

### Concentric Circles: Culture Shift in Shabbat and Tefillah Practice at Camp *Elevate Session*

<b>AUTHOR(S):</b>	Sara Beth Berman
<b>TOPIC (S)</b>	Shabbat, Tefillah
<b>SUMMARY</b>	<p>“Why do I have to go to Shabbat services?” You might have heard this question from a camper or counselor before. In this master class, you will examine the Why - WHY do you have prayer and Shabbat experiences at your camp? From these discussions, you will develop a plan for how you’re relaying that message to your camp communities. This work will help you identify how you can create a sense of shared ownership over the soul of your camp, and how you can create a brave space for exploring not just belief, but who each member of your camp community is as a person.</p>
<b>GOALS:</b>	<p><b>AFFECTIVE: PARTICIPANTS WILL FEEL...</b></p> <ul style="list-style-type: none"> <li>• ...a sense of ownership (over, and responsibility to, their communal prayer and Shabbat practices)</li> <li>• ...a sense of purpose (in stewarding this project and culture shift in camp)</li> <li>• ...an understanding of why (they care about prayer and Shabbat at camp)</li> <li>• ...their belief, as a community, matters</li> <li>• ...that they can start small</li> </ul> <p><b>BEHAVIORAL: PARTICIPANTS WILL BE ABLE TO...</b></p> <ul style="list-style-type: none"> <li>• ...create a sense of shared ownership over prayer and Shabbat camp</li> <li>• ...lead conversations about caring about their camp community</li> <li>• ...articulate why their community’s prayer and Shabbat observance, matters</li> <li>• ...empowering others</li> </ul> <p><b>COGNITIVE: PARTICIPANTS WILL KNOW...</b></p> <ul style="list-style-type: none"> <li>• ...ways to create sense of shared ownership of the soul of camp</li> <li>• ...and interesting experiences.</li> <li>• ...they will have interesting and challenging conversations around Shabbat and prayer</li> <li>• ...how to discuss their beliefs with others</li> <li>• ..how to engage in these activities and conversations</li> </ul>
<b>AUDIENCE:</b>	Full groups of camp fellows, liaisons, shlichim, directors
<b>TIMING:</b>	Master Class - 165 minutes (2 hours, 45 minutes - 15 minutes of break included)
<b>APPENDICES:</b>	<ul style="list-style-type: none"> <li>• Bronfenbrenner chart and movie: <ul style="list-style-type: none"> <li>○ Chart <a href="https://www.psychologynoteshq.com/bronfenbrenner-ecological-theory/">https://www.psychologynoteshq.com/bronfenbrenner-ecological-theory/</a></li> <li>○ Powtoon <a href="https://www.youtube.com/watch?v=aSfPSLBw-Nc">https://www.youtube.com/watch?v=aSfPSLBw-Nc</a></li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• The Golden Circle - Simon Sinek's Ted Talk <a href="https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en">https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en</a></li> <li>• Zoom by Istvan Banyai <a href="https://www.youtube.com/watch?v=JMhUujrN4iU">https://www.youtube.com/watch?v=JMhUujrN4iU</a></li> <li>• Baal Shem Tov Lights a Fire <a href="https://jewishcamp.org/wp-content/uploads/2017/05/Cmon-Baby-Story-2.pdf">https://jewishcamp.org/wp-content/uploads/2017/05/Cmon-Baby-Story-2.pdf</a></li> <li>• Hineini resources plug (<a href="https://jewishcamp.org/camp-professionals/immersive-learning/hineini-resources/">https://jewishcamp.org/camp-professionals/immersive-learning/hineini-resources/</a>)</li> </ul>
<b>MATERIALS NEEDED:</b>	It's up to you, but you'd be well-served to have a good video setup if you wish to show the videos, or good copies of the Bronfenbrenner charts and the Baal Shem Tov Story, and a few copies of Banyai's book or books. Pen/cils needed, and scratch paper
<b>SET-UP DETAILS:</b>	Computers with zoom, room to group in "circle up" circles, and comfortable chairs. Also, this is a long one, so--snacks.

