

Sinai Temple Women's Weekend

Flourishing as Jewish Women: Making the Most of The Stages of Our Lives

A Special Shabbat Morning with Rabbi Sheila Peltz Weinberg
Finding the Esther in Each of Us: Building a Strong Woman for Today

Rabbi Weinberg is a 1986 graduate of the Reconstructionist Rabbinical College and has served as a congregational rabbi for seventeen years. For the last sixteen years Rabbi Weinberg has studied mindfulness. She has introduced meditation into the Jewish world as a form that can enliven and illuminate Jewish practice, ideas and community. She teaches mindfulness meditation in a Jewish idiom to lay persons, rabbis, cantors and other Jewish professionals and is a senior teacher and director of community outreach of the Institute for Jewish Spirituality, a retreat based program for Jewish leaders.

Saturday, March 7

9:00 – 10:00 AM Weekly Torah Study
10:30 AM Women's Shabbat Service
10:45 AM – 12:00 PM Taking a Second Look at Esther (and Ourselves)

Light brunch to follow

A Special Sunday Morning with Deliah Rosel

Opening to Life Through Movement: A Jewish Approach to Healing

Enhancing our connection with the healing energy of the Divine, allows us to deepen our appreciation for exactly where we are on our life's journey. Join us as we joyfully explore aligning body, breath, mind and spirit with the Infinite Source. Suitable for all ages and physical abilities.

Dr. Rosel a certified qigong teacher, created L'Chaim Qigong to demonstrate how this practice integrates with traditional concepts in Judaism, offering a deepening spiritual connection for healing. Deliah has over twenty years experience in the healing arts — combining therapeutic massage, integrative acupressure, foot reflexology, energy balancing and spiritual direction.

Sunday, March 8

9:15 – 10:30 AM

Light refreshments to follow

The Women's Weekend has generously been made possible by Leah and Gerald Gottlieb

Please join us for this very special, multi-generational weekend for women. Female guests of Sinai women are welcome. Space is limited so respond early.

Please RSVP by February 20

Mail to:
Women's Weekend c/o Sinai Temple, 1100 Dickinson Street, Springfield, MA 01108

Name: _____ Phone number: _____ Email: _____

Address: _____

_____ Saturday, March 7 No. in party _____

_____ Sunday, March 8 No. in party _____

