

## **I. A Journey into Mussar**

**12 class sessions**

**Aug 28 - Nov 27**

(no class on Sept 4 and Nov 20)

Mussar is an illuminating, accessible and highly practical set of teachings (reaching back as far as the 10th century) which help us cultivate personal growth and spiritual realization in the midst of day-to-day life. Join us as we explore Jewish wisdom from the Mussar tradition to cultivate ideas and practices that have the power to help us heal and grow. Our learning will take the form of text study, group conversation, learning with a partner/chevruta (in class) as well as readings and practices beyond the classroom which will help you identify your “spiritual curriculum” and contribute to the world around you in the most unique and meaningful ways.

Cost: \$250 (\$300 for non-members)

## **A Series of Three Courses**

**Monday nights, 7:00 - 8:30 pm**

Registration is required and there is a fee for each course. If you sign up for all three courses, the fee is discounted.

To Register: Return the form on the back of this page to Beth Meyer Synagogue, 504 Newton Road, Raleigh, 27615

Questions? 919-848-8111, [school@bethmeyer.org](mailto:school@bethmeyer.org)

# **Study with Rabbi Jenny**

## **II. A Partner in Holiness**

**8 class sessions, Jan 8 - Mar 12**

(no class on Feb 12 and Mar 5)

Are you longing for inspiration for a satisfying spiritual life of practice through the combination of contemporary mindfulness practice and Jewish spirituality? Surprisingly, the perspectives of the late 18th and 19th century Hasidic spiritual teachers offer a radically different Jewish theology that speaks directly to today’s spiritual seekers whose faith has been shattered by both modernity and the Holocaust. This course brings together the teachings of beloved Hasidic master Rabbi Levi Yitzhak of Berdichev and the practice of mindfulness meditation, through the work of my teacher, Rabbi Jonathan P. Slater. Our learning will rely heavily on the chevruta experience (learning in traditional study-pairs). This class will prepare you to continue to learn the weekly Torah portion with spiritual insights and corollary practices which you can incorporate into your life.

Cost: \$180 (\$220 for non-members)

## **III. Embodied Judaism**

**8 class sessions, Mar 19 - May 4**

(no class on Apr 30)

Jewish life has focused its energy on intellectual learning without regard for all the ways in which Jewish practice is integrally related to our experience of being embodied. This course invites us to think about the treatment of the body in Jewish spiritual practice. We will examine the themes of: Tefillin, Tallit, Kippah, Mikveh, Prayer, Eating/Fasting, Lulav/Sukkah, Candles, and Sex with the intention of learning how to experience the presence of the Divine in, and through, our bodies. By cultivating an embodied spiritual practice, we can transform everyday activities—eating, walking, breathing, washing—into moments of deep spiritual realization, bringing together the sacred and the mundane.

Cost: \$180 (\$220 for non-members)

**To register for these classes  
please return this form  
(with payment) to:**

*Beth Meyer Synagogue, 504 Newton Road,  
Raleigh, NC 27615*

*Name:* \_\_\_\_\_

*email:* \_\_\_\_\_

- A Journey into Mussar  
Cost: \$250 (*\$300 for non-members*)
  
- A Partner in Holiness  
Cost: \$180 (*\$220 for non-members*)
  
- Embodied Judiam  
Cost: \$180 (*\$220 for non-members*)
  
- All three classes above  
Cost: \$550 (*\$700 for non-members*)  
A savings of \$60 (*\$40 for non-members*)

