

Mussar at Mount Zion

2020 / 5781



The world of Mussar is opening before you...and you are invited to enter.

Mussar may 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.

This is the seventh year that Mussar has been offered at Mount Zion. Come join in small group study as we explore Jewish teachings on humility, patience, honor, and trust and discover how we can improve these qualities in our own life. Conversations will be in a safe, supportive, exciting, and collaborative environment. We believe that these sessions will work for those familiar with Mussar and those just starting. There are no pre-requisites nor is Hebrew required.

What will you gain?

We are using Rabbi David Jaffe’s curriculum this year. Rabbi Jaffe suggests that by participating in a Mussar group, you will be able to:

- Build a structured and meaningful, personal spiritual practice
- Act with integrity, bridging your inner and outer worlds
- Find personal relevance in Jewish tradition and texts

Mount Zion Mussar Mondays

Four different Mussar groups (*vaadim*) will meet on the same Mondays this Fall. [Sign up for one.](#)

Dates: October 12 and 26; November 9 and 23; December 7 and 21.

1. 4:00-5:15 pm – for everyone, facilitated by Rabbi Esther Adler
2. 7:00-8:15 pm – for young adults, facilitated by Rabbi Adam Stock Spilker
3. 7:00-8:15 pm – for everyone, facilitated by Julie Dean*
4. 7:30-8:45 pm – for parents, facilitated by Cantor Jennifer Strauss-Klein

Costs: The fee per person covers program materials and curriculum from Rabbi Jaffe’s Kirva Institute. \$54 plus any free will offering. Financial support is available from our clergy.

Adventures in Mussar

A continuing va’ad with Julie Dean. Sundays 4-6 pm. **Cost:** \$250 for the season. (This group is full).

**Julie Dean is a long-standing Mount Zion member and Jewish educator, who is passionate about the real-world application of Mussar learning.*