

## CORNERSTONE 2022 RESOURCE

### Sacred Time: Turning Moments into Memories *Specialty Track*

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<b>SUMMARY:</b>	This three-session track unpacks the ingredients of sacred time, from Shabbat to birthdays, from milestones to unexpected surprises to create new traditions and re-infuse meaning into the old, in order to take ordinary time and elevate it into moments that will never be forgotten.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• Pride in the rituals and special moments they love from their camps</li> <li>• Excited to bring new rituals and techniques back to camp</li> <li>• Connected to fellow participants as a result of what they experience together</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Identify the ingredients of an experience and what makes it special</li> <li>• Adapt and replicate rituals and experiences from this track</li> <li>• Identify and act on unexpected opportunities to make a moment special</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• Jewish examples of rituals and special moments</li> <li>• Various techniques and tips for elevating experiences</li> </ul>
<b>AUDIENCE:</b>	Aspects of these sessions can be adapted for participants of all ages. As-is, these activities will be most successful for staff members and older campers. Ideally group size is at most 20.
<b>TIMING:</b>	3 90 minute sessions
<b>APPENDICES:</b>	Diploma Template
<b>MATERIALS NEEDED:</b>	String or yarn, markers, large pieces of paper, towels (if following the write up exactly),
<b>SET-UP DETAILS:</b>	<p>Any large open space will work, outdoors is nice, but it's helpful to have walls to hang paper on. Ideal to be an easy walk to a road, bridge, or other kind of space that can be "crossed over."</p> <p>Chairs or benches in a circle, with room around participants on the outside of the circle to move, look at things on the walls, etc.</p>

### SESSION TIMELINE

#### Session 1:

00:00-00:20- Welcome and Shehecheyanu Activity  
00:20-00:50- Defining Ritual  
00:50-01:10- Moments and Rituals at My Camp  
01:10-01:30- Initiation Ritual

#### Session 2:

00:00-00:10- Welcome Back  
00:10-01:05- Experience a Burning Bush Moment and Celebration  
01:05-01:15- Define Burning Bush Moments  
01:15-01:30- Debrief

#### Session 3:

00:00-00:10- Welcome Back  
00:10-00:25- Defining Sinai Moments  
00:25-00:45- Workshopping  
00:45-01:00- Havdallah Thought Experiment  
01:00-01:30- Goodbye Ritual

### SESSION OUTLINE:

#### Session 1: Shehecheyanu Moments/Shabbat Moments

##### Welcome and Shehecheyanu Activity (20 min)

Welcome participants into the room with music playing. Invite participants to pick one of the four prompts displayed around the room (and listed below), and discuss:

I am grateful for...  
I feel alive when...  
I feel sustained/nourished when...  
I have arrived to...

Once the full group has arrived, and everyone has had an opportunity to discuss a prompt (or 2!), welcome everyone. Going in order of how the prompts are listed, ask one participant from each prompt to fill in the blank. (For example, participant 1 (P1) says "I am grateful for..." P2 says "I feel alive when... etc.)

After 2 times going through the prompts, ask participants if the formula sounds familiar. If not, share that it matches up with words of the Shehecheyanu blessing. (Reveal the text of the blessing on the wall.)

Ask: when is Shehecheyanu recited? Explain: The Shehecheyanu blessing is often recited when doing something for the first time, that we hope we'll get to do again.

Recite the blessing together, and get excited for this journey!

[Group introductions if necessary]

Point out that reflecting on and reciting this blessing was a way to ritualize our time together. Now, it's time to get to work!

### **Defining Moments and Rituals (30 min)**

How do we define a "moment?" How do we define a "ritual?" Crowdsource answers.

Lay down one long piece of string (long enough that the whole group can spread out on one side of it).

Explain: We are currently standing in Shabbat time.

- What does Shabbat feel like? What do you feel in your body when it is Shabbat?

Generate responses.

Ask everyone to step to the other side of the rope and explain:

Now we are standing in Chol time (not Shabbat- normal, everyday time).

