



## **Mussar Study Group Guide**

**Alan Morinis from The Mussar Institute describes Mussar as:**

**“... a community of learners and seekers who strive to reach our full potential as individuals and as members of our communities. We draw on and share the teachings of Mussar, a practical and inspiring Jewish spiritual tradition, to foster a life of greater meaning and enhanced relationships. We open the pathway of Mussar to Jews of all denominations and affiliations, and to others who wish to explore these Jewish spiritual practices.”**

### **Mussar Study Group framework:**

- Use teleconferencing software such as Zoom or Google Meet
- Provide Orientation to Mussar as Session 1. (see below)
- Include 13 Soul Traits throughout the study period with 1 Soul Trait per study session (decide meeting frequency: once every other week or once per month)
- Suggest advance reading of the next session's Soul Trait
- Share this [Introduction to Mussar](#) by Greg Marcus, PhD.
- Invite participants to take [Mussar Soul Traits Quiz](#) before 1st session.
- Email or use a private Facebook Group to communicate with participants

### **Session 1 - Orientation to Mussar**

- Light the Chalice with opening reading
- Describe Mussar using resources below
- Present List of Mussar Soul Traits (see books below)
- Encourage participants to share their [Soul Traits Quiz](#) results in breakout rooms
- Use the following guide for participants' use in between meetings & for small group discussion:
  - Practice
  - Mantra
  - Observations
  - Change or Action

- Leader provides questions to explore in small groups
- Suggest each small group designate a leader to summarize takeaways with large group
- Regather for sharing
- Explain the Soul Trait for next session & suggested reading assignment
- Chalice Extinguishing

### **Meeting Framework:**

- Light the Chalice with opening reading connecting this Soul Trait
- Revisit previous month's Soul Trait for insights
- Introduce this session's Soul Trait (Ex. Humility), suggested reading & examples of the guidelines below.
- Use the following guide for participants' use in between meetings & for small group discussion:
  - Practice
  - Mantra
  - Observations
  - Change or Action
- Leader provides questions to explore in small groups
- Suggest each small group designate a leader to summarize takeaways with large group
- Regather for sharing
- Introduce the next Soul Trait for the upcoming session (Ex. Patience), suggested reading & examples to consider.
- Chalice Extinguishing

### **Recommended Resources:**

**[The Spiritual Practice of Good Actions](#) by Greg Marcus, PhD**

**[Everyday Holiness](#) by Alan Morinis**

***Want to join a UUJA Mussar Study Group? Click [here](#) to sign-up!***