

## **Step I: Find yourself in the world**

Genesis 28

10 Jacob left the town of Beersheba and started out for Haran. 11 At sunset he stopped for the night and went to sleep, resting his head on the rocks of that place. 12 In a dream he saw a ladder that reached from earth to heaven, and God's angels were going up and down on it. 13 The Eternal One was standing beside the ladder and said: I am the Eternal One God who was worshiped by Abraham and Isaac. I will give to you and your family the land on which you are now sleeping. 14 **Your descendants will spread over the earth in all directions (West, East, North and South) and will become as numerous as the specks of dust. Your family will be a blessing to all people.**

**Cantor sings:**

וּפְרָצְתָּ יָמָה וְקִדְמָה וְצָפֹנָה וְנִגְבָּה וְנִבְרָכוּ בְךָ כָּל־מְשֻׁפָּחֹת הַאֲדָמָה וּבְזֵרְעֶךָ:

*Ufaratzta, yama, v'kedma, v'tzafona vanegba....*

**For reflection:**

Take a moment to look around.

Look to the West, East, North and South...

What do you see?

What landmarks catch your attention and help you orient yourself?

How are these places part of the blessings of your life?

**Step II: Feel presence of God, something awesome, connected to something greater**

Genesis 28: 15 Wherever you go, I will watch over you, then later I will bring you back to this land. I won't leave you--I will do all I have promised. 16 Jacob woke up suddenly and thought, "The Eternal One is in this place, and I didn't even know it." 17 Then Jacob became frightened and said, "This is an awesome place! It must be the house of God and the ladder <sup>[a]</sup> to heaven."

וַיֹּאמֶר אָכֵן יֵשׁ ה' בַּמָּקוֹם הַזֶּה וְאָנֹכִי לֹא יָדַעְתִּי : יוֹ וַיִּירָא וַיֹּאמֶר מִהֲנוֹרָא  
הַמָּקוֹם הַזֶּה

For Reflection:

Have you had a moment of connection like this?

An O M G moment

How awesome is this place? Where? Who was with you?

What place is really awesome?

**Step III: Leave marker/reminder so you pass it forward or set a guide post when you return...**

**Genesis 28:** 18 When Jacob got up early the next morning, he took the rock that he had used for a pillow and stood it up for a place of worship. Then he poured olive oil on the rock to dedicate it to God, 19 and he named the place Bethel.

**20 years later after Jacob's adventures in Haran, including marriage, children and wrestling with an angel Genesis 35**

**6** Jacob and all the people with him came to Luz (that is, Bethel) in the land of Canaan.

**7** There he built an altar, and he called the place El Bethel,<sup>[a]</sup> because it was there that God revealed himself to him when he was fleeing from his brother...

**9** After Jacob returned from Paddan Aram,<sup>[c]</sup> God appeared to him again and blessed him. **10** God said to him, "Your name is Jacob,<sup>[d]</sup> but you will no longer be called Jacob; your name will be Israel.<sup>[e]</sup>" So he named him Israel.

Activity: We are going to decorate rocks that we place as a landmark for people who come after us to find. We can think like Jacob, and decorate

the rock with a mark, symbol, or value that we want to share in this world. With this rock we will leave a sign behind that someone saw God/angels, felt protected and cared for, or awe inspired to make world a better place. This rock will be a physical sign to direct people to bring blessing and look for the awe-some. We will mark this place as special, because we came together here as a community to observe Shabbat and study Torah.

**How is the A.T. (Appalachian Trail) marked?** The A.T. is marked for daylight travel in both directions using a system of white “blazes,” or a rectangle of white paint 2 inches wide and 6 inches high. Blazes are found most often on trees, occasionally on posts and rocks.

Piled rocks called “cairns” are also used to identify the route above treeline. Side trails and shelter trails use blue blazes. Distance between blazes varies, but if you have gone a few hundred yards without seeing a blaze, stop. Retrace your steps until you locate a blaze. Then, check to make sure you haven’t missed a turn. When your map or guidebook indicates one route, and the blazes show another, follow the blazes.



How do we orient ourselves in time and space?

What are the stories/characters/events we use to keep track of time or space?

Are we returning to a place that we have marked?

What are we leaving for a person who comes after? Make them feel inspired, happy