**PEULAT TISHA B’AV: THE 5 STAGES OF GRIEF**

Goal: to run a peulat that captures the meaning and impact that tisha b’av is meant to have as a holiday.

**The Destruction of the Hit This Bunk**

Instructions: Read each small story to your group, then read the discussion questions. Try to keep your group on topic for the questions with each story. The final story is more open ended, so if they want to talk about grief as a whole, then that would be the time.

**Denial: (Person living in 54)**

 Yossi slams the door to his tzrif, screaming “This can’t be happening!” The year is 2019. Although he’s known for a week now that his tzrif was going to be remodelled over the winter, he just found out news that terrified him. His tzrif, tzrif 54, will be destroyed and will not have the target repainted on it. “The target has been there forever!”

 “They’re not going to remodel the tzrif,” Ronen buts in, “and they’re not going to take away the ‘Hit This Bunk’. We aren’t going to let them.” He takes a piece of paper from his doar supplies and starts scribbling down on it intently.

 Their friend Joshy jumps off his mita and takes a look at the paper. He taps Ronen’s shoulder and asks “What are you doing?”

 “Making a petition! We’re all going to sign and say we want them to let us repaint it.”

 “That’s a dumb idea,” Joshy whispers to himself, shaking his head, “If they don’t tell us we can’t repaint it, then I’ll just do it anyway. I’m bringing spray paint next kayitz, and I’ll do this myself if I have to. There has to be a Hit This Bunk.”

**Discussion Questions:**

This short story dealt with the first stage of grief: denial. What are some unhealthy behaviors of denial in the story?

Joshy has a very specific idea about what he will do the next kayitz. Why is it a bad idea to assume he would be able to get away with his plan?

Just because a thing has been around a long time doesn’t necessarily mean that it won't go away. Is anything permanent?

**Anger: (Softball teams)**

 A little known fact about the softball teams here at Ramah Palmer is that they take home a lot of their equipment over the winter. The bats they use go home in someone’s duffel bag. The nice helmets get packed away in somebody’s suitcase. The prized horseshoe, given to the player who practiced the hardest on a given day, is carried out of camp lovingly. Why do they take their things home? So it’s safe from being misplaced or lost. But there are some things the softball teams can’t take home, and those are the things they can’t keep safe.

 The day that news broke about the hit this target disappearing was a bad day for Hannah, the Varsity Girls Captain. She heard about it at lunch, and it turned her mood sour. When her madricha tried to ask what was bothering her, all Hannah did was scream at her to go away. David, the third baseman on the boy’s team, talked to her later to see what’s going on. He didn’t take it much better.

 “They’re taking away our target?” He screamed as they walked back to Menucha, “Who do they think they are?”

 “I don’t care who they are,” Hannah fumed, practically turning red, “There’s no way they’re going to get this past us without some sort of retaliation!”

 “I know what you mean.” David grabbed Hannah’s arm and led her to the sports box behind the backstop on Tzad Bet. He reached in and handed her the red and black bat named “Hennrietta”. For himself he grabbed the white and yellow “Cyclone”. “We’re the softball team, aren’t we?” As David talked his face grew more and more contorted with rage, “I say we go use these bats to smash something!”

**Discussion Questions:**

This part of the story dealt with anger, is anger ever a valid reaction to something?

What is the problem with looking to retaliate when something bad happens?

How can someone channel their anger into something productive?

**Bargaining: (Madrichim)**

 Three people knocked on three different doors.

 Rachel, a senior madricha, had knocked on Rabbi Gelb’s house door. When Rabbi Gelb comes out, Rachel starts speaking at ten million miles an hour. “Please let us repaint the hit this bunk. It’s been around so long and everyone loves it and it’s such a great thing. If you let us repaint it I’ll do whatever you want, I swear. I’ll work in whatever edah you want to put me in. All my friends from Nevonim who didn’t come back on staff this kayitz will come back next kayitz. Please, let us repaint it.”

 “That’s quite a lot of promises right there Rachel,” Rabbi Gelb says, scratching his head, “I’m not sure where to start. Have you spoken with everyone who you say will work here next kayitz?”

