



Hineni הנני

ADULT JEWISH LEARNING & CONTEMPLATIVE PRACTICES
TALMUD TORAH OF ST PAUL

2018 SPRING PROGRAM GUIDE



Dear Friend,

As you read this, it is deep winter — long nights and short, cold days. We also know that spring and crocuses are coming. Some of our time is cyclic: day follows night follows day; spring, summer, fall, winter can be counted on to come each year in that order. We also live in linear time: we watch children grow from year to year; we notice changes in our families and communities as members join and depart; and we can see changes in ourselves.

Some changes in our own lives happen to us and others we can nudge. The programs listed in this brochure can challenge your mind, inspire your imagination, or touch your soul. Join us for these enriching opportunities.

All the best,

Sara Lynn

Sara Lynn Newberger
Director of Hineni

Spring Series

All programs are open to everyone regardless of affiliation. There are no financial barriers to participation.

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

**7:00–8:30 PM
TUESDAYS**

Jan. 9, 16, 23, 30

In this series we explore our current crisis in civil dialogue. 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

American Jews and Movements for Justice from the 19th to the 20th Centuries

**7:00–8:30 PM
TUESDAYS**

Feb. 13, 20, 27

This class will look at three movements in the United States in which Jews played a central role. What motivated Jews to participate in these movements? How were American Jewish culture and Judaism affected by their participation? What happened when Jews took different sides?

TEACHER

Riv-Ellen Prell

CO-SPONSOR

Beth El's Community Learning @ The Well

LOCATION

Beth El

COST

This series is free.

**Advance registration required.
Register at www.ttsp.org**

Finding Self, Spirituality and Ultimate Meaning

**7:00–8:00 PM
THURSDAYS**

Feb. 1, 8, 15, 22, Mar. 8, 15

Guided by the book: *God Was in This Place and I, I Did Not Know* by Rabbi Lawrence Kushner, we will explore different interpretations of Jacob's Ladder in Genesis 28:10-17 from the point of view of seven important historical rabbis. We will ask questions of how to see God in the material world, through the lens of history and the role our ego plays in making this quest a challenge.

TEACHER

Rabbi Alan Shavit-Lonstein

CO-SPONSOR

St. Paul JCC

LOCATION

St. Paul JCC

COST

\$80 for the series; \$60 for JCC members and Hineni supporters*

Register at www.stpauljcc.org

The Star and the Crescent: The Long Relationship of Judaism and Islam

7:00–8:30 PM | THURSDAYS

April 19–June 21 (10 sessions)

Jews and Muslims have co-existed, at times peacefully and at other times contentiously, for more than a millennium. What do they have in common? What are the sources of tension and conflict between Judaism and Islam? This course will examine the longstanding relationship between Judaism and Islam, between Jews and Muslims, broadening our understanding and challenging our assumptions.

TEACHER

Meryll Page

LOCATION

Beth El

CO-SPONSOR

Beth El's Community Learning @ The Well

COST

\$250 for the series

Register at www.events.org/MeltonStPaul

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 and interfaith Holy Listening groups.

TEACHER

Pam Winthrop Lauer

Contact Pam at wpdj@usfamily.net or 651-328-1166.

* To receive the Hineni supporter discount rate, please call the JCC, 651-698-0751 to register.

One-time Programs

Torah Yoga for Purim – Acquiring Garments of Light

1:00–3:00 PM
SUNDAY, FEB 11

The Book of Esther is a story about uncovering a great light hidden in a world clothed in darkness. With Torah Yoga, we will seek out this light in our body, mind, heart, soul and ultimately the world.

All levels of yoga experience are welcome. Diane Bloomfield, founder of Torah Yoga®, is a St. Paul native and lives in Israel.

TEACHER
Diane Bloomfield

CO-SPONSOR
Mount Zion

LOCATION
Mount Zion

COST
\$20 in advance, \$25 at the door
Register at www.ttsp.org

Love Your Neighbor

7:00–8:30 PM
WEDNESDAY, APRIL 11

Through a variety of texts and commentary, Jewish and those of other cultures, we will engage in an exploration of “The Golden Rule” and create your own keepsake art-piece.

TEACHERS
Sara Lynn Newberger & Tracey Agronoff

CO-SPONSOR
St. Paul JCC

LOCATION
St. Paul JCC

COST
\$18
Register at www.stpauljcc.org

Day-Long Jewish Silent Meditation Retreat

COMING IN LATE SPRING

Come for a day of contemplation including walking and sitting meditation, chanting, silent eating, and heart-centered Torah study.

Detailed information will be available in February.

Check the Hineni webpage
ttsp.org/hineni/our_program



Ongoing, Drop-in Programs. Open to all, check us out.
No experience is necessary. No cost, donations welcome.

Torah and Mindfulness Through the Lens of Hasidic Masters

8:15–9:15 AM
TUESDAYS
Bi-monthly: 1/23, 2/6, 2/20, 3/6, 3/20, 4/10, 4/24, 5/8, 5/22, 6/5

Join us for lively discussion, rich text study, and compelling analysis, inspired by the work of Hasidic masters.

TEACHER
Sara Lynn Newberger

LOCATION
TTSP

Contemplative Chanting

7:00–8:00 PM
THURSDAYS
2/8, 3/8, 4/19, 5/10, 6/7

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.

LEADER
Sara Lynn Newberger

CO-SPONSOR
Beth Jacob Congregation

LOCATION
Beth Jacob Congregation

Shabbat Morning Meditation

9:15–9:45 AM
SATURDAYS
Bi-monthly: 2/3, 2/17, 3/3, 3/17, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16

Mindfulness meditation helps to make our minds more spacious, perceptive and free. Each session will include a short teaching followed by a sitting period.

LEADER
Sara Lynn Newberger

CO-SPONSOR
Beth Jacob Congregation

LOCATION
Beth Jacob Congregation



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.



ENGAGE!

WITH MUSSAR AND MIDDOT

An Afternoon of Jewish Learning

10:00 AM – 1:30 PM | SUNDAY, MARCH 11

No matter your experience with Mussar, this ENGAGE-ing program will offer something for you. With special guest speaker Rabbi Ira Stone, Director, Philadelphia Mussar Institute and other wonderful local mussar teachers and practitioners.



CO-SPONSOR
Adath Jeshurun

LOCATION
Adath Jeshurun

COMMUNITY PARTNERS
Mount Zion, Beth Jacob, Shir Tikvah, Beth El

COST
\$20 in advance, \$25 at the door, under 30 free

Register at 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


Hineni הנני

LEARN MORE

Visit us: www.ttsp.org/hineni/courses

Email us: sara.lynn@ttsp.org

Call us: 651.698.8807

Find us on Facebook: Hineni

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