



Introducing The Jewish Path to Personal Growth

For many of us, the question of how to be a better person, a better me, is a key concern about how we define ourselves and our place in the world.

Rabbi Judith Edelstein is a scholar and a teacher at The Mussar Institute and we have invited her to join us on **Thursday, December 9 at 7 pm via ZOOM** for an introduction to “Mussar,” -- a concrete Jewish practice for personal growth focused on ethics, character, and soul.

Rabbi Judith Edelstein’s presentation will start us on a path to gain Jewish answers to questions we all have: * Why do I keep repeating the same mistakes? * Why do I cause pain to myself and those around me? * What can I do to bring my life closer to its potential?

Please join us by sending a note via spinnerjh@yahoo.com to register.