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Entering: Intro to Judaism, Hebrew, and Service Leading

Soulful Jewish Living

Tuition: \$216 with no one turned away for lack of funds (if you'd like to request a scholarship, please fill out [this form](#) before registering for the class)

Register [here](#)

With options:

- On zoom on Tuesday nights, 6PM-7:30PM CST starting on 10/21
- In person on Thursday nights, 6:30PM-8PM starting on 10/30

Soulful Jewish Living (SJL) is an intro to Judaism course focused on the foundations of building and living a Jewish life. Together we'll explore Jewish time and look at Jewish holidays, practices, and life cycle moments. This course is geared towards anyone who wants to learn more or delve more deeply into Jewish practice including those who want to update (or unlearn) their Hebrew School education, interfaith couples, and those returning to or interested in exploring Judaism. SJL is the first of two 12-week courses that form an intro to Judaism sequence which is required for conversion students at Shir Tikvah. We'll be offering SJL in two formats this fall:

- If you're excited to learn in person with Jayce Koester, we'll offer SJL at Shir Tikvah on Thursday nights at 6:30PM on 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5.
- If you're excited to learn virtually with Rabbi [Gray Myrseth](#) with students from progressive synagogues across the country, we'll offer SJL on Tuesday at 6PM CST 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6.

For any questions about the class, please email office@shirtikvahmn.org.

Adults Embracing B'Mitzvah: Join Our Spring Cohort with Steve Greenberg

Tuition: \$300 with no one turned away for lack of funds (if you'd like to request a scholarship, please fill out [this form](#) before registering for the class)

Register [here](#)

Time: Alternating Mondays from 7:30-8:45 PM starting on Nov. 3rd and occasional Saturdays (dates TBD)
On zoom with some in person rehearsals

If you never had a b'mitzvah as a youngster or wish to embark on the journey again, but as an adult, Shir Tikvah is convening a cohort of adult learners to journey toward a joint Adult B'Mitzvah scheduled for spring of 2026. You are eligible to join this group if you have at least a beginner's knowledge of reading Hebrew and an introduction to Torah cantillation. Alternate classes might be substituted for these prerequisites upon approval by instructor. The focus of our studies will be each of us choosing a 3- or 4-verse aliyah and learning to chant it from Torah, along with learning to lead prayers from the pulpit, writing and delivering a d'var Torah (brief speech). Students who register for this course must be members of Shir Tikvah and Jewish - if you have questions about your Jewish or membership status or other questions about the class, you can contact Rabbi Joey at rabbijoey@shirtikvahmn.org.

Dates: 7:30-8:45PM on Nov. 3rd, Nov. 17th, Dec. 1, Dec. 15, Dec. 22th, Jan. 5, Jan. 12, Jan 26, Feb. 9, Feb. 23 (in-person), March 9 (in-person), March 23 (in-person)

Reading Hebrew for Beginners: Alef Isn't Tough with Steve Greenberg

Tuition: \$216 with no one turned away for lack of funds (if you'd like to request a scholarship, please fill out [this form](#) before registering for the class)

Register [here](#)

Time: Mondays from 6-7:15PM starting on Nov. 3rd

If you would like to learn to decode (read) Hebrew, the class and textbook "Alef Isn't Tough" offers extensive opportunities to learn and practice reading. This is a great course for those returning to or coming into their Judaism. Whether you're on a path towards adult B. Mitzvah or simply wanting to better follow along at services, please consider joining! We request that students purchase this [textbook](#) before the first class.

Dates: 6-7:15PM on Nov. 3, Nov. 10, Nov. 17, Nov. 24, Dec. 1, Dec. 8, Dec. 15, Dec. 22, Jan. 5, Jan. 12, Jan. 19, and Jan. 26.