- What does Chol feel like? What do you feel in your body when it is Chol?

Generate responses.

Invite the group to step back to the Shabbat side, and give the following instruction: Embody Shabbat for 1 minute. Try to carry yourself based on how Shabbat "feels" to you. Feel free to act, to make dramatic gestures or sounds that others can see, or to carry Shabbat in a more personal way in your body.

After 1 minute, instruct participants to step over the line into Chol, and to do the same thing on that side: Carry yourself based on how Chol "feels" to you. Feel free to act, to make dramatic gestures or sounds that others can see, or to carry Chol in a more personal way in your body.

After 1 minute, regroup. Ask for reactions:

- How did it feel to embody Shabbat and Chol? Did you feel a difference?
- How was it to make that immediate transition from Shabbat to Chol?

Add the second rope parallel to the first, creating a pathway that is about 4 feet wide.

Explain: You are going to do this same activity again. This time, when I tell you to move into Chol, you can take as much time as you would like (of the 1 minute) in between the ropes before stepping over into Chol and vice versa.

- After everyone has stepped crossed from Shabbat to Chol and back at least once, ask:
- How did it feel to move from Shabbat to Chol? How did this transition compare to the first time we did this?

- How did you use the middle space? What did you do there?

Reflect: Ritual is all about widening the gap, so we can experience the milestone/transformation/change while it is happening, and not just let it fly by.

What are examples of rituals you've encountered? Do we need to add anything else to our definition of ritual?

### **Moments and Rituals at My Camp (20 min.)**

In partners discuss:

- What are moments/rituals your camp does well?
- What is a moment/ritual you will never forget from your own camp experience?
- What made it memorable?
- What is a moment/ritual at your camp that right now feels like a missed opportunity that you think you'd like to pay more attention to?

Post some "ingredients" of memorable moments around the room. What are experiences you've had at your camp that included these? Ask participants to write them on the pieces of paper so others can see. Include a few blank pieces of paper in case participants have additional ingredients to add.

- Sensory changes- different clothes, foods, smells, sounds
- Element of surprise
- Milestone moment or accomplishment
- Time of transition or change
- Beginning
- Ending
- Routine (aka something that happens daily, weekly, etc)
- What's missing? Add suggestions from the group.

Gallery walk of the ingredients, and what they can create when combined.

### **Initiation Ritual (20 min)**

Walk to a beautiful place, ideally one that includes a bridge or a path.

Lay down the pieces of string from the Havdallah activity on either side with the bridge or path in the middle.

Ask participants to step into the middle: Remember that moment from your own camp experience that you'll never forget. How did you feel in that moment? What is something you are taking from today's session that will help you recreate that FEELING for your campers? Step to the other side.

Cut piece of yarn for everyone to tie around their wrist. Remember that you can create that middle space.

Debrief the session.

### **Session 2: Burning Bush Moments**

### **Welcome Back (10 min)**

Welcome participants and ask them to share an example of a ritual or memorable moment from the past 24 hours. What made it “work?”

Explain that day 1 was about “Shehecheyanu moments,” how we mark beginnings, or doing something for the first time. Today’s session will focus on a different type of moment: the opportunities that come unexpectedly.

### **Experiencing a Burning Bush Moment (40 min)**

The next part of the session involves a surprise (our own Burning Bush experience). Feel free to pick any sort of silly addition to the day, or use the national day calendars linked below for inspiration.

<https://nationaldaycalendar.com/calendar-at-a-glance/>

<https://nationaltoday.com/>

One example:

Towel Day (May 25<sup>th</sup>)

Outside staff member: interrupt the session carrying a stack of towels and ask where they can leave them.

Facilitator: what are you doing?

OSM: It’s National Towel Day! You didn’t know?

F: I didn’t. What’s that all about.

OSM: Explains the history of Towel Day.

F: Well, I guess we have no choice- let’s celebrate Towel Day!

