

# Nurturing Our Spirit with Rabbi Aaron Lever

## Samson Nursing Center

January 2021

**Shabbat Dinner (Every Friday starting @ 4:30 PM, TV Channel 5):** Let's celebrate Shabbat together! Shabbat dinner music will begin playing at 4:30 PM. Join the Shabbat celebration at 5:00 PM for candle lighting, Kiddush, Motzi, and singing.

**Jewish Sing-A-Long (Tues., 1/5 and Fri., 1/22 @ 10:30 AM, TV Channel 5):** Music fills the heart and soul with joy. If you love Jewish music, this is the group for you! Tune in to add your voice to our tapestry of song.

**Living in Gratitude (Fri., 1/8 @ 10:30 AM, TV Channel 5):** Feeling gratitude invites joy, blessing, healing and resilience into our lives. Tune in as we continue our year-long study of the insightful book *Living in Gratitude: A Journey that Will Change Your Life* by Angeles Arrien.

**The Moth Podcast (Tues., 1/12 @ 10:30 AM, TV Channel 5):** The Moth is a non-profit organization dedicated to the art and craft of storytelling. We will be listening to The Moth Podcast and discuss how the stories we hear connect to our own lives.

**Kavanah Mindfulness Meditation (Fri., 1/15 @ 10:30 AM, TV Channel 5):** Kavanah means "intention." Mindfulness meditation is a Jewish practice that brings a sense of oneness to our body, mind, and spirit that promotes relaxation and healing. Tune in to develop your meditation practice as we use all of our senses, music, breath and guided imagery to embark on a spiritual journey to awaken our minds.

**Mindfulness in Action (Tues., 1/19 @ 10:30 AM, TV Channel 5):** Tikkun middot is the ancient Jewish practice of cultivating desirable character traits that help us to be our best selves by aligning our words and actions with our heartfelt values. Tune in to learn how to become less reactive and habit-driven and respond more wisely to life's challenges through material adapted from the Institute for Jewish Spirituality.

**Healing Service (Fri., 1/29 @ 10:30 AM, TV Channel 5):** We each face our own struggles whether they be physical, emotional or spiritual. Tune in to experience this beautiful communal opportunity to sing, share meaningful words, bless and comfort each other.

# Family Memorial Service

Thursday, January 21 at 10:00 AM  
TV Channel 5

Tune in as we honor the memories of residents who have passed away over the last several months.

Families will be joining us via Zoom, an internet video conferencing program.

May their memories be for a blessing.





# Tu Bishvat Seder

Thursday, January 28 at 2:30 PM  
TV Channel 5

Tu Bishvat is a Jewish holiday that celebrates the birthday of trees. Tune in to join our fun-filled Tu Bishvat Seder – a festive time to celebrate, sing and taste foods grown in the land of Israel.



# Christian Worship Services Live-Streamed at Menorah Manor

## **Catholic Mass**

(Sundays @ 9:00 AM and 12:30 PM, TV Channel 57)

## **First Congregational United Church of Christ of Sarasota**

(Sundays @ 11:00 AM, TV Channel 4)

## **Calvary Chapel (with Praise Band)**

(Sundays @ 1:00 PM, TV Channel 4)

## **Holy Rosary Prayer Service from St. Jude Cathedral**

(Tuesdays @ 1:00 PM, TV Channel 4)

## **Prayer Service from First Congregational UCC of Sarasota**

(Thursdays @ 1:00 PM, TV Channel 4)



## Quote of the Month:

Give thanks for unknown blessings already on their way.

— Native American Proverb

# Journeys with Joy Katzen-Guthrie

Tune in to watch on TV Channel 4:

Mon., Jan. 4 @ 10:30 AM - Sing-a-Long Concert: Good Wishes for 2021

Wed., Jan. 6 @ 2:30 PM - Learning with Joy: Cole Porter (Part 3)

Mon., Jan. 11 @ 10:30 AM - Comedy and Laughter with Joy: George Burns and Gracie Allen

Wed., Jan. 13 @ 2:30 PM - Learning with Joy: Jews of India (Part 3)

Mon., Jan. 18 @ 10:30 AM - Learning with Joy: Martin Luther King, Jr.

Wed., Jan. 20 @ 2:30 PM - Musical Journeys with Joy: Klezmer Music (Part 2)

Mon., Jan. 25 @ 10:30 AM - Learning with Joy: Virtual Tour of Jerusalem (Part 2)

Wed., Jan. 27 @ 2:30 PM - Live Concert with Joy: Celebrating Tu Bishvat



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## Toby Weinman Assisted Living Residence

January 2021

**Kabbalat Shabbat (Every Friday @ 4:00 PM):** Join the community in welcoming Shabbat by singing enjoyable Friday night Shabbat melodies before dinner.

**Musical Sing-A-Long (Tues., 1/5 @ 3:45 PM):** Music fills the heart and soul with joy. If you love Jewish music, this is the group for you! Come add your voice to our tapestry of song.

**The Moth Podcast (Tues., 1/12 @ 3:45 PM):** The Moth is a non-profit organization dedicated to the art and craft of storytelling. We will be listening to The Moth Podcast and discuss how the stories we hear connect to our own lives.

**Living in Gratitude (Thurs., 12/14 @ 3:45 PM):** Feeling gratitude invites joy, blessing, healing and resilience into our lives. Join in as we continue our year-long study of the insightful book *Living in Gratitude: A Journey that Will Change Your Life* by Angeles Arrien.

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**Healing Service (Thurs., 1/21 @ 3:45 PM):** We each face our own struggles whether they be physical, emotional or spiritual. Come experience this beautiful communal opportunity to sing, share meaningful words, bless and comfort each other.

**Jewish Sing-A-Long (Fri., 1/22 @ 10:30 AM, TV Channel 5):** Music fills the heart and soul with joy. If you love Jewish music, this is the group for you! Tune in to add your voice to our tapestry of song.

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(Programs available on TV if you are in quarantine)

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