

This Week's Activities

Friday Hebrew word of the Week	Saturday Parsha D'var Torah + Parsha Video	Sunday There's a Blessing for that!	Monday Black and White Cookies in the Old City Kitchen
Tuesday Recycled Planters	Wednesday Nefesh Mountain Concert	Thursday Improv Games with Theatre Staff	Ongoing Community Art Project S'Bread the Love

Tikkun Olam (Repairing The World): תיקון עולם

Each week will feature a series of questions for Parents to engage in a conversation with their children about the week's theme. This week's theme is "**Tikkun Olam**". Below you can find both activities and guiding questions to accompany the document.

Parents Guide: Questions

- What does it mean to repair the world? Can you give an example?
- What are examples of causes that you and your family care about? Can you give examples?
- What are examples of good deeds or mitzvot that you have done to repair the world as a family?
- What are examples of good deeds or mitzvot that you can do together in the future to repair the world as a family?
- What are examples of family rituals that you can create together to ensure that you are repairing the world?

Friday

Hebrew Word of The Week Beach (Chof) : חוף

Instructions

1. **Practice:** Practice saying the Hebrew Word of the week with your family and friends from camp.
2. **Hebrew Word of the Week Daily Challenge:** replace the word "Beach" for the hebrew word "חוף" or "Chof" (the "Ch" sounds just like the "Ch" in "Challah"). See if you can do that for an entire day!
3. **Hebrew Word of the Week, Weekly Challenge:** Already know the hebrew word of the week? Challenge yourself to learn different items you might bring to the beach in hebrew. Click [here](#) to view a list of 20 different items in Hebrew that you can bring to the beach.

Discussion Topics

- Have a family discussion about the environment. What is our job as a family to take care of the environment? What are some examples of different ways we can do that as a family?
- The beach is one place where you can take care of the environment together. What is an example of a project that you and your family can do together at the beach to repair the world? Can you give an example?
- What is one family ritual that you can create together to take care of the environment?

Saturday

Parsha

Parsha: This week's parsha is **SH'LACH LEKHA** (Send to You)

When Moses and the Children of Israel were poised to enter the land of Canaan, the land God had promised them, they were more than a little nervous. They had no idea of what to expect from the land itself or the people who lived there. So the people would feel better, God permitted Moses to send spies to scout out the land. Moses chose 12 individuals, one leader from each tribe, for the task.

Moses instructed them to check out the entire land, the north and the south to find out about whether the cities had sturdy walls around them for protection, whether there were many people or just a few and what sort of people they were, and also to find out about the soil, the crops, and the fruits that grew there. The scouts were gone for 40 days. You can imagine how worried Moses and the people were... they couldn't just pick up their cell phones to see how things were going!

When the spies returned, they all agreed on what they had seen... the land was amazing, the fruits and the crops were awesome. They also agreed that the cities were well protected and the people were big and strong. It was at this point that two of the spies, Joshua and Caleb, disagreed with the other ten. The majority felt that if the Children of Israel were to go into the land they would be like grasshoppers to the big and powerful people who lived there, that they would be trampled and destroyed. Joshua and Caleb said, "No way! The people may be big and the cities strong, but if we work together and have faith in God, we can do this." How can 12 people who saw exactly the same thing have such different interpretations of what they saw? Why were ten of the scouts so frightened, but two of them so confident? The difference is that Joshua and Caleb saw the challenges and the possibilities, while the others just saw the im-possibilities of the situation. Joshua and Caleb were ready to try; the others were prepared to give up before they even started.

The parsha this week highlights different perspectives we might exhibit when we think about how we might repair the world. Some of us think that one good deed whether it is visiting the sick or picking up trash from the beach is not going to make a difference in "repairing the world". However, one good deed or mitzvah, will help change the world now and in the future. This week- how can we be more like Joshua and Caleb, and seeing the possibilities that one good deed or mitzvah can do to change the world?¹

Parsha SH'LACH LEKHA Video

Looking for a different perspective? Check out a video from Parsha Sh'lach Lekha [here](#).

