

Mussar For Mensches Syllabus

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All of us in the class will to some degree do a daily Mussar practice and share that experience with one other person in a dyad / chevruta, as well as with the the full class / Va'ad. We will be using the the book With Heart in Mind, Mussar Teachings to Transform Your Life by Alan Morinis.

1. Prior to the first class read pages 1-16 and the conclusion pages 259-262, in the book With Heart in Mind.
2. At the first class we will discuss the reading focusing on what it means *to acquire torah*. We will also discuss options for a daily Mussar practice to do over the next week. We will by the end of the class break into dyads/chevruta.
3. The dyads/chevruta will meet before the second class and select any 2 chapters/topics out of the 48 short chapters they both agree to read and discuss as a chevruta. Each chapter in With Heart in Mind that are selected has a suggested “ Practice” at the end of the chapter. All in the class will be asked to do some level of a daily Mussar practice as described in Alan Morinis’ book With Heart in Mind as well as options suggested from our 1st class discussion.
4. At the second class each dyad/chevruta will give a brief summary of their chapter/topic discussions in the first part of the class as well as any highlights of their daily Mussar practice. One person from the full class will be asked to share a challenging/meaningful situation, that came up for them during the week in their Mussar practice and process that “Mussar opportunity” with the facilitator of the class. The class hopefully will support that person’s individual process and each person look for common connections in their individual lives. The dyads/chevruta will meet again prior to the final 3rd full class to discuss their chosen second book chapter.
5. At the third class, the process will be repeated. The first part of the class one person from each chevruta will report on their chapter selections discussion. Then in the second part of the class a volunteer will share a meaningful and or challenging situation as they tried to practice the topic of the chapter they were working on.
6. As you can see from this outline, it will be a quick, busy, challenging, and hopefully meaningful 5 weeks. In summary, there are 3 full class calls on Zoom (week 1,3,and 5), and 2 chevruta only dyad calls(week 2 and 4), prior to the 2nd and 3rd class that the chevruta will each find times that work for themselves for their chevruta calls.

The logo for Menschwork features the word "MENSCH" in white, bold, serif capital letters on a dark blue background, followed by "WORK" in blue, bold, sans-serif capital letters on a light blue background. A small white star is positioned above the letter "M".

MENSCHWORK

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