

Join Us in April



7 Weeks 7 Values

April 23 May 1, 7, 14, 21, 28 June 4

Jewish tradition invites us, during the seven weeks Passover and Shavuot, to cultivate seven spiritual values within ourselves. Join us on a spring journey of rebirth and renewal, exploring these spiritual values through study, discussion, meditation, and more with Rabbi Ben Shalva.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
HESED Loving Kindness benevolence	GEVURAH Justice Awe Discipline	TIFERET Beauty Harmony Compassion	NETZAH Endurance Ambition	HOD Humility Splendor	YESOD Bonding Foundation Nurturing	MALKHUT Nobility Leadership
1	9	17	25			

A Way In - A Workshop in Journaling

April 12 May 3, 10

Want to start journaling but not sure where to begin? Join Goucher College Writing Professor Barbara Roswell for an intro to creative pathways into our own voices and stories. Experiment with different prompts and approaches in a playful, relaxed environment and explore the power of writing as a journey to self-discovery. Friday mornings, 8:30-10 a.m. Come to one session or all four. Feel free to bring a friend along, too! Drop-ins welcome. \$15/session.



Meditation Sits

Wednesdays @ 5:45- 6:30 p.m.

Whether you already enjoy meditation or just want to give it try, this class is where you'll find the courage, structure and support to maximize your experience. Studies show that meditation is restorative and calming, helps with memory, anxiety, and that feeling of having too much on your mind.

5:45 - 6:15 p.m. - 30-minutes of guided Jewish meditation

6:15 - 6:30 p.m. - Optional 15-minutes to share your experiences, ask questions and form deeper connections with the group.



The Braid

Thursday, April 11 @ 7:00 p.m.

Whether you're a regular challah baker or haven't ever tried, bring your teenager, a friend, or come by yourself to unwind from the week and connect with community as you braid challah dough or make dough from scratch to bake at home. \$20/household (includes 2 challot).

Register: www.soulcenterbaltimore.org/thebraid



Torah and Yoga

Sundays @ 9:30a.m.

This yoga class will include 10 minutes of inspirational Torah at the beginning, and then a full hour-long yoga class. The yoga class will accommodate all levels of ability, showing modifications to poses to increase the difficulty level. \$10/person.

Drop-in or register at www.soulcenterbaltimore.org/yoga



Healing Service with Rabbi Saroken

Wednesday, April 10; 9:15 a.m.

With so many people in our community in need of healing, Rabbi Saroken will be leading a prayer circle/healing service. Anyone in need of healing or praying for your loved ones is welcome.



Chair Yoga

Thursdays @ 10:00 a.m.

Improve strength, flexibility, and coordination and add in our signature Jewish twist. Join Robyn Katz, certified Iyengar teacher, for an hour long class. No prior experience necessary. Email to let us know you're coming at julie@bethelbalto.com or just drop-in, there's always room.



Caregiver Cafe

Thursday, April 11, 2:00 p.m.

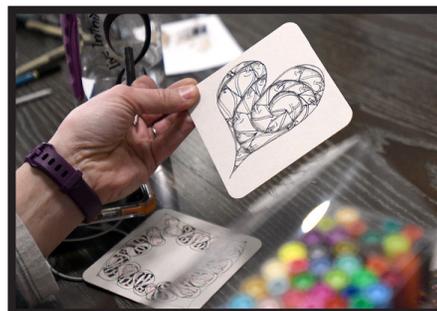
Caregiving is a crucial and oftentimes exhausting and difficult role. In order to support and honor those who are giving care to loved ones, we offer our monthly caregiver café. The first ½ hour of each gathering we have a different visiting "expert" who will address some aspect of caregiving and well-being. After this, our support group meets with the facilitation of a social worker and doctor, to share and to support one another as caregivers.



Zentangling Drop-In

Sundays @ 3:00 p.m.

Think of Zentangling as meditation for those who struggle to sit still in silence. By following step-by-step instructions, you'll find yourself relaxing and enjoying the creative process as your "guided doodling" transforms into an elegant work of art. Each session will begin with a piece of Jewish wisdom.



For further information, please go to soulcenterbaltimore.org or contact Julie Hettleman at julie@bethelbalto.com or 410-484-0411 x 1103