

FOR IMMEDIATE RELEASE

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Open to: All

The Jewish Art of Prayer

*Six-part Series to Explore Meaning and
History of Jewish Spiritual System*

Glastonbury, CT – What makes Jewish prayer unique? Why is it important? How do we practice true mindfulness while engaging in our daily chores and responsibilities?

This month, the Jewish Learning Institute (JLI) will offer a new six-session course. “With All My Heart” will examine Jewish techniques of prayer and spiritual experience. The series will be available both in Glastonbury and West Hartford.

If you would like to discover the art of meaningful prayer, this course is for you. If you would like to zero in on the positive side of life, consider attending “With All My Heart.” If you would like to learn techniques for “letting go” and truly focusing on your personal purpose, this series is designed for you!

Beginning Tuesday, May 14, participants in the course will study the meaning and history of Jewish prayer. Students will discover the depth and elegance of the liturgy system. The series will also address the prayer book structure and the ancient synagogue tradition of Judaism.

“The routine of daily life often pulls us in many directions,” said Rabbi Yosef Wolvovsky, course instructor. “We seldom get a chance to reflect on the

purpose of our lives and our mission on earth.” The series will focus on big picture issues that really matter, says the Rabbi.

In West Hartford, the course will be held at the Chabad House – 2352 Albany Avenue. It will begin on Tuesday, May 14, at 7:30pm. Course instructor is Rabbi Shaya Gopin. In Glastonbury, the series will be held at the Chabad Jewish Center – 25 Harris Street. It will begin on Tuesday, May 14, at 7:00pm. Course instructor is Rabbi Yosef Wolvovsky.

This course is designed for you! People at all levels of knowledge will benefit from this series. “With All My Heart” is open to all. There is a \$99 fee for the entire course (includes textbook). Bring a friend and save 20%!

For more information, please call (860) 659-2422, email JewishLearning@snet.net, or log on to www.ChabadER.com.

“Prayer is much more than a last resort,” said Rabbi Wolvovsky. “It’s a way to find clarity and connection.” The course will also highlight ways to begin each day more positive, humble, and grateful.

Event Details

Event: 6 Part Series on the Jewish Art of Prayer

Host: Jewish Learning Institute

Date: Begins Tuesday, May 14

Time: 7:00pm

Location: Chabad Jewish Center

Address: 25 Harris Street, Glastonbury

Instructor: Rabbi Yosef Wolvovsky

Fee: \$99

Discounts: Save 20% when you bring a friend!

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