

CORNERSTONE 2017 RESOURCE

Riff-Off: Spontaneous Tefilah, *Eat.Pray.Invest.*

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SUMMARY:	"Riff-Off: Spontaneous Tefilah" is a god-optional opportunity for unscripted, impromptu, and personalized prayer; come ready to riff, Pitch Perfect style. – <i>Submitted by Ariella Rosen and Caroline Rothstein</i>
TOPIC(S):	Prayer- Tefilah, Prayer - Alternative
LEARNING OBJECTIVE:	The goal of "Riff-Off: Spontaneous Tefilah" is to allow participants to feel comfortable using their own unique language, experiences, and beliefs to create prayer that feels authentic and empowering to them that they can use to enhance moments of prayer at camp and in their own lives.
AUDIENCE:	This can be done with any/all ages and any/all group sizes!
TIMING:	45 minutes
APPENDICES:	List of Traditional & Non-Traditional Tefilah lines
MATERIALS NEEDED:	Twister spinner/wheel Scissors (to cut up prayers)
SET-UP DETAILS:	This can take place in any/all rooms/environments.

SESSION TIMELINE & OUTLINE:

- Welcome everyone and ask participants to position themselves anywhere that makes them comfortable.
- Share agenda: (1 minute)
 - Agenda:
 - Introduction
 - Riff-Off #1
 - Partner spontaneous prayer
 - Riff-Off #2
 - Bringing It Back To Camp
 - Closing

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- Introduction: (5 minutes)
 - Define “riff-off” & play “Riff-Off” segment from *Pitch Perfect*: https://youtu.be/q573_hDhTbE
 - Introduce the concept of spontaneous prayer as deeply rooted in Jewish tradition, even though most formal prayer seems to be done using words written for us as oral text.
 - Briefly introduce categories of Help, Thanks, Wow, and Sorry.
- Riff-Off #1: (8 minutes)
 - Participants pick from categories using a Twister Spinner labeled: Help, Thanks, Wow, and Sorry
 - Participants spin the spinner and can either spontaneously create their own prayer OR choose from a stack of pre-written words from Jewish tefilah sources, as well as non-traditional sources to formulate words of personal prayer
- Partner Spontaneous Prayer (8 minutes)
 - Facilitators model an example of what participants are about to be asked to do
 - Participants break off into pairs and have brief conversations / check-ins with one another about something (time each partner for 1 minute) and then offer a prayer to the other person based on what was shared.
 - Examples of prompts for the partner sharing: What is something that you think about before you fall asleep? What is something you are aspiring to be/do?
 - Examples of how to start the prayer in response: May you... My prayer for you is that...Dear Universe/Spirit/World...Let this be...
- Riff-Off #2 (12 minutes)
 - Identify tools utilized in partner pair/share, and using them, enter into another riff-off, using the spinner to determine category once again.
- Bringing It Back To Camp (10 minutes)
 - Facilitate discussion about how to bring this programming back to camp.
 - NOTE: At some camps, it may be okay and comfortable to bring in inspirations from other sources - you do you!
- Closing (1 minute)
 - Thank participants from joining.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

As noted above, at some camps, it may be okay and comfortable to bring in inspirations from other sources - you do you! The partner share/prayer in particular can be a powerful tool for building connection and supporting a camper or fellow staff member coming to you seeking emotional care. We encourage you to have riff-offs are small or large, with as much or little focus as you like. It's a fun way to get campers excited, engaged, and empowered!!!