

Connected Communities - Cornerstone 2021

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Agenda

- 1) [Welcome & Framing](#)
- 2) [Intro to the Connected Communities Model](#)
- 3) [Virtual Handshakes](#)
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- 5) [Values Scavenger Hunt](#)
- 6) [Connection Text Study](#)
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**Please grab a notebook and pen*

WELCOME!

What do you love about your camp community?

What is something you've appreciated about how Cornerstone has built community thus far?

CONNECTED COMMUNITIES MODEL



- Which area of the model is a strength of yours?
- Which area is hardest for you/takes the most intention?

Virtual Handshakes

- 1) Share a time you felt connected to a group of people. What helped build that connection?
- 2) Share a time you struggled in a group. What led to that disconnection?
- 3) Share a hope you have for your camp community this summer. What do you hope to contribute to building this community?
- 4) What worries are you carrying about building/maintaining a connected community this summer?

Virtual Handshakes - REFLECTION BREAK

On a piece of paper write:

1. What role did you play during this activity? What did you contribute?
2. What components of the Connected Communities model could this reinforce and how?
3. How could you see using an activity like this over the summer? Who could you use it with? What are other ways you and/or your colleagues/fellows may be able to reinforce this component of the model?

CREATING A B'RIT ACTIVITY

*Write a purpose for holding weekly meetings with fellows:

<u>My Purpose</u>	<u>Shared Purpose with a Partner</u>
<u>Shared Purpose with a Group</u>	<u>Behaviors to Reach this Purpose</u>

Instructions:

- a. with first partner, take your individual purposes and create one shared purpose.
- b. Repeat with group of 4-5 during round 2.
- c. What behaviors do we need to do together in order to accomplish this purpose

Creating a B'rit - REFLECTION BREAK

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VALUES SCAVENGER HUNT

- Choose one of your camp's values and take a minute to find an object in your home that represents that value and show it on the screen. If your camp does not have core values, choose a value from the periodic table that is a foundation of your camp community. Everyone will have an opportunity to briefly introduce their object and how it represents their camp value.

Making Mentsches: A Periodic Table

Inspired by Tiffany Shlain's *Periodic Table of Character Strengths*. Watch *The Science of Character* & learn more at LetItRipple.org. Adapted by Rabbi Avi Orlov. For additional resources, contact avi@jewishcamp.org.

1 Wisdom חכמה <i>Hochma</i> Wi	2 Courage אומץ לב <i>Ometz Lev</i> Ca	<p>"The Maharal of Prague [Rabbi Yehudah Loeb, d.1609] created a golem, and this was a great wonder. But how much more wonderful is it to transform a corporeal human being into a mensch!" — Rabbi Israel Salanter, <i>Founder of the Modern Mussar Movement</i></p>				3 Wonder מלכות <i>Malchut</i> Ti	KEY Wisdom Courage Honor Justice Moderation Transcendence							
4 Understanding בינה <i>Bina</i> Wi	5 Zest & Zeal זריות <i>Zerizut</i> Co *	6 Decency & Social Intelligence דרך ארץ <i>Derech Eretr</i> Ho *	7 Reverence & Awe יראה <i>Yira</i> Ti	8 Sensibility דעת <i>Daat</i> Wi	9 Confidence בטחון <i>Bitachon</i> Co	10 Compassion רחמים <i>Rochanim</i> Ho		11 Justice דין <i>Din</i> Ju	12 Calm & Composure מנוחת הרושש <i>Menuchat HaNefesh</i> Mo	13 Contentment הסתפקות <i>Histapkut</i> Mo	14 Love אהבה <i>Ahava</i> Ti			
15 Curiosity סקרנות <i>Sakranut</i> Wi *	16 Discipline & Will Power גבורה <i>Gevurah</i> Co *	17 Kindness חסד <i>Chesed</i> Ho	18 Community Mindedness ערבות <i>Areyvut</i> Ju	19 Organization & Order סדר <i>Seider</i> Mo	20 Humility ענוה <i>Anavah</i> Mo	21 Gratitude הכרת הטוב <i>Hakarat HaTov</i> Ti *	22 Creativity יצירתיות <i>Yetziratut</i> Wi	23 Conviction אמונה <i>Emunah</i> Co	24 Loyalty אמנות <i>Ne'emanut</i> Ho	25 Social Responsibility אחריות <i>Achrayut</i> Ju	26 Patience סבירות <i>Savlanut</i> Mo	27 Modesty צניעות <i>Tzniut</i> Mo	28 Joy שמחה <i>Simcha</i> Ti	
29 Appreciation of Opposition הערכה של מחלוקת <i>Machloket</i> Wi	30 Perseverance & Grit נצח <i>Netzach</i> Co *	31 Pursuit of Peace רודף שלום <i>Rodef Shalom</i> Ho	32 Compassionate Criticism תוכחה <i>Tochecha</i> Ju	33 Forgiveness פדילה <i>Machilah</i> Mo	34 Piety חסידות <i>Chassidut</i> Mo	35 Wholeness & Peacefulness שלמות <i>Shleimut</i> Ti *	36 Foresight ראיה את הנולד <i>Roeh et HaNolad</i> Wi	37 Integrity ישר <i>Yosher</i> Co	38 Leadership מנהיגות <i>Manhigut</i> Ho	39 Righteous צדק <i>Tzedek</i> Ju	40 Amenability חוד <i>Hod</i> Mo	41 Balance & Inner Beauty תפארת <i>Tiferet</i> Mo	42 Groundedness יסוד <i>Yesod</i> Ti	43 Majesty כבוד <i>Kefer</i> Wi ∞

* These 7 *Middot*, or character traits, are keys to success, according to Paul Tough in his book, *How Children Succeed*.
 ∞ Jewish ethics are based on the idea that we are created in the Divine image. The Kabbalah imagined that *HaShem* is revealed in a number of attributes, or *sfirot*, which correspond to our highest aspirations for human character.
 ∞ The highest *sfirot*, attribute, not understood in a human context.

