



Elul Learning at Adat Shalom Synagogue

During the month of Elul, we prepare for the High Holidays. Beginning on Wednesday, August 23, the first day of Elul, we will conclude our weekday morning minyan services with the sound of the shofar. Come join us for this anticipatory preview of the High Holidays.

During Elul we also engage in introspection and study. Please join us at these upcoming programs to get you in the spirit for the High Holidays.

Shabbat morning, September 16

10:00 a.m.

Elul Soulful Yoga with Rabbi Shere and Mindy Eisenberg

"Tekiah: A wake up call for your body, mind and spirit"

Sunday morning, September 17

9:30 a.m.

Meditation & Mindfulness

A special Elul learning program with Rabbi Bergman and Hazzan Gross

*"How an apple dipped in honey can help you
face your fears and appreciate your life as it is"*



The community is welcome.

There is no charge.