

## The Kavanah of Campfire

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<b>SUMMARY:</b>	A creative sharing of music, story, and energy in the form of a large group campfire. This campfire will literally be built up and sparked by our community in an interactive and moving campfire program. - <i>Submitted by (Campfire Subcommittee) Daniel Utley, Josh Lake, Caroline Rothstein, Rachel Glazer, Natalie Goldfein</i>
<b>TOPICS:</b>	Camp-wide/Large Group Programs, Community Building, Group Dynamics, Meditation, Music and Rhythm, Nature, Storytelling
<b>LEARNING OBJECTIVE:</b>	Build community with the Cornerstone fellows. Expose fellows to a playful campfire program with elements of music, storytelling, and small-group challenge
<b>AUDIENCE:</b>	group size of up to 90 participants (campers).
<b>LENGTH:</b>	75-90 Minutes
<b>APPENDIXES:</b>	Campfire Subcommittee Scripts
<b>MATERIALS:</b>	<ul style="list-style-type: none"> <li>• 10 copies of 'campfire scripts'</li> <li>• 30 Tin cans, 28oz cans or larger, purchased online or collected from Camp's Kitchen</li> <li>• 4 packs of Tinder - Grapevine Wreaths</li> <li>• 10 boxes of Fireplace matches or 40 small boxes of regular wood matches</li> <li>• 6' tarp to store tinder and supplies off the ground in case of moisture</li> <li>• 1 large roll of tin foil</li> <li>• 65 shabbat candles</li> <li>• 65 tea lights (rain plan)</li> <li>• 4 oven mitts</li> <li>• 3 pairs of BBQ tongs</li> <li>• 10 extra Benches at the lakeside fire pit site</li> <li>• ample dry firewood for two nights of campfires</li> <li>• Rain Plan Only- projector and sound system for indoor fire effects</li> </ul>
<b>SETTING:</b>	lake-side fire circle. (indoors in case of rain)

**Setup Needs:** Need mobile benches to arrange around fire pit in horseshoe or circle around the large fire pit; 30 pre-set tin cans spaced out on the beach with tinder and kindling nearby (or collected by participants); fire site by the lake, counselor lounge (rain plan)

**Method:**

(00-05) Dan: Gathers attention with music-- niggunim or other easy songs of gathering to set a reflective mood and gather the attention of the group. Musical cue: "Olam Chesed Yibaneh"

(05-10) Josh: Welcome and framing. Shares historically-based background about campfire as the original social gathering place for humans.

(10-15) Natalie narrates while Caroline models building a mini fire in the big fire pit dramatically. Natalie shares the rules for a safe and respectful space; attach meaning to the ingredients (heat, oxygen, and fuel) at the large fire pit. *See attached script.*

(15-35) Guided by Natalie: All split into trios; collect tinder; build fires at little stations. Learn the name of each group member

Building fires in tin cans partly buried in the sand  
light the shabbat candle once they have a flame in the tin can and bring your flame to light the large fire.  
avoid touching the metal can (it will become hot)  
let the little fires die out/blow out (to be collected with tongs/ mitts by faculty afterward and set aside)

(35- 45) Guided by Natalie: All Ceremonial lighting

Each group adds their piece of fire to the large one when prompted by faculty (musical cue), then sit on the benches. Dan adds music throughout the process.

(45-50) Caroline & Dan: share Baal Shem Tov story from Weisel's Gates of the Forest. *See attached script*

(50-55) Caroline: Leads think-pair-share.

Turn to someone near you and discuss:

- What does fire mean to you (as a Jew, ritualistically, etc)?
- What is something that sparks you?
- What do we use fire for, Jewishly or not? etc.

(55-60) Caroline: ask a few pairs to share with big group

(60-65) Dan: Musical cue: "Turning of the World" See Script

(65-70) Josh: Models sharing of energy

A moment of inspiration - Howling, followed by moment of silence. See script

(70-80) Natalie: Lead Breathing/Qigong exercise. See script.

(80-85) Natalie: Body drumming - in a round, creative percussion, leading into niggun with Dan. See script.

(85-90) Natalie debrief and final music

internalize the fire

spark fire in your camp

3 ways to acquire Torah: fire water wilderness

campfire is a program, not an activity, and here's how

choice of focus on song/stories vs. food/ chatting

safety

Close with final chorus of "Turning of the World" - Dan

Additional Notes for Bringing it Back to Camp:

The campfire lighting activity may be modified based on age of participants and what is appropriate safe at your camp. The stories and activities in this session are designed to play to the strengths of the leaders. you should find people at your camp willing to share stories, songs, or exercises involving energy or meditation.

## APPENDIX

### Cornerstone Seminar 2016 – Campfire Subcommittee Scripts

#### **Modeling the fire building [10-15] (Natalie):**

- Caroline physically models while Natalie speaks.

Natalie Says -

- a fire requires 3 things: Fuel, Heat and Oxygen. Tonight we are all going to have the opportunity to build fires in small groups.
- In a few moments you will be able to build your fire.
- Here is how it is done.
  - Use the large tin can at your site as the container to protect the fledgling fire.
  - There is kindling there which you put into the Can, which is the fuel necessary to start a fire. (feel the Bern)
  - You will find matches and a candle.
  - Once you light your fire - the heat portion of the trifecta (fuel, heat and oxygen), you may need to gently blow on your new fire to provide extra oxygen.
  - And voila, you have made fire.
- Once you have lit your fire in your small group, we will be inviting you to bring your small and unique fire VIA THE CANDLE you've transferred the fire to - to light our communal campfire. Each of us contributing to the greater whole of the experience.
- Direction given to get into small groups, and meet a new friend or two.
- Next - Natalie will nod at one of the Campfire Team Members (CTM) to tap a few groups to start bringing their candles to the larger fire. And that will continue until everyone has brought their light.

