

CALL OF THE



SHOFAR

Seasons of Transformation



Staff Workbook



Friday

<u>Activity</u>	<u>Start-End Time</u>	<u>Min</u>	<u>Actual Start-End</u>	<u>Act Min</u>	<u>Format</u>	<u>Leader</u>
Staff meeting	8:00 – 11:00	180			1 Circle	
Introduction	11:00 - 11:30	30			1 Circle	
Movement	11:30 – 11:45	15			Together	
Check-in	11:45 – 12:30	45			1 Circle	
Listening	12:30 - 1:15	45			Small Groups	
Lunch	1:15 – 2:00	45			Together	
Judgment piece	2:00 – 2:15	15			Small Groups	
Making Distinctions	2:15 – 3:00	45			Small Groups	
Prepare for Shabbos	3:00 – 3:45	45			---	
Deep Loving Humanity	3:45 - 4:45	30			Pairs	
Pres/Pachelbel	4:15 – 4:30	15			Together	
Letter from God	4:30 – 4:45	15			Together	
Break	4:45 – 5:00					
Candle lighting	5:06	--			---	
Davening	5:10 – 6:10	60			Together	
Dinner/Talk	6:10 – 7:10	60			Together	
Speaking w/ Integrity	7:10 – 7:40	30			Small Groups	
Who Are You	7:40 – 8:00	20			Pairs	
Centering	8:00 – 9:00	60				
Check-out	9:00 – 9:20	20			1 Circle	

Saturday

<u>Activity</u>	<u>Start-End Time</u>	<u>Min</u>	<u>Actual Start-End</u>	<u>Act Min</u>	<u>Format</u>	<u>Leader</u>
Wake-up	7:00	---			---	
Food out	7:15	---			---	
Daven	7:30 - 9:45	135			Together	
Break	9:45 - 10:00	15			---	
Stretching	10:00 - 10:15	15			Together	
Light Lunch	10:15 - 11:00	45			Together	
Break	11:00 - 11:15	15			---	
LBDN	11:15 - 11:30	15			2 Groups	
Carpet work	11:30 -	---			2 Circles	
Mincha	4:30 - 5:00	30			Together	
Seudah Shlishi	5:00 - 5:30	30			Together	
Maariv/Havdala	9:00 - 9:30	30			Together	
Food out	9:30	---			Together	
Yom Kippur Letter	10:00 - 11:00	60			Together	
Check-out	11:00 - 11:15	15			Together	

Sunday

<u>Activity</u>	<u>Start-End Time</u>	<u>Min</u>	<u>Actual Start-End</u>	<u>Act Min</u>	<u>Format</u>	<u>Leader</u>
Wake up	6:30	---			---	
Davening	7:00 - 7:45	45			Together	
Movement	7:45 - 8:00	15			Together	
Breakfast/ Yom Kippur phone calls	8:00 - 9:00	60			Together	
Check-in	9:00 - 12:00	180			1 Circle	
Break	12:00 - 12:15	15			---	
Purim	12:15 - 1:45	90			Together	
Lunch/circle-up	1:45 - 2:15	30			Together	
Break	2:15 - 2:30	15			---	
Circle-up/ Sukkos Talk	2:30 - 2:45	15			1 Circle	
Mission into the world	2:45 - 3:15	30			Small Groups	
Circle-up	3:15 - 4:00	45			2 Rows	
Chanukah	4:00 - 5:00	60			2 Rows	
Check-out/ Evaluations	5:00 - 5:30	30			1 Circle	
Videos/Mincha/ Clean-up	5:30 - 6:00	30			Together	
Staff Meeting	6:00 - 7:30	90			Staff	

Groups

Group 1

Leader:

Scribe:

Timer:

Group 2

Leader:

Scribe:

Timer:

Group 3

Leader:

Scribe:

Timer:

Group 4

Leader:

Scribe:

Timer:

Jobs

Food

Round-up

Music

Wake-up

Religious activities

Clean-up

Time/Schedule

Logistical Introduction

Leader organizes circle

Gets everyone present

Thanks everyone

Honors everyone

Distinguishes facilitators

Hold to schedule

The workshop is residential

..... morning we will daven at the....

