

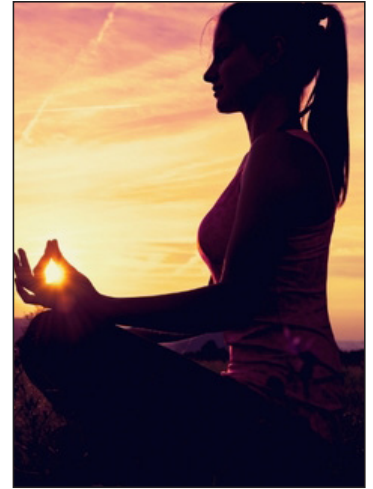


Mindful Prayer / Meditation Mincha

*led by **Ruth Goldston***

March 2 and **April 6** in the Adult Library

The Shabbat afternoon service, Mincha, is a wonderful time to slow down and savor your prayer experience. We use mindfulness meditation techniques to focus on words, texts and ideas associated with both the service and next week's Torah reading. In so doing, you will have the opportunity to discover the richness of silence, and to deepen your appreciation of the many layers of meaning in the liturgy. You will leave feeling relaxed, refreshed and centered as you start the new week.



Even if you've never tried mindfulness or meditation before (or if you've tried and you think you've "failed"), you are welcome to join us.

Open to the Community!

Ruth Goldston is a long-time congregant, as well as a psychologist in private practice in Princeton. She has used meditation and mindfulness techniques successfully with her clients for many years, and has drawn on them to create meaningful prayer experiences for participants in TJC's Havurah Minyan



The Jewish Center

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