



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.

September 21, October 19, November 23, December 21
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.