

SHOLOM SPIRITUAL WELLNESS

Embracing The Soul, Enriching The Spirit



At Sholom, we believe that spiritual care is essential to every individual's well-being. Rooted in Jewish traditions and values, we offer inclusive programs, events, and worship services that celebrate and respect all backgrounds and beliefs. Our mission is to foster a community where everyone feels seen, supported, and connected to something greater than themselves so that they may be empowered to find ultimate meaning.

SPIRITUAL CARE SUPPORT & RESOURCES

Our team provides compassionate, empathetic, on-call spiritual and emotional support, welcoming discussions on matters of the heart and spirit. Residents can access spiritual and religious resources to ensure their needs are fully met.

SERVICES WEEKLY & MONTHLY

- Weekly Friday Sabbath & Morning Sabbath Services
- Monthly Beth El Synagogue-led Friday Sabbath
- Weekly Ecumenical Christian Services
- Monthly Catholic Mass with Communion and Rosary
- Intergenerational Program with Talmud Torah Students
- Catholic Befrienders: 1-on-1 Visits for Catholic Elders

**Varies by community*

SHOLOM COMMUNITY SERVICES & OFFERINGS

- **Jewish, Christian, and Interfaith Services:** Regular services and programs with resources like Prayer Books, Bibles, Tallitot, Kippahs, Electric Sabbath Candles and more.
- **Holiday Celebrations & Memorials:** Honoring traditions with services and memorials for diverse faiths.
- **Community & Congregational Connections:** Collaborations with home congregations, local clergy, and volunteers including youth, schools, and college students.
- **Spirit & Song:** Engaging musical programs for Jewish, Interfaith, Healing, and Prayer.

Enriching Programs

JEWISH CULTURE CONNECTIONS – This welcoming program invites elders to celebrate and deepen their understanding of Jewish heritage through shared experiences, stories, and cultural exploration. Jewish residents can embrace their roots by engaging in discussions on Jewish history, traditions, and values. Seniors of all faiths are encouraged to join, fostering a sense of community and mutual respect as they learn about Jewish culture and connect with their Jewish neighbors. Together, participants celebrate diversity, enrich their perspectives, and build connections that honor tradition and foster unity.

FAITH CONVERSATIONS – A welcoming group for exploring spirituality and fostering mutual understanding. Topics guided by connected spiritual care leaders, this program offers a respectful space for sharing beliefs, discussing religious perspectives, and learning from one another's experiences. Whether sharing personal faith or discovering new viewpoints, all are welcome.

