

## BET HAVERIM SHABBAT

### Mussar & Meditation Service



**Saturday, August 31 at 10:00 am  
in the Sanctuary at Congregation Bet  
Haverim 1715 Anderson Road, Davis**

**Rabbi Jay LaVine (Temple Isaiah, Lafayette)  
and Rabbi Laura Rumpf (Temple Beth El, San  
Mateo) will be our visiting service leaders**

Explore the wisdom of Mussar practice at a Mussar & Meditation Shabbat experience. We open our hearts through chant and silence, and discuss the Jewish teachings around a particular personal quality( Middah).

Mussar is a Jewish spiritual practice that offers concrete instructions on how to live a meaningful life, based on the concept that if we transform ourselves we can transform the world. One Mussar teacher described Mussar as "teaching the heart what our mind already understands".

If you are seeking a soulful Shabbat, but with a little less prayer - this is for you. If you are seeking ways to grow wiser in your everyday life - this is for you. If you aren't so sure about chanting and silence, give it a try anyway. You might be surprised at how the combination of music and silence calms us, connects us, and creates space for new ways of thinking and acting to emerge. There will be no formal Torah service. This is an experiment at CBH for those who want a different experience for Shabbat morning

***On this Shabbat, we will explore the middah of Rachamim ( Compassion)***

We will say Kaddish at the end of the service. After the service, we will have Kiddush and a sponsored lunch by Janet Saunders and Roy Kaplan in which we will have more time to discuss Mussar practice with the Rabbis and Deni Marshall, who has led 2 Mussar groups at CBH. We welcome your feedback about the service and interest in Mussar.

Please RSVP to [saunders.janet@gmail.com](mailto:saunders.janet@gmail.com) if you would like to join us for lunch. All are welcome!!