



Ruach Chaim Living with Spirit
Lifting Up our Lives in Trying Times

Mussar Gathering - January 26, 2025

Program

- 11:00–11:15 am ET Welcome with Avi Fertig
- 11:15–11:30 am ET "Ruach Chaim, Spirit of Life" – Intro with Alan Morinis
- 11:30–12:05 pm ET "Cry, but Prevent the Tears of other" –
Limmud with Rabbi Dr. Tzvi Hersh Weinreb
- 12:05–12:20 pm ET Triad Breakouts
- 12:20–12:25 pm ET Introduction to Learning Sessions with Judith Golden
- 12:25–12:35 pm ET Break
- 12:35–1:35 pm ET Interactive Learning Sessions (choose one):
- "Experiencing Life" – Mussar Text Study with Avi Fertig
 - "Spiritual Revival and Sustenance Through the Psalms" –
Introspective Mussar Practice with David Jaffe
 - "Capturing the Spirit – Finding Light in the Darkness" –
Mussar Creative Expression with Gali Ettner Levkovitz,
Helaine Sheias and David Chernobilsky
 - "Mussar in Our Moment" –
Relating Mussar to our Times with Eric Gurvis
- 1:35–2:40 pm ET Social Hour & Break –
with Miriam Goodman, Heather Westendarp and Eric Gurvis



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- 2:40–2:50 pm ET Introduction to interactive learning sessions with Avi Fertig
- 2:50–3:50 pm ET Interactive Learning Sessions (choose one):
- "Seeking Balance and Wisdom through Mussar in Turbulent Times" - Mussar Text Study with Amy Eilberg
- "In God We Trust: Grounding Ourselves in Bitachon" - Introspective Mussar Practice with Eric Gurvis and Helaine Sheias
- "How Menuchat Ha'Nefesh Uplifts Our Spirit in Challenging Times" - Mussar Creative Expressions with Carolina Martinez
- Lifting Our Spirits: A Mussar Facilitator Toolkit" - Facilitators session with Julie Dean
- 3:50–4:00 pm ET Break
- 4:00–4:35 pm ET "Holding Each Other Up in Times of Crisis" - Limmud with Dr. Erica Brown
- 4:35–4:50 pm ET Breakouts
- 4:50–5:00 pm ET Break
- 5:00–5:10 pm ET TMI Upcoming Programs
- 5:10–6:00 pm ET Moderated Processing Session
- 6:00–6:30 pm ET Closing session hosted by Moe Howard