

# Northern Passages

Worship in Canoe Country for  
Christians, Muslims, and Jews



**THE FAR NORTHLAND**  
(Official Song of the Northern Tier)

Verse 1

It's the far Northland that's callin' me away,  
as take I with my packsack to the road;  
It's the call on me of the forest in the north,  
as step I with the sunlight for my load.

Chorus

From Lake Agnes, by Louisa, to Kawnipi I will go,  
where you see the loon and hear his plaintive wail;  
If you're thinkin' in your inner heart there's a swagger  
in my step,  
then you've never been along the Border Trail.

Verse 2

It's the flash of paddle blades a-gleamin' in the sun,  
of canoes softly skimming by the shore,  
It's the tang of pine and bracken comin' on the breeze  
that calls me to the waterways once more.

Chorus

**WILDERNESS GRACE**

For food, for raiment,  
For life and opportunity,  
For sun and rain,  
For water and portage trails,  
For friendship and fellowship,  
We thank thee, O Lord.

**AMEN**

# NORTHERN PASSAGES

## WORSHIP IN CANOE COUNTRY FOR CHRISTIANS, MUSLIMS, AND JEWS

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## WELCOME TO NORTHERN TIER!

The coming days will be ones of fun, challenge, and adventure. While sitting on the rocky shore of a beautiful north woods lake, listening to the loons, watching a sunset, or experiencing the northern lights, you will feel the nearness of God, the Creator of this wonderful place.

This worship book has been created specifically for each camper to carry on the trail. There are five sections in this book—three designed for use by Christians, Jews, and Muslims, as well as one for interfaith use, and one with hymns. Each section provides opportunity for spiritual growth and development. We hope that through your use of *Northern Passages*, you too will open yourself to a process that leads to spiritual fulfillment.

Keep this book handy and use it often around the campfire, before going to bed, enjoying sunrise or sunset, or along the trail. This book provides daily meditations, prayers for the Sabbath, and suggestions for worship services. It can be used for individual devotions, with a friend, or with your crew. *Northern Passages* will help make your Northern Tier experience ever more rewarding. It is yours to keep and to use as often as you wish.

Plan to participate in the religious services of your faith tradition in base camp both before and after your trek. Ask the chaplain aide (or crew member) or a Northern Tier chaplain for more information.

We wish you a safe, enjoyable, exciting, and rewarding experience. May God bless and protect you.

Pax tecum. Shalom. As-salaamu aleykum. Peace.

## CHAPLAIN AIDE DUTIES

Encourage crew members to strengthen their own relationships with God through personal prayer, devotions, and participation in religious activities.

Teach the Wilderness Grace to the crew and use it for all meals.

Encourage crew members to attend religious services while at the base.

Lead the crew's daily reflection based on *Northern Passages* while on your trek, being sensitive to the various faiths represented in the crew.

Provide information on religious emblems to the crew.

Collaborate with the crew leader and adviser in assisting the crew during any interpersonal difficulties that may arise. "Thorns and roses" is an effective group activity to accomplish this.



# NORTHERN PASSAGES

## WORSHIP IN CANOE COUNTRY

### CHRISTIAN SECTION

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# **A SHORT ORDER OF WORSHIP—I**

## **CALL TO WORSHIP**

**Leader:** This is the day the Lord has made

**All:** Let us rejoice and be glad in it.

**HYMN** (see Hymns Section, H-1 to H-20)

**Psalm 95:1-7a** (Revised English Version [REV])

Come! Let us raise a joyful song to the Lord,  
a shout of triumph to the rock of our salvation.  
Let us come into his presence with thanksgiving  
and sing psalms of triumph to him.

For the Lord is a great God  
a great King above all gods.  
The depths of the earth are in his hands,  
the peaks of the mountains belong to him;  
the sea is his, for he made it,  
and the dry land which his hand fashioned.

Enter in! Let us bow down and worship,  
let us kneel before the Lord who made us,  
for he is our God,  
we the people he shepherds, the flock in his care.

**PRAYER** (in unison) God, our Father, we thank you for  
the beauty of the earth, for the food we eat and for  
the comforts we enjoy. Help us to love others more,  
to be concerned with the problems of our day, and  
to understand Your will in our actions. Grant us the  
strength to live wisely and well, to be worthy users  
of Your creation and ready and willing workers for  
the causes of goodness. Amen.



## SCRIPTURE

Hebrews 10:22–25 (Today’s English Version [TEV])

“So let us come near to God with a sincere heart and a sure faith, with hearts that have been purified from a guilty conscience and with bodies washed with clean water. Let us hold on firmly to the hope we profess, because we can trust God to keep His promise. Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.”

## MEDITATION/REFLECTION

You may read the meditation for this day from pages C-13–C-24 or take a few moments for personal silent reflection. Some may choose to share their reflections with the crew.

## PRAYERS OF THE PEOPLE

(Spontaneous prayer from participants)

**HYMN** (see Hymns Section, H-1 to H-20)

## BLESSING

May the Lord bless you, protect you from all evil, and bring you to everlasting life. Amen.

# AN ORDER OF WORSHIP—II

## INVOCATION

In the name of the Father, and of the Son (+) and of the Holy Spirit. Amen.

## KYRIE

Leader: Lord, have mercy.

All: Lord, have mercy.

Leader: Christ, have mercy.

All: Christ, have mercy.

Leader: Lord, have mercy.

All: Lord, have mercy.

## THE GLORIA

Glory to God in the highest  
And peace to His people on earth.

Lord God, heavenly King,  
Almighty God and Father,

We worship You, we give You thanks,  
We praise You for Your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,

You take away the sins of the world.

Have mercy on us.

You are seated at the right hand of the Father.

Receive our prayer.

For You alone are the Holy One,  
 You alone are the Lord,  
 You alone are the Most High,  
     Jesus Christ,  
     With the Holy Spirit,  
     In the glory of God the Father.  
 Amen.

## THE COLLECT

Almighty God, help us to remember that Christ our Savior lives with You in glory and that He promised to remain with us until the end of time. We ask You to hear our prayers and grant our needs through our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit forever and ever. Amen.

## THE GOSPEL LESSON

(There are a number of options with respect to the scriptural readings and the litany. Please select the ones that are most beneficial to your crew.)

### The Walk to Emmaus

Luke 24: 13–16, 25–34 (TEV)

On that same day two of Jesus' followers were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking to each other about all the things that had happened. As they talked and discussed, Jesus Himself drew near and walked along with them; they saw Him, but somehow did not recognize Him.

Then Jesus said to them, "How foolish you are, how slow you are to believe everything the prophets said! Was it not necessary for the Messiah to suffer these things and then to enter His glory?" And Jesus explained to them

what was said about Himself in all the Scriptures, beginning with the books of Moses and the writings of all the prophets. As they came near the village to which they were going, Jesus acted as if He were going farther; but they held Him back, saying, “Stay with us; the day is almost over and it is getting dark.” So He went in to stay with them. He sat down to eat with them, took the bread and gave it to them. Then their eyes were opened and they recognized Him, but He disappeared from their sight. They said to each other, “Wasn’t it like a fire burning in us when He talked to us on the road and explained the Scriptures to us?” They got up at once and went back to Jerusalem, where they found the eleven disciples gathered together with the others and said, “The Lord is risen indeed!”

### Beatitudes

Matthew 5:3–9 New Jerusalem Bible (NJB)

How blessed are the poor in spirit:

The kingdom of Heaven is theirs.

Blessed are the gentle:

they shall have the earth as inheritance.

Blessed are those who mourn:

they shall be comforted.

Blessed are those who hunger and thirst for uprightness:

they shall have their fill.

Blessed are the merciful:

they shall have mercy shown towards them.

Blessed are the pure in heart:

they shall see God.

Blessed are the peacemakers:

they shall be recognized as children of God.

## Gifts and Service

I Cor 12:4–7 (NJB)

There are many gifts, but always the same Spirit; there are many different ways of serving, but it is always the same Lord. There are many different forms of activity, but in everybody it is the same God who is at work in them all. The particular manifestation of the Spirit granted to each one is to be used for the general good.

## Priorities

I Cor 12:31–13:8a (NJB)

Set your minds on the higher gifts. And now I am going to put before you the best way of all. Though I command languages both human and angelic—if I speak without love I am no more than a gong booming or a cymbal clashing. And though I have the power of prophesy, to penetrate all mysteries and knowledge, and though I have the faith necessary to move mountains—if I am without love, I am nothing. Though I should give away to the poor all I possess, and even give my body to be burned—if I am without love, it will do no good whatever.

Love is always patient and kind; love is never jealous; love is not boastful or conceited; it is never rude and never seeks its own advantage, it does not take offense or store up grievance. Love does not rejoice in wrong doing, but it always finds joy in the truth. It is always ready to make allowances, to trust, to hope and endure what comes.

Love never comes to an end.

## Forgiveness

Luke 6:36–38 (NJB)

Be compassionate just as your Father is compassionate. Do not judge and you will not be judged; do not condemn and you will not be condemned; forgive and you will be forgiven. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and overflowing, will be poured into your lap; because the standard you use will be the standard used for you.

### RESPONSORY

(Psalm 100, Revised Standard Version [RSV])

Leader: Make a joyful noise to the  
Lord, all the lands!

Group One: Serve the Lord with gladness!  
Come into His presence with singing!

Group Two: Know that the Lord is God!  
It is He that made us, and we are His;  
We are His people, and the sheep of His  
pasture.

Group One: Enter His gates with thanksgiving,  
and His courts with praise!  
Give thanks to Him, bless His name!

Group Two: For the Lord is good;  
His steadfast love endures forever,  
and His faithfulness to all generations.

All: Glory be to the Father, and to the Son,  
and to the Holy Spirit;  
As it was in the beginning, is now,  
and ever shall be, and will be forever.  
Amen.

## MEDITATION

You may choose to read the meditation for this day or another of your choice (pages C-13–C-24). Or you may choose to take a few moments for personal, silent reflection. Some may choose to share their reflections with the crew.

## HYMN

See Hymns Section, H-1 to H-20

## A TRAIL LITANY

**Leader:** For moonlight on the forests, for starlit skies above,  
For hills and streams for camping, for the country that I love,

**All:** We thank you, O Lord.

**Leader:** For wind in whispering pines, for eagles soaring high,  
For purple mountains rising against an azure sky,

**All:** We thank you, O Lord.

**Leader:** For friends who walk with me along the awesome trail,  
For those who share their care for me, especially when I fail,

**All:** We thank you, O Lord.

**Leader:** O Jesus, Who walked the trail with the Emmaus two,  
Join us on our trek the whole day through.

**All:** O Lord, abide with us.

**Leader:** As the sun rises over the quiet forest pines,  
May your care and love for us in all our actions  
shine.

**All:** O Lord, walk with us along the trail. Amen.

### **THE LORD'S PRAYER**

Our Father, Who art in heaven, hallowed be Thy name.  
Thy kingdom come, Thy will be done on earth as it is in  
heaven. Give us this day our daily bread; and forgive us  
our trespasses as we forgive those who trespass against  
us; and lead us not into temptation, but deliver us from  
evil. For Thine is the kingdom and the power and the  
glory, forever and ever. Amen.

### **BENEDICTION**

May the grace of our Lord Jesus Christ, the love of  
God and the fellowship of the Holy Spirit be with us all.  
Amen.



# DAILY MEDITATIONS

## DAY ONE

### SETTING DIRECTIONS

“Lord, make me know Your ways. Lord, teach me Your paths.”

(Psalm 25:4, *The Psalms: A New Translation*)

To travel successfully in canoe country or Canadian wilderness requires much preparation. Physical readiness, adequate planning in terms of equipment, food, clothing, etc., and a planning of itinerary are all ways to set a direction for your crew. Mental and spiritual preparation are no less important. The Northern Tier wilderness is a place where God can speak to you in new and exciting ways. Just as you prepare for a trek by tapping the resources of advisers, interpreters, and those who have gone before you, so too, do you prepare for experiences of God on this trek by tapping the resources of God’s Word. We do daily prayer and reflection which bring us into deeper contact with the Word of God: Jesus. He is your Guide, your Friend, your Strength, your Counselor on this journey. Jesus shows us the way and helps us conquer all fears!

**For reflection:** How are you preparing yourself to make this trek a journey with the Lord? What can you do to keep yourself aware of Jesus’ continuing presence on the trail? (You may choose to share your thoughts with a friend or a crew member).

**Lead me in Your truth, O Lord and teach me! You are the God of my salvation.**

## DAY TWO

### NORTHERN SKIES AT NIGHT

“When I look at the sky, which You have made, at the moon and the stars which You set in their places—What is man, that You think of him, Mere man, that You care for him?”

(Psalm 8:3–4, TEV)

How beautiful are the Northern Tier nights! The stars are so plentiful; they seem so close that you feel you can almost touch them. The silence and beauty of the night help us to realize the quiet power and majesty of God. Yet, this God loves each of us personally and intimately, and the greatest and most beautiful part of His creation lies not in the heavens, but right here on earth. You are the crowning glory of His creative hands—you are the reason for all creation.

**For reflection:** How do you see yourself as made in the image and likeness of God? What can you do to deepen respect for the beauty and glory of God alive in you?

Are you aware that God is present in each member of your crew? Does that knowledge change how you respond to them? (You may choose to share your thoughts with a friend or a crew member).

**Lord, thank you for life and beauty and the bounty of your creation.**

## DAY THREE

### WHEN THE GOING GETS TOUGH

“If God is for us, who can be against us? Who then, can separate us from the love of Christ? Can trouble do it, or hardship or persecution or hunger or poverty or danger? For I am certain that nothing can separate us from His love . . . there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.”

(Romans 8:31, 35, 38–39, TEV)

The Northern Tier adventure involves lakes, rivers and portages, and dealing with weather, fatigue, and unexpected circumstances and challenges. At times, it may seem that the difficulties are insurmountable, the hardships unbearable. However, it often happens that the greatest hardships in life become our greatest opportunities for growth. We have to realize that we are not alone—we have each other and the abiding presence and help of our God Who will guide us and give us strength. Nothing can separate us from His love that comes to us through Jesus. He invites us to trust in him and to realize that we walk with him.

**For reflection:** What have I done so far to help my crew come together as a team? Do I need to change in order to be more crew-oriented? (You may choose to share your thoughts with a friend or a crew member).

**Lord, help me to be cheerful in the face of difficulties.  
With your help I will conquer all obstacles!**

## DAY FOUR

### WINDS IN WHISPERING PINES

“He (the Lord) traveled on the wings of the wind.”  
(II Samuel 22:11 and Psalm 18:10, TEV)

These words are a line from a song that King David sang to his Lord. We can often hear the wind moving through the pines and playing a soft melody. It is almost as if the trees were whispering to one another or to us below. Or as if God were playing a lullaby for us on His wind instrument.

The Lord touches all of His creation. He caresses the pines with His wind. He touches us with His love and forgiveness.

The “whispering pines” can become the sound in nature that reminds us of St. Paul’s gentle words, “Be kind and tenderhearted to one another and forgive one another, as God has forgiven you through Christ.” (Ephesians 4:32, TEV) He who lives by forgiving and being forgiven lives in peace.

**For reflection:** Is there one whom you want to ask for forgiveness? Is there one whom you feel the need to forgive? (You may choose to share your thoughts with a friend or a crew member).

**Dear Father, where I have sinned, forgive me, and where I am afraid, give me courage. Amen.**

## DAY FIVE

### ON EAGLES' WINGS

“Even those who are young grow weak; young men can fall exhausted. But those who trust in the Lord will find their strength renewed. They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak.”

(Isaiah 40:31, TEV)

Have you seen an eagle on the trip yet? We can learn from eagles and from so much in nature.

One day a fisherman watched as a mother eagle dropped a young eaglet into the canyon below. The eaglet plummeted and fluttered. It appeared that it was about to be dashed to its death on the rocks below, when out of the sky plunged the father eagle and caught his offspring on his broad back. Then he flew up high and dropped the young one again. This time the mother caught the little one on her back. The routine was repeated until the little eagle learned to fly.

God gives us opportunities to try our wings so that we might learn to fly on our own. Certainly the Northern Tier experience is one of these learning and growing opportunities. Yet God always watches over us and spreads His wings of protection beneath us.

God said to the Israelites on their wilderness trek, “I bore you on eagles’ wings.” Christ Who gave His life for us on the cross has promised, “I will be with you always.” So lift up your head and rejoice!

**For reflection:** Have you discovered new dimensions of your personality? How have you been willing to accept the challenges of the Northern Tier experience? How have you supported a crew member as he faces the Northern Tier challenge? (You may choose to share your thoughts with a friend or a crew member).

