

"What is old can be made new, what is new must be made sacred"  
Harav Avraham Yitzchak Kook, first chief rabbi of Israel

## *Va'ani Tefilati*

A Kadima/USY Guide to Enhance the Structured  
Tefillah Enhancement

### Section 4 Maariv & Havdalah

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Includes:

*Matbe'ah* Tefillah (Structure of the Service/  
Service Outline)

Creative and Inter-active Suggestions for  
each prayer

Questions for Personal Meaning

Kavanot: poems, songs and stories



# Creating An *Avirah Shel Shabbat*

(Shabbat Atmosphere)

Before Shabbat:

- Make sure each room is clean and in order
- Shabbat themes are always fun. Do an activity before Shabbat that welcomes the theme. E.g. Yedid Nefesh- Friendship-have each participant create a Shabbat-O-Gram for a friend. Shabbat Shalom greetings create community
- Gather the group for a quick meditation or *kavanah* (direction or intention) exercise to transition from mundane to holy, do a yoga stretch to relax the body, play soft music, tell a story, reflect on the week
- Gather the group before everything begins and tell a Midrash or traditional Jewish story. Serve tea and cookies to create a "mood"
- Set up the prayer space (*makom Tefillah*) as a *spiritual* space. Place posters of Jerusalem up, have the USYers create a mural or Shabbat Message Board where they write messages of peace and bracha to one another
- Create a mural of Jerusalem and hang it up on an entire wall
- Before candle lighting, welcome everyone in with soft, calming music, keep voices low to remind everyone that they are entering into a day of calmness and *menucha*
- Create a nice atmosphere for dinner by decorating the room with centerpieces, flowers and colored table cloths. Put Shabbat or Jewish quotes by each place setting as a conversation piece
- Incorporate a poem or Hebrew reading into the service for a creative *Kavanah*, read the lyrics to an applicable Hebrew or English song.
- Teach an Israeli dance to encourage interaction and *ruach*







The following pages include a guide to enhancing the structured prayer service with *Kavanot*, creative, inter-active exercises and brief explanations and suggestions for personalizing the prayer service. Please do not use every single activity or services will take hours to complete, but use a couple of ideas that will enhance the prayer experience for your group.

\*A Caveat: Please note that credit and sources are given to the best of our knowledge. The origin of any source not indicated was unclear.

Guide to Symbols:

✧ Tefillah in Action- an activity to apply to this Tefillah

*Kavanah*: Ways to connect with the prayer, make it more meaningful and personal and allow the participant to answer "what does this mean and "what does this mean to me?"

 Please rise	 Kavanah, story or Midrash, Jewish text source	 Prayer Movement
 Please be seated	 QPM- question for personal meaning, personalize the prayer	 Did you know?/Fast facts to share with the group or questions to consider

\*a note on page numbers- Page numbers that are underlined indicate pages of the full Sim Shalom. *Italics* indicate page numbers for Sim Shalom for Shabat and Festivals

## Why Pray?

### *Reflections on Reasons for Prayer*

(preparing to pray, a resource for discussion, interaction, contemplation)

Before we begin any prayer service, we must explore our intention for prayer. Why do we pray? Sometimes, all it takes for one to engage and find meaning in prayer is to find a *personal* connection, a reason why.

We often draw on Jewish sources for inspiration, motivation and reasons for prayer. Below are some secular selections (quotes marked by \* are Jewish) collected for Rakavet (a division of METNY) USY Fall Kinnus 2008, that can be used for discussion, contemplation and debate for reasons why we pray.

1. "Prayer cannot mend a broken bridge, rebuild a ruined city or bring water to parched fields. Prayer can mend a broken heart, lift up a discouraged soul and strengthened a weakened will"- Ferdinand Isserman
2. God punishes us mildly by ignoring our prayers and severely by answering them.- Richard J. Needham
3. Prayer does not change God, but it changes he who prays. - Soren Kierkegaard
4. Trouble and perplexity drive me to prayer and prayer drives away trouble and perplexity. - Philip Melanchthen
5. Don't pray when it rains if you don't pray when the sun shines. - Satchel Paige
6. The value of consistent prayer is not that God will hear us but that we will hear God. - William McGill
7. Prayer may not change things for you, but it for sure changes you for things. - Samuel M. Shoemaker
8. Two hands working can do more than 1000 clasped in prayer.
9. I prayed for 20 years and received no answer til I prayed with my legs. - Frederick Douglas
10. We have to pray with our eyes on God, not on the difficulties.- Oswald Chambers
11. Prayer is when you talk to God; meditation is when you listen to God
12. Prayer is not merely an occasional impulse to which we respond when we are in trouble, prayer is a life attitude.- Walter A. Mueller
13. The trouble with our prayer is we often do it as a last resort. - Will Rogers
14. When you pray, rather let your heart be without words than your words without heart. [*what is Kavanah?*]
15. Prayer must never be answered. If it is, it ceases to be prayer and becomes correspondence.- Oscar Wilde
16. Certain thoughts are prayers. There are moments when, whatever be the attitude of the body, the soul is on its knees.- Victor Hugo

