

Beth El Synagogue Synaplex Shabbat, February 8, 2014

*Children's programming, 10:30am:

*Jr. Congregation, (grades 3-6, 10:30-12:30pm -FC, main room)

*Jr. Jr. Congregation (grades K-2, 10:30-11:30am - MB rm 7)

* Tot Shabbat, (ages 4 & under, 10:30-11:15am- MB rm 6)

* Babysitting (ages 1-7 11:15-12:30 - MB rm 3)

FC = Freedman Center / MB = Main Building

8:45 AM	Mishnah Study 8:45-9:30					
9:00 AM	Freedman Center Seminar Room					
9:15 AM						
9:30 AM	Egalitarian	Orthodox	Egalitarian			
9:45 AM	Conservative	Shabbat	Chavurah	Feminist Davening	Healing	Children's Services & Babysitting 10:30-12:30
10:00 AM	Shabbat	Services	Services	with Gender Inclusive	Yoga	
10:15 AM	Services	with mehitzah	with	Hebrew 9:45-10:30 MB rm 7	9:45-10:40 FC Lounge	
10:30 AM	9:30-11:45	9:30-11:45	Orthodox Siddur			*see above
10:45 AM	Main Sanctuary	Orthodox Kehillah Sanctuary MB Downstairs	9:30-11:45	Torah Portion/ Parasha Study	Jewish	
11:00 AM			MB Classroom 4	10:45-11:40 MB Library	Meditation	
11:15 AM					10:45-11:40 FC Classroom 1	
11:30 AM						
11:45 AM						
12:00 PM	Musaf, D'var Torah, and Song 11:45-12:30 Main Sanctuary					
12:15 PM						
12:30 PM						
12:45 PM	Community Kiddush Lunch 12:30-1:30 Social Hall					
1:00 PM						
1:15 PM						
1:30 PM						

Please see reverse for session descriptions.

Our goal is that each of you finds something that speaks to your heart.

February 8, 2014 — Synaplex Shabbat Morning Offerings

See full schedule grid on reverse side.

8:45-9:30am Mishnah Study (Freedman Center Seminar Room): This study meets most Saturday Mornings (same place & time). People new to Mishnah study are especially welcome. Join Rabbis Sager & Greyber for coffee and discussions on text from the Mishnah.

9:30am-11:45am Regularly scheduled Shabbat morning services (with slight time change for Orthodox minyan) in the Main & Orthodox Kehillah Sanctuaries.

9:30-11:45am (Main Building, classroom 4): **Egalitarian Chavurah Service**

The service is traditional and egalitarian, using the modern Orthodox Koren siddur, and all participants are able to take active part in it. Families sit together and women fully participate in leading the service. The Chavurah welcomes all. Pre-bat/bar-mitzvah youth read the maftir and chant. Post-bat/bar-mitzvah youth are especially invited to lead the service. Contact Susan Breitner (breitner@embarqmail.com) for honors and/or to lead.

9:45-10:30am (Main Building, classroom 7): **Feminist Davening with Gender Inclusive Hebrew**

We will be using the siddur Shaar Zahav to daven using Hebrew that has been changed to address places where our values make using masculine words to refer to G-d or the Jewish people uncomfortable. Led by Rachel Galanter, a teacher and service leader with a passion for singing, Hebrew, justice, feminism, the power of words, and doing her part to shape the traditions we pass onto the next generation to reflect these values. Rachel also leads our Jr. Jr. Congregation (services for children ages 4-7).

9:45-10:40am (Freedman Center, lounge): **Healing Yoga**

This special yoga class combines movement, chanting from the Morning Service, and meditation. All levels of experience are welcome. Led by Margie Satinsky who teaches yoga flow, deep stretch, and partner yoga classes at the Levin JCC and Millenium Gym. David Rubin, a member of Beth El since 1973 and one of Beth El's corps of lay sh'lichei tzibbur, will be chanting prayers from the Shabbat morning service to accompany the yoga class.

More information on this monthly offering online: <http://www.betheldurham.org/calendar/index.html#csyoga>

10:30-12:30am: Children's Programming

Jr. Congregation, (grades 3-6, 10:30-12:30pm -Freedman Center, main room)

Jr. Jr. Congregation (grades K-2, 10:30-11:30am - Main Building, classroom 7)

Tot Shabbat, (ages 4 & under, 10:30-11:15am- Main Building, classroom 6)

Childcare (ages 1-7 11:15-12:30 - Main Building, classroom 3)

10:45-11:40am (Main Building, Library): **Parasha / Torah Portion Study**

This week's parsha, Tetzaveh (Exodus 27:20-28:43) begins with mention of the "eternal light" and moves on to focus on the sacred furnishings of the tabernacle and the lavish vestments of the priesthood. The difficulties of these texts for a modern audience sharply contrast with their ancient significance. This challenge will be addressed by Eric Meyers, biblical scholar and archaeologist, and long-time director of the Center for Jewish Studies at Duke University.

10:45-11:40am (Freedman Center, classroom 1): **Jewish Meditation**

We will use age old Jewish techniques in breathing and chanting in order to quiet the "chit-chat" of the mind and gain a deeper understanding of prayer. Led by Roger Perilstein, a long time student of meditation, who has previously taught classes in meditation at Beth El.

11:45am-12:30pm (Main Sanctuary) **Musaf, D'var Torah, and Song** - all are asked to come together for a D'var Torah by Rabbi Greyber & concluding services.

12:30-1:30pm (Social Hall) **Community Kiddush Lunch**

