

Recovery from *Codependence*

A Jewish
Twelve Steps
Guide to
Healing
Your Soul



You may be a codependent person if you are in a relationship with an alcoholic or addicted person, someone who has an eating disorder, engages in compulsive gambling or sex, if you are addicted to a relationship, or if you are part of a dysfunctional family.

Rabbi Kerry M. Olitzky

Foreword by Marc Galanter, M.D.,

Director of Alcoholism and Drug Abuse, NYU Medical Center

Afterword by Harriet Rossetto,

Director, Gateways Beit T'shuva

Recovery From Codependence A Jewish Twelve Steps Guide To Healing Your Soul

Kerry M. Olitzky, Stuart Copans



Recovery From Codependence A Jewish Twelve Steps Guide To Healing Your Soul:

Recovery from Codependence Rabbi Kerry M. Olitzky, 2011-10-14 In codependence the emphasis is on everyone and everything but ourselves In recovery we learn how to say no to set boundaries in relationships and then perhaps walk away if necessary sometimes for a long time perhaps forever It s not without effort Even if a relationship is worth saving your active codependence can destroy it It will not help it or you and will certainly not convince the other person in your life to stop drinking or using or gambling or eating compulsively or running around But your recovery can nurture a relationship with God while it nurtures you at the same time From Recovery from Codependence This book is not just for Jewish people It s for all people who would gain strength to heal and insight from the Bible and the wisdom of Jewish tradition With the same groundbreaking insight of his Twelve Jewish Steps to Recovery A Personal Guide to Turning From Alcoholism and Other Addictions and Renewed Each Day Daily Twelve Step Recovery Meditations Based on the Bible Kerry Olitzky has produced an inspiring new volume that brings healing wisdom to those whose lives are most directly affected by the addiction of a loved one Recovery From Codependence A Jewish Twelve Steps Guide to Healing Your Soul explains how the Twelve Steps of Co Dependents Anonymous are relevant for Jewish people and all people who would gain strength to heal and insight from Jewish tradition You may be a codependent person if you are in a relationship with an alcoholic or addicted person someone who has an eating disorder engages in compulsive gambling or sex if you are addicted to a relationship or if you are part of a dysfunctional family Though you may be suffering broken in spirit this book can help you be healed be empowered to take hold of your life and be made to feel spiritually whole once again Using the familiar Twelve Step model Dr Olitzky known for his spiritual leadership and for reaching out to help people in recovery takes the codependent person on a Jewish journey through the Twelve Steps Rabbi Olitzky s inspiring message draws on the experience of Jewish tradition and the personal experiences of recovering codependent people He provides Twelve Step support for people of all faiths and backgrounds

Recovery, the 12 Steps and Jewish Spirituality Rabbi Paul Steinberg, 2014-09-18 Claim the Spiritual Freedom That Waits Beyond the Suffering and Slavery of Addiction One of the important similarities between AA and Jewish spirituality is the statement in Step 12 to practice these principles in all our affairs There is no dichotomy of sacred versus secular Jewish spirituality applies to how we eat sleep work socialize and recreate There is nothing that is external to the relationship of human being to God from the Foreword A major new Jewish contribution to 12 Step spirituality This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources With clarity and passion Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA He draws on Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps Along the way he courageously shares his own personal struggles with

alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it **Twelve Jewish Steps to Recovery (2nd Edition)** Dr. Stuart A. Copans, MD, Kerry M. Olitzky, 2012-12-15 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it **The Enneagram and Kabbalah** Howard A. Addison, 1998 Kabbalah and the Enneagram share numerous common sources which derive from antiquity and the Dark Ages Both explore different core aspects of personality and Rabbi Addison maintains that together they can provide a powerful tool for self knowledge critique and transformation *Twelve Jewish Steps to Recovery* Kerry M. Olitzky, Stuart Copans, 1991 By presenting a Jewish perspective on The Twelve Steps and offering consolation inspiration and motivation towards recovery this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians Afterword on Where to Go for Help by The JACS Foundation Jewish Alcoholics Chemically Dependent Persons and Significant Others Illustrations by Maty Grunberg *Making a Successful Jewish Interfaith Marriage* Kerry M. Olitzky, 2011-08-25 Straightforward and nonjudgmental advice for dating couples partners husbands and wives in laws counselors and others Interfaith relationships are commonplace the challenges that go along with them are not An interfaith couple will have to confront tough questions yet it s often difficult to find answers especially when traditional sources of help family friends clergy and counselors are unable or unwilling to understand the problems From a Jewish perspective this book guides interfaith couples at any stage of their relationship from dating and engagement to the wedding and marriage and the people who are affected by their relationship in any way including their families and counselors who work with interfaith couples While making no judgments or dictating answers and supporting individual choice topics covered include What is an intermarriage Why do people intermarry When do you bring up the subject of religion What is conversion and is it necessary When do you discuss and decide how children will be raised and much more *The Jewish Family Fun Book* Danielle Dardashti, Roni Sarig, 2008 This celebration of Jewish family life is the perfect guide for families wanting to put a new Jewish spin on holidays holy days and even the everyday Full of activities games and history it is sure to inspire parents children and

