TEMPLE BETH EL

H I N E N I

A FRIDAY EVENING

MEDITATION SERVICE

SEPTEMBER 18 • OCTOBER 2 • DECEMBER 4

7:00 PM

Join Rabbi Knopf for a contemplative way to welcome Shabbat

Weaving together Jewish prayer and melody, brief teaching, guided meditation, silence, and reflection.

STEP OUT OF THE NOISE OF THE WEEK

and reconnect - with yourself, with others,
and with the Divine within and beyond.

COME AS YOU ARE

No meditation experience or familiarity with the prayers is necessary.

Each gathering stands on its own; join us for one or all three.

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A quiet space for prayer, presence, and renewal