

***La'Suach Ba'Sadeh* - Exploring and Conversing in the Field**

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SUMMARY: In this session we will be broadly using the model of *Mincha* (the afternoon service) and going for a nature walk as we look at the idea of wonder through text and actively explore stepping out and taking a break during the day.

GOALS:

- The participants will explore the reason behind *Mincha* (afternoon service) and reflect on its meaning.
- The participants will walk in nature while they explore texts about Wonder.
- Everyone will spend some time thinking about how pieces from an experience like this can be brought back to camp.

AUDIENCE: If applied correctly, it could be any age.

TIMING: 45 minutes

MATERIALS:

- Source sheet (linked [here](#))

SET-UP: A space where people can take a nice walk outside and find areas to sit and study together.

SESSION TIMELINE

- 00:00 - 00:05 - *Introductions*
- 00:05 - 00:10 - *Framing*
- 00:10 - 00:20 - *Walk in the Forest to a Gazebo & study the Berachot 26B text*
- 00:20 - 00:30 - *Walk a bit in the Forest & study the Kohelet text*
- 00:35 - 00:40 - *Walk a bit in the Forest & study the Socrates/ Heschel text*
- 00:40 - 00:45 - *Conclusion / Sikum*

SESSION OUTLINE

00:00 - 00:05 - Introductions

Gather outside for introductions: Name/Camp - Why did you choose this session? (Quick whip)

00:05 - 00:10 - Framing

Frame the session and our goals:

- This will be a personal experience but hopefully one where you can pick up and share tools with each other.
- We will look at some texts around wonder and spend some time looking at the original source for the afternoon prayer and what its purpose really is.

00:10 - 00:20 - Walk in the Forest to a Gazebo & study the Berachot 26B text

Walk in the woods to a Gazebo

Study the text from Berachot 26B on Isaac and Mincha.

- What does the word conversation have to do with prayer?
- What does Yitzchak do that we can learn from when it comes to the afternoon service?
- Avraham - *Vayashkem*- Avraham “woke/ stood up”.
- Yaakov - *Vayifga* - Yaakov “encountered”

00:20- 00:30 - Walk a bit in the Forest & study the Kohelet text

Walk to the next spot in the Woods:

- Study the Kohelet Rabbah text
- What is this text teaching us?
- How can this teach us about wonder, appreciation and responsibility?

00:35 - 00:40 - Walk a bit in the Forest & study the Socrates/ Heschel text

Walk to the next spot in the Woods:

- Study the last 3 sources - Socrates and Heschel
- How is Socrates telling us to relate to wonder? How can it impact us?
- For Heschel, what does spirituality mean in this context?
- For Heschel, what should our Kavanah (intention) be when we pray? Or perhaps does Heschel think that the experience causes us to have that appreciation and wonder?

00:40 - 00:45 - Conclusion / Sikum

How might you think about doing something like this in camp either for yourself, staff and campers?

- What would be the value of it in a busy camp context?
- Share one thing you are walking away with...

BRINGING IT TO YOUR CAMP:

This can easily be done with staff as an opportunity to encourage them to reflect and take time for themselves or it can be done with campers who are the right age as a means of stimulating meaningful and reflective conversation.