

# THE Metrowest Jewish Mindfulness Community

INVITES YOU TO

## 3 SESSION SERIES OF MINDFULNESS PRACTICE INCLUDING Meditation Chanting & Text Study



### ELUL CULTIVATING Teshuvah/Return

September 12 • 7:30-9pm  
Congregation Or Atid  
WAYLAND

September 19 • 7:30-9pm  
Congregation Beth El  
SUDBURY

### SUKKOT CULTIVATING Gratitude & Release

October 19 • 4-5:30pm  
Temple Israel  
NATICK



We welcome you to join us for **any/all** of these learning sessions. No previous mediation experience is necessary.

Each session will be led by **Rabbi Louis Polisson, Rabbi Dan Liben** and **Cantor Lorel Zar-Kessler**, who welcome you to the **Metrowest Jewish Mindfulness Community**. In creating the MJMC, our purpose is to strengthen individual and communal growth by offering Jewish mindfulness meditation training and practice opportunities in Metrowest. In a rapidly changing world, Mindfulness practice (focusing on meditation, chant, text study and prayer), can be a key Jewish tool in helping people to act from a thoughtful, centered place.

*We are excited to share these teachings and practices with you!*



FOR MORE INFORMATION, CALL:

Rabbi Louis Polisson • 508-358-9623

Rabbi Dan Liben • 508-650-3521 EXT 129

Cantor Lorel Zar-Kessler • 978-443-9622 EXT 105



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