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# **FRIDAY EVE**

# **SHABBAT**

## **AT BETH AM**



On Friday nights my family takes me to services.

Shabbat is a special day. It starts at sundown  
on Friday.



On Shabbat, people spend time at the synagogue  
and with family. They sing, eat, pray and rest.



After parking, I always hold my family members' hands so that I'm safe in the parking lot and don't get separated from them.



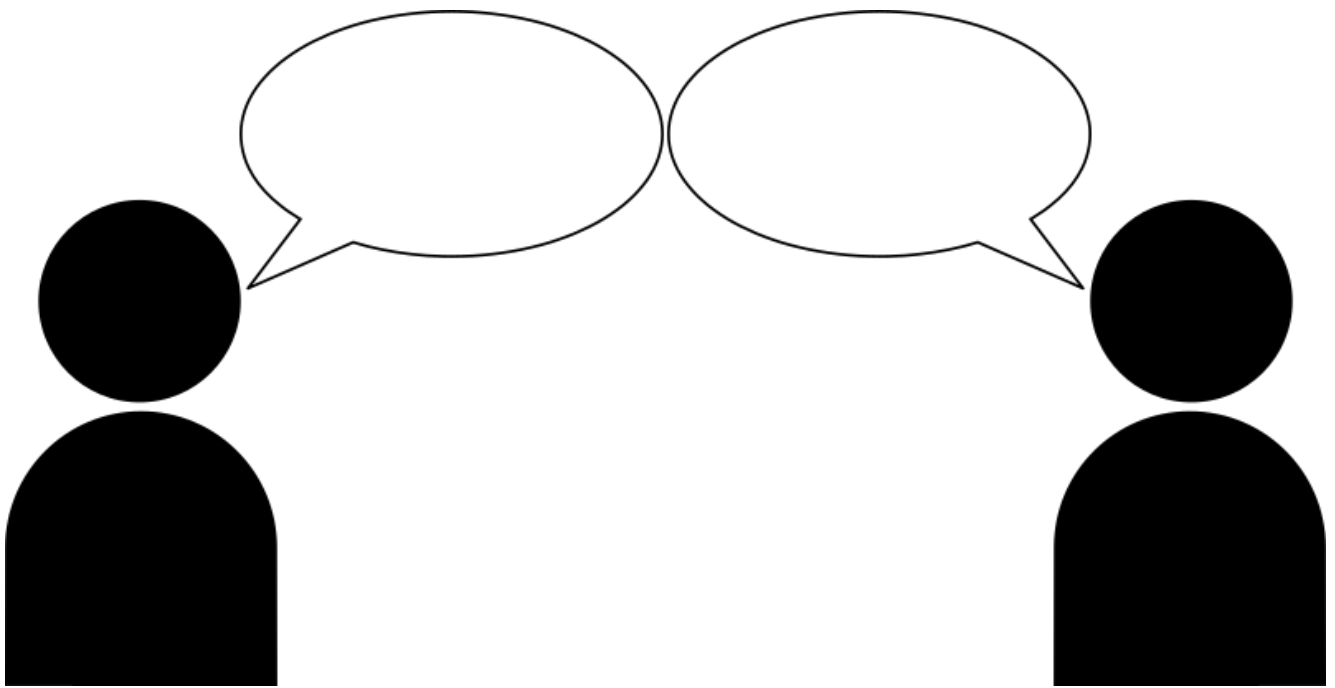
To get to Shabbat Services, my family and I  
climb a steep hill.

Even though I'm excited, I don't run because I  
don't want to trip and fall.





The **Foyer** is always filled with people talking before Shabbat Service. Sometimes my family members talk to friends, sometimes I talk to friends, sometimes we meet new people and sometimes we sit down right away.

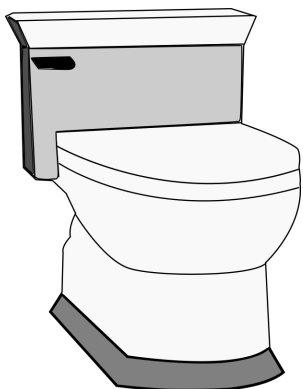


They serve snacks before services in the **Foyer**.

Everyone gets to eat, so there has to be enough for everybody.

I take what I touch and I only take a little plateful.





I try my best to go to the bathroom before services.

If I have to go to the bathroom in the middle of the service, I tap a family member on the shoulder and whisper, then I exit the sanctuary as quietly as possible.



