How Looping Can Enhance Your Praying
(The Power of Repetition in Prayer)

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SUMMARY: In this session we will use various ways of repeating prayers, including experimenting with a loop machine--which records and repeats audio of what we say or sing into it--to explore the power of repetition in prayer.

GOALS:
1) Collaborate with others on creating something together
2) Appreciate the opportunity to focus when listening to something on repeat
3) Feeling energized by experiencing prayer in a different way than usual

AUDIENCE: No specific age range; Group size of 8-12 is ideal for participation because of the loop machine (if not using a loop machine, could probably go up to 20 participants)

TIMING: 45 minutes

MATERIALS:
- Shema source sheet (see appendix)
- Loop machine or app (optional)
    - If using, have someone singing the Shema prayer already recorded

SET-UP: Any room, with chairs for each participant, and a power source with two outlets to plug in the loop machine and amp. Ideally not near other sessions because of the loudness of using the loop machine.

SESSION TIMELINE

:00 - :05 Hearing the Shema on repeat

:05 - :10 Reflect on the opening experience

:10 - :20 Creating a Human Loop Machine

:20 - :30 Group looping – brainstorming and creating

:30 - :40 Sharing and freestyle time

:40 - :45 Bringing it back to camp and questions

SESSION OUTLINE

:00 - :05 Hearing the Shema on repeat
- As participants enter the room, a recording of the Shema is playing on the loop machine, repeating itself
- Participants are instructed to sit, invited to close their eyes, and asked to focus on the prayer and how it is making them feel

:05 - :10 Reflect on the opening experience
- What did you notice about listening? About how it made you feel?
- What changed as you heard it more times?
- What is Jewish about repetition and cycles?
- Where do you experience loops in the staff member journey? (lots of repetition throughout the summer)

:10 - :20 Creating a Human Loop Machine
- One participant starts by making and repeating a sound
- One by one, participants join in and layer on top of the sounds that are already being repeated
- These can be noises or words

:20 - :30 Group looping – brainstorming and creating
- In groups of 3-4 people, participants should come up with something they want to loop analog or into the loop machine
- This could involve layering on top of the existing Shema loop that was played when they entered or starting a whole new loop
- If time, groups can start to share what they came up with

:30 - :40 Sharing and freestyle time
- First, any groups that want to share what they came up with during the brainstorming (that didn't in the previous 10 minutes)
- This is also an open time for anybody who wants to to start a loop and for other to contribute/add on

:40 - :45 Bringing it back to camp and questions

- What did this prayerful moment make you think about/realize?
- How would/could you bring this concept back to camp?

BRINGING IT TO YOUR CAMP

The goals of this program can be achieved at camp with a loop machine (if you're lucky enough that your camp has one!), a looping app, or without any technology at all—for example, the opening could be achieved by having someone singing the Shema multiple times. The Human Loop Machine example is also a way to easily bring this to camp.