



## Limtzo Manoach: 'Finding Peace'

### An Educator's Guide to a Values Exploration

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This past Fall, M² gathered for its first in-person program. It was filled with a lot of conflicting emotions. We knew that before we could delve into the learning, we needed to create a space that honored these feelings and allowed participants to consider: **How do you find solid ground amidst a tumultuous time. What does it mean to reenter? What do we hold on to and what we discard in the face of imminent change? What do we need to honor in order to move forwards?**

To anchor these questions, we used the Biblical story of Noah leaving the ark as a metaphor for us leaving the arks that we were in over the course of Corona.

The story of Noah helped us consider how we are managing to navigate our way through a very chaotic time by exploring the value of **Manoach**.

Manoach, a word that is used only 5 times in the Torah, refers to a resting place that the dove had difficulty finding. The dove was seeking a place to rest his feet, to find comfort, to become grounded. We've been looking for something similar. Over the course of the past two years, we've been looking for something similar - a place to rest our feet and find comfort amidst turmoil.

We offer you this **reentry experience** to use with your own learners. This program is modular. You can use it all exactly as is, or choose to take parts of it.

We hope that this exploration helps ground your learning and allows people to feel a sense of Manoach.

We hope that this facilitator's guide helps you bring this program to life and access Manoach with your own community.

From your fans at M²



## Tips for Preparation

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- We are offering a taste of this experience as a virtual one for educators for you to explore the value of Manoach, using the story of Noah to unpack how he navigate uncertainty and distress during an unsettling time.
- Based on some feedback we received, we learned that this program was essential to priming participants for reentering into a learning space.
- All materials that you need to host this program virtually are included in this Spark, however we have also included recommendations for hosting it in-person with your learners.

## Program Considerations

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- The Spark is designed for you. If you are so inclined, share the link and share the screen and do this virtually. But this experience is most powerful for when you're gathering in person. If you are running it in-person, please see here for a list of the [program supplies list](#).
- [Here is a PDF](#) of the narrative script for you to use and adapt. Included in it, is also suggested music and visuals to include in your experience.
- This is a robust experience, so we encourage you to select the activities that most resonate with your learners.
- This can be done with any amount of people, but adjust the groupings accordingly.

## Facilitator's Guide for Running this In-Person



### #1 INTRODUCTION AND GETTING READY (10 MINUTES)

Play [this video clip](#) in the background to set the scene as you speak the introduction to the script. When we hosted this program in-person, we projected the video on the wall and began the program by dimming the lights in the room and gradually adding in more light (opening the curtain windows, turning on more lights in the room) with each section to represent the emergence to rest and renewal.



### #2 PLANTING TREES (10 MINUTES)

Did you anticipate the destruction or struggle to believe it could happen?



### #3 PACKING WHAT IS MOST NEAR AND DEAR (10 MINUTES)

Get [differently shaped sticky notes](#) to represent each of these categories; ask participants to write their answers. Create posters to stick on the wall with each category and after participants add their ideas to each poster.



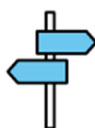
### #4 BUILDING YOUR ARK (15 MINUTES)

Create small groups and ask them to open up their "luggage and take out the following: the [rainbow sheet](#) could be for "a moment when you wanted to prioritize risk over safety" and the [silver sheet](#) could be for "a moment when you wanted to prioritize safety over risk." They then share their moments in small groups.



### #5 PRESERVING THE BEST OF WHAT WAS (15 MINUTES)

Print out the Values onto cards or quarter/half sheets of paper that you can give the participants to look through and select their values.



### #6 SHOULD I STAY OR SHOULD I GO? (15 MINUTES)

We customized Kosher fortune cookies. Each person got a fortune and was asked to relate to it. We also then ordered prisms and people were asked to write a message on it that offers someone advice on how to seek a state of *manoach*.



### #7 REENTRY (15 MINUTES)

We [played music](#) and had people walk around the space. We stopped the music before we asked the three prompts. Each time, they found a new partner.



### #8 CLOSING