

Focus Area 2: Opportunities for Spirituality and Transcendence

Brief description: A coach helps keep larger goals in mind – the sort of person one wants to be, how one wants to contribute to the team. In our work, this connection with “something larger” can take multiple forms: a relationship with God; connection with the natural world; a sense of mission for tikkun olam and social action; being in the moment and mindful; developing a sense of purpose, or how one can contribute to their community and world. Opportunities for spirituality and transcendence nurture competencies such as listening with kavod; at the same time, listening with kavod (and other competencies) helps open the door to opportunities for spirituality and transcendence.

Activities	
Whole group activity: Text study led by Rabbi Mark Margolius	10 mins
<u>At tables...</u>	
<u>Discussion 1: At your tables:</u>	
<ul style="list-style-type: none"> Read the brief description above, then discuss: When you hear the terms spirituality and transcendence, what do you think of? To what extent does the activity we just did fit into your thinking about spirituality and transcendence? In what ways do <i>you</i> find spiritual engagement and feelings of connection to “something larger?” 	10 mins
<u>Think-Pair-Share</u>	
<ul style="list-style-type: none"> Think to yourself: What opportunities for spiritual engagement do we provide our learners? How, if at all, do we talk about God, Holiness, and the Divine? How can we help our learners think about the person they’d like to become, and the difference they’d like to make in their community and their world? With a partner, share and discuss your thoughts. With whole table: Share 1-2 ideas per pair about opportunities for spiritual engagement that we can offer our learners. (“Scribe” please write these down.) 	<u>15 mins total</u> Think: 2 mins Pair: 6 mins Share: 7 mins
<u>Journaling</u>	
“Free write” or use this prompt: How might I enhance my own work in the area of providing opportunities for spiritual engagement and transcendence? What can I do to make that happen?	5 mins

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What are Jewish Spiritual Practices?

[Source: <https://www.jewishspirituality.org/about/what-are-jewish-spiritual-practices/>]

While there are many Jewish spiritual practices, the ones at the core of the IJS teachings are specifically designed to cultivate awareness, attention and mindfulness—ultimately helping us access the sacred in our everyday lives and find greater meaning day by day.

These foundational practices are:

- **Jewish Mindfulness Meditation** (cultivating awareness and the ability to access wisdom and resilience even in the midst of chaos)
- **Desirable Character Traits (Tikkun Middot)** (fine-tuning the way we show up in daily life and in our relationships by cultivating traits like loving kindness, patience, generosity, truth telling etc.) Reflective Text Study (gaining insight into one's inner life by using Jewish texts as a mirror)
- **Embodied Practices** (accessing the wisdom of your body through yoga and singing)
- **Contemplative Prayer** (Tefillah; moving from rote recitation to meaningful prayer)