When returning from the bathroom, I re-enter the sanctuary in the same way I left and sit back down with my family.



When it's time for Shabbat Services to start I enter the ***Sanctuary*** with my parents.

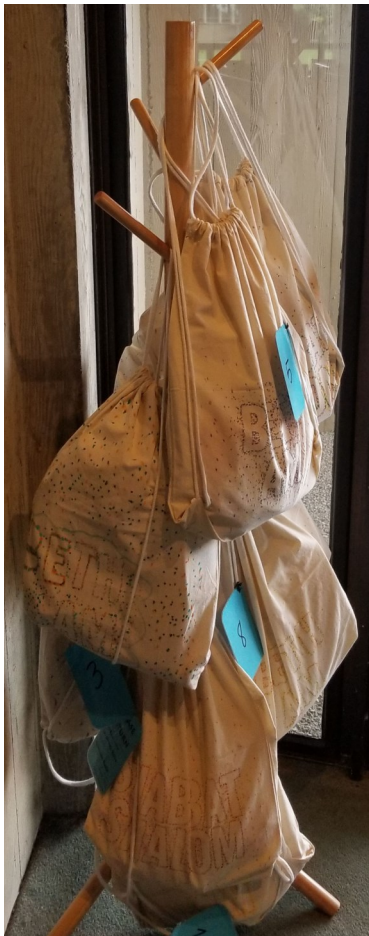


We find a pew and sit down quietly for the service.





There are ***Shabbat Bags*** with toys and fidgets that might help me focus on the service or sit quietly when it's appropriate.



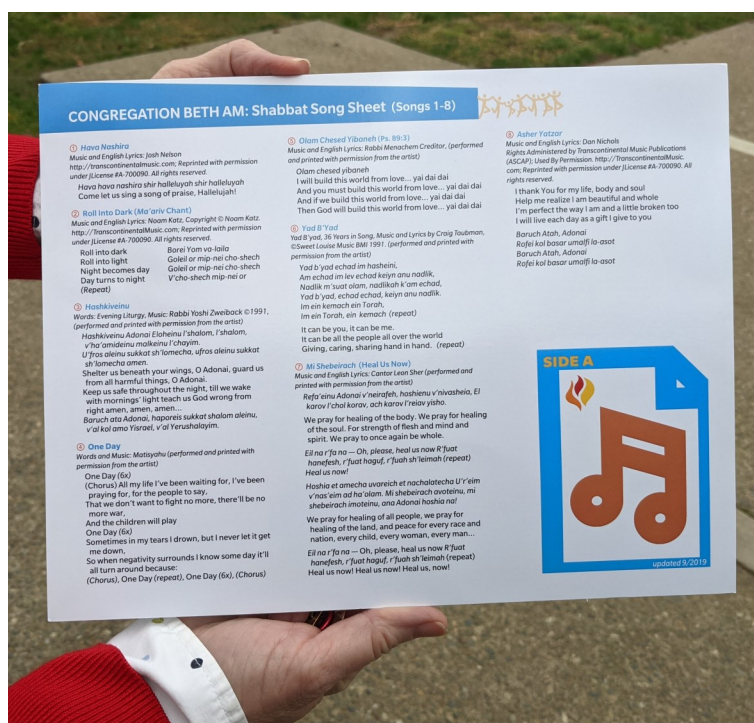
The bags are hanging on a coat rack at the back of the Sanctuary and I can go grab one at any point.

At the end of the service, I put everything back in the bag and hang the bag back up on the rack.



When the Shabbat Service starts, we sing songs and prayers. The room fills with music. Many of the songs that our congregation sings have been sung by Jews for hundreds of years.

Sometimes I sit quietly and listen, and sometimes I sing along the best I can. I don't have to know all the words to sing along! The words are all in the prayer book or on the *Shabbat Song Sheet*.





The service is led by the **cantor** and **rabbis**, and often there are musicians playing instruments, too. Sometimes there are many rabbis and the cantor leading the service; sometimes two or three rabbis lead the service.

