

## **Chugim Session #1 – Friday, 10 – 11:15 AM**

Secular/Spiritual: Music of the Soul, But Not of the Prayer Book  
*Ken Chasen*

How To Make Meaningful Moments in Reform Worship -- 3 demonstrations of replicable moments for you take back home and use in your worship spaces.

*Dan Nichols*

New "Trends" in Worship: A Deep Response to our Ever-Changing Communities  
What is happening in the world of worship, and how can we view them not as "trends" but as a deep response to our ever-changing communities?

*Rosalie Boxt*

Personalizing the Prayer -- How do we develop a personal connection as opposed to just auto-piloting through the prayers or songs.

*Michelle Citrin*

## **Chugim Session #2 – Friday, 11:45 AM – 1 PM**

Songs To Sing While Praying With Your Feet: Protest songs new and old

*Dan Nichols*

Sacred Chant & Higher Consciousness -- Teaching and experiencing Shefa Gold's 8 functions of consciousness in prayer.

*Michelle Citrin*

Musical Midrash -- Examine melodies that truly serve the text, and discover how the composition uses and "blossoms" the text. Go home with nice new musical midrashim to use in classrooms and worship.

*Rosalie Boxt*

The Prayer Leader & The Congregational Voice: Beginnings, Transitions and Endings -- Techniques to encourage and support congregational singing within worship.

*Merri Lovinger Arian*

Composer's Corner -- A safe and supportive forum for intermediate to advanced composers to seek feedback on developing new works.

*Ken Chasen*

## **Participant Led Workshops – Friday, 3:45 – 4:30 PM**

Learning to “Pray” Guitar -- *(for intermediate and advanced guitarists)* It’s just you and your guitar.... What do you do when you’re the rhythm, you’re the bass, you’re the lead and you’re the percussion? How do I keep things interesting and engaging yet not let the guitar become the center of attention? How can I exude emotion without over-playing? Welcome to “Learning to Pray Guitar” where you’ll learn some fun ways to truly improve your playing and help you start your journey to not simply playing your guitar, but using it as an instrument of prayer. *Andy Dennen*

Holy Drumming -- Learn the basics of how to accompany prayers with a hand drum. What to play. What not to play. What works. What distracts. Also included will be an introduction to basic hand drum technique. *Akiva the Believer*

Vocal Technique -- We will explore some exercises towards improving correct vocal production and health. Subjects will include breath control, internal space, and how to safely reach those more challenging notes. Bring specific questions and challenges you have with your own voice. *Shira Nafshi*

Shirah Yoga -- Shirah yoga combines two embodied spiritual practices, the practice of yoga and the practice of singing piyutim to cultivate spiritual receptivity. Drawing inspiration from the beautiful, sustained culture of Jews from North Africa and the Middle East—this session will provide a flexible space for yogis of all levels to explore the richness of Jewish creativity and spirituality through the body. *Julie Newman*

Prayer Writing -- The rabbis tell us that both *keva* -- fixed prayer -- and *kavana* -- intention -- are equally important in every prayer service. This workshop will focus on *tefillat halev* -- prayers of the heart, and how to find them within yourself. *Stacey Robinson*

## **Chugim Session #3 – Saturday, 11:45 AM – 1 PM**

Meaningful Melodies -- What makes a melody meaningful and how can I write them?  
*Michelle Citrin*

Shabbat Repertoire: Beyond Kabbalat Shabbat  
Friday Maariv and Saturday AM repertoire to energize your worship!  
*Merri Lovinger Arian*

Storytelling and Social Justice in Song: The Legacy of Harry Chapin  
*Ken Chasen*

Music leading within Worship -- What are some tools, tricks, and contexts we can provide to ease our community into new ideas of music and prayer that is additive and energizing for your community?  
*Rosalie Boxt*