**1.** **Learn how to lead tfillot:** Simon, Emma

*Ohel near the alpine tower*

This tfillah learning group is geared towards chanichim who do not yet feel comfortable leading tfillot. One main focus of this session is the parts of shacharit that the leader says out-loud that the *kahal* does not usually recite. For each of the following prayers, go over the words and correct tune so that they can lead them.

· Birkot Hashachar, Ashrei (leader lines)

· kadish

· Page 94-98

· Shema

· Page 102-104

· Amidah

· Torah service (if time)

Note: All tfillah groups must recite the shema and amidah.

**2. Guided meditation:** Claire

*Entrance to forbidden forest, overlooking agam hatzafoan.*

The goal of this experience is to find *kavanah* in tfillot while surrounded by nature. Find a peaceful spot in the *machane*. Pose questions for the chanichim to ponder while listening to music, which are based on texts in the siddur. Chanichim should be holding siddurim, but are not forced to open them to a particular page.

Suggested topics: (feel free to add your own questions as well)

· Gratitude: a main theme of the shacharit service. The birkot hashachar is a list of things we are thankful for. The “*modim anachnu lach*” prayer in the amidah focuses on gratitude.

® What are you thankful for? What are the little/daily things you are grateful for? How do you show your thanks?

· Forgiveness: In the Amidah we ask for forgiveness (“slach lanu”); also a key theme of Yom Kippur.

® When do you ask for forgiveness? Is there something for which you need to ask for forgiveness?

· Hashem: There are clearly many reference to God in tfillot.

® Do you believe in God? Why/not? Where do you find God?

Note: All tfillah groups must recite the shema and amidah.

**3. Amidah Discussion:** Maddie, Ben

*Machon prayer spot*

The Amidah is sometimes simply recited without knowing what we are actually saying. This is an opportunity to discuss the Amidah, learn what it is about, and find personal meaning in it.

· In the first 8-10 minutes, chanichim should spread out and write they’re own Amidah. Aim for ~10 prayers.

· Share as a group.

· Open a siddur to the Amidah (pg. 106+). Examine what the prayers of the amidah in English.

® What do we ask for?

® Do the prayers in the amidah make sense?

® Are they still applicable to our lives, even though they were written many years ago?

® How are the amidah prayers in the siddur similar/different to the personal prayers the chanichim just wrote?

· Explain that chanichim can think about the prayers they wrote that are not explicitly in the siddur at the end of the silent amidah.

· Sing through the whole amidah out loud and leave ~5 minutes for silent meditation at the end.

Note: All tfillah groups must recite the shema and amidah.

**4. Tfillot the Right Way:** Aryeh

*Moadon*

This will be a tfillot session filled with roo-ach and kavanah!

Note: All tfillah groups must recite the shema and amidah.

**5. Tfillot the tzad aleph way:** Emily

*Medurah*

If you’ve ever been to tzad aleph tfillot, you know that its filled with ruach! Tzad aleph tfillot includes a lot of singing and hand motions.

Special tfillot to include (in addition to our normal playlist):

· Pg. 2: Modeh ani (various tunes)

· Pg. 2: Mah tovu

· Pg. 10: Birkot Hashachar (you can act out each line and add-on your own lines at the end)

· Pg. 80: Ashrei (sing malchutcha song)

· Pg. 88: Halleluyah (Hand motions!)

· Pg. 98: Ahava Rabah

· Pg. 100: Shema (hand motions for vahavtah)

· Pg. 104: Emet song

· Pg. 160: Aleinu with Josh Edelglass box steps

· Pg. 6: Greatest Adon Olam ever!

Note: All tfillah groups must recite the shema and amidah.