



Hineni הנני

ADULT JEWISH LEARNING & CONTEMPLATIVE PRACTICES
TALMUD TORAH OF ST PAUL

2019 WINTER/SPRING PROGRAM GUIDE



Winter/Spring Programs

Jewish Silent Meditation Retreat

FRIDAY, MAY 17
9:00 AM-4:00 PM

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

LEADER Sara Lynn Newberger

LOCATION TBD

COST \$72, \$54 for Hineni Supporters and Beth El members

Register at www.ttsp.org



Torah Yoga

SUNDAY, FEB 24
1:00-3:00 PM

Torah Yoga® offers an experience of Jewish Wisdom through Iyengar yoga instruction together with the study of traditional and mystical Jewish texts. No experience necessary

TEACHER Diane Bloomfield

CO-SPONSOR Beth El Synagogue

LOCATION Beth El Synagogue

COST \$20 in advance, \$25 at the door

Register at www.ttsp.org

svara סבֵרָא
a traditionally radical yeshiva

Crash Talk and FLING

SUNDAY, MAR 31 | 10:00 AM-3:30 PM

Have a FLING with SVARA: A Traditionally Radical Yeshiva!

Whether you've never learned Talmud before or you're an advanced learner, SVARA's bet midrash (learning community) is for you! All you need is the ability to decode your alef-bet (i.e. sound out your Hebrew letters), and you'll be learning Talmud in the original Hebrew/Aramaic within your first hour. We guarantee it!

LEADER Two of Svara's amazing faculty

CO-SPONSORS Beth Jacob, Shir Tikvah, J-Pride, Keshet

LOCATION Beth Jacob Congregation

COST \$100 true cost. Set your own fee between \$18 and \$100.

Registration and details will be available mid-Feb at ttsp.org

College Level Hebrew – at the JCC!

TUESDAYS & THURSDAYS | 7:00-8:30 PM Starts Feb. 12 (24 sessions)

Acquire the ability to speak, understand, read and write Israeli Hebrew! Homework will be assigned. Students will self-test to monitor their own progress. Three levels of classes will be offered.

TEACHERS Dr. Arie Zmora and Susie Chalom **CO-SPONSOR** St. Paul JCC **LOCATION** St. Paul JCC

COST \$470 for the semester **Plus the cost of a book if you do not have one.** Tuition reduction and payment plans available. Register at www.ttsp.org

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




ENGAGE!

with Mindfulness and Middot

9:45 AM – 1:00 PM | SUNDAY, MARCH 3

A morning of learning and practice with Rabbi Marc Margolius. Keynote topic: *Tikkun Middot: Judaism as a Spiritual Practice of Transformation.*

This event is part of Community Learning @ The Well's scholar-in-residence weekend, *Becoming Our Best Selves: A Spiritual Path of Character Development.*

PRESENTER Rabbi Marc Margolius, Senior Program Director of the Institute for Jewish Spirituality



CO-SPONSOR
The Well

LOCATION Beth El Synagogue

COST \$20/person in advance, \$25/at the door, free for ages 30 and under (no financial barriers to participation).

Register at www.besyn.org

Imagination and Jewish Spiritual Practice

**THURSDAY, MAY 9
7:00 PM**

In frightening times, we wish the world could be otherwise. With a touch of imagination, it can be. Zen teacher Norman Fischer will speak on his soon-to-be-released book, *The World Could Be Otherwise: Imagination and the Bodhisattva Path*. Its argument is that all forms of spirituality (including, maybe even especially, Judaism!) are acts of the imagination and that in our time we need and are discovering imaginative spiritual paths that incorporate and go beyond adherence to traditions.

Zoketsu Norman Fischer is a poet, author, and Zen Buddhist priest. He is founder and spiritual director of the Everyday Zen Foundation, an organization dedicated to adapting Zen Buddhist teachings to Western culture.

To hear some of Norman's Jewish talks, go to everydayzen.org and search "Jewish".

LEADER Zoketsu Norman Fischer

CO-SPONSORS Shir Tikvah

LOCATION Shir Tikvah

COST \$18

Register at www.ttsp.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 and interfaith Holy Listening groups.

TEACHER

Pam Winthrop Lauer

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

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

LEADER/TEACHER Sara Lynn Newberger

Torah and Mindfulness Through the Lens of Hasidic Masters

**8:15–9:30 AM
TUESDAYS**

LOCATION TTSP

Contemplative Chanting

**7:00–8:00 PM
WEDNESDAYS**

2/13, 3/13, 4/10, 5/8, 6/12

CO-SPONSORS Mount Zion and Beth Jacob Congregation

LOCATION Mount Zion

Shabbat Meditation

**9:15–9:45 AM
SATURDAYS**

First & third Shabbat

CO-SPONSOR Beth Jacob Congregation

LOCATION Beth Jacob Congregation

Meditation

**11:00–11:45 AM
FRIDAYS**

Second & fourth Friday

CO-SPONSOR St. Paul JCC

LOCATION St. Paul JCC



Pirke Avot: Ancient Rabbinic Wisdom for Today's World

**11:00 AM–12:00 PM
FRIDAYS**

First & third Friday

CO-SPONSOR St. Paul JCC

LOCATION St. Paul JCC

Watch
for details
in May



Summertime Jewish Learning across the Twin Cities: Judaism's Great Questions

WEEKLY, JUNE–AUGUST

Details available in May

Join local clergy as together you explore some of Judaism's great questions. Classes are held weekly throughout the Cities throughout the summer. No registration needed, just come when you can for great learning.

LEADER Local Twin Cities Clergy

CO-SPONSOR Upper Midwest Region of Hadassah

LOCATION Varies

COST No cost, donations welcome



**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.

HINENI SUPPORTERS

Individuals who make a yearly donation of \$118 or more to Hineni will receive discounts on some course registrations.

**Become a supporter at
ttsp.org/hineni/registration**

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LEARN MORE

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

Email us: sara.lynn@ttsp.org

Call us: 651.698.8807

Find us on Facebook: Talmud Torah of St. Paul

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