**O Lord, when I grow weary, lift me up on your wings. Give me the courage and strength I need for tomorrow. Amen.**

## **DAY SIX**

### **FOR FOOD, FOR RAIMENT**

“Having food and raiment, let us therewith be content.”  
(I Timothy 6:8, King James Version [KJV])

Another translation of Scripture translates this verse: “If we have food and clothes, that should be enough for us.” (TEV)

Most of us at Northern Tier have become accustomed to having much more than food and clothes. There is nothing wrong with wealth. Some of the Biblical heroes like Abraham and David were very wealthy. Our heavenly Father in His mercy not only forgives us all our sins through Jesus’ death at Calvary, He also provides us with all that we need to support our bodily life.

We who have been so richly blessed may choose in thanksgiving to share our wealth with others.

Dr. William Foege, who helped eradicate smallpox from the world, recently challenged us to work together to eradicate hunger as well.

If we include the hungry in the “us” when we pray, “give us this day our daily bread,” then we are also asking God to involve us in feeding the hungry. What a great commission this becomes: to join God in feeding the hungry and clothing the naked! Jesus promises us “Whenever you did this for one of the least important of these brothers of mine, you did it for Me.”

(Matthew 25:40, TEV)

**For reflection:** What have you done for those less fortunate than yourself? What do you consider our obligations to those in need are? What does Jesus mean when he says, “Blessed are the poor . . .”? (You may choose to share your thoughts with a friend or a crew member).

**For food, for raiment . . . we thank Thee, O Lord.**

## DAY SEVEN

### FOR LIFE, FOR OPPORTUNITY

“I have come in order that you might have life in all its fullness.”

(John 10:10b, TEV)

How precious is the gift of life! In canoe country, we can come to a deeper understanding and appreciation of its importance. How necessary to respect it in all its forms. We can take so much for granted—the air we breathe, the water we drink, the health we enjoy, the beauty of the earth. God gives us life to enjoy and he gives us opportunity to grow, to achieve, to find joy and to find happiness. Through Jesus, God gives us the ultimate opportunity—the path to eternal life—life with God and each other forever.

**For reflection:** What does the concept of stewardship mean to you? When have you been a good manager of your own life? When have you shown respect for God's creation? Have you shown respect for another's personal property? How seriously do I take the Wilderness Pledge? (You may choose to share your thoughts with a friend or a crew member).

**For life, for opportunity, we thank Thee, O Lord.**

## **DAY EIGHT**

### **FOR FRIENDSHIP AND FELLOWSHIP**

“The greatest love a person can have for his friends is to give his life for them. And you are My friends if you do what I command you . . . I call you friends . . . You did not choose Me; I chose you.” (John 15: 13–16, TEV)

One day a kindergarten teacher asked her class, “What is a friend?” One little boy answered, “A friend is someone who knows you and still likes you.” If he is right, then “what a friend we have in Jesus!”

Jesus knows our most secret self and still He loves us. When He prayed on the cross, “Father, forgive them . . . ,” He was praying also for you and me. “The blood of Jesus His Son cleanses us from all sin.” Jesus promised us life with Him forever. He is a real friend.

Friends on the trip are God's gifts to us and through them God seeks to care for us and love us. They are not perfect, but like us, through Christ's death and resurrection, they live forgiven. We thank God for good friends.



**For reflection:** Who are some of the people who have been friends to you on the trip? Thank God for them by name and thank those who have shown you acts of friendship. Have I been a friend? (You may choose to share your thoughts with a friend or crew member.)

**For friendship and fellowship, we thank Thee, O Lord. Amen.**

## DAY NINE

### UP NORTH: GOD'S COUNTRY

“And you will live a long time in the rich and fertile land that the Lord promised to give your ancestors and their descendants . . . The land that you are about to enter is a land of mountains and valleys, a land watered by rain. The Lord, your God takes care of this land and watches over it throughout the year.”

(Deuteronomy 11:9, 11–12, TEV)

Northern Tier does something to people—it is not something that can be put into words easily. Something “gets into your blood.” A love for the water, the atmosphere, the people—all these work together in you to make Northern Tier an experience that you can never forget. The base of that experience is the presence of God—an awareness that all we have and all we offer to others comes from God. The brotherhood that we share as God’s children and as Scouts brings us to a sense of peace, a feeling that in some strange way, everything is all right. In that sense, we can call Northern Tier a “Scouting Paradise,” a glimpse of that “Paradise” all of us are called to and

will one day experience. It can be likened to the mountaintop experience that the apostles felt when Jesus was transfigured before them; when He gave them a glimpse of the beauty of God's presence. The scriptures say "His face was shining like the sun and His clothes were dazzling white."

(Matthew 17:2, TEV)

**For reflection:** Can you identify your wilderness experience? How might this experience help you during difficult times? (You may choose to share your thoughts with a friend or a crew member).

**Lord, it is good for us to be here.**

## DAY TEN

### JOURNEY'S END

"I have done my best in the race, I have run the full distance, and I have kept the faith."

(II Timothy 4:7, TEV)

St. Paul at the end of his ministry wrote these words to his young friend Timothy. You have come to the end of your experience at Sommers, Atikokan, or Bissett. Do you feel good about having completed your journey? What do you think was one of your biggest accomplishments these past 10 days? (You may share your thoughts with a friend or crew member.)

Not all of your accomplishments have been physical. You have interacted with God's nature and God's people. There has been frustration and fun. Intermingled with

this has been your reflection on God's love and care for you in Christ Jesus, especially in His death and resurrection in your behalf. Through it all, you have grown spiritually. You have run the race and kept the Faith.

You have come to a better understanding of yourself and of your fellow crew members. You have grown in your appreciation of God's gifts to you in nature, in friends, and in your Savior.

Now it is time to look homeward to friends and family. You have matured. You are now an even greater and finer gift to your family and friends. God be praised for it all!

**For reflection:** How will you say "Thank You" for this experience? Will you say "I love you" to those who made this trip possible? What new obligations do you take on because you have been to Northern Tier? What have I learned about making responsible choices? How can I make better ethical choices when I get home? (You may choose to share your thoughts with a friend or a crew member).

**Lord, thank You for every gift that You gave me these past days. As I go home, make me a special gift to my family and friends. Amen.**



# **NORTHERN PASSAGES**

## **WORSHIP IN CANOE COUNTRY**

### **HYMNS SECTION**

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## MY COUNTRY, 'TIS OF THEE

My country, 'tis of thee,  
sweet land of liberty, of thee I sing;  
land where my fathers died,  
land of the pilgrims' pride,  
from every mountainside let freedom ring!

My native country, thee,  
land of the noble free, thy name I love;  
I love thy rocks and rills,  
thy woods and templed hills;  
my heart with rapture thrills, like that above.

Let music swell the breeze,  
and ring from all the trees sweet freedom's song;  
let mortal tongues awake;  
let all that breathe partake;  
let rocks their silence break, the sound prolong.

Our fathers' God, to thee,  
author of liberty, to thee we sing;  
long may our land be bright  
with freedom's holy light;  
protect us by thy might, great God, our King.

Samuel F. Smith  
Public Domain

## **THE CHURCH'S ONE FOUNDATION**

The Church's one foundation is Jesus Christ her Lord;  
She is His new creation by water and the word:  
From heav'n He came and sought her to be His holy bride;  
With His own blood He bought her, and for her life He died.

Elect from ev'ry nation, yet one o'er all the earth,  
Her charter of salvation, one Lord, one faith, one birth;  
One holy name she blesses, partakes one holy food,  
And to one hope she presses, with ev'ry grace endued.

Yet she on earth hath union with God the Three in One,  
And mystic sweet communion with those whose rest  
is won:

O happy ones and holy! Lord, give us grace that we,  
Like them, the meek and lowly, on high may dwell with  
thee. Amen.

Samuel J. Stone, 1866  
Public Domain

## **AMAZING GRACE**

Amazing grace, how sweet the sound that saved a soul  
like me.

I once was lost but now I'm found, was blind but now  
I see.

'Twas grace that taught my heart to fear, and grace my  
fears relieved.

How precious did that grace appear the hour I first  
believed.



Through many dangers, toils and snares, I have  
already come.

'Tis grace has brought me safe thus far and grace will  
lead me home.

The Lord has promised good to me, His word my hope  
secures.

He will my shield and portion be, as long as life endures.

When we've been there ten thousand years, bright shin-  
ing as the sun,

We've no less days to sing God's praise, than when we  
first begun.

John Newton, 1779  
Public Domain

## **O GOD, OUR HELP IN AGES PAST**

O God, our help in ages past, our Hope for years to come,  
Our Shelter from the stormy blast and our eternal Home.

Before the hills in order stood or earth received her frame,  
From everlasting Thou art God, to endless years the same.

A thousand ages in Thy sight are like an evening gone;  
Short as the watch that ends the night before the  
rising sun.

Isaac Watts, 1719  
Public Domain

## THIS IS MY FATHER'S WORLD

This is my Father's world,  
And to my list'ning ears,  
All nature sings, and round me rings  
The music of the spheres.  
This is my Father's world,  
I rest me in the thought  
Of rocks and trees, of skies and seas—  
His hand the wonders wrought.

This is my Father's world,  
The birds their carols raise,  
The morning light, the lily white,  
Declare their Maker's praise.  
This is my Father's world,  
He shines in all that's fair;  
In the rustling grass I hear Him pass,  
He speaks to me ev'rywhere.

This is my Father's world,  
O let me ne'er forget  
That thought the wrong seems oft so strong.  
God is the Ruler yet.  
This is my Father's world,  
The battle is not done,  
Jesus who died shall be satisfied,  
And earth and heav'n be one. Amen.

Maltbie D. Babcock, 1901  
Public Domain

## **PRAISE GOD FROM WHOM ALL BLESSINGS FLOW**

Praise God from Whom all blessings flow;  
praise Him all creatures here below.  
Praise Him above, ye heavenly host;  
praise Father, Son, and Holy Ghost.

From all that dwell below the skies  
let the Creator's praise arise!  
Let the Redeemer's name be sung  
through every land by everyone.

Eternal are thy mercies, Lord,  
and truth eternal is thy word;  
Thy name shall sound from shore to shore  
till suns shall rise and set no more.

Thomas Ken, 1674; Isaac Watts, 1781  
Public Domain

## **NOW THANK WE ALL OUR GOD**

Now thank we all our God,  
with heart and hands and voices,  
Who wondrous things has done,  
in Whom this world rejoices;  
Who from our mothers' arms  
has blessed us on our way  
With countless gifts of love,  
and still is ours today.

O may this bounteous God  
through all our life be near us,  
with ever joyful hearts  
and blessed peace to cheer us;  
and keep us still in grace,  
and guide us when perplexed;  
and free us from all ills,  
in this world and the next.

Martin Rinkart  
Public Domain

# BATTLE HYMN OF THE REPUBLIC

1. Mine eyes have seen the glory  
of the coming of the Lord;  
He is trampling out the vintage  
where the grapes of wrath are stored;  
He hath loosed the fateful lightning  
of His terrible swift sword;  
His truth is marching on.

## Chorus

Glory, glory! Hallelujah!  
Glory, glory! Hallelujah!  
Glory, glory! Hallelujah!  
His truth is marching on.

2. I have seen Him in the watchfires  
of a hundred circling camps;  
They have builded Him an altar  
in the evening dews and damps;  
I can read His righteous sentence  
by the dim and flaring lamps;  
His day is marching on.
3. He has sounded forth the trumpet  
That shall never sound retreat.  
He is sifting out the heart  
Of men before His judgment seat.  
Oh, be swift my soul to answer Him,  
Be jubilant my feet.  
Our God is marching on.
4. In the beauty of the lilies  
Christ was born across the sea,  
With a glory in his bosom  
that transfigures you and me,  
As he died to make men holy  
let us live to make men free,  
Our God is marching on.

Julia Ward Howe, 1861  
Public Domain

## ALL THINGS BRIGHT AND BEAUTIFUL

Refrain:

All things bright and beautiful,  
all creatures great and small,  
all things wise and wonderful:  
the Lord God made them all.

1. Each little flower that opens,  
each little bird that sings,  
God made their glowing colors,  
and made their tiny wings.

(Refrain)

2. The purple-headed mountains,  
the river running by,  
the sunset and the morning  
that brightens up the sky.

(Refrain)

Cecil Frances Alexander  
Public Domain

## COME, COME YE SAINTS

Come, come, ye Saints, no toil nor labor fear,  
But with joy wend your way;  
Tho' hard to you this journey may appear,  
Grace shall be as your day.  
'Tis better far for us to strive,  
Our useless cares from us to drive;  
Do this, and joy your hearts will swell—  
All is well! All is well!

Why should we mourn, or think our lot is hard?  
'Tis not so; All is right!  
Why should we think to earn a great reward,  
If we now shun the fight?  
Gird up your loins, fresh courage take,  
Our God will never us forsake  
And soon we'll have this truth to tell—  
All is well! All is well!

William Clayton, 1846; J. T. White, 1944  
Public Domain

## HOW GREAT THE WISDOM AND THE LOVE

How great the wisdom and the love  
That filled the courts on high  
And sent the Savior from above  
To suffer, bleed, and die!

He marked the path and led the way,  
And every point defines  
To light and life and endless day  
Where God's full presence shines.

Eliza R. Snow, Thomas McIntyre  
Public Domain

## COME, THOU ALMIGHTY KING

Come, thou almighty King,  
help us thy name to sing,  
help us to praise!  
Father all glorious,  
o'er all victorious,  
come and reign over us, Ancient of Days!

Come, thou incarnate Word,  
gird on thy mighty sword,  
our prayer attend!  
Come, and thy people bless,  
and give thy word success,  
Spirit of holiness, on us descend!

Anonymous  
Public Domain

## **WE GATHER TOGETHER**

We gather together  
to ask the Lord's blessing;  
he chastens and hastens  
his will to make known.  
The wicked oppressing  
now cease from distressing.  
Sing praises to his name,  
he forgets not his own.

Nederlandsch Gedencklanck  
Public Domain

## **THE LORD IS IN HIS HOLY TEMPLE**

The Lord is in His holy temple;  
Let all the earth keep silence before Him!  
Keep silence! Keep silence! Keep silence  
before Him.

Public Domain



## FAIREST LORD JESUS

Fairest Lord Jesus! Ruler of all nature!  
O Thou of God and man the Son!  
Thee will I cherish, Thee will I honor.  
Thou my soul's glory, joy, and crown.

Fair are the meadows, fairer still the woodlands,  
Robed in the blooming garb of spring.  
Jesus is fairer, Jesus is purer, Who makes the woeful  
heart to sing.

Fair is the sunshine, fairer still the moonlight,  
and all the twinkling starry host.  
Jesus is brighter, Jesus shines purer,  
than all the angels heaven can boast.

Munster Gesangbuch, 1677; Joseph August Seiss, 1873  
Public Domain

## CALLED TO SERVE

Called to serve Him, heav'nly King of glory,  
Chosen e'er to witness for his name,  
Far and wide we tell the Father's story.  
Far and wide his love proclaim.

Chorus

Onward, ever onward,  
as we glory in his name;  
Onward, ever onward,  
as we glory in his name;  
Forward, pressing forward,  
as a triumph song we sing.  
God our strength will be;  
press forward ever,  
Called to serve our King.

Called to know the richness of his blessing—  
Sons and daughters, children of a King—  
Glad of heart, his holy name confessing,  
Praises unto him we bring.

Grace Gordon, Walter G. Tyler  
Public Domain

# GRACE GREATER THAN OUR SIN

1. Marvelous grace of our loving Lord,  
grace that exceeds our sin and our guilt!  
Yonder on Calvary's mount outpoured,  
there where the blood of the Lamb was spilt.

Refrain:

Grace, grace, God's grace,  
grace that will pardon and cleanse within;  
grace, grace, God's grace,  
grace that is greater than all our sin!

2. Sin and despair, like the sea waves cold,  
threaten the soul with infinite loss;  
grace that is greater, yes, grace untold,  
points to the refuge, the mighty cross.

(Refrain)

3. Dark is the stain that we cannot hide.  
What can avail to wash it away?  
Look! There is flowing a crimson tide,  
brighter than snow you may be today.

(Refrain)

4. Marvelous, infinite, matchless grace,  
freely bestowed on all who believe!  
You that are longing to see his face,  
will you this moment his grace receive?

(Refrain)

Julia H. Johnston  
Public Domain

## JOYFUL, JOYFUL WE ADORE THEE

Joyful, joyful, we adore thee,  
God of glory, Lord of love;  
hearts unfold like flowers before thee,  
opening to the sun above.  
Melt the clouds of sin and sadness;  
drive the dark of doubt away.  
Giver of immortal gladness,  
fill us with the light of day!

Mortals, join the mighty chorus  
which the morning stars began;  
love divine is reigning o'er us,  
binding all within its span.  
Ever singing, march we onward,  
victors in the midst of strife;  
joyful music leads us sunward,  
in the triumph song of life.

