

News Release

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KEHILAT HANAHAR OFFERS INNOVATIVE WAY TO KEEP NEW YEAR'S RESOLUTIONS

NEW HOPE, Pa. – People who are struggling to keep their New Year's Resolutions or simply want to find more meaning in everyday life are invited to attend Kehilat HaNahar's Mussar Retreat in April.

As part of its commitment to helping Jews and others deepen their spiritual approach to daily life, Kehilat HaNahar will hold a spiritual retreat or "Shabbaton" with the leader of the Mussar Institute, Alan Morinis. The Shabbaton will be held April 24-26 as part of Kehilat HaNahar's 'Season of Mussar' program.

Mussar focuses on practical ways Jews and others can tie spirituality and Divine attributes to everyday life and activities. The program was created by Alan Morinis of the Mussar Institute in Vancouver, BC.

"Perhaps there is no better time in recent history for people to tap into their spirituality and explore ways to find a deeper meaning in their lives," said Rabbi Sandy Roth. "So many of us are looking for ways to sustain our good intentions to be more patient, show more gratitude, worry less, and spend more time 'in the moment'. Our Mussar Shabbaton will provide a wonderful opportunity for adults to immerse themselves in spiritual practices that can help them find more peace and tranquility, regardless of what's happening around them."

Participants in this spiritual retreat will spend the weekend learning about and practicing the ancient art of Mussar, which has been adapted by Morinis so it's more relevant to contemporary life.

“Our Mussar Shabbaton will offer people a chance to tap into their best selves and learn how to enhance daily interactions and activities,” said Sharon Schwartz, a member of KHN and the program coordinator. “Participants will engage in personal reflection, and group discussion and exploration of concepts including, humility, gratitude, trust, and honor, among others.”

The retreat, which is funded in part by a grant from the Jewish Federation of Greater Philadelphia, will begin on Friday, April 24 at 7 p.m. and run through Sunday, April 16 at noon. The Friday night and Saturday morning services are open to the public at no charge. To participate in the workshops and meals to be held throughout the weekend, KHN members must contribute \$60 and non-members are asked to pay \$75.

People who are interested in participating must register by April 1 by calling 215-862-1912 or sending their name, address, phone number and payment to Kehilat HaNahar at PO Box 417, New Hope, PA 18938.

Kehilat HaNahar is a Reconstructionist Synagogue in the heart of New Hope. In addition to traditional weekly Shabbat services, Rabbi Sandy Roth leads monthly family, children's, meditation and musical services, as well as a host of continuing education programs, and a rich Shul school curriculum. For membership information, program details or directions, contact 215-862-1912, or visit www.kehilathanahar.org.

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