

# CONGREGATION SHIR SHALOM

# SEASON OF MUSSAR

CO-FACILITATED BY RONNIE DUBROWIN AND EVIE WEINSTEIN

**WEDNESDAYS 12:00 PM – 1:30 PM**

**LUNCH AND LEARN WITH US!!! BRING YOUR OWN LUNCH. BEVERAGES PROVIDED.**

**EACH SESSION IS \$36 PER PARTICIPANT.**

*We will accept either cash or a check made out to CSS. Please bring to the first va'ad meeting.*

In this exciting program from Dr. Alan Morinis, Founder of The Mussar Institute, you will work locally, in a *va'ad* or small group, and with a *chevruta* or partner. You will refine your understanding of your inner nature and develop new skills as you grow in awareness and wisdom. In time, you will transform your sense of yourself, your relationships with those closest to you, and your relationship with the Divine Presence.

## FALL SESSION:

**9/11 · 9/25 · 10/9 · 10/23 · 11/6 · 11/20**

In the Jewish perspective, the soul is the primary essence of who we are. However, we do not necessarily experience our inner lives in this way, and instead develop a belief that ourselves, our egos, form our primary identity.

In following the path of Mussar to build our inner lives, we have to come to appreciate the difference between self and soul, and especially to develop an understanding of the ideal relationship we can foster between these two dimensions. You will study:

- Humility/*Anavah*
- Anger/*Ka'as*
- Gratitude/*Hakarat Ha'tov*
- Trust/*Bitachon*
- Honor/*Kavod*
- Alacrity/*Zerizut*

## WINTER SESSION:

**1/8 · 1/22 · 2/5 · 2/19 · 3/5 · 3/19 · 3/26**

Our relationships are where "the rubber hits the road." Too often, our relationships with those closest to us are the most problematic. In this eight-week section, we will explore the *middot* that are directly linked with relationships and transform, or radically alter our insight into and ability to balance them. We'll study:

- Forgiveness/*Slichah*
- Strength/*Gevurah*
- Patience/*Savlanut*
- Lovingkindness/*Chesed*
- Simplicity/*Histapkut*
- Faith/*Emunah*

## QUESTIONS?

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Please sign up at [shirshalombuffalo.org](http://shirshalombuffalo.org) by Tuesday, September 3rd to reserve your spot.

Each part will be limited to 12 participants.

Meeting of the va'ad will take place in the Temple Library in person.



Congregation Shir Shalom  
4660 Sheridan Drive, Williamsville, NY 14221  
716.633.8877 • [shirshalombuffalo.org](http://shirshalombuffalo.org)