

# **The Art of Becoming:**

## **Finding Creativity, Meaning and Identity as Grandparents**

**Naomi Less and Ben Freeman, facilitators**  
**An interactive Zoom session presented by:**



LAB / SHUL

# A story from the Talmud

In ancient times, there was a man named Honi the circle the maker. During times of drought he was known for his ability, through prayer and arguing with the divine, to have rain descend on the land. He was wise and in that wisdom asked questions when something puzzled him.

One day, Honi was out for a walk and saw a woman planting a carob tree. He asked her, “How long will it take for that seedling to mature and bear fruit?” “About 70 years, I believe,” answered the woman. “But you are old and may never see that fruit grow to its full ripeness.”

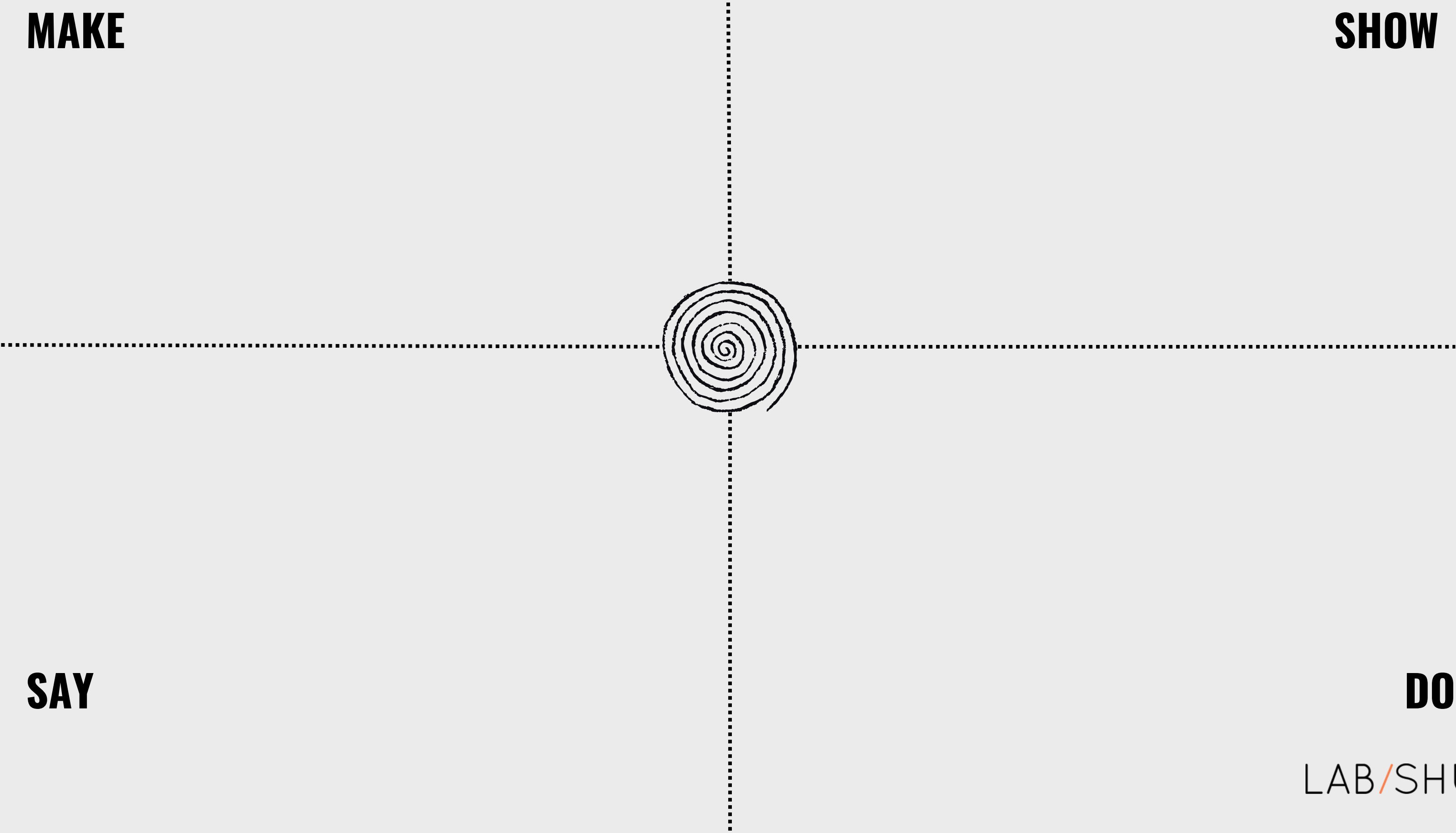
“Maybe not, ” replied the woman. “But I have enjoyed the fruit from trees planted by those who lived here before me. Who took great care to plant seeds with the belief that the fruit would grow and ripen. I am planting seeds today, so that those who come after me will see the fruits ripen and serve the world. And I hope that they do the same for the next generation.”

