



## ***Kol D'mamah:* A Meditative Home for the Jewish Holidays**

### **This Rosh Hashanah & Yom Kippur,**

a room at Germantown Jewish Centre will be dedicated to hearing the “still small voice” through

- **Silent Meditation**
- **Communal Chanting**
- **Contemplative Practices.**

### **The Kol D'mamah Meditation Room welcomes you**

- 9:00 am - 1:00 pm on **Rosh Hashanah** • Thurs & Fri, 9/29 & 30
- 9:00 am - 7:15 pm on **Yom Kippur** • Sat, 10/8.

The room location will be posted inside the school building entrance.

**Seven one-hour sessions of group meditation, contemplation & chanting** will take place in the room –

- at 10:00 am & at 12:00 noon, each day,
- and also at 6:15 pm, to close Yom Kippur.

Please arrive at least 15 minutes before group sessions to prepare in silence.

- **All adults** and mature teens are welcome.
- **English translations** & transliterations of the simple Hebrew chants are provided.
- **Contributions** to support this program are welcome before or after the holidays.
- **RSVPs are welcome**, but not required. To RSVP, or for more information, please contact Elana Shaw at [program@germantownjewishcentre.org](mailto:program@germantownjewishcentre.org) or 215-844-1507x19.

The phrase “Kol D'mamah” comes from the prophet Elijah’s experience of hearing God as a “still small voice.” The Hebrew term is a paradox, conveying a spiritual experience that is otherwise beyond words: **kol** (*sound*) + **d'mamah** (*silence*). Our **meditative/contemplative practices** may be drawn from Jewish traditions, or adapted from other traditions, using Jewish language, metaphors, and symbols. Breath- and body-centered meditations may require no “translation.” **Percussion and wind instruments** may be used. **Kol D'mamah** is organized and led by volunteers, with guidance from Rabbi Adam Zeff.



**Germantown Jewish Centre**

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215-844-1507 • [www.germantownjewishcentre.org](http://www.germantownjewishcentre.org)



*Sh'ma. Hear. Now.*