

**BAIS CHANA in the Twin Cities July 1-5, 2009**

Wednesday, July 1		Thursday, July 2		Friday, July 3	Shabbos, July 4	Sunday, July 5
8:00 AM		BREAKFAST AVAILABLE				
9:15 AM		Morning Prayers/Davening: Are you a beginner? Intermediate? What's davening? Sign up for a partner				Morning Davening
9:45 AM		Action's the Main Thing: What does a mitzva accomplish? <i>Simcha</i>	Hands-on Challah Baking <i>Chaya F</i>	The Ladder Up: Insights into Prayer <i>Simcha</i>		Still Waters Run Deep: Observing the mitzva of mikva <i>Karmely</i>
11:00 AM		Break				Break
11:10 AM		Introduction to Tanya: Our souls, our psyches, our selves <i>Friedman</i>	Lessons from Tanya <i>Friedman</i>	11:00 AM Shabbos Morning Prayers followed by Kiddush & lunch		Lessons from Tanya <i>Friedman</i>
12:45 PM		LUNCH				
1:45 PM		Time a break or go hiking on one of the nature center's beautiful paths...				
2:45 PM		Still Waters Run Deep: Enhancing love and intimacy in marriage <i>Sara Karmely</i>	"It's Bashert": Finding your intended <i>Karmely</i>	Chassidic Perspectives on The Weekly Torah Portion: Chukas-Balak <i>Chaya F</i>		Afternoon Outings ~ New Arrivals ~
4:15 PM		Break				
4:20 PM	<b>WELCOME TO BAIS CHANA!</b> <i>Arrive and unpack ~</i>	On the Seventh Day Rest: What does G-d wants us from us on Shabbat - and how do we know? <i>Chevi G</i>	One Hundred Blessings A Day: A practical guide to common blessings; understanding the mystical significance of a blessing <i>Manischa D</i>	The Path to Personal Refinement [Avot, Chap. 5] Group Study		
5:30 PM		Chevrusa*-Tutorial				
6:30 PM		DINNER		Prepare for Shabbos	Third Shabbos Meal	DINNER
8:00 PM	School of Life: How the best students learn, how the best teachers teach <i>Rabbi Manis Friedman</i>	The Talmud on Human Nature [Avot, Chap. 5]: Sage advice for personal refinement <i>Friedman</i>	Candlelighting in Dining Rm: 8:30 pm (exact time 8:44 pm) Kabbalas Shabbos Kiddush, singing, storytelling	Shabbos ends at 9:58 pm Havdala at 10:30 pm Melava Malka & Farbrengen at 11 pm		What is a Rebbe? What is a Chassid? Stories, teachings and insights in honor of a Chassidic holiday <i>Friedman</i>
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**BAIS CHANA in the Twin Cities July 5-12, 2009**

	Monday, July 6	Tuesday, July 7	Wednesday, July 8	Thursday, July 9	Friday, July 10	Shabbos, July 11	Sunday, July 12
8:00 AM	<b>BREAKFAST AVAILABLE</b>						
9:15 AM	Morning Prayers/Davening: Are you a beginner? Intermediate? What's davening? Sign up for a partner						
9:45 AM	The Exodus: Follow the birth of the Jewish nation through Biblical, Midrashic and Chassidic texts and commentary <i>Chavi G</i>	Song of Songs: "I am asleep but my heart is awake" <i>Epstein</i>	The Six Constant Mitvos, 1: A meditation in 6 directions <i>Epstein</i>	The Six Constant Mitvos, 2: A meditation in 6 directions <i>Epstein</i>	Challah Baking	"I Am To My Beloved": A Chassidic discourse focuses on our relationship with G-d <i>Mariasha D</i>	Letters of the Hebrew Alphabet & Their Mystical Significance <i>Epstein</i>
11:00 AM	Break					Shabbos Morning Prayers	
11:10 AM	Lessons from Tanya <i>Friedman</i>	Lessons from Tanya <i>Friedman</i>	Lessons from Tanya <i>Friedman</i>	Lessons from Tanya <i>Friedman</i>	Lessons from Tanya <i>Friedman</i>		Lessons from Tanya <i>Friedman</i>
12:45 PM	<b>LUNCH</b>					<b>Kiddush, Lunch</b>	<b>LUNCH</b>
1:45 PM	Take a break or go hiking on one of the nature center's beautiful paths...						Afternoon Outings ~ New Arrivals ~
2:45 PM	The Sefirot, Building Blocks of Creation: part 1, Sefirot reflected in the body <i>Chaya Epstein</i>	The Sefirot, Building Blocks of Creation: part 2, Sefirot and colors <i>Epstein</i>	The Sefirot, Building Blocks of Creation: part 3, Sefirot and the Star of David <i>Epstein</i>	The Sin of the Golden Calf - It happened right after G-d's revelation at Sinai - how could they? <i>Epstein</i>	The Sefirot, Building Blocks of Creation: part 4, Sefirot reflected in relationships <i>Epstein</i>	Holy Incense: Its Kabbalistic significance and how fragrance is related to prayer <i>Epstein</i>	
4:15PM	Break						
4:20 PM	What Really Happened at Sinai: How our most formative experience as a people involved a confusion of the senses <i>Estee B</i>	Painting Workshop with Martha Rast	The 17th of Tammuz: historical background; the start of the "3 weeks" period of mourning; information about the fast day	Chevrusa*	Chassidic Perspectives on the Weekly Torah Portion: Pinchas <i>Chaya F</i>	Pirkei Avot, Chap. 6: The path to personal refinement <i>Group Study</i>	
5:30 PM	Chevrusa* - Tutorials						
6:30 PM	<b>DINNER</b>				Prepare for Shabbos	<b>THIRD SHABBOS MEAL</b>	
8:00 PM	Communication is the Key to all Relationships: True or False? <i>Rabbi Manis Friedman</i>	Life With Your Soul Mate: No one said it would be easy <i>Friedman</i>	The Talmud on Human Nature [Avos, Chap. 6] : Sage advice for personal refinement <i>Friedman</i>  <i>Fast of the 17th of Tammuz begins 3:32 am</i>	<i>Fast of the 17th of Tammuz ends at 9:36 pm</i>	Candlelighting in Dining Room: 8:30 pm (exact time 8:42 pm) Kabbalas Shabbos Kiddush, singing, storytelling	Shabbos ends 9:54 pm Havdala at 10:15 pm Melava Malka at 10:45 pm Song is the Pen of the Soul: Learn Chassidic Tunes	The Secret of Kabbala, Gift of the Mystics <i>Friedman</i>
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**BAIS CHANA in the Twin Cities July 12-19, 2009**

