

At Our Congregations...

Nashville's congregations

Here are the websites for all five Nashville Jewish congregations, with information on services, upcoming events and more:

Congregation Beit Tefilah Chabad, www.chabadnashville.com

Congregation Micah, www.congregationmicah.org

Congregation Sherith Israel, www.sherithisrael.com

The Temple – Congregation Ohabai Sholom, www.templenashville.org

West End Synagogue, www.westendsyn.org

The Observer provides congregational listings of events and services as a complimentary service to the community. If your congregation is not listed, it is because we did not receive the information in time to meet our publication deadline. Please give your rabbi, executive director, or synagogue volunteer a gentle nudge.



@ Chabad /Congregation
Beit Tefilah

2026 New Year Resolutions at Chabad of Nashville for Mind, Body and Soul

Looking for a New Year's Resolution, one filled with meaning and purpose? Chabad of Nashville is offering various new and ongoing opportunities to nourish your Mind, Body and Soul. Pick one that suits your taste from this page and make 2026 an even more meaningful year.

Coffee, Community, and Prayer: A New Morning Minyan at Chabad of Nashville

For the past 28 years, Chabad of Nashville has served as a spiritual home for the community, hosting **Shabbat and holiday prayer services**, along with weekday services for yahrzeits and special occasions. As the new Jewish year 5785 began, Chabad took an exciting step forward by launching a **daily morning minyan**, bringing consistent communal prayer to the heart of Jewish life in Nashville.

Each morning begins not only with prayer, but with warmth and hospitality. **Fresh Starbucks coffee is served daily**, creating a welcoming atmosphere as participants to start their day together.

On **Mondays and Thursdays**, the experience is elevated even further with a **delicious catered breakfast** from Nova, Nashville's newest kosher market. The breakfast spread features freshly baked pastries, burekas, rugelach, poached eggs, Israeli salad, and a variety of other flavorful delicacies that make these mornings especially inviting.

The daily minyan schedule is as follows:

Sunday	9:00 AM
Monday and Thursday	8:15 AM
Tuesday, Wednesday, and Friday	8:30 AM
Shabbat morning	10:00 AM

Community members who wish to stay informed and connected are invited to join the **Minyan WhatsApp group** by texting **615 480 4731**.

"Starting the day with communal prayer sets a powerful tone," shared Rabbi Yitzchok Tiechtel. "It elevates the entire day and strengthens both personal growth and community connection."

All are welcome to join and experience the inspiration, camaraderie, and spiritual energy of beginning the day together in prayer as a unified community.

Awaken Your Power with Inner Light Pilates and Meditation

Looking for a meaningful way to recharge your body, mind, and soul? Chabad of Nashville Women's League invite women and teen girls to **Inner Light Pilates and Meditation**, a bi-weekly experience designed to strengthen from the inside out.

Held **Sundays from 11:00 AM to 12:00 PM**, this uplifting program blends **core strengthening Pilates with soul centering Kabbalah meditation**, creating a powerful space for movement, mindfulness, and personal growth. No prior experience is needed, and all fitness levels are welcome.

Led by **Jody Lumerman** and **Rebbetzin Esther Tiechtel**, each session offers a supportive and energizing environment where participants can build physical strength, calm the mind, and reconnect with their inner light.

Classes run bi-weekly on Sunday mornings. Come move, breathe, and awaken your power. Text Esther to sign up at 615-480-4225

Start Your Week with Soul, Insight, and Connection

What if 30 minutes on Sunday morning could set the tone for your entire week?

Join Rabbi Levi Tiechtel every Sunday at 10:30 AM for a live, online exploration of the weekly Torah portion, offering timeless Jewish wisdom that speaks to real life. Each session is engaging, uplifting, and designed to inspire clarity, purpose, and connection.

Whether you are seeking spiritual insight or simply a meaningful way to begin your day, this weekly gathering offers a refreshing pause and a powerful reset. Expect deep yet accessible insights, a warm and welcoming atmosphere, and zero pressure to participate.

