

The Alternative **YOM KIPPUR...** a spiritual **RETREAT**



Join Congregation Or Ahavah for a day of reflection and transformation at a beautiful retreat center on the Hillsborough River.

Experience the true meaning of the holiest of days - a time to return to your authentic self, a time for second chances....

When: Tuesday, Sept. 18 and Wednesday Sept. 19, 2018

Where: Franciscan Retreat Center
3010 North Perry Avenue, Tampa, Florida 33603

Time: Friday
4:00 pm - Preparatory Meditation
5:15 pm - Dinner (*fish/vegetarian meal*)
6:30 pm - Kol Nidre and Evening Services

Wednesday
8:30 am - Qi-gong, 30-45 minutes
9:30 am- Services throughout day with rest periods
7:32 pm - Havdallah and full *Break the Fast Meal*

What: Yom Kippur services with spiritual integration

- Kol Nidre and Experiential Services
- Meditation and Prayer
- Drumming and Chanting
- Meal before Kol Nidre and Break the Fast Meal after Sundown



Creative Rosh HaShanah Services

Celebrate the Cosmic Gift of a New Beginning!

When: Sunday, 09/09/2018 7:00 p. m.
New Year Meditation and Blessings

Monday, 09/10/2018 10:00 a.m.

Morning Services followed by Vegetarian/Dairy pot luck lunch,

Where: TBA

Cost: Registration and fees attached

For further information, contact Rabbi Debrah Shenefelt at 813.728.3194 or orahavahtampa@gmail.com or find us on the web at orahavah.org