Throw the plan out the window, and divide participants into groups based on the following tasks (if possible, let them choose which task they’d like to work on):

- Creating a written or oral tribute to towels
- Designing posters celebrating and explaining how to celebrate Towel Day
- Crafting a fashion show using towels
- Any other ideas? How do we want to involve the rest of camp in celebrating Towel Day? (Cruise towel origami, for example)

The goal: To have the best celebration of towels ever and to bring towel awareness to the rest of camp!

Get to work on the tasks. If any group finishes early, ask them if they would like to join another group, or come up with a new task.

### **Towel Day Celebration (15 min)**

Invite groups to share their tribute, fashion show, posters, etc.

Commit to wearing a towel for the rest of the day.

### **Defining Burning Bush Moments (10 min)**

Watch the [Burning Bush clip](#) from the film Prince of Egypt

Discuss:

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- What are the elements that made this moment memorable? (Look at the flipchart paper from the previous session on the walls for ideas)
- How would you define a Burning Bush moment?
- How was what we just experienced together like a Burning Bush moment?

### **Debrief (15 minutes)**

Reflect with the group:

- How did this experience “work?” What else could we have done to make it even more memorable?
- How might you do something like this with your campers?
- What are other “Burning Bush” moments you’ve experienced or can think of? (Seeing a rainbow, or something else cool in nature, a joke that accidentally becomes so funny it’s an inside joke, etc)
- Note that Jewish tradition has blessings for all kinds of occasions as a way of marking these kinds of surprise moments.

Note that Burning Bush moments can include both the surprise all of you encounter (it’s just up to you to realize it’s an opportunity), or something you plan that seems spontaneous to everyone else.

Conclusion- Look for other surprise moments today to share tomorrow. And don’t forget to keep wearing your towels!

### **Day 3: Sinai moments**

#### **Welcome Back (10 min)**

Welcome participants and ask them to share an example of a ritual or memorable moment from the past 24 hours. What made it “work?”

#### **Sinai Moments (15 min)**

Explain: Day 1 was about Shehecheyanu moments, Day 2 was about Burning Bush moments. Day 3 is about Sinai moments.

Describe the scene at Mount Sinai (Use [Exodus 19-20](#) as a guide if it is helpful, but best to tell this story in your own words.) Ask participants to help by making the sounds of thunder, of vibration, of horns blasting with their bodies.

- What made this moment special?
- What preparations were involved? How would this experience have been different if the Israelites had just showed up?

How would you describe Sinai moments? (High drama or excitement that we anticipate and can prepare for)

(Milestones, birthdays, Shabbat, maccabiah, etc.)

#### **Workshopping (20 min)**



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Ask participants to think about a Shehecheyanu, Burning Bush, or Sinai moment that they either want to improve or create at camp. Remind participants to consult notes from the first day, and the experiences of the past week for inspiration.

Take 5-10 minutes to think and write individually, and then share ideas with a partner to receive and give feedback. Switch partners 1-2 times.

### **Havdallah Thought Experiment (10 min)**

If you were to create a Havdallah for your summer at camp, how would you do it?

Traditional Havdallah includes the following:

Fire (something you can see)

Grape juice (something you can taste)

Spices (something you can smell)

Togetherness (something you can feel)

Blessings and music (something you can hear)

If you were to say goodbye to camp the way you say goodbye to havdallah using all of your senses, what are some things you might do?

### **Goodbye Ritual (30 min)**

Give each participant a blank template of the diploma, and ask them to fill it in with their names, and what they are celebrating “graduating.” (A helpful formula: [Name] has displayed exceptional [passion/curiosity/excitement] in [idea/content])

Return to the bridge, and lay down new string, standing on the side you ended on on Day 1.

Discuss with the group:

What’s on the other side of our time together?

How do you want to say goodbye to this experience?

Ask each participant, 1 by 1, to cross the bridge, pausing to read their diploma while in the middle, and taking 30 seconds to say anything they would like to the group. Incorporate additional ideas that participants offer as well.

### **BRINGING IT TO YOUR CAMP:**

Any of the rituals, activities, and special moments from this session can be used independently of the rest of the sessions to make memories for campers of all ages.