

## Beth El Synagogue Synaplex Shabbat, November 5, 2011

FC = Freedman Center / MB = Main Building

\*\*Tefillah - Hebrew for Prayer

\*Children's programming, 10:45am:

8:30 AM	Mishna Study 8:45-9:30 Freedman Center		Hiking Tefillah** 8:30-9:30 Meet outside MB		*Jr. Congregation, (grades 3-6, 10:45-12:00pm -FC, main room) *Jr. Jr. Congregation (grades K-2, 10:45-11:45am - MB rm 7) * Tot Shabbat, (ages 4 & under, 10:45-11:30am- MB rm 6) *Babysitting (ages 1-7 11:30-12:15 - MB rm 3) *Torah Club (grades 4-6, 12-12:15pm - FC, main room)							
8:45 AM												
9:00 AM	Conservative Shabbat Services 9:30-11:45 (Psalms, Shacharit, Torah) Main Sanctuary		Orthodox Shabbat Services 9:45-11:40 Orthodox Kehillah Sanctuary MB Downstairs		Gender Tefillah** 9:45-10:40 FC Lounge		Group Yoga 9:45-10:40 FC Classroom 2		Learners' Service 10:45-11:40 FC Classroom 6		Children's Services, Torah Club & Babysitting 10:45-12:15 *see above	
9:15 AM												
9:30 AM	D'var Torah, Musaf, and Song 11:45-12:15 Main Sanctuary											
9:45 AM	Community Kiddush Lunch 12:15-1:30 Social Hall											
10:00 AM												
10:15 AM												
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12:45 PM												
1:00 PM												
1:15 PM												
1:30 PM												

### Synaplex Shabbat Morning Offerings

Listed here are descriptions for the alternate sessions being held in addition to our regularly held Mishnah Study, Shabbat services in the Main and Orthodox Kehillah Sanctuaries and Children's services. Please see above for a full schedule of the morning's activities. Our goal is that each of you finds something that speaks to your heart.

#### 8:30-9:30 am: **Hiking Tefillah\*\***

Join us for a walk around Duke's East Campus. We'll use song, silence, conversation and prayer in the course of this walking meditation based upon the themes of the Shabbat morning service. Gather outside Beth El at 8:30 sharp, dress for the weather and bring walking shoes and since there is no eruv (an eruv permits carrying in public spaces on Shabbat), bring nothing else to carry but yourself. Led by Rabbi Daniel Greyber and Anthony Weston.

#### 9:45-10:40am: **Gender Tefillah\*\*, Traditions for the Next Generation**

We will be using the siddur Shaar Zahav to daven in 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 our values. Rachel also leads our Jr. Jr. Congregation (services for children ages 4-7).

#### 9:45-10:40am: **Group Yoga**

The special Yoga Tefillah 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

Fitness. 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 Tefillah. Please wear comfortable clothing and bring your own yoga mat. You may leave a mat at Beth El in advance (make sure it is marked with your name and leave in the lobby coat closet).

#### 10:45-11:40: **Torah portion of the week / Parasha Study**

This session will use poems from the new book by Laurie L. Patton in order to help us think about Parashat Lech Lecha, as well as the larger role of contemplative reading and poetic practice as an approach to the Torah. Led by Laurie L. Patton, a scholar of South Asian Religions and comparative religion and literature and Dean of Arts and Sciences at Duke University. Her second book of poems, Angel's Task (2011), is a set of contemplative meditations on the weekly parshiyot.

#### 10:45-11:40: **Jewish Meditation, "a blessing practice"**

We will use a series of phrases repeated over and over again, silently, and in the mind. These phrases are derived from the prayer, sim shalom, at the end of the amidah. No prior meditation experience is necessary. Led by Rabbi Frank Fischer, retired director of UNC Hillel and Duke Hillel (1980-1993) and trained in leading Jewish Meditation.

#### 10:45-11:40: **Learners' Service**

Ever feel lost in services? Not sure what page we're on, or what the prayers mean? Do you have questions and are looking for a space to ask them? Want to just slow down and learn a bit more of what's going on in Shabbat morning services? Our Learners' Minyan is for you! Led by Pat Fischer, a retired professor from UNC's School of Public Health and a long-time member of Beth El.