Henry Van Dyke, 1911  
Public Domain

## **GOD OF OUR FATHERS, WHOSE ALMIGHTY HAND**

God of our fathers,  
whose almighty hand  
Leads forth in beauty  
all the starry band  
Of shining worlds  
in splendor through the skies,  
Our grateful songs  
before thy throne arise.

Thy love divine  
hath led us in the past;  
In this free land  
by thee our lot is cast;  
Be thou our Ruler,  
Guardian, Guide, and Stay;  
Thy Word our law,  
thy paths our chosen way.

From war's alarms,  
from deadly pestilence,  
Be thy strong arm  
our ever sure defense;  
Thy true religion  
in our hearts increase,  
Thy bounteous goodness  
nourish us in peace.

Refresh thy people  
on their toilsome way,  
Lead us from night  
to never-ending day;  
Fill all our lives  
with love and grace divine,  
And glory, laud,  
and praise be ever thine.

Daniel C. Roberts, 1876  
Public Domain



# **NORTHERN PASSAGES**

## **WORSHIP IN CANOE COUNTRY**

### **INTERFAITH SECTION**

**INTERFAITH**

## **CALL TO WORSHIP**

Eternal God, open my lips, that my mouth may declare  
Your glory.

## **OPENING SONG**

### **AMERICA THE BEAUTIFUL**

O beautiful for spacious skies,  
For amber waves of grain,  
For purple mountain majesties,  
Above the fruited plain!  
America! America!  
God shed His grace on thee,  
And crown thy good with brotherhood,  
From sea to shining sea.

O beautiful for patriot dream,  
That sees beyond the years,  
Thine alabaster cities gleam,  
Undimmed by human tears.  
America! America!  
God shed His grace on thee,  
And crown thy good with brotherhood  
From sea to shining sea.



## **SCRIPTURE READING**

**Psalm 8**

**(New Jerusalem Bible)**

**Yahweh our Lord,  
how majestic is your name throughout the world!**

**Whoever keeps singing of your majesty higher than  
the heavens,  
even through the mouths of children, or of babes in arms,  
you make him a fortress, firm against your foes,  
to subdue the enemy and the rebel.**

**I look up at your heavens, shaped by your fingers,  
at the moon and the stars you set firm—  
what are human beings that you spare a thought  
for them,  
or the child of Adam that you care for him?**

**Yet you have made him little less than a god,  
you have crowned him with glory and beauty,  
made him lord of the works of your hands,  
put all things under his feet,  
sheep and cattle, all of them,  
and even the wild beasts,  
birds in the sky, fish in the sea,  
when he makes his way across the ocean.**

**Yahweh our Lord,  
how majestic is your name throughout the world!**

## **RESPONSIVE READING**

**“On My Honor”**

by Dr. Carroll Osburn, 1997

(L = Leader; C = Crew)

**L: ON MY HONOR**

**C: Almighty God, keep us always mindful that our honor is a possession to be cherished as dearly as life itself. Endow us with firmness of purpose and uncommon integrity that will enable us to fulfill those responsibilities with which we are charged. Make us ever conscious of the trust others have placed in us as Scouts.**

**L: TO DO MY DUTY TO GOD**

**C: Creator of the universe, how often we forget the true source of life’s joys and pleasures. How often, too, have we failed to remember the origin of the inward strength which has enabled us to be aware of Your continual presence in our daily lives. Help us to understand the more meaningful rewards of service in Your name.**

**L: AND MY COUNTRY**

**C: We thank Thee, Almighty God, for the privilege of living in a country such as the United States of America. Keep foremost in our minds that the freedoms which we enjoy were bought through the unselfish sacrifices of those who have gone before us. As the strength of a country is in her people, let us never avoid our responsibility to maintain this nation as a beacon of hope and freedom to all mankind.**

**L: AND TO OBEY THE SCOUT LAW**

**C:** Heavenly Father, accept the heartfelt thanks of us Scouts and Scouters for such men of vision and leadership as Robert Baden-Powell, William Boyce, and James West. Keep always before us the ideals which they set forth, and grant us the courage to live by them when others may not. Allow us never to forget that our actions may be the examples others choose to follow.

**L:** TO HELP OTHER PEOPLE AT ALL TIMES

**C:** Grant us forgiveness, Patient Lord, when we place the insignificant wants in our lives above the necessities in others' lives. Teach us to recognize and understand the problems facing others and prepare us for each day's task of helping others.

**L:** TO KEEP MYSELF PHYSICALLY STRONG, MENTALLY AWAKE, AND MORALLY STRAIGHT

**C:** God of our ancestors, let us never forget that our bodies and minds are but temporary gifts from Thee. Help us to preserve, strengthen, and use them for the betterment of our world. May our thoughts and actions be directed toward more meaningful service in Your name. Amen.

## MEDITATION AND SHARING

Take a few moments now for personal silent reflection about how God works in creation and in your personal life. You may wish to share these reflections with your crew.

Responsive Reading, "Scout Law"

**Scout:** A Scout is Trustworthy.

**Leader:** Character is what a man is. Reputation is what people think about him. A youth of character is worthy of trust. No one is worthy of trust who does not recognize his dignity and the dignity of all men as children of God.

**Scout:** A Scout is Loyal.

**Leader:** Because our first loyalty is to God, a Scout is loyal to all to whom loyalty is due—his parents, his place of worship, and his country.

**Scout:** A Scout is Helpful.

**Leader:** We are told that the good turn we do for others will be considered what is done for Him. Our motive or reason we are helpful is that we see our God in everyone. The whole Scout program gives us an opportunity to be helpful.

**Scout:** A Scout is Friendly.

**Leader:** We are brothers and sisters. Recognizing this, a Scout should be a friend to all, and a brother to every other Scout.

**Scout:** A Scout is Courteous.

**Leader:** A Scout should respect everyone. The meaning of love as a Scout should be taken from the words, "I have come not to be served, but to serve."

**Scout:** A Scout is Kind.

**Leader:** We respect others, not abusing or mistreating, but to trust.

**Scout:** A Scout is Obedient.

**Leader:** A Scout should obey, not because he has to, but because the one leading is someone in authority, and is right in doing so. Victory comes from obedience to all in authority as long as they deserve our obedience.

**Scout:** A Scout is Cheerful.

**Leader:** A Scout will have joy in his heart and manifest it outwardly by his cheerful manner.

**Scout:** A Scout is Thrifty.

**Leader:** By being thrifty, we are taught self-respect, making us unwilling to be a burden to others. Far from being a burden, we are able to be thrifty to help them. A Scout is deeply concerned with preserving our natural resources.

**Scout:** A Scout is Brave.

**Leader:** A Scout can face danger even if he is afraid. He has courage to stand for what he thinks is right, even if others scorn him.

**Scout:** A Scout is Clean.

**Leader:** He keeps clean in body and thought; he stands for clean speech, clean sport, and clean habits; and he travels with a clean crowd.

**Scout:** A Scout is Reverent.

**Leader:** He is reverent to God. He is faithful in his religious duties and respects the conviction of others in matters of custom and religion.

## **PRAYER FOR OUR COUNTRY**

**Leader:** Let us pray together.

Our God and God of our ancestors, we ask Your blessing upon our country, on the leaders of our nation, and on all who exercise rightful authority in our community.

Unite the inhabitants of our country, whatever their origin and creed, into a bond of true friendship, to banish hatred and bigotry, and to safeguard our ideals and institutions of freedom.

May this land under Your Providence be an instrument for peace throughout the world. AMEN

OR

## **PRAYER OF THANKS**

Leader: Let us pray together.

We thank You, O God, for this day, for morning sun and evening star; for flowering of trees and flowing of streams, for life-giving rains and cooling breeze; for the earth's patient turning, the changing of the seasons, the cycle of growth and decay, of life and death. When our eyes behold the beauty and grandeur of your world, we see the wisdom, power and goodness of its Creator. We awake and, behold! It's a great day! AMEN

OR

## **PRAYER OF ST. FRANCIS**

1. Make me a channel of your peace.  
Where there is hatred, let me bring your love.  
Where there is injury, your pardon, Lord,  
And where there's doubt, true faith in you.

Refrain

Oh Master, grant that I may never seek  
So much to be consoled as to console,  
To be understood as to understand,  
To be loved, as to love, with all my soul.

2. Make me a channel of your peace.  
Where there's despair in life, let me bring hope.  
Where there is darkness only light,  
And where there's sadness ever joy.
3. Make me a channel of your peace.  
It is in pardoning that we are pardoned,  
in giving of ourselves that we receive,  
and in dying that we're born to eternal life.

## CLOSING SONG

### GOD BLESS AMERICA

God bless America, land that I love  
Stand beside her, and guide her  
Through the night with the light from above.

From the mountains, to the prairies,  
To the oceans, white with foam,  
God bless America, my home sweet home,  
God bless America, my home sweet home.

Irving Berlin, 1938

©Winthrop Rutherford Jr., Ann Phipps  
Sidmon Eristoff and Theodore R. Jackson as  
Trustees of the God Bless America Fund

OR

### DAY IS DONE

Day is done, Gone the sun, From the lake,  
From the hills, From the sky,  
All is well, Safely rest, God is nigh.

Thanks and praise, For our days  
'Neath the sun, 'Neath the stars, 'Neath the sky,  
As we go, This we know, God is nigh.

Maltbie D. Babcock, 1901  
Public Domain

## **BENEDICTION**

**Lord, be thou within us, to strengthen us; without us, to keep us; above us, to protect us; beneath us, to uphold us; before us, to direct us; behind us, to keep us from straying; round about us, to defend us.**

**OR**

**May God bless us and protect us;  
May God show us favor and be gracious to us;  
May God show us kindness and grant us peace.  
AMEN**



# DAILY MEDITATIONS

## DAY ONE

### SETTING DIRECTIONS

To canoe successfully at Northern Tier requires much preparation. Physical readiness, adequate planning in terms of equipment, food, clothing, etc., and a planning of itinerary are all ways to set a direction for your crew. Mental and spiritual preparation are no less important. Canoe country is a place where God can speak to you in new and exciting ways. Just as you prepare for a trek by tapping the resources of advisers, rangers, and those who have gone before you, so too, do you prepare for experiences of God on this trek by tapping the resources of God's Word. We do daily prayer and reflection which bring us into deeper contact with God. He is your Guide, your Friend, your Strength, your Counselor on this journey. The Lord shows us the way and helps us conquer all fears!

**For reflection:** How are you preparing yourself to make this trek a journey with the Lord? What can you do to keep yourself aware of God's continuing presence on the trail? (You may choose to share your thoughts with a friend or a crew member).

**Lead me in Your truth, O Lord and teach me! You are the God of my salvation.**

## DAY TWO

### STARLIT SKIES ABOVE

How beautiful are the northern nights! The stars are so plentiful; they seem so close that you feel you can almost touch them. The silence and beauty of the night help us to realize the quiet power and majesty of God. Yet, this God loves each of us personally and intimately, and the greatest and most beautiful part of His creation lies not in the heavens, but right here on earth. You are the crowning glory of His creative hands—you are the reason for all creation.

**For reflection:** How do you see yourself as made in the image and likeness of God? What can you do to deepen respect for the beauty and glory of God alive in you?

Are you aware that God is present in each member of your crew? Does that knowledge change how you respond to them? (You may choose to share your thoughts with a friend or a crew member).

**Lord, thank you for life and beauty and the bounty of your creation.**

## DAY THREE

### WHEN THE GOING GETS TOUGH

The Northern Tier trek involves crossing lakes and portages, and dealing with weather, fatigue, and unexpected circumstances and challenges. At times, it may seem that the difficulties are insurmountable, the hardships unbearable. However,

it often happens that the greatest hardships in life become our greatest opportunities for growth. We have to realize that we are not alone—we have each other and the abiding presence and help of our God Who will guide us and give us strength. Nothing can separate us from His love. He invites us to trust in him and to realize that we walk with him.

**For reflection:** What have I done so far to help my crew come together as a team? Do I need to change in order to be more crew-oriented? (You may choose to share your thoughts with a friend or a crew member).

**Lord, help me to be cheerful in the face of difficulties. With your help I will conquer all obstacles!**

## DAY FOUR

### WINDS IN WHISPERING PINES

These words are a line from a song that King David sang to his Lord. We can often hear the wind moving through the pines and playing a soft melody. It is almost as if the trees were whispering to one another or to us below. Or as if God were playing a lullaby for us on His wind instrument.

The Lord touches all of His creation. He caresses the pines with His wind. He touches us with His love and forgiveness.

**For reflection:** Is there one whom you want to ask for forgiveness? Is there one whom you feel the need to forgive? (You may choose to share your thoughts with a friend or a crew member).

**Dear Lord, where I have sinned, forgive me, and where I am afraid, give me courage. Amen.**

## DAY FIVE

### EAGLES SOARING HIGH

Have you seen an eagle yet? We can learn from eagles and from so much in nature.

One day a fisherman watched as a mother eagle dropped a young eaglet into the canyon below. The eaglet plummeted and fluttered. It appeared that it was about to be dashed to its death on the rocks below, when out of the sky plunged the father eagle and caught his offspring on his broad back. Then he flew up high and dropped the young one again. This time the mother caught the little one on her back. The routine was repeated until the little eagle learned to fly.

God gives us opportunities to try our wings so that we might learn to fly on our own. Certainly the Northern Tier experience is one of these learning and growing opportunities. Yet God always watches over us and spreads His wings of protection beneath us.

God said to the Israelites on their wilderness trek, “I bore you on eagles’ wings.” So lift up your head and rejoice!

**For reflection:** Have you discovered new dimensions of your personality? How have you been willing to accept the challenges of the Northern Tier experience? How have you supported a crew member as he faces the Northern Tier challenge? (You may choose to share your thoughts with a friend or a crew member).

**O Lord, when I grow weary, lift me up on your wings. Give me the courage and strength I need for tomorrow. Amen.**

## DAY SIX

### FOR FOOD, FOR RAIMENT

Most of us at Northern Tier have become accustomed to having much more than food and clothes. There is nothing wrong with wealth. Some of the Biblical heroes like Abraham and David were very wealthy. Our heavenly Father in His mercy not only forgives us, He also provides us with all that we need to support our bodily life.

We who have been so richly blessed may choose in thanksgiving to share our wealth with others.

Dr. William Foege, who worked to eradicate smallpox from the world, challenged us to work together to eradicate hunger as well.

If we include the hungry when we pray, we are also asking God to involve us in feeding the hungry. What a great commission this becomes: to join God in feeding the hungry and clothing the naked!

**For reflection:** What have you done for those less fortunate than yourself? What do you consider our obligations to those in need are? (You may choose to share your thoughts with a friend or a crew member).

**For food, for raiment . . . we thank Thee, O Lord.**

## DAY SEVEN

### FOR LIFE, FOR OPPORTUNITY

How precious is the gift of life! At Northern Tier we can come to a deeper understanding and appreciation of its importance. How necessary to respect it in all its forms.

We can take so much for granted—the air we breathe, the water we drink, the health we enjoy, the beauty of the earth. God gives us life to enjoy and he gives us opportunity to grow, to achieve, to find joy and to find happiness. God gives us the ultimate opportunity—the path to eternal life—life with God and each other forever.

**For reflection:** What does the concept of stewardship mean to you? When have you been a good manager of your own life? When have you shown respect for God’s creation? Have you shown respect for another’s personal property? How seriously do I take the Wilderness Pledge? (You may choose to share your thoughts with a friend or a crew member).

**For life, for opportunity, we thank Thee, O Lord.**

## **DAY EIGHT**

### **FOR FRIENDSHIP AND FELLOWSHIP**

One day a kindergarten teacher asked her class, “What is a friend?” One little boy answered, “A friend is someone who knows you and still likes you.” If he is right, then what a friend we have in the Lord who loves us.

The Lord knows our most secret self and still He loves us.

Friends on the trail are God’s gifts to us and through them God seeks to care for us and love us. They are not perfect, but like us, they live forgiven. We thank God for good friends.

**For reflection:** Who are some of the people who have been friends to you on your trek? Thank God for them by name and thank those who have shown you acts of friendship. Have I been a friend? (You may choose to share your thoughts with a friend or crew member.)

**For friendship and fellowship, we thank Thee, O Lord.  
Amen.**

## DAY NINE

### COUNTRY THAT I LOVE

Northern Tier does something to people—it is not something that can be put into words easily. Something “gets into your blood.” A love for the land, the atmosphere, the people—all these work together in you to make Northern Tier an experience that you can never forget. The base of that experience is the presence of God—an awareness that all we have and all we offer to others comes from God. The brotherhood that we share as God’s children and as Scouts brings us to a sense of peace, a feeling that in some strange way, everything is all right. In that sense, we can call Northern Tier a “Scouting Paradise,” a glimpse of that “Paradise” all of us are called to and will one day experience. It can be a mountaintop experience.

**For reflection:** Can you identify your mountaintop experience? How might this experience help you during difficult times? (You may choose to share your thoughts with a friend or a crew member).

