

### What's CHADASH in your ROSH: waking up to newness *Afternoon Experience*

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| <b>AUTHOR(S):</b>        | Amanda Front, Josh Lake, Erica Goldman  |
| <b>TOPIC (S)</b>         | Bedtime Ritual; Jewish Culture; Relationship Building (with self)   |
| <b>SUMMARY</b>           | Learn to recognize and ritualize the newness we experience at camp and in our everyday lives through the lunar calendar and cycles.   |
| <b>GOALS:</b>            | <p>Participants will:</p> <ul style="list-style-type: none"> <li>• Be empowered to experience newness, to notice, mark, and appreciate it.</li> <li>• Learn about Judaism's ties to the moon and calendar cycles, rosh chodesh</li> <li>• Explore creating a "luachadash" or calendar of newness that can be filled out at the end of every day to record the newness that was experienced</li> </ul> |
| <b>AUDIENCE:</b>         | 5-20 or an average cabin size. Can be done with larger groups as well.<br>Ideal age: 10+  |
| <b>TIMING:</b>           | 75 minutes  |
| <b>APPENDICES:</b>       | Calendars Included at bottom  |
| <b>MATERIALS NEEDED:</b> | Calendar sheets or blank paper, writing utensil, surface to write on  |
| <b>SET-UP DETAILS:</b>   | Any space with surface to write on (Preferably in or near cabin BUT could be done outside, in an indoor programming space etc.)<br>Participants should have enough space to feel comfortable and be able to focus-in on themselves.   |

### SESSION TIMELINE

- 00:00-00:10 - See/Do/Think Something New (hook activity)
- 00:10-00:30 - Introductions and discuss the Big Idea, waking up to newness
- 00:30-00:45 - Learn about Jewish calendar and create “*Luachadash*”
- 00:45-01:00 - Ritual or blessing creation - in groups
- 01:00-01:15 - Share outs and bringing it back to camp

### SESSION OUTLINE:

#### **00:00-00:10 - See/Do/Think Something New (hook activity)**

Participants will be introducing themselves while participating in these 3 activities.

1: See Something New: session leaders ask everyone to notice something new about your space, to take their phones (if allowed) or eyes and take a picture (mental image or frame with hands if no phones/cameras) of something they see all the time and see it in a new way (could be literally finding something new in the room or out the window that you never noticed before, or something you see/look at all the time but in a new way, could be a single letter on your keyboard for example).

Ask participants to hold their pictures up to camera (for Zoom setting; can pass around in physical setting).

Ask a few volunteers to introduce themselves (name, pronouns, camp) and share: what does this mean to you, how is it different from what you usually look at or how you usually look at it.

If you are using your eyes because there are no phones/cameras at camp, try making a frame using your hands. Put up both hands making a fist. Extend both thumbs and forefingers. Turn one fist towards you and one away from you, with fingers/thumbs still extended. Join opposite fingers and thumbs together to make a rectangular viewfinder. Take “photos,” using your eyes, through the viewfinder to see the world in a unique and new way.

2: Do Something New: ask participants to physically put themselves in a new position with their bodies, or move in a new way (no new injuries!). Ask new volunteers to introduce themselves and share what they did.

3: Think Something New: the challenge: think a new thought. Give complete quiet for a bit; then ask for intros/shares. This is an opportunity to grow your brain in new directions.

#### **00:10-00:30 - Introductions and discuss the Big Idea, waking up to newness**

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Session leaders introduce themselves and invite anyone who didn't already introduce themselves via a sharing of the above to also introduce themselves. Ask the group: what are we doing here? What do you think are the "big ideas" of this experience?

Discuss waking up to newness. What is *Rosh Chodesh*? ("*Rosh*" is the Hebrew word for "head." "*Chodesh*" is the Hebrew word for "month." "*Chadash*" is the Hebrew word for "new." *Chodesh* and *Chadash* come from the same root word.) Explain: the cyclical nature of the head of a new month. Make connections to the moon. The importance in Judaism of the new moon "pregnant with possibility" - what can we birth? Birth is a synonym for "create" and implies newness. Ask if anyone knows how Rosh Chodesh is sometimes celebrated.

