

Shabbat 101 readings

To be cut out and distributed to participants as they enter the room. The leader should call out numbers at the specified times in the service.

- 1. After opening song:** Tonight's service is going to be slightly different than usual. Tonight we are having Shabbat 101--our service with some extra readings that explain some of our customs and traditions and the reasoning and meaning behind them. The first few songs and prayers we say get us in the mood for the service. We welcome each other and introduce ourselves to form a community that can pray together. Let's go around and say our name, year, and something exciting we did over break. I'll start.
- 2. Before L'cha Dodi:** Welcome everyone. We forgot however to introduce one important person to our community: the Sabbath bride. L'cha dodi is the prayer that does that for us. We welcome the Sabbath bride and welcome the spirit of Shabbat into a service with this prayer. On the last verse of this song, we rise and face the door we entered from, welcoming the Sabbath bride through the same door and in the same manner that we entered this room. Turn to page XXX and join in welcoming the spirit of Shabbat with L'cha dodi.
- 3. Before Reader's Kaddish:** We all come from a variety of backgrounds. We have different traditions and customs. Please feel free throughout the service to pray according to your customs. Even if you don't know all the words or the melody we use, the intention to pray, the kavanah, is just as important as the words themselves. Please join in with the leader for the readers kaddish, the prayer that signifies the beginning of the next section of prayers, on page XXX whenever it is your custom.
- 4. Before Barchu:** For a few prayers, including the one we are about to do, we face towards the east. Why? Because that is where Israel is in relation to us. Why Israel? At the heart of the country is the city Jerusalem where the Temple Mount once stood. We face east to pray towards Israel and Jerusalem and the Western Wall of the Temple Mount--the same place that Jews all over the world face when they pray. Please turn to page XXX for the Barchu. We rise and face east.
- 5. Before Ma'ariv Aravim:** Now that we have been called to prayer with the Barchu, we begin Maariv Aravim, a prayer that thanks G-d for the creation of evening and the separation of night and day--a miracle that happened on the first day of creation. This first day of creation is the reason Jewish holidays start at sundown. In the Torah, it says that G-d separated between the light and the darkness ...and there was evening and there was morning, one day. Because evening is mentioned first, our "days" start at night, when the sun sets and light is separated from darkness. Go around the room and each person reads one line on page XXX.
- 6. Before Ahavat Olam:** This prayer proclaims G-d's love for G-d's people as expressed through the giving of G-d's Torah. The fact that G-d chose to give us the Torah proves that G-d loves us. And we must study this gift inside and out to express our gratitude for the Torah and G-d's love.
- 7. Before Sh'ma and v'Ahavtah:** In English, the Sh'ma means Hear O Israel the Lord is our G-d the Lord is one. You may notice some people closing their eyes during this prayer. Some suggest that by closing your eyes you are able to hear better. The

V'ahavtah follows the Sh'ma and explains how we should love G-d--with all of our soul, heart and might. Together, these two prayers proclaim the oneness of G-d, the paramount core of Judaism.

8. **Before Mi Chamocha:** This is the song that was spontaneously sung as the Jews were freed from slavery in Egypt. G-d performed a joyous miracle by splitting the Red Sea. In order to remind G-d of the wondrous miracles that G-d performed in Egypt, we sing this song as if we ourselves were being freed from Egypt, just crossing over the miraculous dry ground of the red sea. Please sing as we celebrate our freedom.
9. **Before V'shamru:** There are two great miracles that are recounted in many prayers. One is the exodus from Egypt that we just talked about and the other is the creation of the world. G-d worked for six days to create heaven and earth from an unformed void. After forming the sun and the stars and the trees and the fish and finally humans, G-d rested. That day of rest is Shabbat. This prayer tells us to make Shabbat for our generation--we must understand its importance and significance and teach that to our children. One way of doing that is by saying this prayer. Please turn to page XXX for v'shamru
10. **Before Amida:** Say you want \$100 for something. You don't just ask your parents for \$100, you start by saying mom you're hair looks nice today, have you lost weight recently? Once you have mom all buttered up, then you ask for the money. The same thing happens with G-d. Before you can ask for what you want, first you butter G-d up. We have spent our service so far telling G-d how awesome G-d is for creating miracles like creation and freeing us from Egypt, how grateful we are for the gift of Torah and to have one G-d. In the amida, we ask for what we want.
11. We remind G-d of our ancestors and how G-d helped them, other miracles like sustaining the living and healing the sick, we prayer for understanding, repentance, forgiveness, deliverance from affliction, healing, deliverance from want, gathering of exiles, the righteous reign of G-d, the destruction of the enemies of G-d, the righteous, Jerusalem, the messianic king, for answering prayer, for and thanksgiving. We finally take a moment for silent prayer, when we thank G-d in our own way and ask for whatever we want in the coming week. To get us in the mood for this section of the service, we start by repeating a phrase over and over again. When you are ready to open your heart and mind to G-d, please rise and face east to begin the Amida.
12. **After Shalom Rav:** We just ended the Amida by asking for one final thing--peace. As we move into the conclusion of the service, we ask that if there is anyone you wish to say a prayer of healing for, say their name aloud or in your heart. Turn to page XXX for mi Sheberach.
13. **Before Aleinu:** We continue to conclude our service with Aleinu--a declaration of faith. The root of the word Aleinu means to go up. As we say this prayer, we stand, and rise not only physically but emotionally and morally to the one G-d we pray to. Yet we bow to

acknowledge our thanks to the “King over kings of kings,” the one G-d in heaven above and on the earth below. Please rise, face east, and turn to page XXX for Aleinu.

- 14. After closing song:** Thank you all for your participation, we hoped you learned something. Please place your books on the cart and head out the door for a home cooked Shabbat meal. Shabbat Shalom!