

Shoafim Tefilot July 25th - 30th

Sunday, Wednesday and Thursday

Goal: Improved literacy and understanding of the Amidah as a personal tool for reflection and personal growth

Monday

Goal: Improved comfort level in having an aliya and knowledge of specifics around the Torah

Materials

70 Siddur Sim Shaloms

Wednesday: 70 Shrinky- Dinks and necessary writing utensils
- string/elastic for necklace

Sunday: Ilana introduces

7 minutes- split into groups (seating arrangements? Written out?). Read the assigned bracha from the Amidah in hebrew and english. Go over discussion questions. There is no need for one definitive answer. The final message should be to think about these questions when davening the Amidah and when you reach "your bracha".

Group 1: Slach Lanu

1. Does repenting to God replace seeking forgiveness from other people?
2. Which do you think is more important?
3. If you have been forgiven by the person whom you wronged, do you no longer have to say this prayer? Why or why not?

Group 2: Refayenu

1. Do you think saying this prayer helps make people feel better?
2. How does saying this prayer for someone you know is sick make you feel?
3. Do you think this prayer is being said more for the sick person or the person praying?

Group 3: V'Lamalshimim

1. Is it immoral to pray for the destruction of others?
2. Is this prayer for the general evil people of the world or should it be said with specific enemies in mind?
3. When it says "crush the arrogant", can it be referring to fellow Jews or people who live in the same country as us?

Group 4: V'Lirushalyim

1. Jerusalem has been rebuilt as the capital of the Jewish State. Is this prayer still relevant?
2. Is God any more present in Jerusalem than he is in the rest of the world?
3. Do you think that "David your servant" being present is necessary for your vision of Jerusalem to be fulfilled?

Group 5: Shema Kolenu

1. Does God hear your prayer individually each day?
2. How does your faith in Judaism relate to this belief?

Monday

7 minutes: How to Have an Aliya featuring Ben Green *→ does Ben know?*

Rami: What's Your Name? Who's Your Daddy?

Ben will explain the logistical and religious steps for an aliya.

-How to tell the Gabbai your name

-Where to kiss

-Hold Torah with both hands (because it is YOUR torah, you are permitting someone else to read it)

-Hold during reading (your torah)

-Bracha after

-Move to the other side because you want to stay up with the Torah as long as possible

-Never turn your back on the Torah on your way back to your seat as a sign of respect

Tuesday

Mishlach program at the Tzahal Memorial

Wednesday

10 minutes: End of Amidah Shrinky-Dink Goldfarb introduces

*more detail to connect shrinky-dink to elohei nitzor
↳ what are they writing?*

“Since I was 13 years old, I have said the same basic thing after Elohei Nitzor at the end of the Amidah. My main goal during those few seconds is to say something that will stick with me all day and remind me of important things I need to do and the way I need to act. So today, each of you is going to get the opportunity to make something to literally carry around your neck with your personal prayer. We're gonna pass out a Shrinky-dink to each of you and a piece of scratch paper. Use the scratch paper to decide what you want to write and then write your own personal prayer that you can say each day after the Amidah and can be worn around your neck throughout the day.”

Thursday

Moser introduces

Amidah on the Lower Migrash. Use Sim Shalom. Explain the importance of saying every word as the mitzvah. Give them a lot of time on their own. Say they should try and take care to hear every word in their ear, English or Hebrew.

Is this gonna work??

↳ NOT sure...

Friday

On Etgar-

Cornerstone Program by Jar about nature and tefilot. TBD

Sunday: Rami: Karyan, Goldfarb: Intro before Mi Kamocha

7 minutes- split into 5 groups based on seating arrangements. Read the assigned bracha from the Amidah in hebrew and english. Go over discussion questions. There is no need for one definitive answer. The final message should be to think about these questions when davening the Amidah and when you reach "your bracha".

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