Read *Kohellet/Ecclesiastes* 1:9: "*What has been will be again/what has been done will be done again/there is nothing new under the sun.*" Ask if/how that resonates? What do we think about that statement? Have you ever done something new under the sun? What?! (Made first tracks on fresh snow, had a first run on fresh powder on a ski slope, etc?) Ask: what it would look like to be tuned on to newness every day?

### **00:30-00:45 - Learn about Jewish calendar and create a "Luachadash"**

The Hebrew word "*luach*" means "calendar." "*Luachadash*" is a made-up-word that means (roughly) "calendar of newness." Share the calendar template and talk about how each camper will/can create one to hang by their bed, or one for the cabin to fill out together. Their personal *luachadash* will record new things that they have done or tried at camp. Explain: when we do new things we tend to forget them quickly; recording your new accomplishments in your *luachadash* is a way to mark/record/keep them. This in turn makes it easier/more likely that it becomes integrated and not a fleeting moment that will disappear. Record new things/ideas/experiences they saw, learned, tasted, thought, that day. Remember to extend an invitation to copy or create their own calendars and/or to change it up/make it their own/etc.

Ask: how are Jews a lunar people? Use the moon to show how to use your right hand to cup the round edge of the moon. If you can cup with your right hand, the moon is waxing. If you can cup with the left hand, the moon is waning. If it is a full moon, it is the 15 of the Hebrew month, as the Hebrew calendar tracks the moon phases. According to the Hebrew calendar, the new day starts at sundown, hence all Jewish holidays start in the evening, including Shabbat. We have a lunar calendar with a solar correction. How does this interact with your understanding of a (written/visual) calendar?

A *Luachadash* could be a great bridge between camp and home! Campers could be encouraged: take your *luachadash* home and hang it on your wall and/or show it to your parents. Perhaps keep recording on your *luachadash* even when you are at home! Compare how many new experiences you have between camp and home.

### **00:45-01:00 - Ritual or blessing creation - in groups**

Discuss how ritual is a method for counteracting the “forgetting.” Cornerstone advisor and all-around awesome educator Shalom Orzach has said, “ritual is a manifestation of memory.” In breakout groups of 3, ask participants to invent either a new ritual around filling out the calendar (what might be the same every time as a container for what is different every time) OR to create a new blessing for newness. Put prompt into chat before starting rooms!

In physical setting, just split up into small groups.

### **01:00-01:15 - Share outs and bringing it back to camp**

Invite some groups to share their blessings and rituals - at least one blessing and one ritual. Discuss: how you might implement this at camp? Could you use the “warm-up activities” of seeing new, doing new, and thinking new)? What interesting twists do participants have, or how might they personalize to their contexts? (For example: this could be done with staff and the *luachadash* hung in the staff lounge, not just cabins.) Where and with whom could this be implemented at camp? This can be a tool that campers take home after camp. Think about the next step: not just bringing CS activity back to camp, but then bringing a camp activity to their actual homes.

## APPENDICES

**CAMP SUMMER 2021**

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WHAT IS SOMETHING NEW YOU EXPERIENCED EVERY DAY OF CAMP?

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| SUN | MON | TUE | WED | THU | FRI | SAT |
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## CORNERSTONE 2021 RESOURCE

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|-------------------------------------|------------------------------------|-----------------------------------|---------------------------------|----------------------------------|
| <b>CAMP<br/>SUMMER 2021</b><br>WEEK | SATURDAY <input type="checkbox"/>  | SUNDAY <input type="checkbox"/>   | MONDAY <input type="checkbox"/> | TUESDAY <input type="checkbox"/> |
|                                     | WEDNESDAY <input type="checkbox"/> | THURSDAY <input type="checkbox"/> | FRIDAY <input type="checkbox"/> | HIGHLIGHTS                       |

APPENDICES CONT.



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| CAMP SUMMER 2021 |  |
|------------------|--|
| S<br>U<br>N      |  |
| M<br>O<br>N      |  |
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