**Lord, it is good for us to be here. Make us a blessing to others on this trek. Amen.**

## DAY TEN

### TRAIL’S END

You have come to the end of your trek at Northern Tier. Do you feel good about having completed your trek? What do you think was one of your biggest accomplishments? (You may share your thoughts with a friend or crew member.)

Not all of your accomplishments have been physical. You have interacted with God's nature and God's people. There has been frustration and fun. Intermingled with this has been your reflection on God's love and care for you. Through it all, you have grown spiritually. You have run the race and kept the Faith.

You have come to a better understanding of yourself and of your fellow crew members. You have grown in your appreciation of God's gifts to you in nature and in friends.

Now it is time to look homeward to friends and family. You have matured. You are now an even greater and finer gift to your family and friends. God be praised for it all!

**For reflection:** How will you say "Thank You" for this experience? Will you say "I love you" to those who made this trip possible? What new obligations do you take on because you have been to Northern Tier? What have I learned about making responsible choices? How can I make better ethical choices when I get home? (You may choose to share your thoughts with a friend or a crew member).

**Lord, thank You for every gift that You gave me these past days. As I go home, make me a special gift to my family and friends. Amen.**

Now let us go in the strength of the Lord. Let us go in peace and serve the Lord our God.









## UPON RETURN FROM A JOURNEY:

Repeat the previous *duaa*' and add to it:

We are returners, repentants, worshippers, and thankful to our Lord.

'Ayiboona, ta'eboona, aabidoona, lirabbina hami-doona.

أَيُّونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

## WHEN FACED BY HARDSHIP:

Oh Allah! There is nothing easy except what You make easy, and You make the difficult easy if it be Your will.

Allahommala-sahla illa-ma-ja altaho sahla, wa'anta taj alol-hazna Itha Shi"ta sahla.

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا،  
وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

## WHEN SETTING OUT ON A JOURNEY:

Oh Allah! It is with Your help that I struggle, move, and walk. Oh Allah! I beg of You in this journey, virtue, piety, and deeds which are acceptable to You. Oh Allah! Make our journey easy for us and shorten for us its distance. Oh Allah! You are the companion in the journey and the guardian-protector of the household. Oh Allah! I seek refuge in You from the difficulties of this journey, and from disagreeable sights and from unpleasant return to (my) wealth, household, and children.

*Allahoma bika 'asool, wa bika 'ajool, wa bika 'aseer. Allahomma 'inni 'as'aloka fi safari hadha al-birra wa at-taqwa, wa min al-aamali ma tarda. Allahomma hawwin aaleyna safarana hadha wa 'atwi aanna bo'dahu. Allahomma anta as-sahibu fi is-safari wa al-khalfatu fi il-'ahel. Allahomma 'inni 'aoodho bika min wa aatha' is-safari, wa ka'abati il-manzari, wa so'i il-monqalabi fi il-maali wa al-'ahli wa al-waladi.*

اللَّهُمَّ بِكَ أَصُولُ، وَبِكَ أَجُولُ، وَبِكَ أَسِيرُ. اللَّهُمَّ إِنِّي أَسْأَلُكَ  
 فِي سَفَرِي هَذَا الْبِرَّ وَالْتَقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى اللَّهُمَّ  
 هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَأَطْوِعْنَا بَعْدَهُ اللَّهُمَّ أَنْتَ الصَّاحِبُ  
 فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْأَهْلِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ  
 السَّفَرِ، وَكَآبَةِ الْمُنْظَرِ، وَسَوْءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ وَالْوَالِدِ.

## WHEN MOUNTING A MEANS OF TRANSPORTATION (HORSE, CAR, TRAIN, PLANE, ETC.):

Glory to Him who has subjected these to our (use), for we could never have accomplished this (by ourselves). And to our Lord, surely must we turn back!

*Subhan al-ladhi sakhkhara lana hadha wa ma kunna laho muqrineena wa 'inna 'ila Rabbina lamonqaliboon.*

﴿سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ  
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ﴾

## WHEN RETIRING TO SLEEP:

In Your name, oh Lord, I lay my side (to sleep). And by (Your leave) I raise it up. So if You take away my soul (during sleep), forgive it, and if You send it back (after sleep), protect it even as You protect Your pious servants.

*Bismika Rabbi wa daato janbi wa bika arfaaho, in 'amsakta nafsi faghfir لها, wa 'in arsaltaha fahfazha bima tahfazo bihi ibadaka as-salihina.*

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ،  
إِنْ أَمْسَكَتَ نَفْسِي فَاغْفِرْ لَهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا  
بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ. (رواه الجماعة)

## PRAYERS OF THE PROPHET FOR DAILY LIFE

### WAKING UP:

Praise be to Allah who gave us life after death and unto Him will be the return.

*Al-hamdu lillah-il-ladhi ahyana baada ma amatana wa 'ileyhi in-nushur.*

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

### WHEN BEGINNING A MEAL:

Oh Allah! Bless (the food) You provided us and save us from the punishment of the hellfire. In the name of Allah.

*Allahomma barik lana fima razaqtana, wa qina aad-haba an-nar, bism-illahi.*

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا، وَقِنَا عَذَابَ النَّارِ، بِسْمِ اللَّهِ

### AFTER FINISHING A MEAL:

Praise be to Allah who has fed us and given us drink, and made us Muslims.

*Al-hamdu lillahi il-ladhi ataamana wa saqana wa ja aalana Muslimina.*

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

So, worship Allah and associate no other partner with Him. And fear from Him as one should rightly fear, and whatever good undertakings come out of your mouths must be truly fulfilled by you in Allah's presence so that through Allah's blessings you will be united among yourselves. Truly, Allah becomes angry with one who does not keep his promises. May Allah keep you all in His peace.

This is from a sermon of the Prophet Muhammad (pbuh).

Let us seek guidance and forgiveness.

*Al-hamdu lillahi, hamdan kathiran, waspsalaamu aala Muhammad, wa aala ahlihi, wa sahbihi ajma'een, wa man tab'ahum be-'ihsan 'ila yom ud-deen.*

*Inna Allaha wa mala'ekatuhu, yussalloona aala an-nabi.*

*Ya ayuhalla-theena 'amanu sallahu aaleyhe, wa sallimu tasleema, wa baad.*

The Prophet (pbuh) has said as reported in Al-Hadith, Baihaqu, "Show me that you possess these five virtues: That you are truthful when you speak; that you fulfill your trust when you promise; that you guard yourself against immodesty; that you lower your eyes to the ground; and that you withhold your hand from doing what is wrong, then I will guarantee you paradise." (Read three times.)

*Iqamat as-sallaat.* (Call for the prayer.)



## **KHUTBA FOR SALATUL JUMAH (FRIDAY NOON PRAYERS)**

*Al-hamdu lillahi, nasta'eenuhu, wa nastaghferuhu, wa nastahdeeyahu, wa na'uzu billahi men sharri anfusana wa men sayyee'ati a'malinah. Man yahdeh ellaahu falaa mudella lahu, wa man yudell falaa hadiya lahu. Wa ash-hadu alla ellaha ela Allah, wa ash-hadu anna Muhammadan 'abduhu wa rasuluhu, wa baad.*

*Wa ba'ad.*

Praise be to Allah! I remember and glorify His many attributes of power and mercy, and I ask help from Him. We seek refuge with Allah from the evils within ourselves and from the wickedness of our deeds. For one who is guided by Allah, there is none that can misguide him, and for one who gets astray (as a result of Allah's displeasure), there is none to guide him. And I bear witness—truly, there is no God but Allah, He is the only one with no partner. Undoubtedly, the excellent teaching is the Book of Allah, the blessed and the exalted. One whose heart Allah has adorned with it, and brought him to the fold of Islam after he has renounced the worship of many gods (polytheism), and who adopted it in preference to all other messages of the people, surely he is the successful and redeemed. Verily, it is the excellent teaching and the most eloquent.

Love you all that is loved by Allah. Get the love of Allah imprinted in your very heart, and don't feel tired of reciting Allah's words, and remembering Him, and do not blacken your hearts. This is because from among all that has been created by Allah, and liked and chosen by Him, and best of all the good things, as well as from among the lawful and unlawful, and the good forms of worship, He has assigned superiority to His own words.

## DAY TEN

**Reflections:** This time spent at Northern Tier has been a time of discovery and growth. What can we learn from the time your crew has spent together with nature? We are the same and yet so different!

Oh humankind! I have created you male and female from a single soul, and made you nations and tribes so that you may know each other. Truly, the most honored of you in the sight of God is the one who is most righteous. And Allah has full knowledge and is well acquainted with all things. (Qur'an 49:13)

﴿يا أيها الناس إنا خلقناكم من ذكر وأنثى وجعلناكم شعوباً وقبائل لتعارفوا إن أكرمكم عند الله أتقاكم إن الله عليم خبير﴾  
(الحجرات : ١٣)

And He has put love between their hearts. Not if you had spent all that is in the earth, could you have produced that affection, but Allah has done it, for He is exalted in might, wise. (Qur'an 8:63)

﴿وَأَلَّفَ بَيْنَ قُلُوبِهِمْ، لَوْ أَنْفَقْتَ مَا فِي الْأَرْضِ جَمِيعاً مَا أَلَّفَ بَيْنَ قُلُوبِهِمْ، وَلَكِنَّ اللَّهَ أَلَّفَ بَيْنَهُمْ، إِنَّهُ عَزِيزٌ حَكِيمٌ﴾  
(الأنفال : ٦٣)

**DAY NINE**

**Reflections:** Are we encouraged to nourish an intimate connection with the pulse of creation?

Aisha (*rabiyah Allah*, wife of Muhammad, Messenger of Allah) often noticed that if there was a roll of thunder, even in the distance, the face of the Prophet (pbuh) would change color. The sound of a powerful gust of wind would likewise visibly move Him and on at least one occasion when there was a downpour of rain He bared His head, shoulders, and breast and went out in the open so that He might share the delight of the earth in receiving the bounty of the earth directly upon His skin. (Adapted from the Sirah of Muhammad, from the Earliest Sources, by Martin Lings.)

## DAY EIGHT

**Reflections:** In nature there are many signs of Allah, if we but have eyes to see, ears to hear, and a pure heart to commune with God. What can we learn from the creation of God?

It is Allah who looses the winds that set the clouds in motion, and we drive them on to a land that is dead. Thus do we bring the earth back to life after it has been dead . . . (Qur'an 35:9)

﴿والله الذي أرسل الرياح فتثير سحاباً فسقناه  
إلى بلد ميت فأحيينا به الأرض بعد موتها . . . ﴾  
(فاطر : ٩)

And among His signs is the creation of the heavens and the earth and the variations in your languages and your colors; truly in that are signs for those who know. . . . And among His signs He shows you the lightning by way both of fear and of hope, and He sends down rain from the sky and with it gives life to the earth after it is dead. Truly in that are signs for those who are wise. (Qur'an 30:22, 24)

﴿ومن آياته خلق السموات والأرض واختلاف ألسنتكم  
وألوانكم إن في ذلك لآيات للعالمين ﴾  
(الروم : ٢٢)

﴿ومن آياته يريكم البرق خوفاً وطمعاً وينزل من السماء ماءً  
فيحيي به الأرض بعد موتها إن في ذلك لآيات لقوم يعقلون ﴾  
(الروم : ٢٤)

It is He who has made you His representatives and stewards of the earth. He has raised you in ranks, some above others, that He may try you in the gifts He has given you, for your Lord is quick in punishment, yet He is indeed Oft-forgiving, Most Merciful. (Qur'an 6:165)

﴿وهو الذين جعلكم خلائف الأرض ورفع  
بعضكم فوق بعض درجات ليلوكم في ما آتاكم  
إن ربك سريع العقاب وإنه لغفور رحيم﴾  
(الأنعام: ١٦٥)

## DAY SEVEN

Reflections: Allah did not create us to live alone. We share this planet earth with many other creatures. How should we relate to the rest of creation?

There is not an animal in the earth nor a flying creature flying on two wings but they are nations like unto you. We have neglected nothing in the Book (of Our decrees). Then unto their Lord will they be gathered. (Qur'an 6:38)

﴿وما من دابة في الأرض ولا طائر يطير بجناحيه إلا أمم أمثالكم،  
ما فرطنا في الكتاب من شيء، ثم إلى ربهم يحشرون﴾  
(الأنعام: ٣٨)

## DAY SIX

**Reflections: Do we have a responsibility for the condition of the earth?**

Let there be from among you, a group of believers who call to what is good, and will prohibit the evil. (Qur'an 3:104)

﴿ولتكن منكم أمة يدعون إلى الخير،  
ويأمرون بالمعروف، وينهون عن المنكر﴾  
(آل عمران: ١٠٤)

Allah has promised to those among you who believe and do righteous deeds that He will assuredly make them to succeed (those now with power) and grant them stewardship and responsibility in the land just as He made those before them to succeed others. (Qur'an 24:55)

﴿وعد الله الذين آمنوا وعملوا الصالحات  
ليستخلفنهم في الأرض كما استخلف الذين من قبلهم﴾  
(النور: ٥٥)

The world is green and beautiful and Allah appointed you as His stewards over it. He sees how you acquit yourselves. (Saying of the prophet muhammad, pbuh.)

## DAY FIVE

**Reflections:** Amidst the splendor of God's creation, we should remember that much of the earth is today devastated and lain in waste. May humans recklessly exploit the earth without fear of consequence?

**Know that** We did not create the heavens and the earth, and all that is between them, in frivolous play. (Qur'an 21:16)

﴿وما خلقنا السماء والأرض وما بينهما لا عيين﴾  
(الأنبياء: ١٦)

**Corruption** has appeared over land and water on account of what man's hands have wrought. (Qur'an 30:40)

﴿ظهر الفساد في البر والبحر بما كسبت أيدي الناس﴾  
(الروم: ٤١)

**Don't you see** that it is Allah who has created the heavens and the earth, not without a plan and purpose? He can, if He so wills, remove you and put in your place a new people. That will not be so difficult for God to do. (Qur'an 14:19-20)

﴿ألم تر أن الله خلق السموات والأرض بالحق إن يشأ يذهبكم ويأت بخلق جديد، وما ذلك على الله بعزيز﴾  
(إبراهيم: ١٩ - ٢٠)

Such is God, your real Cherisher and Sustainer. Apart from truth, what remains but error? How then are you turned away? (Qur'an 10:32)

﴿ فذلکم اللہ ربکم الحق فماذا بعد  
الحق إلا الضلال فأنی تُصْرَفُونَ ﴾  
(یونس : ۳۲)

## DAY FOUR

Reflections: How great is the power of God, and how humble should we be in His presence?

To Him is due the primal origin of the heavens and the earth. When He creates a thing, He simply says to it 'Be!' and it evolves into being. (Qur'an 2:117)

﴿ بَدِيعَ السَّمَوَاتِ وَالْأَرْضِ وَإِذَا قَضَىٰ أَمْرًا  
فَإِنَّمَا يَقُولُ لَهُ كُن فَيَكُونُ ﴾  
(البقرة : ۱۱۷)

Have not the incredulous people considered that the heavens and the earth were originally one closed-up mass, and We rent them asunder? Do not they know that it is out of water that We have made everything living? Will they not then give credence to Our portents? (Qur'an 21:30)

﴿ أَوَلَمْ يَرِ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا  
فَفَتَقْنَاهُمَا وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ ﴾  
(الأنبياء : ۳۰)



## DAY THREE

**Reflections:** On the lakes and rivers, and in the forests of Northern Tier, the immensity of God's creation is awe-inspiring. How can we understand the majesty of God?

Surely in the creation of the heavens and the earth and in the alternation of the night and of the day are signs for men possessed of minds who remember Allah. (Qur'an 3:190)

﴿إن في خلق السموات والأرض واختلاف  
الليل والنهار لآيات لأولي الألباب﴾  
(آل عمران : ١٩٠)

With power and skill did We construct the firmament, for it is We who create the vastness of space. And We have spread out the spacious earth. How excellently We do spread out! And of every thing We have created pairs, that you may reflect and learn. Hasten you then to Allah. (Qur'an 51:47-50)

﴿والسماء بنيناها بأيدٍ وإنا لموسعون ،  
والأرض فرشناها فنعم الماهدون ،  
ومن كل شيء خلقنا زوجين لعلكم  
تذكرون ، ففروا إلى الله إني لكم منه نذير مبين﴾  
(الذاريات : ٤٧ - ٥٠)

## DAY TWO

**Reflections:** All humans have been given a common nature (*fitra*). What is the nature of our way which is harmonious with human nature?

