

Daily SCHEDULE

BAIS CHANA SUMMER RETREAT



WEDNESDAY

JULY 27, 2016 • 21 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 2**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **The Ladder Up (2)**
Rochel Holzkenner
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves:
Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Take a break or go hiking on one of the
Dodge Nature Center's beautiful paths...**
- 2:45 pm **Woman of Valor: Feminine mystique or
feminine mistake? (1)**
Rochel Holzkenner
- 3:55 pm **Break**
- 4:00 pm **Stretch and Movement**
With Jenna Zadaka
- 4:30 pm **Women of Valor (2)**
Rochel Holzkenner
- 5:30 pm **Chevrusa Study Hall - Sign up sheets in
the classroom**
- 6:30 pm **Dinner**
- 8:00 pm **Getting Over Giving - do women give too
much?**
Rabbi Friedman

Chevrusa/Study Partner *Looking for practical instruction in observing a particular mitzva, like prayer, kashrut, shabbat, etc.? Interested in some text study? Ask Hinda Leah to arrange a study partner during any of the scheduled sessions you don't mind missing.*

THURSDAY

JULY 28, 2016 • 22 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 3**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **The Ladder Up (3)**
Rochel Holzkenner
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves:
Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Take a break or go hiking on one of the
Dodge Nature Center's beautiful paths...**
- 2:45 pm **Six Days You Shall Work: Understanding
the laws of Shabbos**
Sara Chanowitz
- 3:45 pm **Break**
- 3:55 pm **Still Waters Run Deep: A no-holds-
barred talk about Mikva and Family
Purity**
Rochel Holzkenner
- 5:30 pm **Art with Aarah**
- 6:30 pm **Dinner**
- 8:00 pm **How to Marry A Stranger: You're in Love!
Does that mean you really know each
other?**
Rabbi Friedman

***What is Tanya?** *Tanya is the sourcebook of Chassidic teachings, a synthesis of Kabbala and traditional Jewish sources that explores the individual's spiritual, moral and psychological makeup. Written over 200 years ago by Rabbi Shneur Zalman, Tanya guides us to serve G-d more fully and with more joy, while giving us a surprisingly fresh perspective on our daily struggles and dilemmas. Selections studied in each 11:00 am class.*

FRIDAY

JULY 29, 2016 • 23 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 4**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **The Ladder Up (4)**
Rochel Holzkenner
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves:
Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Challah Baking**
- 2:45 pm **Still Waters Run Deep: A guide to the
laws of family purity**
Rochel Holzkenner
- 4:15 pm **Break**
- 4:25 pm **Chevrusa Study Hall**
- 5:30 pm **Break & Prepare for Shabbos.**
- 8:10 pm **Candle-lighting in Dining Room** (exact
time, 8:23 pm)
**Kabbalas Shabbos: Welcome the
Shabbos in prayer**

Kiddush, Dinner, Singing and Storytelling
After the meal, join our women's
farbrengen

SHABBOS

JULY 30, 2016 • 24 TAMMUZ 5776

- 8:30-9:45 am **Breakfast from 8:30-9:45 am**
- 9:45 am **Chassidic Discourse**
Itty K
- 10:30 am **Shabbos Morning Prayers with Torah
Reading**
- 12:45 pm **Kiddush & Lunch**
- 3:30 pm **Beyond Memes and Media: Get the truth
about beauty and modesty**
Rochel Holzkenner
- 5:00 pm **The Path to Personal Refinement: We all
want to be better - here's how**
Pirkei Avot Group Study
- 7:00 pm **Third Shabbos Meal**
- 8:30 pm **Song is The Pen of The Soul: Join in our
singing or hum along**
- 9:30 pm **Shabbos concludes**
- 9:45 pm **Havdalah**
- 10:15 pm **Melava Malka - stay tuned!**



SUNDAY

JULY 31, 2016 • 25 TAMMUZ 5776

- 8:00 am **Chassidic Discourse**
Itty Kay
- 8:00 am **Breakfast**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening? Sign up and learn how
- 9:45 am **Intimacy in the Dark: Dealing with challenges**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves: Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Visit Twin Cities art museums, beautiful lakes, Mall of America, or go biking, hiking or boating during the afternoon break.**
- 6:30 pm **Dinner**
- 8:00 pm **Making Changes: Want to be a better person? Fix a relationship? Do more good in the world? How do you get past the stubborn resistance to change?**
Rabbi Manis Friedman

MONDAY

AUG 1, 2016 • 26 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 1**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening? Sign up and learn how
- 9:45 am **Ancient Housewives, Stone-Age Drama or The Intrigue of Royals - Could the women of the Bible possibly be relevant today? (1)**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves: Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Break**
- 2:45 pm **From Generation to Generation: Hundreds of laws, thousands of traditions, too many opinions to count - how did we get from Sinai to today (1)**
Itty Kay
- 4:15 pm **Break**
- 4:20 pm **A Guide to True Healing From Within (1)**
Freidy Yanover
- 5:30 pm **Chevrusa Study Hall**
- 6:30 pm **Dinner**
- 8:00 pm **If Seeing Is Believing, Why Can't We See G-d?**
Rabbi Manis Friedman`



TUESDAY

AUG 2, 2016 • 27 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 2**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening? Sign up and learn how
- 9:45 am **Ancient Housewives, Stone-age Drama or the Intrigue of Royals (2)**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves: Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Break**
- 2:45 pm **From Generation to Generation (2)**
Itty Kay
- 4:15 pm **Break**
- 4:20 pm **A Guide to True Healing From Within (2)**
Freidy Yanover
- 5:30 pm **Art with Aarah (No art skills required!)**
- 6:30 pm **Dinner**
- 8:00 pm **Two Stories About Souls: What is G-d trying to tell us?**
Rabbi Manis Friedman

