It’s Time for Open Door Shabbat!

Written by Sarah Johnson, M.Ed.
Inclusion Specialist

Congregation Beth Israel
JOYFUL • DIVERSE • INCLUSIVE
Open Door Shabbat is so much fun! My family goes to CBI to pray, sing and clap to the music.
On Shabbat I can wear a kippah on my head if I want to. A kippah is like a small hat. There are lots of different colored kippahs to choose from!
At Open Door Shabbat I may see Rabbi Folberg, Sarah, Carly and Rabbi Levy. They lead the songs and prayers. Sarah sings and plays the guitar.
On Shabbat I will see one of the Temple’s officer friends. They are here to keep us safe.
If it’s too loud I can wear headphones. I can still hear the music and sing along!
If I get overwhelmed, and I need a break, I can go out to the lobby. I can take deep breaths and calm down.
If I feel wiggly I can use a quiet fidget toy or sit on a wobble seat. I can get up and move around if I need to.
It’s so much fun when Sarah Avner plays the guitar and I get to sing Shabbat songs!
“Behold how good and pleasant it is for all to dwell together in unity.” — Psalm 133