



***Makom@Adat Shalom Quiet Retreat: Saturday Sept. 23, 2017
1:30 – 4:30 in the Sanctuary***

Preceded by an optional Silent lunch 12:30 – 1:20

(Get your food & drink at the oneg& bring it to the library)

This event is free and open to the public.

High Holy Days Reflection within the Sanctuary of Silence

“Teach me how and when to communicate with that most potent gift of silence”
Rabbi Nachman of Breslov

Whether you are new or experienced in the practice of silence ... you are welcome.

A High Holiday Quiet Retreat offers the opportunity for letting go of the hectic pace of life and bringing our *kavanah* (intention) and attention to connecting with the Divine. During a Quiet Retreat, most of our time is spent within the *sanctuary of silence*. It is a time to be silent and open to an encounter with G-d, G-dliness and our own *tzelem Elohim* in interior and exterior silence.

This **guided** communal Quiet Retreat will include opening and closing circles, **guided entry into and out of silence, an optional guided reflection and extended times of silence.** During these times, different options for your silent reflection will be suggested. The retreat will be facilitated by congregant Kit Turen, who is experienced in extended silent retreat. We'll meet in the Sanctuary. Bring your High Holiday prayer book or other readings upon which you may want to reflect. Please arrive a few minutes early.

Please RSVP to Kit Turen at 202-362-1249 or bettyandmilt@yahoo.com