

# Meditative Shabbat Service

**“A Peaceful Shabbat”:** A Meditative Shabbat experience at  
Temple Beth Rishon  
With Rabbi Ziona Zelazo

It is said that on Shabbat, we receive an “extra soul”. The word for soul *neshama*, is related to the word for breath, *neshima*. **Please join us for our monthly Shabbat morning service to welcome the "extra soul" with prayer, meditation, chanting and teaching of the Torah portion of the week.** Based on the Shabbat liturgy we will find the opportunity to cherish the time of just being present at the moment. We will experience an uplifting sensation that makes us see the truth of what is already here with us.

It is not about going through all the prayers in the siddur, but rather, it is about praying with less words and more feeling. We will find delight in each poetic phrase, each theme of a prayer and take the time to find a personal meaning.

There's no special feeling you're supposed to have, no prior experience with meditation, no postures to master. What we need is only an open, loving relationship to *any* feeling, *any* sensation that comes at that time of contemplation, which will empty a space for the Shabbat in your week.

This Service will meet once a month at **Temple Beth Rishon from 10 am to 11 am.** 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.

**Service dates scheduled:**  
2013 – 9/28, 10/26, 11/16, 12/14  
2014 – 3/22, 4/26, 5/17

**We look forward to seeing you there!**

For more information please contact:  
Louis Milowsky – [Milo613@aol.com](mailto:Milo613@aol.com) or  
Rabbi Ziona Zelazo – [Rabbi.ziona@gmail.com](mailto:Rabbi.ziona@gmail.com)