

# Summer Shabbat Meditation

Join us for a special Shabbat Meditation in the summer! Saturday, July 23 at 9:30 AM

9:30-10:15 AM  
Pious Chapel

## Our meditation experience can include:

- Guided, focused, and silent meditations
- Chanting a short prayer or a *niggun* (melody)
- Brief teaching on meditation or the Torah portion

This is a peaceful and meaningful way to celebrate Shabbat.  
*Everyone is welcome!*



To join our email listserve, contact Miriam Sadofsky at:  
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