¹ Adapted from JCC TAGivities from parsha **SH'LACH LEKHA**

Sunday

There's a blessing for that?

There's a Blessing for that?

Instructions: Did you know that there are many blessings in Judaism for different experiences? This section will feature different blessings that Judaism has to offer for nature's wonders. This week we will explore four different blessings for seeing beauty in nature.

Sights:

Upon seeing a rainbow

Hebrew: Barukh Attah Adonai Eloheinu Melekh Ha'olam, zokher habrit v'ne'eman bi'vrityo v'kayam b'ma'amaro.

English: Praised are You, Eternal our God, Ruler of the universe, Who remembers the Covenant, is faithful to it, and keeps the Covenantal promise.

Upon seeing the ocean

Hebrew: Barukh Attah Adonai Eloheinu Melekh Ha'olam, she'asah et ha'yam ha'gadol.

English: Praised are You, Eternal our God, Ruler of the universe, Who has made the great sea.

Upon seeing lightning, shooting stars, mountains, or sunrise

Barukh Attah Adonai Eloheinu Melekh ha'olam, ma'aseh v'rashit

Praised are You, Eternal our God, Ruler of the universe, source of creation

Upon seeing creatures of striking beauty in nature

Barukh Attah Adonai Eloheinu Melekh ha'olam, she'kakhah lo b'olamo.

Praised are You, Eternal our God, Ruler of the universe, Who has such beauty in the world.

Discussion Topics

- **Practice:** Above you can find blessings in both English and Hebrew. Practice saying the blessings together as a family.
- **Print:** Write these blessings on an index card, piece of paper or poster board and decorate them as a family. Be sure to bring them on a next family outing so you can say a blessing while experiencing nature's wonders.
- **There's a Blessing for That Challenge:** As you go for a family walk, trip to the beach, family drive, family hike or different family adventure- practice saying one the blessings for seeing a sunrise or seeing a rainbow that you experience together.
- **Discussion Question:** This week's theme is Tikkun Olam or repairing the world. These blessings help us give gratitude to the beauty that we experience in nature. It is our job to help preserve these beautiful wonders in nature, whether it is the ocean or it's experiencing a shooting star as a family. What are ways as a family that you can help preserve nature's wonders? Can you give a few examples?

Monday

Black and White Cookies

In the Old City Kitchen

This week in the Old City Kitchen, Wendy and Meredith are making a Camp Barney favorite: Black and White Cookies. We'll be uploading their videos to Facebook and YouTube at 2PM on Monday. Check out the recipe below if you'd like to follow along at home.

Black and White Cookie Recipe

Instructions

1. Preheat oven to 350°F
2. In a stand mixer, cream the butter and sugar together for 3-4 minutes on high until light and fluffy. Add the lemon zest.
3. Add in the egg until fully combined.
4. In a small bowl, whisk together the flour, baking soda, and salt.
5. In a measuring cup, add your buttermilk and stir in the vanilla.
6. Alternate between adding $\frac{1}{3}$ of the flour and $\frac{1}{3}$ of the buttermilk mixture into the stand mixer until you have added all of the flour and buttermilk mixture.
7. Scoop $\frac{1}{4}$ cups of batter (an ice cream scoop is the perfect size) onto a silpat or a buttered baking sheet. Leave 2 inches of space between each scoop.
8. Bake for 13 minutes or until the tops are golden brown and puffed up in the center, but if you touch them they spring back (kind of like a cake).
9. Either let them cool on your cookie sheet completely or transfer to a cooling rack before adding the icing.
10. To make the icing add the powdered sugar, vanilla, and 1 tablespoon water in a small bowl until smooth.
11. Put half the icing into a second bowl and add in the cocoa powder and add small spoonfuls of water until it just resembles the same consistency as the vanilla icing (since the cocoa powder will have thickened the mixture).
12. To ice the cookies, use the flat side of the cookie and spread half of each cookie with one of the icings.

