



Camp OneTable

A SHABBAT GUIDE WITH A SIDE OF
SUMMER CAMP SPIRIT

"Though camp rules and mentality might not be possible all year round, it was at least waiting for us to return to its sweet playfulness and joy whenever we were ready. This is what [Rabbi Abraham Joshua] Heschel meant when he called the Sabbath a palace in time...There's no need for a physical temple or a church, or even a beautiful forest. That is the beauty of sacred time: it stretches across all places and is accessible to us, wherever we are."

-Casper ter Kuile, *The Power of Ritual*

AMBIANCE & DECOR

- Decor: Make your place sparkle with firefly jars. Fill mason jars with battery powered LEDs. Throw in pine cones or flowers, twist on the lid, and tie a bow around the lid with twine.
- Light: Stock up on those twinkle lights to transform your living room into a magical space!
- Wine Bottle Vases: Fill empty wine bottles with tall grass, twigs, or flowers to create a nature-y vibe.
- Dress to Impress: Ask guests to come wearing all white (if that's your camp's tradition) or encourage people to be cozy by wearing as much camp-branded attire as possible.
- Candles Together: Invite each guest to bring two tea light candles. Get creative with how you use the ritual candles for decor and light throughout the evening.
- Have someone bring a guitar and sing/teach favorite camp songs. Bonus: Share song sheets with everyone's favorite picks to keep the singing and vibes going.
- Take it outside! Throw a dinner picnic.

FOOD & BEVERAGE

- Consider designing a menu for the evening that celebrates the playfulness and nostalgia of camp favorites.
- Start with a cocktail or mocktail. Consider summertime favorites like wines, tea, or a lemonade bar. Have fun with how you kick off your night and share a recipe in advance so everyone can prepare.
- Ask your camp for the recipes to your favorite meals, or do some research to find out if there's a local caterer or restaurant you can support by ordering a take on a camp classic as take-out.
- Finish with something sweet and familiar like S'mores Pops! To make them, take marshmallows and melted chocolate dipped in graham cracker crumbs. There's nothing better than ending the evening with DIY dessert!

CAMP CHECKLIST

- When guests RSVP, send a welcome message to say hi and share about your plans for the gathering
- Email guests the night before to confirm details and prepare them for any special camp activities you have planned.
- Share the love! Tag your dinner and photos with @onetableshabbat.

CAMP ACTIVITIES

- Shabbat-o-Grams: Have guests write notes to each other with sweet wishes for Shabbat or the week ahead.
- Get Crafty: Make friendship bracelets with beads, string or lanyard or whip out the tie-dye. You can show up as the tie-dye expert demonstrating awesome patterns for your friends to try if you just do a little prep beforehand.
- Sing-Along: Whether around the fire, sitting by the lake, or on your back, looking up at the stars, there's something magical about knowing all the words to a classic and letting it all loose. Bring some camp magic to your Friday night by rocking out with our Camp OneTable playlist while you cook or keep it on as background music during your dinner.
- Did your camp have particular rituals with challah or other special Shabbat foods? Consider how you might introduce and bring those traditions to your table.
- Paper Plate Awards: Depending on how well you know your guests, after dessert, you can honor each guest with a paper plate award for the night.

We hope these ideas help spark the Camp OneTable spirit at your dinner table. See more ideas on our camp [activities blog](#) and our [crafts blog](#).

With gratitude to the Foundation for Jewish Camp and Trybal Gatherings for their partnership in creating this guide.

Light

Strike a match, create light, take a breath and enjoy the moment.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצוותיו וצונו להדליק נר של שבת.

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu
b'mitzvotav vitzivanu l'hadlik ner shel Shabbat.*

Blessed is the Oneness that makes us holy through commandments and commands us to kindle the light of Shabbat.

Bless

Parents often bless their childrens on Shabbat; at camp, often counselors bless their campers. This week, we have a beautiful opportunity, using either the traditional blessing below, or with whatever words are in your heart, to offer blessings of gratitude, support, and affirmation to each other — friends, roommates, parents, and partners. May we find deep, meaningful connections with one another at camp and always, and lift each other up through blessing.

