

CAMP SHABBAT

20+ IDEAS FOR BRINGING THE SPIRIT OF CAMP
INTO YOUR SHABBAT CELEBRATION



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INTRODUCTION

WHY HOST A CAMP SHABBAT?

It's proven that summers at Jewish overnight camp turn youth into spirited and engaged Jewish adults, laying the groundwork for strong Jewish communities. Hosting a Camp Shabbat at your synagogue is a fantastic way to engage families in your community, add some variety to your Shabbat programming, and introduce them to Jewish overnight camp. It is also a great recruitment and retention tool for Jewish camps in your area.

This toolkit is a “choose your own adventure” style Camp Shabbat program guide. You'll find ideas for engaging students in an affiliated complementary/ Hebrew/religious/day school, attracting families to your Shabbat service, and creating new opportunities for your community to relate to the overall value found at Jewish camp by harnessing the enthusiasm of the Jewish camp community. This toolkit was created for a variety of denominations and engagement levels. We invite you to choose and adapt activities to fit your congregation's needs, interests, and religious observances.

For more ideas on how to bring camp to your synagogue and make your Shabbat services more child-centered, work with the camp professionals that serve your area to build the program and help get the word out. Camp directors can share the news to their current camp families, alumni, and prospects to help advertise your Camp Shabbat, and can help bring the spirit of Jewish camp to your congregation. Camp directors are also happy to attend your program, speak on behalf of Jewish camp as well as help with programming. For additional ideas about how to get more families involved in Jewish camp, contact your local One Happy Camper partner housed at your local federation www.jewishcamp.org/community.

To learn more about the Jewish camps in your area, visit onehappycamper.org. Please let us know what worked for you, what didn't, share pictures and new ideas at aimee@jewishcamp.org.



SUMMERS AT JEWISH OVERNIGHT CAMP TURN YOUTH INTO SPIRITED AND ENGAGED JEWISH ADULTS.

CAMP SHABBAT AT SCHOOL

PREPARATION

Incorporate into school programming

INVESTMENT

Markers and paper

PRINT THIS

Shabbat-O-Gram template
(see Resources)

PREPARATION

Incorporate into school programming

INVESTMENT

Props or costumes (optional)
Book of pre-written Torah skits
(optional)

PREPARATION

Incorporate into school programming

INVESTMENT

None

PRINT THIS

Camp songsheet (see Resources)

1. SHABBAT-O-GRAMS

One of the best parts of a camp Shabbat is giving and receiving Shabbat-O-Grams. The tradition of Shabbat-O-Grams has been passed down from generations of counselors and campers as a way to reflect on the past week and start our day of rest. Shabbat-O-Grams are usually notes that counselors and campers write to one another. They are an awesome way to get everyone to start thinking about the real meaning of Shabbat.

This can be done the week leading up to the service during school classes and distributed in person at services on Friday night or the following week at school. Kids can make Shabbat-O-Grams for specific family and friends or for someone they haven't met yet! Alternatively, you can open this up to the entire congregation and have people submit their own messages or cards for distribution at the service or via email. When people feel cared about, they are more likely to participate in community functions, including services. This idea can also be used as a fundraiser for your camp scholarship program.

2. TORAH SKITS

Teach about the upcoming Torah portion during school, and prepare a skit to perform during Shabbat services on Camp Shabbat. Invite the students up on the *bimah* to act out their skit for a fun way to educate your community about the Torah portion. *Sedra Scenes: Skits for Every Torah Portion* contains pre-written skits and is available from Amazon or Barnes & Noble.

3. MAKE MUSIC

Many Jewish camps follow Shabbat services or dinner with a song session. Teach camp songs in school to perform at Shabbat services or sing together at an *oneg*. You can invite older campers or alumni in your community to teach the songs. Camp directors would be happy to join you for the evening and teach the entire congregation.