extended family to connect with Judaism in fun creative ways **God in Our Relationships** Rabbi Dennis S. Ross, 2011-12-06 Deepen connections with the people you love Build relationships with the people you meet We can go through each day or a lifetime as sleepwalkers while awake tossing and turning on pillows that are as hard as appointment books wandering a paved spiritual wilderness from bank window to house of worship to hospital bedside But if we are fortunate enough to happen upon a vision of the Divine in a chance chat with a semi stranger or a lingering conversation with a good friend we can awaken to the spirituality between people that Martin Buber called I Thou from God in Our Relationships It is possible to infuse every moment of life with meaning from the routine act to the once in a lifetime situation and this first of its kind introduction to Martin Buber's I Thou shows you how Drawing on Jewish tradition the science of human behavior Buber's ideas and the Hasidic stories that he loved Rabbi Dennis Ross illuminates a theology of relationships in easy to understand accessible language You will clearly see how to use the principles of I Thou to create new answers to critical issues in life such as How do I react to others in times of stress How do I relate to strangers How can I take full advantage of the time I have to spend with my loved ones By unlocking the depths in Buber's concepts for spiritual growth Ross supplies you with the tools you need to communicate better love more completely and find the sacred in everyday life

Divorce is a Mitzvah Perry Netter, 2002 If your marriage must come to an end do it the right way with wisdom practicality and understanding What does Judaism tell you about divorce What guidance strength and insight can Judaism provide In this first of its kind handbook Perry Netter divorc father congregational rabbi and pastoral counselor shows how wholeness can be found in the midst of separation and divorce With a title drawn from the words of the eleventh century biblical commentator known as Rashi *Divorce Is a Mitzvah* provides practical wisdom information and strength from a Jewish perspective for those experiencing the challenging life transition of divorce Drawing on wisdom from centuries of biblical and rabbinic teachings as well as modern psychological research Netter offers suggestions for transitioning through the stages of separation and building a new life This indispensable guide for people in crisis and the family members friends and counselors who interact with them shows us how to transform a traumatic time of life into one of growth right behavior and greater spiritual understanding *Bar/Bat Mitzvah Basics 2/e* Helen Leneman, 2001 How to manage the process with grace joy and good sense A practical guide that gives parents and teens the how to information they need to navigate the bar bat mitzvah process and grow as a family through this experience For the first time in one book everyone directly involved offers practical insights into how the process can be made easier and more enjoyable for all Rabbis cantors and Jewish educators from the Reform Conservative and Reconstructionist movements parents and even teens speak from their own experience What's it all about Preparation for Parent and Child Tutoring stress expectations enjoyment planning for children with special needs Negotiating the ceremony and celebration Designing a creative service heightening the spiritual exercise special issues related to divorced and interfaith families planning a party that neither breaks the bank nor detracts from the

