



dis.connect TO re.connect

26-27 OCTOBER 2018

A full day Shabbat experience with mindfulness, meditation, song, lechaim, insights and inspiration!

Part 1: 9:30 AM - 10:20 AM - Early Morning discussion

For Adults: Rabbi Michoel Gourarie - The deeper side of the Shabbat prayers

For high school students' years 11 & 12: Rabbi Levi - I don't understand what I'm saying, so why pray?

Part 2: 10:30 AM - 12:30 PM - Pop up Mindful Minyan

"The Mindful Minyan" is an explanatory Shabbat service with mindfulness and meditation. It is not a regular service rather it's where Shabbat, Mindfulness and Prayer meet. You will learn to experience prayer and Shabbat on a whole new level using mindfulness and meditation techniques.

Led by Rabbi Michoel Gourarie & Rabbi Levi

Part 3: 12:30 PM - Kiddush and Tish with lots of food, inspiration and lechaim.

Feel free to stay as long as you want!

Part 4: 5:15 PM - 7:00 PM

For adults:

5:15PM "The Story of Shabbat"

Rabbi Dovy Rapoport

Learn about Shabbat through the ages, the history of gefilte fish and why a white tablecloth?

6:00PM "Through the Eyes of a Rabbi and a Millennial"

Rabbi Gourarie & Gemma Fink

A sit-in conversation exploring important topics through the perspective of a Rabbi and a millennial
Moderated by Rabbi Levi

For High school students' years 11 & 12: Tochniot and discussion with madrichim and madrichot in a relaxed and informal atmosphere.

Part 5: 7:00 PM - 8:00 PM - A Mystical Ending

End-off Shabbat with song, niggunim and meditation. Experience the most holy moments of Shabbat in the most spiritual way.

Part 6: 8:00 PM - Musical Havdallah

For Location and more info please contact us: 9365 4421 office@bina.com.au

FIND OUT MORE

shabbatproject.org.au

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