### SESSION TIMELINE

- 00:00-00:20 (20) - Opener / Grabber
- 00:20-00:55 (35) - Circle #1: Sinek
- 00:55-1:25 (30) - Circle #2: Bronfenbrenner
- 1:25-1:40 (15) - Break
- 1:40-2:00 (20) - Circle #3: Honi
- 2:00-2:30 (30) - Circle #4: Circle of Stars
- 2:30-2:45 (15) - Discussion

### SESSION OUTLINE:

- Grabber (20 minutes):
  - Pre-grabber chat (5 minutes):
    - Hi I'm SBB...
    - Rename, pronouns, camp!
    - In the chat, put your camp, your role, and your favorite thing about Shabbat at camp.
    - ...now, the hardest part of Tefillah for you at camp.
      - Unmute: Who noticed someone saying something that spoke to them - introduce yourself (name, camp, serial number) and tell us why.
  - Main grabber (10 minutes):
    - I'm going to give you a prompt, and I will send you into a breakout room by camp. In this breakout room, you're going to have to come up with some kind of visual representation as an answer to these prompts on a [Jamboard](#) created for you. You can decide how to put together your Jam - just make sure that you have some combo of pictures and text on your slide that addresses the prompt. Add your

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- camp logo or other pictures that help tell your story! You'll see lots of slides, but stick with "your camp slide 1"
- (Demo Jamboard if necessary before breakouts / circle ups)
  - breakouts / circle ups - hereafter to be called "circle ups" because of the circle theme in this session (7 minutes): You will have 7 minutes in your breakouts / circle ups to answer these two prompts:
    - What's your Shabbat story at your camp?
    - What's the story with Tefillah at your camp?
  - Return (5 minutes):
    - Flip through all of the jams.
      - What do you see on another camp's jam that you want to add to your own?
      - What on your own camp jam needs explanation?
  - Circle #1 - Sinek's Golden Circle (35 minutes):
    - Let's talk about what we do at our camps: put in the chat the answers to these questions from YOUR point of view (5 minutes):
      - What do we do at camp for Shabbat/Tefillah?
      - How do we do what we do at camp for Shabbat/Tefillah?
      - Why do we do what we do at camp for Shabbat/Tefillah?
    - And now I want you to try to do this in breakouts / circle ups - go to your camp's next jam slide (your camp slide 2) and do a brainstorm of answers to these questions - again, a combo of words, pictures, and post-its would be lovely (10 minutes):
      - What do we do in Tefillah / Shabbat at camp?
      - How do we do Tefillah / Shabbat at camp?
      - Why do we do Tefillah / Shabbat at camp?
    - The Golden Circle - Simon Sinek's Ted Talk (10 minutes) [https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action?language=en](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en) (1:10-3:45, but the whole video is worth watching). Introduction to discussion - Ariella's changing what/how leads to a good change in why.
      - Discussion:
        - How did thinking through Sinek's Golden Circle lens change your ideas about what you wrote before about your camp?
        - How can you target your work this summer and beyond by thinking through this lens?
        - What does it mean to "start with the why" for your camp?
    - Back to breakouts / circle ups - you'll have 10 minutes to reorganize your jamboard - how can you get to a place where you're really starting with the why? And how can you share that with your community? The question from our discussion after the video should guide this conversation: Why do we do Tefillah / Shabbat at our camp?