PREPARATION

Incorporate into school programming

INVESTMENT

None

PREPARATION

Incorporate into school programming and buy supplies

INVESTMENT

Spices and either oranges or some sort of containers

PREPARATION

Arrange to use kitchen and incorporate into school programming

INVESTMENT

Ingredients to make a challah

PRINT THIS

Challah recipe (*see Resources*)

PREPARATION

Incorporate into school programming

INVESTMENT

White *kippot*, fabric markers

PREPARATION

Pre-print stickers or pins

INVESTMENT

Markers

PRINT THIS

Sticker/Pin Template (*see Resources*)

4. ISRAELI DANCING

Israeli dancing is a big part of the culture at Jewish camp. Teach Israeli dances in school to perform at Shabbat services or in preparation for Israeli dancing at an *oneg*. Consider bringing in a camp professional or staff member to help teach.

5. MAKE SPICE BOXES FOR HAVDALAH

Many campers cite *Havdalah* as one of their favorite parts of Shabbat at camp. There is a Jewish thought that people have two souls on Shabbat. *Havdalah* is the moment when we become aware that we need to go back to our work week and consolidate into one soul. People who go to camp often feel like they have two souls—one at camp and one at home. Take this time to bring them closer. Teach about separating Shabbat from the rest of the week, and make simple spice boxes that students can use at a Camp Shabbat *Havdalah* service or at their own home. Cinnamon, cloves, or potpourri can be put into old film canisters or small mesh bags, or cloves can be pushed into citrus fruits.

6. CHALLAH BAKING

Who doesn't love the smell of freshly baked challah? Bake *challot* for Shabbat as a class the week of the scheduled Camp Shabbat. The *challot* can be used during a community Shabbat dinner or at the *oneg* that week.



7. KIPPAH DECORATING

Camp *kippot*! Use fabric markers to decorate standard white *kippot* in camp themes! Then students can bring them to wear during Camp Shabbat services.

8. ONE HAPPY CAMPER STICKERS/PINS

Have students make “I’m One Happy Camper at [insert name of camp]” stickers or pins that they can wear at the Camp Shabbat service. Besides having fun making them, they point out campers to other families that are considering Jewish camp and may have questions for them.

CAMP SHABBAT AT SERVICES

PREPARATION

Set up candles; hang up blessing

INVESTMENT

Tea lights, aluminum foil

PREPARATION

None

INVESTMENT

None

PREPARATION

Notify your community in advance

INVESTMENT

None

9. COMMUNITY CANDLE LIGHTING

Instead of having one person come up to light Shabbat candles on Friday night, set up a full table of candles and have a communal lighting including anyone that wants to participate.

10. A GRAND ENTRANCE

Many camps make a point of entering their place of prayer together as a community, whether it be joining and walking up a hill or gathering lakeside. Change the dynamic, and have your congregation meet in the lobby or outside before opening the doors to the sanctuary. This gives people a chance to say “hi” and socialize a bit. Then the clergy can greet everyone on their way into services. If possible, this is a great opportunity to have someone on your board take pictures to post on your Facebook page, website, or synagogue bulletin. As everyone enters the sanctuary together, clergy can welcome them with some Shabbat songs (a simple rendition of “Shabbat Shalom” for example), with or without instruments as your custom dictates. (Depending on the time of year, you can do this prior to sunset and candle lighting, giving you the option to use guitars and cameras.)

11. DRESS IN WHITE

Wearing white for Shabbat services is a common camp custom. There is something about a whole community dressed in white that changes the atmosphere of a place. It helps to separate this experience from the rest of the week and emphasizes Shabbat as a special, peaceful day. (As an added bonus, unlike at camp, your Shabbat whites won't be doomed to inevitable camp related stains!)



