

### Ripple In Still Water

*Elective*

<b>AUTHOR(S):</b>	Josh Lake and Caroline Rothstein
<b>SUMMARY:</b>	While mirrors, literally and metaphorically, push us to see ourselves, allow us to pause, get reflexive, and take stock, more than anything, they are an opportunity to play. In this session, participants will use nature as a poetic language for how to interact with their campers, themselves, and the earth. - <i>Submitted by Josh Lake and Caroline Rothstein</i>
<b>TOPIC(S):</b>	Nature, Writing
<b>LEARNING OBJECTIVE:</b>	Participants will gain an appreciation for using contemporary culture (songs) to delve into Jewish and social attitudes and behaviors. Participants will also leave session with tools to create programs that spark thought provoking activities and discussions.
<b>AUDIENCE:</b>	Any age; any size group (probably not more than 40 people)
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	<ul style="list-style-type: none"> <li>● Ripple Lyrics</li> <li>● Ripple Daf (Optional)</li> </ul>
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>● Ripple Lyrics</li> <li>● Towels</li> <li>● Portable speaker</li> <li>● Writing utensils</li> <li>● Paper</li> <li>● Additional resource (Ripple Daf)</li> <li>● Large black bowl (used to create a mirror)</li> </ul>
<b>SET-UP DETAILS:</b>	This session should take place outdoors near access to water such as a river, pond or lake.

#### SESSION TIMELINE & OUTLINE:

NOTE: The original write-up of this session was created around programming at Capital Camps in Waynesboro, Pennsylvania. When replicating this program (or any portions of it) at your camp, please adjust accordingly to the spaces and travel times necessary at your own camp.

## CORNERSTONE 2019 RESOURCE

- Opening framing: We use them to see ourselves, brush our teeth, comb our hair, reflect; we cover them during shiva; and Betzalel used mirrors, which the Israelite women had taken out of Egypt, to construct the Tabernacle. While mirrors, literally and metaphorically, push us to see ourselves, allow us to pause, get reflexive, and take stock, more than anything, they are an opportunity to play. In this session, we invite you to use nature as a poetic language for how we interact with our campers, ourselves, and the earth. (Option to have a participant read this out loud) (5 minutes)
- Walk participants to the stream (allot for 10 minutes of travel time)
- Once at stream, ask participants (5 minutes):
  - Where in the world do you use/experience mirrors?
  - Why do you use mirrors of any kind?
- Invite participants to take off their shoes and step with their feet into the water. (5 - 10 minutes, weather permitting)
- Depending on weather - proceed with the following questions/reflections (pun intended) either in the water or outside of the water nearby: (5 minutes)
  - Ask participants to look upstream and consider: do you see your reflection clearly? The closer you get to yourself, the more distorted it becomes because the water gets a back wave and the backlog causes a distorted view.
  - Consider: water is the oldest mirror in the world. Really look at yourself. Deeply.
  - Ask participants to share out loud: what do you see? What do you notice? What do you experience?
  - Ask participants to turn around and look downstream: what happens now?
  - Consider: are you moving past the water or is the water moving past you?
- Invite participants to come out of the water, dry off, put their shoes back on and gather in a circle / area nearby. (5 minutes)
- Ask participants: (10 minutes)
  - How many times have you ever done that in your lives? (i.e. gone into the water to your ankles and noticed your reflection?)
  - How often do you think about water as a mirror?
  - What does our presence do to the mirror (in this case, the water)?
    - When we get into the water, we distort the reality.
- Play over speakers the Grateful Dead's "[Ripple](#)." (20 minutes)
  - Ask for immediate thoughts, especially in conversation with the creek experience.
    - Ask: What are the qualities of "still water"?
  - Hand out the lyrics to the song and discuss the text in hevruta/pairs.
    - OPTIONAL: Use the "Ripple Daf" handout instead of just the lyrics on their own.
  - Come back to group and share highlights from hevruta discussions.
- Writing Activity:
  - In the Torah, Bezalel is the "chief artisan" slash architect of the tabernacle - the holy space for dwelling as the Israelites wander in the desert after leaving Egypt. Bezalel's name means "In the Shadow of God" (Be = in; tzal = shadow; el = G-d).

## CORNERSTONE 2019 RESOURCE

- Through freewriting, consider these questions (2 minutes each):
  - Think about how yourself as a mirrored reflection in the world. What do you reflect outwards? What do you keep in the darkness/shadows?
  - Now consider how Bezalel is tasked with making a dwelling space that is holy and sacred and habitable for G-d. So what kind of dwelling place do we want to create for our campers and ourselves? How do we reflect that in each other? And how do we nurture our campers in our shadows so that they can equally nurture each other and themselves?
  - Take a moment to underline a part that surprised you and star your favorite part.
  - Volunteers share what they underlined and/or starred.
- Now, consider how writing and poetry can be an archive for your feelings and words that you can reflect back to your now self and your future self and in years/generations to come. Write yourself a letter for the first day of camp about what you want to reflect out into the world (and camp) in the year ahead.
- Volunteers to share.
- Bringing it back to camp:
  - Picture yourself back at camp - how, when, where, with whom, and why would you do this activity?
- Closing - turn to the person next to you and tell them something powerful / positive you see reflected in them.

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

- Use the "Ripple Daf" handout as an additional lens for the session and the song.
- 6-7 minutes per below:
  - Divide group into Hevruta partners, 2-3. (Teach the Hebrew word *hevruta*-friend. *Hevruta* comes from the root *haver*).
    - Questions to ask the group: 30 seconds-45 seconds per question
      - What was the goal of this program?
      - Is this a goal that could be useful for a program at your camp?
      - Which activities/parts of the program did you like the best?
      - Can you see using any of these activities in your camp? Where? With whom?
      - When would you do the activity?
      - Which programs would you not use in your camp? Why?
      - What could you do in place of this/those activities?