



# Monthly Contemplative Minyan

Join us for a monthly contemplative shabbat service led by Gladstein Rabbinic Fellow Ariana Capptauber and guests.

We will take time for **spiritual engagement and reflection** during our shabbat prayer with **meditation, reading from spiritual and religious texts, chanting and song**. All are welcome: All levels of meditation, all levels of prayer fluency, all levels of spiritual seeking, all levels of life experience.

**January 18, February 15**

**11:00 am-12:00 pm | Irene Schwebel Chapel**

Please contact us if there is anything we can do to make our program successful for your family.