



JSW Series 3

Led by Rabbi Danielle Upbin

Thursdays at 12:30pm

1/17, 1/24, 1/31, 2/7, 2/21, 2/28, 3/7

TIME DEVOTED TO MINDFULNESS MEDITATION

A class for women: An exploration of personal and spiritual growth through a variety of guided meditation practices and discussion of contemplative Jewish texts.

Exploring the book, [Everyday Holiness: The Jewish Spiritual Path of Mussar](#), by Alan Morinis

**RSVP to
Congregation Beth Shalom**

CONGREGATION BETH SHALOM
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