



SHAAREY ZEDEK SYNAGOGUE

Shaarey Zedek Synagogue is a centre for Conservative Judaism
that welcomes the community to experience spiritual growth,
continuing education and the enrichment of lifecycle events.

SENIOR RABBI
Alan Green

ASSOCIATE RABBI
Lawrence Pinsker

CHAZZAN
Anibal Mass

CANTOR EMERITUS
Rabbi Louis Berkal

SHAMMES
Bill Weissmann

EXECUTIVE DIRECTOR
Ian Staniloff

PRESIDENT
Saul Greenberg

VICE PRESIDENT
Dr. Eric Ellis

EXECUTIVE COMMITTEE
Dr. Bonnie Cham
Rick Lee
Stewart Leibl
Stuart Pudavick
Bonnie Rosenfeld
Dr. Brent Schacter
Lorne Weiss

BOARD OF DIRECTORS
Eric Alper
Dr. Riva Bartell
Susan Billinkoff
Bob Brown
Dr. Norman Goldberg
Eric Green
Lyll Meyers
Dr. Cathy Moser
Dr. Ira Ripstein
Bernard Rubenstein
Norman Silverberg
Sergio Vulej
Mara Zipursky

SISTERHOOD PRESIDENT
Thelma Sures

SISTERHOOD REPRESENTATIVE
Sandy Polanski

LIVING PAST PRESIDENTS
Judge Charles Rubin
Jerome Cohen
Jack Neaman
Greg Brodsky QC
Easton Lexier
Evelyn Hecht
David Greenberg
Charles Golfman
Brian Pauls
Samuel Wilder QC
David Gisser
Dr. Edward A. Lyons OC
Justice Perry Schulman
Judge Rocky Pollack
Rick Lee

March 13, 2009

To Whom It May Concern:

The first thing I want to say about my thirty-seven year practice of the Transcendental Meditation program is that I never would have become a rabbi without it. Transcendental Meditation saved my Jewish life.

How so? The short story is that in addition to its many other benefits, verified by over 600 scientific studies, the Transcendental Meditation (TM) technique allowed me to grasp the truths of the tradition in which I was raised at a much deeper level than otherwise would have been possible. I know this to be true based on the increased mental, emotional and spiritual clarity, which I experienced coming directly from my daily practice of TM.

Because of the results I gained from the technique, I spontaneously grew in my understanding of Judaism, with its profound love of God, its deep appreciation for His universe, and its longing for the creation of a just society and a peaceful world. At the same time, I would emphasize that TM is truly universal. Anyone of any age, education, or cultural background can practice TM effortlessly and successfully, without any change in personal beliefs or lifestyle.

I have found that with the regular practice of TM, people not only become calmer, more energetic and creative than before, but they also grow in love, compassion, ethical sensitivity, and appreciation for their respective religious traditions. All too often, these ideals prevail far more in theory than in practice. But the TM program gently, effectively transforms these ideals into living realities.

Therefore, I would recommend the practice of Transcendental Meditation to any student or teacher of Judaism (or indeed, of any religion) interested in living the highest ideals of their tradition in everyday life. In the words of the rabbis, "May we then find grace and enlightenment, in the eyes of both God and humankind."

Very sincerely yours,

Alan Green
Senior Rabbi