

# SYNAGOGUES & CONGREGATIONS

## Jewish Meditation to Be Explored at Jewish Learning Institute

A new and exciting course will be offered by the Jewish Learning Institute in Charlotte that will take you on a fascinating journey of the soul. Most people relate mind yoga or deep meditation to some ancient Eastern philosophies or cultures. In reality, mystical Judaism has been on the forefront of meditative and reflective practices that allow one to reach the inner core of his or her soul and form a deep and meaningful connection with God.

Beginning January 27, this ancient yet relevant knowledge will be studied and explored at the highly-acclaimed Jewish Learning Institute of Charlotte with an eight-week course. The Institute, which is sponsored by Congregation Ohr HaTorah and Lubavitch of North Carolina, has earned a respectful reputation for presenting Jewish issues in Torah

in an in-depth and comprehensive manner that has been praised by

professionals and lay people alike.

The course, which is entitled "Meditation in Prayer," will present a direct and practical approach to revealing the secret power of prayer; how a simple prayer can help you break out of the cosmic system and connect with the Divine creative force that can cause wonderful things to happen in your life.

"We all know that prayer or synagogue attendance can be seen as a drag," says Rabbi Yossi Groner. "Here is an opportunity to transform this simple yet vital part of Jewish practice and make it a source of spiritual energy for your soul. With this course, you will begin to see Jewish prayer and meditation as an amazing gift to you that will provide you with unique staying power."

A full textbook containing selected readings and meditative

exercises will accompany the eight-week course. The course will be held on eight consecutive Tuesday evenings with a Wednesday morning option for those who prefer daytime classes. The evening course will be led by

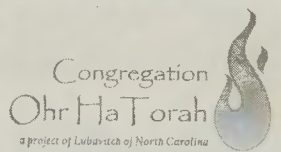
Rabbi Yossi Groner, and the morning course will be led by Rabbi Shlomo Cohen. Call 704-366-3984 to register for this class, or register online at [www.jlicentral.com](http://www.jlicentral.com). ☆



## "Thank God It's Shabbat" Shabbaton at Ohr HaTorah

We all look forward to the weekend as a time to relax and spend meaningful time with our families. TGIF has become a very popular expression, as it serves the purpose of breaking free from the doldrums of the work week. In Judaism, there always was TGIS - Thank God It's Shabbat. Yes, Shabbat provides us with the spiritual glue that binds families together. Friday night has always been the night when families would get together after synagogue services to dine and celebrate the holy day together.

The Ohr HaTorah Shabbaton provides for a warm family setting



and creates an ambience that relaxes yet invigorates our lives as Jews. The ever-popular Shabbaton helps bring families together and builds everlasting friendships within the community. A delicious home-cooked Shabbat meal is served along with inspiring Shabbat melodies and wonderful-

ly told Chassidic tales that warm the heart. There is also an opportunity for families to play selected games with full audience participation.

The next Ohr HaTorah Shabbaton is scheduled for Friday, January 30 at 5:30 PM. It will begin with a Shabbat candle-lighting ceremony followed by a short yet lively service. The festive meal begins with the singing of Shalom Aleichem and the recitation of Kiddush. The cost is \$18 per person or \$50 per family. For more information, call our office at 704-366-3984 or log on to [www.ohratorahnc.org](http://www.ohratorahnc.org). ☆



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"I don't lead a perfect Jewish life by any means, but the shul has always been there. It's part of my life. To lose it would be just like losing a member of my family — I can't put it any other way."

—Joe Erber, an auxiliary police officer who is acting rabbi of Ahavath Rayim Synagogue in Greenwood, MS, talking about the dwindling Jewish community in *Holding On: Dreamers, Visionaries, Eccentrics and Other American Heroes* by David Isay, photographs by Harvey Wang (1995)

"After my coaching sessions, I feel like doing cartwheels in the parking lot."

—Claire Cox Krusch-CEO, Claire's Creations

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