

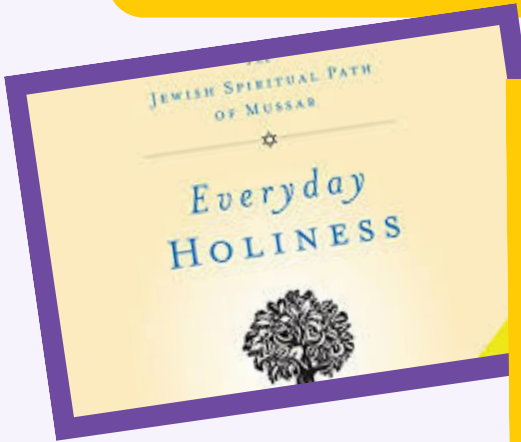


The Mussar Institute

# Seeking Everyday Holiness

A **beginner-level** adult education program for synagogues, Jewish organizations, and independent Mussar facilitators based on the book, *Everyday Holiness*, by Alan Morinis, Founder of The Mussar Institute.

*Seeking Everyday Holiness* was written in partnership with The Union for Reform Judaism (URJ). Participants explore the nine most important soul-traits or *middot* in a small group setting led by a TMI-trained Mussar facilitator.



## Community Mussar Program



### The 9 *Middot* You Will Study

- humility
- patience
- order
- equanimity
- honor
- truth
- moderation
- responsibility
- trust

### How it Works

- Small group study every other week
- Self-study materials for personal practice
- Readings from *Everyday Holiness* (may require purchase) accompany each lesson

### Leave with

- A newly developed awareness and wisdom for living
- The discovery of your own personal spiritual curriculum
- The beginning of your spiritual transformation

Local schedule and facilitator contact information:

[mussarinstitute.org](http://mussarinstitute.org)