

CORNERSTONE 2018 RESOURCE

Havdalah: My Weekly Prayer *Spin It!*

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SUMMARY:	Participants will learn how to set intentions for the important relationships and connections in their lives, and learn how to celebrate what they envision in a self-created bracha/prayer. - <i>Submitted by Tomer Moked and Caroline Rothstein</i>
TOPIC(S):	Havdalah, prayer
LEARNING OBJECTIVE:	The goal is to show participants that there can be added value to the weekly Havdalah ritual and prayer practice when they are able to break down the various aspects of their lives through positive thinking.
AUDIENCE:	Any age, any size
TIMING:	20 minutes
APPENDICES:	<ul style="list-style-type: none"> • “Weekly Prayer Template”
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Pens/pencils/writing utensils • Printouts of appendix template
SET-UP DETAILS:	Any location and room. A circle is ideal.

SESSION TIMELINE & OUTLINE:

- Opening (2 minutes):
 - Facilitators welcome participants and explain the program, which will show participants how to use positive thinking while breaking down the various aspects of their lives to create a personal bracha/prayer for the week ahead, as an added part of the Havdalah ritual.
- The Four Pillars of Success (3 minutes):
 - Facilitators explain the four pillars of success, and the template that they will hand out:
 - My personal circle
 - My work or school circle
 - My friendship circle
 - My lifestyle circle

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- Writing/filling out the template (4 minutes):
 - Facilitators ask participants to consider the following question, and answer it in each of the four circles on their templates:
 - Questions: What do you wish for yourself and your loved ones in the week ahead?
- Sharing (3 minutes):
 - In hevruta (pairs), participants share what they wrote in their circles.
- Writing bracha/blessing (3 minutes)
 - On their own, participants write themselves a bracha/prayer for the week ahead, using elements/ideas/thoughts from what they wrote in their 4 pillars/circles.
- Sharing (2 minutes):
 - In the same hevruta (pairs), participants share their personal bracha/prayers.
- Closing (3 minutes):
 - Facilitators ask participants to close their eyes and think of one word that encapsulates their bracha/prayer.
 - To close, everyone shares their one word.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

While this program is specifically created for Havdalah, feel free to use this process and template for any other ritual prayer that is said or used at camp (i.e. before/after meals, Shabbat, etc.).