WEDNESDAY

AUG 3, 2016 • 28 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 3**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening? Sign up and learn how
- 9:45 am **Ancient Housewives, Stone-age Drama or the Intrigue of Royals (3)**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves: Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Break**
- 4:00 pm **Six Days You Shall Work: A practical guide to keeping Shabbos**
Sara Chanowitz
- 5:00 pm **Faith, Trust and Drums**
Freidy Yanover
- 5:30 pm **Drum Circle**
with Mike Artur
- 6:30 pm **Dinner**
- 8:00 pm **Life, Love and Truth: Some ideas are like oxygen - you just can't live without them.**
Rabbi Manis Friedman



THURSDAY

AUG 4, 2016 • 29 TAMMUZ 5776

- 8:00 am **Chassidic Discourse, 4**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **Ancient Housewives, Stone-age Drama
or the Intrigue of Royals [4]**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves:
Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:45 pm **Break**
- 2:45 pm **Your Kosher Kitchen: A practical guide to
Kashrut**
- 4:15 pm **Break**
- 4:20 pm **How to Repair the Past in the Future:
Insights from the mitzva of mikva**
Freidy Yanover
- 5:30 pm **Art with Aarah
(No art skills required)**
- 6:30 pm **Dinner**
- 8:00 pm **Q & A: Your questions, honest answers**
Rabbi Friedman

FRIDAY

AUG 5, 2016 • 1 AV 5776

- 8:00 am **Chassidic Discourse, 5**
with Itty K
- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **"Hair!" - The Mystical**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Our Souls, Our Psyches, Our Selves:
Lessons from Tanya**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 1:30 pm **Challah Baking**
- 2:15 pm **Visit Twin Cities art museums, beautiful
lakes or Mall of America, or go biking,
hiking or boating during the afternoon
break.**
- 6:30 pm **Prepare for Shabbos.**
- 8:15 pm **Candle-lighting in Dining Room** (exact
time, 8:15 pm)
- Kabbalas Shabbos: Welcome the Shabbos
in prayer**
- Kiddush, Dinner, Singing and Storytelling
After the meal, join our women's
farbrengen**



SHABBOS

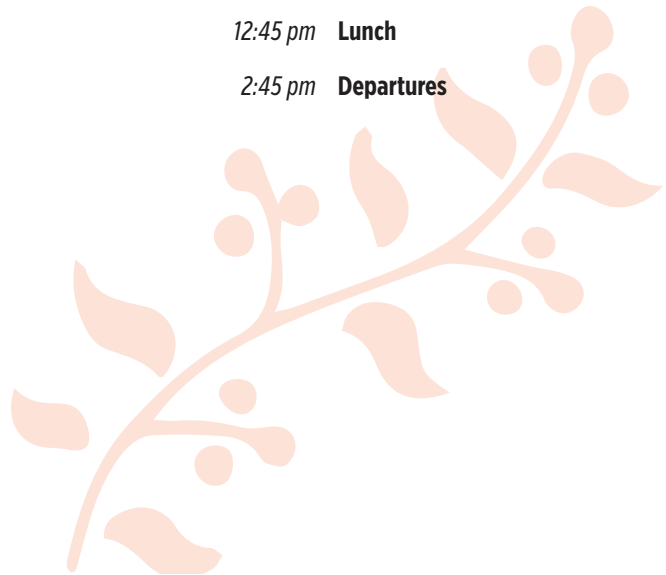
AUG 6, 2016 • 2 AV 5776

- 8:30-9:45 am **Breakfast from 8:30-9:45 am**
- 9:45 am **How to Master Your Emotions: Insights from the Mitzvah of hand washing**
Freidy Yanover
- 10:30 am **Shabbos Morning Prayers with Torah Reading**
- 12:45 pm **Kiddush & Lunch**
- 3:30 pm **Transforming The "F" Word: From Fury to Forgiveness**
Freidy Yanover
- 5:00 pm **The Path to Personal Refinement: We all want to be better - here's how**
Pirkei Avot Group Study
- 7:00 pm **Third Shabbos Meal**
- 8:00 pm **Song is The Pen of The Soul: Join in our singing or hum along**
- 9:30 pm **Shabbos concludes**
- 9:45 pm **Havdalah**
- 10:15 pm **Melave Malka - stay tuned!**

SUNDAY

AUG 7, 2016 • 3 AV 5776

- 8:00 am **Breakfast from 8:00-9:15 am**
- 9:15 am **Morning Prayers**
Beginner? Intermediate? What's davening?
Sign up and learn how
- 9:45 am **The Month that Roared**
Freidy Yanover
- 11:00 am **Break**
- 11:10 am **Wrap Up: How to live what you learn**
Rabbi Manis Friedman
- 12:45 pm **Lunch**
- 2:45 pm **Departures**

**COMING UP NEXT***for Women Of All Ages*

Summer Study Retreat
Jul 25 - Aug 7, 2016

Twin Cities, MN

Winter Study Retreat
Feb 7-9 2017

Lake Arrowhead, CA

baischanawomen.org

for Women 55plus

Winter Study Retreat
Feb 5-7, 2017

Lake Arrowhead, CA

baischanawomen.org

for Single Moms

Single Jewish Moms Connect
Aug 8-11, 2016

Twin Cities, MN

Nov 10 -13, 2016

Morristown, NJ

Feb 9-12, 2017

Lake Arrowhead, CA

singlejewishmoms.org

for College Students

Snorkel & Study
Jan 2-9, 2017

Key Largo, FL

snorkelandstudy.org