PREPARATION

Notify your community in advance

INVESTMENT

None

PREPARATION

Notify your community in advance;
set up chairs

INVESTMENT

None

PREPARATION

Room setup; prepare songsheets;
create prayer “cue cards”

INVESTMENT

Posterboard

PRINT THIS

Camp songsheet (*see Resources*)

PREPARATION

Organize service leaders and speakers

INVESTMENT

None

PREPARATION

None

INVESTMENT

None

12. WEAR YOUR CAMP SHIRTS

Alternatively, show your camp pride by inviting current campers and alumni to wear their camp shirts to services for Camp Shabbat. If the dress at your synagogue is more formal, you can do this during school that week instead.

13. SING UNDER THE STARS

If your congregation is lucky enough to have an outdoor space and amiable weather, then by all means, take your service outside for Camp Shabbat! Just let people know in advance, so they can dress accordingly.



14. CHANGE THE WAY YOU PRAY

Get creative! Services at camp are innovative, spirited, and keep your attention. Take it off the *bimah*; lead the service from the same level as the congregation. Rearrange the seating into a circle (or relocate to a room with moveable chairs) for cozier services in the round. Have the prayers displayed on a screen or cue cards so the experience becomes community-based instead of individuals looking down at a *siddur*. Infuse music into your service by singing new songs that are normally overlooked, changing tunes to be more participatory, and bringing in instruments if allowed. The possibilities are endless!

15. PUT YOUR CAMP COMMUNITY TO WORK

Invite camp professionals, campers, alumni, and parents to lead services. When going over the service with them, consider having them teach the congregation a camp tune to one of the prayers instead of your standard version. Ask one or two to speak about their experiences instead of (or as part of) a sermon that week, or include a panel of camper families and alumni for a short Q&A session during or following services. You can also invite those participating to help prepare the synagogue. They can help clean, rearrange chairs, decorate tables, hang up blessings, pass out songbooks or *siddurim*, and anything else they can think of to help make the space feel like their own.

16. GROUP ALIYOT

Ask everyone in the congregation who went to Jewish camp up onto the *bimah* to have an *aliyah* together, if your custom allows. (If not, consider having one representative from the group say the blessing on everyone’s behalf.) You can break this up in a variety of ways, including the decade people attended camp, which camp people attended, parents of campers, etc.

CAMP SHABBAT BEYOND SERVICES

PREPARATION

Room setup; food arrangements; publicity

INVESTMENT

Paper goods and food (unless it's potluck)

PRINT THIS

Blessing over the Children
(see Resources)

Camp songsheet (see Resources)

PREPARATION

Prepare songsheets; find someone to lead Israeli dancing

INVESTMENT

Food

PRINT THIS

Camp songsheet (see Resources)

PREPARATION

Work with your local camp professionals to create questions

INVESTMENT

Candy

PREPARATION

Advertising; coordinate acts; audio setup

INVESTMENT

Audio setup, if necessary

17. COMMUNITY SHABBAT DINNER

Hold a communal catered or potluck meal for families to eat together after services. It is the custom at some camps to recite the *Birkat HaYeladim* over campers before Friday night dinner. (If you'd like, you can also briefly go over some of the positive attributes of the patriarchs and matriarchs mentioned in the blessing.) This is a great forum for introducing this tradition to your community so they can take it home and make it a part of their own Friday night ritual. Follow up the meal with some Shabbat songs at an *oneg*!

18. ONEG

Host an *oneg* following services with Shabbat stories, camp songs, and Israeli dancing (if your custom allows). Serve camp style refreshments like s'mores, ice cream sandwiches and bug juice. To involve more congregants and make this a bit more cozy, consider having families host in their homes!

19. CAMP TRIVIA

During the meal or *oneg*, ask trivia questions about Jewish camp, Shabbat, and the Torah portion. Throw out candy for correct answers.

20. OPEN MIC NIGHT

Host a talent show or open mic night following services on Friday night (if your custom allows), or motzei Shabbat following a *Havdalah* service. If you do this Saturday night, students can bring the spice boxes they made in Hebrew School to use during *Havdalah*.

