

## CORNERSTONE 2019 RESOURCE

### KAVAN-ART: creation of camp ritual objects *Evening Experience*

<b>AUTHOR(S):</b>	Becca Sykes, Shalom Orzach, Mira Sykes, Hannah Gilfix
<b>SUMMARY:</b>	A ritual gives our action a holy purpose. So do art supplies.- <i>Submitted by Becca Sykes, Shalom Orzach, Mira Sykes, Hannah Gilfix</i>
<b>TOPIC(S):</b>	Jewish Ritual
<b>LEARNING OBJECTIVE:</b>	If the session is successful, participants will understand the role of ritual in Judaism as applicable in camp: for connection, remembrance, and grounding.
<b>AUDIENCE:</b>	For all ages, campers and staff
<b>TIMING:</b>	75 minutes, each element can be broken down and used separately
<b>APPENDICES:</b>	KAVAN-ART source sheet May the words of my mouth lip balm instructions
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Beeswax</li> <li>• Coconut Oil</li> <li>• 1 lip balm container with lid,</li> <li>• extra small funnel</li> <li>• Sharpies: black and an assortment of rainbow</li> <li>• spoon</li> <li>• Shrinky dink paper</li> <li>• Exacto knives</li> <li>• Hole punch</li> <li>• Toasters</li> <li>• Friendship bracelet string</li> <li>• Adding machine tape</li> <li>• Water color paints</li> <li>• Brushes</li> <li>• Cups</li> <li>• Paper towels</li> <li>• Tiny plastic test tubes with lids</li> <li>• Balloons</li> <li>• Rice or sand</li> <li>• Scissors</li> <li>• White pillow cases</li> <li>• Cardboard for inside while drawing</li> </ul>
<b>SET-UP DETAILS:</b>	Art room, or space to spread out for writing, painting and talking

### SESSION TIMELINE & OUTLINE:

#### Opening (5-7 minutes)

- Handshakes Instructions: find your number one partner (teach ritual). Call out number 1 a few times to reinforce the ritual. Go through the rest, occasionally calling out the past numbers to create fun and orderly chaos.
  - 1: HIGH FIVE
  - 2: hip bump and say WHOOO!
  - 3: high-five jellyfish fake out
  - 4: scary hands, yell and run away
  - 5: Create your own
  - 6: Create your own
  - Debrief: name 6 reasons we play this game, explain the peticha (the opening: the first six words of every traditional blessing)

#### WHAT'S A RITUAL:

- a way to connect
- a way to remember
- a way to stay anchored in both hard and amazing times

#### Open Art Space Stations (45-55 minutes)

**RITUALS OF CONNECTION:** Many of the most profound moments of our story begin with a one worded exclamation, which captures the very essence of our being called on--- Hineni, Here I am. I hear you, I hear the calling, I recognize the need and I AM HERE to do what needs to be done. In this exercise we invite you to give expression to that moment in your life. -- I am here FOR YOU. At this station, participants can make a ritual of connection.

**HINENI SHRINKY DINKS:** Create a small symbol to pass as they greet friends and potential friends. Each one symbolizes an aspect of friendship at camp; everyone makes one and passes at will. Throughout the summer, they are a regular reminder of the power of connections at camp.

**MAY THE WORDS OF MY MOUTH LIP BALM:** *Adonai sifatai tiftach, prepare your lips for blessing/lashon hatov.* When getting ready to have an important conversation, or just get ready to speak with kindness, this lip balm makes your mouth ready for blessing.

**RITUALS OF REMEMBRANCE:** Remember us! We are still here, chanting these same words and performing this same service at this same time every year. And whom are we saying this for? What is multigenerational about ritual?

אֱלֹהֵינוּ יְהוָה לִפְנֵי כָלֵם הַיּוֹם נִצְבִים אִתְּם

You are all standing this day before the Lord, your God

This incredibly emotional statement made by Moses towards the end of his life is understood to be inclusive of those standing here now, those that stood before us and those who are in the future will be standing here as part of our community. Our moments when we gather as communities we evoke the memories of all, in a multi-generational conversation. In this section we invite you to express how you wish to show up, -- to STAND with the people, what will you bring, who do wish to remember? What do wish to tell?

