

## **Path of the Mensch: A Community Mussar Program**

### **Newsletter Text**

*Please edit as you wish.*

Our community will soon embark on a program of study and practice in 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 course prerequisites and knowledge of Hebrew is not required.

You will receive a copy of the course textbook "Everyday Holiness" by Alan Morinis. 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.

This 19-week course will begin with an orientation session on (date). We'll meet every other week starting (date) and ending (date).

In group meetings, 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 office.