

# Monthly Shabbat Meditation

Everyone is welcome to participate in this peaceful & meaningful Shabbat experience.

We meet monthly in the Pious Chapel on Saturday morning, 9:30—10:15 AM.



## 2016-2017 SCHEDULE

September 24  
October 22  
November 19

December 17  
January 21  
February 11

March 11  
April 1 and 29  
May 20



### Our meditation experience can include:

- Guided, focused, and silent meditations
- Chanting a short prayer or a *niggun* (melody)
- Brief teaching on meditation or the Torah portion

To join our email listserve, contact Miriam Sadofsky at: [miriam\\_sadofsky@hotmail.com](mailto:miriam_sadofsky@hotmail.com) .