You can daven here or not at all

We're not trying to make anyone more religious

Meals will be taken care of

Remove watches

No unnecessary cursing

Personal needs, see

Silence, no chatter helps to create container, helps us to be with whatever comes up

Chatter diffuses

Point out bathrooms, sleeping facility

CONFIDENTIALITY

It is a process we have developed with many modalities that we will be taking you through

What happens here is not THE truth

And the context of this weekend is Torah driven.

Some know much more, for some these will be ideas heard for the first time

And I'm asking you to allow yourselves to listen and in that regard to go with it

Allow yourselves to be coachable

And at the end you want to throw it all away go ahead

But for this time that has a definite end, let it be your truth with a small "t".

Listen to the ideas

And listen to yourselves

What are my judgments, my thoughts.

Feelings

And what is really underneath any of that

Am I willing to participate in this weekend and maybe other areas of my life in a way that the issue is not the issue

But what is my issue with the issue.

How can I be not a victim?

How can I experience my life and this time, as an opportunity?

How can I maintain presence?

Show up with integrity?

An appreciation of our common humanity?

Being vulnerable with our fears, like our fears of not belonging or accepted?

Sharing our joys?

Softening to our sadness over loss,

Stepping into our power to defend our essential goodness

A willingness to be fully alive

What if we really took the next 2 and ½ days as an opportunity to step into these places as a group of Jewish men who are all here to do the same?

And how often does that opportunity arise in our lives?

It's a time.

I can sit and watch and judge and let it pass, like I do with a lot of my life,

Or we can support each other to really show up.

We often live in grooves or ruts

Physical

Emotional

Intellectual

This workshop is an opportunity to expand the spectrum of who we are

Agreements

I agree to be responsible for my own health and safety; this refers to a special diet or any physical limitations I may have.

I will not drink alcohol or do recreational drugs while I am attending this workshop (If I need specific medications for an existing health concern, certainly I will take care of this need)

I agree to maintain confidentiality around what I hear or see other men share during our time together. In other words, regarding other men, what happens here, stays here.

I will be respectful of the property on which this workshop is taking place.

We have a schedule. I am committed to uphold that schedule.

The workshop is residential; meaning it all takes place here. I agree to stay on the property during the workshop, unless otherwise discussed with a staff member.

I will not make outside phone calls unless I discuss this with a staff member first.

I will maintain silence outside of the circle or at other specific times that we have permission to talk.

I will make an effort to not be sloppy with my language; no unnecessary cursing for instance.



Instructions for Movement Exercise

Leader hands out eye coverings

Spread individuals to open spaces

Assures participants that staff bumpers will protect them

Allow yourselves to be moved by the music

Take this as an opportunity to move in ways that you might not normally move in

Breathe

Trust your body

Enjoy

Introductions for Check-in

Leader describes check-in

Distinguishes awareness

Awareness of;

Body

Breath

Thought patterns

Feelings

Distinguish being present to where we are at in the moment

From

Getting centered

Distinguish becoming aware and then sharing with simplicity and integrity

From

Listening

Describe how we will be doing this often

Leader models check-in

Name

Feeling

What I want to have happen here

Or

What I am grateful for

Etc.

Leader gives time frame

For instance; one minute per person

Instructions for Listening Exercise

Form small groups

Leader describes what wrong listening is to entire group

Asks everyone to close eyes and imagine a time when they were not listened to.
Breath into the feeling

In small groups, have open discussion on “What listening is not” using sheets in book

- 10 minutes

Everyone can reflect on how they feel when they are not listened to.
Possibly a relationship in their lives.

And/or

Reflect on a time when you were not listening to another. Feel the possible impact.

- 10 minutes

In small groups, go over sheets on what listening is.

