

## Shacharit Rollercoaster T'filot

Length: 45 Minutes

Location: Moadon

Participants: Machon & Nivonim Banim/Banot

## Materials:

1. Print out sheet of highlighted prayers and translation (+ designated readers)
2. Bench
3. Small slips of paper for chanichim to hold up when they *\*feel\**
4. Map of emotional rollercoaster throughout t'filot

## Prep Time:

- organizing the slips of paper
- making translation sheets
- getting enough paper
- placing the paper and a writing utensil on a seat on a bench

## Goals:

1. Give chanichim a better understanding of content in t'filot
2. Provide opportunity for connection to t'filot
3. Have campers see t'filah as an emotional journey

## Description:

Each *chanich* will be given an experience from his/her edah mate from the night before. They will also get a blank piece of paper on which he/she can write the emotion that they feel connects most closely to the experience. When they feel their emotion can be found in the service (aided by the English translations read aloud periodically), they can lift up their sign/piece of paper for as long as they see fit.

## Introduction:

- Encourage them to read the English throughout services
- Encourage them to hold up their little slips of paper when they feel emotionally connected to a prayer

## T'filot

*Designated chanichim will read the following excerpts from slips of paper that we give them before t'filot start:*

- Alohah Neshama (pg. 8) – "The soul...from me" - Humility/Sobering/Mortality
- Hallelujah (pg. 88) – Psalm 150 "Praise him with trumpet calls..." - Joy
- Az Yashir (pg. 92) – "I will sing to the Lord...my deliverance" - Triumph
- Tachanun (pg. 132) – "King David said to the prophet G-d I am in deep distress" "We look to you for alone we are helpless" - Deep in thought/Self reflection

**Suggested matbea for this morning (amend as you see fit):**

Elohai Neshama

Halleluja (Is this Psalm 150?)

Barchu

Shema

Amidah (chatima about killing all the people)

Tachanun

Kaddish-Aleinu-Kaddish

Shir shel Yom

Questions:

Did you feel as though any of your prayers connected to the prayer?

Wrap Up:

There were a lot of different emotions present during t'filot. Today you were able to hone in on one, one that we assigned to you, but maybe tomorrow you'll be feeling something different, and you can use that emotion to shape your t'fillah experience