

# Congregation B'nai Israel

September 22-October 31, 2015

## "40 Days to Becoming Your Best:" A Small Group Launch

→ "40 Days to Becoming Your Best" is an experiment modeled on the work of Saddleback Church of crafting small groups around a learning project.

The goal is to get a person or a couple to meet once a week, five times, in their home as a host with a group of friends.

Participants will receive a copy of Rabbi Spitz's book *Increasing Wholeness: Jewish Wisdom and Guided Meditations* (Jewish Lights, 2015); a daily quote with reflections; and a workbook for "Becoming."

The goal is to build on the communal uplift of the High Holy Days into building relationships and deepening reflection and personal growth.

Each High Holy Day sermon will cover a facet of the learning process. Yom Kippur will be the kickoff for this Havrutah learning.