

Peulat Shabbat
Shabbat Ki Tetzeh
August 16th, 2013

Theme: Transitions

Outline:

1. The edah should meet in a central location and divide into pre-assigned campers.
2. The small group leader should read "Josh's letter" and the excerpts from "The Sabbath" to the group (see attachments).
3. The staff member should then lead a discussion about the letter & story with the group.

Activity:

Dear Sam,

Hey! How are you? How's life? Everything here is fine, I guess. I got on the track team at school, which is cool - I really like the coach. But I really miss camp! I miss all of you guys and hanging out every day by the dock. And Shabbat was so great - just relaxing, playing cards and doing other Shabbat stuff. I mean before last summer I never even knew what Shabbat was really like. I really have been trying though to do some Shabbat things in my home, like I even started lighting candles. And I also try to have a nice Friday night meal - that was one of my favorite parts of Shabbat at camp! I love the whole thing from kiddush to Shira after dinner (remember everyone banging on the table so hard they heard us all the way down at the lake?) But you know how it is for me - my dad works almost every Friday night, my brother always has a basketball game and my little sister just doesn't get it! My mom is the only one who's sort of trying to help me. But even she says that it's really hard to have camp at home! Do you remember on the last Shabbat how we talked about taking Shabbat home? Well I really want to talk to my family about it and see if they want to give it a shot, but I don't know what to say! If you have any ideas, WRITE ME!!

Anyway, I miss you all and can't wait for next summer (I'm already counting the days!!)

Love,

Josh

Excerpts from "The Sabbath" by Abraham Joshua Heschel (**If there is not enough time pick 2 of the excerpts below and then follow with the questions**)

He who wants to enter the holiness of the day must first lay down the profanity of clattering commerce, of being yoked to toil. He must go away from the screech of dissonant days, from the nervousness and fury of acquisitiveness and the betrayal in embezzling his own life. He must say farewell to manual work and learn to understand that the world has already been created and will survive without the help of man. Six days a week we wrestle with the world, wringing profit from the earth; on the Sabbath we especially care for the seed of eternity planted in the soul. The world has our hands, but our soul belongs to Someone Else. Six days a week we seek to dominate the world, on the seventh day we try to dominate the self.

... The Sabbath is a day for the sake of life. Man is not a beast of burden, and the Sabbath is not for the purpose of enhancing the efficiency of his work. "Last in creation, first in intention," the Sabbath is "the end of the creation of heaven and earth."

The Sabbath is not for the sake of the weekdays; the weekdays are for the sake of the Sabbath it is not an interlude but the climax of living.

Labor is a craft, but perfect rest is an art. It is the result of an accord of body, mind and imagination. To attain a degree of excellence in art, one must accept its discipline, one must adjure slothfulness. The seventh day is a *palace in time* which we build. It is made of soul, of joy, and reticence. In its atmosphere, a discipline is a reminder of adjacency to eternity.

Discussion Questions

1. What advice do you have for Josh?
2. Which Shabbat experiences would you like to take home with you?
3. Do you think that you will encounter challenges similar to those Josh describes in his letter?
4. How would you deal with these difficulties?
5. What is the concept behind *Shabbat*?
6. Why is *Shabbat* important?
7. What are some ways we observe the **concept** of *Shabbat* (as opposed to the halachah) at camp?
8. What are some ways that you can observe the **concept** of *Shabbat* (as opposed to the halachah) at home?