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- Discussion (10 minutes) - Eliana:
  - Again - what does it mean to “start with the why” for your camp?
  - Now that you’re seeing it taking shape on the jamboard in front of you, how will you move it from this digital space to your shared spaces for camp - online or in person - going forward?
  - In thinking about the “why” for your camp - how do you manage all the different “whys” for all of the different individuals?
  - In thinking about the “how” at your camp - how will the COVID procedures influence your “why” methodologies?
    - What does it mean for “why”s to change, from year to year?
    - COVID is forcing change - but really, change is one of the only constants in this world - what change for this summer will be a COVID keeper, or something from the year+ of adaptations that you’ll want to keep doing in the future?
    - How long does it take to change a tradition in camp?
- Circle #2 - Bronfenbrenner (30 minutes): We’re going to bounce back and forth from community to individual to community - as you read in your course description here, we’re exploring circles.
  - *One of the things I’ll say here is that I debated in teaching this community - individual - community, and was wondering if I wanted to go inside the individual - out to community - and then back into the individual. In working with a series of colleagues, I found that starting and ending with community made more sense to me because we’re working for our all-camp communities, and while we MUST think about each individual, we’re going to think about how they can help form a beautiful whole. So often the purpose is that prayer and spirituality will elicit a change in the person, and a response in the person, and a transformation in a person - do it in a collective because it’s easier that way, more connective, more joyful. Easier to open your heart when you are in a community.*
  - Here’s our first circle: Urie Bronfenbrenner’s Ecological Systems Model. I’m a psych major, and this model often helps me think about a person’s experience within the context of community. We’re going to watch a short film - a powtoon made by psych students - about the layers in Bronfenbrenner’s model, but you do not need this film to explain the circles at all. You can just use a diagram like this one - pasted onto the jamboard, slide 2: <https://www.psychologynoteshq.com/bronfenbrenner-ecological-theory/>

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- Video: <https://www.youtube.com/watch?v=aSfPSLBw-Nc>
- Discussion:
  - What did you notice in this video that might have something to do with camp?
  - What was interesting to you about this theory?
  - What was surprising to you?
- Now - we're going to go back to our camp's breakout / circle ups Jam, your first slide. Take the images, words, and post-its that you put on your jamboard (your camp slide 1) and start to organize in Bronfenbrenner circles. You will have just under 10 minutes in your breakout / circle ups to organize in this way, and then each camp will share. Please designate someone to speak for your group.
  - Discussion:
    - How did Bronfenbrenner's model help you think about the circles of influence at your camp?
    - How does this help you think about your work at camp this summer in terms of building just your own community?
    - ...and how does it make you think about your reach beyond camp?
    - How does thinking in this way help you to plan for this summer and beyond?
    - How did this model make you think about the individuals in your camp community? (Not just campers, but also staff, people who don't identify as Jewish, visitors, parents watching from home...)
- 15 minute break
- Circle #3 - Honi (20 minutes): Taanit 23a -Ariella
  - Text study: Honi the Circle Maker plants for the future - who's heard this text before? New or old, it's always good to take a seasoned text for a spin. (Who is Honi and why is he a circlemaker?). Let's take a few minutes to dig in.

Babylonian Talmud: Taanit 23a	Source: sefaria.org
<p>One day, he was walking along the road when he saw a certain man planting a carob tree. Honi said to him: This tree, after how many years will it bear fruit? The man said to him: It will not produce fruit until seventy years have passed. Honi said to him: Is it obvious to you that you will live seventy years, that you expect to benefit from this tree? He said to him: That man himself found a world full of carob trees. Just as my ancestors planted for me, I too am planting for my descendants.</p>	<p>לְהוּיָא גְבָרָא דְהוּהוּ נָטַע חֲרוּבָא אָמַר      לִיהּ הָאִי עַד כַּמָּה שָׁנִין טַעִין אָמַר לִיהּ עַד      שְׁבַעִין שָׁנִין אָמַר לִיהּ פְּשִׁיטָא לָךְ דְחַיִּית      שְׁבַעִין שָׁנִין אָמַר לִיהּ הָאִי גְבָרָא עֲלָמָא      בְּחֲרוּבָא אֲשַׁכְחַתִּיהּ כִּי הִיכִי דְשִׁתְּלוּ לִי      אֲבָהַי שְׁתִּלִּי נָמִי לְבָרָאִי</p>

