

SHALOM AL ISRAEL

“God shall bless you from Zion...Peace on Israel”

(Psalm 128:5,6)

ISRAEL -75 YEARS OF MUSIC MUSIKAH ISRAELIT- SHABBAT RETREAT

Community In Song- Havdalah in Movement

Want to experience our beautiful traditional Israeli Shabbat melodies and learn new ones? Want to shake off some of that “meh” dust of the recent crisis and connect to our rich tradition, our ancestors and each other?

On this monumental 75th anniversary of our beloved Israel, as political polarization temperatures rise, let’s “dial down” differences and “dial up” the joy- let’s come together as ONE with Israel’s beautiful, diverse melodies, texts and FOOD.

To get into the mood-Friday before services, come mingle with a “Tahini Cocktail Hour,” cantor Reut will share and prepare onsite her authentic Israeli Tahini recipe -and possibly eat it with Falafel.

Friday night as well as shabbat morning will include a short SERMON IN SONG: a beloved Israeli song connected to the Omer counting on Friday night and to the torah portion of Achrei Mot on Shabbat.

Focused on one of Shabbat’s themes of expressing GRATITUDE, come sing, read poetry and learn with cantor Re’ut, taking a musical expedition throughout generations of Israeli communities: From Jerusalem Sefaradi the oldest Jewish community in Israel to Na’avaTehila in Jerusalem, Beit Tfila Israeli that gathers on the beach of Tel Aviv, Ethiopian Israeli community, Israeli composers from Nurit Hirsch to Eti Ankrito Yair Levi, and nigunim by the Modzitzer Chassidim (Bnai Brak) and Tzfat Chassidim.

We’ll conclude shabbat with Havdalah Sacred Sound Healing, a modality developed by cantor Re’ut, embodying Hebrew, our liturgy and Shabbat through sound and movement.
We will embody and chant Israeli expressions!

In Person or join from the comfort of your own home via ZOOM

About

Cantor **Re’ut Ben-Zeev** has been serving the Jewish community for over 20 years in communities such as Congregation Beit Simchat Torah in Manhattan and had the pleasure of co-officiating High Holidays services with Rabbi Nelly most recently in Adath Israel, CT. She is now a proud member of Adath Israel. Re’ut has been a professional classical singer, performing in venues as Lincoln Center and on Natalie Portman’s film. After a health crisis, she came to pursue the modality of Tibetan Sound Healing at the Tibetan Sound Healing School and since has been developing and teaching a hybrid of Jewish traditions with other ancient Sacred Sound Healing Arts. She is available for Sacred Sound Healing workshops. Contact info: CantorReutBZ@gmail.com