

## Be a Light in the Dark: Prayer Lanterns

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**SUMMARY:** In this session we will hand craft, light, and launch our own prayer lanterns to help bring us to the center after a long day of camp.

**TIMING:** 60 minutes

**MATERIALS:** Floating Lanterns ([reference link](#)), sparklers, sharpies, matches

**SET-UP:** Outdoors, if you want to use water, you can do it at a pool or body of water

### SESSION TIMELINE

- 00:00-00:10 – Name share and intention setting for the session
- 00:10-00:25 – Brief Text study about fire
- 00:25-00:40 – Introduction to the lanterns and setting them into the water
- 00:40-00:50 – Lantern meditation
- 00:50-1:00 – Closing Circle

### SESSION OUTLINE

00:00-00:10 – Facilitator introduces the intention of the program and welcomes participants to share their names into the space and what they would like to feel during their time in this wind down.

00:10-00:25 – Text Study about prayer and fire

*That is why it is written (Leviticus 6:6), "A perpetual fire shall be kept burning on the altar." Our Rabbis said (see Taanit 27b) [that] were it not for the daily (lit., perpetual) sacrifices, the Earth and Heavens would not survive. And the people of the representation would read from the story of Creation [at the time of the sacrifice], since the end of the Creation story is for the sake of His glory and His service, may He be blessed. And there is survival to the story of Creation with this; so they are perpetual and do not end...*

Shenei Luchot HaBerit, Aseret HaDibrot, Shabbat, Torah Ohr 11

Candles and light allude to Torah and mitzvot, as it says, "For the commandment is a candle and the Torah is light" (Mishlei 6:23). Fire is a wondrous thing. Out of inanimate, cold logs and oil suddenly comes forth a flame that has tremendous power – to give light and warmth, and to burn. This is why Torah and mitzvot are compared to fire and flame. If one studies the Torah and observes the mitzvot in this dark, cold world, one gains everlasting illumination.

Peninei Halakhah, Zemanim 5:5:3

**“God called the firmament heavens. It was evening and it was morning, a second day”  
(Genesis 1:8)**

“God called the firmament heavens [*shamayim*]” – Rav said: [The word indicates] fire [*esh*] and water [*mayim*]. Rabbi Abba bar Kahana said in the name of Rav: The Holy One blessed be He took fire and water and integrated them with one another, and from them the heavens were made. Alternatively, *shamim* is written, as they assess [*shamim*] the actions of the people...

Bereshit Rabbah 4:7

00:25-00:40 – Participants are each given a few minutes with a lantern. They are invited to write on it or decorate it in any way they like with sharpies. They may write something they would like to release, express gratitude for, ask for, etc.

00:40-00:50 – Lantern Meditation – Participants are invited to gaze into the flames of their lantern or the collective lanterns. They will be guided into a brief meditation and then allowed to remain in stillness until a small chime rings bringing them back.

00:50-1:00 – Closing Circle – How do you feel compared to how you arrived?

## **BRINGING IT TO YOUR CAMP**

*Lanterns can be created and set with intention on land, sea, or air. For the purposes of Cornerstone, and with respect to the current conditions that might spark a wildfire, we have set these lanterns in the water. They could easily be set on the ground. The idea is to build relationships with the fire/flame and clear the mind for the end of the day, allowing gratitude or release.*