



CORNERSTONE 2022 RESOURCE

Activated Ashrei, *Energize Your Day*

AUTHOR(S):	Eliana Light
SUMMARY:	In this session we will: dive deep into the first six words of “Ashrei” through text study, song, movement, and mindfulness, letting our ancestors speak to us through the siddur in a new way and responding with our full selves in a moment of personal prayer. (we will include kaddish)
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> ● connected to Ashrei in a new way ● empowered to prayer however they feel <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> ● experience a new melody for ashrei ● find a connection through the multiple modalities presented <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> ● the difference between prayer and liturgy ● different translations for ashrei ● that there is so much more to learn in and through our t’fillah
AUDIENCE:	This is a session for cornerstone fellows, any size group
TIMING:	45 minutes
APPENDICES:	Activated Ashrei Handout
MATERIALS NEEDED:	The handout and space to move; paper and writing utensils; index cards
SET-UP DETAILS:	Chairs in a circle, space inside and outside the circle to move in

SESSION TIMELINE

- 00:05 Niggun and introduction
- 0:05-0:15 Chevruta learning
- 0:15-0:22 Discussion
- 0:22-0:30 Singing through Ashrei
- 0:30-0:38 Mindfulness and prayer space
- 0:38-0:45 Kaddish and wrap up

SESSION OUTLINE:

00:05 Niggun and introduction

- Sing one of the ashrei melodies as a niggun to signal that the program is starting
- Welcome everyone- it's the afternoon, here we are sitting together.
- What a gift that our liturgy gives us- a chance to activate our afternoon. Let's see if we can take that liturgy and alchemize it into prayer
- Make it known that while we are focusing on ashrei, there will be time later for silent prayer of all varieties, and we will be doing kaddish.
- Hand out the activated ashrei text study sheet and explain chevruta/paired learning. Talk out loud, discuss, question, explore, and when you hear the guitar again it's time to come back

0:05-0:15 Chevruta learning

- time for chevruta learning.
- Play the same niggun to bring people back

0:15-0:22 Discussion

- Debrief the chevruta experience- what was discovered? What questions were asked? What was sparked?

0:22-0:30 Singing through Ashrei

- Explain that we'll be singing a few versions of ashrei, followed by a mindful moment, and a moment of personal prayer. Each melody is a midrash, a new take. Sing along, even if you don't know it. Feel free to move, to sit, to listen, however you want to feel into it. How does the music change your experience of the words?
- Sing through 2-4 melodies for Ashrei depending on your time. Some favorites include [Peri Smilow](#), [Joshua C Cohen](#), [Or and Feliza Zohar](#), and [Shefa Gold](#)

0:30-0:38 Mindfulness and prayer space

- Invite everyone into a meditative stance- sitting up tall, feeling connected to the earth through your feet, shoulders back, hands on lap, eyes coming to a close
- Invite participants to feel their body as they sit- even as they are still, there is still movement. Their bodies are working, active, even at rest. how amazing that we can dwell in these bodies. Invite them to feel gratitude
- Invite them to sigh a contented sigh. Invite them to feel contentment in their bodies.
- Invite them into time for personal prayer. Invite them to say the words of the siddur, or to sit in their prayer, feel into their prayer, move their prayer, or write their prayer. When they hear the words of the kaddish, it will be time to come back

0:38-0:45 Kaddish and wrap up

- Invite participants into mourner's kaddish
- Hand out index cards
- Ask, if this prayer was giving you a piece of advice, what would it be? If you took this advice, how would your life be different? how would the world be different?
- Give a few minutes to write- if out of time, it can be a thoughtful moment and not written down
- End with a thank you and one more round of niggun, or a deep breath

BRINGING IT TO YOUR CAMP:

This can be done with any piece of prayer text, and in a prayer setting or as a separate program. Also, play around with the different modalities! Maybe at one service you want to play many different melodies of a prayer, and maybe at another one you use the chevruta modality. Also, if you do not play an instrument, playing recorded versions of the prayer also works.