

Boker Tov CBE!

January can be cold and drab with the major holiday season behind us. We're layering our kids in lots of clothes, finding ways to keep them active on dark days, and trying to stay optimistic that spring isn't too far off. This can be exhausting!

So...I wanted to organize some joy for all of us.

Starting January 10, begin your Friday mornings with a dance party at CBE ! (Also included: wellness, self-expression, music, gratitude, and meditation.)

Judaism teaches that each morning is an opportunity for renewal and spiritual nourishment. Our morning prayers encourage us to wake up our bodies, offer gratitude for our bodies and souls, and engage in praise. Boker Tov CBE will provide this for you!

Come join us for a heart-pumping, joy-filled morning dance party (about 45 minutes long) followed by the recitation of Modeh Ani (a prayer for giving thanks for being alive) and a 5-10 minute meditation. Energy bars and coffee will be provided. Each week we'll have a music theme. Stay for one song or stay for them all. Dress comfortably. Bring water. All are welcome! (Children must be supervised by an adult.)

January 10, 2025 - Wake Me Up Before you Go-Go (80s Greatest Dance Hits)

January 24, 2025 - I Will Survive (Disco and 70s Soul)

January 31, 2025 - Jewish Summer Camp Mixtape (Israeli Pop, Israeli Dance, Phish, Bob Marley, Campfire Jams)

I hope you'll come with an open heart and ready to dance like nobody's watching. If you have any questions feel free to reach out!

With warmth, gratitude, and joy,
Rabbi Molly