



# Hineni הנני

ADULT JEWISH LEARNING & CONTEMPLATIVE PRACTICES  
TALMUD TORAH OF ST PAUL

2017 FALL PROGRAM GUIDE



Dear Friend,

We are approaching the Jewish month of Tishrei (the one that begins with Rosh HaShanah). The holidays in this month move from solemn to festive and take us from introspection to joy. While Tishrei has more holidays than any other month, the following month, Cheshvan, has none. It seems that the calendar is designed to give us uninterrupted time to implement our learning, to try out new ways of being, to settle into our new understandings.

I hope that these Hineni offerings (some new, some perennial favorites) will assist you on your journey toward greater learning, connection, and presence.

Best wishes for a good and sweet New Year,

**Sara Lynn**

Sara Lynn Newberger  
Director of Hineni

## Torah and Mindfulness Through the Lens of Hasidic Masters

**8:15–9:15 AM  
TUESDAYS**

**Bi-monthly: 10/3, 10/17,  
10/31, 11/14, 11/28, 12/12, 1/9**

Each year, we find new inspirations, new meanings, and new connections with the weekly Torah portion. Join us for lively discussion, rich text study, and compelling analysis, inspired by the work of Hasidic masters. No experience is necessary.

### TEACHER

Sara Lynn Newberger

### LOCATION

TTSP

### COST

Drop-in, donations encouraged

## Contemplative Chanting

**7:00–8:00 PM  
THURSDAYS**

**10/26, 11/16, 12/14, 1/11**

Chanting helps to clear the mind of chatter, open the doors of the heart, and focus attention on the present moment. When we sing with others, we are connected by and within the music. No experience is necessary.

### LEADER

Sara Lynn Newberger

### CO-SPONSOR

Beth Jacob Congregation

### LOCATION

Beth Jacob Congregation

### COST

Drop-in, donations encouraged

## Shabbat Morning Meditation

**9:15–9:45 AM  
SATURDAYS**

**Bi-monthly: 10/7, 10/21, 11/4,  
11/18, 12/2, 12/16, 1/6**

Mindfulness meditation helps to make our minds more spacious, perceptive and free. Each session will include a short teaching followed by a sitting period. No experience is necessary.

### LEADER

Sara Lynn Newberger

### CO-SPONSOR

Beth Jacob Congregation

### LOCATION

Beth Jacob Congregation

### COST

No cost, Drop-in

## Mussar Va'ad

**7:00–9:00 PM  
WEDNESDAYS**

**Bi-Weekly Oct. 25 – May 30  
(15 Sessions)**

Mussar is a traditional Jewish spiritual pathway of contemplative practices, exercises and text study that help create personal transformation and deepen our connections with ourselves, our communities and with God.

This va'ad (practice group) will accommodate both those with and without prior experience with Mussar practice.

### FACILITATOR

Sara Lynn Newberger

### CO-SPONSOR

Beth Jacob Congregation

### LOCATION

Beth Jacob Congregation

### COST

\$250 for the series;  
\$180 for Hineni Supporters and  
Beth Jacob Members

Register at [www.ttsp.org](http://www.ttsp.org)

## Hasidic Masters & Mindfulness

**7:00–8:15 PM  
MONDAYS**

**10/16, 10/30, 11/13, 11/27,  
12/11, 12/18**

We'll study Torah and Mindfulness through the lens of Hasidic Masters. The Hasidic Masters, through their unique method of interpretation, drew deep lessons for life from text. We will discover in their work a unique understanding of the world and classic Jewish sources for mindfulness.

### TEACHER

Sara Lynn Newberger

### CO-SPONSOR

Adath Jeshurun

### LOCATION

Adath Jeshurun

### COST

\$90 for the series;  
\$75 for Adath members and  
Hineni supporters

Register at [adathjeshurun.org](http://adathjeshurun.org)



## Holy Listening

### BY APPOINTMENT

Hineni offers Jewish spiritual direction/companionship through Pam Winthrop Lauer. Pam is available to meet with individuals by appointment and leads Jewish Holy Listening groups and Interfaith Holy Listening groups.

### TEACHER

Pam Winthrop Lauer

Contact Pam at [wpdj@usfamily.net](mailto:wpdj@usfamily.net) or 651-328-1166.



## Korah in These Times: Conflict, *Kavod*, and Belonging

**7:00-8:30 PM  
TUESDAYS**

**Jan. 2, 16, 23, 30, 2018**

In this series we explore our current crisis in civil dialogue in light of biblical and rabbinic sources on democratic institutions, moral principles, and building and sustaining social bonds. We begin with the biblical Korah narrative, and then turn to later Jewish sources on conflict, *kavod* (respect), and belonging. Our intention is to deepen our understanding of forms of conflict, personal and social, and resources for meeting the challenges they present.