Set your face to the true religion—the nature of God, on which He has instituted the innate nature of mankind. No change is permissible in Allah’s creation. This is the eternal way. (Qur’an 30:30)

﴿ فَأَقِمْ وَجْهَكَ لِلدِّينِ حَنِيفًا فِطْرَةَ اللَّهِ الَّتِي فَطَرَ  
النَّاسَ عَلَيْهَا لَا تَبْدِيلَ لِخَلْقِ اللَّهِ ذَلِكَ الدِّينُ الْقِيمُ ﴾  
(الروم : ٣٠)

Say: He is God, The One and Only; Allah, the Eternal, Absolute; He begets not nor is He begotten; and there is none like unto Him. (Qur’an 112:1–4)

﴿ قُلْ هُوَ اللَّهُ أَحَدٌ، اللَّهُ الصَّمَدُ، لَمْ يَلِدْ،  
وَلَمْ يُولَدْ، وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴾  
(الإخلاص : ١ - ٤)

This day have I perfected your religion for you, completed My favor upon you, and have chosen for you Islam (the way of peace and obedience to God) as your religion. (Qur’an 5:3)

﴿ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ  
نِعْمَتِي وَرَضِيْتُ لَكُمُ الْإِسْلَامَ دِينًا ﴾  
(المائدة : ٣)

# DAILY MEDITATIONS

## DAY ONE

**Reflections:** To whom do we turn our hearts and minds in worship, remembrance, and service? What are the simple words that guide us through each day?

In the name of God, Most Gracious, Most Merciful. Praise be to God, the Cherisher and Sustainer of the worlds, Most Gracious, Most Merciful, Master of the Day of Judgment. You do we worship, and Your aid we seek. Show us the straight way. The way of those on whom You have bestowed Your grace, those who earn not Your anger and who go not astray. (Qur'an 1:1-7)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 ﴿الحمد لله رب العالمين، الرحمن الرحيم، مالك يوم الدين،  
 إياك نعبد وإياك نستعين، إهدنا الصراط المستقيم، صراط  
 الذين أنعمت عليهم، غير المغضوب عليهم، ولا الضالين﴾  
 (الفاتحة: ١-٧)

## AUGUST 2008

	<i>Fajr</i>	<i>Shuruq</i>	<i>Zuhr</i>	<i>Asr</i>	<i>Maghrib</i>	<i>Isha</i>
Date	Dawn	Sunrise	Noon	Afternoon	Sunset	Night
1	3:55	5:43	1:15	5:20	8:45	10:35
2	3:59	5:46	1:15	5:19	8:42	10:31
3	4:01	5:47	1:15	5:18	8:41	10:28
4	4:03	5:48	1:15	5:17	8:39	10:26
5	4:05	5:50	1:15	5:17	8:38	10:24
6	4:07	5:51	1:14	5:16	8:36	10:22
7	4:09	5:52	1:14	5:15	8:35	10:19
8	4:09	5:52	1:14	5:15	8:35	10:19
9	4:13	5:55	1:14	5:14	8:31	10:15
10	4:15	5:56	1:14	5:13	8:30	10:12
11	4:17	5:58	1:14	5:12	8:28	10:10
12	4:19	5:59	1:14	5:11	8:26	10:08
13	4:21	6:00	1:13	5:11	8:25	10:05
14	4:23	6:02	1:13	5:10	8:23	10:03
15	4:23	6:02	1:13	5:10	8:23	10:03
16	4:27	6:04	1:13	5:08	8:19	9:58
17	4:29	6:06	1:13	5:07	8:17	9:56
18	4:31	6:07	1:12	5:06	8:16	9:53
19	4:33	6:08	1:12	5:05	8:14	9:51
20	4:35	6:10	1:12	5:04	8:12	9:49
21	4:37	6:11	1:12	5:03	8:10	9:46
22	4:37	6:11	1:12	5:03	8:10	9:46
23	4:39	6:13	1:11	5:02	8:08	9:44
24	4:43	6:15	1:11	5:00	8:04	9:39
25	4:44	6:17	1:11	4:59	8:02	9:37
26	4:46	6:18	1:10	4:57	8:01	9:34
27	4:48	6:19	1:10	4:56	7:59	9:32
28	4:50	6:21	1:10	4:55	7:57	9:29
29	4:52	6:22	1:09	4:54	7:55	9:27
30	4:52	6:22	1:09	4:54	7:55	9:27
31	4:55	6:25	1:09	4:52	7:51	9:22

**JULY 2008**

	<i>Fajr</i>	<i>Shuruq</i>	<i>Zuhr</i>	<i>Asr</i>	<i>Maghrib</i>	<i>Isha</i>
<b>Date</b>	<b>Dawn</b>	<b>Sunrise</b>	<b>Noon</b>	<b>Afternoon</b>	<b>Sunset</b>	<b>Night</b>
1	3:19	5:12	1:13	5:27	9:12	11:03
2	3:19	5:12	1:13	5:27	9:12	11:03
3	3:20	5:14	1:13	5:28	9:11	11:03
4	3:21	5:14	1:13	5:28	9:11	11:03
5	3:21	5:15	1:13	5:28	9:10	11:03
6	3:22	5:16	1:13	5:27	9:10	11:03
7	3:22	5:17	1:14	5:27	9:09	11:03
8	3:23	5:17	1:14	5:27	9:09	11:02
9	3:23	5:17	1:14	5:27	9:09	11:02
10	3:23	5:18	1:14	5:27	9:08	11:02
11	3:24	5:20	1:14	5:27	9:07	11:02
12	3:25	5:21	1:14	5:27	9:06	11:01
13	3:26	5:22	1:14	5:27	9:05	11:01
14	3:26	5:23	1:15	5:27	9:04	11:01
15	3:27	5:24	1:15	5:26	9:04	11:00
16	3:27	5:24	1:15	5:26	9:04	11:00
17	3:27	5:25	1:15	5:26	9:03	11:00
18	3:28	5:27	1:15	5:26	9:01	10:59
19	3:29	5:28	1:15	5:25	9:00	10:58
20	3:30	5:30	1:15	5:25	8:59	10:58
21	3:30	5:31	1:15	5:25	8:58	10:57
22	3:31	5:32	1:15	5:24	8:57	10:57
23	3:32	5:33	1:15	5:24	8:55	10:56
24	3:32	5:33	1:15	5:24	8:55	10:56
25	3:33	5:35	1:15	5:23	8:53	10:55
26	3:44	5:37	1:15	5:23	8:52	10:46
27	3:46	5:38	1:15	5:22	8:51	10:44
28	3:48	5:39	1:15	5:22	8:49	10:42
29	3:51	5:40	1:15	5:21	8:48	10:40
30	3:53	5:42	1:15	5:21	8:47	10:37
31	3:53	5:42	1:15	5:21	8:47	10:37

**JUNE 2008**

	<i>Fajr</i>	<i>Shuruq</i>	<i>Zuhr</i>	<i>Asr</i>	<i>Maghrib</i>	<i>Isha</i>
<b>Date</b>	<b>Dawn</b>	<b>Sunrise</b>	<b>Noon</b>	<b>Afternoon</b>	<b>Sunset</b>	<b>Night</b>
1	3:17	5:12	1:07	5:20	9:01	10:55
2	3:17	5:12	1:07	5:20	9:01	10:55
3	3:16	5:11	1:07	5:20	9:02	10:56
4	3:16	5:10	1:07	5:21	9:03	10:57
5	3:16	5:10	1:07	5:22	9:04	10:57
6	3:16	5:09	1:07	5:22	9:05	10:58
7	3:15	5:09	1:08	5:22	9:06	10:58
8	3:15	5:08	1:08	5:23	9:06	10:59
9	3:15	5:08	1:08	5:23	9:07	10:59
10	3:15	5:08	1:08	5:23	9:07	10:59
11	3:15	5:08	1:08	5:24	9:08	11:00
12	3:15	5:08	1:09	5:24	9:09	11:00
13	3:15	5:07	1:09	5:24	9:09	11:01
14	3:15	5:07	1:09	5:24	9:10	11:01
15	3:15	5:07	1:09	5:25	9:10	11:01
16	3:15	5:07	1:09	5:25	9:11	11:02
17	3:15	5:07	1:09	5:25	9:11	11:02
18	3:16	5:07	1:10	5:25	9:11	11:02
19	3:16	5:08	1:10	5:26	9:12	11:02
20	3:16	5:08	1:10	5:26	9:12	11:03
21	3:16	5:08	1:11	5:26	9:12	11:03
22	3:16	5:08	1:11	5:26	9:12	11:03
23	3:17	5:08	1:11	5:27	9:12	11:03
24	3:17	5:08	1:11	5:27	9:12	11:03
25	3:17	5:09	1:11	5:27	9:12	11:03
26	3:18	5:10	1:12	5:27	9:12	11:03
27	3:18	5:10	1:12	5:27	9:12	11:04
28	3:18	5:11	1:12	5:27	9:12	11:04
29	3:19	5:11	1:12	5:27	9:12	11:04
30	3:19	5:12	1:12	5:27	9:12	11:04

**MAY 2008**

	<i>Fajr</i>	<i>Shuruq</i>	<i>Zuhr</i>	<i>Asr</i>	<i>Maghrib</i>	<i>Isha</i>
<b>Date</b>	<b>Dawn</b>	<b>Sunrise</b>	<b>Noon</b>	<b>Afternoon</b>	<b>Sunset</b>	<b>Night</b>
1	4:05	5:49	1:06	5:06	8:23	10:07
2	4:02	5:47	1:06	5:06	8:24	10:09
3	4:00	5:45	1:05	5:07	8:25	10:11
4	4:00	5:45	1:05	5:07	8:25	10:11
5	3:56	5:42	1:05	5:08	8:28	10:15
6	3:53	5:41	1:05	5:08	8:30	10:17
7	3:51	5:39	1:05	5:09	8:31	10:19
8	3:49	5:38	1:05	5:09	8:32	10:21
9	3:47	5:36	1:05	5:10	8:34	10:24
10	3:44	5:35	1:05	5:10	8:35	10:26
11	3:44	5:35	1:05	5:10	8:35	10:26
12	3:42	5:33	1:05	5:11	8:36	10:28
13	3:38	5:31	1:05	5:12	8:39	10:32
14	3:36	5:29	1:05	5:12	8:40	10:34
15	3:34	5:28	1:05	5:13	8:42	10:36
16	3:24	5:27	1:05	5:13	8:43	10:45
17	3:23	5:26	1:05	5:14	8:44	10:46
18	3:23	5:24	1:05	5:14	8:45	10:46
19	3:23	5:24	1:05	5:14	8:45	10:46
20	3:22	5:22	1:05	5:15	8:48	10:48
21	3:21	5:21	1:05	5:15	8:49	10:48
22	3:20	5:20	1:05	5:16	8:50	10:49
23	3:20	5:19	1:05	5:16	8:51	10:50
24	3:20	5:18	1:06	5:17	8:53	10:50
25	3:19	5:17	1:06	5:17	8:54	10:51
26	3:19	5:17	1:06	5:17	8:54	10:51
27	3:18	5:15	1:06	5:18	8:56	10:52
28	3:18	5:15	1:06	5:18	8:57	10:53
29	3:18	5:14	1:06	5:19	8:58	10:53
30	3:17	5:13	1:06	5:19	8:59	10:54
31	3:17	5:12	1:06	5:20	9:00	10:54

M-3

# PERPETUAL PRAYER CALENDAR FOR ELY, MINNESOTA

Latitude = 47° 54' N

Longitude = 91° 49' W

*Qiblah* = 44° 32' E (from N)



## ABOUT THIS SECTION

Almighty God has blessed us with life, health, and the strength and opportunity to reflect on our spiritual condition and grow our connection with God and His creation. The tests and challenges of the lakes and forests provide the chance to draw closer to God for support and deepen our respect and fellowship with our trail-mates.

This section of our trail worship book has been designed for use by Muslim crews, for Muslim Scouts and Scouters who are members of non-Muslim crews, and for the education and inspiration of persons of all faiths. You will find tables of prayer-times; prayers of the Prophet (peace be upon him) for use in daily living; a *khutba*, or Friday sermon of the Prophet (pbuh), for use during the Friday noon prayers; and ten days of daily meditations with appropriate passages from the Qur'an or teachings of the Prophet Muhammad (pbuh) on which to reflect.

Remember that when we are traveling, we are permitted to combine and shorten the noon and afternoon prayers (*zuhr* and *asr*) to two units each, and to combine the sunset and night prayers (*maghrib*) and shorten the night prayer (*isha*) to two units. It also was the practice of the Prophet (pbuh) never to leave the two units of the *Sunnah* prayer before the obligatory dawn prayer (*fajr*), or the one-unit *Sunnah* closing prayer (*witr*) after the night prayer. In addition, remember that we are taught that even a smile is charity. God Almighty has commanded us to remember Him at all times and in all places. Since He has promised us His mercy and compassion, we should be thankful and praise Him in all we do. May the peace of God Almighty be with you all.

*As-salaamu aleykum.*

# NORTHERN PASSAGES

## WORSHIP IN CANOE COUNTRY

### MUSLIM SECTION

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**Credits:**

*The Holy Qur'an: Text, Translation, and Commentary*, by Abdullah Yusef Ali. Published by Amana Corporation, Brentwood, Maryland, 1983.

*Selected Prayers, A Collection of Du'a from the Qur'an and Sunnah*, compiled by Jamal A. Badawi. Published by Islamic Teaching Center, Indianapolis, Indiana, 1979.

tachanuneinu, ki Eil shomei-a  
t'fila v'tachanun atah. Baruch  
atah Adonai, shomei-a t'fila.

May it be Your will, our God and God of our ancestors, to lead us on the way of peace, so that You will bring us happily to our destination safe and sound. Save us from danger on the way. Give us good grace, kindness, and favor both in Your eyes and in the eyes of all we may meet. Hear our prayer for You and a God who listens to the heart's supplication. Praised are You, Adonai, who hears our prayers.

## T'FILAT HADERECH— PRAYER FOR TRAVELERS

יהי רצון מלפניך יי אלהינו  
 ואלהי אבותינו, שתוליכנו  
 לשלום, ותצעידנו לשלום  
 ותדריכנו לשלום ותגיענו  
 למחוז חפצנו לחיים  
 ולשמחה ולשלום, ותצלנו  
 מכף כל אויב ואורב  
 ולסטים וחיות רעות בדרך  
 ומכל מיני פורעניות  
 המתרגשות ובאות לעולם.  
 ותשלח ברכה בכל מעשה  
 ידינו, ותתננו לחן ולחסד  
 ולרחמים בעיניך ובעיני כל  
 רואנו, ותשמע קול  
 תחנונינו, כי אל שומע  
 תפלה ותחנון אתה. ברוך  
 אתה יי, שומע תפלה.

Y'hi ratzon mil'fanecha Adonai Eloheinu  
 veilohei avoteinu, shetolichenu  
 l'shalom, v'tatzideinu l'shalom  
 v'tadricheinu l'shalom v'tagi-einu  
 limchoz cheftzeinu l'chayim  
 ul-simcha ul-shalom, v'tatzileinu  
 mikaf kol oyeiv v'oreiv  
 v'listim v'chayot ra-ot baderech  
 u-mi kol minei fur-anivot  
 hamitrag'shot uva-ot la-olam.  
 V'tishlach b'racha b'chol ma-asei  
 yadeinu, v'tit'neinu l'chein ul-chesed  
 ul-rachamin b'einecha uv-einei chol  
 ro-einu, v'tishma kol

Blessed are you, Eternal God, Sovereign of the universe, who in Your goodness nourishes the whole world with favor and kind love and mercy. You give food to all living things because Your kind love is always with us. Out of Your great goodness. You never let us lack for food, and may You never let us lack in the future. For the sake of what You stand for—that You are God, who feeds and provides for everyone—You do good for everyone and prepare food for all the living things You created. Blessed are You, O God, who feeds everyone.

Kakativ, v'achalta v-savata	כַּכַּתִּיב, וְאָכַלְתָּ וְשָׂבַעְתָּ
u-veirachta et Adonai	וְיִבְרַכְתָּ
Elohecha al ha-aretz hatova	אֶת־יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ
asher natan lach. Baruch	הַטּוֹבָה
Ata Adonai, al ha-aretz v'al	אֲשֶׁר נָתַן לְךָ. בָּרוּךְ אַתָּה
hamazon.	יְיָ, עַל הָאָרֶץ וְעַל הַמָּזוֹן.

Uv-nei Yerushalayim ir	וּבְנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ
hakodesh bim-heira	בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ
v'yameinu. Baruch Ata	בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.
Adonai, boneh v'rachamav	
Yerushalayim. Amen.	

O let Jerusalem, the holy city, be renewed in our time. Blessed is the Eternal, by whose compassion we will see Jerusalem renewed and at peace. Amen.