Cookie Ingredients

- 1 $\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup well-shaken buttermilk
- 1 teaspoon vanilla
- $\frac{1}{3}$ cup unsalted butter, softened
- $\frac{2}{3}$ cup granulated sugar
- 1 large egg
- 1 lemon for zesting

Frosting Ingredients

- 1 $\frac{1}{2}$ cups powdered sugar
- $\frac{1}{4}$ teaspoon vanilla
- 1 to 2 tablespoons water
- $\frac{1}{4}$ cup unsweetened Dutch-process cocoa powder

Tuesday

Recycled Seed Starter Pots

In the garden at Camp Barney we grow all kinds of fruits, vegetables, and herbs. Not only does this provide us with a great opportunity to learn about our relationship to the food we eat, many of these plants also contribute to the environmental health of CBM!

We grow several plants in the garden and around camp that serve as [pollinator forage](#). Pollinator forage helps bees and other animals that acts as pollinators grow healthy and strong. This in turn helps all of the plants that depend on pollinator species, which helps all of the plants and animals that depend on those plants. The cycle just keeps going!

You can grow your own plants at home for your own food or to feed pollinators. [Some plants are even great for humans and pollinators.](#)

[Check out this excellent guide wiith pictures from Seattle Sundries](#) to learn how to make a self-watering plant starter that'll have you growing plants from seeds in no time without wasting any water!

Supply List

- Plastic 2 liter bottles
- Potting soil
- Seeds
- Thick string or yarn
- A phillips screwdriver or nail
- A hammer
- Large kitchen shears

Discussion Topics

- When we plant pollinator forage, we help bees and butterflies, who then help flowering plants, who then help other plants and animals, and the cycle goes on. Are there positive changes that you've seen that also go on to create more positive changes?
- With this project, we've turned something that we'd normally throw away or recycle into something that we can reuse. Are there other things that we normally throw out that we can reuse instead?

Wednesday

Nefesh Mountain Concert

Tonight, Camp Barney is proud to cosponsor the Jewish Federation of Greater Atlanta's Zoom concert with Jewish Bluegrass fusion band Nefesh Mountain at 8PM. The origins of Bluegrass music trace back to many different nationalities and represent the melting pot of America. Bluegrass was derived from traditional English, Scottish and Irish music combined with traditional African-American blues and jazz. Nefesh Mountain takes the melting pot a step further with their strong Jewish influence.

Many bluegrass songs are about drawing attention to problems in the world like Appalachian coal mining with the intention of educating people and making positive change. Nefesh Mountain specifically seeks to create music with a sense of diversity, oneness, and purpose for our world today.

[Register for the concert here.](#)

Discussion Topics

- How does your favorite kind of music make you feel? What does it make you think about?
- Have you ever learned something new from music? Has it ever changed the way you think about something?
- What role do you think music can play in repairing the world?

Thursday

Improv Games

This week's improv game is called "Story Swap." It's all about listening to those around you and building off of their stories to create new stories together. Much like in this game, if we are truly going to engage in "Tikkun Olam" to repair the world, we need to be willing to listen to others' stories and be prepared to bring all of our stories together.

Instructions

1. Identify one member of your group as the director. Everyone else will be storytellers. You need at least two story tellers.
2. One of the story tellers should begin telling a story about whatever they'd like.
3. After a few lines of the story, the director will clap their hands and call out another storyteller's name.
4. The new storyteller will continue telling the story.
5. Repeat steps 3 and 4 until the director decides the story is complete.

Discussion Topics

- What kind of repair do you think the world needs?
- How can you find out what kind of repair others think the world needs?

Make sure to tune in to our Facebook Page or YouTube channel for the next episode of Under Your Amazing Roof on Thursday, June 25th at 8PM!

We'll be uploading the activity guide for June 26th - July 2nd to CampBarney.org/Summer2020 on Friday, June 26th.