PREPARATION

Reach out to appropriate demographics; advertising

INVESTMENT

None

PRINT THIS

Guided list of questions regarding camp rituals (*see Resources*)

PREPARATION

Advertising; set up games/sports equipment

INVESTMENT

None

PRINT THIS

How to play Ga-ga (*see Resources*)

PREPARATION

Advertising; find team captains to plan color war events

INVESTMENT

Varies depending on events

21. TRADITION TRADE

Gather together camper age children with community members about the age of their grandparents. Have them discuss traditions both from camp and from life. This is a great opportunity to share Jewish traditions from generation to generation. This could also introduce potential campers to the traditions of the camps that they might soon attend.

22. SHABBAT AFTERNOON UNPLUGGED

Invite your congregation out for a relaxing afternoon in a nearby park for some frisbee, softball, Ga-ga, cards, nature walks, and board games. Campers, alumni, and camp professionals can help set up and lead games like Ga-ga.



23. MINI-COLOR WAR

Invite your congregants for a mini-color war. Teams compete in games, trivia, cheer competitions, or sports on Shabbat afternoon or following *Havdalah* on Saturday night. Recruit a few older campers or camp alumni to act as team captains and help plan the events ahead of time. Board members or camp professionals can act as judges for the program.

CAMP SHABBAT AT HOME

Six fun ways for parents and kids to enjoy Shabbat together.

1. CHALLAH BAKING Bake challah together as a family before Shabbat starts.

2. BLESSING OF THE CHILDREN On Friday night before dinner, recite the *Birkat HaYeladim* or Blessing of the Children.

3. ROSES & THORNS Go around the table and play “Roses & Thorns,” a weekly Shabbat tradition at many camps. The rose represents the best thing about the week and the thorn represents the worst thing. To end on a positive note, you can also include a “stem,” or what you’re most looking forward to that week. It’s a great way to catch up with each other, use Shabbat as a time of reflection, and get excited about what’s to come!



4. PAPER PLATE AWARDS A common end of summer tradition at camps is to hand out paper plate awards. Simply written on paper plates with markers, these awards celebrate and sometimes poke a little fun (in a loving way) at the recipients. Some examples include “Little Miss Sunshine,” “Best Bear Hug,” “Most likely to...” Everyone can make paper plate awards to distribute to other family members at Shabbat dinner.

5. SHABBAT STORY Tuck your children into bed with a Shabbat story. There are many beautiful Shabbat-themed stories out there. A great resource for families is PJ Library (www.pjlibrary.org), a program that mails Jewish children's literature and music to families on a monthly basis, free of charge.

6. SHABBAT UNPLUGGED Set aside time on Shabbat for your whole family to unplug. Shut off the TV, put aside the cell phones and iPads, and spend some quality time together. If the weather is nice, get outside for some frisbee, a walk, or a picnic. If you’re inside, play some cards or a board game. Bring out those old dusty pictures and tell stories that have been passed down in your family. Invite your neighbors over to join!

PRINTABLE RESOURCES

*Include printed handouts of the following pages
as needed for your Camp Shabbat activities.*

BLESSING OVER THE CHILDREN

On Friday evening before dinner, it is customary to recite the *Birkat HaYeladim* or Blessing of the Children.

For a son:

*Ye'simcha Elohim
ke-Ephraim ve'chi-Menashe*

יְשִׁמְךָ אֱלֹהִים
כְּאֶפְרַיִם וְכִמְנַשֶּׁה:

May G-d make you like Ephraim and Menashe.

For a daughter:

*Ye'simech Elohim
ke-Sarah, Rivka, Rachel ve-Leah*

יְשִׁמְךָ אֱלֹהִים
כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה:

May G-d make you like Sarah, Rebecca, Rachel and Leah.

