Join thousands of children and parents worldwide as we gather together once more for Generation Sinai. This year we will unlock some of the mysteries, interesting facts and historical context of the famous prayer we say after eating bread – Birkat Hamazon or bensching.

Did you know that Moses himself composed the first paragraph, word for word? Have you ever wondered why bread is so special? Find out how the act of eating an everyday meal can become an exercise in mindfulness.

Join your child on **Wednesday morning 8 June** to find out.

**Generation Sinai**

Sharing our legacy

Generation Sinai is a Unity Project of The Office of the Chief Rabbi of South Africa

At KTC

Program from 8:30am to 9:15am followed by a morning tea