

Receiving and Extending Love: Jewish Prayer through Meditation

Rabbi Sheila Peltz Weinberg

May 23 – June 18, 2021

The very center of the Jewish liturgy is love. Indeed, we suggest that prayer itself is an act of love and is designed to enhance the human capacity to love. The words and ideas are right there in every Jewish prayer book.

In this month of learning together, we will offer three sets of clear and specific meditation practices drawn from the discipline of “Sustainable Compassion Practice”, to train ourselves to receive and extend love. By liberating our innate loving capacities of care, tenderness, compassion, equanimity and discernment, this work will lead us to a deepened way of engaging and living the central prayers of *Ahavah Rabbah*, *Shema* and *Ve’ahavta*. We will explore obstacles and resistances to receiving love; the non-judging, non-separating, open and accepting attitude that is necessary for experiencing oneness, unification and connection; and the possibility for extending love to our neighbor and to the stranger.

This 30-day prayer intensive is designed to help you focus on cultivating a specific modality of prayer practice. Each Sunday, you will receive an email with a half-hour video teaching, recorded by Rabbi Sheila Peltz Weinberg. These video teachings accompany a written lesson, which may include links to Jewish texts, secular writings, poems, music, videos, and other references to supplement your learning. You can choose the best time in your schedule to watch the half-hour video teaching and read the written lesson, as well as to log onto the community forums to post your questions and reflections. Throughout the week, you will receive daily emails, which will encourage you to keep up with your own internal work with twenty to thirty minutes of daily practice. You will also have the option to register for a weekly, live, faculty-led practice group with Rabbi Weinberg.

DON'T MISS OUT – REGISTER BY 5/20/21

[CLICK HERE TO REGISTER](#)



Rabbi Sheila Peltz Weinberg has been part of IJS since its inception. Among other roles, she helped create and lead the Jewish Mindfulness Teacher Program. Sheila served as a congregational rabbi for seventeen years and has worked in the fields of Jewish community relations, Jewish education, and Hillel. The author of *Surprisingly Happy* and *God Loves the Stranger*, she publishes widely on such topics as feminism, spiritual direction, parenting, social justice and mindfulness from a Jewish perspective, and has contributed commentaries to the Reconstructionist prayer book. Sheila is a spiritual director to various Jewish clergy and others.



Institute for
Jewish Spirituality

Cultivating Mindfulness. Deepening Connection.
Enlivening Jewish Life.

THE PRAYER PROJECT: 30-day prayer intensives created to help you cultivate a specific modality of prayer practice. Each week, you will receive an email with a video teaching, a written lesson, and possible supplemental links to Jewish texts, secular writings, poems, music, and videos. Designed to work with your schedule, we also offer the opportunity to connect directly with the instructors with our faculty-led practice group.

www.jewishspirituality.org