**PERSONAL CLAF:** Create a reminder for things you can reflect upon as you go through the doorways of your day, and invite people into yours.

1. Choose your claf, and use watercolors paint to create the look you want. Cover the entire strip with color, or leave white. Set aside to dry.
2. Journaling exercise: free write for 10 minutes on any of the following questions
  1. I believe in....
  2. When I say “hey” to you, this is what I mean...
  3. Every day, I want to remember that I...
  4. Here are all the things I can see in the world:
3. Take a few minutes and highlight key phrases in your journaling that you’d like to remember. Write them on your dry, painted claf using sharpies.
4. Roll up your claf, insert into a test tube and keep in your pocket to remember what’s important as you come and go through every doorway, every interaction.

\*For communal use: adding machine tape on the door of your bunk, along the entrance (unrolled). This could be a way to have a bunk brit/shared agreements.

**RITUALS THAT ANCHOR:** What’s the anchor I have: a person, and experience, a place that I hold onto, when I’m not there? Rabbi Nachman was always anchored in a certain space, *No matter where I go I am heading towards Jerusalem*. The Medieval thinker Yehuda Halevi had a similar anchor “*My heart is in the east, and I in the uttermost west.*”

Often we need a space, person, and experience to hold us when times are hard or uncertain, for many of us it is camp and or the camp community. In this station we invite you to create an object that will help conjure these memories and connections Also, I’m learning. B’kol makom sh’ani holech r.nachman, Leah Goldberg: where am I? Plays with landscapes (Pine). What makes up my landscape, can I conjure the lake when it is not in my backyard, those moments of radical amazement stargazing, when the light pollutes our ability to see them.

### JUGGLING SQUEEZE BALLS:

1. Choose 3 balloons (2 of them will have colors that show, 1 is internal)
2. Fill one balloon (the internal balloon won’t show, any color will do!) with rice up till the neck of the balloon
  1. Flatten your balloon
  2. Cut off the neck, and cut the necks of the other balloons
  3. Use the other balloons to wrap and create your ball
3. Repeat above until you have all three balls.
4. Take 5 minutes and journal or discuss in a pair the answers to the following prompts:
  1. When things are amazing, I know THIS to be true:
  2. When things are rough, I know THIS to be true:
  3. When I need help, here’s a list of things that ACTUALLY HELP:
  4. When I want to celebrate, here’s a list of things that help me stay present:
  5. Take a few minutes to highlight key words from your journaling. Chose THREE, one for each ball. Write them on the balls using permanent markers.
5. Squeeze them for grounding, anchoring and readiness for the full spectrum of your day
6. Practice juggling: you can handle this full spectrum. It just takes the ritual of practice, failure, and resilience. One ball at a time

### LAY YOUR HEAD HERE: Creating Pillowcases

1. Choose your pillowcase, insert a piece of cardboard, and smooth it out.
2. Take 10 minutes and journal on the following prompts, then add some words that emerge to your pillowcase:
  1. Here is a list of things I want to set down for a while:
  2. Here is a list of things I still want to know:
  3. Here are all the questions I carry around in my head:
  4. I can rest, knowing...

**SIKUM:** Conclusion Questions

- What are the associations that came to you when you created your objects?
- What memories will these conjure both for you and others?
- Can you identify two or three moments at camp that you now see differently perhaps as ritual as a result of this experience?
- Finally can you see places or moments at camp that you wish to carry out these programs?

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

Here are other activities you could do:

- Nikayon chart: a cleanup rotation using roles of the cohanim (priests): In parshat Tzav, the cohanim get dressed to make sacrifices, and they get dressed to take out the trash, They wear clothes that are their “size,” or “midah”. Here, the word size and characteristic/value share the same root word. When we clean up the bunk, we dress ourselves in attitudes that clean up the bunk and our souls. Create task headbands for each clean up job.
- Recipe books for favorite camp food
- Make your own siddur (6 page book made from one piece of paper)
- Chalk graffiti, or graffiti for when it rains: watercolor or stencil making your mark at camp, signing your name to the art of camp
- Hand/Feet scrub: hands that are taken care of and ready to do great works
- For personal use: or communal use (extra lip balm to take, scrub to use in bathrooms for cornerstone, with a sign)