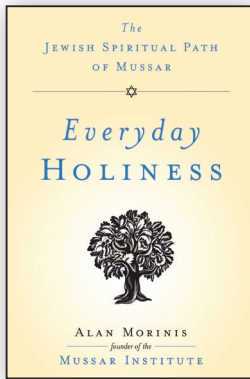




*The World of Mussar is open before you,
and you are invited to enter.*

PATH OF THE MENSCH

A
COMMUNITY
MUSSAR
PROGRAM



The Mussar Institute is now offering *Path of the Mensch*, A Community Mussar Program that provides a practical and accessible introduction to the transformative teachings and practices of Mussar, based on the book *Everyday Holiness* by Alan Morinis.

This program goes beyond self-help, and provides an authentic Jewish pathway toward fulfilling the potential of your higher nature, the soul. Through contemplative practices, small group and study partner discussions, chants and reading you will be shown a path to transform your inner world so you can find more balance and wholeness in all areas of life. Mussar is suitable for all, regardless of level of Jewish knowledge and no Hebrew is required.

Here's what you will get in the program:

1. A copy of the book *Everyday Holiness*.
2. Every other week small group meetings with materials for individual practice and study as guidance for the week in between.
3. Course Curriculum: Local group (*va'ad*) meeting 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 study a traditional Mussar text with a study partner, or *chevruta*. Begins with an orientation session and focuses every 2 weeks on the traits of:

Everyday Holiness — Local group (*va'ad*) meeting over 19 weeks, beginning with an orientation session and then every other week meeting focused on the traits of:

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

