

CORNERSTONE 2021 RESOURCE

Boker Or or Boker Tov, *Start your Day*

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TOPIC (S)	Jewish Text, Jewish Values
SUMMARY	The greetings we use to start and mark our day are profound and when we listen hard, we hear the echoes and potential of creation and renewal. Each day we have the capacity to "renew in goodness the creation continually everyday." (shacharit service) Both the expressions Tov -Good and Or- Light are central motifs of the creation story.
GOALS:	In this session we will set intentions for how we make the world slightly better and brighter today and everyday. Participants will be invited to create rituals and intentions for beginning their days and giving them purpose
AUDIENCE:	Liaisons and fellows, no limit in size.
TIMING:	30 minutes
APPENDICES:	Source sheet https://docs.google.com/document/d/1MZCVRoc5bTMpLUwrZRHCEyPN3h-8eM1MqZEwtE9xdgU/edit
MATERIALS NEEDED:	N/A
SET-UP DETAILS:	N/A

SESSION TIMELINE:

5 minutes - Introductions

5 minutes - Words count. Focus and share the first five words you say when beginning your day. What are you trying to convey? Why is it important?

15 minutes - In Hebrew there are two common ways that folks greet one another, Boker Tov- Good morning, and or Boker Or -Literally have a bright light filled day. Share texts that depict the way these terms appear in the creation story.

One of the HUGE takeaways is that creation occurred through words. What kind of world/ community will you create today through your (opening) words?

10 minutes - Study two or three texts that bring these ideas home. Each day of creation the term Tov is used to depict God's pleasure in what was created. The creation itself brought light into the world which Kabbalists and others elicit great significance and symbolism. A smile can bring light, we will suggest additional practices for making our days tov- Good and Or -Bright.