

## Learner's Shabbat - Choreography in Services

- “Standard” bowing is bend knees on “*Baruch*,” bend waist on “*Atah*”, stand straight by “*Adonai*”
- Don't bow every time you hear “*Baruch*” – only certain places
- We try not to be in the bowing position when we get to God's name (Adonai)
- Traditionally, one prays facing east, towards Jerusalem
- When standing for a prayer, feet are together, posture straight

### Evening and Morning Services:

| When  | How  | Why  |
|---|--|--|
| <i>Bar'chu</i>                                  | A. Bow at knees on 1 <sup>st</sup> line at “ <i>Bar'chu</i> ”, waist on “ <i>et</i> ”, straighten by “ <i>Adonai</i> ”<br>B. Bow at waist on “ <i>Baruch</i> ”, straighten by Adonai | Acknowledge God's presence as royalty  |
| <i>Sh'ma</i>                                    | Close eyes or cover with your hand during prayer   | Aid in <i>kavanah</i> – no distractions  |
| <i>Adonai S'fatai Tiftach</i>                   | On opening words, three small steps backward and then three forward  | Approaching God  |
| <i>Avot v'Imahot</i>                            | Standard bowing at beginning and end of prayer   | God as royalty   |
| <i>G'vurot</i>                                  | There is no bowing tradition during this prayer  | Don't need to bow on every use of <i>Baruch</i>                                    |
| <i>Modim</i>                                    | Standard bowing on opening line ( <i>Modim Anachnu Lach</i> ) and final line ( <i>Baruch Atah Adonai</i> )   | Conclude <i>Amidah</i> section as you began it                                     |
| End of <i>Amidah</i> ( <i>Oseh Shalom</i> )     | Take three small steps backward. Small bows to the left, right, and center. Three small steps forward.   | Take leave of God's presence. Be willing to take steps backwards to achieve peace. |
| <i>Hakafah</i> (Circuit of the Torah)           | Always face the Torah. As Torah passes, touch it with <i>tzitzit</i> or prayerbook and then kiss <i>tzitzit</i> /prayerbook  | Connect with Holy Torah  |
| <i>Hagbah</i> (Raising of Torah)                | Point to Torah's words with pinky finger. Many will also kiss finger.  | Connect with Torah's words   |
| <i>Aleinu</i>                                   | Bend at knees on “ <i>korim</i> ,” bend at waist on “ <i>u'mish'tachavim</i> ,” come upright on “ <i>lifnei</i> ”  | Physically do what the words say (to bow before God)                               |
| Mourner's <i>Kaddish</i> ( <i>Oseh Shalom</i> ) | On final paragraph ( <i>Oseh Shalom</i> ), Take three small steps backward. Small bows to the left, right, and center. Three small steps forward.                                    | Take leave of God's presence. Be willing to take steps backwards to achieve peace. |

**Shabbat Evening only:**

| <b>When</b>                  | <b>How</b>  | <b>Why</b>   |
|------------------------------|---|--|
| Candle Blessing (Eve Only)   | A. Sweep hands three times after lighting candles.<br>B. Cover eyes during recitation   | A. Bring in the Sabbath light<br>B. Light candles before Shabbat, but only see them after Shabbat begins |
| <i>L'cha Dodi</i> (Eve Only) | A. Rise and face entrance on final verse ( <i>Bo'i V'shalom</i> )<br>B. Bow to the left and right on <i>Bo'i Kalah Bo'i Kalah</i> | A. Welcome the Sabbath bride<br>B. Acknowledge God's presence  |

**Shabbat Morning only:**

|                             |   |   |
|-----------------------------|---|---|
| <i>K'dushah</i> (Morn only) | A. On " <i>Zeh El Zeh</i> " small bow to right, left, and center<br>B. On " <i>Kadosh Kadosh Kadosh</i> " rise up on your toes (3x total) | A. Acknowledge God's presence throughout the world<br>B. Imitate the angels' wings rising up to the heavens |
|-----------------------------|---|---|

**Other Services/Miscellaneous:**

| <b>When</b>  | <b>How</b>  | <b>Why</b>  |
|--|---|---|
| <i>Havdalah</i> Candle Blessing                                      | Raise palms towards light.<br>Bend fingers and see light and shadow on nails, palms                                 | Keep blessing from being "in vain"<br>Note distinctions between light/dark as prayer also says. |
| <i>Vidui</i> ( <i>Eloheinu V'eilohei Avoteinu</i> ) – High Holy Days | Hit heart with right hand ("beat breast") on last 3 words: " <i>Chatanu,</i> " " <i>Avinu,</i> " " <i>Pashanu</i> " | Physically acknowledge our repentance   |
| <i>Vidui</i> ( <i>Ashamnu</i> ) – High Holy Days                     | As each sin is mentioned (24 in all), hit heart with right hand   | Physically acknowledge our repentance   |
| Grand <i>Aleinu</i> – Yom Kippur Afternoon                           | Full to the floor bow during " <i>Va'anchnu...</i> "  | Acknowledge our humility before God, Copy ancient High Priest                                   |
| Drop a Prayerbook or Kippah  | Pick it up and kiss it  | Respect   |
| Shuckling  | Sway body gently back and forth during any prayer   | Involve our whole bodies in pray  |

"The ability to feel the words with one's entire body  
is what the prayerful act is aimed to achieve."  
- *Higher and Higher: Making Jewish Prayer Part of Us*