



CORNERSTONE 2016 RESOURCE

Creative Shabbat (Heschel's Time), *Spin It!*

AUTHOR:	Yoni Shear
SUMMARY:	One of three themes of Shabbat. This one, as seen through a textual/spiritual approach using Abraham Joshua Heschel's book entitled Sabbath. - <i>Submitted by Yoni Shear</i>
TOPICS:	Group Dynamics, Historic Jewish Figures, Holidays and Celebrations, Identity, Jewish Text, Jewish Values, Prayer- Tefillah, Prayer- Alternative, Shabbat, Teen Programs
LEARNING OBJECTIVE:	Through studying various texts of Abraham Joshua Heschel's book entitled Sabbath, participants will begin to understand the feeling of truly having "time" on Shabbat. Specifically because camp tends to go by so quickly and yet at the same time, one day at camp feels like a week, this session will show participants how we can use Shabbat to slow ourselves down and make the best of the timelessness that camp already supplies.
AUDIENCE:	Meant for older campers and staff
LENGTH:	20-30 Minutes
APPENDIXES:	Yoni Spin It! Shabbat Heschel
MATERIALS:	Yoni Spin It! Shabbat Heschel document
SETTING:	A room conducive for discussion... Or nice outside space

Session Description:

This is a seminar type of session, with questions, discussion, and collective insight.

SETTING THE SCENE:

Ask this first question:

What comes to mind when you think of camp on Shabbat?

Record answers on large Post-It - every time the a mention of "time" is mentioned, circle/underline the comment.

There seems to be a connection between the essence of time and what being at camp can do for us and the time we have. If you think about it, camp is timeless. For many of us, camp is a place that already exists absent of time. We spent our youth at camp, we grew up in camp, many of our fondest memories come from the summer months spent at camp. How can we truly appreciate and digest that time? Shabbat. Shabbat is that time when, according to Abraham Joshua Heschel, that time becomes endless and as a matter of fact, ceases to exist. All we have to do is figure out how to remove everything else that distracts us to "see" that time, on Shabbat (especially at camp), and we become one.

READING THE SOURCE:

Source is to be handed out and read aloud.

The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in



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time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

The Sabbath is not for the sake of the weekdays; the weekdays are for the sake of Sabbath. It is not an interlude but the climax of living.

Not only the hands of man celebrate the day, the tongue and the soul keep the Sabbath. One does not talk on it in the same manner in which one talks on weekdays. Even thinking of business or labor should be avoided. Labor is a craft, but perfect rest is an art.

Questions to consider:

- According to Heschel, how is it possible to “see” the true essence of time?
 - Is it possible to recreate this feeling at camp?
- How can we slow camp down and really appreciate the time that camp gives us?
- Can perfect rest really happen?
 - Isn't camp a place where time already stands still?
 - What can we do to make this truly happen?

Additional Notes for Bringing it Back to Camp:

This session and the discussion can be adapted for group size or just for learning Heschel's thoughts on Shabbat.

APPENDIXES:

YONI SPIN IT! SHABBAT HESCHEL