

## *Mussar* for a Meaningful Life

Laila Goodman

Come explore the ancient, Jewish practice of *Mussar*. Tapping into Jewish wisdom about character development, we will learn about how to notice your behaviors and how to take small steps to work toward wholeness. This is a course that touches heart and head. Come discover your “soul curriculum,” a peek into a path that can help you to tap into your holiness.

*Laila Goodman has been a biology teacher for over 35 years. She is also the Madrichat Ruchanit (Spiritual Advisor) at Gann Academy. She is a Mussar facilitator at Gann Academy for faculty and students for over 10 years and has taught 3 Mussar classes for Open Circle Jewish Learning in the past 2 years. She was trained by Rabbi David Jaffe as a Mussar facilitator.*



Discuss engaging issues and ideas



Build connection and community



Find meaning in Jewish sources of wisdom



Sunday mornings  
10:00-11:30am Eastern Time  
Via Zoom

October 31, November 21,  
December 19, 2021; January 23,  
February 20, March 20, April 24,  
May 22, 2022

Fee: \$216

Generous financial scholarships  
available

Register:

<https://tinyurl.com/MussarLGoodman>

### FOR MORE INFORMATION

Visit [hebrewcollege.edu/ocjl](http://hebrewcollege.edu/ocjl) or contact Linna Ettinger at [lettinger@hebrewcollege.edu](mailto:lettinger@hebrewcollege.edu).



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