

A Matter of Perspective: Prayer & Tefillah (Part 3) *Specialty Track*

AUTHOR(S):	Sara Beth Berman
SUMMARY:	Now that you've talked about yourself and about your communities, you're going to have to do something with this. What's your live, in color dream, for your camp's Tefillah life this summer and going forward? How are you going to make an impact? Diving into some texts, you'll create something that you can use to modify this summer by combining camp style, prayerful moments, traditions, songs, and maybe a preferred prayer or two. - <i>Submitted by Sara Beth Berman</i>
TOPIC(S):	Tefillah
LEARNING OBJECTIVE:	<p><u>Knowledge and Skills</u></p> <ul style="list-style-type: none"> • Participants will be able to identify challenges and opportunities • Participants will be able to discuss ways to lab, examine, and improve on all situations at camp, both prayer and beyond. • Participants will be able to explain their views on Tefillah using quotes from inspirational leaders.
AUDIENCE:	Learners of all ages! At least a bunk of participants, possible for a whole unit of participants. Could be all-staff.
TIMING:	90 Minutes
APPENDICES:	<ul style="list-style-type: none"> • Quotes about prayer • Rainbow Connection: https://www.youtube.com/watch?v=WS3Lkc6Gzlk • Siddurim
MATERIALS NEEDED:	<ul style="list-style-type: none"> • 1 Flip Chart / Flip Chart Markers • 1 bag of M&Ms - The big size you would get to bring to a staff meeting • 1 bag of Jelly Bellies. • Paper / Pen/cils • A rainbow of markers.
SET-UP DETAILS:	<ul style="list-style-type: none"> • Projector/AV hookup (could also be accomplished with just audio)

SESSION TIMELINE & OUTLINE:

Opening Activity - All the Colors // Time: 20 minutes

1. M&Ms - First we're going to pick out M&Ms and answer a question based on the color of the M you choose. Dialogue around the answers is welcome:
 - a. Red Who you pray with?
 - b. Orange What you pray with?
 - c. Yellow How you pray?
 - d. Green Why you pray?
 - e. Blue What you like about prayer?
 - f. Brown What you dislike about prayer?

(Open 2nd and 3rd rounds with the colors)
2. Discussion:
 - a. Which colors were harder to answer and why?
 - b. How does thinking about the spectrum that impacts our work in prayer help us compartmentalize the work we have to do?
 - c. How could you use something like this at camp?
 - d. If not M&Ms, what's another way you could get people to answer these questions?

Step-by-Step Session Description // Time: 60 minutes

1. Rainbow Connections (15 minutes) - (Play Rainbow Connection: <https://www.youtube.com/watch?v=WS3Lkc6Gzlk>) - Now that we've dug a little into the M&Ms and questions that come in behind our prayer, let's each draw a rainbow. It's your own artwork, and it doesn't have to be perfect, but it has to be yours. What does that mean? Make it all green and label it with the colors, or draw it like the list of colors I'm giving to you. Up to you. You'll have to write in each color
2. OK, deep breath: This rainbow isn't all great, it's the rainbow of challenges - what do you do if:
 1. Red It's too dang hot (or cold, Canadian friends!).
 2. Orange There was a problem in the dining hall, and Tefillah got delayed an hour.
 3. Yellow Bug infestation!
 4. Green Your prayer books and prayer cards got covered in a weird, slimy mold.
 5. Blue Ugh, bad weather. Your favorite prayer space is rained out.
 6. Purple Something bad happened in or out of camp (injury, firing, death of a family member)
 7. Discuss:
 1. How did this challenges make you feel?
 2. What was it like to contrast your feelings about how and why you pray with the day to day challenges at camp?
 3. What was the most challenging for you here?
 4. It seems like M&Ms would be more practical, and rainbows would be more ethereal, but we flipped it.
 1. What was it like to look deep into yourself?
 2. And what was it like to realize that camp isn't all sunshine and rainbows, and pull your head from out of the clouds?
3. Quote Improv Challenge (25 minutes):
 1. Everybody will have a quote, and an assignment - we're going to do freeze frames of each of the quotes. You'll have a few minutes to prep your freeze frame, and then you'll present.
 1. *In prayer, it is better to have a heart without words than words without heart.* - Mahatma Ghandi