Then continue, for both boys and girls:

*Ye'varech'echa Adonoy ve-yish'merecha.
Ya'eir Adonoy panav eilecha viy-chuneka.
Yisa Adonoy panav eilecha,
ve-yaseim lecha shalom.*

יְבָרֶכְךָ ד' וְיִשְׁמְרֶךָ:
יֵאֵר ד' פָּנָיו אֵלֶיךָ וְיַחְנֶנְךָ:
יֵשֶׂא ד' פָּנָיו אֵלֶיךָ
וְיִשֶּׂם לְךָ שְׁלוֹם

May G-d bless you and guard you.

May G-d show you favor and be gracious to you.

May G-d show you kindness and grant you peace.

(G-d's name has been altered in both the English and Hebrew.)

CAMP SONGS

ADAMAH VA-SHAMAYIM

Adamah, va-shamayim,	אדמה ושמים
Chom ha'eish,	חום האש
Tsilil ha'mayim	צליל המים
Ani margeesh zot,	אני מריש זאת
B'gufi, b'ruchi,	בגופי ברוחי
B'nishmati.	בנשמתי

Heya Heya Heya Heya	הייה הייה הייה הייה
Heya Heya Heya Ho!	הייה הייה הייה הו

Love the earth, Love the sky,
Heat of fire, drop of water,
I can feel it, in my body,
in my spirit and in my soul.

Heya...

AM YISRAEL CHAI

Am Yisrael Chai	עם ישראל חי
Od Avinu Chai	עוד אבינו חי

OD YAVO

Salaam (Salaam)	סאלם
Aleinu ve al kol ha olam,	עלינו ועל כל העולם
Salaam, Salaam (x2)	סאלם סאלם

Od yavo' shalom aleinu	עוד יבוא שלום עלינו
Od yavo' shalom aleinu	עוד יבוא שלום עלינו
Od yavo' shalom aleinu	עוד יבוא שלום עלינו
Ve al kulam (x2)	ועל כולם

NOT BY MIGHT

Not by might and not by power
but by spirit alone
shall we all live in peace.

The children sing,
The children dream,
and their tears may fall
but we'll hear them call
and another song will rise. (x3)

HEIVEINU SHALOM ALEICHEM

Heiveinu shalom aleichem	הבאנו שלום עליכם
Hinei mah tov umah na'im,	הנה מה טוב ומה נעים
Shevet achim gam yachad.	שבת אחים גם יחד

KI VA MOED

Atah takum	אתה תקום
T'rachem tsiyon	תרחם ציון
Ki et l'chenanah	כי-עת לחננה
Ki va moed.	כי-בא מועד

KOL HA'OLAM KULO

Kol h'olam kulo	כל העולם כולו
Gesher tzar me'od	גשר צר מאד
V'ha'ikar lo lifached k'lal	והעקר לא לפחד כלל

The whole world is a very narrow bridge,
and the main thing is to not fear.

HOW TO PLAY GA-GA

Ga-ga is a fast paced, high energy sport played in an octagonal pit. You can set up a makeshift Ga-ga pit using folding tables or benches laid on their sides, or even just milk crates. The more players the better! The object of the game is to use only your hands to hit the ball at the other players, while not being hit yourself. You are eliminated if the ball hits below your knees. (Some play below the hips.) The last one in the pit wins. Then, everyone hops back in for the next round. It's fast, it's sweaty, and it's *really* addictive.

THINGS YOU'LL NEED

- Rubber ball, volleyball or soccer ball
- Clear space and something to use as walls for the pit
- A few people (5 or more)