17. Complaint is the largest tribute heaven receives and sincerest part of our devotion.- Jonathan Swift
18. It is of course possible to dance a prayer- Glade Byron Addams
19. Prayer requires more of the heart than of the tongue
20. What we usually pray to God is not that God's will be done, but that God approve ours.- Helga Bergold Gross
21. Prayer is exhaling the spirit of person and inhaling the spirit of God.
22. \*Always let a man test himself: if he can direct his heart, let him pray; if he cannot, let him not pray [Kavanah]- Talmud Bavli, Brachot 30b
23. My words fly up, my thoughts remain below. Words without thoughts never to heaven go.-King Claudius in *Hamlet*
24. Don't live too much and forget about prayer. Don't pray to much and forget about life. God won't give you straight answers so don't seek one. Seek the ways to find the answers, not the answer itself. Be loyal but not blindly loyal. Be ready to grasp God's response in any shape or form. Don't forget about prayer, don't forget about life.
- 25.\*Prayer is our humble answer to the inconceivable surprise of living- Abraham Joshua Heschel
26. If the only prayer you said in your life was 'thank you,' that would suffice.- Johannes Meister Eckhart
- 27.\*The issue of prayer is not prayer, the issue is God- A.J. Heschel
28. Our thanks to God should always precede our requests
29. Pray for what you want, work for what you need.
30. "I'm not religious. I don't know the prayers. I'd feel hypocritical. I'm not sure what I believe so how can I pray?" Would you say, "I'm not Albert Einstein so I'm not going to think?" or "I'm not Michael Jordan so I shouldn't play basketball?"
31. Prayer is scary because we want answers to our questions and may not get them. The very least is that you ask yourself questions to find out who you are and could be "Is there someone there greater than us?" "Does he/she care about me?" "What is expected of me?" The answers may be just in asking, making you think of thoughts you may not have considered before. -Jewish Theological Seminary program advertisement

## Section 4

### Maariv & Havdalah

Shabbat evening Maariv: p. 200-222/281, continue with page 682 in full Sim Shalom

Havdalah- p. 701/299

*Shabbat Maariv leading into Havdalah, can be a unique and special experience for youth in our setting. It is important to maintain a quiet, chill, atmosphere to remind the group of the sadness we feel as we escort out the Shabbat queen. Additionally, it is also nice to remain mellow before the excitement of a Melaveh Malka (going out, escorting the Shabbat queen out by having some fun), Saturday evening activity, which is usually fun and high energy.*



The text sources for Havdalah are: Isaiah 12:2, 12:3, Psalms 3:9, 46:12, 84:13, 20:10, Esther 8:16, Psalm 116:13,

1. Think of a theme for your Havdalah service such as 'friendship' or 'Time and Space.' Have someone share English quotes, songs or poems that relate to the theme and read or sing before, in between and after the brachot.
2. Create an *avirah* or atmosphere- quiet, chill and relaxed. You can do this by the way you set up the room or how you seat the group members. For example, have every sit in concentric circles with the Shatz (prayer leader) in the middle. Begin with a niggun or a "slow ruach" song from the *Short Songs* section of the B'kol Echad.

3. On that note, maintain a quiet atmosphere until the very end and then break into a loud raucous.
4. Havdalah in an incredibly sensory experience, involving sight, sound, touch, smell and taste. Challenge the USY/Kadimaniks to close their eyes throughout until it is time to view the fire of the candle. By using their other senses, they can truly "experience" Havdalah.
5. Go Green- the Havdalah ceremony is very much connected to nature- spices, grape juice, creation, stars, light/darkness. Make your Havdalah environmentally friendly by reading English translations, reading a poem about light and darkness or connecting the elements of Havdalah with the earth.
6. If possible, hold Havdalah in an outdoor setting under the stars.
7. Sit arm in arm or link arms in a circle or create a neat shape of concentric circles by having USYers guide people to their seats.
8. Think about how you want to begin your service: with a song? A niggun? A creative quote or reading? Would you like to share in a "bless fest" and have everyone wish their neighbor a good wish for the week?
9. Tell a classic Jewish story or a Shabbat related story such as *Too Much of a Good Thing* by Mira Wasserman. This story describes a kingdom that celebrates Shabbat everyday and soon loses sight of

the sacredness of a day apart. You can also choose stories with themes of Tzedaka, beginnings and endings, cycles, nature or whatever treasure you find appropriate (see appendix for a number of resources on classic Jewish stories).

