

# Jewish Renewal News

## 26 August 2010



Dear friends,

If you would like to join in on the Jewish Renewal New Year and Yom Kippur services, please book your place by calling the Emanuel office: 9328 7833. We would love to see you there. (more details in the email below).

With love and blessings,  
The Renewal team,

### Music and Meditation Circle and Havdalla

#### Bronte Beach, Saturday 4 September, 5:00pm and dinner

We resume our meditation and music circles on the beach. We welcome our special guest from Argentina, Martin Yafe, who will co-lead the circle with Orna Triguboff: 5:00pm - 6:30pm. If you wish to join us for dinner at Cafe Q, Bronte Beach after the beach circle, please email so we can include you.

Also, please email [orna@neshamalife.org](mailto:orna@neshamalife.org) to find out the address if it rains.

### Selichot Discussion and service

#### 4<sup>th</sup> September, 9:30pm

Join us for a discussion of the book *The Sunflower*, an account of Simon Weisenthal's real life experience in the concentration camp where he was brought to the bedside of a dying Nazi, who asked for forgiveness. Through this lens, we will consider the issue of forgiveness. Then we will enjoy our Selichot service by candlelight, at Emanuel Synagogue.

### High Holy Days services Programme for Jewish Renewal at Emanuel Synagogue

Please join us for Renewal High Holy Day Services, to do so contact the Emanuel Synagogue office 9328 7833 to subscribe to the Renewal Services List. The listing fee is \$100, and includes a free pass to attend services.  
Bookings: 9328 7833

#### Rosh Hashanah (Jewish New year) Thursday 9 September

9:00am Meditation with Sande Bruch  
10:00am-12:00pm Prayer service

#### Yom Kippur Evening (Kol Nidrei) Friday 17 September

6:00pm Prayer service  
7:30pm Music circle with Nadav Kahn

#### Yom Kippur Day, Saturday 18 September

10:00am-10:45am Meditation - Ian Mansell  
11:00am-1:00pm Prayer service  
1:15pm-1:45pm With Alla Melman and Nathan Jacobs  
"Teshuvah: Return of the Soul"  
A combination of gentle stretches & guided meditation, inspired by David Cooper's guided introspection practices.  
2:00pm-2:45pm Meditation with Sue Beecher  
3:00pm-3:45pm Bibliodrama with Kim Gottlieb  
Entering the Belly of the Whale...  
An interactive exploration of the themes presented in the story of Jonah.  
4:00pm-5:00pm Study with Rabbi Kamins  
5:00pm-sunset The whole of Emanuel community will celebrate the end of Yom Kippur – Neilah

For an outline of the programme please go to:

<http://www.emanuel.org.au/attachment/page/HH%20Renewal%20Calendar2.pdf>

### **Kabbalah Meditation Retreat**

#### **5-7 November – Leura**

This year's Kabbalah Meditation retreat will be held in Leura at the Centre for Spiritual Learning. It will be run by Rabbi Dr. Orna Triguboff (meditation, kabbalah teaching), Nadav Kahn (music), Judy Kater (relaxation and sound healing), Ian Mansell (hatha yoga), Sue Beecher (spiritual counseling). Please see the website for more details: [www.neshamallife.org](http://www.neshamallife.org)

### **Weekly Kabbalah Meditation**

#### **Wednesday evenings, 7:30pm and Thursday mornings 8.00am in Neuweg.**

**Term 3: 21 July – 16 September** (except Rosh Hashanah).

Come when you can.

Suitable for beginners and experienced meditators.

In the classes:

Come to stillness using the Kabbalistic Tree of Life;

Connect with and develop awareness and qualities such as lovingkindness, strength, balance;

Opportunity to gently heal and grow, opening to peace, clarity and joy;

Feel harmony within ourselves, and between ourselves and life;

Draw on weekly Torah parasha for spiritual development;

Jewish chanting.

Cost: \$20; \$15 Emanuel members, concessions available.

Enquiries: Sue 0405 241 710

### **Kabbalah Meditation and Relaxation CD**

With guided relaxation by Orna Triguboff and background music by Avishai Barnatan.

For more information please contact [info@neshamallife.org](mailto:info@neshamallife.org).

### **Kabbalah Tai Chi and Psalms Qigong 2-DVD set**

#### **By Gad Levy and Dr Orna Triguboff.**

We've recently completed the creation of a 2-DVD set, with workout that combines Tai Chi and Qigong stretching and strengthening with moving meditation, blessing and expressing gratitude. During the workout we celebrate the greatest verses of Nishmat Kol Chai, the soul of every life, and other prayers from the Psalms.

Through our practice of Kabbalah concepts and Tai Chi we promote harmony through a spiritual Jewish interconnection to the Almighty.

When the energy is flowing harmoniously in our channels and centres, it leads to physical, emotional and spiritual wellbeing.

To buy: [www.lifeinmotion.com.au](http://www.lifeinmotion.com.au) or call Gad on 0405084220.

For more information on the activities above please contact

Orna: [info@neshamallife.org](mailto:info@neshamallife.org).

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