

EGR 2022-23 Chapter Programming Template

A completed Program Planning Form must be emailed **one week in advance** to [@egrsgan@gmail.com](mailto:egrsgan@gmail.com) for AZA or [@egrsig@gmail.com](mailto:egrsig@gmail.com) for BBG, your chapter N'siah/Godol, and advisors! **This is required.** If a program is not submitted on time, it cannot be guaranteed that your program will be able to happen. Ellie or Ben will make edits to this template. Use this form to plan out the details of your upcoming program. Should a section not be applicable to your program (ex: speaker/guest), you may leave it untouched.

If you have any questions, email [@egrsgan@gmail.com](mailto:egrsgan@gmail.com) for AZA or [@egrsig@gmail.com](mailto:egrsig@gmail.com) for BBG

PROGRAMMING

Program Information

Title	Abzug x 313c				
Date	3/16	Start Time		End Time	
Location	TBD- EJC or MJCC				

Programming Team

	Name(s)
Program Lead(s)	Mica Dorfman, Avital Horowitz, Hannah Ickes, and Hailey Janoff
Chapter Advisor	Carly Sokoloff
Optional: Special Guest(s)	

6 Programming Folds of AZA

(Highlight all that apply)

Health	Athletic	Community Service/ Social Action	Education	Judaic	Social
--------	----------	----------------------------------	-----------	--------	--------

7 Programming Folds of BBG

(Highlight all that apply)

Health	Community Service	Social Action	Creativity	Siblinghood	Recreation	Jewish Heritage
--------	-------------------	---------------	------------	-------------	------------	-----------------

Environment

What room set up will best engage participants? (Chairs, tables, music, lighting, which side of the room is 'front', etc.) How does someone feel when they walk in? What is the atmosphere? What is in the space? Atmosphere Ideas: Lights dimmed with soft music...

Calm, reflective, chill spa music, fairy lights

BUDGET

Supplies and Printing

Item or Document (<i>hyperlink</i>)	Quantity	Purpose and details	Cost
Havdalah candle		Havdalah service	free-bring
Havdalah spices		Havdalah service	free-bring
Tea lights		Environment	Free-abzug has
Fairy lights		Environment	free-bring
Prayers	20	For havdalah service	Hailey is printing
face masks	1 pack of 48	For spa activity	\$24
cute pens	1 pack of 48	For journaling activity	\$14
paper	50 pieces	Journaling activity	Free- someone bring
Grape juice	2-3 bottles	Havdalah services	~\$10
mini cups	1 pack	Grape juice	\$7
silk scrunchies	1 pack of 60	Spa activity	\$10

LOGISTICS

Program Timeline

Big Idea: What is the purpose of this program? What do you want members to take away from this program?

Bonding between Abzug and 313 and connecting Jewish heritage with healthy and self-care

Experiences & Activities: List out the activities/stations of the program, and how much time each will be

- Casey and Celia open 5 min
- Havdalah prayers and songs 10 min
- Journal and small group discussion 20 minutes
- Spa time! 20 min
- Cleanup and close 5 min

PROGRAM SCRIPT

HI: Hi everyone! Welcome to Spavdalah. I'm Hannah, Abzug's doverit!

HJ: I'm Hailey, 313 doverit! Tonight we're going to be celebrating Havdalah and welcoming in the new week with some self care and reflection.

HI: We're going to begin with a more traditional Havdalah celebration. We will pass out some papers with prayers in both Hebrew and English to follow along with. If everyone could join us in a circle to begin!

HJ: As we gather together tonight, we're not just saying goodbye to shabbat but we are embracing the week ahead with open hearts and a refreshed spirit. Havdalah means "separation" in Hebrew and it is our beautiful Jewish tradition for the transition between rest and the week ahead.

HI: Using a braided candle, wine, and spices, let's carry the warmth and rest of Shabbat into our bustling lives. Havdalah is about recognizing the special in the everyday and promising ourselves to make the new week as meaningful as the day of rest we're leaving behind.

HJ: So, as we pass around the spice box, let's take in the scents and their significance. Let's remind ourselves of the *beauty* in our Jewish traditions and the *strength* they give us to face whatever comes next. We will pass out some papers with prayers in both Hebrew and English to follow along with. If everyone could join us in a circle to begin!

