

SPIRITUAL Shaharit SERVICES

ON SUNDAY MORNINGS

Join Rabbi Lerner on Sunday mornings, 9:00-9:40 AM for a special Spiritual *Shaharit* Service. The service will include learning & meditation elements. Start your week with communal blessings of gratitude, meaningful recitation of psalms, and meditative *Barekhu*, *Sh'ma*, and *Amida* experiences. **No prior meditation experience necessary!** This **Emunat HaLev** program is open to adults of all ages, as well as 7th grade students and their families.

This service is part of **Emunat HaLev: The Meditation Institute of Temple Emunah**. Literally translated, *Emunat HaLev* means the "Faith of the Heart," and we hope this new institute will touch everyone deeply in their hearts and souls, as in the words of the *Sh'ma*.

these services will meet:

JANUARY 8, 22, & 29, 2017

MARCH 5, 19, & 26, 2017



If you would like more information, please contact Ellen Weene at rabbiaadmin@templeemunah.org