

## CORNERSTONE 2018 RESOURCE

### Bang the Drum, Sing Your Strength

*Eat—Pray—Dare 2*

<b>AUTHOR(S):</b>	Adam Allenberg
<b>SUMMARY:</b>	<p><b>Bang the Drum, Sing Your Strength</b> with Adam Allenberg Noam Katz</p> <p>Join your voice in the singing and playing of a small collection of morning blessings, niggunim, Hebrew chants, and even a little American folk music to wake your senses and stir your spirit. We don't care what your voice sounds like as long as you have a willingness to breathe, sing, and make sacred beats together.</p> <p>- Submitted by Adam Allenberg</p>
<b>TOPIC(S):</b>	Musical expression, personal expression, musical meditation, musical prayer
<b>LEARNING OBJECTIVE:</b>	<p>At the end of this experience, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate the use of one instrument that is new to them/him/her</li> <li>• Sing one song that is new to them/him/her</li> </ul>
<b>AUDIENCE:</b>	Ideally this is for a group of 10 to 100 people. Beyond that and the instrumentation can get unwieldy for a group. Ideally you have between 30 and 80 participants.
<b>TIMING:</b>	This experience could be adapted for short ceremonies as well as longer services. Depending on the group and its goals, this could be as short as 20 minutes and as long as you like—assuming musicality is being developed in the group. Too long and the joy of newness can become less than novel.
<b>APPENDICES:</b>	
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Projector and laptop, to share an expanding, evolving songbook</li> <li>• A collection of various percussion instruments: small drums, tambourines, bells, shakers, maracas, claves, etc.</li> <li>• A few extra instruments: guitars, ukuleles</li> </ul> <p>Possible supplies: Songbooks, prayer books</p>
<b>SET-UP DETAILS:</b>	<p>Ideally, this takes place in a space that is acoustically rich. Where voices can be heard easily, and instruments do not overpower the space. If possible, it should be inviting and comfortable.</p> <p>Chairs arranged in a large circle facing each other, with instruments placed in the middle of the circle and made easily accessible to participants in the circle.</p> <p>If the room is small, consider concentric circles; keep the emphasis on seeing one another, having easy access to instruments if one wishes and enough room to sing comfortably.</p>



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### **SESSION TIMELINE & OUTLINE:**

- Bring participants into the space and engage in 45 minutes of collective music. As Adam Allenberg and Noam Katz are professional musicians, they are not able to share any of their original cords or songs here, but you can use any music you want to invoke a community feel and come together over music.

### **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**