10. המבדיל בין קדש לחול L'havdil- making distinctions, separation. Explain that even though Havdalah means distinction or separation, that the Havdalah ceremony is all about coming together and unity.
11. Have everyone close their eyes and consider the past week. Think of disappointments and challenges and how you will face them in the upcoming week. Think of exciting and new things that have happened for you to look forward toward. Keep in mind the "oys" and "joys" of daily life as we enter into a new week and know that you can overcome anything!
12. Use a guitar or any other musical instruments (drums work well too) and sing an applicable, slow English song.
13. Visual imagery- after the blessing over the candle is sung, try a quick visual imagery exercise. Allow them to imagine all that will bring them light and joy in the upcoming week. Ask them to close their eyes before the candle blessing is recited and open their eyes to the flame.
14. Immediately after Havdalah, break into loud, rambunctious singing and dancing, even if for five minutes to elevate the somber mood.

## Kavanot

*L'havdil- to distinguish, to make different and to make a difference*

*L'havdil- we think about the how we've made this day a special day and the next day a common day*

*L'havdil – to become aware of the differences between days we make in meaning.*

We see the presence of three stars and envision a week ahead.

*L'havdil- to distinguish- let us bring closure to Shabbat, let us make a fresh start in a new week.*

**L'havdil- to distinguish or differentiate- let us continue to make a difference in this world.**

*Mavdil u'megasher- Separating but remaining together*

Some Hasidim add an extra word to the final havdalah blessing, the blessing which praises God Who separates between holy and profane, Shabbat and workweek, etc. They bless God Who מבדיל ומגשר, separates *and bridges*, between all of these dual concepts.

The addition of that one word connects us to one another and reminds us of our anticipated experience of departure from our wonderful friends. We will soon all be separated, but even as we part, we're always on our way back together again and have this shared experience.

## Sources

Brown, Dr. Steven M. Higher and Higher: Making Jewish Prayer Part of Us. New York. USCJ Department of Youth Activities. 1996

Hoffman, Jeff and Andrea Cohen-Kiener. Karov L'chol Korav. New York: Melton Center for Jewish Education, 2000.

Hoffman, Rabbi Lawrence A., ed. My People's Prayer Book: Traditional Prayers, Modern Commentaries. Woodstock, VT: JPS, 1998.

Sasso, Rabbi Sandy Eisenberg and Rabbi Jeffery Schein. Siddur Kol Hanoar: The Voice of Children. Elkins Park, PA: Reconstructionist Press, 2005.

Weinberg, Alex. Siddur Sim Shalom: Remix 2.0 Teacher's Edition, 2006

\*self published. Please contact Alex through his website: [www.alexweinberg.org](http://www.alexweinberg.org)

Greenberg, Rabbi Sydney. Likrat Shabbat: Worship, Study and Song. Bridgeport, CT: Media Judaica, 1974

# Additional Resources for Creative Tefilah

## **Books**

### *General Prayer:*

- Entering Jewish Prayer: A Guide to Personal Devotion and the Worship Service- Reuven Hammer
  - To Pray as a Jew - Dov Peretz Elkins
  - A Guide To Jewish Prayer: Rabbi Adin Steinsaltz
  - The Art of Public Prayer: Not for Clergy Only – Lawrence Hoffman
  - L'elah L'elah/Higher and Higher: Making Jewish Prayer Part of Us – Steven M Brown \*A USY publication
  - My People's Prayer Book Set: Volumes 1-10 – Ed. Lawrence Hoffman
  - Or Hadash: Commentary on the Sim Shalom – Reuven Hammer
  - Rediscovering the Art of Jewish Prayer- Rabbi David Golinkin
  - Siddur Sim Shalom Remix 2.0 Teacher's Edition- Alex Weinberg
- \*an excellent teaching resource when using the Sim Shalom, student edition also available- [www.alexweinberg.org](http://www.alexweinberg.org)