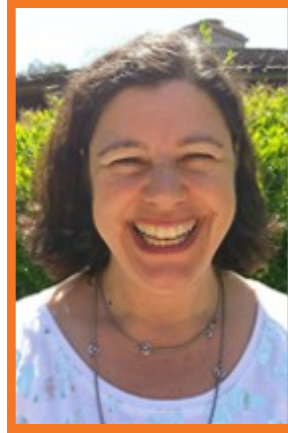


# BETH AM CLERGY

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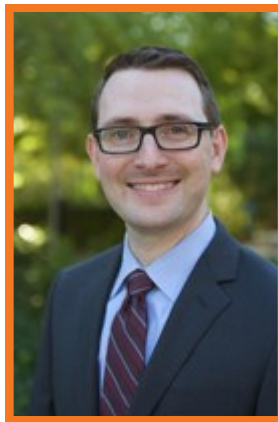
Rabbi Jeremy  
Morrison



Cantor Jaime  
Shpall



Rabbi Jonathan  
Prosnit



Rabbi Heath  
Watenmaker



Rabbi Sarah  
Weissman



B'nai Mitzvah students who have their Bar or Bat Mitzvah ceremony the next day lead parts of the service with their families, like the ***candle blessing*** and the ***Kiddush*** (wine/grape juice).



During the service other people might come up to lead parts of the service or for a special blessing.

Toward the beginning of the service, we light the candles.



After the candles are lit, kids like me are invited up for grape juice.

I wait to drink until the prayer is over. Yum!



Some prayers require us to stand at certain points because they're important.

One of the prayers we always stand for is the ***Shema***. It's one of the most important prayers in Judaism.

Some people close their eyes or cover their eyes with their hands, so that they focus on listening.  
("Shema" means "hear.")





We also stand for the part called ***Ha-T'fillah*** or the ***Amidah***.

It starts with everyone singing ***Adonai S'fatai*** together, followed by silent prayer.

We each pray quietly and sit down when we're done. (Or stand respectfully for a moment and then sit down).

Some people use the prayers in the prayer books.







Once we are done praying, one of the rabbis or a guest speaker gives a sermon, sometimes based on the week's portion in the ***Torah*** and often about a current issue. I can take a break in another room or go with an adult to the playground if I don't want to sit through the sermon.



# PARENT NOTE

Not all sermons will be appropriate for all ages. You can find out about upcoming speakers at the [Beth Am website](http://betham.org), betham.org.



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## Worship

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### Worship



The prayer-life of Congregation Beth Am is both communal and personal, offering quiet, meditative moments as well as community celebration. First and foremost, our worship is musical and participatory, inclusive and intergenerational, egalitarian and welcoming.

Our aim is to bring the timeless spirit of Jewish tradition into a setting that encourages innovation and creativity. We are a theologically diverse congregation in which stimulating, challenging Torah study is valued. We pray to God; we question God; we take seriously all opinions and concerns related to faith. Our personal reasons for entering the sanctuary are also diverse. Therefore, our prayers range from contemplative and comforting to joyful and exuberant. And finally, congregational worship is where we celebrate our personal moments with the community – Bar and Bat Mitzvah

Tue, November 2 2021  
27 Cheshvan 5782

### Worship Schedule

Worship



**Thursday Morning Minyan (via Zoom)**

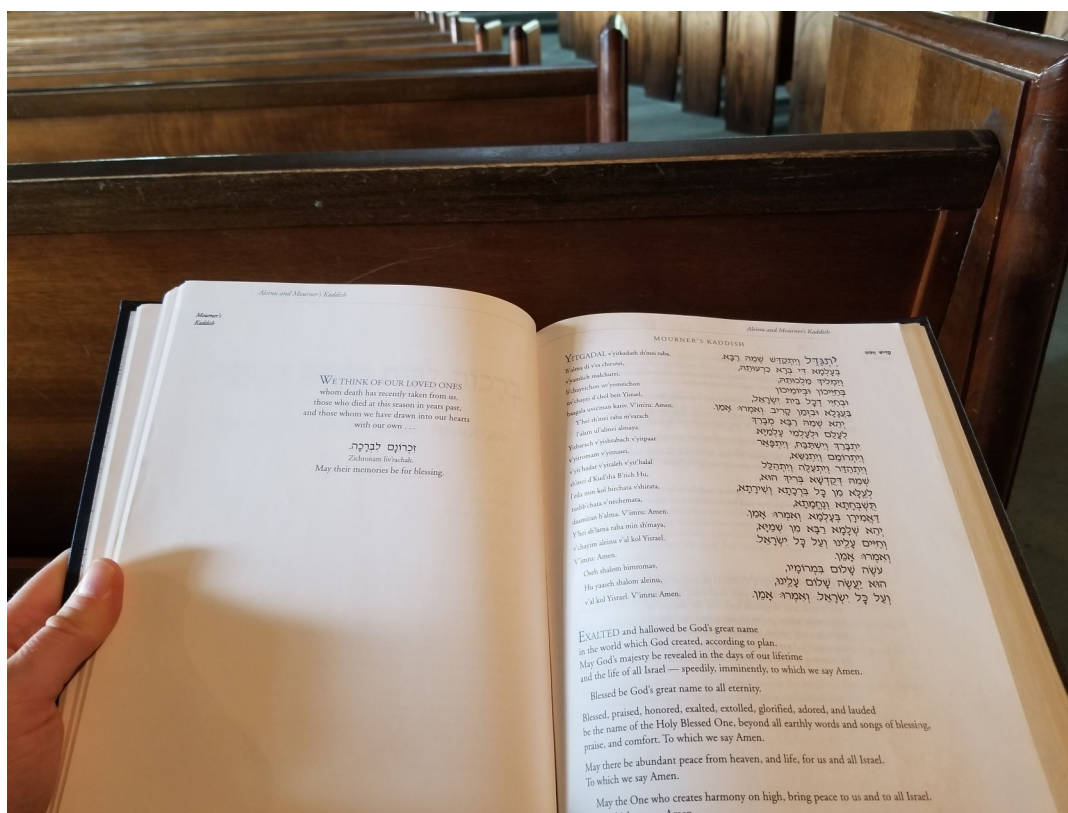
*Thursday, Nov 4th 8:00a to 9:00a*  
These services are led by members of the congregation – all are welcome.



