

MINDFUL TUESDAYS



Beth El

To be fully engaged in life, we need to activate and pay attention to mind, body and spirit. In Jewish life, these needs are often met through Torah study, community and worship. The latter, is arguably the hardest of the three. Traditional services meet the needs of some. But others find that contemplative practice speak more to the heart.

From November, 2016 through May, 2017 we are excited to offer an experience of contemplative practice grounded in Jewish tradition every Tuesday, using a variety of modalities to enliven the spirit. No previous experience. To be put on an email list, or for more information, please contact Cantor Abrams at aabrams@bethelsynagogue.org.

1st Tuesdays

Sacred Chanting: Singing the Texts

Dates: 11/1, 12/6, 1/3, 2/7, 3/7, 4/4, 5/2

6:30 pm - 8:00 pm

FACILITATED BY CANTOR ABRAMS

Using simple melodies and repeating sacred phrases, chanting can be a powerful tool to open our hearts, become more calm and centered and to heal whatever ails us. You do not have to be a singer to take part.

2nd Tuesdays

Jewish Art for the Heart

Dates: 11/15*, 12/13, 1/10, 2/14, 3/14, 5/9

6:30 pm - 9:00 pm

FACILITATED BY CARA STRAUSS AND CANTOR AUDREY ABRAMS

Tapping into our creativity can open our hearts in profound ways. In this group we will use simple art techniques to make beautiful objects that reflect our soul searching, our connection with what is bigger than ourselves, as well as deepen our understanding of our own Jewish journey. Open to artists and non-artists alike. No artistic experience necessary. Just a desire to explore.

RSVPs appreciated to anticipate supplies needed to be purchased as well as to communicate materials to be brought from home for each class. Donations for purchased supplies may be requested.

Additional Shabbat Contemplative Offerings

Iyun Tefillah – Prayers from the Heart

Dates: 10/22, 12/10, 1/7, 3/11, 4/8, 5/13, 6/17

Shabbat Mornings 9:15 am - 10:15 am

FACILITATED BY CANTOR AUDREY ABRAMS.

A contemplative, slow, quiet and mindful experience, centered around prayers of the morning service. Enrich Shabbat with a sense of gratitude and a deeper connection to God.

**Date change due to Election Day*

3rd Tuesdays

Meditation Circle

Dates: 11/22*, 12/20, 1/17, 2/21, 3/21, 5/16

6:30 pm - 8:00 pm

FACILITATED BY BARBARA LEVIN KRUPP, PHD, LP AND CANTOR AUDREY ABRAMS

Through meditation we can develop a compassionate heart and disciplined mind. In this circle, we will practice traditional mindfulness and Jewish meditation techniques. Study of *Chasidut* (Chassidic thought) will help us deepen our practice. "L'kha dumiya tehilah" – For You silence is praise. (Psalm 65)

4th Tuesdays

Middot "Va'ad"

Dates: 11/29*, 12/27, 1/24, 2/28, 3/28, 4/25, 5/23

6:30 pm - 8:00 pm

FACILITATED BY CANTOR ABRAMS

Middot are defined as ethical qualities such as humility (*anavah*), patience (*savlanut*), loving-kindness (*chesed*) and more. In this Va'ad (Spiritual "Council"), we will explore these qualities within ourselves and learn practices that help us become our best selves. Participants will work with a study partner (*hevruta*) in between sessions in order to process the learning along the way. Please bring a journal.

Due to the nature of this learning, sign up is required and a commitment for the entire year is encouraged. Space is limited to 14 people. There will be a waiting list for anyone interested after sign-up is complete. Additional groups will be set up if feasible.