### *Creative resources:*

- L'elah L'elah/Higher and Higher: Making Jewish Prayer Part of Us – Steven M Brown \*A USY publication
- Modim: We Give Thanks – Alisa Pomerantz Boro
- Karov L'chol Korav/For All Who Call: A Manual for Enhancing the Teaching of Prayer- Rabbi Jeff Hoffman, Andrea Cohen Kiener [with accompanying CD]
- The Book of Blessings: New Jewish Prayers for Daily Life, the Sabbath, and the New Moon Festival - Marcia Falk
- Toward Meaningful Prayer [I and II]: Inspiring Thoughts and Stories on Tefillah from Classic Sources- S. Feldbrand
- Talking to God- Naomi Levy
- Minding the Temple of the Soul: Balancing Mind, Body and Spirit [Yoga] – Tamar Frankiel, Judy Greenfeld [With musical accompaniment]
- Alef Bet Yoga – Steven A Rapp
- Book of Jewish Sacred Practices: CLAL's Guide to Everyday & Holiday Rituals & Blessings- Rabbi Irwin Kula and Vanessa Ochs
- Worship with Joy: A Demonstration of New Techniques and Models-
- Sedra Scenes: Skits for Every Torah Portion- Stan J. Biner
- God Whispers: Stories of the Soul, Lessons of the Heart – Karyn Kedar

- Three Times Chai: 54 Rabbis Tell Their Favorite Stories- Laney Katz Becker
- Filling Words with Light: Hasidic and Mystical Reflections on Jewish Prayer - Rabbi Lawrence Kushner and Rabbi Nehemia Polen
- Jewish Stories from Heaven and Earth: Inspiring Tales to Nourish the Heart and Soul - [Rabbi Dov Peretz Elkins](#)
- Our Dance with God: Finding Prayer, Perspective and Meaning in the Stories of Our Lives – Karyn Kedar
- The Path of Blessing: Experiencing the Energy and Abundance of the Divine - Rabbi Marcia Prager
- PRAY TELL :A [Hadassah](#) Guide to Jewish Prayer - Rabbi Jules Harlow with Tamara Cohen, Rochelle Furstenberg, Rabbi Daniel Gordis and Leora Tanenbaum
- Soul Judaism: Dancing with God into a New Era - Rabbi Wayne Dosick

## Music

Almost any popular song can be applied to a Jewish prayer in one way or another, you just have to think outside the box and be creative. For example, *One* by U2 is a great song to teach about faith, and monotheism in the Shema. But for specific Jewish music appropriate to use for Tefilah, read on!

**[www.Jewishmusic.com](http://www.Jewishmusic.com) or [www.oytunes.com](http://www.oytunes.com)** for downloadable hits.

Jewish musical mavens who can help bring creativity to traditional nusach: (name, website, sample album)

- Craig Taubman –[www.craignco.com](http://www.craignco.com) - *The World is a Very Narrow Bridge*
- Shlomo Carlebach- [www.Jewishmusic.com](http://www.Jewishmusic.com) - *Hits of Carlebach*
- Sheldon Low –[www.sheldonlow.com](http://www.sheldonlow.com) - *On One Foot*
- Debbie Freidman – [www.debbiefriedman.com](http://www.debbiefriedman.com)- *One People, Blessings*
- Rick Recht – [www.rickrecht.com](http://www.rickrecht.com)- *Shabbat Alive!*
- Avner Levi- [www.jewishmusic.com](http://www.jewishmusic.com) - *Sephradic Super Party*
- Safam- [www.safam.com](http://www.safam.com)
- Peter Halpern- [www.urj.org](http://www.urj.org)- *Sweet Songs and Sacred Prayer*
- Sam Glaser- [www.samglaser.com](http://www.samglaser.com) - *A Day in the Life*
- Joshua Nelson [Jewish Gospel] –[www.joshuanelson.com](http://www.joshuanelson.com)- *Mi Chamocha*

## Drama:

Sedra Scenes – Stan Biner

\**Bibliodrama* – Dr. Peter Pitzele - [www.bibliodrama.com](http://www.bibliodrama.com)

Parasha Plays – Richard J. Allen

Class Acts: Plays and Skits for Jewish Settings – Stan Biner

Kings and Things: 20 Jewish Plays for Kids 8-18 – Meredith Shaw Patera

The Magic Tanach and Other Short Plays – Gabrielle Suzanne Kaplan

\*uses role playing as an excellent technique to engage with text through empathy and emotion

Enjoy these suggestions to enhance the experience of prayer for the Pray-er!