**(Dance:** modern)

**Watch:** Today you are invited to watch one or two short modern dance excerpts from “613 Acts of Radical Prayer,” by the Liz Lerman\* Dance Exchange. “613 Acts of Radical Prayer” was a participatory project exploring the connection of prayer and social action.

**Watch**: a 3-minute excerpt from the [Wheel Workshop](https://www.youtube.com/watch?v=0T481ma4X0I)

**Deepen the Experience:** How do you roll?

***Do you like to write?*** In this excerpt you see people gliding through space on roller blades, bikes, wheel chairs and more. ***Questions to Ponder:*** How is gliding through space related to prayer? What do you remember about your experience learning to use whatever wheels you use? How was that process and learning similar to spiritual growth?

***Families or Households of All Ages***: Children circle each other or adults and vice versa on wheels or not, saying a blessing or a wish with each circle.

**Watch:** a 10-minute excerpt from the [Grand Finale](https://www.youtube.com/watch?v=Zs9Z0g_lBY4)  as performed in New Haven in 2008 at the International Festival of Arts and Ideas.

**Deepen the Experience:**

***Do you like to move?*** At one point during this excerpt blankets are wrapped around adults and children. Find a comforting blanket or shawl in your home and wrap yourself in its warmth. How can you use this blanket or shawl to lead you through space?

***For Singles, Families or Households of All Ages:*** Wrap yourself or each other in a blanket and name a blessing or wish for the new year as you do. Conversely, unwrap a blanket and name something you’d like to shed in the new year.

***Questions to ponder:*** What or whom would you like to softly wrap up? Is there a part of yourself that you would like to hold gently? How does wrapping and unwrapping relate to prayer and specifically to the Holidays?

***Do you like to build or collage?*** Part of the ending of this excerpt is a line of people passing beneath the outstretched arms of an adult and a child. What materials can you find in your house that you can use to make a bridge and how might you pass materials under that bridge? As you accumulate your assemblage or collage, how do your thoughts and feelings accumulate about prayer? **(Note: this can be a writing prompt as well)**

***Families or Households of All Ages:*** One or two people make a bridge with their arms. Everyone gets a turn to pass under, naming a goal they have for the new year. Alternatively, name something you’d like to leave behind in the old year.

***Questions to ponder:*** How does passing under something like an arch, a rainbow, an outstretched arm relate to prayer? What does that bridge or arch or rainbow represent to you?

\*[Liz Lerman](https://lizlerman.com/) is a MacArthur fellow, a contemporary Jewish choreographer, writer, performer and speaker, and founder of the Liz Lerman [Dance Exchange](https://www.danceexchange.org/mission-vision-legacy). She is the recipient of many awards including the Jewish Congress “Golda” award.

For a look at some of the Jewish themes in Liz Lerman’s career, read this article from the [Forward](https://forward.com/culture/138987/separating-the-dancer-from-the-dance-exchange/).