### TEACHER

Earl Schwartz

### CO-SPONSOR

St. Paul JCC

### LOCATION

St. Paul JCC

### COST

\$60 for the series; \$40 for JCC members and Hineni supporters

Register at [www.stpauljcc.org](http://www.stpauljcc.org)



## Miracles: An Afternoon of Jewish Arts and Learning

**1:00-5:00 PM | SUNDAY, DECEMBER 3**

Do we really believe in miracles, biblical or modern? What exactly is a miracle? Is it a supernatural event? What kind of person does it take to behold miracles? Do our technological obsessions obscure the miraculous? As we approach Channukah, come explore those questions through science, Midrash, philosophy, Zohar, and Torah. Use visual and written art to respond to what you learn!

*This program is geared to artists and non-artists alike.*

### CO-SPONSORS

St. Paul JCC and Sabes JCC

### LOCATION

Sabes JCC

### COST

\$50; \$35 for JCC members and Hineni supporters

Register at [www.ttsp.org](http://www.ttsp.org)

## Day-Long Jewish Silent Meditation Retreat

**9:00 AM-4:00 PM | SUNDAY, DECEMBER 10**

Join us for a day of contemplation as we practice walking and sitting meditation, chanting, silent eating, and heart-centered Torah study.

### LEADERS

Sara Lynn Newberger and Cantor Audrey Abrams

### CO-SPONSOR

Beth El Synagogue

### LOCATION

TTSP

### COST

\$50; \$35 for Beth El members and Hineni supporters

Register at [www.ttsp.org](http://www.ttsp.org)

## MELTON FIRST YEAR CORE CURRICULUM Rhythms and Purposes

**7:00-9:30 PM | MONDAYS | BEGINNING OCT 9 (26 SESSIONS)**

This two-year course goes far beyond one-shot lectures or short-term seminars. It will challenge you to engage in Jewish learning in a serious and comprehensive way. Each lesson is designed to inspire and enlighten you irrespective of your prior experience or background

Through this text-based, discussion-oriented, pluralistic program you will:

- Come to understand Jewish practices in new and meaningful ways
- Connect ethics and everyday life
- Build community within and beyond the classroom
- Consider the big ideas and important events that have animated Jewish life over the millennia
- Deepen your understanding of Judaism and Jewish life.

This course is ideal for those looking to deepen their understanding of the basics of Judaism and Jewish living. Class space is limited.

**TEACHERS** Sara Lynn Newberger and Rabbi Alan Shavit-Lonstein

**CO-SPONSOR** Adath Jeshurun


**PARTNERS** Twin Cities synagogues and agencies

**LOCATION** Adath Jeshurun

**COST** \$500 + books

Register at [www.events.org/MeltonStPaul](http://www.events.org/MeltonStPaul)





**Hineni believes that engaging with Jewish teachings and practices**

challenges the mind  
inspires the imagination  
touches the soul

**enriching individuals, communities and the world.**

**Wherever you stand in relation to Jewish tradition, you are invited to join Hineni's dedicated instructors as together you explore the richness of Judaism and the sacred within and around us.**



An evening of Jewish learning

**7:00 PM | SATURDAY, JANUARY 13, 2018**

First-rate teachers, wonderful learning, wide-ranging topics — from cerebral to hands-on! Round out the evening with schmoozing, live music, and refreshments...and all that in the middle of the winter!

**TEACHERS**

Many outstanding teachers

**CO-SPONSORS**

St. Paul JCC

**PARTNERS**

Adath Israel Synagogue, Beth Jacob Congregation, Mount Zion Congregation and Temple of Aaron

**LOCATION**

TTSP

**COST**

\$20; \$25 at the door; free for 30 and younger

Registration starts Dec. 10 [www.ttsp.org](http://www.ttsp.org)

**HINENI SUPPORTERS**

Individuals who make a yearly donation of \$72 or more to Hineni will receive discounts on some course registrations.

**Become a supporter at [ttsp.org/hineni/registration](http://ttsp.org/hineni/registration)**



**Hineni** הניני

**LEARN MORE**

Visit us: [www.ttsp.org/hineni/courses](http://www.ttsp.org/hineni/courses)

Email us: [sara.lynn@ttsp.org](mailto:sara.lynn@ttsp.org)

Call us: 651.698.8807

Find us on Facebook: Hineni

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