

## **PATH OF THE MENSCH, a community Mussar program**

### **Newsletter Text**

The following text has been prepared for inclusion in your community newsletter or e-bulletin. Please edit as needed:

### **The World of Mussar is opening before you ... and you are invited to enter.**

Our community will soon be embarking on a program of study and practice in the way of the Jewish spiritual tradition of Mussar and everyone is invited to join.

Mussar might best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner *mensch*. Mussar has been undergoing a revival in the Jewish world, and we are fortunate to be able to offer this curriculum created by The Mussar Institute, the leaders in the field. This program is suitable for all, regardless of level of Jewish knowledge. There are no pre-requisites nor is Hebrew required.

Come join in small group study, led by trained facilitators, as we explore together, in a safe and caring environment, what the Jewish tradition has to teach us about the traits of humility, gratitude, equanimity, patience, order and honor, among others – and discover how you can improve these qualities in your own life. The 20-week course will begin with an orientation session on \_\_\_\_\_, then meet every other week, starting on \_\_\_\_\_ and ending on \_\_\_\_\_. In between group sessions you will meet with your *chevruta*, or study partner. You will receive a copy of the course textbook *Everyday Holiness* by Alan Morinis, and in group meetings and personal study and practice, we will explore these soul traits together.

Mussar offers a Jewish pathway and a set of teachings that will help you find your way toward becoming your best self, and our community to reach its higher potential. Take advantage of this unique opportunity by registering at the temple office.