

Please join us for the 2nd Seattle Mussar Kallah

MUSSAR

Light of Torah

Practical guidance for manifesting our finest selves

Sunday, June 6, 2010

12:30 - 5:30 pm

Congregation Beth Shalom

Social Hall



Dr. Alan Morinis

Founding director of the Mussar Institute, interpreter of the Mussar tradition, author of *Climbing Jacob's Ladder* and *Everyday Holiness: The Jewish Spiritual Path of Mussar*

Rabbi Ira Stone

Spiritual leader of Temple Beth Zion-Beth Israel in Philadelphia, Director of the Mussar Leadership Programs, past Rabbi at Congregation Beth Shalom, author of *A Responsible Life: The Spiritual Path of Mussar*

Dr. Shirah Bell

Spiritual teacher, director of the Mussar Institute, Certified Spiritual Director and a member of Congregation Beth Shalom

We sense within ourselves the potential to be loving, patient, compassionate beings. At the same time, it is often difficult to manifest these virtues in our everyday lives, as we earn a living, negotiate traffic jams, and contend with the daily challenges in relationships with those we love. Mussar clearly illuminates a path to character refinement. Mussar practice helps us cultivate good habits that guide us on our journey toward holiness.

Last year we explored the basic principles of Mussar and the application of practices to the soul trait (*middah*) of honor (*kavod*). This year we will work with a central commandment "Love your neighbor as yourself" (Leviticus 19:18) and the *middot* of love (*ahavah*) and loving kindness (*chesed*). This commandment underpins our relationships, our communities, and peace in the world. Explore with us how Mussar brings insight to our relationships and helps us identify practical steps towards peace in our lives and communities.

Agenda:	12:30 – 1:15	Registration and welcome
	1:15 – 2:35	What is love? Who is your Neighbor? Underpinnings of and obstacles to "Love your neighbor as your self" (Rabbi Ira Stone)
	2:35 – 2:50	Break (kosher snacks)
	2:50 – 4:20	How is it done? Practical Guidance for Cultivating a Loving Heart and Actions (Dr. Alan Morinis)
	4:20 - 5:30	Grappling our Way to Holiness (A Conversation between Dr. Alan Morinis and Rabbi Ira Stone)

11:00 – 12:00 An Introductory session for attendees unfamiliar with Mussar, led by Dr. Shirah Bell. No extra charge.

Co-sponsors: Temple B'nai Torah, Cong. Beth Am, Cong. Beth Shalom, Temple DeHirsh Sinai, Cong. Eitz Or, Herzl Ner-Tamid, Kol HaNeshamah, The Mussar Institute, Mussar Leadership of Beth Zion-Beth Israel (PA)

Supporters: Temple Beth El Tacoma, Kavana Cooperative, Emanuel Congregation, Bet Alef, Jewish Education Council, The Jewish Day School, Hillel UW / Jconnect

Fee: \$36 in advance, \$46 at the door (no one turned away for lack of funds); \$100 to be listed as a Mussar Patron

Seattle Mussar Kallah Registration

To sign up to be a patron, or to register, go to www.bethshalomseattle.org, or contact Marjie Cogan (206) 524-0075 ext 0 or email: marjiecogan@bethshalomseattle.org, or use the registration form below:

Please fill out the form below and send with payment to Congregation Beth Shalom, 6800 35th Ave NE, Seattle, WA 98115

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Enclosed is my payment via _____ check _____ VISA _____ MC refunds until May 26, 2010

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For questions, call Marjie Cogan (206) 524-0075 ext 0 or email: marjiecogan@bethshalomseattle.org