Nerding out: Textual and Creativity Torah

Creation, X-Ray Vision, and Sacred Light: A Svara-Style Deep Dive into the Torah of Hanukkah with R' Joey Glick

Tuition: \$100

Register [here](#)

Time: 6:30-8:15PM Thursdays, Oct. 30th, Nov. 6th, Nov. 20th

Cosponsored by [Hineni](#) and [Shir Tikvah](#)

In person at Shir Tikvah

Have you ever wanted to dip your toes into mystical Jewish wisdom? Have you ever dreamt of studying Jewish sources in their original language, with no translation? In this class, we'll study a short passage of Talmud that discusses the nature of creation, the dangers of studying mysticism, and the mysteries living within the Hannukah candles. We'll learn this passage in the original Hebrew and Aramaic, drawing on tools and methods developed by a [Svara](#), a traditionally radical Queer Yeshiva. The only prerequisite for this class is the ability to sound out the Hebrew alphabet, no other Hebrew language skills required. Through close study with a peer, deep dictionary sleuthing, and careful grammar parsing, we'll explore together the Jewish wisdom of darkness and light.

This class forms the first leg of the inaugural Twin Cities Tour de Torah. Communities across the Cities will be offering text and arts based courses leading up to Jewish Holidays with the goal of finding spiritual tools for our times. Students can jump in at any leg. Those who race the whole tour will receive a special prize. Check out the next leg of the Tour: Illuminating Wisdom in the Dark: Hannukah Leaning through the Jewish Studio Process with Lillie Benowitz of Sustain Studio.

Illuminating Wisdom in the Dark: Hannukah Learning through the Jewish Studio Process with Lillie Benowitz of Sustain Studio

Tuition: \$100

Register [here](#)

Time: 6:30-8:15PM Thursdays, Dec. 4th, Dec. 11th, Dec. 18th

Cosponsored by [Shir Tikvah](#), [Hineni](#), and [Sustain Studio](#)

In Person at Shir Tikvah

Join Sustain Studio for a 3-part series exploring what it means to create, reflect, and tend to our inner lives in the season of sacred light and encompassing dark, using the [Jewish Studio Process](#). This ritually held practice includes text study, then a guided creative process of art making and witnessing what came through. Anchored in the lead-up to Hanukkah and the growing darkness of winter, this series invites us to connect with our innate creativity as a spiritual practice and to explore how light emerges from darkness, and what wisdom this season kindles within each of us. This series is accessible to anyone regardless of experience with art making. Materials will be provided.

This class forms the second leg of the inaugural Twin Cities Tour de Torah. Communities across the Cities will be offering text and arts-based courses leading up to Jewish Holidays with the goal of finding spiritual tools for our times. Students can jump in at any leg. Those who race the whole tour will receive a special prize. Stay tuned for information about the next leg of our journey.

Grounding: Mussar and Jewish Spiritual Practice

Seeds of Mussar — A New Va'ad/Group with Laurel Riedel

Tuition: \$360 dollars with scholarships available

Location: Shir Tikvah

Time: Sundays from 4-6PM, starting on 10/19

To learn more and express interest in joining this Vaad, please complete this [Interest Form](#).

Curious about Mussar but not sure where to start? *Seeds of Mussar* offers a welcoming, small-group introduction to this timeless Jewish spiritual path of character development. Together, we'll explore Jewish wisdom and learn practices to live our values, cultivate virtues, and shape the world one interaction at a time. This Vaad is a partnership between Shir Tikvah, Mayim Rabim, and Living Mussar.

Participants will:

- Deepen their connection with Judaism and its teachings.
- Gain self-awareness and insight into their character.
- Practice living ethically and compassionately in daily life.
- Build meaningful connection within a caring community.

Dates: 4-6PM on 10/19, 11/2, 11/16, 11/30, 12/14, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/5. Participants should plan to attend 90% of the in-person sessions.

The Courageous Path: a Mussar group with Barry Epstein

Tuition: \$360 dollars with scholarships available

Location: New City Center (3104 16th Ave So, Minneapolis)

Times: Thursdays 6:30PM-8:30PM

To learn more and express interest in joining this Vaad, please complete this [Interest Form](#).

For learners with several years of Mussar practice, *The Courageous Path* offers a chance to deepen understanding, strengthen character, and live more fully from your values. This ongoing va'ad focuses on ometz lev (courage), slichah (forgiveness), ka'as (anger), gevurah (strength/boundaries), and joy (simcha) - helping participants translate wisdom into meaningful action.

Through reflection, study, and practice, you will:

- Expand self-awareness and ethical living through a Jewish lens.
- Explore practical ways to embody virtues in daily life.
- Connect with peers committed to growth and Mussar learning.

