**SLBC Shabbaton Psukei D’Zimrah/Shacharit**

**At some point before Shacharit: Walk around while nigguning, looking at quotes around the room.**

9:00-10:15am

1. **Niggun**: Super slow Rova Niggun - Meditative, set the tone (JW)
2. **Modeh Ani:** Shefa Gold, coming out of the Rova Niggun (EL)
3. **Kavanah** - acknowledging our community, settling into our humanity (JW)
4. Quick round of Rova Niggun
5. **Birkot Hashachar -** JW starts intro:Introduce with “morning routine” routine. Continue frame: Take a minute to find one that resonates truly today. As you’re moved to thank God, rise at that time. (JW)
6. Birkat hashachar Aronson (EL)
7. **Barukh She’amar** - Rova Niggun (JW)
8. **Hallel Hagadol -** (Az Yashir or Ki Mitzion)
9. (*Mah Gadlu)*
10. Ashrei - Maaleh gilboa Anim Zemirot melody (JW)
11. **Psalm 148** - Nava Tehila (JW)
12. **Psalm 150-** Debbie Friedman (EL)
13. **Az Yashir** - Ziegler Military march (JW)

Eliana frame (niggun with nusach and chatimot, creation revelation redemption, in BK we thanked God for our body and breath, now we use it to praise…)

1. Nishmat - Joey (EL) put kol Atzmotai on songsheet
2. Shochen ad - nusach
3. Yishtabach and Hatzi Kaddish (EL in Nusach)
4. Barchu, then Yotzer (Round), back into a niggun
5. Niggun flows through, pausing to do the Chatimot in Nusach (EL)
6. Shema chant (EL), V’ahavta
7. Back into Nishmat Niggun
8. Mi Chamocha (EL)
9. Amidah Heichi Kedushah (EL)
10. Niggun: Nava Tehila Oseh Shalom? (EL)
11. Kaddish Shalem

**Torah Service: to think about: Something about refuah, something about Israel/Country**