

Meet the Teachers



Rabbi Susan Leider

Rabbi Leider is the co-director of the Center for Jewish Spirituality. At the Institute for Jewish Spirituality, she completed the Clergy Leadership Training program, integrating her love of Hasidic texts and meditation practice.

Larry Yermack



Larry has been teaching Jewish Meditation for ten years and leading groups at Kol Shofar for six. He has received meditation teacher training from The Institute for Jewish Spirituality and The Mindfulness Center. Additionally his training includes Mindfulness and Emotional Intelligence in corporate settings and Wise Aging facilitation. He was the co-creator of CJS in 2013, and now serves as co-director.

Ilene Serlin



Ilene A. Serlin, Ph.D, is a psychologist and dance therapist who began her studies in 1962 in Israeli folk dance at the 92nd St. Y in New York with the youth group Habonim. Deepening her studies of embodied Jewish spiritual practice, she trained with Rabbi Diane Elliot for two years, and continues to be committed to integrating embodied spiritual practices with Judaism.

Follow us on our Facebook group:
Center for Jewish Spirituality

לְךָ דַמְנָה תִּהְיֶה
For You,
Silence is Praise
Psalms 65:2

The Center for Jewish Spirituality at Congregation Kol Shofar seeks to deepen Jewish spiritual growth and learning. It is a place of experimentation and creativity with the common thread of shared practice: meditation, music, the study of Jewish mysticism, artistic expression and others that connect mind, body, and spirit. The CJS aims to help us cultivate our inner lives and our connection to the Divine, while building a community of fellow travelers on the spiritual path.

For more information contact
CJS@kolshofar.org

www.kolshofar.org

Deepen your Jewish spiritual growth

Connect with the common threads of shared practice



Meditation

Music • Mysticism

Mind • Body • Spirit



Rabbi Steinberg & Rabbi Leider



About The Center for Jewish Spirituality

The Center for Jewish Spirituality at Kol Shofar (CJS) was created to meet a growing desire for Jews in our community to explore alternative paths within Judaism. CJS offers alternative opportunities for spiritual growth that are both accessible and deep and which include meditation, music and practices that connect mind and body. It is the place to openly approach the multiple dimensions of Jewish tradition and to explore alternative practices for transformative Jewish learning.

WHY CJS?

More than half of the Jews of Marin County consider themselves "spiritual but not religious." We've known this for more than a decade ever since the study conducted by the late community researcher Gary Tobin, titled "Religious & Spiritual Change in America: The Experience of Marin County, California." Our community is

aware of the large number of Jews who have turned to Eastern Religions and other spiritual paths because the traditional Jewish community did not meet their spiritual needs. With the Center for Jewish Spirituality, we hope to meet those needs and intend to provide a space where wisdom is cultivated and individuals can learn techniques for contemplative Jewish practice and study.

More than 500 individuals from all over the Bay Area attend our annual Musical Meditation services at the High Holy Days. The monthly Kol Neshama Minyan, weekly Shabbat Sit and Mindful Aging class have grown significantly during the past three years.

Congregation Kol Shofar has a strong history of providing various options for Jewish learning and ritual in addition to its vibrant traditional services and classes. The openness to the many paths that lead people through their Jewish lives is central to our work as a Conservative synagogue in Marin. Our experiential approach to learning is continually reflected in our youth and teen programs, scholar-in-residence events, and volunteer-led classes.

We welcome your involvement in activities that will be offered in an authentically Jewish way. The Center for Jewish Spirituality will provide opportunities to meet others with like interests as well as deepen your spiritual life.

*Rabbi Susan Leider
Larry Yermack
Co-Directors CJS*

Happenings

High Holy Days Musical Meditation Service
A musical meditative experience, led by Rabbi Susan Leider and the Musical Meditation Band.

Kol Neshama Minyan with Rabbi Leider
This musical, meditative, & participatory prayer experience is a chance to open your heart through song, to sink into the peace & joy of Shabbat & to find a meaningful personal connection to the Torah portion & to others. Check the website for dates.

Shabbat Sit with Larry & Diane Yermack
A Shabbat meditation alternative
Saturdays at 11:30 a.m. - 12:00 p.m.
or at 9:30 a.m. - 10:00 a.m. on Kol Neshama Minyan days

**Women's Rosh Hodesh Group
w/ Ilene Serlin**
Rosh Hodesh means head of the new moon & is celebrated monthly as a special holiday for women. There are gatherings on Sundays & shabbat dinners. First Sundays of the Month 7:00 p.m. - 9:00 p.m. Check the website for dates.

Wise Aging Lunch & Learn
Discussions of aging based on the book by Rachel Cowan. Led by Larry Yermack.
Tuesdays: Oct. 9, 23, Nov. 6, Nov. 27, Dec. 11,
12:15 - 1:15 p.m.

Prayer Project
Facilitated by Rabbi Susan Leider.
Check our website for information.

Please visit our website for special events:
www.kolshofar.org