Join from anywhere on Zoom, no RSVP required. Just log on and start your week with intention.

Presented by Chabad of Nashville.

Because your week deserves a deeper start.

Join every Sunday at 10:30 AM at chabadnashville.com/zoom

Chabad to host two TGIS celebration in January

Start your Shabbat off right with good friends, great conversation, and excellent kosher cuisine, all seasoned with the perfect amount of spirit and joy. TGIS is a Club Med Shabbat: An all-inclusive Shabbat experience. Enjoy a Friday night Shabbat dinner replete with traditional dishes. Blended with spirited singing, a Chasidic tale, and a chance to meet some wonderful new people.

TGIS will be held on Friday evening, January 9, and on Friday, January 23, at 6:30 PM at Chabad of Nashville. There will be a special guest Scholar in Residence for both of these weekends. (See article in this Observer about Rabbi Mendel Shmotkin's visit to Nashville for January 9-10 weekend, and Rabbi Yechiel Krisch visit to Nashville for January 23-24 weekend visit to Nashville.)

There is no cost to attend the TGIS Shabbat experience, however we kindly request that you RSVP by letting us know you will be attending at chabadnashville@gmail.com

Torah and Tea- A Weekly Jewish Women's Study Group

The Five Books of Moses—the Torah—is quite simply the most widely-read, most influential literary work in all of human history. Since its first appearance in a blaze of Divine revelation on Mount Sinai over 3300 years ago, the Torah and its teachings have provoked inspired inquiry to discover its infinitely-layered designs and meanings.

Chabad of Nashville will host "Torah and Tea" an all women's classical Jewish learning opportunity, in a series of clear and engaging weekly classes. Probing the ideas and issues related to the Jewish woman, these classes will offer timely lessons -from the most timeless of all texts.

Join Mrs. Esther Tiechtel together with fellow Jewish women in Nashville for inspiring Torah study, warm camaraderie, hot tea and delicious refreshments, on Shabbat afternoons at 1:00 PM, at Chabad of Nashville.

Enjoy a steaming cup of tea, a relevant Torah insight, inspired discussion and friendly interaction with Jewish women.

Tel Aviv comes to Nashville with Erev Shira: An Evening of Soulful Israeli Music

For one unforgettable evening, Nashville will resonate with the melodies, rhythms, and spirit of Israel. Chabad of Nashville invites the community to Erev Shira, a vibrant celebration of Israeli music and culture, on Saturday, January 10, at 7:30 PM. (see article in this Observer with more details).

Featuring some of Nashville's most talented musicians, including award winning songwriter and producer Itai Shimoni, the evening brings beloved Israeli songs to life through rich harmonies, storytelling, and heartfelt messages. From nostalgic melodies to spirited rhythms that invite singing along, the music creates connection, joy, and meaning.

More than a concert, Erev Shira is an immersive musical experience where sound and soul meet. Guests will also enjoy an Israeli falafel bar and refreshments, adding authentic flavors to the evening. (see article in this Observer with more details)

The event is free and open to all. RSVP at chabadnashville.com or call 615 646 5750.

Meet in Person for Storah Telling and Cholent

Chabad of Nashville invites you to the Shabbat morning Storah-Telling. Participants will learn the story of the weekly Torah reading, as Rabbi Yitzchok Tiechtel tells the story and shares relevant insights for day to day living.

The Storah-Telling is followed by a hot cholent, freshly baked Challah, a gourmet buffet lunch, and a weekly farbrengen with some friendly L'Chaim.

Participants will go home with nourishments for their Mind, Body and Soul.

Join your friends on Shabbat morning at 10:30 AM at Chabad, for warmth and companionship that emanate from the Chabad of Nashville community.

A Coin in Charity a Day Brings Blessings Your Way

It is a well-known Jewish tradition to give charity (Tzedakah) daily, as it draws down Divine energy of blessings and success in all of your endeavors.

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