Oseh shalom bim-romav hu	עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא
ya-aseh shalom aleinu v'al	יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־
kol Yisrael, v'imru. Amen.	יִשְׂרָאֵל, וְאָמְרוּ. אָמֵן.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and on all the world. And we say: Amen

Shir hama-a-lot  
 B'shuv Adonai  
 Et shivat Tziyon  
 Hayinu k'cholmim  
 Az yimalei s'chok pinu  
 Ul-shoneinu rina.  
 Az yomru vagoyim  
 Higdil Adonai la-a-sot  
 im eileh  
 Higdil Adonai la-a-sot  
 imanu  
 Hayinu s'meichim.  
 Shuva Adonai et sh'viteinu  
 Ka-afikim banegev.  
 Hazorim b'dima b'rina  
 yiktzoru.  
 Haloch yelech uvacho  
 Nosei meshech hazara.  
 Bo yavo v'rina nosei alumotav.

Baruch Ata Adonai,  
 Eloheinu melech ha-olam,  
 hazan et ha-olam kulo  
 b'tuvo b'chen b'chesed  
 uv-rachamim hu noten  
 lechem l'chol basar, ki  
 l'olam chasdo. Uv-tuvo  
 hagadol tamid lo chasar  
 lanu v'al yechsar lanu  
 mazon l'olam va-ed.  
 Ba-avur sh'mo hagadol ki  
 hu El zan um-farnes lakol  
 u-meitiv lakol u-meichin  
 mazon l'chol b'riyotav  
 asher bara. Baruch Ata  
 Adonai, hazan et hakol.

שִׁיר הַמַּעֲלוֹת  
 בְּשׁוּב יְיָ אֶת־שִׁיבַת צִיּוֹן הָיִינוּ  
 כְּחֹלְמִים. אֲזִי יִמְלֵא שְׂחוֹק פִּינוּ  
 וּלְשׁוֹנֵנוּ רִנָּה, אֲזִי יֹאמְרוּ בְּגוֹיִם  
 הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי.  
 הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הָיִינוּ  
 שְׂמֵחִים. שׁוּבָה יְיָ אֶת־שְׁבִיתֵנוּ  
 כְּאֶפְיָקִים בְּנֶגֶב. הַזְרְעִים  
 בְּדַמְעָה בְּרִנָּה יִקְצְרוּ. הַלֹּדֶךְ  
 יִלְדֵךְ וּבִכְהָ נִשְׂא מִשְׁדֵךְ הַזְרַע,  
 בֹּא יבֹא בְרִנָּה נִשְׂא אֲלֵמַתְיוֹ.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְדֵךְ  
 הָעוֹלָם, הַזֵּן אֶת־הָעוֹלָם כְּלוֹ  
 בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים  
 הוּא נוֹתֵן לַחֵם לְכָל־בֶּשֶׂר, כִּי  
 לְעוֹלָם חֶסֶדוֹ. וּבְטוֹבוֹ הַגְּדוֹל  
 תָּמִיד לֹא חָסַר לָנוּ וְאֵל יַחְסַר  
 לָנוּ מִזֶּן לְעוֹלָם וָעֵד. בְּעֵבֹר  
 שְׁמוֹ הַגְּדוֹל כִּי הוּא אֵל זֵן  
 וּמְפָרֵס לְכָל וּמְטִיב לְכָל  
 וּמְכִין מִזֶּן לְכָל־בְּרִיּוֹתָיו אֲשֶׁר  
 בָּרָא. בְּרוּךְ אַתָּה יְיָ, הַזֵּן אֶת־  
 הַכֹּל.

*Leader, raising the goblet of wine again:*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶד  
הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ  
לְחַל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין  
יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם  
הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי  
הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה יי,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחַל.

Baruch atah Adonai,  
 Eloheinu melech ha-olam,  
 hamavdil bein kodesh l'chol,  
 bein or l'choshech, bein  
 Yisrael la-amin, bein yom  
 hashvi-i l'shei-shet y'mei  
 hama-aseh. Baruch atah  
 Adonai, hamavdil bein  
 kodesh l'chol.

Praised are You, Eternal our God, Ruler of the universe, who has made a distinction between the holy and the ordinary, between light and darkness, between the people of Israel and the heathens, between the seventh day and the six ordinary days of the week. Praised are You, Adonai, who has made a distinction between the holy and the ordinary.

## **BIRKAT HAMAZON**

**(GRACE AFTER MEALS)**

Shir hama-a-lot is sung before Grace on Sabbaths and Festivals.

## HAMOTZI

### (BLESSING OVER THE BREAD)

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן  
הָאָרֶץ.

Baruch Ata Adonai,  
Eloheinu melech ha-olam,  
hamotzi lechem min ha-aretz

Blessed is the Eternal our God, Ruler of the universe,  
who causes bread to come forth from the earth.

## HAVDALAH

### (END OF SHABBAT)

*The Leader raises the cup of wine*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of the fruit of the vine.

*The Leader holds up the spice-box*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of all the spices.

*The spice-box is circulated; the Leader holds up the  
candle*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוֹרֵי הָאֵשׁ.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of the light of fire.



its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship. And on Shabbat, eternal sign of creation, we rejoice that we are created in the divine image.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.  
 בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
 בְּמִצְוֹתָיו וְרָצָה בְּנוֹ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן  
 הִנְחִילָנוּ, זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה  
 לְמִקְרָאֵי קִדְּשׁ, יִזְכָּר לִיצִיאַת מִצְרַיִם. כִּי־בְנוּ בַּחֲרֹת  
 וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל־הָעַמִּים, וְשִׁבַּת קִדְּשָׁךְ בְּאַהֲבָה  
 וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה, יְיָ, מִקְדָּשׁ הַשְּׁבֵת.

Baruch Ata Adonai, Eloheinu melech ha-olam,  
 Borei pri hagafen.

Baruch Ata Adonai, Eloheinu, melech ha-olam, asher  
 kidshanu b'mitzvotav v'ratza vanu, v'Shabbat kod-  
 sho b'ahava uv-ratzon hinchilanu, zikaron l'Ma-asei  
 v'reisheet, Ki hu yom t'chila l'mikra-ei kodesh, zecher  
 litziyat mitzrayim, Ki vanu vacharta v-otanu kidashta  
 mikol ha-amim, v'Shabbat kodsh'cha b'ahava uv-ratzon  
 hinchaltanu. Baruch Ata Adonai, m'kadesh haShabbat.

Blessed is the Eternal our God, Ruler of the universe,  
 Creator of the fruit of the vine.

Blessed is the Eternal our God, Ruler of the universe,  
 Who hallows us with Mitzvot and takes delight in us. In  
 God's love and favor God has made the holy Sabbath  
 our heritage, as a reminder of the work of creation. It is  
 first among our sacred days, and a remembrance of the  
 Exodus from Egypt.

O God, You have chosen us and set us apart from all the  
 peoples, and in love and favor have given us the Sabbath  
 day as a sacred inheritance. Blessed is the Eternal, for  
 the Sabbath and its holiness.

בּוֹאֵי בְּשָׁלוֹם, עֲטֹרַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבְצִהָהּ,  
תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ. בּוֹאֵי כָּלָה! בּוֹאֵי כָּלָה!  
לְכֶה...

Bo-i ve-sha-lom, a-te-ret ba-a-la;  
gam be-sim-cha u-ve-tso-ho-la.  
toch e-mu-nei am se-gu-la  
bo-i cha-la! bo-i cha-la! Le-cha do-di . . .

Enter in peace, O crown of your husband; enter in glad-  
ness, enter in joy. Come to the people that keeps its faith.  
Enter O bride! Enter, O bride!  
Beloved . . .

## HADLAKAT NEROT

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch Ata Adonai Eloheinu melech ha-olam,  
asher kidshanu b'mitzvotav  
v'tzivanu L'hadlik ner shel Shabbat.

Blessed is the Eternal our God. Ruler of the universe, by  
Whose Mitzvot we are hallowed, Who commands us to  
kindle the lights of Shabbat.

## KIDDUSH

(BLESSING OVER THE WINE)

“Six days shall you labor and do all your work, but the  
seventh day is consecrated to the Eternal your God.”  
With wine, our symbol of joy, we celebrate this day and

## LECHA DODI

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

Le-cha do-di lik-rat ka-la, pe-nei Sha-bat ne-ka-be-la.

Beloved, come to meet the bride; beloved, come to greet Shabbat.

”שְׁמוֹר” וְ”זְכוֹר”, בְּדַבּוֹר אֶחָד, הַשְּׁמִיעֵנוּ אֶל הַמִּיְחָד.  
 יְיָ אֶחָד וְשְׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְאַרֶת וּלְתִהְלָה.  
 לְכֵה...

Sha-mor ve-za-chor be-di-bur e-chad,  
 hish-mi-a-nu Eil ha-me-yu-chad.  
 A-do-nai e-chad u-she-mo e-chad,  
 le-sheim u-le-tif-e-ret ve-li-te-hi-la.  
 Le-cha do-di . . .

“Keep” and “Remember”: a single command the Only God caused us to hear; the Eternal is One, His name is One; His are honor and glory and praise.

Beloved . . .

הַתְּעוֹרְרִי, הַתְּעוֹרְרִי, כִּי בָּא אוֹרְךָ, קוּמִי אוֹרִי, עוֹרִי עוֹרִי,  
 שִׁיר דְּבָרִי; כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה.  
 לְכֵה...

Hit-o-re-ri, hit-o-re-ri, ki va o-reich! ku-mi, o-ri,  
 u-ri u-ri, shir da-bei-ri;  
 ke-vod A-do-nai a-la-yich nig-la. Le-cha do-di . . .

Awake, awake, your light has come! Arise, shine, awake and sing;

the Eternal's glory dawns upon you.

Beloved . . .

God, thank You for every gift You have given me these past days. As I go home, make me a special gift to my family and friends. AMEN

## WELCOMING SHABBAT

Sing

### SHALOM ALEICHEM

Sha-lom a-lei-chem,  
mal-a-chei ha-sha-reit  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Bo-a-chem le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Ba-re-chu-ni le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Tsei-te-chem le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

שָׁלוֹם עֲלֵיכֶם

שָׁלוֹם עֲלֵיכֶם, מְלֹאכֵי הַשָּׁרֵת,  
מְלֹאכֵי עֲלִיוֹן,  
מִמְלֶכֶת מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בּוֹאֲכֶם לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,

מְלֹאכֵי עֲלִיוֹן,  
מִמְלֶכֶת מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בְּרֻכּוֹנִי לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,

מְלֹאכֵי עֲלִיוֹן,  
מִמְלֶכֶת מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא,  
צֵאתְכֶם לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,

מְלֹאכֵי עֲלִיוֹן,  
מִמְלֶכֶת מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

## DAY NINE

Almighty God, give me grace to keep the solemn Oath which I have made. Teach me to speak and do the truth, and to shun all that is false in speech and deed. Help me to carry out cheerfully our daily tasks, and to do the good that lies near to hand. Make me thoughtful for others and teach me the meaning of true friendship. Forgive me the wrong I have done, and give strength to resist all temptation; and when things go ill, grant that I may turn to You a trustful heart and to the world a smiling face. Help me to be a true Scout, and make me strong to follow You through all life's way. Remind me, God, to thank the leaders of my crew for the encouragement they have given me. AMEN

## DAY TEN

We have come to the end of our experience at Northern Tier. Do you feel good about having completed your trek? What do you think were your biggest accomplishments these past ten days?

Not all of your accomplishments have been physical ones. You have come to a better understanding of yourself and of your fellow crew members. You have grown in your appreciation of God's land and God's gifts to you in nature and in friendships.

Now it is time to look homeward and to family and friends there. You have matured. You are now an even greater and finer gift to them.

What do you want to do for your family when you get home? Your friends?

Israel gave birth in time to other religions that have brought many to God but our responsibility continues, for our mission remains unfulfilled. It will continue until the earth is full of the knowledge of God as the sea-bed is covered by water.

O God of Israel, teach me to be worthy of the name of Jew. May I do nothing to disgrace it. May my every act bring honor to my faith and glory to Your name. May I understand my responsibility as a Jew, to continue the task begun by earlier generations of my people who achieved greatness by their faith in the mission to which You had called them: to serve in Your name, to bring light and blessing to all the families of the earth. AMEN

## DAY EIGHT

Hallelujah.

Praise God in His sanctuary;

praise Him in the sky, His stronghold.

Praise Him for His mighty acts;

praise Him for His exceeding greatness.

Praise Him with blasts of the horn;

praise Him with harp and lyre.

Praise Him with timbrel and dance;

praise Him with lute and pipe.

Praise Him with resounding cymbals;

praise Him with loud-clashing cymbals.

Let all that breathes praise the Lord.

Hallelujah.

Psalm 150

mortal man that You have taken note of him,  
 that You have made him little less than divine,  
 and adorned him with glory and majesty;  
 You have made him master over Your handiwork,  
 laying the world at his feet,  
 sheep and oxen, all of them,  
 and wild beasts, too;  
 the birds of the heavens, the fish of the sea,  
 whatever travels the paths of the seas.  
 O Lord, our Lord, how majestic is Your name  
 throughout the earth!

Psalm 8

## DAY SEVEN

Ma tovu ohalecha Ya-akov  
 Mishk'notecha Yisrael

מֵה־טֹבֹו אֹהֲלֵיךָ יַעֲקֹב  
 מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

How goodly are your tents, O Jacob,  
 your dwelling places, O Israel.

The sense of being chosen impressed itself deeply on the soul of our people. And yet they did not consider themselves superior to other nations, for they knew that all humans are God's children. It was not their lineage but the possession of Torah that made them a choice people. For centuries they stood alone in upholding divine truth and the way of Torah in a world steeped in ignorance, superstition, and cruelty. Yet they always believed that others, too, might be chosen, if only they would choose the way of God.

Only one privilege did they claim, that of serving God and God's truth. And with that privilege came an exacting responsibility: "You of all the families of the earth, have known Me best; therefore I will hold you all the more accountable for your iniquities."

The fear of the Lord is pure,  
 abiding forever;  
 the judgments of the Lord are true,  
 righteous altogether,  
 more desirable than gold,  
 than much fine gold;  
 sweeter than honey,  
 than drippings of the comb.  
 Your servant pays them heed;  
 in obeying them there is much reward.  
 Who can be aware of errors?  
 Clear me of unperceived guilt,  
 and from willful sins keep Your servant;  
 let them not dominate me;  
 then shall I be blameless  
 and clear of grave offense.  
 May the words of my mouth  
 and the prayer of my heart  
 be acceptable to You,  
 O Lord, my rock and my redeemer.

Psalm 19

## DAY SIX

For the leader; on the gittith. A psalm of David.

O Lord, our Lord,  
 How majestic is Your name throughout the earth,  
 You who have covered the heavens with Your splendor!  
 From the mouths of infants and sucklings  
 You have founded strength on account of Your foes,  
 to put an end to enemy and avenger.  
 When I behold Your heavens, the work of Your fingers,  
 the moon and stars that You set in place,  
 what is man that You have been mindful of him,



And God said: “This is a beautiful world that I have given you. Take care of it; do not ruin it.”

How can I take good care of the Boundary Waters, my country and my world? O God, guide me as I strive to take good care of Your creation. AMEN.

## DAY FIVE

For the leader. A psalm of David.

The heavens declare the glory of God,  
the sky proclaims His handiwork.

Day to day makes utterance,  
night to night speaks out.

There is no utterance,  
there are no words,  
whose sound goes unheard.

Their voice carries throughout the earth,  
their words to the end of the world.

He placed in them a tent for the sun,  
who is like a groom coming forth from the chamber,  
like a hero, eager to run his course.

His rising-place is at one end of heaven,  
and his circuit reaches the other;  
nothing escapes his heat.

The teaching of the Lord is perfect,  
renewing life;  
the decrees of the Lord are enduring,  
making the simple wise;

The precepts of the Lord are just,  
rejoicing the heart;  
the instruction of the Lord is lucid,  
making the eyes light up.

## DAY THREE

A song for ascents.

I turn my eyes to the mountains;  
 from where will my help come?  
 My help comes from the Lord,  
 maker of heaven and earth.  
 He will not let your foot give way;  
 your guardian will not slumber.  
 See, the guardian of Israel  
 neither slumbers nor sleeps!  
 The Lord is your guardian,  
 the Lord is your protection  
 at your right hand.  
 By day the sun will not strike you,  
 nor the moon by night.  
 The Lord will guard you from all harm;  
 He will guard your life.  
 The Lord will guard your going and coming  
 now and forever.

Psalm 121

## DAY FOUR

Oh, how wonderful are the Northern Tier nights! The many stars seem closer than ever. This land, is so beautiful. The day was a tough one, but so worth it. Thank you, God, for making it possible. Remind me, as I hike and look at the awesome view, that this is Your gift to us.

“And God saw everything that had been created, and found it very good.”

## **DAY TWO**

“Even those who are young grow weak; young people can fall exhausted. But those who trust in God will find their strength renewed. They will rise on wings like eagles. They will run and not get weary. They will walk and not grow weak.” (Isaiah 40:30-31)

Have you seen an eagle on the trip yet? We can learn from eagles and from much in nature.