HJ: We will hand out a spice box to pass around the circle as well

[Havdalah prayers and songs](#)

HI: Thank you everyone! Now that we have concluded Havdalah, let's get ready to reset for the new week. We will begin with some quiet reflection and journaling time. Please come grab a piece of paper and a pen and find a comfortable spot around the room!

everyone gets supplies and we dim lights

HJ: We will begin with a quick guided meditation. Please find a comfortable position, either sitting or lying down.

SHABBAT MEDITATION

HI: Let's begin our meditation by finding a comfortable position, closing your eyes, and taking a deep breath. As you breathe out, release any tension you're holding. With each breath, feel yourself sinking into a peaceful state. Feel yourself surrounded by the love and support of our sibling BBGs.

HJ: In this moment, picture a soft, warm light in your heart. That light is all the good things about yourself – your kindness, your smiles, your love. Judaism teaches us to take care of ourselves, to be healthy and happy, so this light can shine bright.

HI: The Mishneh Torah reminds us, "Since a healthy and whole body is necessary for the ways of God... one must distance himself from things that are damaging to the body and to accustom oneself to things that strengthen and make one healthy" Reflect on what this means to you. We must be intentional with choosing to surround ourselves with people and environments that bring us up, not bring us down.

pause for a bit ...

HJ: As you continue to breathe deeply, come back to the warm, nurturing light within you. This voice symbolizes your inner strength and the divine spark that resides in each of us. Oftentimes, we are so focused on the noise of our everyday lives, that we forget about the small, still voice within us.

HI: This voice is always with us to guide our actions. This light is your guide. It is inspired by our Jewish teachings, and it illuminates the path to self-care and inner peace. When challenges arise, remember this inner light, and know that you have the strength to overcome them. When guided by this inner voice, and the values of our tradition, we can do anything.

HJ: Now, whisper to yourself - outloud or in your head - an affirmation. Invite peace into your heart. With each breath, let this peace expand. As we enter this upcoming week, embrace compassion, resilience, and a loving commitment to your well-being.

HI: As we gently conclude this meditation, take a few more deep breaths, and when you're ready, slowly open your eyes. Let the teachings of the Torah and this meditation guide you in nurturing your body and soul, and empower you to shine your inner light brightly in all that you do.

HI: You may now open your eyes and stretch whenever you are ready! We will now begin with a quick journal prompt. Only you will read it so you are welcome to say anything you'd like.

HJ: The prompt is: Choose a mantra for the upcoming week. It can be a goal, dream, hope, or prayer. What is something negative from last week that you want to let go of?

HI: You will have 5 minutes to write

silent writing time

HJ: Now we are going to count you off and put you into small groups for a discussion.

make groups

HI: Make sure you have introduced yourself to your groupmates!

Discussion Questions (based on how much time)

How do you practice self-care? Why is self-care important to you?

What is something you learned last week that you want to incorporate into the upcoming week?

If you could dedicate this Shabbat to someone (maybe someone in your life you appreciate or someone in need of healing) who would it be and why?

HJ: Thank you everyone for sharing! I hope you got to learn something new about your fellow BBG's.

HI: Now we will have some free time to socialize and practice selfcare!

HJ: There are some facemasks and other supplies so feel free to embrace your inner spa girl and reflect on what we have learned together

HI: Thank you so much for coming!

HJ: Have a great weekend

PLAN B	
<i>In case something happens and your program does not go the way you intended, you are going to need options to make sure it runs as smoothly as possible. Examples of this are icebreakers to stall for time or ready-to-go activities to engage non-participating members. What will you do if...</i>	
Members are not engaged in the activity	• Redirect them by suggesting they go do facemasks, braid hair, or introduce them to new people from different chapters
Program ends too early	• Start a quick but short new activity Ex: 5 Minute yoga class, open convo about what people want to do to better themselves in the new week, ect.
Program is going to take longer than allotted time (How do you end early)	• We could shorten the guided meditation and dicussion we plan on doing, let people bring facemasks that they did not get to use at home, and close meetings on time.
Technical Issues (If applicable; what issues to do see occurring and what will your backup plan be)	N/A
Other:	N/A