

ואהבת לרעך כמוך

# CENTER FOR CONTEMPORARY MUSSAR

## SEEDS OF MUSSAR PRACTICE: AN INTENTIONAL PRACTICE FOR DAILY LIFE

Tuesdays on ZOOM: 7:30 pm CT - 9:00 pm CT

March 7 to April 4, 2023 \$100

To Register for this class, go to

<https://contemporarymussar.org/new-students-courses/>

Seeds of Mussar offers a taste of the Center for Contemporary Mussar's unique approach to practicing mindfulness within an ethical Jewish framework. Nibble a little and see how this life-changing practice might add the right spice to daily life, whether in family, at work or in the daily stops you make between here and there.



Cathy Schechter learned to practice and teach Mussar through four years of training at CCM. She honed her skill as a deep listener through her long career as a qualitative researcher and writer. Her passion for Jewish thought, practice and literature led her to a 14-year chavruta with the late Rabbi Judith Abrams z"l, who led her to Hebrew College, where she earned her Masters in Jewish Studies with a focus on rabbinic literature. She is an alumna of the Pardes Institute of Jewish Studies in Jerusalem and has continued her studies at the Academy of Jewish Religion/NY. Cathy teaches individuals and groups from her home in Austin, Texas, where she has been a longtime active member of Austin's Jewish community and Congregation Agudas Achim.