



Institute for Jewish Spirituality

The Prayer Project

Prayer as Practice

Liturgical Prayer: Discovering Our Own Authentic Service
Taught by Rabbi Jonathan Slater and facilitated by Rabbi Susan Leider

Dates: November 30, December 7, 14 and 21, 12:00 - 1:00 p.m.

This online course is for Kol Shofar members only.

One of the greatest treasures of Jewish religious life is the siddur, the prayer-book. It reflects generations of spiritual struggle and exaltation, expressed in prayers of great poetic richness and nuanced theological reflection. While it is “one book,” it is made up of layers of texts, each one articulating its own way of expressing the deepest cares and yearnings of the Jewish heart. Yet for many Jews, this same book is an impediment to prayer. Forced to say someone else’s words of prayer, to live into someone else’s experience of God, to follow the flow of someone else’s heart, many people feel stymied, silenced.

In this module we will investigate our own modes of praying through body, heart and mind - and then discover which of the many prayers in the siddur might serve as a vehicle for our native expression. Over the course of the month, through our individual practice and collective investigation, we will begin a process of sketching out what might constitute our own *matbe’a*, our “fixed” structure of prayer, for the sake of nurturing our own deepest *kavvanah*, our true intention in prayer, and for the sake of connecting in truth with the Jewish tradition.





Rabbi Jonathan Slater serves as Senior Program Director at the Institute for Jewish Spirituality, directing the clergy programs and serving in a variety of roles in other programs. He is author of *Mindful Jewish Living: Compassionate Practice* and *A Partner In Holiness: Deepening Mindfulness, Practicing Compassion and Enriching our Lives through the Wisdom of R. Levi Yitzhak of Berdichev's Kedushat Levi*.



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Cultivating mindful leaders. Revitalizing Jewish life.

Course Requirements:

Watch teaching video and read brief lesson on Sundays; set aside 20 minutes to practice Monday-Friday; post in online discussion forum in response to weekly reflection questions; participate in live, weekly processing group with Rabbi Leider.

This course is taught through online, interactive ZOOM sessions. For questions or to enroll, please email Dawn at Dcastelli@kolshofar.org



for more information visit:

www.kolshofar.org/center-for-jewish-spirituality/

