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## A week of mindfulness at Orinda Community Church

Submitted by Leslie Darwin O'Brien



Photo provided

Squeals of laughter poured out of Orinda Community Church fellowship hall as 25 kids gathered recently for JAMM (Joy, Art, Music and Mindfulness) Camp. In celebration of the wonder of nature, the kids took bouquets (in jam jars, of course) to Orinda Senior Village. In addition, they prepared toiletry kits for parents of children who are at UCSF Benioff Children's Hospital Oakland. The themes for the week were: Monday - You Be You; Tuesday - Neighbors (Who is my neighbor? Everyone!); Wednesday - Courage; Thursday - Awe; Friday - Gratefulness. The kids also made soap and tie dyed T-shirts. Tween/teen counselors volunteered their time to serve the campers who were between the ages of 4 and 12. The camp was a joint project of Orinda Community Church and Mindful Littles and was open to all children.

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