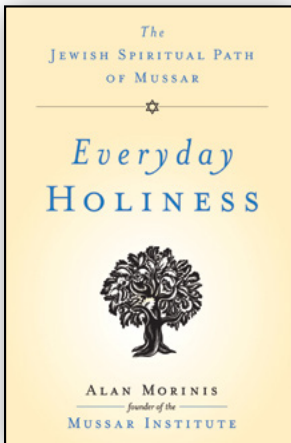




*The World of Mussar is open before you,  
and you are invited to enter.*

## SEEKING EVERYDAY HOLINESS

A  
COMMUNITY  
MUSSAR  
PROGRAM



The Union for Reform Judaism and The Mussar Institute are offering **Seeking Everyday Holiness**, A Community Mussar Program that provides a practical and accessible introduction to the transformative teachings and practices of Mussar, based on the book *Everyday Holiness* by Alan Morinis.

This program goes beyond self-help, and provides an authentic Jewish pathway toward fulfilling the potential of your higher nature, the soul. Through contemplative practices, small group discussions, chants and reading you will be shown a path to transform your inner world so you can find more balance and wholeness in all areas of life. Mussar is suitable for all, regardless of level of Jewish knowledge and no Hebrew is required.

### *Here's what you will get in the program:*

1. A copy of the book *Everyday Holiness*.
2. Every other week small group meetings with materials for individual practice and study as guidance for the week in between.
3. Course Curriculum:

**Everyday Holiness** — Local group (va'ad) meeting over 20 weeks, beginning with an orientation session and then every other week meeting focused on the traits of:

- Humility
- Patience
- Order
- Equanimity
- Honor
- Truth
- Moderation
- Responsibility
- Trust

*“Alan Morinis of The Mussar Institute is an inspired teacher and practitioner of Mussar, a practice that is enriching the lives of so many within our Reform community. I look forward to our growing partnership as we cultivate a world with more kindness, generosity, compassion, humility and other life enhancing middot.”*

*~ Rabbi Rick Jacobs, President of the Union for Reform Judaism*