LIFTING OUR EYES

RABBI STEPHANIE D. KOLIN, PARASHAT VAYERA 5776

FACILITATOR’S GUIDE

BIG QUESTION: HOW CAN WE SUSTAIN HOPE IN THE FACE OF DIRE CIRCUMSTANCES?

In this sermon, Rabbi Kolin explores the Talmudic idea of ye’ush – giving up hope – and considers how we may avoid despair by keeping our eyes open to the hidden possibilities that may exist around us. This discussion will allow participants to reflect on when they give up, and when they maintain hope in “lost causes.”

DISTRIBUTING THE SERMON:

Links to a video recording of the sermon, as well as a copy of the written text, are available on the CORE Groups page of the Central Synagogue website. A few days before your meeting, you should contact your group members to let them know which sermon you will be discussing, so that they can watch and/or read it in preparation for the discussion. (It is helpful to include a link to the materials in your email). In order to keep the sermon fresh in everyone’s minds, you may wish to recommend that participants make a note of any questions or reactions they have immediately after watching it. Even if you saw the sermon in person, please at least review the written text before the meeting, so that you can participate fully in the discussion.

NAME TAGS:

For at least the first several sessions, please ask everyone in the group to wear a name tag (or, if seated around a table, to place a name card in front of them). Even if most people know one another, it is important that no one feel uncomfortable for not remembering everyone else’s name.

INTRODUCTION AND ICE-BREAKER:

Ask each person to introduce themselves, and to share with the group:

(a) their name; and
(b) whether they tend to see the world as a glass half-full or half-empty; OR
(c) a story about when they lost something, and later found it.
OPENING ACTIVITY

Materials: pens, post-its, blank wall or table.

This activity will allow participants to reflect on their own hopes for the future, as well as offering the group an opportunity to consider what “keeps hope alive” for them.

(1) Pass out pens and a few post-its to each participant. Ask them to take a few minutes to think about their hopes for the future. What would they most like to see changed? When they think about life in 10, 50, or 100 years, what do they hope will be true? Challenge them to think concretely. So, instead of: “There will be racial justice,” think, “Minorities will graduate from college at the same rate as Whites” or “The US prison population will be dramatically reduced.” Ask everyone to write one of these hopes or dreams on each of their post-its. (They can use as many or as few as they like).

(2) When people seem to be winding down, designate a continuum on a wall or table on which participants can place their post-its. The continuum will represent how likely the hope is to be achieved. Choose one of the following (or come up with your own!):

X------------------------------------------------------------------------------------------------------------X
Certain it will happen in my lifetime Believe it will never happen

OR

Could happen in:

X--------------X--------------X--------------X--------------X--------------X
5 years 10 years 25 years In the next generation In 100 years Never

(3) Reflect on the goals and on people’s predictions regarding their achievability.
   a. Is there consensus on which types of goals are achievable? Do different people have different expectations about how likely their hopes are to come to fruition?
   b. Ask: When thinking about what causes are worth fighting for, how big a factor is your prediction of their achievability? Do you take action only on winnable goals? Or are committed to continued action even in support of “lost causes”?
TEXT STUDY

Attached is a text-study sheet that you may use to facilitate a discussion of the themes and issues raised by the sermon. Please make sure to either make a copy for each member or ask everyone to bring it themselves, in paper or electronic form. If you choose the latter course, you may still wish to print a few extra copies for those who may forget to bring theirs.

Here are some things to consider:

(a) It is customary to recite a blessing before studying Torah.

(b) Our tradition teaches us that Torah study can be a source of healing and blessing. You may want to ask members of the group if they would like to dedicate their study to anyone in particular. This is a nice way to help the group get to know one another, and to learn about significant events in each other’s lives.

(c) Depending on the preferences of your group, you may choose to distribute this sheet the week before the meeting, so that participants will be familiar with the texts, and can begin to think about their own responses.

(d) You can choose to either work through the texts as one group, or to break up into pairs (“hevruta”) for an initial period of discussion, and then allow the pairs to share something they learned with the group.

(e) The ultimate goal of these groups is not for participants to master a particular number of Jewish texts, but to connect with one another. If group members are sharing their own stories and experiences in a way that seems fruitful, there is no need to cut off that conversation in order to make sure you “finish” the text sheet. If you are unsure, you can always poll the group to decide whether it is time to move on.

CONCLUSION

We recommend that you wind down the text study about 15 minutes before the end of the session, to allow for a meaningful conclusion. This conclusion may take any shape you wish. Some possibilities are:

(a) Ask each person to name one insight they have gained, or one question that they are taking with them.
(b) Ask each person to offer a blessing to the group, drawn from your learning together.
(c) Ask each person to say one word to represent how they are feeling coming out of your discussion.

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