



Unitarian Universalists
for Jewish Awareness

The Spiritual Practice Of Mussar

Reverends Marti Keller, Alison Miller & Jay Wolin



Welcome & Chalice Lighting


What is Mussar?

Mussar Covenant

**Benefits & Wisdom from
Jewish Sources**

Breakout Session #1





Session #1 Summary

Mussar - deeper dive

Soul Trait defined

Breakout Session #2

Session #2 Summary

Best Group Practices

Q & A

Closing



Breakout #1

Discussion Question:

What values or virtues impact your life, and how?

Select 1 person to summarize discussion via Chat in Main Room



Soul Traits

| | |
|------------|-----------------|
| Awe | Loving-Kindness |
| Enthusiasm | Order |
| Equanimity | Patience |
| Fear | Silence |
| Gratitude | Trust |
| Honor | Truth |
| Humility | |



3 stages of daily Mussar practice:

- becoming self-aware about your soul traits
- understand your challenges
- control behavior you want to change

Goal = Transformation



Mussar Daily Practice

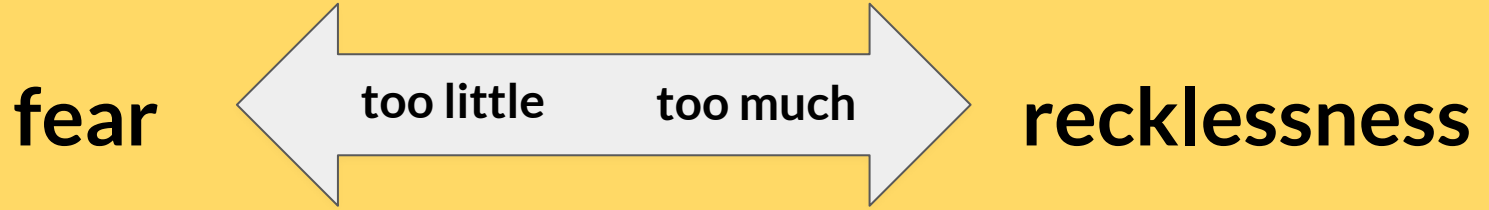
Mantra

Observations

Actions



Spectrum of Trust



Mantras about Trust:

“Trust in God but tie
your camel”

“When I am afraid, I will put
my trust in you.”



Breakout #2

Discussion Questions:

Where are you on the Trust spectrum?
What MANTRA would you choose?

OBSERVE:

What are the recent ways in which
Trust has been in play in your life?

What do you have Trust in?
What are the ways you practice Trust?



Breakout #2

Discussion Questions:

ACTIONS:

What are some actions you've taken or might take?

Surrender your need for a particular outcome & focus on the needs of others if you have too much Trust.





Friday, June 23
5:30-6:30 EDT

2023

UUJA

Unitarian Universalists for Jewish Awareness

SHABBAT SERVICE

Sara Stock Mayo

Cantorial Soloist, Pittsburgh



Rev. Alison Miller

First Unitarian Portland



Mussar Study Guide

Fall '23 Mussar Study Group

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