

Synaplex Shabbat has something for everybody!

Am Yisrael's Synaplex Shabbat will be a community-building experience, providing a multitude of ways to celebrate Shabbat together. Choose the ways that fit you best—whether it be at our traditional Shabbat service with a keynote guest scholar, a yoga prayer service, a community sing-a-long, or a family program, there will be something for every spiritual need and age group.

Visiting Scholar

Rabbi Amy Eilberg lectures and writes on issues of Jewish spirituality, healing, and spiritual direction. Rabbi Eilberg currently serves as Co-Director of the Yedidya Center for Jewish Spiritual Direction, a center dedicated to introducing the practice of Jewish Spiritual Direction to the American Jewish community.

Yoga Prayer Experience

Rabbi Heather Altman translates the siddur (Jewish prayerbook) into a physical sequence that stimulates an inner integration of body wisdom and spiritual presence. Tefilla Yoga is a prayer experience guided by yoga postures that match the theme and key words of traditional Jewish prayers.

4 Happ Road
Northfield, IL 60093

AM YISRAEL

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DISCOVER
Shabbat like you've never seen it

EXPLORE
A variety of prayer, study
and social activities

EXPERIENCE
The first ever Synaplex
Shabbat in Chicago

March 16-17, 2007
At Am Yisrael

Synaplex Shabbat Program Schedule

Friday, March 16

6:30-7:15 p.m. – Musical Kaballat Shabbat Service led by Cantor Simon.

7:15-8:15 p.m. – Community Shabbat Dinner (Advance reservations required).

8:15-9:30 p.m. – “What is Jewish Spirituality?” and how can it impact our lives with guest Scholar-in-Residence, Rabbi Amy Eilberg. Babysitting available

9:30 p.m. Oneg Shabbat

Saturday, March 17

8:30-9:30 a.m. – Adult Yoga Shabbat Service led by Rabbi Heather Altman. Provide your own yoga mat or towel. (Advanced reservations required, limited space).

9:30 a.m.-Noon – Shabbat Morning Services

D’var Torah: “Where is God to be Found?” Rabbi Amy Eilberg will explore the many ways—both classical and contemporary—by which Jewish traditions lead to a sense of the divine.

10:45 - Noon – Tot Shabbat - Yoga Service Space for parents to participate may be limited. Provide your own yoga mat or towel.

9:30 a.m.-Noon – Youth Shabbaton

Gan through 2nd grade: Mini Minyan and Creative Torah Time

3rd through 6th grade: Camp Style Service & Interactive Limudim (Study Sessions)

7th through 12th grade: Yoga Service 9:30 - 10:30; 10:30 D’var Torah in main service

Noon-1:00 p.m. – Community Kiddush Lunch

1:00-1:30 p.m. – Community Shabbat Zmirot Sing-A-Long

1:30-3:00 p.m. – Family Lego project organized by Beth Weis the “Lego Lady” for ages 5+. (Larger Lego blocks will be available for children under five. Reservations required, space is limited).

1:30-2:30 p.m. – Nature Walk in the Forest Preserves

1:30-2:30 p.m. – Speed-Schmoozing. Meet other Am Yisrael members in a new exciting way.

1:30-2:30 p.m. – Join Rabbi Eilberg for coffee and an informal discussion.

2:30-4:00 p.m. – “Listening for God in our Lives” Rabbi Eilberg’s innovative technique for developing your own spirituality.

4:00-4:30 p.m. – Mincha Service led by AMUSY

AM YISRAEL

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Please bring a non-perishable item or paper good that will be donated to New Trier Township's Food Pantry.

Support for Synaplex is provided by:

- Dr. Elliot Lefkovitz Education Fund
- Am Yisrael's Torah Dedication Project
- Women's Mitzvah Group
- Men's Emeritus Group
- Other Am Yisrael members at large

The following area businesses have made generous in-kind contributions in support for Synaplex:

- Kosher Gourmet
- Chaim's Kosher Bakery and Deli
- AlphaGraphics of Northbrook

Am Yisrael Synaplex Committee Members:

Marvin Bernstein	Randy Horton (Chair)
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Sally Brown-Winter	Rabbi Debra Newman Kamin
Dave Brull	Yvette Ostroff
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The Synaplex™ Initiative is a program of STAR (Synagogues: Transformation and Renewal) and is a philanthropic partnership of the Charles and Lynn Schusterman Foundation, Jewish Life Network/Steinhardt Foundation and the Samuel Bronfman Foundation. The goal of Synaplex is to enrich American Jewish life in the 21st Century. More than 100 congregations (of all denominations) are currently participating in the Synaplex Initiative.