

In the tradition of Jewish women gathering in community,
We invite you to join us at Solel for
Shabbat for Women: Spirituality, Mussar,
and Havdallah



Saturday, June 22, 2019

2:00PM-6:30 PM

\$36 including the Workshop, Havdallah and Dinner

Registration a must: Payment can be made at the Solel office (please make cheques out to: Solel Congregation). Further registration information below.

This women's-circle, a Jewish spiritual gathering created by women just for women, is a sacred space for personal exploration in the context of community and sisterhood.

It's open to adult Jewish women of all ages.

***Bring: a journal or notebook, and your spirit for heart-full exploration.**

What to expect:

*An introduction to Mussar (the fascinating ancient Jewish practice of personal spiritual awareness).

*Insight into the Mussar teachings that we are all living a "specific personal curriculum."

*A Jewish consideration of the notion that we are spiritual beings having a human experience.

Because Mussar is meant to be a practice that integrates intellect with heart and soul, we'll practice some relaxing guided meditation in the Mussar tradition, and we'll conclude with a Havdallah service.

About the facilitator, Lisa Morris Miller:

Lisa is an original Solenik, excited about "coming home" to lead a Mussar retreat in her original favourite Jewish community. As a mind-body health specialist trained in inter-faith chaplaincy and certified in a variety of therapeutic modalities, she is especially passionate about women's health as it relates to spiritual, physical, and emotional wellness. Lisa has been a Mussar Group Facilitator since 2011, leading workshops and retreats in the U.S. LisaMillerBeautifulDay.com

Pre Registration a Must:

Please email this completed and confidential registration form by **June 12**, to Lisa at: LisaMMM628@aol.com . Subject line: **Solel Shabbat Women Registration**

These questions are designed for your personal exploration as we prepare to gather, and to help Lisa fine-tune the program to suit your specific needs:

- 1) List Your **Name, Cell #, Email.**
- 2) What interests you about this gathering?
- 3) What is your understanding of the concept of *soul*.
- 4) How do you define spirituality?
- 5) How does your definition of spirituality exist in your everyday life, if at all.