

## To Participate with Nishmat Shalom:

- Visit our website for our schedule and other news:  
[www.nishmat.org](http://www.nishmat.org)
- Join our listserv by contacting: [subscribe@nishmat.org](mailto:subscribe@nishmat.org)
- Request our quarterly print newsletter suitable for posting on your refrigerator
- eMail [info@nishmat.org](mailto:info@nishmat.org) with any questions

NISHMAT  
SHALOM  
*The East Bay  
Feminist Minyan*

WELCOMES YOU!

---

ברוכות הבאות  
ברוכים הבאים  
לנשמת שלום

Nishmat Shalom  
P.O. Box 22094  
San Francisco, CA 94122

**Nishmat Shalom** is the East Bay Feminist Minyan. Our community is dedicated to a joyful, participatory, egalitarian practice of Judaism. We come from various Jewish backgrounds to create a Shabbat space accessible across the range of observance. We welcome men and women of all ages and gender-identities to join us!

Founded in 1991, Nishmat Shalom maintains connections with chavurot around the country who, like us, engage in adapting both Hebrew and English liturgy, especially toward a practice that honors and includes the feminine. These include the Zoo Minyan (Washington, D.C.), Dorshei Derekh (Philadelphia), and Havurat Shalom (Boston).

Our community includes singles and families. Children are welcome at all Nishmat Shalom events. During our services, childcare is provided by an experienced adult, and children have the option to participate in services or play in a child-centered space.

### **Services:**

We currently hold monthly Shabbat morning services at homes within walking distance of central Berkeley. Our liturgy features feminine and masculine Hebrew, an extended psukei d'zimra with lots of a cappella singing, and a participatory Torah service. Members share in leading services, reading Torah, and contributing text interpretations. After kiddush, we share a scrumptious vegetarian/dairy potluck lunch, followed by shmoozing, song and study.

### **Other Programs:**

We hold occasional Friday evening services and, each year, we sponsor additional events such as a Yom Kippur Break-Fast, an outdoor Shabbaton retreat, a Tu B'Shvat seder and a Chanukah celebration. We also support and sponsor learning opportunities to extend our members' range of comfort, participation and leadership.

### **Jewish Community:**

Nishmat Shalom is part of the National Havurah Committee. Locally, we frequently co-sponsor events with other chavurot and Jewish organizations. We schedule our services to complement the activities of other local minyanim. Our members are frequent teachers at Jewish events around the Bay Area.

### **Tzedakah:**

Nishmat Shalom supports issues of importance to women, both financially and through our actions. Previous projects have included work with Bay Area Women Against Rape (BAWAR), The Women's Torah Project, and support for the Dreamhouse, a refuge for victims of domestic violence. Currently, we are working with Shalom Bayit, a nonprofit organization working against domestic violence in the Jewish community.