Jerusalem Talmud: *Taanit* 23a:15

# Mapping Our Resources

**MAKE**

**SHOW**



**SAY**

**DO**

# Rooting in Text

| Hebrew                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Transliteration                                                                                                                                                                                                                                                                                                                                                                                                          | Siddur Ashkenaz/ Lab/Shul hybrid translation                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>וְאַהַבְתָּ אֶת יְהוָה/ הַיּוֹה<br/>אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל<br/>נַפְשְׁךָ וּבְכָל מְאֹדְךָ וְהָיוּ<br/>הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי<br/>מְצַוְךָ הַיּוֹם עַל<br/>לִבְבְּךָ וְשִׁנְתָם לְבָנֶיךָ<br/>וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ<br/>וּבִלְכֹתְךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ<br/>וּבְקוּמְךָ וְקִשְׁרָתָם לְאוֹת עַל<br/>יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ<br/>וְכָתַבְתָּם עַל מְזֻזֹת בֵּיתְךָ<br/>וּבְשַׁעְרֶיךָ</p> | <p>V'ahavta et Adonai/Havaya Elohecha<br/>b'chol l'vavcha uv'chol naf'sh'cha<br/>uv'chol m'odechaV'hayu had'varim<br/>ha'eileh asher anochi m'tzav'cha<br/>hayom al l'vavechaV'shinantam<br/>l'vanecha v'dibarta bam B'shiv't'cha<br/>b'veitecha uv'lech't'cha vaderech<br/>uv'shoch'b'cha uv'kumechaUk'shartam<br/>l'ot al yadecha v'hayu l'totafot bein<br/>einecha.Uch'tavtam al<br/>mezuzot beitecha uvisharecha</p> | <p>And let us love the Source of Life<br/>with all your heart, with all your soul,<br/>and with all your being.Let these<br/>words we chant today live firmly in<br/>our hearts.Teach them carefully to<br/>your children, let them echo in your<br/>home and when you are outside the<br/>home, when you go to sleep and<br/>when you arise. Wear these words<br/>proudly, as a sign and reminder on<br/>your arm and foreheads. Mark them<br/>on the doorposts of your houses and<br/>your gates.</p> |

# Jewish Values and Character Education



## Making Mensches: A Periodic Table

Inspired by Tiffany Shlain's *Periodic Table of Character Strengths*. Watch *The Science of Character* & learn more at [LetItRipple.org](http://LetItRipple.org). Adapted by Rabbi Avi Orlow. For additional resources, contact [avi@jewishcamp.org](mailto:avi@jewishcamp.org).

