

## CORNERSTONE 2021 RESOURCE

### Bring in the light: Candle Holders *Art Track 2*

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<b>TOPIC (S)</b>	Visual Arts, Holidays and Celebration, Meditation
<b>SUMMARY</b>	Whether to usher in Shabbat, to count the nights of Hanukkah or to mark a yahrzeit, candles are often used to sanctify a moment in time. In this session we will create beautiful candle holders and explore the metaphor of enlightenment through a calming candlelight meditation. You are invited to use materials that you have around the house to beautify the mitzvah of lighting candles and to practice being fully present in a moment.
<b>GOALS:</b>	Participants will practice a mindfulness strategy and will creatively decorate a candle holder using materials that they have on hand.
<b>AUDIENCE:</b>	This program would be ideal for campers ages 10 and up. With modifications (like providing all materials necessary, and giving more focussed instructions) the program could be made to work for younger campers. The mindfulness component might also be modified and shortened with any group that struggles to find stillness.
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	<ol style="list-style-type: none"> <li>1. Candle holders of any kind that can be decorated For example: Small glass votive holders, a pair of simple clay or wooden candle sticks, a small vase, a tin candle holder (or yahrzeit candle)</li> <li>2. Materials to decorate with For example: Acrylic paint, Glue and tissue paper, glass paints, paint pens/markers</li> </ol>
<b>SET-UP DETAILS:</b>	This program requires a place that can be darkened and that is relatively quiet AND also has appropriate space to do potentially messy art work. It should have tables to work on and a comfortable place to sit. Ideally it should also have a way of playing soft music.

### SESSION TIMELINE

- 00:00-00:05 - Introductions
- 00:05-00:15 - Candles and light in spiritual practice - name the times candles are used, name the feeling
- 00:15-00:20 - Candle meditation
- 00:20-00:30 - Reflections on the meditation
- 00:30 - 01:00 - Decorating the candles (collage text)
- 01:00 - 01:15 - Talking about ways to adapt the program in-person and distance to meet the needs of the community

### SESSION OUTLINE:

00:05 - 00:15 - What are the different moments where candles are lit?

- Shabbat, holidays, hanukkah, yahrzeit, Shiva, havdalah (ideally, a facilitator would have a model of each kind of candle. In virtual programs, participants might be invited to show an heirloom candle holder if they have and to share a story about the candles. If in-person at camp, the facilitator might borrow any candlesticks used ritually at camp.
- Consider each kind of candle and name the feeling that is connected with that moment. (Calm, celebration, marking time, differentiating, remembrance, joy)

00:15 - 00:20 - Facilitator will lead a meditation focusing on looking at the candles and will read the text attributed to the Bal Shem Tov.

*“The world is full of wonders, special radiance, and marvelous secrets, but all it takes is a small hand held over the eye to hide it all. (Baal Shem Tov)”*

- For most participants, after spending 5 quiet minutes focussing on breathing and looking at the light in a dim room, they may have an experience of heightened attentiveness. They may notice more about the sights and sounds present in the room and may feel more prepared to look and listen.

00:20 - 00:30 - Facilitator first invite participants to share their first their experiences from the meditation, and then will re-read the text and invite participants to share ideas about what it means for hold our hands over our eyes “to hide it all”

00:30 - 1:00 - Participants will use materials that they have on hand to create/decorate their own special candle holder that they could use to contemplate specific kinds of moments. For example, Shabbat Candlesticks could be used to invite moments of contemplation about rest. A Yartzheit candle could be used to invite moments of contemplation about memory and remembrance.

1:00-1:10 - Facilitator invites participants to respond to the prompt:

*“How might you use moments of contemplation like this at camp or at home to help us remove our small hands from our eyes and help us to see with greater clarity?”*

Participants discuss moments when the activity of the candle meditation or of the creation of special candle holders might be helpful at camp or at home.

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

This program involves lighting a candle so safety considerations must be made. This program also requires participants to have access to specific materials to create or decorate a candle holder. While it can be very flexible, it is important to consider how each participant will be able to fully participate.