- 10 minutes

What Listening is NOT

Participant Packet page 14

- **Why**

My friend was supposed to show up at 2:00 and he came one hour late.

Why did he come late?

What did you do that gave him the impression that being on time didn't matter?

- **Advice**

I am so angry at my brother for not calling me on my birthday.

You really need to forgive him.

If it was me, I would have sent him an e-mail reminder.

- **Sharing**

My kid goes out and doesn't call and tell me where she is. I get really concerned.

I had the very same issue.

Let me tell you what my kid used to do. He would stay out all night.

- **Negating**

My wife came home she voiced to me how disappointed she was for me letting the kids go to bed without brushing their teeth.

That doesn't seem so bad.

That's all? When my wife gets upset she screams like crazy.

What are you getting so upset for?

- **Fixing**

When my partner misunderstood what I was saying and got angry, I got really scared.

Let me talk to him.

I'll deal with that.

• **Judging**

I was really afraid to tell Jim the bad news.

That's ridiculous to get so emotional.
What are you getting so scared about?

• **Consoling**

I lost my job and I'm scared about supporting my family.

Don't worry, you'll find something.
You'll be fine, don't worry

• **Denying**

I'm so angry at my sister for saying that about me in public.

I can't imagine you're feeling that way.
That's not like you.

What Listening IS

- Listening is giving of my attention, having the other be the focus or point of my attention
- Listening is being present
- Listening is resonating with another
- Listen is showing up with a new mind
- In order to truly listen I must respect the function of listening itself
- Listening can be mirroring what I heard
- Imagine listening as if you were a midwife, being present to another, allowing another to give birth to him or herself.



Instructions for Listening Meditation

Leader organizes everyone

Prepares music

Constance Demby, Aeterna, Track #2

There is One.

And One desired to give to "other".

So One became Creator of "other"

And what One/Creator desired to give to other, was for other to consciously experience the joy of intimacy with One

Joy is the point

Intimacy with One is the vehicle for conscious other to experience joy.

Let's assume that each one of us can be one of those "others" who is capable of being the recipient of

The joy of consciously experiencing intimacy.

That's our understanding of the intention for creation

There is One and no other

And

One is loving

And what One desires to bestow on other is for other to consciously experience the joy of intimacy with One

Play music

Constance Demby, Aeterna, Track #2

Close your eyes and for now imagine that our assumption is true

CALL OF THE
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There is no other
There is only Now
And that Presence, Now is loving

And giving us existence
For the sake of experiencing intimacy with Now and Here

Because true intimacy is always now and here

One is always here and now

Here never elsewhere
And Now is never another time

Breathe into the feeling that you feel when your awareness is also now and here

There exists a One
Who gives existence to other
So that other/us should consciously experience the loving presence of One

Breath into that loving Presence

Allow yourself to breathe into the gift of your existence

Breathe deeply and make space for whatever gratitude there is in this moment

My existence is given to me moment to moment so that I have the opportunity to
experience the joy of intimacy with this moment

Breath into this moment

When I am aware of my breath I am here, now

Listen

Listen to my breath, my heart, the sounds, my voice...

When I listen I am here, now

Shma Listen, be conscious

Yisrael Individual as well as us together

Hashem Undifferentiated unity

Elokenu All the parts of natural existence

Hashem Conscious, Undifferentiated unity

Echad Ultimate, Loving, One

The opportunity that Now always provides, Now

Instructions for Judging Exercise

Leader organizes participants into small groups

He makes sure everyone has pens and folders

He gives the following instructions:

Identify a relationship in your life where you are experiencing a lack of freedom

Where you are constricted or stuck

Where you are blaming others for your lack of wellbeing

Possibly a person who you are not able to forgive

Who irritates angers or frustrates you?

Don't censor yourself

Don't be "wise" or "spiritual"

Give yourself permission to be as wounded or as affronted as possible

Take this opportunity to express your judgments and feelings on paper

Judging Exercise

Participant Packet page 16

Identify a relationship in your life where you are experiencing a lack of freedom.