#### **Ba'al Shem Tov Story [45-50] (Dan/Caroline):**

- Caroline and Dan prepare to narrate and tell the Baal Shem-Tov story together
- Dan introduces the story and brief background on who the Baal Shem-Tov is/was, and begins story:
  - When the great Rabbi Israel Baal Shem-Tov saw misfortune threatening the Jews, it was his custom to go into a certain part of the forest to meditate. There he would light a fire, say a special prayer, and the miracle would be accomplished and the misfortune averted.
- Caroline continues:
  - Later, when his disciple, the celebrated Magid of Mezritch, had occasion, for the same reason, to intercede with heaven, he would go to the same place in the forest and say: "Master of the Universe, listen! I do not know how to light the fire, but I am still able to say the prayer," and again the miracle would be accomplished.
- Dan continues:
  - Still later, Rabbi Moshe-Lieb of Sasov, in order to save his people once more, would go into the forest and say: "I do not know how to light the fire, I do not know the prayer, but I know the place and this must be sufficient." It was sufficient and the miracle was accomplished.
- Caroline continues:

- Then it fell to Rabbi Israel of Rizhyn to overcome misfortune. Sitting in his armchair, his head in his hands, he spoke to God: “I am unable to light the fire and I do not know the prayer; I cannot even find the place in the forest. All I can do is ask You to redeem us, and this must be sufficient.” And it was sufficient.

### **Meaning of fire metaphorical discussion and sharing (Caroline):**

- Caroline notes that fire can be both figurative (metaphorical) and literal
  - For example, fire is something used on a stove and to light candles for holidays and rituals (literal)
  - For example, fire is a concept of igniting, sparking, motivating - “lighting a fire under my \*\*\*” as an artist and activist to motivate myself to get to work or make a change or respond to a spark of inspiration or experience
- Caroline asks the group at large to consider - what does fire mean to you?
  - Caroline asks participants to turn to their neighbor and ask/answer together: how do you use fire ritually - literally or metaphorically - in your lives?
  - Caroline encourages everyone to continue these small discussions for a few minutes
- Caroline welcomes the group back together at large, and asks volunteers to share some of the examples that came up in their pairs
- Caroline facilitates the responses, and shares some of her own thoughts and experiences around how fire shows up in life / rituals

### **Howling [65-70] (Josh):**

This is used for calling wolves and coyotes. This activity promotes common experiences and shared language amongst participants. This activity helps to form group bonds and forms a “pack,” both literally and figuratively. Literally the pack shares the language of the ‘wolf howl,’ and figuratively participants solidify their friendships through fun and memorable experiences.

Participants should all stand, with their spines straight. Suggested wording below.

- Angle your heads up, and let out a howl that starts deep down, in your diaphragm (from the bottom part of your chest).
- Use one full breath of air for your howl. You can modulate your voice so some of the “notes” are high and some are low.
- When you are out of one breath, take another breath and howl again. Do this 2-3 times. When the group has howled for about 30-45 seconds, make a sweeping motion with your hands (as if you are a conductor and you are instructing them to stop).
- After the wolf howl stops, immediately break into deer ears.

### **Breathing/Qigong [70-80] (Natalie):**

Natalie says:

- I invite you all now in this quiet space we have created to take a moment and align your body, feeling your feet firmly on the group, your head reaching up to the sky, arms and shoulders relaxed.
- Let us take a breath, into our belly as it expands. 3 x
- So far tonight we have created an external fire, now we will light the fire inside of our bodies with this simple Qigong movement. Qigong is a mind body practice that is gentle and extremely healthy.
- With your arms at your sides, palms facing up, raise your arms to shoulder height and then gently turn the palms over and the arms come back down. Aligning with the breath for each repetition.
- Explain that Qi is translated as life force or energy and Gong means “the practice or cultivation of” so we are cultivating our energy as we do these exercises.
- After a few minutes of this practice, we come back to resting stance and we notice. Noticing our body, noticing our breath, noticing how we feel as we stand after lighting our internal fires. We pay attention to the moment and to ourselves.

### **Body percussion [80-85] (Natalie):**

- Transition to another way we light a fire inside is to tap on our bodies to wake up our system.
- We begin by tapping on our face, to our neck, chest and all over our arms, legs etc. (depending on time - I may take us through a more directed tapping, otherwise we will do a bit more free form)
- CTM (remember, Campfire Team Members) will help by modeling in front of groups of participants some rhythms out of the tapping experience...which will lead to the next song....

### **Songs/Lyrics (Dan):**

#### **Olam Chesed: Rabbi Menachem Creditor**

Olam chesed yibaneh, tai dai dai.... (4x)

I will build this world from love, tai dai dai...

You will build this world from love, tai dai dai...

And if we build this world from love, tai dai dai....

Then God will build this world from love, tai dai dai...

#### **Turning of the World: Ruth Pelham**

Let us sing this song for the **turning** of the world, that we may **turn** as one with every voice and every song, we will move this world along and our lives will feel the echo of our **turning**

With every voice, with every song, we will move this world along (2x) and our lives will feel the echo of our **turning**.

\*(**turn/turning, heal/healing, love/loving, pray/praying**)