

# Shul Mussar Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	שבת
				August 17	August 18	August 19
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 17<sup>th</sup> AND SEP. 24<sup>th</sup> (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](mailto: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](mailto:office@uhcshul.org). The deadline for this submission is Wednesday Sept. 27<sup>th</sup>.

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

**Name of Participants:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_