

## CORNERSTONE 2016 RESOURCE

### Spin It: Creative Shabbat, *Spin It!*

<b>AUTHOR:</b>	Asya Gribov
<b>SUMMARY:</b>	In this workshop participants are invited to dedicate Shabbat time to noticing. Participants use the 'Shabbat Wonder Cards' in self guided, meditative exercise to inspire artful noticing. - <i>Submitted by Asya Gribov</i>
<b>TOPICS:</b>	Camp-wide/Large Group Programs, Jewish Values, Prayer- Alternative, Shabbat, Spirituality
<b>LEARNING OBJECTIVE:</b>	Participants will spend Shabbat time in a meaningful, reflective way. Participants will learn about the benefits of mindful noticing and explore the role of Shabbat in creating time to wonder.
<b>AUDIENCE:</b>	any size group. best for participants that do not need adult supervision
<b>LENGTH:</b>	20-30 Minutes
<b>APPENDICES:</b>	Asya Gribov Spin It Handout Shabbat Wonder Cards
<b>MATERIALS NEEDED:</b>	Shabbat Wonder Cards Set
<b>SETTING SUGGESTED:</b>	none

#### Session Description:

#### Facilitated Discussion:

- What are we not allowed to do on Shabbat? What are we allowed to do on Shabbat?
- What is noticing?
- What are the benefits of noticing?
- How can Shabbat be a time to notice?

**Ideas to explore:** On Shabbat we cannot create; but we can notice. One cannot create without noticing. Shabbat gives us time to make a habit of slowing down to reflect, meditate, notice.

In order to create one must be good at noticing everything.

#### **Learning to notice is:**

- Good for the body
- Good for the mind; helps de-clutter the brain, help focusing
- Good for the spirit; leads to appreciation
- Good for relationships; allows to see different perspectives, chance for constructive and thoughtful communication
- Good for the earth; lead to making better environmental decisions

Give each participant a deck of 'Shabbat Wonder Cards' and allow ample time for exploration.

Participants can choose a card in any order and complete the task on the card.

Come back to full group for debrief and discussion.

- What happened?
- How did you feel in the beginning of the exercise vs. the end?
- Did you learn/ discover anything?
- What other cards can you add?

**Additional Notes for Bringing it Back to Camp:** The cards can be given out on Shabbat during free time and no activity needs to be led. Participants can have the cards and use at their own leisure.

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### Spin It: Creative Shabbat

#### SHABBAT WONDER CARDS:

<p>Patterns: look for stripes, dots, squares, circles. Trace them with your fingers.</p>	<p>Think of a person that you miss this moment. What would you tell them if they were here?</p>
<p>Think about your cell phone. Think about not having it right now. <i>“The solution of mankind’s most vexing problem will not be found in renouncing technical civilization, but in attaining some degree of independence of it.”</i> — Abraham Joshua Heschel</p>	<p>Observe softness and hardness. Search for edges. Look for contrast in heights.</p>
<p>Think about a person who inspires you.</p>	<p>Notice the terrain, the different foundations where you put your feet.</p>
<p><i>“More than the Jewish People have kept the Sabbath, the Sabbath has kept the Jews.”</i> — Ahad Ha’am Discuss this quote with a friend.</p>	<p>Get another perspective. Hide in a different places: under chair, behind a wall, between trees.</p>
<p>Choose the longest way today, the most inconvenient, difficult unnecessary. Notice the route and its obstacles. <i>The road to the sacred leads through the secular.</i> Abraham Joshua Heschel</p>	<p>What are you thankful for?</p>
<p>Meeting card! Give someone this card.</p>	<p>Purple card. Look especially for something purple.</p>

<p>Make a wish.</p>	<p>Think of something/someone that your love.</p>
<p>Discover a sound you haven't noticed before, listen to it. Let it affect your feet. Walk with the rhythm.</p>	<p>Figure out if you feel heavy or light when you walk today. If heavy, try to feel light. If light try to feel heavy.</p>
<p>Notice letters, words and signs. Notice transparency and reflection.</p>	<p>Notice things that make you happy. <i>"Happy is he who is aware of the mysteries of his Lord."</i> — Abraham Joshua Heschel,</p>
<p>Sing your favorite song.</p>	<p>Stop. Close your eyes and feel the weather on your skin. Is it warm, cold, windy, hot? Do you like the weather today?</p>
<p>Find a book. Open to page 45. Read the first sentence.</p>	<p>Sit down. Feel what is under you.</p>
<p>Eat something you haven't tried before.</p>	<p>Look behind you, look above you look beneath you. These are your surroundings.</p>

<p>Find a natural souvenir that represents your experience today.</p>	<p>Start walking until you see something particularly yellow. Notice this something.</p>
<p>Find the highest point in camp and go there.</p>	<p>Describe Shabbat in 6 words. (This is inspired by Reboot Six-word Memoirs on Jewish Life)</p>
<p>Climb up things whenever possible. Get a better view!</p>	<p>Collect three things and gift them to someone.</p>
<p>Close your eyes and try to image what this place looks like when different seasons pass by- spring, summer, autumn, winter.</p>	<p>Brush against a wall. Feel the texture of the wall with your fingers.</p>
<p>Notice the direction of the wind.</p>	<p>Chose a person you walk by. Make this person your guide. Follow him/her for as ling as possible.</p>
<p>Whisper a secret into the wind.</p>	<p>Walk in your tippy toes then jump around.</p>
<p>Say hello to someone you walk by.</p>	<p>Collect shadows. Notice the shapes, sizes, colors and direction. Watch them move.</p>
<p>Smell.</p>	<p>Run four steps, walk slowly five steps, run ten steps turn around a corner. Stop suddenly and stand</p>

	completely still.
Ask the next person you pass by what is their favorite book.	Look for water. Spend some time quietly by it. Make a memory of it.
What will you forget about this place?	Lie down. Observe your surroundings. <i>Our goal should be to live life in radical amazement. ....get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.- Abraham Joshua Heschel</i>
Walk in a strange way.	Observe silence for the next 5 minutes. Try to stay as silent as possible. Do things quietly.
What will you remember about this place?	Ask someone to exchange something with you. It could be a t-shirt, or a song, or a handshake
	Look up at the sky. How many different colors of blue can you notice?