One day a fisherman watched as a mother eagle dropped a young eaglet into the canyon below. The eaglet plummeted and fluttered. It appeared that it was about to be dashed to its death on the rocks below, when out of the sky plunged the father eagle and caught his offspring on his broad back. Then he flew up high and dropped the young one. This time the mother caught the little one on her back. The routine was repeated until the little eaglet learned to fly.

God gives us opportunities to try our wings so that we might learn to fly on our own. The Northern Tier experience is one of these learning and growing opportunities.

Dear God, when I grow weary, lift me up on Your wings.  
Give me the courage and strength I need for tomorrow.  
**AMEN**

# MEDITATIONS FOR EACH DAY

## DAY ONE

God be praised, now and forever,  
for giving us minds to understand Your teachings.

God be praised, now and forever,  
for hands that lift up those who fall.

God be praised, now and forever,  
for ears that hear the cry of those who need help.

God be praised, now and forever,  
for hearts that care about the needs of others.

God be praised, now and forever,  
for eyes that see the beauty of earth and sky.

God be praised, now and forever,  
for the new day and this new journey.

We praise God for all that is good, true,  
and beautiful in our lives.

Dear God, thank you for the wonderful opportunity to be here at Northern Tier. Give me the strength to endure, the wisdom to enjoy each moment, and the courage to push myself further than I ever have before. Bless my crew and its leaders as we begin our journey through Your majestic wilderness. AMEN

## ADON OLAM

## אדון עולם

A-don o-lam, a-sher ma-lach	אָדוֹן עוֹלָם, אֲשֶׁר מֶלֶךְ
be-te-rem kol ye-tsir niv-ra,	בְּטָרֵם כָּל־יְצִיר נִבְרָא,
le-eit na-a-sa ve-chef-tso kol,	לַעֲת נַעֲשֶׂה בְּחַפְצוֹ כָּל,
a-zai me-lech she-mo nik-ra.	אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.
Ve-a-cha-rei ki-che-lot ha-kol,	וְאַחֲרַי כְּכֹלוֹת הַכֹּל,
le-va-do yim-loch no-ra,	לְבַדּוֹ יִמְלֹךְ נוֹרָא,
ve-hu ha-ya, ve-hu ho-veh,	וְהוּא הָיָה, וְהוּא הוֹוֶה,
ve-hu yi-he-yeh be-tif-a-ra.	וְהוּא יִהְיֶה בְּתִפְאַרְה.
Ve-hu e-chad, ve ein shei ni	וְהוּא אֶחָד, וְאֵין שְׁנֵי
le ham shil lo, le-hach-bi-ra,	לְהַמְשִׁיל לוֹ, לְהַחֲבִירָה,
be-li rei-sheet, be-li tach-lit,	בְּלִי רְאִשִׁית, בְּלִי תַכְלִית,
ve-lo ha-oz ve-ha-mis-ra.	וְלוֹ הָעֹז וְהַמְשָׁרָה.
Ve-hu Ei-li, ve-chai go-a-li,	וְהוּא אֵלִי, וְחַי גּוֹאֲלִי,
ve-tsur chev-li be-eit tsa-ra,	וְצוֹר חֲבְלֵי בַעַת צָרָה,
ve-hu ni-si u-ma-nos li,	וְהוּא נָסִי וּמְנוֹס לִי,
me-nat ko-si be-yom ek-ra.	מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא.
Be-ya-do af-kid ru-chi	בְּיַדּוֹ אֶפְקִיד רוּחִי
be-eit i-shan ve-a-i-ra,	בַּעַת אִישׁוֹן וְאַעִירָה,
ve-im-ru-chi ge-vi-ya-ti:	וְעַם־רוּחִי גְוִיתִי:
A-do-nai li, ve-lo i-ra.	יְיָ לִי, וְלֹא אִירָא.

Ye-hei she-la-ma ra-ba min she-ma-ya ve-cha-yim a-lei-  
nu ve-al kol Yis-ra-eil,

ve-i-me-ru: a-mein.

O-seh sha-lom bi-me-ro-mav, hu ya-a-seh sha-lom a-lei-  
nu ve-al kol

Yis-ra-eil, ve-i-me-ru: a-mein.

May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. AMEN

### EIN KEILOHEINU

אין כאלהינו

Ein kei-lo-hei-nu, ein ka- do-nei-nu, אין כאלהינו, אין כַּאֲדוֹנָנוּ,

Ein ke-mal-kei-nu, ein ke- mo-shi-ei-nu. אין כְּמַלְכָּנוּ, אין כְּמוֹשִׁיעֵנוּ.

Mi chei-lo-hei-nu? Mi cha- do-nei-nu? מי כאלהינו? מי כַּאֲדוֹנָנוּ?

Mi che-mal-kei-nu? Mi che- mo-shi-ei-nu? מי כְּמַלְכָּנוּ? מי כְּמוֹשִׁיעֵנוּ?

No-deh lei-lo-hei-nu, no-deh la-do-nei-nu נודה לאלהינו, נודה לַאֲדוֹנָנוּ,

no-deh le-mal-kei-nu, no-deh le-mo-shi-ei-nu נודה לְמַלְכָּנוּ, נודה לְמוֹשִׁיעֵנוּ.

Ba-ruch E-lo-hei-nu ba-ruch, אֲדוֹנָנוּ, בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנָנוּ,

ba-ruch Mal-kei-nu ba-ruch Mo-shi-ei-nu מוֹשִׁיעֵנוּ. בָּרוּךְ מַלְכָּנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

A-ta hu E-lo-hei-nu אַתָּה הוּא אֱלֹהֵינוּ,

a-ta hu A-do-nei-nu אַתָּה הוּא אֲדוֹנָנוּ,

A-ta hu Mal-kei-nu אַתָּה הוּא מַלְכֵנוּ,

a-ta hu Mo-shi-ei-nu אַתָּה הוּא מוֹשִׁיעֵנוּ.

יתגדל ויתקדש שמה רבא בעלמא די-ברא כרעותה,  
 וימליך מלכותה בחייכון וביומיכון ובחיי דכל-בית  
 ישראל, בעגלא ובזמן קריב, ואמרו: אמן.  
 יהא שמה רבא מברך לעלם ולעלמי עלמא.  
 יתברך וישתבח, ויתפאר ויתרומם ויתנשא, ויתהדר  
 ויתעלה ויתהלל שמה דקודשא, בריך הוא, לעלא  
 מן-כל-ברכתא ושירתא, תשבחתא ונחמתא דאמין  
 בעלמא, ואמרו: אמן.  
 יהא שלמא רבא מן-שמיא וחיים עלינו  
 ועל-כל-ישראל, ואמרו: אמן.  
 עשה שלום במרומו, הוא יעשה שלום עלינו  
 ועל-כל-ישראל, ואמרו: אמן.

Yit-ga-dal ve-yit-ka-dash she-mei ra-ba be-al-ma di-ve-ra  
chi-ru-tei

ve-yam-lich mal-chu-tei be-cha-yei-chon u-ve-yo-mei-  
chon u-ve-cha-yei de-chol beit

Yis-ra-eil, ba-a-ga-la u-vi-ze-man ka-riv, ve-i-me-ru: a-  
mein.

Ye-hei she-mei ra-ba me-va-rach le-a-lam u-le-al-mei al-  
ma-ya.

Yit-ba-rach ve-yish-ta-bach, ve-yit-pa-ar ve-yit-ro-mam  
ve-yit-na-sei, ve-yit-ha-dar

ve-yit-a-leh ve-yit-ha-lal she-mei de-ku-de-sha, be-rich  
hu, le-ei-la min kol

bir-cha-ta ve-shi-ra-ta, tush-be-cha-ta ve-ne-che-ma-ta,  
da-a-mi-ran be-al-ma,

ve-i-me-ru: a-mein.

## ALEINU

## All Rise

עלינו

עֲלֵינוּ לְשֹׁבַח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
 שְׁלֹא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֶדְ  
 מָה; שְׁלֹא שָׂם חֻלְקֵנוּ בָּהֶם, וְגָרְלָנוּ כְּכֹל־הַמוֹנִים.  
 וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי  
 מִמַּעַל וְעַל־הָאָרֶץ מִתַּחַת, אֵין עוֹד.“  
 וְנֹאמַר: “וְהָיָה יְיָ לְמֶלֶךְ עַל־כָּל־הָאָרֶץ; בַּיּוֹם הַהוּא יְהִי  
 יְיָ אֶחָד וּשְׁמוֹ אֶחָד.”

A-lei-nu le-sha-bei-ach la-a-don ha-kol,  
 la-teit ge-du-lah le-yo-tseir be-rei-sheet,  
 she-lo a-sa-nu ke-go-yei ha-a-ra-tsot,  
 ve-lo sa-ma-nu ke-mish-pe-chot ha-a-da-mah;  
 she-lo sam chel-kei-nu ka-hem,  
 ve-go-ra-lei-nu ke-chol ha-mo-nam.  
 Va-a-nach-nu ko-re-im u-mish-ta-cha-vim u-mo-dim  
 li-fe-nei me-lech ma-le-chei ha-me-la-chim,  
 ha-ka-dosh ba-ruch Hu.

She'hu noteh shama-yim v'yosed aretz, u'moshav  
 y'karo bashama-yim mi'ma-al u'sh'chinat uzo b'gov'hei  
 m'romim. Hu Eloheinu ein od, emet Malkenu, efes  
 zulato. Kakatuv b'torato, v'yadata ha-yom v'hashevota  
 el l'vavecha, ki Adonai Hu ha'Elohim bashama-yim  
 mi'ma-al, v'al ha-aretz mitachat, ein od.

Ve-ne-e-mar: “Ve-ha-ya A-do-nai le-me-lech  
 al kol ha-a-rets: ba-yom ha-hu yi-he-yeh  
 a-do-nai e-chad u-she-mo e-chad”



Oseh shalom bim-romav hu      עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא  
 ya-aseh shalom aleinu v'al      יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־  
 kol Yisrael, v'imru. Amen.      יִשְׂרָאֵל, וְאָמְרוּ. אָמֵן.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and on all the world. And we say: Amen

Al sh'losha d'varim ha-olam      עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם  
 omeid: Al ha-Torah v'al      עוֹמֵד: עַל הַתּוֹרָה וְעַל  
 ha-avodah v'al g'milut      הָעֲבוּדָה וְעַל גְּמִילוּת  
 chasadim.      חֲסָדִים.

The world stands on three things:

On the Torah, on divine service, and on deeds of loving kindness.

V'taheir libeinu l'ovd'cha      וְטָהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
 be-emet.

Purify our hearts to serve You sincerely.

Esa einai el heharim      אֲשָׂא עֵינַי אֶל הַהָרִים  
 Mei'ayin yavo ezri.      מֵאֵין יָבוֹא עֲזָרִי.  
 Ezri mei-im Hashem      עֲזָרִי מֵעַם ה'  
 Oseh shamayim va-aretz.      עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

I will lift my eyes to the hills  
 From where comes my help.  
 My help comes from Adonai  
 Who made heaven and earth.

## For Sabbath Morning

יְשֻׁמְחוּ בְּמִלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג. עִם מְקַדְּשֵׁי  
 שְׁבִיעִי, כְּלָם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטּוֹבְךָ. וּבְשִׁבְעֵי רַצִּית  
 בּוֹ וְקַדְּשָׁתוּ, חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ, זָכַר לְמַעֲשֵׂה  
 בְּרֵאשִׁית.

Those who celebrate Shabbat rejoice in Your sovereignty, hallowing the seventh day, called it delight. All of them truly enjoy Your goodness. For it pleased You to sanctify the seventh day, calling it the most desirable day, a reminder of Creation.

## For Sabbath Afternoon

You are One, Your name is One, and who is like Your people Israel, unique throughout the world? Singular splendor, crown of salvation, a day of rest and sanctity You have given to Your people. Abraham was glad, Isaac rejoiced, Jacob and his children found rest on this day, a rest reflecting Your lavish love and true faithfulness, in peace and tranquility, contentment and quietude, a perfect rest in which You delight. May Your children acknowledge You as their source of rest, and through their rest may they sanctify Your name.

## READ TOGETHER

Ever-living God, we raise up our voices in thanksgiving for the blessings we enjoy. We are thankful for the consideration, kindness, and love of parents. Help us, O God, to be worthy of the opportunities we are given. May we always show appreciation for all the sacrifices made for our sake. Teach us to play fairly, to advance the cause of the oppressed and to lift the hands of the weak. Help us to express our thanksgiving, not only in words, but also with deeds of goodness and truth. Give us the wisdom to make the most of our Northern Tier experience by practicing the spirit of the Scout Oath and Law at all times. Amen.

## Evening

אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ וְקְדוּשֵׁים בְּכָל-יּוֹם יְהַלְלוּךָ  
 סֵלָה. בְּרוּךְ אַתָּה יי הָאֵל הַקְּדוֹשׁ:

Eternal is Your might, O God, all life is Your gift; great is Your power to save!

With love You sustain the living, with great compassion give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust.

Who is like You, Master of Might? Who is Your equal, O God of life and death, Source of salvation? Blessed is the Eternal, the Source of life.

You are holy, Your name is holy, and Your holy ones praise you daily. Praised are You, O Eternal, the holy God.

## For Friday Evening

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחַתֵּנוּ. קְדָשְׁנוּ  
 בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרַתֶךָ, שְׂבַעֲנוּ מִטּוֹבֶךָ וְשִׂמְחָנוּ  
 בְּיִשׁוּעֶתֶךָ, וְטִהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת. וְהִנְחִילֵנוּ יְהוָה  
 אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שֶׁבֶת קְדָשְׁךָ, וְיִגְוַחוּ בָּהּ יִשְׂרָאֵל  
 מִקְדָּשֵׁי שִׁמְךָ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת.

Our God and God of our ancestors, accept our Shabbat offering of rest. Add holiness to our lives and Your mitzvot and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts and we shall serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy gift of Shabbat forever, so that Your people Israel who hallow Your name will always find rest on this day. Praised are You, Adonai who hallows Shabbat.

Giver of loving kindness and Master of all things, You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

You are our Sovereign and our Help, our Savior and our Shield.

Blessed is the Eternal, the Shield of Abraham.

## GOD'S POWER

גבורות

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מַחִיָּה מֵתִים (הַכֹּל) אֶתָּה, רַב  
 לְהוֹשִׁיעַ.  
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחִיָּה מֵתִים (הַכֹּל) בְּרַחֲמִים  
 רַבִּים. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,  
 וּמְקִים אֲמוֹנָתוֹ לִישְׁנֵי עֶפֶר.  
 מִי כְמוֹךָ, בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מְלֶכֶךְ מִמִּית  
 וּמַחִיָּה וּמַצְמִיחַ יְשׁוּעָה  
 וְנֶאֱמָן אֶתָּה לְהַחֲיוֹת מֵתִים (הַכֹּל). בָּרוּךְ אַתָּה, יְיָ,  
 מַחִיָּה הַמֵּתִים (הַכֹּל).

A-ta gi-bor le-o-lam, A-do-nai, me-cha-yei mei-tim (ha-kol)  
 a-ta, rav le-ho-shi-a.

Me-chal-kei cha-yim be-che-sed,  
 me-cha-yei mei-tim (ha-kol) be-ra-cha-mim ra-bim.  
 So-meich no-fe-lim, ve-ro-fei cho-lim,  
 u-ma-tir a-su-rim, u-me-ka-yeim  
 e-mu-na-to li-shei-nei a-far.

Mi cha-mo-cha, ba-al ge-vu-rot, u-mi do-meh lach,  
 me-lech mei-mit u-me-cha-yeh u-mats-mi-ach ye-shu-a?  
 Ve-ne-e-man a-ta le-ha-cha-yot ha-kol.  
 Ba-ruch a-ta, A-do-nai, me-cha-yei mei-tim (ha-kol).

# AMIDA

## All Rise

A-do-nai, se-fa-tai tif-tach, u-fi תפלה  
ya-gid te-hi-la-te-cha. אֲדָנָי, שִׁפְתַי תִּפְתָּח, וּפִי  
יְגִיד תְּהִלָּתְךָ.

Eternal God, open my lips, that my mouth may declare  
Your glory.

אבות  
בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי  
לְצַחַק וְאֱלֹהֵי יַעֲקֹב: הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל  
עֲלִיוֹן.  
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת,  
וּמְבִיא  
גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ, בְּאַהֲבָה.  
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה, יי, מֶגֶן אַבְרָהָם.

