

New Mussar Course Offered This Fall

THURSDAYS 6:45 PM-8:15 PM

OCTOBER 24 – JANUARY 13



This time of year gets us thinking about our own personal spiritual transformation. It is in our own hands to decide who we will become. If you would like to explore a Jewish pathway for growing toward wholeness (*shleimut*) and holiness (*kedushah*), focused on practical steps you can take to internalize the teachings of our Torah so that they become part of who you are, the study of Mussar can be a guide. Mussar opens an opportunity to deal with the parts of yourself that are less than whole, for those are the aspects that define *your personal spiritual curriculum*.

Some of our congregation have already embarked upon studying Mussar in small groups and have seen how this Jewish pathway can lead to a more spiritually fulfilled life. The core teaching of Mussar is that our inner essence is inherently holy but is obscured by extremes of emotion or habits which veil that inner light. Our task in life is to transform the “veils” and uncover the brilliant light of the soul.

We are excited to open a *NEW* course this fall called *A Season of Mussar*. This course uses Jewish texts, group discussion, and spiritual exercises to explore various middot, or soul-traits. In this course, you will learn a set of practical tools that lead to realizing your highest spiritual potential, including an everyday practice which helps you focus on personal growth. This is a wonderful opportunity to meet regularly in a very small group within the congregation in meaningful and confidential sessions to form a close, trusting community within our larger whole. This course does not require knowledge of Hebrew, or any prior experience.

In *A Season of Mussar* runs for *13 weeks*, with each *middah* studied intensely for two weeks, so that 6 *middot* are studied in the full program: *Humility, Anger, Gratitude, Trust, Honor, and Enthusiasm*.

Cost for the course is \$136 payable to The Mussar Institute (www.mussarinstitute.org)

If you would like to know more about the timing and structure of this course, or enroll in a particular section, contact Sherry Weinberger sbweinberger@me.com

Please contact Lisa Neiman at lneiman@bethjudea.org or 847-634-0777 if you need any special accommodations, including transportation, to participate in our program.