Values Scavenger Hunt - REFLECTION BREAK

On a piece of paper write:

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CONNECTED COMMUNITIES TEXT STUDY

Directions: Pick a number between 1 and 5. Read the text attached to that number. In breakout chavruta, discuss the following questions:

- 1. What is your initial understanding of this text?**
- 2. How does this text relate to the experience of being part of a cabin/camp community? When thinking about forming a connected cabin, what can this text teach?**

1) According to Rabbi Bunim of P'shiskha, everyone should have two pockets, each containing a slip of paper. On one should be written: *I am but dust and ashes*, and on the other: *The world was created for me*. From time to time we must reach into one pocket, or the other. The secret of living comes from knowing when to reach into each.

2) Pirkei Avot 2:5 - Hillel would say: Do not be separate from the community. Do not believe in yourself until the day you die. Do not judge your fellow until you have stood in his place. Do not say something that is not readily understood in the belief that it will eventually be understood. And do not say "When I am free I will learn," for perhaps you will never be free.

3) Brene Brown says, "A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."

4) Maimonides (Rambam, 12th century) declares, "Prayer without kavanah (intention) is no prayer at all. [They] who [have] prayed without kavanah ought to pray once more. [They] whose thoughts are wandering or occupied with other things need not pray until [they have] recovered [their] mental composure. Hence, on returning from a journey, or if one is weary or distressed, it is forbidden to pray until [their] mind is composed. The sages said that upon returning from a journey, one should wait three days until [they are] rested and [their] mind is calm, then [they pray]."

5) Laverne Cox once said, "I just have to be myself. I'm not perfect, and I'm going to make mistakes; I might say the wrong thing. I have to be responsible to my community, and I feel like I am, but then I have to not be so hard on myself."

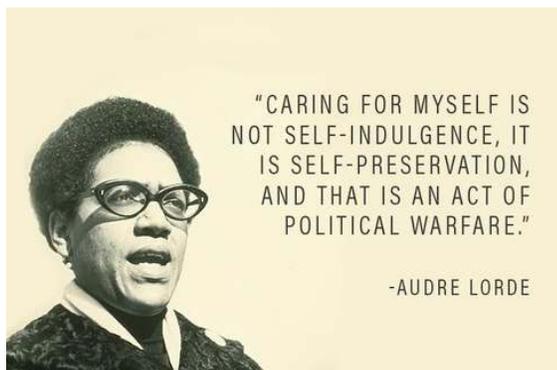
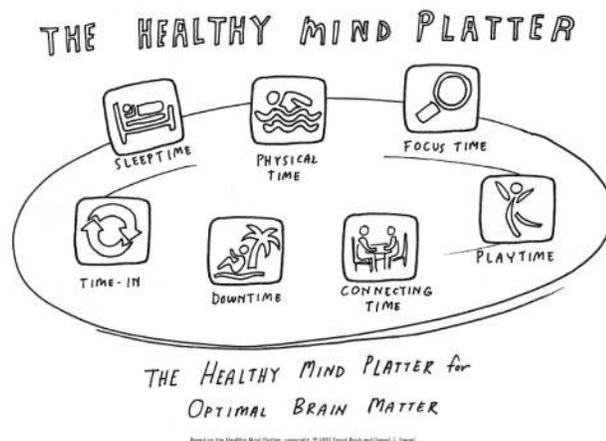
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Self & Community Care Resource

- 1) Healthy Mind Pursuits: <https://jewishcamp.org/healthymind/>
- 2) How to Ask if Everything Is OK When It's Clearly Not" by Anna Goldfarb
<https://www.nytimes.com/2020/07/28/smarter-living/coronavirus-how-to-check-in-with-a-friend.html>



ACTION PLANNING

Look at the Connected Community Model. Take a few minutes to reflect and respond to the below prompts. Try to be as specific and action oriented as possible.

1) Looking at the team building model - What are specific actions you have done in past summers to build team in each area:

- A) Belonging**
- B) Shared Purpose**
- C) Shared Values**
- D) Continued Learning**
- E) Self/Community Care**

2) Looking at the team building model - what will need to be done differently this summer to build team in each area:

- A) Belonging**
- B) Shared Purpose**
- C) Shared Values**
- D) Continued Learning**
- E) Self/Community Care**

3) Intention Setting: What are specific steps you will take towards supporting your staff in building and maintaining community/connected teams this summer in each area:

- A) Belonging**
- B) Shared Purpose**

C) Shared Values

D) Continued Learning

E) Self/Community Care