At the end of the service, we remember loved ones who have died.

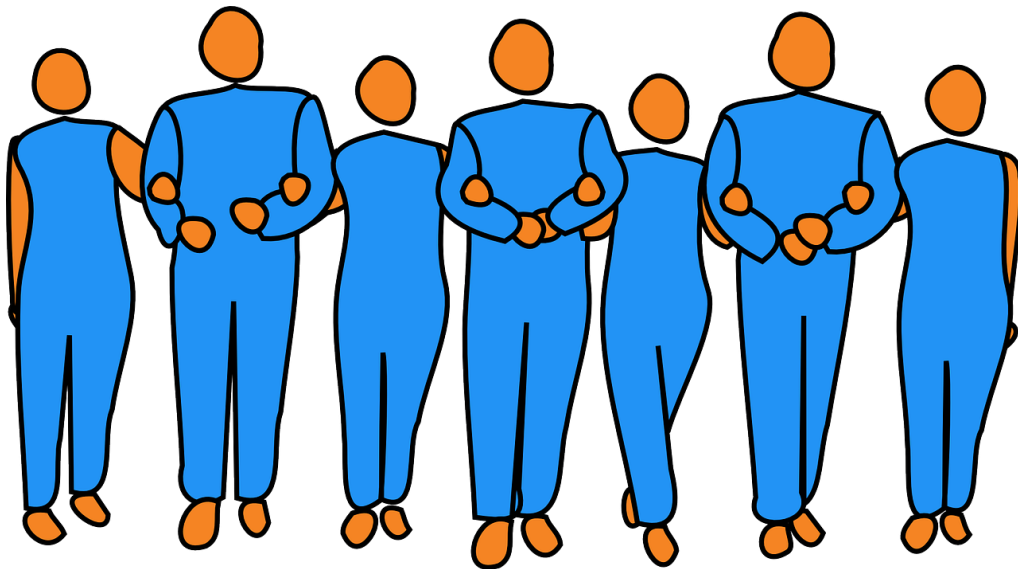
The rabbi reads a long list of names of the people who have died during this particular week in years past. It goes in alphabetical order.

Then we say ***Kaddish*** together.



At the end of the service, we sing a special closing song, often a prayer for peace.

Many people -- even strangers -- put their arms around each other. I can put my arms around the people next to me.



If I'm uncomfortable with touch, I don't have to do this and can say "no thank you."



Then the clergy lead us in the **Motzi**, the blessing over bread.



People turn to each other and say,  
"Shabbat shalom!"

Sometimes kids are invited up to get  
some challah to eat.

After the service, we return to the foyer. There's challah in the foyer and I can take a slice to eat. I wait patiently while my family talks to others or I find people to talk to.



Sometimes there's an ***Oneg Shabbat*** with desserts set out. I wait in line with others to take a couple treats. I might find friends to play with during the ***oneg***, too.



It's dark when we leave Beth Am so we walk carefully to the car.



Shabbat Shalom!





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