



# Mussar

A three-part mini-series exploring this soul-changing practice  
will be held on Sundays

**October 29, November 19, December 10**  
**9:45 - 11:00am**

coffee and goodies provided

With Rabbi Shana, Certified Mussar Facilitator

Studying *Middot* from Everyday Holiness, by Alan Morinis

No charge, but please RSVP and for more information,  
[office@NerTamidSF.org](mailto:office@NerTamidSF.org) or (415)661-3383