a practice of your own? Track them here with these extra Summer Camp badges.



## Additional Resources

Want to explore even more spiritual practices? Check out some of these resources:

### Websites:

- <https://cac.org>
- <https://www.spiritualityandpractice.com/>
- <https://grateful.org>

### Books:

- *Spiritual Disciplines Handbook: Practices That Transform Us* (Adele Ahlberg Calhoun)
- *Just This: Prompts And Practices For Contemplation* (Richard Rohr)
- *Faithful Families: Creating Sacred Moments at Home* (Traci Smith)

# TRY THESE ACTIVITIES

## Connecting

Join us in worship, attend Trinity events, build community with your Trinity family & friends this summer.

### CONNECT

**“I am the church. You are the church. WE are the church TOGETHER.”**  
 Find ways to be the church together this summer. For every worship service, small group, class or Trinity event you attend, cross off a badge below.  
 Need more info on an event? Check out the Monday email or contact the Office.

- Sunday, June 7 | Milestone Sunday: Books & Bibles and Graduation Celebration
- Tuesday, June 9 from 6:30pm-8:30pm | Queer & Christian Author Discussion & Book Signing
- Friday, June 12 from 1:00pm-2:00pm | God’s Naturehood: Adult Edition at Cascade Peace Park
- Saturday, June 13 from 10:00am-11:00am | God’s Naturehood: Family Edition at Millennium Park
- Sunday, June 21 at 2:00pm | Whitecaps Game
- Sunday, June 28 at 6:00pm | Blessing of the Pets / Music on the Lawn
- Saturday, July 18 | Youth Beach Party Adventure (6th-12th Grade Only)
- Tuesday, August 4 at 7:00pm | Sacred Justice Book Club
- Thursday, August 20 from 5:30pm-8:30pm | Party in the Park at Hager Park



**BONUS BADGE:**  
 Without using the Internet, find the name & number of the United Methodist Hymn quoted above.

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### Sunday Morning Classes for Kids

Select Sundays from 10:15am-11:15am | God’s Naturehood: Sunday Kids Edition

This during worship class gives kiddos ages Pre-K to 5th grade an opportunity learn about what God has made by examining different parts of creation, digging into amazing science facts, and spending time outside. Sunday Kids Edition will be offered June 14 & 21, July 12 & 19, August 9 & 16.

### Adult Small Groups & Volunteering

Attending one of the FoRT Summer Gatherings, Spiritalk’s Book Selection Night, Mahjong, or another Trinity’s related small group? That counts! Doing justice work in the community? That too!



Don't forget to turn in your workbook by August 20th or bring it to Party in the Park!

# TRAVELIN' WITH TRINITY *Summer Camp*

## PRIZES



**Did you finish your activities? Are you ready to submit your workbook?**

Make sure you've checked off the Summer Camp badges throughout this workbook. Reminder, the qualification quantities by age are on page 2.

### **Kids & Youth:**

Curious what to expect for the small prize options? We'll have lots of fun items including but not limited to: smencils, fidgets, ring pops, affirmation bracelets, chapsticks, stickers, squishy toys, and more!

For all ages we'll have a variety of retro Trinity apparel available on a first-come, first-served basis. They can be claimed by kids & youth as a small prize or by any adults who complete their activity goals. Sizes & quantities are limited so once they're gone, they're gone!

### **Prizes Basket Drawings:**

There will be two kids baskets, one youth basket, and one adult basket awarded after the praise band worship time at Party in the Park. Baskets will have an approximately \$50 value.

\* If you will miss Party in the Park but want to be entered into the drawings, you can submit your workbooks ahead of time via email or paper copy to Laura Johns at L.Johns@grtumc.org.

## PARTY IN THE PARK



**Come on out for a Party in the Park on Thursday, August 20 from 5:30pm-8:30pm at Hager Park in Georgetown Township. Yes... you read that right! We're heading to a new park but the PARTY will be much the same.**

Come celebrate all things summer with a delicious BBQ dinner, jamming out with the praise band, and then doing all those fun park things. At Hager Park you can find a smaller playground and a huge all-ages zipline near our site, a lovely walk in the woods, and (across the park) one of the largest wooden playgrounds around.

The BBQ dinner will feature hot dogs, brats, and sides. Beverages and tableware will also be provided. Suggested donation of \$8 per person. Pay online ahead of time or bring cash/check to the park.

All the details on the event and RSVP information are available online at: <https://tinyurl.com/TUMC-PITP2026>

*Thanks for*  
**TRAVELIN'  
WITH TRINITY**

Can't wait to see you September 13th for Program Year Kick-Off!



**QUESTIONS?**

Contact Laura Johns, Director of Discipleship, at [L.Johns@grtumc.org](mailto:L.Johns@grtumc.org).

**THIS WORKBOOK BELONGS TO:**

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