

Temple Beth Or

Presents

Rabbi Jeff Roth



Jewish Meditation: A Path To Wisdom, Kindness, and Compassion

March 9, 2010

7:30 – 9:30 p.m.

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* (Jewish Lights, 2009), Rabbi Roth will demonstrate how Jewish meditation can help us 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.

The evening will include some meditation, teaching and a time for questions.

Cost:

FREE!

Donations appreciated

Reservations

Call

305-235-1419

or

Email

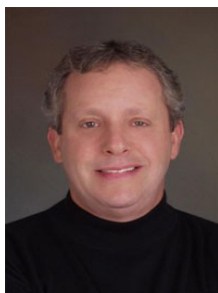
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Temple Beth Or

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Sponsored by Temple Beth Or



Rabbi Mark Kram

Temple Beth Or is a Reconstructionist Temple. Reconstructionist Judaism is the only American-born Judaism. It began in the 1920's through the efforts of Rabbi Mordechai Kaplan. It's unique in that it blends the love of tradition with the freedom to change. Reconstructionism believes that tradition has a role but is not a mandate for our behavior.