PLAYING THE GAME

1. **Choose a ball.** A kickball, volleyball or a soccer ball would work well.
2. **Find a site.** The site should be clear of debris. It could be a room clear of furniture or an outdoor space. Make sure it is as level as possible.
3. **Gather some friends.** The game is intended to be for a large group, hopefully 5 people or more.
4. **Start the game.** All players start with one hand or foot touching a wall of the pit. The game begins with a person throwing the ball into the center of the pit. When the ball enters the pit, the players scream “GA” for the first three bounces, after which the ball is in action.
5. **Stay alive.** If a ball touches a player below the knee (even if the player hits him or herself) he or she is out and leaves the pit. If a player is hit above the knees, the play continues. If a ball is caught on a fly or goes out of the pit without hitting a player, the ground, or a wall, the player who threw the ball is out.
6. **Don't hold the ball.** You are allowed to hit the ball, but no more than once in a row. Even just touching the ball counts as hitting it. If you “double hit” the ball, you're out. You may, however, hit the ball twice if it has bounced off a wall in between hits.
7. **Remove eliminated players.** They should stand outside of the pit until the next game. In some versions of the game, eliminated players can try to hit the ball from outside the pit and get a player still in the game out. If they do so, they take that player's place.
8. **Continue to the final players.** When two people are left, it becomes a showdown. In the showdown, players are allowed to touch the ball three times in a row, although still may not hold the ball.

CHALLAH RECIPE

From *SmittenKitchen.com* and adapted from Joan Nathan

The secrets to good challah are simple: Use two coats of egg wash to get that laquer-like crust and don't overbake it. Joan Nathan, who this recipe is adapted from, adds that three risings always make for the tastiest loaves, even better if one of them is slowed down in the fridge.

Time: about 1 hour, plus 2½ hours' rising

Yield: 2 loaves

Ingredients

1½ packages active dry yeast (1½ tablespoons or ¾ ounces or 11 grams)

1 tablespoon (13 grams) plus ½ cup (100 grams) sugar

½ cup (118 ml) olive or vegetable oil, plus more for greasing the bowl

5 large eggs

1 tablespoon (14 grams) table salt


8 to 8½ cups (1000 to 1063 grams) all-purpose flour

½ cup raisins (about 70 grams) per challah, if using, plumped in hot water and drained

Poppy or sesame seeds for sprinkling.

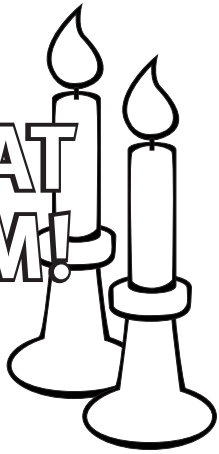
1. In a large bowl, dissolve yeast and 1 tablespoon (13 grams) sugar in 1¾ cups lukewarm water.
2. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading, but be careful if using a standard size KitchenAid—it's a bit much for it, though it can be done.)
3. Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.

(next page)

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4. At this point, you can knead the raisins into the challah, if you're using them, before forming the loaves. To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1½ inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.
 5. Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.
 6. If baking immediately, preheat oven to 375 degrees and brush loaves again. Sprinkle bread with seeds, if using. If freezing, remove from freezer 5 hours before baking.
 7. Bake in middle of oven for 30 to 40 minutes, or until golden. (If you have an instant read thermometer, you can take it out when it hits an internal temperature of 190 degrees.) Cool loaves on a rack.

Note: Any of the three risings can be done in the fridge for a few hours, for more deeply-developed flavor. When you're ready to work with it again, bring it back to room temperature before moving onto the next step.

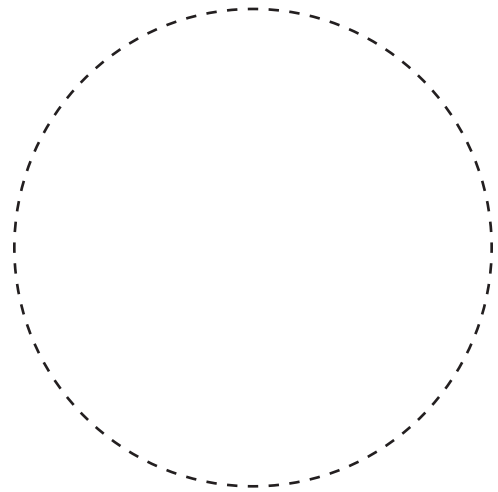
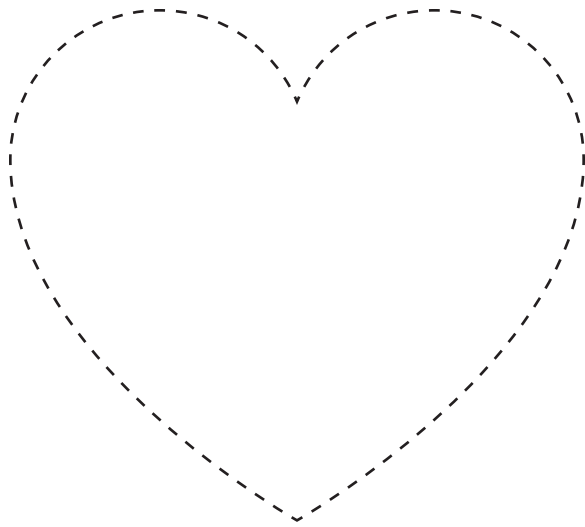
SHABBAT-O-GRAM

