

## **Update on Rabbi Goldstein's Sabbatical and an Opportunity for the Coming Year**

On her sabbatical, Rabbi Goldstein is beginning to pursue a Certificate in Spiritual Direction at the Aquinas Institute of Theology here in St. Louis.

Spiritual direction involves meeting with a spiritual director on a monthly basis to try to discern the presence of the sacred in our everyday lives, work, celebrations and struggles. There is no need to possess a perfect (or even articulate) understanding of God. But for those of us who are curious about God's presence in our lives, spiritual direction can be a wonderful opportunity.

Throughout the coming year Rabbi Goldstein will be involved in a practicum where she will be developing her skills as a spiritual director. She is looking for 2-3 members of the community who would be interested in participating in this sacred practice with her. Members should be available for private appointments at Shaare Emeth once a month beginning in September and continuing through April.

If you would like to participate in spiritual direction with Rabbi Goldstein please write a one paragraph statement explaining why you would like to be involved in this practice and what you hope to gain from the experience. Email your statement to Gloria Schwartz at [gschwartz@sestl.org](mailto:gschwartz@sestl.org) no later than July 31. Once Rabbi Goldstein returns from sabbatical in mid-August she will be in touch with you directly to see if you and she would be a good match for this sacred undertaking.