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2. *Prayer indeed is good, but while calling on the gods a [person] should [themselves] end a hand. - Hippocrates*
 3. *It's clearly more important to treat one's fellow [human] well than to be always praying and fasting and touching one's head to a prayer mat. - Naguib Mahfouz (Egyptian Writer)*
 4. *Prayer is either exceedingly urgent, exceedingly relevant, or inane and useless. - Abraham Joshua Heschel*
 5. *When I marched in Selma, I felt like my feet were praying. - Abraham Joshua Heschel*
2. Present all of the quotes to the group, and discuss:
 1. Which quote stuck with you the most?
 2. Which quote matched with a color from one of your rainbows - and why did you feel that way?
 3. Which quote matches the work you do at camp the closest - and why do you feel that way?
 1. How can you use this quote in your own work this summer?
 4. What themes came from the quotes?
 5. How would this be different if you interpreted these quotes from a place of negativity, as opposed to positivity?
4. Action! (20 minutes):
 1. Team up with a partner. Each team will identify a prayer they want to investigate further. Find that prayer / song - I can help - either in one of the siddurim we have here or on an online prayer resource. Think about why you're choosing that prayer:
 1. Is this a prayer that's meaningful at my camp?
 2. Is this a prayer that's more M&M? Or more rainbow? (Meaning, is it a highlight or is it a challenge?)
 3. Are you into the Keva of this prayer, or the Kavannah? And why?
 2. Now that you've worked through these questions and identified prayers - what're you going to do? Take 10 minutes to create a skeleton of a program letting people experience your prayer or song, and then we'll share as a group.
 1. Questions to consider:
 1. What will be challenging for your camp in this design?
 2. What will be the benefit of this design?
 3. How can you help your camp/ers change their perspective?
 4. What was the best part of working with a partner on this?
 2. Share! Group Feedback!
 3. Discussion (10 minutes):
 1. What was it like to try to do some work from a different angle on a prayer or song that's beloved, or panned, at your camp?
 2. What will be your biggest barrier to making something like this work at your camp?
 - a. How are you going to combat this?
#putyourmoneywheremyoumouthis
 3. What do you think will happen at your camp when you try to pilot this idea that you just created?
 4. What was it like to choose a prayer/song/ritual to dissect in this way?

Concluding questions (10 minutes)

- How does the idea of shifting perspectives improve our personal Tefillah experience? Our camp tefillah experience?
- How will this change the answer to the question: how do we Tefillah at camp?
- What about the experience in this track most surprised you?
- Who's going to help you put your proverbial money where your mouth is at camp this summer?

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AN ASSORTMENT OF TEFILLAH QUOTES

**1. IN PRAYER, IT IS BETTER TO HAVE A HEART
WITHOUT WORDS THAN WORDS WITHOUT HEART.**
- MAHATMA GHANDI

**2. PRAYER INDEED IS GOOD, BUT WHILE CALLING ON
THE GODS A [PERSON] SHOULD [THEMSELF] END A
HAND.**
- HIPPOCRATES

**3. IT'S CLEARLY MORE IMPORTANT TO TREAT ONE'S
FELLOW [HUMAN] WELL THAN TO BE ALWAYS
PRAYING AND FASTING AND TOUCHING ONE'S
HEAD TO A PRAYER MAT.**
- NAGUIB MAHFOUZ (EGYPTIAN
WRITER)

**4. PRAYER IS EITHER EXCEEDINGLY URGENT,
EXCEEDINGLY RELEVANT, OR INANE AND
USELESS.**
- ABRAHAM JOSHUA HESCHEL

**5. WHEN I MARCHED IN SELMA, I FELT LIKE MY
FEET WERE PRAYING.**
- ABRAHAM JOSHUA HESCHEL