

THE CORNERSTONE OF ALL SPIRITUAL PRACTICES –

*You shall love your fellow as yourself (V'ahavta L'reyacha Kamocho)*

## **LOVINGKINDNESS** (Cultivating Chesed)

**Sunday February 5, 2017**

**10 AM - 4 PM**

**Temple Emanuel of Beverly Hills**

8844 Burton Way

**Early Registration \$40**  
(by January 30, 2017)

**\$45** after Jan. 30  
\*includes catered lunch by  
Got Kosher?

**A day-long workshop led by  
Zoketsu Norman Fischer and  
Rabbi Shefa Gold, in which we  
will use meditation, chant and  
teaching to explore and deepen  
our lovingkindness practice.**



**Norman Fischer** is a poet, writer, meditation teacher, and Zen Buddhist priest. A former abbot of the San Francisco Zen Center, he is founder and teacher of the Everyday Zen Foundation. He is also co-founder, with the late Rabbi Alan Lew, z"l, of Makor Or, a Jewish meditation center in San Francisco. Since the 1990's he has been active in Jewish meditation around the U.S., at various synagogues and retreats. He is also involved in the Awakening Heart Project, founded by Rabbis Jeff Roth & Joanna Katz. For more information, see [www.everydayzenen.org](http://www.everydayzenen.org).



**Rabbi Shefa Gold** is a leader in ALEPH: the Alliance for Jewish Renewal and received her ordination both from the Reconstructionist Rabbinical College and from Rabbi Zalman Schachter-Shalomi (z"l). She is the director of C-DEEP, The Center for Devotional, Energy and Ecstatic Practice in Jemez Springs, New Mexico. She teaches workshops and retreats on the theory and art of Chanting, Devotional Healing, Spiritual Community-Building and Meditation. She has been the leader of Metivta's High Holiday services for the past three years.

**To register visit: [www.metivta.org/events](http://www.metivta.org/events)**

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