Step forward on the path of courageous living — deepening your practice, one choice at a time.

Thursdays 6:30PM-8:30PM on 10/9, 10/23, 11/6, 11/20, 12/4, 12/18, 1/8, 1/22, 2/5, 2/19, 3/5, 3/19. Participants should plan to attend 90% of the in-person sessions.

Just for Fun: Jewish Cultural and Social Programming

(COURSE IS FULL) MahJong 101 with Marybeth Weisberg

Free!

Registration is full: email rabbijoey@shirtikvahmn.org to get on the wait

Location: Shir Tikvah's library

Mahjong 101 is the perfect introduction to this fun, fast-paced game of skill, strategy, and a little bit of luck!

In this beginner-friendly class, you'll learn:

- The basic rules and flow of American Mahjong
- How to read the National Mahjong League card
- Tile names, suits, and simple strategies
- How to set up, deal, and start playing with confidence

No experience needed. While the class will be offered free of charge, Marybeth requests that all students order a 2025 [Mah Jong card](#) before the first session.

Wednesdays 6:30PM-8PM on Oct. 22, Oct. 29, Nov. 5 and Nov. 12.

Israel Palestine Learning

History, Human Rights, and the Future of Jerusalem with [Munir Nuseibah](#)

Sundays starting on Nov. 2nd from 10AM-11:30AM

Tuition: free

Register [here](#)

This three part course will explore the past hundred years of Palestinian history in Jerusalem as a case study in displacement, domination, dispossession and resilience. The class will be taught by [Munir Nuseibah](#), a legal scholar and human rights advocate whose [family has lived in Jerusalem for over 1000 years](#). The course will look at specific moments in Jerusalem's recent past, including the Nakba/Israeli state establishment, and the 1967 occupation, along with contemporary barriers to human rights, including residency and building restrictions, forcible displacement and dispossession. Building on these stories, Munir will invite participants to envision possibilities for a just future in Jerusalem and Israel/Palestine—one rooted in equal rights, citizenship, the repair of injustices and mutual recognition of both Palestinian and Israeli humanity.

Dates: 10AM-11:30AM: Nov. 2, 9, 16

Israeli and Palestinian Short Stories Side by Side with [Stacy Beckwith](#)

Sundays starting on Dec. 7 from 2PM-3:30PM

Tuition: \$90 with no one turned away for lack of funds (if you'd like to request a scholarship, please fill out [this form](#) before registering for the class)

Register [here](#)

Since before the 1940s, short fiction has been a space where Israeli and Palestinian authors have distilled the world around them for eager and devoted readers, creating mental pictures of their own and each others' communities. We'll explore stories by Israeli Jewish and primarily nearby Palestinian writers, who were or are citizens of Israel. We'll discuss how their senses of home, heritage, and one another have evolved through significant moments in Israeli-Palestinian relations - particularly the wars of 1948 and 1967, then through the alternating Intifada and Oslo Peace eras, from the late 1980s into the 2000s.

Dates: 2PM-3:30PM: Dec. 7, 14, 21, 28 and Jan. 4.

Free Drop-in Courses

Ongoing Torah Study: Our People's Journey

2nd & 4th Fridays of the month with Gayle Zoffer

12:15pm-1:30pm ([Zoom](#))

Are you ready for studying a Torah text with heroism and villainy, comic misunderstandings, role reversals, and plenty of humor? If yes, join Shir Tikvah's lunchtime Torah study for the **launch of its study of the**

Book of Esther on Friday, September 26 from 12:15-1:30 p.m. on Zoom (there will be **NO Torah study on Friday, September 12**). You are welcome to join us on the second and fourth Friday of the month whether you can come regularly or periodically, whether you have experience with Torah study or not, whether you know some Hebrew or not. If you would like to receive reminder emails, please contact Gayle Zoffer at gaylerz@yahoo.com.

Torah for Tough Times – Nourishing our Souls

Monthly Torah Study with Rabbi Sharon Stiefel, MSW

10/23 at 12:00pm ([Zoom](#))

Join me for a monthly Torah study group that provides support for individuals facing challenging ongoing hardship, grief and illness.(your own or someone you are caregiving for.) By coming together to look at the weekly Torah portion, we will nurture seeds of hope and resilience from our tradition as well as create space for support from our community.