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<p>FOUNDATION FOR JEWISH CAMP one happy camper</p>	<p>SHABBAT SHALOM!</p>  <p>TO: _____</p> <p>FROM: _____</p>

Cut along the dotted lines.

STICKER OR PIN TEMPLATE

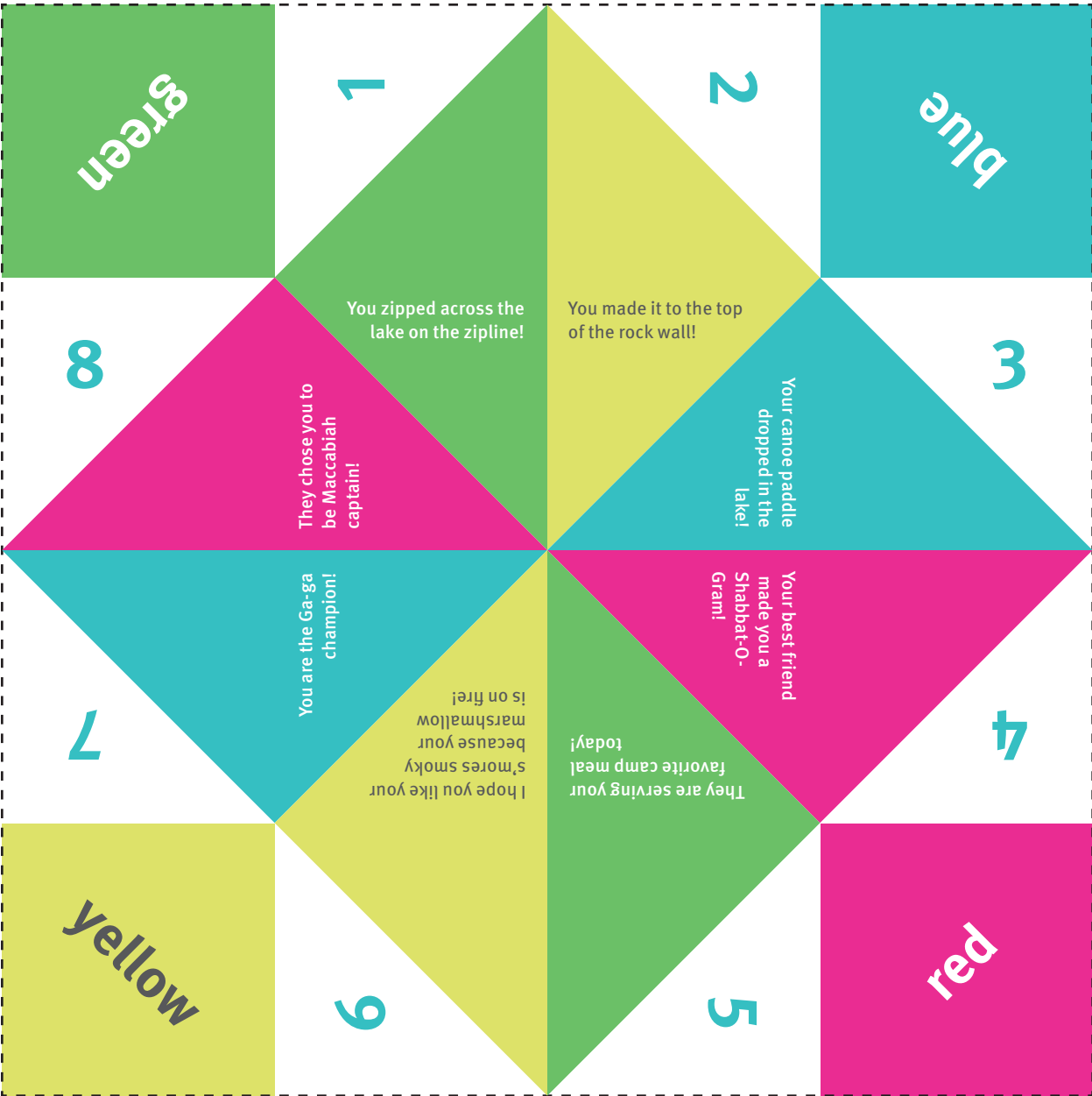
Cut out the examples to make a sticker or pin, or design your own.