May God bless you and protect you.

יברכה יתוה וישמרה

Yivarechecha Adonai v'yishmerecha

May God show you favor and be gracious to you.

יאר יתוה פניו אליה ויחנה

a'er Adonai panav eilecha vichuneka

May God show you kindness and grant you peace.

ישא יתוה פניו אליה וישם לה שלום

Yisa Adonai panav eilecha v'yasem lecha shalom

Around the campfire

Whether through prayer, at a concert, or around a campfire, music has long had the power to connect us, and for generations has been a spiritual resource at the Shabbat table. Here are a few of our camp favorites — feel free to sing them around your table, firepit, or living room all month long.

Lean on Me | Bill Withers

Sometimes in our lives we all have pain, we all have sorrow
But if we are wise, we know that there's always tomorrow
Lean on me, when you're not strong and I'll be your friend, I'll help you carry on
For it won't be long 'til I'm gonna need somebody to lean on
Please swallow your pride if I have things you need to borrow
For no one can fill those of your needs that you won't let show
You just call on me brother, when you need a hand — we all need somebody to lean on
I just might have a problem that you'll understand — we all need somebody to lean on
Lean on me...You just call on me brother, when you need a hand — we all need somebody to lean on
I just might have a problem that you'll understand — we all need somebody to lean on
If there is a load you have to bear, that you can't carry
I'm right up the road, I'll share your load, if you just call me (call me)
If you need a friend (call me) call me uh huh (call me) if you need a friend (call me)
If you ever need a friend (call me) Call me (call me) call me (call me) call me

The Circle Game | Joni Mitchell

Yesterday a child came out to wonder / Caught a dragonfly inside a jar
Fearful when the sky was full of thunder / And tearful at the falling of a star
And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look behind
From where we came
And go round and round and round in the circle game
Then the child moved ten times round the seasons / Skated over ten clear frozen streams
Words like, when you're older, must appease him / And promises of someday make his dreams
And the seasons...Sixteen springs and sixteen summers gone now / Cartwheels turn to car wheels through the town
And they tell him, take your time, it won't be long now / Till you drag your feet to slow the circles down
And the seasons...So the years spin by and now the boy is twenty / Though his dreams have lost some grandeur coming true
There'll be new dreams, maybe better dreams and plenty / Before the last revolving year is through
And the seasons...

Danny's Song | Anne Murray

People smile and tell me I'm the lucky one / And we've just begun, I think I'm gonna have a son
He will be like you and me, as free as a dove / Conceived in love, the sun is gonna shine above
And even though we ain't got money I'm so in love with ya honey
Everything bring a chain of love
And in the morning when I rise bring a tear of joy to my eyes
And tell me every thing's gonna be alright
Love a guy who holds the world in a paper cup / Drink it up, love him and he'll bring you luck
And if ya find he helps your mind, better take him home / Yeah 'n don't you live alone, try to earn what lovers own
And even though we ain't got money... x2

Drink

Raise your glass and sanctify Friday night with a blessing and a toast.
L'chaim!

Kiddush sanctifies time. In order to raise your glass to the weekend, you have to put down something from the week that was. What do you want to leave behind? What baggage do you want to check? Let it go, raise your glass, and bless:

ברוך אתה יי אלהינו מלך העולם מורא פרי הגפן.
ברוך אתה יי מקדש השבת .

Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen. Baruch Atah Adonai m'kadesh ha'Shabbat.

Blessed is the Oneness that creates the fruit of the vine. Blessed is the Oneness that sanctifies Shabbat.

Nourish

More than satisfying hunger, challah truly nourishes.
Slow down and savor.

ברוך אתה יי אלהינו כבוד השלם, המוציא לחם מן הארץ.

Baruch Atah Adonai Eloheinu melech ha'olam ha'motzi lechem min ha'aretz.
Blessed is the Oneness that brings forth bread from the earth.

Gratitude

You made it through another week — give thanks to your community, your friends, your family, and your chosen family.

ואכלת ושבעת וברכת.

V'achalta v'savata u'varachta.

When you have eaten and are satisfied, bless.

— Deuteronomy 8:10