



CORNERSTONE 2021 RESOURCE

Reviving the OG Shabbat Walk, *Shabboption*

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TOPIC (S)	Mindfulness walk to prepare for Shabbat. Topics: Shabbat, nature
SUMMARY	A guided walk to reflect on the week and feel ready to enter Shabbat based loosely on an ancient Shabbat custom.
GOALS:	Participants will be able to reflect meaningfully on their week, and be able to communicate what they hope Shabbat will bring. They will also be able to connect the structure of the walk to ancient practice.
AUDIENCE:	Any age, though the youngest campers might have a harder time with the self-guided aspect of this session. Ideal group size is no more than 15, but it can be done with more.
TIMING:	30 minutes
APPENDICES:	Shabbat Walk Source
MATERIALS NEEDED:	Portable device (smartphone), a shofar or other instrument that can make a loud and clear sound (optional)
SET-UP DETAILS:	This session can take place anywhere. Ideally in person, it takes place in an area where there is plenty of room to spread out and walk around a woodsy trail is ideal.

SESSION TIMELINE

00:00-00:05- Welcome and Partner Share

00:05-00:20- Shabbat Walk

00:20-00:30- Reflection and Close

SESSION OUTLINE:

00:00-00:05- Welcome and Partner Share

Welcome participants and make sure they have what they need to step outside for a short walk. (A portable device, comfortable shoes, etc.)

Before beginning, put participants in pairs and have them ask each other:

- What are you proud of from this past week?
- What are you ready to let go of from this past week?

00:05-00:20- Shabbat Walk

Explain: We are now going to take a walk as a way to prepare for Shabbat. Turn off your video, step outside, and walk wherever you'd like. While you walk, reflect on your week: what happened on Sunday? What happened on Monday? etc. When you "arrive" at the time in your week what made you proud, stand still for a moment, stand up tall, and let out a howl (if you feel comfortable). When you "arrive" at the moment you'd like to leave behind, stop for a moment, and touch the ground, leaving that moment behind. The goal is not to walk quickly, or to arrive at a destination, but rather to allow the week to move through us as we move forward. Take your time. You might not even finish and that's okay too.

Note: participants should keep their video off, but make sure they can still hear or see Zoom notifications.

After about 10 minutes of walking, blow the shofar (or make a shofar-like sound with your voice, instrument, or device). This should be a signal for participants to head back toward their starting points.

At this point, invite one participant to turn on their video. Smile and welcome them back, and ask them to invite someone else to turn on their video. The most recent person to arrive should invite the next person to turn on video until the entire group is back on screen.

00:20-00:30- Reflection and Close

Regroup, and ask participants:

- How did it feel to go through your week? What did you notice? Is there anything that came up that you had forgotten about?
- How did it feel to celebrate and to let go?

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- Did it help you to reflect on your week while walking? How so?
- Describe your week in one word. Share it in the chat.

Many participants might find the experience of walking and picking people up on the way familiar from their camps. Explain that there may actually be ancient origins to this experience:

The Talmud describes how in ancient times, the shofar would be sounded to let

people know Shabbat was coming. When they heard the shofar, it was time for the people who worked in the fields to come home. (The fields were outside the city walls.) Those closest to the city walls would wait for those farther out to arrive, and they would enter the city together and head home to prepare for Shabbat.

(If there is time, rather than explaining the talmudic custom, read the source together and answer the questions on the Shabbat Walk Source sheet.)

Explain: this experience was both personal and communal. There were parts that you could only do alone, and parts you could only do together. With that in mind:

- What is something you would like to do for yourself this Shabbat?
- In what way(s) do you hope to connect with other people over Shabbat?

Sound the shofar one more time and all together say: Shabbat Shalom!

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In person modifications:

- In person, lead the group to the beginning of the walk (pick anywhere that will allow plenty of space to wander). Instruct participants to walk alone, but following the person in front of them, allowing at least 10-20 feet of space between them.
- When the shofar is sounded, the person in the back of the group (make sure the last person knows they are last!) should start to walk just a little more quickly, so they catch up to the person in front of them. That pair should pick up the next person, and so on, until the entire group is together.

Other modifications:

- If taking a walk outside is not the best option for the group, invite participants to meander around the room they are in, or lie down, close their eyes, and go on a walk in their minds. (You can even direct them with a guided meditation.)
- This session can be extended into a longer mindfulness experience.