CAMP MAD-LIB

Last night maccabiah _____! We heard it was going to be
VERB (PAST TENSE)
_____ this session, but they were just _____ us.
ADJECTIVE "ING" VERB
They told us by _____ off the _____ and brought
"ING" VERB NOUN
everyone down to the _____. Everyone jumped up and started
PLACE
_____. It was _____! _____ and
"ING" VERB ADJECTIVE PERSON
_____ are captains. This year's theme is _____.
PERSON NOUN (PLURAL)
I am on the _____ team and we are going to _____.
COLOR VERB
Our fight song is to the tune of _____. This morning I won the
SONG TITLE
_____ competition and came in third in _____.
"ING" VERB "ING" VERB
Over the next few days we are going to play _____ and
ACTIVITY
_____. We have _____ lunch tomorrow, and we
ACTIVITY ADJECTIVE
can't use our _____! It will be tough since they are serving
NOUN (PLURAL)
_____. After lunch, I am helping make our team
NOUN
_____ to hang in the _____. The other team
NOUN PLACE
doesn't stand a _____! My team's counselors painted our
NOUN
_____ to show _____. The other _____
NOUN NOUN NOUN (PLURAL)
at camp are my best friends, so it is _____ to play against them,
ADJECTIVE
but I am still going to win!

FORTUNE TELLER



Cut along the dotted lines.



TRADITION TRADE

Traditions and rituals are a big part of Jewish camp. From the way campers gather to welcome Shabbat, to the way they end a meal—each camp has specific songs, dances, cheers that signify different pieces of the camp experience.

Show your children the impact and importance of traditions in their lives. Gather together camper age children with community members about the age of their grandparents. Have them discuss traditions both from camp and from life. This is a great opportunity to share Jewish traditions from generation to generation. This could also introduce potential campers to the traditions of the camps that they might soon attend.

QUESTIONS

1. Rituals take many forms, religious and otherwise, from sacred lifecycle rites, to bedtime rituals, to celebrating the passage of time, to “rushing” a sorority. What are the varieties of rituals that you have experienced?
2. What are the aspects of these rituals that make them memorable? What clothes were you wearing? Where did it happen? Who was there? Was there lighting or music that helped create a special mood?
3. Rituals are often prescribed by the traditions of a community. What are the moments in your lives that you experienced being part of a community?
4. Rituals are a wonderful way for a community to communicate and to maintain values, what values do your rituals communicate?
5. Are you involved in sports or the arts? Does this impact your appreciation for “practice”? Does this practice change your understanding of rituals in your life?
6. How do we recognize the passage of time? Look at how your families celebrate birthdays, anniversaries, graduations, and holiday events.