

## **Introduction to Mussar Class**

In becoming our best selves, we know the importance of keeping a sense of balance between work and home. When sad or anxious, we know the importance of social support and leisure pursuits. But how do we keep the balance between taking care of our basic needs and being there for those around us? How do we know when we are being overly self-focused or when are we are too self-sacrificing? As Hillel said 2,000 years ago, "If I am not for myself, who will be for me? But if I am only for myself, who am I? "

Mussar addresses these questions. It is an engaging contemporary spiritual practice that enables us to transform ourselves and our relationships, allowing us to live a moral, responsible life. It encourages actions which lead to spiritual growth in our everyday lives. Mussar gives us the opportunity to bring a regular practice of learning, introspection, and friendship into our lives to make us more mindful each day, more considerate of others, and more at peace.

Marty Jacobs and Scott Crespy will be leading a series of 13 weekly Mussar classes at Or Hadash, starting on Tuesday, September 27 from 7:00 to 9:00 P.M. and continuing through December 27. The classes will involve text study, discussion of behaviors leading to character development involving service to others, and sharing of related personal experiences. The program also involves meeting weekly for one hour with a study partner to preview the next week's reading assignment and to compare notes on spiritual/behavioral progress.

This program is a continuation of a previous 13-week introductory course which finished in the spring. However, a process will be put in place to allow new enrollees to catch up to the group which finished that course. The fee for the program is \$325, but please don't let the fee stand in the way of your joining the class as scholarships are available. There will also be a one-time cost of about \$85 for two textbooks and a workbook.

You can contact Marty Jacobs ([martin.jacobs@verizon.net](mailto:martin.jacobs@verizon.net), 215-540-9840) or Scott Crespy ([screspy@verizon.net](mailto:screspy@verizon.net), 215-646-2823) to register or for more info. The deadline for registration is Tuesday, September 6.