

Welcoming the Seventh Day: A Multisensory Shabbat Journey

Elective

AUTHOR(S):	Ariella Rosen
SUMMARY:	In this session, participants will learn about traditional metaphors for Shabbat and have an opportunity to generate their own. They will also develop a practice for reflecting on the week and determining what they hope Shabbat can be that week. - <i>Submitted by Ariella Rosen</i>
TOPIC(S):	Shabbat
LEARNING OBJECTIVE:	Participants will be able to name multiple metaphors for Shabbat, and be able to guide themselves and others in an assessment of the week and their personal vision for Shabbat.
AUDIENCE:	Ideal age is 12 and up. This activity can accommodate a large group though around 30 is ideal
TIMING:	90 minutes
APPENDICES:	Metaphors of Shabbat, How Was My Week?
MATERIALS NEEDED:	pens or markers, various props like: hats, other costume pieces, assorted random objects
SET-UP DETAILS:	This session can take place in any kind of space, as long as there is enough room for the entire group to move around and interact with one another. No specific setup required.

SESSION TIMELINE & OUTLINE:

- Welcome and Character Walk [00:00-00:10]
- Exploring the Metaphors of Shabbat [00:10-00:40]
- Who is Shabbat this week? [00:40-01:10]
- Debrief [01:10-01:30]

Welcome and Character Walk (10 min.)

Welcome participants into the room.

Invite participants to begin moving around the room as if it is any regular weekday. What are they feeling? What are they carrying? What are they worrying about? Feel free to interact with anyone else in the room throughout this activity.

After about 30 seconds, tell participants it is Shabbat. Move round the room as if it is Shabbat. What are you feeling? What is on your mind? What is happening in your body?

Return once more to weekday motion, and one more time to Shabbat motion.

Ask participants to write on a slip of paper how they would characterize their Shabbat feeling as a character, image, or idea, keeping their answer to 1-2 words.

Exploring the Metaphors of Shabbat (30 min.)

Group participants into groups of 4-5 people. Hand out the Shabbat metaphor sheets, and ask them to talk through the list as a group. Take a moment to discuss any metaphors that raise questions for the group.

Invite participants to add their own images and metaphors to their paper from the previous activity, and explain that the next activity might offer them the opportunity to add even more images to the list.

Explain that we are now going to try recreating different “scenes” of Shabbat, based on the different metaphors.

Alternate choosing a metaphor from the pre-made list and from the slips of paper the group generated, and ask participants to do the following:

Create a freeze-frame image of a moment from a scene in which you treat Shabbat as that metaphor (like if we pressed “pause” on a video). Feel free to use any props to help.

Examples: how would you welcome in Shabbat as a queen? How would you light Shabbat candles with a bride? How would you eat Shabbat dinner with your extra soul? What does Havdallah look like in a palace in time? (You can either stick with one general question such as “how would you celebrate Shabbat as...” or move through the different ritual moments of Shabbat to mix it up.)

Discuss:

- Did any of these feel challenging to embody? If so, which?
- Which metaphors felt most like Shabbat to you? Which felt least like Shabbat to you?
- Do you want to add any more metaphors to the list? (Offer to read aloud the participant-generated metaphors that were not mentioned.)
- Why do you think there are so many metaphors/images for Shabbat?
- How is it helpful/challenging to personify Shabbat in so many ways? At all?

Who is Shabbat This Week? (30 min.)

Explain to participants that when they embodied Shabbat at the beginning of this session, they chose just one image of what Shabbat can be. It may be the case that on different weeks we might need a different Shabbat. The next step is to figure out how we can tell who/what we need Shabbat to be for us each week.

Share the stick-figure panels of the week. What is the difference between these two? Who might Shabbat be for each of these people at the end of the week?

Explain to participants that we will now do a check in on this past week (pretending that today is Friday). Go week by week and ask participants to do a body scan as they think about each day of the week. What happened to you on Sunday? How did it make you feel? Monday? etc. Now that Shabbat is about to start, how are you feeling?

Invite participants to take this current week as an example to fill in the blank panels (pretending today is Friday).

- What happened to you this week?
- How would you represent your energy level/mood each day of the week? etc.
- What am I carrying with me from this past week? What am I letting go of?
- What do I need to do to get to Shabbat?

In the last panel, draw your answer to the following question? What do you need Shabbat to be for you this week? Who do you need Shabbat to be for you this week? (Use the list of metaphors or come up with something new.)

Ask the group to participate in a character walk one more time. Begin with it being a weekday. When announcing it's Shabbat, ask participants to embody the metaphor they drew in the final panel. Greet another person with Shabbat Shalom, and share how you hope to spend your 25 hours before the new week begins.

Time permitting, feel free to move through some of the various rituals of Shabbat as an embodiment of your chosen Shabbat metaphor:

- Lighting candles
- Saying "welcome" to Shabbat by facing the entrance to the room
- Lifting the kiddush cup
- Eating challah
- Singing Shabbat songs
- Praying/reading from the Torah
- Eating delicious meals
- Havdallah

Ask participants: how did it feel to embody this version of Shabbat? Did you choose correctly? If not, what would you change Shabbat to for this week?

Use this week as a case study- this is something you can do every week!

Debrief (20 min.)

Ask participants to think/journal and then share with a partner: Think about your current choice for Shabbat metaphor. Think about a time when you needed Shabbat to be a very different image. What was different that week? What can you learn about yourself and how you move through a week?

Ask for 2-3 volunteers to share with the larger group.

Discuss

- How might you use this with your campers? What changes would you need to make?
- How can this activity help you have a better week, and not just a better Shabbat?
- Who is Shabbat most often at your camp?
- Wish everyone Shabbat Shalom!

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

- This session could be converted into a weekly practice. After introducing a bunk or unit to the metaphors, do a weekly check in (as a bunk, as individuals) on what you need from Shabbat this week.
- Havdallah activity: How would you say goodbye to this week's Shabbat character?
- Taking this one step further, explore how each metaphor might interact with the various rituals/actions of Shabbat: facing the exit during services, waving the flames toward you when lighting candles, holding the kiddush cup, praying, eating challah, smelling the spices during Havdallah, etc.