

# Tefillah Choices

10<sup>th</sup> & 12<sup>th</sup> - Friday  
9<sup>th</sup> & 11<sup>th</sup> - Sunday

## **DO-IT-YOURSELF SIDDUR**

The prayer book in its current form is already a few hundred years old. Yes, it has English now. Yes, the Conservative movement made a few changes in order to modernize the prayers. But it is still the same basic prayers and the same basic order. Does it work for you? What would you add? What would you take out? Do we need new prayers for modern times?

## **JEWISH MANTRAS**

In the times of the Talmud, the rabbis used to spend a full hour just preparing themselves for prayer. They would then pray, but instead of just saying the words, they had the capability to see the power behind the words, to physically feel the presence of God. One morning isn't much, but this is your chance to find out how to use meditation to make prayer much more than words in a book. Please wear loose, comfy clothing.

**DO-IT-YOURSELF SIDDUR - Sobel Hall**

**JEWISH MANTRAS - Chapel**



Intensive learning minyan  
7 days of discussion and discovery  
every morning  
Gazebo 1

Maybe you are new to having services so often. Maybe you don't quite see the point of being there in the first place so early in the morning.

Beginning at the source of prayer, God, and moving through various ideas and activities, this service will help anyone who wants to gain a deeper understanding of how Jews pray, why we do it, and how to make it enjoyable.

This service will feature intense discussion with abridges prayers.



## Tefilah Choices Wednesday

### **Mind...**

An in-depth look at the structure of *Tefillah*. Why is the Aleinu at the end? The Sh'ma in the middle? You will spend two mornings discovering just what makes services tick.

### **Body...**

Get into it... Discover how services aren't just a mental thing, but a full body activity. We will look at the connection between services and bodily functions you can't discuss in public. Also, the aerobics of *Tefilah* and what they mean.

### **and Soul**

Before you can feel comfortable with prayer, it's a good idea to feel comfortable with belief. This group will discuss personal beliefs, and how they relate to *Tefillah*. How essential is belief in God? What should my personal relationship be with services?

**Mind** - Chapel, will be led by males

**Body** - Sobel Hall, will be led by males and females

**Soul** - Conference Center (next to pool).

## Tefilah Choices Tuesday

### **Mind...**

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