

Meditation, the Divine Presence, and Jewish Teachings



with Rabbi Jeff Roth Continues!

Sponsored by Nishmat Hayyim at TBZ

Monday evenings, winter and spring, beginning Jan 25, 2016

Jan 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 4, 11, 18, 25, May 2, 2016

7:15 PM- 8:45 PM in the TBZ sanctuary

Held at Temple Beth Zion, 1550 Beacon Street, Brookline

Please register online at www.tbzbrookline.org or call 617-566-8171 ext: 13

Deadline for registration is Jan 20. Suggested donation is \$10 per session.

Rabbi Jeff Roth's approach to Jewish Meditation comes out of a desire to cultivate an awareness of the Divine Presence along with the particular qualities of wisdom, compassion and kindness from a Jewish perspective. The practices he includes under the rubric of Jewish meditation are designed with this direction as our reference point. The wisdom accessible through Jewish meditation supports the understanding that the Divine Presence is the ground of All Being, and the ground of All Being is part of a singular interconnected web of being. The practice teaches us how to direct our attention into the present moment of experience, which is the only place the Divine Presence can be experienced.

Rabbi Jeff Roth is a well-known meditation practitioner, teacher, and facilitator of over 140 Jewish retreats in the last 20 years. He is founder and director of the Awakened Heart Project for Contemplative Judaism, and cofounder of Elat Chayyim, the Jewish Spiritual Retreat Center, where he served as executive director and spiritual director for 13 years. Rabbi Jeff Roth is author of *Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God*. He was ordained by Rabbi Zalman Schachter-Shalomi as well as by the Reconstructionist Rabbinical College.

