

SYLLABUS

INTRODUCTION

The course covers the study and practice of nine *middot* [soul-traits] from the book *Everyday Holiness* by Alan Morinis. We have listed the *middot* in the order they are studied, with the reading and practice assignments listed for each *middah*.

We begin with an Orientation session to introduce you to each other, Mussar and the course. Following that meeting you will begin the *middah* studies, which will take the same pattern throughout the program.

The second session (after the Orientation) is when you will begin to study the *middah* of humility. You will read the chapter in the book *Everyday Holiness* on the *middah* before attending the group meeting so you are prepared to explore and discuss it with your *va'ad* members.

Soon after the group meeting has happened, you will receive an email that explains and assigns the self-study and practice elements for the same *middah* that was the focus of the group meeting (in this case, humility). You will then begin and continue Mussar practice on this *middah* until the next meeting.

While you are doing the self-study and practice on that *middah*, you will receive the assignment to do the reading for the next *middah* on the curriculum. That's so you can do the reading and prepare for the group meeting on that subject. As soon as that group meeting happens, you will receive the self-study and practice elements for the same *middah* that was the focus of the group meeting

And so it will go throughout the course, in an overlapping pattern until the final session on Trust. Your personal practice on Trust will go beyond the last meeting.

To help you keep track of where you should be with your reading and practice, refer to the following chart.

SYLLABUS

Week #1 **ORIENTATION**

Group Meeting Date:

Middah None

Topic Orientation
Reading *Everyday Holiness*, Part I

Week #2 **VA'AD MEETING**

Group Meeting Date:

Middah Humility (*Anavah*)

Topic Introduction to humility and Mussar practice elements
Reading *Everyday Holiness*, Chapter 7 on Humility; and Part III
Practice Journaling

Week #3 **SELF-STUDY**

Middah Humility (*Anavah*)

Practice Humility practice begins right after the group meeting

Week #4 **VA'AD MEETING**

Group Meeting Date:

Middah Patience (*Savlanut*)

Topic Introduction to patience
Reading *Everyday Holiness*, Chapter 8 on Patience
Practice Continue with humility practice

Week #5 **SELF-STUDY**

Middah Patience (*Savlanut*)

Practice Patience practice begins right after the group meeting

Week #6 **VA'AD MEETING**

Group Meeting Date:

Middah Order (*Seder*)

Topic Introduction to order
Reading *Everyday Holiness*, Chapter 11 on Order
Practice Continue with patience practice

Week #7 **SELF-STUDY**

Middah Order (*Seder*)

Order practice begins right after the group meeting

Week #8 **VA'AD MEETING** **Group Meeting Date:**

Middah Equanimity (*Menuchat ha'nefesh*)

Topic Introduction to equanimity
Reading *Everyday Holiness*, Chapter 12 on Equanimity
Practice Continue with order practice

Week #9 **SELF-STUDY**

Middah Equanimity (*Menuchat ha'nefesh*)

Equanimity practice begins right after the group meeting

Week #10 **VA'AD MEETING** **Group Meeting Date:**

Middah Honor (*Kavod*)

Topic Introduction to honor
Reading *Everyday Holiness*, Chapter 13 on Honor
Practice Continue with equanimity practice

Week #11 **SELF-STUDY**

Middah Honor (*Kavod*)

Honor practice begins right after the group meeting

Week #12 **VA'AD MEETING** **Group Meeting Date:**

Middah Truth (*Emet*)

Topic Introduction to truth
Reading *Everyday Holiness*, Chapter 18 on Truth
Practice Continue with equanimity practice

Week #13 **SELF-STUDY**

Middah Truth (*Emet*)

Truth practice begins right after the group meeting

Week #14 **VA'AD MEETING** **Group Meeting Date:**

Middah Moderation (*Shevil ha'zahav*)

Topic Introduction to moderation
Reading *Everyday Holiness*, Chapter 19 on Moderation
Practice Continue with truth practice

Week #15 **SELF-STUDY**

Middah Moderation (*Shevil ha'zahav*)

Moderation practice begins right after the group meeting

Week #16 **VA'AD MEETING** **Group Meeting Date:**

Middah Responsibility (*Achrayut*)

Topic Introduction to responsibility
Reading *Everyday Holiness*, Chapter 21 on Responsibility
Practice Continue with moderation practice

Week #17 **SELF-STUDY**

Middah Responsibility (*Achrayut*)

Responsibility practice begins right after the group meeting

Week #18 **VA'AD MEETING** **Group Meeting Date:**

Middah Trust (*Bitachon*)

Topic Introduction to trust
Reading *Everyday Holiness*, Chapter 22 on Trust
Practice Continue with responsibility practice

Week #19 **SELF-STUDY**

Middah Trust (*Bitachon*)

Trust practice begins right after the group meeting