



# Service for the Soul 4th Shabbat of each month at 10am

## תפילת הנשמה

**For a Shabbat of meditation, renewal and peace.  
Contact Ruth for venue or zoom details,  
depending on Covid restrictions.**

*Jewish meditation nourishes our "soul stream"  
Rabbi Goldie Milgrom*

**Singing, reflection and poetry  
make this service a delight!**

**10 am start  
(9.30 to shmooze on Zoom)**

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