

## CORNERSTONE 2019 RESOURCE

### Rise and Ritualize: Breaking Bread to Build Community *Start Your Morning*

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<b>SUMMARY:</b>	Bread is used to mark many moments of ritual in Jewish tradition and culture. Learn and experience ways to craft these sweet and savory creations, inviting others to break bread together to elevate important moments for reflection and community building. In this session you will intentionally select and incorporate symbolic ingredients that will help you share of yourself and enhance moments at camp. (Gluten handling mandatory, gluten consumption optional - but highly encouraged.) - <i>Submitted by Jill Goldstein Smith, Teri McGuire</i>
<b>TOPIC(S):</b>	Community Building, Jewish Ritual
<b>LEARNING OBJECTIVE:</b>	Participants will gain new modalities for creating ritual moments around food.
<b>AUDIENCE:</b>	Participants can be of any age - a small group is easier to manage in this very hands on activity.
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	Baking Challah Poem Motzei blessing
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Pizza dough (2 pounds)</li> <li>• Crescent roll dough or philo dough (55 pieces)</li> <li>• Cookie sheets (3)</li> <li>• Parchment paper (2 rolls)</li> <li>• plastic gloves (20 pairs)</li> <li>• butchers 100% cotton twine (1 roll)</li> <li>• Scissors (2 pairs)</li> <li>• Flipchart (3 adhesive sheets)</li> <li>• Flipchart Markers (3)</li> <li>• Assorted toppings and spices, but sweet and savory. Some suggestions are: lavender, rosemary, oregano, nutmeg, chocolate chips, caramel chips, sunflower seeds, rainbow sprinkles, salt, cinnamon, basil, zatar, sugar, pepper, paprika, cumac, ginger, garlic powder, red pepper flakes, turmeric</li> </ul>
<b>SET-UP DETAILS:</b>	You need access to an oven!

### SESSION TIMELINE & OUTLINE:

- Introduction Pull Apart (25 minutes)
  - As participants enter the room and sit down, facilitators explain the first activity: we will all introduce ourselves to the group using a roll! Everyone gets a ball of dough and access to all of the spices/flavors around the room. Using the flavors as a metaphor, participants should add to their ball of dough the flavors they think best describe them.
  - Once everyone is done adding their flavors, each person takes a minute to introduce themselves by explaining what is in their roll. As each person speaks they also add their roll to the center of the circle on a baking sheet.
  - Once everyone has introduced themselves, the baking sheet (now holding a pull apart bread made up of everyone's rolls) gets put into the oven to bake.
  - As the bread is baking, the facilitator begins a conversation about Jewish rituals and bread, asking the participants what their associations are with Judaism and bread.
    - After generating a list on flipchart paper, they explain challah is utilized specifically as a framework. Challah is so named because of what it is missing, not based on what it is - this lends itself to a metaphor for the things that we leave out intentionally when telling our stories to certain people or in certain situations. Based on where we are we change our intention in talking about our lives.
    - A poem about the work and decision making that goes into challah is shared with the group. Just like the challah, our stories and our moments also take intention and work.
- How Did We Get Here? (25 minutes)
  - With the above framing in mind, participants are invited to take part in another baking activity - making a string of three donuts.



- The facilitators' model sharing their three donuts. Each donut, through flavors picked, represent specific moments in their lives that brought them (metaphorically) to Cornerstone 2019.
- Participants get the chance to sit in pairs and discuss their 3 moments, then continue to sit in pairs as they make donuts out of them.
- Donuts are put aside for cooking.

- Wrap Up (10 minutes)
  - The group gets to eat their original pull apart together! Which now represents everyone not as individuals, but as a bigger group.
  - Participants are engaged in a reflection regarding how else they could use this at camp or for ritual moments in their lives (with co-counselors, supervisees or with campers?) - make a list on a sheet of flipchart paper.

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

These two activities could be used in many different ways! The pull apart activity could be used at the beginning moments of a working team, or with a cabin or age group. The donuts activity could be used for any moment of new experience (ie: what are the three things no one knows about you?) or as a reflection on an experience (ie: what are the 3 moments of this week that had the most impact on you?, what were the three highlights of your summer?).