

Mystical Sabbath Gathering

With Rabbi Sigal

At the Elkins Estate
Friday, March 19, 7:00-9:00pm

1750 Ashbourne Rd.* Elkins Park, PA 19027

Join us for a joyous and contemplative evening of music, chanting, Kabbalah, meditation, insights, and reflection.

"Sabbath is a sanctuary in time," wrote Abraham Joshua Heschel. "It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation, from the world of creation to the creation of the world."

"The Sabbath," Rabbi Sigal teaches, "is a time for retreat and renewal of the soul, during which we have the opportunity to reawaken the soul, to rediscover our true nature, to remember our authentic self, and open to experiencing joy and peace more fully."

In this spirit, Rabbi Sigal will lead us in call-and-response chants and share mystical teachings and insights from Kabbalah, as we enter "sanctuary in time" together.

All are welcome. Invite your family and friends.

\$15 per person

We welcome your additional contributions and support.

To help us plan please RSVP to
Hearawake@gmail.com

Future gatherings: Third Friday of the month
March 19, April 16, May 21, June 18, July 16, 2010

Rabbi Sigal Brier, is a contemporary spiritual teacher, yogini, musician, and experienced spiritual facilitator with an integrative approach. She is a popular speaker who teaches in diverse academic, holistic, and religious organizations, including Temple University, and Kripalu Center for Yoga and Health. She was a congregational rabbi for 10 years and she continues to inspire communities, families, and individuals to enrich and enjoy their spiritual lives.

An accomplished musician, who has recorded a number of CDs, she is also the founder of Integrated Judaism and Integrated Practice: The Art of Moving Through Prayer.

www.rabbisigal.com
www.sevaretreat.com

*Enter at Cedar and Ashbourne Roads
to Chelten House/ Seva Retreat

