

The Healing Power of Psalms:

A Spiritual Journey

To Explore the Emotional Depths of The Sacred Writings Which
Come From Deep Within the Human Soul.

This exploration of Tehillim examines our longings, our hopes, our joys and our sorrows as expressed in the transcendent message of the psalms.

Facilitated by **Rabbi Hesch Sommer D.Min.**

Director of the Jewish Wellness and Healing Center of Jewish Family Service

WINTER 2016

January 14 & 28

February 11

March 10 & 24

10:00 -11:00 am

Location

**Shoreline Office of Jewish
Federation of Greater
New Haven**

705 Boston Post Rd

Guilford

(building behind Planet Fitness)

**FREE & Open to the
Community**

To Register:

Jill Lesage

Shoreline Program Coordinator- JFGNH

203.738.0033

jwlesage@jewishnewhaven.org

OR

Rabbi Hesch Sommer D.Min.

Director of JWHC

203.389.5599 Ext. 117

hsommer@jfsnh.org

Individual classes stand alone.

Walk-ins welcome



Sponsored by the Jewish Wellness and Healing Center(JWHC) of Jewish
Family Service and the Jewish Federation of Greater New Haven

*I will lift up mine eyes unto the hills
from whence cometh my help*