



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



The Union for Reform Judaism and The Mussar Institute have teamed up to offer *Seeking Everyday Holiness*, a community Mussar program. The entire Jewish world is asking for deeper, richer spirituality and this program offers congregations a comprehensive educational

and spiritual program that will deepen self-awareness and foster holiness in a Jewish framework.

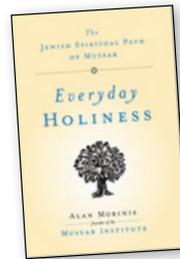
An outline of the program follows. We hope you will take advantage of this unique opportunity to benefit from an authentic Jewish spiritual tradition and we look forward to working with you to make that possible.

What is Mussar?

Mussar is a treasury of teachings and contemplative practices that have evolved over the past thousand years within the Jewish world. Mussar offers immensely valuable guidance for the journey of our lives. It is a spiritual practice aimed at elevating one's character, or what Mussar calls soul-traits (*middot*). Practices include studying Mussar texts, exercises to apply at home, engaging in group discussions, and keeping a daily journal on the *middot* (soul-traits) that practitioners work on as they grow toward becoming wiser, kinder, more skillful human beings.

Core Elements of *Seeking Everyday Holiness*

1. PROMOTIONAL MATERIALS: Notices, flyers, and posters that will be helpful for recruiting participants.



2. BOOK: A copy of the book *Everyday Holiness* for each program participant and group facilitator, plus two for the congregation (for the rabbi, library, etc.).

3. COURSE CURRICULUM: A course in Mussar studies, taking place over 20 weeks, during which material from the book *Everyday Holiness* will form the basis for study and practice: Local group (*va'ad*) meeting beginning with an orientation session and then every other week a meeting focused on the traits of:

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

4. FACILITATOR SUPPORT: Workshops and one-on-one training to lead *Seeking Everyday Holiness* groups, plus ongoing support, supervision and feedback for local group leaders throughout the program.

5. SERMON PROMPTS: Sermon prompts for rabbis delving into the *middot* being studied.

Seeking Everyday Holiness Program Description

At the center of the program is the inspiring material in *Everyday Holiness* written by Alan Morinis. Working with this text, participants become exposed to the core teachings of the Mussar tradition in accessible formats.

Key to the success of the approach is the environment within which it is primarily delivered: every other week a small group (known in Mussar parlance as a *va'ad*) generally of 6-16 people, led by a trained local facilitator. Through discussion of one *middah* each meeting, based on a well-tested set of readings and questions, participants explore their own personal soul curriculum within the safety and support of a group of other like-minded learners.

Schedule and Delivery of Materials

Course materials will be made available to you on The Mussar Institute's website. You will be able to download and print them to hand out at each meeting, or download and email to the participants.

We train congregational rabbis or their handpicked delegates to lead the local groups. When the rabbi is the leader, we strongly recommend training a lay person as well because experience has shown that the many demands on a rabbi's time can make it difficult to provide the consistent and long-term group leadership Mussar requires.

Program Fee

For the complete program of 20 weeks the fee is \$350 per congregation for a one-year period + \$90/per participant. During the one-year period, the congregation may form any number of groups of 6 – 16 participants per group.

We have made every effort to offer a program that is comprehensive and direct so that you can implement it with ease. A Program Director will serve as the key point of contact to handle communications and logistics, address any questions and promptly resolve any issues that may arise. We want you to be able to obtain the maximum benefit from this significant resource of Jewish wisdom and education of the soul, and we are here to be of service to you throughout the process.

**For further information and to discuss enrollment, please contact Judith Zaruches,
Program Director: Judith@mussarinstitute.org**



Seeking Everyday Holiness has been a gift for me both as an individual and as a rabbi. It has helped me to bring members of my community closer together as we explore and practice the most relevant questions that Judaism can help us to address--questions involving our behavior and relationships in our everyday lives. Thank you!

-- Rabbi Jill Maderer