Where you are constricted or stuck?

Where you are blaming others for your lack of wellbeing?

Possibly a person who you are not able to forgive,

Who irritates angers or frustrates you?
And why?

Don't censor yourself.

Don't be "wise" or "spiritual".

Give yourself permission to be as wounded or as affronted as possible.

Take this opportunity to express your judgments and feelings on paper:

Instructions for Making Distinctions Exercise

Leader introduces idea of Gevurah, of making distinctions

In small groups, with the help of the group leader, each individual takes his issue from the judgment exercise and distinguishes the parts into the four quarter's format

We will then circle up together and the leader of the entire weekend will ask everyone to share

A staff member in each group will take notes to help facilitate the next day's "carpet work"

Data/feeling/desire

Gevurah, Distinctions

Participant Packet page 17

Go over the relationship from the judging exercise sheet and reframe it using the four quarters model.

Make clear distinctions.

- **Data**

What are the tangible facts?

- **Feelings**

What feelings are being generated by your thinking? By living from within this story?

- **Desire**

What do you want from within this story?

What is the root desire of your feelings?

What sort of things, if they were to happen more frequently, would you experience as being more supportive of your growth and happiness?

- **Thinking**

What is your story? Your thoughts? Your interpretations? What are you telling yourself?

More perspective

When in this story;

You

How do you think about yourself?

Who are you?

What do you tell yourself? The message you give yourself?

How do you frame the world?

How do you sense yourself?

How are you in your body?

How do you hold yourself?

Your posture, your breathing?

Past

When in your past did you take on this story?

When do you remember feeling this way?

Future

What are your fears?

What is your almost certain future?

Other possible questions

What's at risk for you not to be in this story?

What's the payoff for you to stay in this story?

What is the impact on yourself and others by you living from this story?

Step away from the story

Is this story absolutely true?

How would your life be without these thoughts?

Instructions for Speaking With Integrity

Participants maintain small groups

Leader introduces idea of making distinctions with speech

Improper speech mixes-up klal and prat

Proper speech forces us to;

Take responsibility

To be clear

To not be a victim

Leader of each group goes over “What Speaking Is” sheet within their group

Invite participants to experience and to feel the difference when doing this exercise

- 20 minutes



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SPEAKING WITH INTEGRITY

WHAT SPEAKING IS

Participant Packet page 18

Speaking from:

Responsibility	Victim
"I" Statements	You, we,
Being direct	as opposed to fillers or diluting statements such as; I <u>just</u> want to ... You know...Like, Sort of...I guess, maybe
I judge you to be ... In my story.....	You are ...
When you _____ I feel ...	You make me feel _____ when you _____
Direct expression: Truthful Straight from you to me Owning it	Sideways expression: Toxic humor Passive / aggressive Sneaking it in
From the heart: Listen to inner voice Sincere / authentic Clear / concise	From the head: Defensive Rationalizing "Stories"

**Notice the difference in these two ways of speaking.
Notice what different attitudes they communicate and represent.**

Instructions for Values Exercise

Everyone is in small groups

Leader of exercise talks about Netzach and values

Make sure everyone has pens and open to “Values Exercise” page

Make distinction between values from within a “story”

And

Values from outside of “story”

Leader should share an example

Everyone should begin writing without pausing

Just write

Circle up in small groups and share

- 20 minutes

Values Exercise

Netzach, Values

Participant Packet page 19

When I appreciate myself...

If I refused to live by other people's judgments...

If I bring 5 percent more awareness to my life...

When in this place, the values I choose to orchestrate my life around are...

- 1.
- 2.
- 3.
- 4.
- 5.

Instructions for A Letter to You

Before deep loving humanity, make sure everyone has their books and pens.

After the meditation is finished give everyone 10 minutes of silent time to write G-d's response to their deepest desire.

Open your hearts and write from there.

After they have finished have someone go around to collect the books and the pens.