



## Abraham's Table of Long Island

*Invites you to a remote panel discussion:*



### **How Do We Attain Internal Peace and Happiness in a Troubled Time? Jewish, Christian and Muslim Perspectives Sunday May 2, 4:00-5:30PM**

**Zoom Link:** <https://youtu.be/2Zc0rpJ2owE>

#### **Panelists:**

- **Moderator: Raymond Russo, PhD,  
Abraham's Table**
- **Rabbi Sheila Goloboy, MSW, Suffolk Y  
Jewish Community Center**
- **Rev. Ron Richardson, Diocese of Rockville  
Centre**
- **Imam Ibrahim Sayar, Boston Children's  
Hospital**

#### **Focus Questions:**

1. **How does your tradition define both interior peace and happiness? How do peace and happiness relate to each other?**
2. **What sources, rituals, prayers or other practices does your tradition use for believers to attain peace and happiness? Are they the same for each?**
3. **Describe your faith journey in trying to attain peace and happiness?**