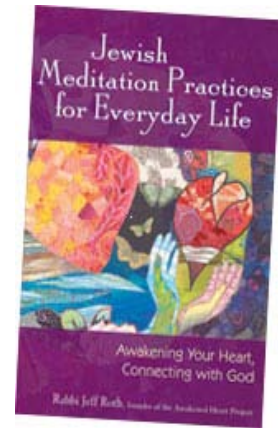


A Weekend with Rabbi Jeff Roth
“Jewish Meditation: The Wisdom of the Awakened Heart”
January 21st - 24th, 2010

Rabbi Jeff Roth is the founder and director of the Awakened Heart Project, dedicated to promoting Jewish contemplative techniques that develop *a heart of wisdom and compassion*. He is an experienced meditation teacher and facilitator of Jewish retreats, and the author of Jewish Meditation Practices for Everyday Life. Rabbi Roth is a co-founder of Elat Chayyim where he served as Executive Director and Spiritual Director for 13 years.



Thursday night January 21 7:00-9:00 PM, Siegal College
26500 Shaker Blvd. Beachwood
Jewish Meditation: A Path to Wisdom Kindness and Compassion

Join Rabbi Jeff Roth for an introduction to the purpose and practices of contemporary Jewish meditation. Using his newly published book, Jewish Meditation Practices for Everyday Life, Rabbi Roth will demonstrate how Jewish meditation can help us to uncover the obstacles to clear seeing that result in greed, a judgmental nature and unskillful behavior. These tools can help us experience the Divine Presence in our own lives and to act with more kindness to all those with whom our lives intersect.

To register for this program, call 216-464-4050.

For more information, contact Lynn Liebling, at ext. 150 or lliebling@siegalcollege.edu

Friday January 22, 9AM-4PM

Rabbi Roth will be available by appointment for individual psycho-spiritual counseling sessions which can help one develop practices to foster greater insight into life from a holistic spiritual perspective.

Sessions will be held at the office of Dr. Nancy L. Rubel, PhD, LLC , 23220 Chagrin Blvd., Suite 305.. E-mail Rabbi Roth at jeff@awakenedheartproject.org for an appointment.

Friday evening, 8:00 PM, Kabbalat Shabbat service at Kol Halev
The Lillian & Betty Ratner School, 27575 Shaker Blvd., Pepper Pike

Through chant, prayer, silence and teaching we will explore the Sabbath as a vehicle to break through the sense of isolation that often accompanies us as human beings, and to experience a sense of the Divine that pervades all Being.

Shabbat morning, January 23, 9-10 AM at Congregation Shaarey Tikvah
26811 Fairmount Boulevard, Beachwood

An hour of Jewish meditation, exploring the connection between the breath and the four letter Divine name that captures Judaism's sense of God. Using silence to attune the heart/mind to the Divine Presence is a powerful preparation for the Shabbat morning prayers.

Shabbat Morning Service, 10:15 AM at Kol Halev
The Ratner School, 27575 Shaker Blvd., Pepper Pike

The morning will combine chanting of parts of the morning liturgy with introductions to the meaning of the chants. Following each chant there will be some silent time for contemplating the words and allowing them to impact one's consciousness. This prayer practice allows for the cultivation of wholesome mind states fostering an appreciation of the Divine Presence that pervades existence. The morning will include a Torah service. Potluck lunch follows our prayers (Please bring only parve or dairy, and nut-free foods).

Saturday afternoon, January 23, 3:30 – 6:30 PM at Congregation Bethaynu
27900 Gates Mills Boulevard, Pepper Pike
Introduction to Jewish Mindfulness Meditation

This experiential and didactic workshop will allow participants time to practice an approach to meditation that integrates body and mind experiences. Through direct attention to the sensations of the body as well as the mental processes that accompany them it is possible to begin to understand the nature of the "self." It is in the very nature of the challenge of life as a human being that we lose a sense of the Divine Presence. Through didactic presentations on this approach and the time to practice with the teachings, participants will learn the basic skills needed to continue practice on their own. The workshop will include time for question and answers as well. The evening will finish with Havdalah.

Sunday Workshop, January 24, 10:30AM-4:30 PM
Congregation Shaarey Tikvah, 26811 Fairmount Boulevard, Beachwood
Opening the Heart through Meditation

In this daylong workshop, we will learn a practice of repeating phrases of blessing in one's own mind. This practice allows the cultivation of wholesome mind-states that increase the possibility of developing a compassionate heart towards oneself and towards all other beings as well. The day will focus on practice and be supported by instructions as well as Q&A sessions. This practice is a powerful antidote to negative self-criticism and harsh feelings towards others. In support of the practice participants will be asked to refrain from talking to each other until the end of the afternoon. Lunch will be provided. A \$20 registration fee covers facilities and lunch. Additional donations for the teaching will be appreciated.

TO REGISTER for any Friday evening through Sunday service or workshop, email Simcha Zevit at HaMakomCleve@aol.com no later than January 15. There is no fee for these events, (except the Sunday workshop), but donations to the Awakened Heart Project will be appreciated. For further information or questions contact Simcha Zevit at 216-292-1137.

WEEKEND SPONSORED BY: The Awakened Heart Project, Congregation Bethaynu, Congregation Shaarey Tikvah, HaMakom, Kol HaLev, Nancy L. Rubel, PhD, LLC, and Mindful Moments, Siegal College