	Monday, July 13	Tuesday, July 14	Wednesday, July 15	Thursday, July 16	Friday, July 17	Shabbos, July 18	Sunday, July 19
8:00 AM	Breakfast Available from 8:00-9:15 am					Breakfast 8:30-9:45 am	Breakfast 8:00-9:15 am
9:15 AM	Morning Prayers/Davening: Are you a beginner? Intermediate? What's davening? Sign up for a partner						Morning Prayers/Davening
9:45 AM	Relating to G-d, 1: Is it really possible? [Chassidic Discourse] Leah Abraham	Relating to G-d, 2 [Chassidic Discourse] Abraham	Relating to G-d, 3 [Chassidic Discourse] Abraham	Bringing the Divine into The Everyday, 1 [Chassidic Discourse] Abraham	Bringing the Divine into The Everyday, 2 [Chassidic Discourse] Abraham	Is G-d Resting On His Day of Rest? If so, who's minding the cosmos? Abraham	From Inspiration to Transformation: The Chassidic Masters offer advice on staying charged and focused Abraham
11:00 AM	Break					Shabbos Morning	Break
11:10 AM	Lessons from Tanya Rabbi Manis Friedman	Lessons from Tanya Friedman	Lessons from Tanya Friedman	Lessons from Tanya Friedman	Lessons from Tanya Friedman	Prayers	Tanya/Wrap up Friedman
12:45 PM	LUNCH					Kiddush, Lunch	LUNCH
1:45 PM	Take a break or go hiking on one of the nature center's beautiful paths...						Departures....
2:45 PM	Mechitza - Why is G-d getting in the middle? Perspectives from Jewish law and Chassidic thought Abraham	The Dilemma of Free Choice: What kind of choice could the Chosen People possibly have? Abraham	Do Clothes Make the Woman? Expressing ourselves physically & metaphorically Abraham	You Are What You Eat: What Torah says about food Abraham	Mashiach in Three Stages: Getting from here to there Abraham	The Healthy Ego: Just how much selflessness is right? Abraham	
4:15 PM	Break						
4:20 PM	What Do Jews Believe? Maimonides outlined Jewish beliefs in 13 Principles of Faith Estee B	Painting Workshop with Martha Rast	Six Days You Shall Work: 39 categories of work define the observance of Shabbat Mariasha D	Chassidic Insights Into The Kosher Laws Estee B	Chassidic Insights Into the Torah Portion of the Week: Matos-Massei Chaya F	Pirkei Avot, Chap. 1: The path to personal refinement Group Study	
5:30 PM	Chevrusa*- Tutorials						
6:30 PM	DINNER				Prepare for Shabbos	THIRD SHABBOS MEAL	
8:00 PM	With this Ring...How does a woman become a wife, and a man a husband? How do our needs change? How should our thinking change? Friedman	Think Good and It will Be Good: With all the pain and suffering in the world, could it really be that simple? Friedman	The Talmud on Human Nature [Avos, Chap. 1]: Sage advice for personal refinement Friedman	The Question Box - it's a Bais Chana tradition. Submit your questions during the day and we'll get to them in our last evening class of the session Friedman	Candlelighting in Dining Room: 8:20 pm (exact time 8:37 pm) Kabbalas Shabbos  Kiddush, singing, storytelling	Shabbos ends 9:48 pm Havdala at 10:15 pm Melava Malka at 10:45 pm	
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