

## **Welcome to Shabbat morning at CBI!**

### **Why are we here?**

We come together in morning prayer for several reasons: to savor the specialness of Shabbat, to offer gratitude for our blessings, to connect with something greater than ourselves, to feel linked with our ancestors and our community, to reach toward meaning, and to help constitute a *minyan*, the quorum of ten adult Jews required for several parts of the service (including the recitation of the Mourner's Kaddish.)

### **What are "services," anyway?**

The English word "services" is a translation of the Hebrew *avodah*, which means both worship and work. The sacrifices at the Temple were called *avodah*. Today we participate in *avodah she-ba-lev*, the service/worship/work of the heart. Prayer (in Yiddish, *davenen*) is one form of the spiritual work we do to build and strengthen our connection with God.

### **Join us on a spiritual "hike" up a mountain**

One way to think of our service is as a gentle hike up a mountain. We begin at the bottom of the hill with the opening prayers; then begin stretching our emotional muscles with the psalms & poems of praise; then climb up to the shema and her blessings; then ascend to the mountaintop for the amidah and the Torah reading; then gently make our way back down.

### **Or, travel with us through the Four Worlds**

Another way to think of our service is as a journey through the four "worlds" of the body, the heart, the mind, and the spirit. We begin in the bodily realm with prayers which relate to our physical being; then move into the psalms which stimulate the heart; then into the shema, which speaks to us on an intellectual level; then to the amidah and Torah reading, which offer opportunity for connection with something ineffable.

### **Don't know where you are? Check the map**

There's a roadmap of the service on the flipside of this page. I hope it helps you to feel oriented and comfortable as you enter into this journey. Our services usually last from 9:30-11am, with Torah study to follow.

### **The most important thing is**

We're all glad that you're here. Thank you for helping us make a minyan this morning. Thank you for being a part of our community. May Shabbat bring you blessings of satisfaction, connection, and peace.

## **Roadmap of Morning Prayer**

### **1. Opening prayers** (*assiyah*, the realm of the body)

*awaken to your body, to life, to gratitude*

an opening song or two (often Mah Tovu)

blessings for body and soul

blessings for the miracles of each day

### **2. Psalms & poems of praise / psukei d'zimrah** (*yetzirah*, the heart)

*quicken your heart, stretch your emotional muscles*

a blessing for God Who speaks the world into being

Psalm 92

Nishmat Kol Chai, "The breath of all that lives praises You..."

Ashrei and/or Psalm 150

### **3. The Shema & her blessings** (*briyah*, the mind / consciousness)

*enliven the mind, connect with Oneness*

blessing for light / *yotzer or*

blessing for love / *ahavah rabbah*

(then the *Shema & v'ahavta*)

blessing for redemption / *mi chamocha*

### **4. Close Connection with God** (*atzilut*, the realm of spirit)

*connect with the Infinite*

the Amidah / time to stand before God

reading from Torah, sometimes a d'var Torah / Torah teaching

### **5. Coming back down the mountain**

Aleinu

Mourner's Kaddish

closing song (often Adon Olam)