

CORNERSTONE 2016 RESOURCE

Spin It: Creative Shabbat, *Spin It!*

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SUMMARY:	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>
TOPICS:	Camp-wide/Large Group Programs, Jewish Values, Prayer- Alternative, Shabbat, Spirituality
LEARNING OBJECTIVE:	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.
AUDIENCE:	any size group. best for participants that do not need adult supervision
LENGTH:	20-30 Minutes
APPENDICES:	Asya Gribov Spin It Handout Shabbat Wonder Cards
MATERIALS NEEDED:	Shabbat Wonder Cards Set
SETTING SUGGESTED:	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>

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

	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?