



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



The Mussar Institute is pleased to be offering *You Shall be Holy: 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.

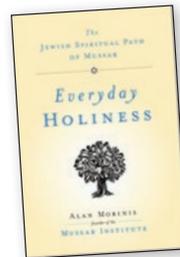
An outline of the program follows. We hope you will take advantage of this unique opportunity to benefit from an authentic Jewish spiritual tradition and we look forward to working with you to make that possible.

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 *You Shall be Holy*

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



2. BOOK: A copy of the book *Everyday Holiness* for each program participant and group facilitator, plus one 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. On alternating weeks, participants either attend a small-group session focused on the current *middah* or they study a traditional Mussar text in *chevruta*. They begin with an orientation session and focus every 2 weeks on the traits of:

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

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



You Shall be Holy **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:

Va'ad: Every other week a small group (known in Mussar parlance as a *va'ad*) of 6-16 people meets, 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.

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, (and \$180 for subsequent years). 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**

