

G-D BLESS THE S'MORE

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SUMMARY: In this session, we will reframe the 's'more' as a vehicle for starting conversations with one another to reflect on the day. Together, groups will bond over creating a blessing and this process of being grateful for everyday moments will become a ritual in the bunk.

GOALS:

- Create a new tradition for bunks through blessing a s'more
- Give counselors a framework to express gratitude with their bunks
- Make the potentially daunting task of writing a blessing more accessible and fun!

AUDIENCE: Fellows and liaisons, any number of participants

TIMING: 15 minutes

MATERIALS:

- Pens
- Paper clips
- Brown, beige, and white paper
- "Blessing over the s'more:" print out (on the back, blessing over fire in English and Hebrew)

SET-UP: None needed, just a fire

SESSION TIMELINE

- 00:00-00:02 – Greeting participants and assigning groups of 3
- 00:02-00:05 – Intro to and group share on Chocolate, Graham, & Marshmallow of Day
- 00:05-00:08 – Intro to blessings and expressing gratitude
- 00:08-00:09 – Blessing over the fire
- 00:09-00:13 – Give groups chance to write their own blessing over smore
- 00:13-00:14 – Recite blessings as a group
- 00:14-00:15 – Bring it back to camp

SESSION OUTLINE

00:00-00:02 – Greeting fellows and assigning groups of 3

Hand out squares of paper (white, beige, and brown) with blessing paper clipped to each participant. Instruct participants to find a group with one of each “ingredient” and introduce themselves to one another.

00:02-00:05 – Intro to and group share on Chocolate, Graham, and Marshmallow of Day

The group leader will explain the Chocolate, Graham, Marshmallow share out and instruct each participant to take 30 seconds to share the category that corresponds to the ingredient/piece of paper they have.

- Chocolate – something sweet that happened, or you witnessed
- Graham – someone you feel supported by
- Marshmallow – a sticky situation you find yourself in

00:05-00:8 – Intro to blessings and expressing gratitude

The group leader will give a spiel about importance of expressing gratitude for little things and the places in our daily moments where potential moments of awe can be found (connecting to the theme of Ma Rabu)

00:08-00:09 – Blessing over the fire as a group

Since the group is at a campfire, the first blessing is a low barrier one that hopefully everyone will be familiar with. If the leader thinks it is necessary, recommendation to have the words (Hebrew/transliteration) for prayer on a poster/print out for participants to refer to.

Together as a group, say prayer:

Baruch atah Adonai Eloheinu, melekh ha'olam, bo're m'orei ha'esh

00:09-00:13 – Give groups chance to write their own blessing over smore

Prompt the participants to write, with their groups, a unique blessing that they want to recite to bless the almighty smore

As a facilitator, be sure to give examples, either Hebrew or English, which hcan include a chant, an action, a song, a poem, anything!

Example poem:

S'more, oh s'more, what more could I ask for?
Chocolate and marshmallow galore.
Crunchy, graham, bought in a store.
One may be enough, but we'll always want more.

Together we made them, and our friendship is the core.

00:13-00:14 – Recite blessings as a group

As the group who wants to share?

If running short on time, this can be a chance to have all the groups blurt them out together – Ma Rabu! Alternatively, groups can pair and share.

- Do they notice any similarities? Differences?
- How what was their team's process of coming up with the blessing?
- How did they mesh three people's ideas into one blessing? Was this challenging?

00:14-00:15 – Bring it back to camp

- Can use real smores
- Can make the blessings English or Hebrew
- Can find other moments in the day to bless with your bunk and turn it into a fun ritual activity

BRINGING IT TO YOUR CAMP

Program to do with your bunk, writing blessing for s'mores around the fire

You may take this structure to make blessings out of any other small moments in the day that deserve gratitude.

If you have more time at camp, this program can be made longer by allowing all groups to present their blessings out loud, making s'mores and incorporating the process into how each group writes their blessing (plus each person can get handed an ingredient for a s'more, rather than just a slip of paper), and you can challenge the group, in the end, to combine all their blessings into one, cohesive group s'more blessing!