

Musar and Selihot at Temple Adath Yeshurun

By Sonali McIntyre

Saturday evening, September 21 Temple Adath Yeshurun services for Selihot will begin at 8:15pm with Ma'ariv and Havdalah, followed by a class entitled *Personal Growth and the High Holy Days*. Before the service, Rabbi Zehavi will share insights from *Musar*, a centuries-old Jewish discipline of personal growth, and will connect the practices of Musar with the Selihot liturgy and the spiritual work of the High Holy Days. Participants from Rabbi Zehavi's *Jewish Paths to Building Character* course will have the opportunity to share their insight and exploration with the wider community during the session. At 9:30 pm, there will be a dessert reception sponsored by the Temple Adath Yeshurun Sisterhood. The Selihot service will start at 10:00 pm.

Rabbi Zehavi commented, "While the High Holy Day liturgy starts with the Selihot service, we are encouraged to begin the work of introspection and growth much earlier. Through the *Musar* class, many of us have had the opportunity to engage ourselves spiritually - we are excited to share that process more broadly with the community on the evening of Selihot. May this be a year that we are blessed to thrive on every level."

Selihot services are open to the community to participate. For more information, please contact the Temple Office at 315.445.0002 or info@adath.org.