

Shul Mussar Program

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | שבת |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | | August 17 | August 18 |
| August 20 | August 21 | August 22 | August 23 | August 24 | August 25 | August 26 |
| August 27 | August 28 | August 29 | August 30 | August 31 | September 1 | September 2 |
| September 3 | September 4 | September 5 | September 6 | September 7 | September 8 | September 9 |
| September 10 | September 11 | September 12 | September 13 | September 14 | September 15 | September 16 |
| September 17 | September 18 | September 19 | September 20 | September 21 | September 22 | September 23 |
| September 24 | | | | | | |

TO JOIN THE PROGRAM, ONE PLEDGES, WITHOUT A VOW, TO LEARN MUSSAR FOR 10 MINUTES EVERY DAY BETWEEN AUGUST 17TH AND SEP. 24TH (Allowance is made for one missed day per week if necessary)

THIS CAN BE ACCOMPLISHED BY ONE OF THESE 3 OPTIONS

- Learning from the text of a Mussar Book, either in Hebrew or English. Some classical Mussar work include: Messilas Yesharim, Orchos Tzaddikim, Sharai Teshuva, Sefer Hayashar, Maalos Hamidos, Ohr Yisroel. (Check Artscroll or Feldheim publishers for English translations and explanations)
- Listening to classes on the above works found on the OU website or Torah Anytime
- Join the Rabbi's Mussar group at 6:30 pm Sunday through Thursday and 2 pm on Friday on the shul zoom.

All men and women are encouraged to participate. Feel free to copy this form and distribute it to your friends, relatives, coworkers etc. Although not mandatory, please register by emailing the shul at office@uhcshul.org

As an added incentive, all participants will be entered in a raffle to win a dinner for 2 (\$180) at Entrée Restaurant in Lakewood.

After successful completion of the program, please email forms to office@uhcshul.org. The deadline for this submission is Wednesday Sept. 27th.

For questions, please call Rabbi Leiter – 585-415-3905

Name of Participants: _____ **PHONE:** _____

EMAIL: _____