|                                                               |                                                   |                                                                                                                                                                                                                                                                        |                                                          |                                                                 |                                                        |                                                     |
|---------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------|
| 1<br>Wisdom<br>חכמה<br>Hochma<br>Wi                           | 2<br>Courage<br>אומץ לב<br>Ometz Lev<br>Co        | <p>"The Maharal of Prague [Rabbi Yehudah Loeb, d.1609] created a golem, and this was a great wonder. But how much more wonderful is it to transform a corporeal human being into a mensch!"<br/>— Rabbi Israel Salanter,<br/>Founder of the Modern Mussar Movement</p> |                                                          |                                                                 |                                                        | 3<br>Wonder<br>מלכות<br>Malchut<br>Tr               |
| 4<br>Understanding<br>בינה<br>Bina<br>Wi                      | 5<br>Zest & Zeal<br>זריזות<br>Zerizut<br>Co       | 6<br>Decency & Social Intelligence<br>דרך ארץ<br>Derech Eretz<br>Ho                                                                                                                                                                                                    |                                                          |                                                                 |                                                        | 7<br>Reverence & Awe<br>יראה<br>Yira<br>Tr          |
| 8<br>Sensibility<br>דעת<br>Daat<br>Wi                         | 9<br>Confidence<br>בטחון<br>Bitachon<br>Co        | 10<br>Compassion<br>רחמים<br>Rachamim<br>Ho                                                                                                                                                                                                                            | 11<br>Justice<br>דין<br>Din<br>Ju                        | 12<br>Calm & Composure<br>מנוחת הנפש<br>Menuchat HaNefesh<br>Mo | 13<br>Contentment<br>הסתפקות<br>Histapkut<br>Mo        | 14<br>Love<br>אהבה<br>Ahava<br>Tr                   |
| 15<br>Curiosity<br>הסתקרנות<br>Histakr'nut<br>Wi              | 16<br>Will Power<br>גבורה<br>Gevurah<br>Co        | 17<br>Kindness<br>חסד<br>Chesed<br>Ho                                                                                                                                                                                                                                  | 18<br>Community Mindedness<br>ערבות<br>Areyvut<br>Ju     | 19<br>Organization & Order<br>סדר<br>Seder<br>Mo                | 20<br>Humility<br>ענוה<br>Anavah<br>Mo                 | 21<br>Gratitude<br>הכרת הטוב<br>Hakarat HaTov<br>Tr |
| 22<br>Creativity<br>יצירה<br>Yetzirah<br>Wi                   | 23<br>Conviction<br>אמונה<br>Emunah<br>Co         | 24<br>Loyalty<br>נאמנות<br>Ne'emanut<br>Ho                                                                                                                                                                                                                             | 25<br>Social Responsibility<br>אחריות<br>Achrayut<br>Ju  | 26<br>Patience<br>סבלנות<br>Savlanut<br>Mo                      | 27<br>Modesty<br>צניעות<br>Tzniut<br>Mo                | 28<br>Joy<br>שמח<br>Sameach<br>Tr                   |
| 29<br>Appreciation of Opposition<br>מחלוקת<br>Machloket<br>Wi | 30<br>Perseverance & Grit<br>נצח<br>Netzach<br>Co | 31<br>Pursuit of Peace<br>רדף שלום<br>Rodef Shalom<br>Ho                                                                                                                                                                                                               | 32<br>Compassionate Criticism<br>תוכחה<br>Tochecha<br>Ju | 33<br>Forgiveness<br>מחילה<br>Machilah<br>Mo                    | 34<br>Piety<br>חסידות<br>Chassidut<br>Mo               | 35<br>Whole & At Peace<br>שלמות<br>Shleimut<br>Tr   |
| 36<br>Foresight<br>רואה את הנולד<br>Roeh et HaNolad<br>Wi     | 37<br>Integrity<br>יושר<br>Yosher<br>Co           | 38<br>Leadership<br>מנהיגות<br>Manhigut<br>Ho                                                                                                                                                                                                                          | 39<br>Righteous<br>צדק<br>Tzedek<br>Ju                   | 40<br>Acquiescence<br>הוד<br>Hod<br>Mo                          | 41<br>Balance & Inner Beauty<br>תפארת<br>Tiferet<br>Mo | 42<br>Grounded<br>יסוד<br>Yesod<br>Tr               |
|                                                               |                                                   |                                                                                                                                                                                                                                                                        |                                                          |                                                                 |                                                        | 43<br>Majesty<br>כתר<br>Keter<br>Wi                 |

**KEY**

- Wisdom
- Courage
- Honor
- Justice
- Moderation
- Transcendence

\* These 7 Middot, or character traits, are keys to success, according to Paul Tough in his book, *How Children Succeed*.

Jewish ethics are based on the idea that we are created in the Divine image. The Kabbalah imagined that HaShem is revealed in a number of attributes, or *sfirot*, which correspond to our highest aspirations for human character.

∞ The highest *sfirah*, attribute, not understood in a human context.

This resource courtesy of The Foundation for Jewish Camp,  
based on the work of Tiffany Shlain and Israel Salanter