



CORNERSTONE 2025 RESOURCE

Blessings for All Bodies (feat: Fat Torah)

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SUMMARY: In this session we will explore the blessings our bodies hold for us and our relationship to them using body mapping, texts from Fat Torah, affirmations and small group sharing.

TIMING: 60 MINUTES

MATERIALS:

Roll of Large Butcher paper, Colored pencils, crayons, oil pastels, scissors

Bluetooth Speaker

Printed handout

SET-UP: A big open room with chairs in a circle and tables on the edges of the room. Need an indoor flat floor surface where people can lay down and a few tables



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SESSION TIMELINE

- 00:00-00:10- *Introductions, setting group norms, Intro to Fat Torah, HAES, Activism Resources*
- 00:10-00:30 – *Text Study, Body Mapping, and Reflection*
- 00:30-00:40 – *Group Share*
- 00:40-00:55 – *Benediction*
- 00:55-01:00 – *close one word / one touch blessing*

SESSION OUTLINE

Text Study

Body Mapping

Facilitator introduces the concept of body mapping and distributes supplies.

Participants are invited to choose a body part whose story you want to illustrate. You will then trace or have a partner trace that physical part of your body onto paper/canvas (just one but can be any!). You can either trace the body part yourself or have a partner trace it for you (i.e. you might want to trace your right hand but that's tough if you are right-handed, or you might want to trace your belly/torso and need some help to do that.)

You'll have about 10 minutes to illustrate the story of that body part—you can write, draw, use symbols, whatever you'd like.



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Fat Torah Text Studies

1. “...But God was not in the Diet” Rabbi Minna Bromberg

In the practice of spiritual direction, one classic line of inquiry is “where is God in this for you?” I know this now: God was not in the self-hating constraint of any diet, God was not in the whirlwind fantasies of a future thinner me who would have more friends and feel more loveable, God was in the still small voice of the crunch of Cracklin Oat Bran and the simple pleasure of an abundance of milk in the bowl. God was in my every cell’s yearning to play, to live, to eat, and to grow.

I hear my four-year-old daughter’s voice in my head as I type this. “Right, Imma?” she asks me several times a week, “Right, Imma, I’m growing every day?” She doesn’t know it, but my answer to her is also my blessing: “Yes, my sweet love, you are growing every single day.”

What resonates for you personally (if anything)?

2. Nedarim 10a:9

And Rabbi Elazar HaKappar the Distinguished agrees, as it is taught in a *baraita* that Rabbi Elazar HaKappar the Distinguished says: It is written with regard to the priest who sacrificed the offering of a nazirite: “And he shall make atonement for him, for that he sinned against the soul.” Against which soul did the nazirite sin? Rather, his sin is that he caused himself suffering by refraining from wine. Are these matters not inferred *a fortiori*: Just as this nazirite, who causes himself suffering only by refraining from wine, is called a sinner, one who causes himself suffering by refraining from everything is all the more so to be considered a sinner. **From here** it can be derived that **whoever fasts unnecessarily is called a sinner.**

What resonates for you personally (if anything)?



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3. Genesis 1:26

And God said, “Let us make *adam* in our image, after our likeness...”

If we believe that all people are made in the image of God, what are the implications for how we must understand the way all people look?

4. “The Bathing Suit Song” Rabbi Minna Bromberg, *The World is Ready* Album

The world is ready to see my face
and the world is ready to hear my name
It's so easy to be paralyzed
Til we're thinking global but we're just not acting at all
But you can have a little uprising
From wherever you're put down
And so I start my revolution in my bathing suit
And I make my politics very, very personal

What resonates for you personally (if anything)?

5. Fat Girl Rules, Starfish Lisa Fipps

I learned
at five:
No cannonballs.
No splashing.
No making waves.
You don't deserve
to be seen or heard,
to take up room,
to be noticed.



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Make yourself small.

What comes up for you in reading this?