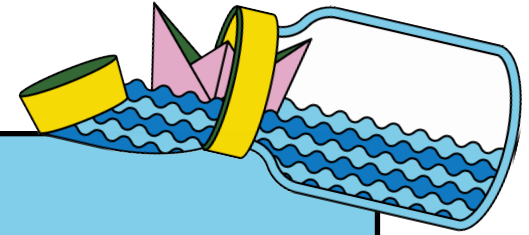


## The Journey of Enoughness



While the liturgical poem “*Dayenu*” holds an important place in the Passover seder, it has a message that is relevant far beyond the bounds of the holiday.

Framed by the rhetorical question “How much goodness has G-d bestowed upon us?”, *Dayenu* parses Jewish history from being taken out of Egypt through the building of the temple, pausing at different stages along the way to express gratitude for G-d’s beneficence. The chorus of the poem consists of one word, *dayenu*, an expression of contentment, as if to say about whatever event is being recalled that it would have been enough...but wait, there’s more!

In this way, *Dayenu* models the practice of expressing gratitude throughout the journey and not just at the destination. Typically, we say something is “enough” when it has reached a certain threshold, and only then do we express gratitude. *Dayenu* reminds us that contentment is a moving target, and that we would be well-served to decouple it from gratitude.

In this activity with Jewish Studio Project, we dive into a quick creative practice to reveal our own sense of “enoughness.”

We are grateful to Jewish Studio Project for contributing this activity.



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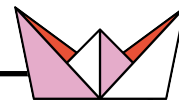
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We can start by briefly imagining Exodus: the Israelite slaves running for their lives because they assumed that whatever lay ahead had to be better than the life they were leaving behind. “Just” having the opportunity to leave, regardless of where their steps led, was enough to take a leap of faith and act, and was enough to inspire gratitude among them.

Whatever we are running from and hoping for, *Dayenu* reminds us to say thanks for “just” having the opportunity to make change, independent of what happens when and if we do.

To help us immerse in the spirit of *Dayenu*, we’re going to be making a piece of art. Art-making can often bring up feelings of not having enough, not being enough. We think: if only I had more time, better supplies, a quiet space, the right training, and more skill, then I could create. Yet the truth is that creativity is woven into the very fabric of who we are as human beings. Each and every one of us was created in the image of the Divine Creative Force, each of us created creative. What might it be like to create exactly as who we are, in the place we’re in, with the time and materials we have — and find the gift and blessing in that?



Set a timer for 10 minutes. Using basic supplies like a pen or pencil and piece of paper, or a device like a tablet if that’s more comfortable, create in any way that is pleasing to you. Let your intention be to discover a sense of *dayenu* — enoughness — as you create.

**After the ten minutes are up, spend some time reflecting:**

1. How do you feel in your body after 10 minutes of creating?
2. In what ways did the idea of “enoughness” come into play as you created?
3. Did any new insights on gratitude arise from this experience?
4. How might the idea of cultivating a sense of “enoughness” serve you moving forward?

