

TRANSITIONS, TRANSITIONS!

Billy Jonas & Eliana Light * LIMMUD 2024

Prayer is vulnerable- how can we create a container in which prayer might be more possible?
The space between and within prayers matters!

TRANSITION TYPES (TECHNIQUES)

- nonverbal - sonic (bell...)
- nonverbal - musical (noodling, or rhythm...)
- nonverbal - movement / gesture (deep breath, motions...)
- nonverbal - visual (prop transition - curtains, lighting)
- verbal - directive - A “page calling” transition (where we direct attention)
- verbal - narrative (kavanot/iyyunim/story/poem)
- verbal - musical (singing, niggun, sing-speaking)
- silent stillness – be not afraid of the nothingness...

TRANSITION TEXTURES (ENERGY SHIFT / FUNCTION)

- Hi to low nrg/ lo to chai energy
- Scattered to cohesive (movement towards being an organism)
- Internal to communal
- Presentational to interactive
- Singing moment to a listening moment
- Externalizing prayer moment to internalizing prayer moment
- Pure change - redirection of focus

What is the context? What is the balance between maintaining safety and pushing folks to the edge of their comfort zone, for this group, in this place, in this time?

Try it yourself!

On the next page is a “transition planner” handout like we used to plan our opening experience.

In your group, take a few minutes to discuss how you might move from:

A high energy, upbeat Mi Chamocha

To

A contemplative, slower Adonai S’fatai Tiftach (into the Amidah).

Decide what your context is:

- What “flavor” of community?
- What kind of service?
- Who is it for?

And give it a try! SEE NEXT PAGE FOR PLANNING YOUR TRANSITIONS

Blank “Transition Planner”

	EVENT		NOTES (music & movement directions)	TRANSITION TYPES (techniques)	TRANSITION TEXTURES (energy shift / function of trans)
	prep				
1	transition	Person 1: Person 2: Person 3:			
2	prayer	Mi Chamocha			
3	transition	Person 1: Person 2: Person 3:			
4	prayer	Adonai S'fatai Tiftach			
5	transition	Person 1: Person 2: Person 3:			

ELIANA & BILLY'S DEMO – TRANSITION PLANNER

	EVENT		MUSICAL NOTES	TRANSITION TYPES (TECHNIQUES)	<u>TRANSITION TEXTURES</u> (ENERGY SHIFT / FUNCTION)
	prep	BJ - get curtain helpers!!	BJ: capo 2/4		
		Transition - don't say "we're starting..." just close eyes, noodle ahava raba. When they've come to stillness, then...		• nonverbal - sonic, musical + gestural	• scattered to cohesive
1		Niggun - ahava raba -	Eliana guitar (Em D G D Em)/5		
2		transition	Just drum... 8 bars. Then; "Praise Praise yah..." (bj talk? welcome..?)		
3		Kol hanshama	Chorus w eliana on hand motions		
			Teach the snap claps		
		Kol hanshama - cont'd			
4		transition	praizZzzz..... E: "praise, let us praise" "hey, smile and nod... and stand..." Nai nai nai	Bj try it w eliana on gtr – is 2 gtrs ok?	
5		bar'chu	Eliana leads , gtr		
6		Transition	Rhythm... Siddown...		
7		Yotzair or - berkson	Billy lead		
8		Transition- hug	Eiana: talks Billy: noodles ahava raba		
9		Ahava raba - niggun/hebrew	Eliana: leads E gives instructions within singing		
10		transition	Stand in silence, let it soak in... then shh....		
11		Sh...mmm...ah....	Billy		
12		Sh'ma - sulzer	Billy		
13		Meditation - bell- silence	E rings bell		

14		V'hashevota.. V'neemar / or oseh shalom	E invitation what are you taking with you B through the curtains! Curtains.... Once everyone is thru, then sing "v'neemar"		
15		Physical -			