

# Mussar London 2020/5780

Wednesday 13th – Sunday 17th May 2020

*Personal Resilience in a Changing World*



Mussar is a 1000-year-old Jewish spiritual and ethical practice that teaches how to find those things inside that cause us to get stuck in the same place again and again.

Mussar London will give you the chance to learn from two of the world's foremost teachers of Mussar: Dr Alan Morinis, author of the two classics of modern Mussar, "Climbing Jacob's Ladder" and "Everyday Holiness" and Rabbi Avi Fertig, Director of Mussar at The Mussar Institute. To find out more about Mussar go to [www.mussarinstitute.org](http://www.mussarinstitute.org)

*Ready to learn? Turn over for the sessions!*

THE  
MUSSAR  
INSTITUTE



Edgware & Hendon  
Reform Synagogue  
ק"ק לדור ודור



FINCHLEY  
PROGRESSIVE  
SYNAGOGUE



Leo Baeck College  
AT THE HEART OF PROGRESSIVE JUDAISM

**Join us for one or more of these unique Mussar learning opportunities**

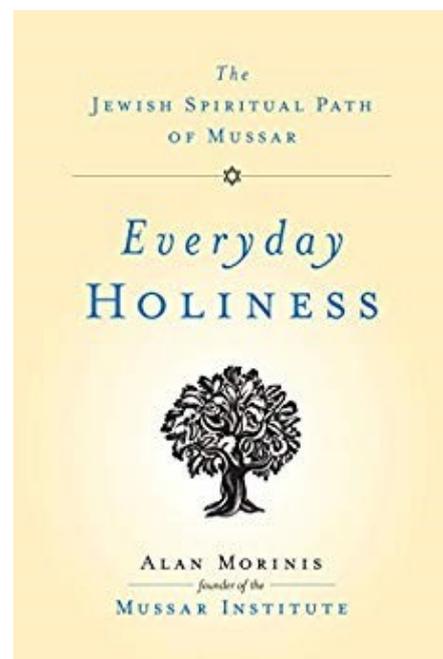
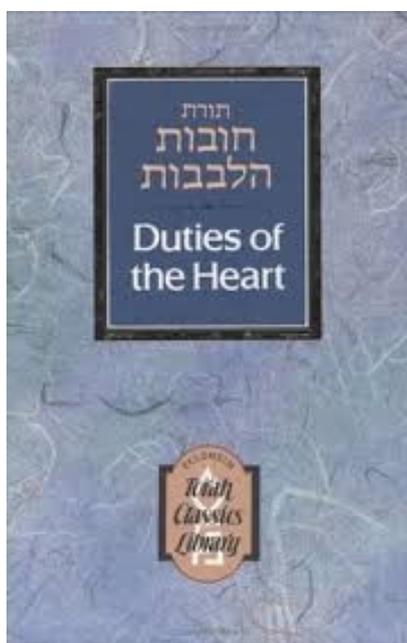
**Wednesday 13th May 19:30-21:30: Everyday Holiness - Introducing Mussar** with Alan Morinis and Avi Fertig. An evening to introduce you to the basic concepts of Mussar. Finchley Progressive Synagogue, 54 Hutton Grove, Finchley, London N12 8DR Admission £8

**Thursday 14th May 10:30-15:00 Learning Mussar to Teach It** with Alan Morinis and Avi Fertig. A tailor-made seminar for Rabbis, Student Rabbis, Cantors and Educators who want to bring Mussar to their communities as well as into their own lives. Leo Baeck College, 80 East End Road, Finchley, London, N3 2SY Admission £25 (includes lunch)

**Friday 15th May 17:00—Sunday 17th May 14:00 Personal Resilience in a Changing World** with Dr Alan Morinis, Rabbi Avi Fertig, Rabbi Monique Mayer and Rabbi Mark Goldsmith. An extended Shabbaton full of Mussar learning, practice, prayer and spirituality. Workshops, lectures, chavrutah, specialist Mussar bookstall, outdoor Mussar in Canons Park, Mussar theatre performance . A friendly weekend of growth. Edgware and Hendon Reform Synagogue, 118 Stonegrove, Edgware, Middx., HA8 8AB Weekend Fee £95 (includes lunches and dinners)

Do you want to know more? Send an e-mail to Rabbi Monique Mayer at [rabbi.mmayer@gmail.com](mailto:rabbi.mmayer@gmail.com) or Rabbi Mark Goldsmith at [rabbi.mark@ehrs.uk](mailto:rabbi.mark@ehrs.uk) or call 020-8238 1020

Alan and Avi will be teaching in Amsterdam and Koln earlier in the week. We can connect you with the organisers on request.



