

# HOW DO YOU RECHARGE?

**A GUIDED CONVERSATION**



# WELCOME

## Core Purpose & Mission

TriBEs are about small groups of people that are learning together through the pursuit of Jewish wisdom; praying together and developing personal spiritual practices and inspiring worship that uplifts the soul and connects to God; Acting together through ongoing significant acts of loving kindness and world repair; Playing together in fun social settings where people can relax, laugh, and be ourselves; Caring for each other by valuing and supporting one another in times of joy and sorrow; and are Accountable to each other through shared leadership that serves the best interests of the individual and community.



## Blessing

As we gather in our TriBE, may we honor the values of our Jewish tradition. May we bring compassion, insight, and wisdom to our presence with each other through learning and dialogue. May we recognize the Divine Image in one another, and let that awareness be reflected in our words and actions.

Baruch atah Adonai, Eloheinu Melech Ha'olam, asher kidshanu b'mitzvotav, v'tzi-vanu la'asok b'tzorkhay tzibur.

Blessed are You, Adonai our God, Source of All, who has made us holy with your mitzvot and instructed us to engage deeply with our community.

## Brit

Before we begin, let's review the brit (covenant) that enriches our time together.



# ASK & SHARE

Welcome, and thank you for joining our conversation. Please think of one thing that helps you refill your sense of joy, restfulness and energy when you feel depleted or run-down. What helps you feel recharged? Take a moment to think about this question, and then we'll share our responses.

You can use the space below to make some notes to yourself.

# LEARN

Jewish tradition has had a designated rest time since, well, the very beginning. In the Torah, the story of the creation of the world ends with a day of rest—a set-apart time. Later descriptions of Shabbat, the Sabbath day, make it clear that everyone in the community is meant to rest—not only those with privilege, but workers, the stranger passing through, and even the animals! Judaism considers it an important activity; elsewhere, the Torah talks about the act of shabbat v'yinafash, resting and restoring oneself. Nefesh means “soul” in Hebrew, so this kind of resting is a sort of a re-souling, a recharging of one’s soul, or spirit. Many believe that doing so is indispensable; the secular Zionist essayist Ahad Ha-Am once wrote, “More than the Jewish people have preserved Shabbat, Shabbat has preserved the Jewish people.”

Consider this quote from 20th century theologian Rabbi Abraham Joshua Heschel from his landmark book, *The Sabbath*.

To set apart one day a week for freedom, a day on which we would not use the instruments which have been so easily turned into weapons of destruction, a day for being with ourselves, a day of detachment from the vulgar, of independence from external obligations, a day on which we stop worshipping the idols of technical civilization, a day on which we use no money, a day of armistice in the economic struggle with our fellow men and the forces of nature—is there any institution that holds out a greater hope for man’s progress than the Sabbath?

An organization called Reboot put together a “Sabbath Manifesto,” ([sabbathmanifesto.org](http://sabbathmanifesto.org)) with ten key principles designed to help people slow down and bring the spirit of Shabbat into their lives. The ten principles are:

1. Avoid technology
2. Connect with loved ones
3. Nurture your health
4. Get outside
5. Avoid commerce
6. Light candles
7. Drink wine
8. Eat bread
9. Find silence
10. Give back

Please read through the above list twice.

As we reflect on this text, here are a few questions to consider:

### **Interpretive Questions**

- What relationship do you see between Heschel's vision of the Sabbath and Reboot's Sabbath Manifesto?
- Do you see any patterns emerging from the items on the Sabbath Manifesto? Are there one or more unifying principles?
- What sort of experience(s) do these actions seem to encourage?
- Which of these actions seem communal? Solitary?

### **Reflective Questions**

- Which of the principles from the Reboot list or described by Heschel are you most drawn to? Why?
- Do any of them challenge you or make you feel uncomfortable? If so, what makes them uncomfortable or challenging?
- Which item on the Reboot list would be easiest to adopt? Which would be hardest?
- Is there something missing from the list that you think should be there?
- When do you feel that you need to recharge?

Use the space below to write some notes to yourself.

# DO

As we conclude the conversation, here are a few final questions to consider.

- What's one insight that you've gained from this conversation?
- What is one action you might take, or practice you might try, before we meet next time, based on what you're taking from this conversation?
- What's one obstacle to taking that action? How can you overcome it? Who might you need help from in order to do so?
- What could we do together as a community based on what we talked about today?

Please take a moment to think about these questions, and if you'd like, to share them with the group.

**Thank you for being part of this conversation.**

*Portions of this guide were originally developed by Rabbi Nicole Auerbach for Central Synagogue.*



The Union for Reform Judaism leads the largest and most diverse Jewish movement in North America. We strengthen communities that connect people to Jewish life. Visit <https://urj.org/> for more information.



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