

**BAIS CHANA in the Twin Cities Aug 1-15, 2010**

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	Sunday, Aug 8	Monday, Aug 9	Tuesday, Aug 10	Wednesday, Aug 11	Thursday, Aug 12	Friday, Aug 13	Shabbos, Aug 14	Sunday, Aug 15
8:00 AM	Breakfast Available from 8:00-9:15 am						Breakfast 8:30-9:45 am	Bkfst 8:00-9:15 am
9:15 AM	Morning Prayers: Are you a beginner? Intermediate? What's davening? Sign up for a partner*							Morning Prayers
9:45 AM	Eve in the Garden of Eden: Love, desire, self-awareness, the male-female dynamic & the purpose of life - it's all in this story <i>Sara Kaplan</i>	Eve in the Garden, 2 <i>Kaplan</i>	Beautiful Within: Understanding modesty according to Torah <i>Kaplan</i>	The Power of Tehillim <i>Kaplan</i>	Face to Face with G-d: The Hebrew month of Elul presents unique opportunities for tshuva <i>Kaplan</i>	What Really Happened at Sinai, our most formative experience as a people <i>Kaplan</i>	The Ladder Up, 3: Insights into Shabbos morning prayers <i>Sharfstein</i>	The Power of Tehillim [Psalms] <i>Kaplan</i>
11:00 AM	Break						Shabbos Morning Prayers	Break
11:10 AM	Lessons from Tanya <i>Rabbi 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>	Prayers	Tanya, Wrap Up <i>Friedman</i>
12:45 PM	LUNCH						Kiddush, Lunch	LUNCH
1:45 PM	Take a break or go hiking on one of the Dodge nature center's beautiful paths...							
2:45 PM	Afternoon outings to Twin Cities museums and lakes, Mall of America or Minnesota Zoo	Think Good & It Will Be Good: The power of positive thinking, the Jewish way <i>Chany Blotner</i>	Contemplation, Meditation & Prayer: A Chassidic perspective <i>Shifra Sharfstein</i>	Women and prayer: The intrinsic, soul connection <i>Sharfstein</i>	The Ladder Up, 1: Making everyday prayer meaningful <i>Sharfstein</i>	The Ladder Up, 2: Making everyday prayer meaningful <i>Sharfstein</i>	What's In A Name? Find out the meaning of your Jewish name <i>Blotner</i>	Departures ~
4:15 PM		Break						
4:20 PM		Six Days of Creation, Day 1: G-d's Glory & Man's Glory <i>Kaplan</i>	Six Days of Creation, Day 2: Hell and Divisiveness <i>Kaplan</i>	Six Days of Creation, Day 3: Can the Earth Disobey G-d? <i>Kaplan</i>	Six Days of Creation, Day 4: The Moon & Its Complaint <i>Kaplan</i>	Six Days of Creation, Day 5: The Birds & The Whales <i>Kaplan</i>	Six Days of Creation, Day 6: The Whales <i>Kaplan</i>	
5:30 PM	Chevrusa**- Tutorials							
6:30 PM	DINNER					Prepare for Shabbos	THIRD SHABBOS MEAL	DINNER
8:00 PM	Getting A Good Night's Sleep: How to get rid of anger, dishonor, embarrassment, and humiliation <i>Rabbi Manis Friedman</i>	You Are What You Remember: The blessing of remembering... and forgetting <i>Friedman</i>	"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? <i>Friedman</i>	The Talmud on Human Nature [Avot, Chap. 1]: Sage advice for personal refinement <i>Friedman</i>	The Question Box: A Bais Chana tradition [drop your questions in during the day] <i>Friedman</i>	Candlelighting in Dining Room: 7:45 pm (exact time: 8:05 pm) Kabbalas Shabbos Kiddush, singing, storytelling	Shabbos ends 9:10 pm Havdala at 9:45 pm Melava Malka at 10:15 pm	

\*Use the sign up sheets at the entrance to the classroom to arrange a davening partner.  
 \*\*"Chevrusa" (study with a partner) is available each afternoon or any time you prefer to pass on the scheduled class. Learn how to read Hebrew, keep kosher, observe Shabbat or pray; tackle classic Jewish texts with commentary; or use your time for a personalized Q & A period. Let us know what you're interested in by using the sign-up sheets in the classroom.