

CORNERSTONE 2020 RESOURCE

Your Day Starts at Night *Start Your Morning*

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SUMMARY:	In Jewish tradition, each 24-hour period begins at sunset, thus Shabbat begins in the evening. Together we will study some texts on which this curious order is based and discuss how starting tomorrow tonight can be a defining feature of a productive life. – <i>Submitted by Diana Bloom</i>
TOPIC(S):	Time management, Jewish text, Productivity, Self-care, Communication Why does the Jewish day go from sunset to sunset? What is the textual basis for this, and how can that help us be more productive in all areas of our life?
LEARNING OBJECTIVE:	We will have the experience of learning in <i>chavruta</i> . We will engage with Jewish text. We will explore different kinds forms of rabbinic interpretation of biblical text. We will explore various ways to end our day for a more productive tomorrow.
AUDIENCE:	Fellows, no more than 20 people, ideally an even number for chavruta
TIMING:	60 minutes
APPENDICES:	Start Your Morning Source Sheet
MATERIALS NEEDED:	Source Sheet (above, one per person) Flip chart Markers
SET-UP DETAILS:	Wherever we can sit comfortable for group conversation, ideally couches, comfortable chairs. Chairs or couches in a circle or group arrangement for discussion Have Rashi, Rashbam, Talmud, Peshat, and sefaria.org written on flipchart and defined

SESSION TIMELINE & OUTLINE:

1. Introduction- 5 minutes

Participants will get into chavruta (pairs). Explain the concept of Jewish tradition for chavruta study, and share the source sheet for a look at some of the Jewish texts.

Participants will look at how Jewish wisdom from these texts apply to powerful skills for accountability today. Discuss as a full group, exploring how these skills apply at camp and beyond. (*Briefly, have someone from the group explain what the Talmud is!*)

2. First two texts (15 minutes)

Have someone read source 1 aloud for the full group. Ask what is happening here, and, what if anything they have learned or know about this text?

Explain who Rashbam was, and what *peshat* is.

Pair up and read, and think about what Rashbam is saying here in source 2, and ask for shares to the group.

3. Texts 3 & 4 (5 minutes)

Point out sources 3 and 4 and explain or have someone explain take-aways.

4. Full Group Discussion (15 minutes)

Ask the group and discuss some, not necessarily all, of the following questions:

- Why did the Rabbis reconfigure the day despite many proof-text to the opposite?
- How does beginning your day in the evening benefit us?
- What does it mean to go from darkness to light instead of light to darkness?

5. Additional Sources (15 minutes)

Point out Sources 6, 8 and 9

Share the concept of *planning for tomorrow today*.

Discuss the importance of having a ritual to end your day- so many camps have this in the summer but we don't have it during the year (*Shema, hashkivanu* – share how Text Source 7 is derived from Source 6).

Any of the text sources on the sheet that the group didn't get to, can be a toolkit to take with them.

6. Closing & Call to Action (5 minutes)

Discuss with the group:

- How can they implement the ritual of planning for tomorrow today in their life?
- What obstacles might they face?
- How will they overcome those obstacles?