

### The Power of Ritual: Understanding and Creating Meaning Through Ritual, *Afternoon Experience*

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<b>TOPIC (S)</b>	Prayer - alternative, Wellness
<b>SUMMARY</b>	In this session participants will define, share, and create new understanding of rituals and begin to craft new ones that they can bring back to their camp communities. Participants will focus on how to consider rituals in adaptive ways at camp this summer.
<b>GOALS:</b>	Participants will hopefully leave the session with an expanded understanding of rituals and with new ideas of rituals to bring to their camp communities.
<b>AUDIENCE:</b>	25-30 participants (more would be possible). Camp staff or older campers.
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	Ritual Quotes Gallery Walk Template for Jamboard, Ritual Creation Museum Template for Jamboard
<b>MATERIALS NEEDED:</b>	Materials/tools for participants to write/type.
<b>SET-UP DETAILS:</b>	If virtual: Group should have ability to break into smaller groups. If in person: Group sitting in a circle or in rows with space to move around and break into smaller groups.

## SESSION TIMELINE

### 75 Minutes Total

Opening: 5-7 minutes

Defining Ritual: 5 minutes

Framing The Session: 10 minutes

Quote Wall Gallery Walk: 10-15 minutes

Ritual At Camp: 7 minutes

Creating Rituals: 15 minutes

Ritual Presentation: 15 Minutes

Closing Debrief: 5 minutes

## SESSION OUTLINE:

### **1. Opening: (5-7 Minutes)**

Facilitators open the session by modeling a ritual. Facilitators will guide the participants in the following ritual and then briefly discuss different aspects of the opening ritual listed in the notes below.

a. Identify how ritual can be an opening to any type of experience

#### **b. Ritual (3x3)**

- Three steps back
- Three words to help us set an intention in this space
- Three deep breaths to focus on this space
- Three steps forward

#### **Notes:**

- Being intentional through 3 steps back 3 steps forward during the Amidah
- Acknowledging the ritual of choreography in Judaism
- Facilitators name that this session isn't solely focusing on traditional Jewish ritual
- We'll be playing with and exploring rituals in all different types of contexts
- Individual vs group vs context of rituals.

### **2. Defining Ritual: (5 Minutes)**

Facilitators ask participants to answer the following questions in an open answer Menti

a. What does ritual mean to you? What comes to mind when we say the word "ritual?"

### **3. Framing the session (10 Minutes)**

## CORNERSTONE 2021 RESOURCE

This discussion can be done with the entire group or in smaller groups.

Facilitators lead participants in a discussion of the questions below:

- a. Shift into breakout rooms with a facilitator assigned to each group (depending on number of participants)
- b. Share general introduction of how the session will play out
- c. Facilitators lead participants in a discussion of the questions below:
  - i. What do we mean when we say “ritual”? (encourage them to think more broadly than just traditional “Jewish ritual”)
  - ii. What are examples of rituals in your life? Can you think of examples of Jewish/ non-Jewish?
  - iii. What characteristics that rituals have in common? (mindfulness/ intentionality vs. autopilot)

### **Some notes to share:**

- Rituals- honoring painful moments, not all rituals are positive
- Not everyone enjoys rituals - some find ritual to be constraining, prefer continuity (ritual rebellion, liberation)
- Rituals can become forced and it can also can be important to incorporate opportunity for spontaneity in ritual

### **4. Quote Wall- Gallery Walk (10-15 Minutes)**

- a. If the group was in smaller groups, bring the entire group back together to spend time in this gallery walk of quotes about rituals. Participants will have time to read each quote and answer with notes on the Jamboard of examples answering the questions connected to each quote.
- b. Jamboard - slides included in Ritual Quotes Gallery Walk Appendix
- c. Facilitators can bring the group back together and offer potential quick reflection before transitioning into the next discussion.

### **5. Ritual @ Camp (7 Minutes)**

Facilitators lead the group through a discussion about rituals at camp asking the following questions and points.

- a. What are some examples of rituals at camp? (things you have experienced/ facilitated)
- b. Why is ritual important at camp? Talk about the power/impact/why is ritual important.
- c. Why is ritual important at camp this summer particularly? What might ritual look like when we can't have big camp programs?

### **6. Creating Rituals (15 Minutes)**

During this section, participants will have an opportunity to create their own rituals together.

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- a. Break participants into groups of 2-4 to work together to create rituals. Facilitators should assign one of the “topics” (time of day) to each group for them to create a ritual that corresponds with that topic.
- b. Before sending the groups off to work on their ritual, assign them their topic and provide the questions for them to consider while creating their rituals.
- c. Participants should answer the questions along with a description of their ritual on the Ritual Creation Museum Jamboard.
- d. Let participants know that they will be presenting their rituals back to the group when the group comes back together.

### **Topics: Time of day for rituals** - assign 1 topic to each group

- Starting the day
- Schedule transitions (before or after activities/programs)
- Before/during/after meals
- Nighttime/bed time
- Specific day of the week
- Bunk clean up
- Shabbat
- Special moments - Color War etc., birthdays, celebrations
- Rituals for Staff
- Anytime!

### **Questions to answer in creating their Ritual**

**Pillars:** purpose, intention, impact, components

- a. If your topic is broad, choose an aspect you would like to focus on?
- b. What purpose does this ritual serve?
- c. What are the components of the ritual?
- d. What do you hope people will feel as a result of experiencing this ritual? How will it impact their experience at camp?

### **Note for facilitators to offer additional things to consider to participants in explaining this activity:**

- consider if this ritual is best for individual bunk, unit, camp wide (can be creative with this - shared rituals happening at the same time even if not physically together)

### **7. Presentation of Ritual (15 Minutes)**

- c. Each group presents the ritual that they created to the entire group



## CORNERSTONE 2021 RESOURCE

d. Participants can follow along on the jamboard ritual museum as each group presents their ritual

- Allow space for participants to ask any questions to the groups presenting
- If there is time, you can pick 2-3 groups to lead everyone through the ritual
- Create a list of all of the rituals they created- find ways to share it out (or send the jamboard PDF out to participants)

### **8. Debrief (5 Minutes):**

Facilitators ask the participants to revisit and answer the following questions we answered at the beginning of the session. Participants can share in the chat and a few can share outloud to the group. Now that we have had this experience...

- What does ritual mean to you?
- What comes to mind when we say the word “ritual?”
- How do you define ritual now?