

“A Peaceful Shabbat”: A Meditative Shabbat

With Rabbi Ziona Zelazo



The Shabbat morning service invites us to enter into a transitional point from the everyday activity to a resting point. Once a month, congregants are invited to join such a service led by Rabbi Ziona Zelazo. This service is unique in many ways; the prayers of the siddur are being expressed in a slow pace with time for contemplation. It allows for personal reflections and feeling. We find delight in each poetic phrase and each theme of a prayer. Chanting and meditations are accompanied by a musical instrument.

No prior experience with meditation is needed. It is all about being in the moment -- Your moment, with a gentle breath that connects with the divine and your very own soul.

★ Dress is casual, but if you plan on joining the main service afterwards, please dress appropriately. You are welcome to bring your Kippah and Tallit.

Services are scheduled for: 3/22, 4/26, 5/17

From 10:00am to 11:00am

For more information please contact:

Louis Milowsky – Milo613@aol.com

Rabbi Ziona Zelazo – contact@rabbi-ziona.com