



Temple Beth David invites you for
A Season of Mussar

Beginning January 8, 2013

This winter, grow yourself by exploring the themes of

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

Beginning Tuesday, January 8th, Temple Beth David is beginning **A Season of Mussar** three-month introductory course.

A Season of Mussar is a complete program that provides congregations and communities with materials and processes with which to build spiritual community at the local level through a supervised Mussar program. **A Season of Mussar** groups have already taken place in **Chicago, San Francisco, Philadelphia, Vancouver, Seattle, Dallas, Denver, Ann Arbor** and many more locations.

Participants have consistently reported a high level of satisfaction with the program. Individuals engage in intensive learning and practice supported by a combined use of personal study and face-to-face meetings.

A Season of Mussar runs over 13 weeks. Each middah (soul-trait) on the curriculum is studied for two weeks, and so over the course of the full three-month program a total of six middot are studied.

Every two weeks, we will meet locally to address questions on the middah and to discuss progress and insights in a supportive and engaging group environment.

Join us Tuesday Nights, January 8th & 22nd from 7pm—8:30pm at the JCC in Room 1

For those looking to experience powerful spiritual community, reinforced commitment and deepened learning, **A Season of Mussar** with Temple Beth David is an opportunity for you

If you have any questions or are interested in participating, please contact
Howard Brill at 585-264-1691 or hrbrill@gmail.com