

Mini MAR Services

Idea

The Idea is to create smaller grouped services that reflect different ways of prayer. One of my main focuses is implementing how we all pray in different ways and this service outline reflects this. Each MARite will be able to choose from three various options for services ranging from a ruach type service, a guided meditation service, to an artistic service. The idea is to show how even though we all might pray differently, it all goes back to the fundamentals of Judaism.

Ruach Service

This service will be based on singing your favorite saturday morning songs with the songleaders. It will be a high energy service full of singing and dancing with your favorite friends. Ruach service highlights the dynamic and peppiness of services that we all know and love. This service will also incorporate a small song session in between prayers to keep MARites elevated and excited for the rest of the day ahead.

Meditational Service

The meditation service turns it down a notch for people to wind down and relax. It provides an opportunity for MARites to destress and calm down. The service will consist of multiple silent prayers and breathing exercises that will be focused on the spirituality side of Judaism. Besides the opportunities I previously stated there will be guided meditation for peers to feel serene and calm.

Artistic Service

This final service consists of creative outlets that people express using artistic skills. Coloring utensils and coloring paper to draw with while listening to a laid back service. There will also be opportunities for writing readings during the service based off of the torah portion which people at the end of the service can read off to everybody if they wish to share. This service is a time to listen and digest the prayers while coloring and/or writing.

Coming Together

At the end of the services everyone will come together to analyze the differences and the similarities between each of the services. MARites will also talk about what each service is about and reflect on their time during the service. The main focus of various services is how we all learn in different ways but still find meaning from Jewish texts.