## Ready to book for any of these events?

Please send your booking to Rabbi Mark Goldsmith, Edgware and Hendon Reform Synagogue, 118 Stonegrove, Edgware, Middx, HA8 8AB , U.K. or you can book and pay online at [www.ehrs.uk/mussar-london/](http://www.ehrs.uk/mussar-london/)

**Save money by booking before our early-bird deadline (EBD) of March 2nd 2020!**

<b>Your Name/s:</b>		
<b>I am booking for the weekend at EHRs—Personal Resilience in a Changing World (Cost £95 EBD of £10)</b> Please tick here:	<b>I am booking for the seminar at Leo Baeck College—Learning Mussar to Teach it (Cost £25 EBD of £5)</b> Please tick here:	<b>I am booking for the lecture at FPS—Everyday Holiness—Introducing Mussar (Cost £8)</b> Please tick here:
Your address:		
Your e-mail address:		
Your preferred phone number:	How did you hear about Mussar London? (At Synagogue, Facebook page etc)	
Your emergency contact (if booking for the 'Personal Resilience' Weekend)		
Are you a member of a Synagogue? If so which one?		
Do you have any accessibility needs that we can help with? (Parking is available on the FPS and EHRs sites for holders of disabled badges—please supply car registration number)		
Do you have any dietary needs that we can cater for? (All food will be vegetarian)		
Do you need help with hospitality? For hotel stays we recommend the Premier Inn, Edgware which is a 15 minute walk or short bus ride from EHRs. We may be able to organise home hospitality if you let us know you would appreciate it.		
What is your current level of Mussar learning? Are you a beginner? Have you taken previous classes? Any questions you would like our teachers to address? Please let us know here		
Would you like to reserve a copy of Alan Morinis' 'Climbing Jacob's Ladder' or/and 'Everyday Holiness' from our special Mussar Bookshop? If so which one/s. You can pay for it at the events.		

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*Edgware and Hendon Reform Synagogue, 118 Stonegrove, Edgware, Middx., HA8 8AB*  
Weekend Fee £95 (includes lunches and dinners)

**Programme:**

**Friday 15th May**— We begin at 17:00 with “Setting the Mussar Scene” with Avi Fertig and Alan Morinis followed by a Mussar Kabbalat Shabbat, a Friday night service run with the principles of Mussar, then a lovely shared Shabbat dinner.

**Saturday 16th May**— We begin at 09:00 with a Breakfast Mussar Shiur led by Alan Morinis followed by a Mussar Shacharit for Shabbat, a Saturday morning service including reading of Torah with Mussar learning. After lunch together we enjoy a choice of workshops for Mussar beginners, those familiar with some Mussar learning and those looking for advanced learning. Then the later afternoon includes a Mussar walk in Cannons park and into the evening with dinner together and a Mussar play performance.

**Sunday 17th May**— We start with a short Mussar Shacharit at 09:00 then again a choice of workshops with all our teachers, including one on teaching Mussar to children. We finish with lunch served at 13:00.

**I am ready to pay now for my place/s at Mussar London 2020:**

**Please make cheques payable to EHRS and send to the address overleaf. Alternatively please use this link [www.ehrs.uk/mussar-london/](http://www.ehrs.uk/mussar-london/) to pay by credit or debit card. If you are booking and paying before 2nd March 2020 feel welcome to deduct the Early Bird Discount (EBD)!**

I am booking for the weekend at EHRS—*Personal Resilience in a Changing World* (Cost £95 EBD of £10)

I am booking for the seminar at Leo Baeck College—*Learning Mussar to Teach it* (Cost £25 EBD of £5)

I am booking for the lecture at FPS—*Everyday Holiness—Introducing Mussar* (Cost £8)

Total =

£

Thank you for your booking and payment. We look forward to seeing you!