

Beth El's  
**Shabbat Ohr**  
"Sabbath of Light"



***Shabbat Ohr Refuah*** — an innovative new service integrating music, meditation and learning focused on the *theme of Healing*. This new prayer experience invites you to participate in lively singing with drumming accompaniment and engaging learning. Rabbi Roston & Karen Frank will focus on the healing traditions of Judaism and our intention to “liberate” ourselves in this holiday season. Karen will lead meditation and contribute her unique gifts as a spiritual director and our congregational nurse.

**Saturday, March 27 at 9:30am**

**Plus April 17 and May 15**

*Led by Rabbi Roston and Cantor Fine  
Accompanied by Howard Cooper, Michael Morris*

Lay-led traditional Library Minyan, coordinated by Rabbinic Intern Micah Liben, in Room 104 at 9:30am. If you are interested in participating in this service, please email [micah.liben@gmail.com](mailto:micah.liben@gmail.com).

**Congregation Beth El**

**Preserving Tradition...Embracing Change**