

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.



Make note of our NEW SPRING DATES!

2016-2017 SCHEDULE

September 24
October 22
November 19

December 17
January 28
February 11

March 25
April 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 .