



## FOR IMMEDIATE RELEASE

### Contact:

Rabbi Shmuly Altein

Jewish Learning Centre

204.339.8737

[JLI@ChabadWinnipeg.org](mailto:JLI@ChabadWinnipeg.org)



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## Winnipeg Participants to Explore the History and Philosophy of Jewish Spiritual Worship

Winnipeg, MB—This May, the Jewish Learning Centre in Winnipeg will offer *With All My Heart*, a new six-session course by the acclaimed Rohr Jewish Learning Institute (JLI) that will examine the Jewish art of prayer and spiritual experience.

Beginning Tuesday, May 14 at 7:30 pm, participants in the course will study the history and philosophy of Jewish worship, seeking to discover the deep, elegant structure embedded within the Jewish prayer book and within Judaism's ancient synagogue traditions.

“Responsibilities pull us in so many directions that we seldom get a chance to reflect on our lives, our mission in this world, what’s true, and what really matters to us,” Rabbi Shmuly Altein, the local JLI instructor in Winnipeg told *The Jewish Post and News*. “Even much of religion seems to have become routine and devoid of heartfelt feeling and spirituality. This course is out to debunk that notion and reclaim the ‘spirit’ within spiritual practice.”

According to JLI’s website, the course promises to “outline profound Jewish prayer techniques that lend wings to our emotions and words to our yearnings, allowing us to communicate with something much larger than ourselves, and feel comfort and shelter within a reality that’s more whole, more intense, more real, and more beautiful.”

“We tend to turn to prayer when we’re out of options, seeking some kind of magical intervention when we’re having trouble dealing with what life throws our way,” explained Rabbi Zalman Abraham, of JLI’s Brooklyn headquarters. “Prayer is meant to be so much more than that. It’s a way to relieve stress; find focus, clarity, and connection to a raw and vulnerable place deep within us; or even just to start each day from a positive, humble, and grateful frame of mind.”

*With All My Heart* explores questions such as: What is Jewish prayer? How do we achieve intimacy with G-d? What is the mystical meaning, power, and impact of our prayers? If prayer is a journey, what is its destination? And how do we practice focused mindfulness while engaging in our day-to-day responsibilities?

Rabbi Laibl Wolf, founder and dean of *Spiritgrow* and author of *Practical Kabbalah*, commented about the course, “Talking to G-d, or discovering the deeper self, is not taught or experienced by most Jews in a lifetime. It is therefore heroic of JLI to tackle this gap and bridge it with an excellent course that includes experiential elements like meditation.”

Like all JLI programs, this course is designed to appeal to people at all levels of knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 204-339-8737 or visit [ChabadWinnipeg.org](http://ChabadWinnipeg.org) for registration and for other course-related information.



The Jewish Learning Institute is the adult education arm of Chabad-Lubavitch and a partner agency of the Jewish Federation of Winnipeg. As the preeminent provider of adult Jewish learning in Winnipeg, JLI's mission is to make Jewish learning accessible and personally meaningful to every Jew, regardless of background or affiliation.

Chabad-Lubavitch provides Jewish education, community outreach and social service programming for families and individuals of all ages, backgrounds, and affiliations. Thousands are touched by Chabad each year through our school, day camps, early childcare centre, adult education institute, library, kosher kitchen, family workshops, youth groups, and holiday programming.

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