

Spoken Word Prophet: Liberating Your Voice  
*Specialty Track 2*

<b>AUTHOR(S):</b>	Caroline Rothstein
<b>SUMMARY:</b>	In this session, participants will learn how to use spoken word poetry and other storytelling and writing techniques to find their voices and consider their roles in liberating others from their own perceived barriers in feeling empowered at both at camp and beyond. - <i>Submitted by Caroline Rothstein</i>
<b>TOPIC(S):</b>	Writing, Storytelling
<b>LEARNING OBJECTIVE:</b>	The goal of this session is for participants to explore, consider, and learn how to intentionally use their voices to feel heard and have a revolutionary and revelatory impact in their communities and the world at large.
<b>AUDIENCE:</b>	Any age range; recommended 20 people maximum.
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	"Redemption Song of the Sea"
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Pens/pencils/writing utensils</li> <li>• Blank paper</li> <li>• Clipboards (if needed)</li> </ul>
<b>SET-UP DETAILS:</b>	<p>This session should take space in a location, space, or room where participants can both sit in a circle (on the floor or in chairs), and also have space to spread out if they want some privacy during the writing workshop portion of the session. The writing workshop portion can also be done around tables (i.e. outside at picnic tables, the dining hall, bunk area, etc.).</p> <p>Another option is to simulate a setting that mimics being in the desert, and/or in the space of "revelation" at the bottom of Mount Sinai.</p>

### SESSION TIMELINE & OUTLINE:

Welcome participants back and share session two goal and agenda (5 minutes)  
 Text study/discussion (15 minutes)  
 Writing Workshop (50 minutes):  
     Prompt #1: (25 minutes)  
         Sharing (10 minutes)  
     Prompt #2: (25 minutes)  
         Sharing (5 minutes)  
 Closing (5 minutes)

## CORNERSTONE 2020 RESOURCE

- Invite participants to find a seat in the circle and each have a writing utensil, paper, and clipboard.
- Begin session.
- Welcome participants back and share session two goal and agenda (5 minutes)
  - o Session goal:
  - o Session agenda:
    - Introduction
    - Text study/discussion
    - Writing workshop
    - Closing
  - o Note that Group Agreements remain.
  - o Ask participants to share one thing for which they're grateful today.
- Text study/discussion (15 minutes):
  - o Ask people if they know about what happened during the Exodus story with regards to the "parting of the Red Sea," and familiarize everyone with the story.
  - o Read and discuss "Redemption Song of the Sea" source sheet and text.
    - Walk participants through "Az Yashir," "Song of the Sea," Exodus 15:1 – 18
    - Highlight important verses so everyone understands the gist of the story.
    - Walk participants through – and even sing – Bob Marley's "Redemption Song," as well as the "Mi Chamoca" version, and explain that Mi Chamoca is honoring this moment of "Az Yashir" (Exodus 15:11), which is the redemption from Egypt and crossing the Sea of Reeds / Red Sea
  - o Facilitate a discussion about how all of this ties together and connects to liberation.
  - o Things to consider and note:
    - The word "shira" means song and poem – it's the same word in Hebrew
    - Leaving Egypt – "Mitzrayim" – the narrow space – how does this relate to writing as a way to get out of a narrow space? As a tool for liberation?
    - The Israelites escape through a place of song/poetry
    - In the capacity to say a poem, we become free
    - Passover, Pesach = "the mouth speaks" – pe (mouth) + sach (speaks)
    - Empower yourself to use language and words as a tool for liberation
- Writing Workshop (50 minutes):
  - o Prompt #1: (25 minutes)
  - o Liberation – consider the definition of the word:
    - "The act of setting someone free from imprisonment, slavery, or oppression; release."
    - Invite participants to spread out on the floor and either lay down in a way and space that feels comfortable for them, or to sit in a chair or way that feels comfortable.
    - Walk them through a visualization:
      - Give participants a heads up that they are going to be doing a "body scan," which will involve being guided to silently—on their own—think about, consider, and communicate in a slow and intentional way with various parts of their bodies.
      - Invite participants to close their eyes and take three deep breaths.
      - Now say: Imagine you're at this moment after Egypt and you're at the sea, and you're free – what are you experiencing?
        - o What do you smell?
        - o What do you feel?
        - o What do you hear?
        - o What do you see?
        - o What do you taste?
      - Walk everyone—slowly—through various body parts, beginning with

