



CORNERSTONE 2021 RESOURCE

Time and Space - the Holiness of Shabbat *Shabboption*

AUTHOR(S):	Seth Braunstein
TOPIC (S)	Shabbat, prayer, spirituality
SUMMARY	In this session, we will read excerpts from R. Abraham Joshua Heschel's work "The Sabbath" and explore some ways he looks at Shabbat as a "palace in time". We will discuss and draw out lessons that can be applied to the way we experience and teach about Shabbat more broadly.
GOALS:	Participants will hopefully leave the session with an expanded understanding of the deeper meaning of Shabbat and expand their imagination of Shabbat engagement in summer camp.
AUDIENCE:	Older Campers or Staff
TIMING:	30 minutes
APPENDICES:	Excerpts from The Sabbath by: Abraham Joshua Heschel (Google Slides)
MATERIALS NEEDED:	Materials/tools for participants to write/type.
SET-UP DETAILS:	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

30 Minutes Total

00:00-00:05 - Introduction

00:05-00:25 - Read, discuss and reflect upon 4 excerpts from Heschel's book "The Sabbath"

00:25-00:30 - Closing Reflection

SESSION OUTLINE:

Part 1- 00:00-00:05 - Introduction

Share one image or experience that depicts for you a holy moment / Palace in Time in your camp experience? It should but does not need to be a Shabbat moment.

*In many ways the entire camp experience is it's own "Shabbat" or "Palace in Time".

Part 2 - 00:05-00:25- Read, discuss and reflect upon 4 excerpts from Heschel's book "The Sabbath"

Text #1:

"The Sabbath is not determined by any event in nature, such as the new moon, but by the act of creation. Thus the essence of Shabbat is completely detached from the world of space."

Text #1 Reflection questions:

- 1- What does it mean that Shabbat was created by the "act of creation"?
- 2- Why is Shabbat detached from the world of space?

Text #2:

"The meaning of Shabbat is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to *holiness in time*. It is a day in which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world."

Text #2: Reflection questions:

- 1- **What does it mean to** "turn from the results of creation to the mystery of creation" and "from the world of creation to the creation of the world"?
- 2- **What does it mean to** "celebrate time rather than space"

Text #3:

"Judaism is a religion of time aiming at the *sanctification of time*. Unlike the space-minded man to whom time is unvaried, iterative, homogeneous, to whom all hours are alike, qualities, empty shells, the Bible senses the diversified character of time. There are no two hours alike. Every hour is unique and the only one given at the moment, exclusive and endlessly precious. Judaism teaches us to be attached to *holiness in time*, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of a year. The Sabbaths are our great cathedrals..."

Text #3 Reflection questions:

- 1- What do you think the quote “There are no two hours alike” really means? What is the author’s intention?
- 2- Why does Judaism want us to be attached to sacred events and “consecrate sanctuaries that emerge from the magnificent stream of a year”?

Text #4:

“The art of keeping the seventh day is the art of painting on the canvas of time the mysterious grandeur of the climax of creation : as He sanctified the seventh say, so shall we. The love of the Sabbath is the love of man for what he and God have in common. Our keeping the Sabbath day is a paraphrase of His sanctification of the seventh day.

What would be a world without the Sabbath? It would be a world that knew only itself or God distorted as a thing of the abyss separating Him from the world; a world without the vision of a window in eternity that opens into time.”

Text #4 Reflection questions:

- 1- Please reflect on this excerpt. What do you think it is telling us?
- 2- Why the image of art? What can that teach us?

Part 3- 00:05-00:25- Closing Reflection

Share one takeaway and ask the participants to share how they might bring some ideas shared in this discussion back with them to camp?