



# #SIMcard 2018

## Plan Inspiration

Update

#1

### SHORT BOOSTS

Five short boosts of inspiration for the High Holiday Season

Speakers: Danielle Kosofsky, Rabbi Levi Gourarie,  
Rabbi Dovy Rapoport, Rabbi Aron Moss & Chaya Gourarie

Thursday Night - 30th August - 8:15 - 9:15 PM

Update

#2

### THE MINDFUL MINYAN

Friday night service with meditation, mindfulness and song.  
Followed by a Rosh Hashana themed "Mindful Meal."

Friday Night - 31st August - 6:00 PM

Price for meal: \$45 per person (\$30 for student)

To book: 9365 4421 office@bina.com.au

**All programs are at BINA**

**For more info - (02) 9365 4421 office@bina.com.au**

**#Stimulation #Inspiration #Motivation**



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## Plan Beis Medrash

Update

#1

### WOMENS BEIS MEDRASH

**For Women and Girls of all ages**

Sunday - 2nd September - 6:15 - 7:15 PM

6:15 PM: Chavrusa Learning (Material Provided)

6:45 PM: Shiur on the topic of Teshuva with Mrs Dina Gourarie  
Rosh Hashana craft for younger girls

Update

#2

### MENS BEIS MEDRASH

**Prepare for the Yomim Noroim with learning about Teshuva from the Gemoro, Rishonim, Poskim, Mussar & Chassidus**

Tuesday Night - 4th September - 8:00 - 9:15 PM

8:00 PM - Chavrusa Learning (Material Provided)

8:40 PM - A choice of two Shiurim with Rabbi Chation or Rabbi Levi

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