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- Discussion Questions:
  - What from this text helped you think about your prayer/Shabbat work at camp?
  - What from this text helps you think about the work that you're doing in this particular elevate session?
  - How can this text help you plan for this summer, and beyond?
  - This summer is going to be different than any previous summer - when you think about planting one individual tree - what's one specific thing you must do to make Shabbat and Tefillah a brave and safer space for your campers this summer?
    - Hineini resources plug (<https://jewishcamp.org/camp-professionals/immersive-learning/hineini-resources/>)
  - What is the 70 year future - beyond your personal impact on camp?
- Circle #4 - Circle of Stars (30 minutes): Now that we've had a chance to talk about the pieces that come together to make your camp's Tefillah / Shabbat situation what it is, let's talk about the component parts.
  - First we will watch / read Zoom by Istvan Banyai (10 minutes): <https://www.youtube.com/watch?v=JMhUujrN4iU>
    - (or Re Zoom <https://youtu.be/Ro41QYcC3Go>)
    - Discussion
      - What does this video have to do with the work we've done thus far?
      - What do Banyai's illustrations make you think about doing with your campers this summer?
      - How can you Zoom into what matters to make good change at camp this summer?
  - Sketch (10 minutes) - Eliana:
    - We spent a fair amount of time talking about the component parts of your larger community - what everybody is engaging in when they're in Tefillah / Shabbat at your camp. Now let's talk about individuals. I'll start with a little text that I like so much, I have it on the atara, the neck band, of my tallit (a place where many people choose to wear some "why" that is important to them):

Psalm 147: 4	Source: sefaria.org (translation modified by SBB)
God reckoned the number of the stars; to each God gave its name.	מוֹנֵה מִסְפָּר לְכּוֹכָבִים לְכֻלָּם שְׁמוֹת יְקָרָא:

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- Everybody take out a pen/paper and sketch a person in camp -and when I say sketch, I mean you can write a list, draw and label a stick figure, or do a realistic portrait. As long as you answer the prompts, you're doing exactly what you should be doing. However you're doing this, you're doing it right.
  - They might be a first-time camp, a board member, or in the oldest age group. They may be a security guard or a member of the maintenance staff. It could be you, it could be someone else.
  - Draw them in some kind of Tefillah / Shabbat experience. What are they wearing? What are they thinking about?
  - What do they like? What do they find challenging or boring?
  - What are they looking forward to?
  - Are they connecting to something larger than themselves? What are they feeling in their hearts/minds?
  - How does their closest friend in camp contribute to their experience?
  - Why are they there?
  - How can they show change (culture shift) over their time in camp?
- Group (10 minutes): We're going to put you into random breakouts / circle ups - groups of 3 people each for 5 minutes. It's quick, so you have to say two sentences each: first, share your sketch and one vital detail about it. Then, go around and share the why. When you return, you'll have a chance to share the whys that you heard from this mosaic of members of your camp community.
  - Discussion (5 minutes):
    - Which why was the most meaningful to you - and why?
    - Which why made you want to do better with / for that person - and how do you think you'll do that together?
- Debrief - End-of-Session Campfire aka C'mon Baby Light My Fire (15 minutes):
  - <https://jewishcamp.org/wp-content/uploads/2017/05/Cmon-Baby-Story-2.pdf> Thanks to my teacher Josh Lake, this story will open the close of this session. The imagery of a campfire is ideal - imagine you're sitting circled up, outside, with a fire burning. Everyone can see everybody else, everybody is snacking on smores if they so choose. Songs can fill the space, and you feel warm, safe, and held.
  - Discussion (5 minutes):
    - What do you want your community to know when they go home?
    - What fires do you want them to keep lighting when they're home?
  - Debrief (10 minutes)
    - What did you learn about yourself and your camp today?



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- What does this program make you think about your camp's Shabbat and Tefillah?
- What's a challenge you'll attempt this summer, using this course as a guide?
- What was most surprising about your discussions with your camp group today?

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In order to best adapt this program for in camp use I would suggest:

- Having sufficient copies of the texts to share - and using the text stand ins for the videos if no text capacity
- Use component parts of this session to move your mission forward. Do not try to do this whole session in one sitting!