Ba-ruch a-ta, A-do-nai, E-lo-hei-nu vei-lo-hei  
a-vo-tei-nu, E-lo-hei Av-ra-ham, E-lo-hei  
Yits-chak, vei-lo-hei Ya-a-kov: ha-eil ha-ga-dol,  
ha-gi-bor ve-ha-no-ra, Eil el-yon,

go-meil cha-sa-dim to-vim, ve-ko-nei ha-kol,  
ve-zo-cheir cha-se-dei a-vot, u-mei-vi go-el  
li-ve-nei ve-nei-hem, le-ma-an she-mo, be-a-ha-va.  
Me-lech o-zeir u-mo-shi-a u-ma-gein.

Ba-ruch a-ta, A-do-nai, ma-gein Av-ra-ham.

We praise You, Eternal our God and God of our ances-  
tors: God of Abraham, God of Isaac, God of Jacob: great,  
mighty, and awesome God, most high.

be-vei-te-cha u-ve-lech-te-cha va-de-rech,  
 u-ve-shoch-be-cha u-ve-ku-me-cha.  
 U-ke-shar-tam le-ot al ya-de-cha, ve-ha-yu le-to-ta-fot  
 bein ei-ne-cha  
 U-che-tav-tam al me-zu-zot bei-te-cha u-vish-a-re-cha.

You shall love Adonai your God with all your mind, with  
 all your strength, with all your being.

Set these words which I command you this day upon your  
 heart. Teach them faithfully to your children; speak of  
 them in your home and on your way, when you lie down  
 and when you rise up.

Bind them as a sign upon your hand; let them be a sym-  
 bol before your eyes; inscribe them on the doorposts of  
 your house, and on your gates.

Mi cha-mo-cha ba-ei-lim,	מִי־כַמְכָה בְּאֵלִים, יְיָ?
A-do-nai?	
Mi ka-mo-cha, ne-dar	מִי כַמְכָה, נֶאֱדָר בְּקִדְשׁ,
ba-ko-desh,	
no-ra te-hi-lot, o-sei fe-leh?	נֹרָא תְהִלֹת, עֹשֶׂה פְלָא?

Who is like You, Eternal One, among  
 the gods that are worshipped?  
 Who is like You, Majestic in holiness,  
 awesome in splendor, doing wonders?

שִׁירָה הַדָּשָׁה שֶׁבָחוּ גְאוּלִים לְשִׁמְךָ עַל־שִׁפְתַי הַיּוֹם; יְחַדֵּ  
 בְּכֵלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: "יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

As our ancestors trusted in You dear God, may we also  
 trust in your salvation.

בְּרוּךְ אַתָּה, יְיָ, גְּאוּל יִשְׂרָאֵל.

Have compassion upon us, O Source of mercy, and guide us to know and understand, learn and teach, observe and uphold with love all the teachings of Your Torah.

Enlighten us with Your Teaching, help us to hold fast to Your Mitzvot, and unite our hearts to love and revere Your name. Then shall we never be shamed, for we shall put our trust in You, the great, holy, and awesome One. We shall rejoice and be glad in Your salvation, for You, O God, are the Author of many deliverances. In love You have chosen us and drawn us near to You to serve You in faithfulness and to proclaim Your unity.

Blessed is the Eternal Who in love has chosen the people Israel for service.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

She-ma Yis-ra-eil A-do-nai E-lo-hei-nu, A-do-nai e-chad!  
Hear, O Israel: the Eternal is our God, the Eternal is one!  
בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוֹתוֹ לְעוֹלָם וָעֶד!

Ba-ruch sheim ke vod mal-chu-to le o lam va ed!  
Praised be God's glorious sovereignty for ever and ever!

וְאֶהְבֶּתְךָ אֵת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךָ  
הַיּוֹם, עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ, וּבְלִקְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.  
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,  
וְכִתְבֹתָם עַל-מְזוֹזוֹת בֵּיתְךָ, וּבְשַׁעְרֶיךָ.

Ve-a-hav-ta eit A-do-nai E-lo-he-cha, be-chol  
le-va-ve-cha, u-ve-chol naf-she-cha, u-ve-chol  
me-o-de-cha.

Ve-ha-yu ha-de-va-rim ha-ei-leh, a-she-r a-no-chi  
me-tsa-ve-cha ha-yom, al le-va-ve-cha.

Ve-shi-nan-tam

le-va-ne-cha, ve-di-bar-ta bam be-shiv-te-cha

How manifold are Your works, O God; in wisdom You have made them all; the earth is full of Your creations.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ  
 מַעְרִיב עֲרֵבִים, בְּחָכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה  
 עֵתִים, וּמַחְלִיף אֶת־הַזְּמַנִּים, וּמַסְדֵּר אֶת־הַכּוֹכָבִים  
 בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרָצוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל  
 אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר, וּמַעְבִּיר יוֹם וּמְבִיא  
 לַיְלָה, וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה, יי צְבֹאוֹת שָׁמוּ. אֵל  
 חַי וְקַיִם, תָּמִיד יִמְלוֹךְ עָלֵינוּ, לְעוֹלָם וָעֶד.  
 בְּרוּךְ אַתָּה, יי, הַמַּעְרִיב עֲרֵבִים.

Praised be the Eternal our God, Ruler of the universe, whose word brings the evening dusk. You open the gates of dawn with wisdom, change the day's divisions with understanding, set the succession of seasons and arrange the stars in the sky according to Your will. You create day and night, rolling light away from darkness and darkness away from light. Eternal God, Your rule shall embrace us forever. Praised are You, God, for each evening's dusk.

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת: תּוֹרָה וּמִצְוֹת,  
 חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.  
 עַל־כֵּן, יי אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבִקְוִמָנוּ נְשִׁיחַ בְּחֻקֶיךָ,  
 וְנִשְׁמַח בְּדַבְּרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
 כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם נִהְגָּה יוֹמָם וְלַיְלָה.  
 וְאֶהְבֵּתְךָ אֶל־תִּסִּיר מִמָּנוּ לְעוֹלָמִים! בְּרוּךְ אַתָּה, יי,  
 אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Deep is Your love for us, O Eternal our God, and great is Your compassion. Our Maker and Sovereign, our ancestors trusted You, and You taught them the laws of life: be gracious now to us, and teach us.



Your sovereignty is everlasting.  
Your dominion endures for all generations.

God supports all who stumble,  
and raises all who are bowed down.

All eyes look hopefully to You, to receive their food in  
due time.

You open Your hand, and Your favor sustains all the  
living.

In all His paths God is faithful; in all His deeds He is  
loving.

Adonai is near to all who call, to all who call upon Him  
in truth.

God fulfills the desire of those who revere Him;  
God hears their cry and delivers them.

All who love God He preserves, but all the wicked He  
destroys.

My mouth shall praise God.  
Let all flesh praise God's name throughout all time.

Psalm 145

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ  
הָעוֹלָם, יוֹצֵר אוֹר וּבּוֹרֵא חֹשֶׁךְ,  
עֹשֶׂה שְׁלוֹם וּבּוֹרֵא אֶת־הַכֹּל.

Praised be the Eternal our God, Ruler of the universe,  
who makes light and creates darkness, who ordains peace  
and fashions all things.

With compassion God gives light to the earth and all who  
dwell there; with goodness God renews the work of crea-  
tion continually, day by day.

Blessed are they who dwell in Your house;  
they shall praise You forever.

Psalm 84:5

Blessed the people who are so favored;  
blessed the people whose God is the Lord.

Psalm 144:15

I glorify You, my God, my Sovereign; I praise You  
throughout all time.

Every day do I praise You, exalting Your glory forever.

Great is God, and praiseworthy;  
His greatness exceeds definition.

One generation lauds Your works to another,  
declaring Your mighty deeds.

They tell of Your wonders, and of Your glorious splendor.

They speak of Your greatness, and of Your awesome  
power.

They recall Your goodness; they sing of Your faithfulness.

Gracious and compassionate is God;  
patient, and abounding in love.

God is good to all; His compassion embraces all.

All of Your creatures shall praise You;  
the faithful shall repeatedly bless You.

They shall describe Your glorious sovereignty,  
declaring Your power.

And people will know of Your might,  
the splendor of Your dominion.

## SING

Hi-nei ma-tov u-ma na-im      הנה מה־טוב ומה־נעים  
she-vet a-chim gam ya-chad.      שֶׁבֶת אַחִים גַּם יַחַד.

How good it is, and how pleasant, when brothers and sisters live together in unity.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה.  
אֲשֶׁרִי הָעַם שֶׁכָּכָה לוֹ, אֲשֶׁרִי הָעַם שְׁיִהוּה אֱלֹהֵיו.  
תָּהִלָּה לְדָוִד.  
אֲרוֹמַמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכְּהָ שִׁמְךָ לְעוֹלָם וָעֶד.  
בְּכָל־יּוֹם אֶבְרַכְּךָ, וְאֶהְלֵלָה שִׁמְךָ לְעוֹלָם וָעֶד.  
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר.  
דָּוִר לְדָוִר יִשְׁבַּח מַעֲשֶׂיךָ, וְגִבּוֹרְתֶיךָ יִגִּידוּ.  
הַדָּר כְּבוֹד הוֹדֶךָ, וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.  
וְעִזּוֹ נוֹרְאוֹתֶיךָ יֹאמְרוּ, וְגִדְלַתְךָ אֶסְפְּרָנָה.  
זָכַר רַב טוֹבֶךָ יִבְיָעוּ, וְצִדְקַתְךָ יִרְנְנוּ.  
חֲנוּן וְרַחוּם יְהוָה, אֲרָךְ אַפִּים וְגִדְל־חֶסֶד.  
טוֹב יְהוָה לְכָל, וְרַחֲמָיו עַל כָּל־מַעֲשָׂיו.  
יִוְדוּךָ יְהוָה כָּל־מַעֲשֶׂיךָ, וְחִסִּידֶיךָ יִבְרַכְּכֶה.  
כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וְגִבּוֹרְתְךָ יִדְבְּרוּ.  
לְהוֹדִיעַ לְבַנְי הָאָדָם גִּבּוֹרְתִּי, וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
מַלְכוּתְךָ מַלְכוּת כָּל־עַלְמִים, וּמִמְשַׁלְתְךָ בְּכָל־דָּוִר וָדָר.  
סוֹמֵךְ יְהוָה לְכָל־הַנִּפְלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים.  
עֵינֵי כָל אֱלֹהֶיךָ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת־אֲכָלָם  
בְּעֵתוֹ.  
פּוֹתַח אֶת־יְדְךָ, וּמִשְׁבִּיעַ לְכָל־חַי רִצּוֹן.  
צִדִּיק יְהוָה בְּכָל־דְּרָכָיו, וְחִסִּיד בְּכָל־מַעֲשָׂיו.  
קָרוֹב יְהוָה לְכָל־קְרָאִיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.  
רִצּוֹן יִרְאִיו יַעֲשֶׂה, וְאֶת־שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.  
שׁוֹמֵר יְהוָה אֶת־כָּל־אֲהַבָיו, וְאֶת כָּל־הַרְשָׁעִים יִשְׁמִיד.  
□ תָּהִלַּת יְהוָה יִדְבֵר פִּי,  
וְיִבְרַךְ כָּל־בֶּשֶׂר שֵׁם קְדָשׁוֹ לְעוֹלָם וָעֶד.  
וְאִנְחָנוּ גִבּוֹרְךָ יְהוָה, מִעַתָּה וְעַד עוֹלָם. הִלְלוּיָהּ.

## DAILY WORSHIP SERVICE

O God, it is not easy to pray,  
 And yet I pray that these few moments  
 Will somehow bring me closer to You.

### READ RESPONSIVELY OR TOGETHER

“The Torah is a tree of life to them that hold fast to it.”

Because a Scout is reverent, a Scout strives to be true to God, to study the Torah, and to live according to its commands.

“Seek the peace of the city and pray unto God for it; for in the peace of it shall you have peace.”

Because a Scout is reverent, a Scout is loyal to America and its ideals of religious liberty to all.

“All Jews are mindful of the well-being of one another.”

Because a Scout is reverent, a Scout is loyal to the Jewish people and is ready to help other Jews everywhere.

“Honor your father and your mother that your days may be long upon the land.”

Because a Scout is reverent, a Scout is a devoted and loyal son or daughter.

“Oh, how good it is, and how pleasant, for friends to dwell together in unity.”

Because a Scout is reverent, he or she strives to be a good Scout, a good Jew, and a good American at all times.

## ABOUT THIS SECTION

The Eternal our God has blessed us with life, health, and the strength and opportunity to reflect upon our spiritual condition and grow our connection with God and His creation. The tests and challenges of the lakes and forests provide the chance to draw closer to God for support and deepen our respect and fellowship with our trail-mates.

This section of our trail worship book has been designed for use by Jewish crews, for Jewish Scouts and Scouters who are members of non-Jewish crews, and for the education and inspiration of persons of all faiths. In this section, you will find a worship service and *aleinu* for daily use; ten days of daily meditations with prayers, parables, and points on which to reflect; Shabbat rituals; and a prayer for travelers.

Prayer during the Jewish day is divided into three major periods, and there are prayer services which correspond to each of these periods. Morning prayers (Shacharit) are recited from the predawn hour when one can differentiate color using natural light through the first half of the day. Afternoon prayers (Mincha) are recited from half-way through the day until sunset, and evening prayers (Maariv) are said from sunset until the rise of the morning star. Prayers are also recited whenever appropriate for experiencing natural wonders as well as for receiving nourishment. The Jewish Sabbath is observed from 18 minutes prior to sunset on Friday (candle-lighting time) until one hour after sunset on Saturday night. To assist Jewish Scouts in calculating the proper times for services as well as for the observance of the Sabbath, we refer you to pages M-5–M-8 of this book for a reference chart.

# NORTHERN PASSAGES

## WORSHIP IN CANOE COUNTRY

### JEWISH SECTION

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**Credits:**

Used by permission: *Gates of Prayer*, Central Conference of American Rabbis and the Union of Liberal and Progressive Synagogues, London, 1975.

*Likrat Shabbat*, by Rabbis Sidney Greenberg and Jonathan D. Levine. Published by the Prayer Book Press, Bridgeport, Conn., 1981.

## CHAPLAIN AIDE DUTIES

Encourage crew members to strengthen their own relationships with God through personal prayer, devotions, and participation in religious activities.

Teach the Wilderness Grace to the crew and use it for all meals.

Encourage crew members to attend religious services while at the base.

Lead the crew's daily reflection based on *Northern Passages* while on your trek, being sensitive to the various faiths represented in the crew.

Provide information on religious emblems to the crew.

Collaborate with the crew leader and adviser in assisting the crew during any interpersonal difficulties that may arise. "Thorns and roses" is an effective group activity to accomplish this.



# WELCOME TO NORTHERN TIER!

The coming days will be ones of fun, challenge, and adventure. While sitting on the rocky shore of a beautiful north woods lake, listening to the loons, watching a sunset, or experiencing the northern lights, you will feel the nearness of God, the Creator of this wonderful place.

This worship book has been created specifically for each camper to carry on the trail. There are five sections in this book—three designed for use by Christians, Jews, and Muslims, as well as one for interfaith use, and one with hymns. Each section provides opportunity for spiritual growth and development. We hope that through your use of *Northern Passages*, you too will open yourself to a process that leads to spiritual fulfillment.

Keep this book handy and use it often around the campfire, before going to bed, enjoying sunrise or sunset, or along the trail. This book provides daily meditations, prayers for the Sabbath, and suggestions for worship services. It can be used for individual devotions, with a friend, or with your crew. *Northern Passages* will help make your Northern Tier experience ever more rewarding. It is yours to keep and to use as often as you wish.

Plan to participate in the religious services of your faith tradition in base camp both before and after your trek. Ask the chaplain aide (or crew member) or a Northern Tier chaplain for more information.

We wish you a safe, enjoyable, exciting, and rewarding experience. May God bless and protect you.

Pax tecum. Shalom. As-salaamu aleykum. Peace.

# NORTHERN PASSAGES

## WORSHIP IN CANOE COUNTRY FOR JEWS, MUSLIMS, AND CHRISTIANS

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**THE FAR NORTHLAND**  
(Official Song of the Northern Tier)

Verse 1

It's the far Northland that's callin' me away,  
as take I with my packsack to the road;  
It's the call on me of the forest in the north,  
as step I with the sunlight for my load.

Chorus

From Lake Agnes, by Louisa, to Kawnipi I will go,  
where you see the loon and hear his plaintive wail;  
If you're thinkin' in your inner heart there's a swagger  
in my step,  
then you've never been along the Border Trail.

Verse 2

It's the flash of paddle blades a-gleamin' in the sun,  
of canoes softly skimming by the shore,  
It's the tang of pine and bracken comin' on the breeze  
that calls me to the waterways once more.

Chorus

**WILDERNESS GRACE**

For food, for raiment,  
For life and opportunity,  
For sun and rain,  
For water and portage trails,  
For friendship and fellowship,  
We thank thee, O Lord.

**AMEN**

# Northern Passages

Worship in Canoe Country for  
Christians, Muslims, and Jews