 “No,” Rachel answered, “I haven’t, but I’m sure they’ll do it.”

Sarah, who was a first year madricha, knocked on the door to Josh Edelglass’s office. Josh quickly answered the door with a reassuring smile, “What’s up Sarah?”

 “Well,” Sarah started nervously, “Me and a few friends heard about the Hit This Bunk being destroyed, and we had a proposition.”

 “Go ahead,” Josh replied, listening intently “what’s your idea?”

 “Well, we’re willing to have our paychecks cut in half if the money can go to repainting the Hit This Bunk.”

 “Well, the reason we’re getting rid of the bunk doesn’t have anything to do with money actually-”

 “I don’t care,” Sarah interrupted, “we’ll all pay for it.”

 John knocked on David Offit’s door. Before David even answered John was sniveling and crying, “David! They’re getting rid of the Hit This Bunk! It’s awful!”

 “Oh my!” David exclaimed, “Is there anything I can do to help you out?”

 “Well,” John could barely manage to talk between tears, “We all know that everyone loves the hit this bunk, and we all know that you would be next in line for Josh Edelglass’s position if he left.” John’s face stiffened quickly and his voice turned flat and serious. “Maybe if you get us the Hit This Bunk back, us madrichim could make Josh leave.”

**Discussion Questions:**

This part of the story is about Bargaining, the third stage of grief. Is the bargaining behavior in this story healthy behavior?

There is something fundamentally wrong with each and every bargain in this story. Rachel is bargaining something she doesn’t have, Sarah is bargaining something Josh doesn’t want, and John is bargaining something that is morally wrong. Why do you think people make bad bargains when they are grieving?

Have you ever made a bargain that you regret while you were upset?

**Depression: (Kravitz)**

 A thirty-year-old man pulled his car up to the guard house on Tzad Aleph and checked himself in as a visitor for Shabbos. Ramah has changed a lot since he was last here. He only came because he heard there was going to be a very big change in particular, the destruction of the Hit This Bunk. He entered the Misrad to get his guest house key and gave his name. The woman behind the counter’s eyes lit up.

 “Kravitz? Like as in ‘The house that Kravitz built’, under the bullseye on the Hit This Bunk? Are you that Kravitz?”

 The man gave her a sad smile, “That’s me.”

 Kravitz walked slowly to Tzad Bet, using the same feet that used to run the basepaths at breakneck speed. He observed camp and all its changes, using the same eyes that used to watch pitches come in over home plate. He saw his friends from his nevonim year and gave them a hug, using the same arms that used to swing a bat and send a ball flying onto a roof.

 Kabbalat Shabbat was a perfect 70 degrees with no chance of rain. Everyone did the melody beautifully during Tzadik HaTamar. At dinner it happened to be Barbecue style chicken, Kravitz’s favorite, but he didn’t eat all that much. He was surrounded by old friends and campers and familiar sounds, but he didn’t talk all that much. Nevonim sang lots of old school Ramah songs during Friday night shira, but he stood there mostly in silence. Kravitz stared out of the ohel at the house that he built. Kravitz stared at his house that was going to be demolished. And he wasn’t sure if he loved camp anymore.

 **Discussion Questions:**

This section of the story involves depression, How can a person who is depressed about something seek help to pull themselves out of it?

Is sadness an emotion that is normal to feel from time to time? (#inside out)

How can we find the silver lining in the worst of situations?

Did Kravitz let his sadness get in the way of good reasons to be happy?

**Acceptance: (Them as Nevonim)**

 In 2019 this year’s Machon will be on staff. This year’s Bogrim will be in Israel on Seminar. And you all, this year’s Magshimim, will be in Nevonim. You will be the leaders in camp, you would be responsible for how Tzad Bet reacts to the news of the destruction of the hit this bunk.

 Would you be angry? Would you be sad? Would you try to find a new tradition to love about camp? What are some ways that you could help camp get over the loss of a long held landmark?

**Extra discussion questions:**

How can we pull ourselves out of grief?

What is the appropriate amount of grieving?

Is it possible to grieve and move on at the same time?