Spirit Circle Questions – Call to Prayer

* Do you feel more connected to prayer at camp? Why/why not?
* The Barechu is the call to prayer during the service. What calls you to prayer?

Barechu

* We cover our eyes during the Shema to focus on ourselves during the prayer. How do you focus and take care of yourself throughout the day?

Shema

* A lot of athletes and performers have pre-game/pre-performance rituals. They take time for self reflection. As we say the Amidah, we want you to use this time for self-reflection, to look ahead and to look back, to make sure you are being the best you, you can be.

Amidah

* How does sitting in nature help you or not help you connect to prayer?
* How will you use prayer and personal reflection to help you in the competitions today?