

CORNERSTONE 2022 RESOURCE

Prayer & Spirituality in a Camp Setting *Supervisor Elective*

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SUMMARY:	In this session, we will explore the essential components of creating meaningful prayer and spiritual experiences in a camp setting and have the opportunity to reflect on what our own camp does and think about how we can enhance those moments.
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> Comfortable articulating the essential components of a spiritual / magical moment / experience in camp both generally and in their camp specifically. <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> Feel comfortable talking about spiritual / magical moments in camp and have a deeper understanding of how to facilitate them. Reflect on their own camp and analyze some of what they do to successfully implement these experiences and think about where they can improve these experiences in their camp. <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> How to breakdown the different aspects of what creates these moments. How to work with other staff to create these moments.
AUDIENCE:	This is meant for both a senior staff audience as well as counselors and possibly junior counselors depending on how it's facilitated.
TIMING:	75 Minutes
APPENDICES:	Spirituality Definition
MATERIALS NEEDED:	Sticky note Pads – 4X6 Pens Paper Poster Board
SET-UP DETAILS:	<p>Ideally in a setting that would allow the participants to genuinely be reflective and creative.</p> <p>Space Set up – Half circle of chairs to create an intimate setting.</p>

SESSION TIMELINE

- 00:00 - 00:05 - Introductions - Why did you choose this session?
- 00:05 - 00:15 - Framing and opening reflection questions
- 00:15 - 00:25 - Components of spiritual moments/ experiences.
- 00:25 - 00:35 - Defining Spirituality / Magical Moments
- 00:35 - 00:40 - Analyze the components that make a moment feel spiritual/ magical.
- 00:40 - 00:50 – How to prepare staff to facilitate spiritual/ magical moments.
- 00:50 - 00:60 - Chevrotah to discuss what your camp does / does not do?
- 00:60 - 00:70 - Share ideas that came up in your chevrotah discussions.
- 00:70 - 00:75 - Conclusion - Reflections and sharing small steps you hope to implement this summer.

SESSION OUTLINE:

- **Opening:** Ask people to share why they came to the session? (not going to change the session on the spot but gives me a sense of the audience, which is important for this topic).
 - **Use of language during the session** - Different camps are sensitive to different types of language so we are going to use the word spiritual interchangeably with magical. I recognize that for some that is challenging and for others that might be incredibly freeing and helpful.
 - We will be talking primarily about group (small or big experiences in camp) and how to make them feel more spiritual or magical. I also want you to think about **isolated moments that also feel spiritual or magical** ie. waking up early in the AM to the quiet and dew all over, stepping out of your tent on a camp out and looking up at the stars etc. Where are those moments? How can we harness them? How can they influence the larger experiences that we are looking to create in camp?
- I. **Trigger A** → Share a moment/ experience in your camp that you feel brings about a sense of spirituality? If you can, share one that is communal and another that happens on a smaller scale re: bunk/ unit etc.
- These moments can be ones you either experienced or facilitated.

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- These moments do not have to necessarily be based around a traditional Jewish ritual but they can be.
 - If you have a prayer / t'filah example, please share that as well. Many camps struggle with meaningful prayer outside of Friday night and so it would be good to hear about.
 - Not to minimize Kabbalat Shabbat / moment when Shabbat enters and havdalah but I want to push you to think about other moments. We will explore KS/ Havdalah later on as well...
- II. Trigger B** → Share moments in your camp that you would want to have imbued with a sense of spirituality but it's not quite there?
- Please share one that is communal and another that happens on a smaller scale re: bunk/ unit etc.
 - Why do you think these moments struggle with having a sense of spirituality?
- III. Components of Spiritual Moments in Camp:** Why do you think those moments are imbued with a sense of spirituality? What are the essential components that make it feel that way? (try to share it in the form of a phrase that can be captured in a sticky note!)
- These phrases will be written on individual Sticky Notes and will be placed on the wall in front of us.
 - The Supervisors will then have an opportunity to walk around and read other's ideas and possibly categorize them.
 - **Discussion** - What did you notice? Anything stand out to you?
- IV. Defining and unpacking the term spirituality**
- **Google** - "Spirituality involves the recognition of a **feeling or sense or belief** that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature."
- V. Analyze some of those components**...important to point out that these moments don't just happen. ie. Community / intentionality / preparedness/ w weather / institutional memory/ knowledge/ community by in etc.
- Can spiritual moments be orchestrated?
 - If spiritual moments are mostly subjective, how can we facilitate or possibly enable them?
 - Can anyone share spiritual moments outside of a camp setting and share what the components were that created them?

VI. **How to prepare staff so they can work on creating these moments within and outside a t'fillah context.**

- Recognize that this might not always be possible (based on our previous discussion) and is highly nuanced. It is not a “formula”. There is also a difference between a more public event or a smaller bunk type of experience.
- Share some essential ideas to work on and recognize that it is a process and requires buy in.

--> Attitude/ Intentionality / knowledge / Preparedness / Environment / Setting/ Culture etc.

- Facilitate a conversation to see if people agree/ disagree or have other insights to share based on their own lived experience. Have these worked/ not worked in their own camp environments?

VII. Pair up in **chevrutah** to discuss what your own camp does/ does not do to create these moments.

VIII. **Come back and share** what came of these discussions...ideas you shared/ ideas you learned etc.?

IX. **Conclusion: Small steps / implementation ideas** that you plan to bring back to camp this summer as a result of this discussion?

BRINGING IT TO YOUR CAMP:

This program could be run with staff but would need to be adapted to fit your camp's needs. The session was written with a broad camp audience in mind. I think it might be really fantastic to explore some of the components of what creates spiritual / magical moments and how a camp can take small steps to improve components of those experiences.