



JEWISH HEALING CENTER OF LOS ANGELES

Every Breath

Friends,

Welcome to “Every Breath,” a new monthly newsletter from the Jewish Healing Center of Los Angeles.

“Every Breath” is an opportunity for us to share moments of meaning, through news, personal stories, the arts, and other media that can inspire our healing as individuals, and as a community. We hope you will enjoy learning, laughing, crying, wondering, and celebrating these moments with us each month.

We encourage you to also like us on [Facebook](#) and follow us on [Twitter](#) for more opportunities to connect.

B'Shalom,

Rabbi Carla Howard and the JHCLA Team

HEALING ON HOLIDAYS: SHAVUOT

Paths Toward a Celebration of Shavuot

From JHCLA Founder and Executive Director Rabbi Carla Howard



<http://tinyurl.com/q4spdrn>

HEALING, HEATHCARE, AND HOSPICE

L.A.-area healthcare providers to issue guidelines for end-of-life care

From *The Los Angeles Times*



<http://www.latimes.com/local/la-me-end-of-life-guidelines-20140517-story.html#page=1>

HEALING WITH HUMOR

“In the Hospital”

From *Old Jews Telling Jokes*



<http://oldjewstellingjokes.com/post/25431121326>

HEALING THE MIND, BODY, AND SPIRIT

A Few Tips for Offline Practice of Gratefulness

From *Gratefulness.org*



http://www.gratefulness.org/readings/dsr_offline_practice_tips.htm

HEALING TOGETHER. UPCOMING EVENTS



We invite you to join us on June 23rd for

Refa'einu

A healing service open to everyone seeking community and comfort.

This month, we are pleased to present an evening with

Guild-certified Feldenkrais Trainer **Ynez Anthony**.

Mindful Movement: An Introduction to the Feldenkrais Method

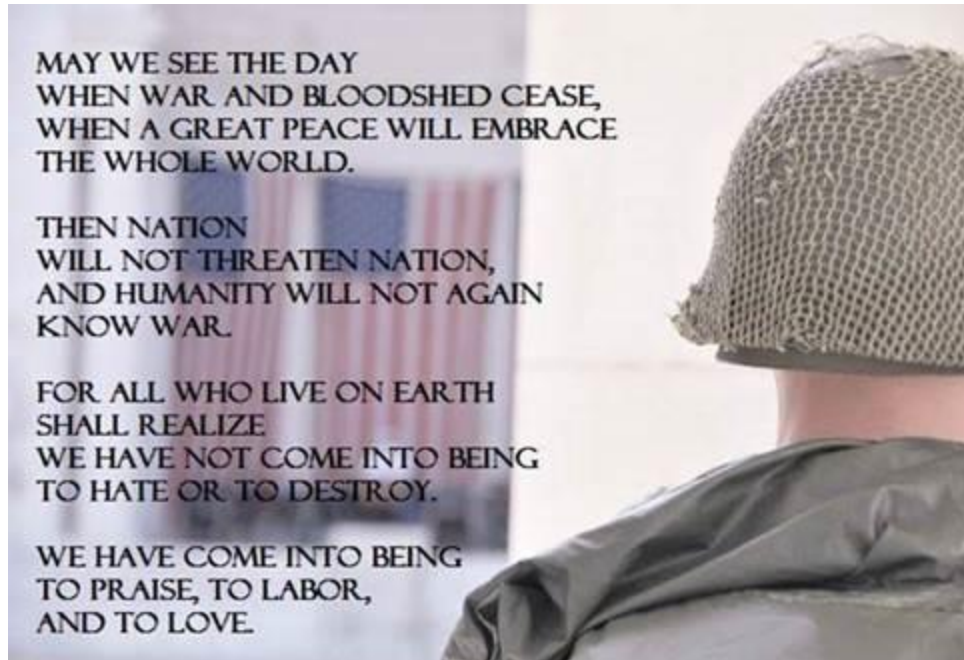
7:30 to 9:00 pm, Temple Beth Am, 1039 La Cienega Boulevard, Los Angeles

dress for movement * bring a mat or towel * all ages/physical abilities welcome * no charge

HEALING ON HOLIDAYS: MEMORIAL DAY

We hope you had a meaningful Memorial Day.

May the sacrifice of our fallen soldiers inspire us all to pray for peace.



THANK YOU FOR YOUR CONTINUING SUPPORT OF THE JHCLA



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