inherent spirituality of the event **The Self-renewing Congregation** Isa Aron, 2002 How can my congregation become more vital How can we both honor the past and embrace the future The Self Renewing Congregation calls for renewal from within not without a renewal that begins with institutional self reflection proceeds through a process of self engagement and ends with self generated innovations that can deepen the synagogue congregation as a sacred community The core of this book offers any congregation seeking this path a compelling and realistic roadmap a vision and a process that is rooted in applied research and practical experience from the Foreword by Dr Ron Wolfson codeveloper Synagogue 2000 author of Shabbat The Family Guide to Preparing for and Celebrating the Sabbath Revitalizing and re imagining the organization of our synagogues takes work Combining expert advice and experience garnered from congregations throughout North America The Self Renewing Congregation shows us how transformative change is possible A complete resource full of ideas information and support this is a guide for those of us involved in or interested in energizing our spiritual communities Isa Aron founding director of Hebrew Union College s Experiment in Congregational Education ECE offers concrete practical information on how to bring about change through collaborative leadership and helps us grow dynamic successful congregations *The Women's Passover Companion* Sharon Cohen Anisfeld, Tara Mohr, Catherine Spector, 2003 A powerful and empowering gathering of women s voices transmitting Judaism s Passover legacy to the next generation The Women s Passover Companion offers an in depth examination of women s relationships to Passover as well as the roots and meanings of women s seders This groundbreaking collection captures the voices of Jewish women rabbis scholars activists political leaders and artists who engage in a provocative conversation about the themes of the Exodus and exile oppression and liberation history and memory as they relate to contemporary women s lives Whether seeking new insights into the text and traditions of Passover or learning about women s seders for the first time both women and men will find this collection an inspiring introduction to the Passover season and an eye opening exploration of questions central to Jewish women to Passover and to Judaism itself **Against the Dying of the Light** Leonard Fein, 2004 A father s struggle to understand his daughter s sudden death becomes a ruthlessly honest lyrical and wise exploration of life Takes the experience of loss beyond the confines of the personal finding universal meaning and hope in the details of grief **Cast in God's Image** Rabbi Howard A. Addison, 2011-12-06 Who am I What are the sacred tasks that are uniquely mine The most basic questions in life are also the most important You can take a powerful step toward self fulfillment if you first recognize the roots of your spiritual makeup In Cast in God s Image Rabbi Howard A Addison helps you to do this through an understanding of your personality type and the types of the people around you Using two of the most important maps of consciousness known to us the kabbalistic Tree of Life and the nine pointed Enneagram Addison decodes spiritual meaning and provides you with the tools to Determine your personality type by identifying your own patterns of behavior Strengthen your relationships with others by learning how to observe their response patterns and recognize how these patterns correspond with your own

Discover how your personality type's virtues and vices connect with the Divine and ways you can use this knowledge to enrich your life in many ways Including more than twenty hands on spiritual exercises and guided meditations Cast in God's Image gives you an accessible and enjoyable way to learn about yourself and guidance on how to use this insight to reveal the sacred tasks that are uniquely yours to perform in this world Which are you The Perfectionist The Caregiver The Achiever The Romantic The Loyal Cynic The Adventurer The Confronter The Mediator The Observer **Hanukkah** Ron Wolfson,2001 Create a meaningful and happy Hanukkah in your home with story celebration food and song This newly designed easy to use edition of a classic spiritual sourcebook offers updated information more family ideas and new resources for every aspect of your holiday celebration Information on every aspect of Hanukkah is covered including The story of Hanukkah Celebrating for families of every constellation Songs and prayers in English Hebrew and Yiddish with clear transliterations Recipes for traditional and modern Hanukkah foods December Dilemmas coping with other traditions celebrations Firsthand explanations and ideas from real life families around America Hands on advice and practical suggestions invite families into Hanukkah's spirituality and joys from the making of luscious latkes and Hanukkah crafts to the stories of the heroism and the miracle that are remembered every year with the lighting of the hanukkiyah Saying No and Letting Go DHL Rabbi Edwin Goldberg,Edwin C. Goldberg,2013 An inspiring introduction to the most important lesson for today's busy world the take away is to take away All we can hope to accomplish by paying attention is to learn to live with the mystery become more comfortable with not knowing and try to enjoy life's uncertainty Every day is a gift but we often squander it by missing what matters most from the Introduction Every day we are faced with choices that entail saying no and frankly we're not very good at it Whether it's the desire to please get ahead accumulate or impress our lives have become so full and so busy that it is hard to determine what we really need and what's really important to us The purpose of this book is to help you regain control of the things that matter most in your life It taps timeless Jewish wisdom that teaches how to hold on tightly to the things that matter most while learning to let go lightly of the demands worries activities and conflicts that do not ultimately matter Drawing insights from ancient and modern sources it helps you identify your core values as well as the opportunities that do not reflect those values and that you can learn to pass up It also shows you how to establish a disciplined practice to help you adhere to your choices Whether it's letting go of resentment learning to say no at work or to your loved ones downsizing your diet or asking less of the earth this book will help you distinguish between the trivial and the profound

Eyes Remade for Wonder Rabbi Lawrence Kushner,2011-05-26 A treasury of insight from one of the most creative spiritual thinkers in America Whether you are new to Kushner or a devoted fan this is the place to begin At once deeply human and profoundly spiritual Lawrence Kushner's books are a treat for the soul For nourishment and inspiration *Eyes Remade for Wonder* opens wide the gates of Jewish mysticism and spirituality helping us peel back the layers of meaning that animate our lives Few writers are more closely identified with the boom of spirituality in America in the past twenty five

years than Lawrence Kushner With his first book the now classic introduction to Jewish mysticism *The Book of Letters* Kushner established himself as one of the most creative religious thinkers in America He is now read worldwide by people searching to understand the connection between the sacred and the ordinary With an inspiring Introduction by Thomas Moore author of the best selling books *Care of the Soul* and *The Soul of Sex Eyes Remade for Wonder* offers something unique to both the spiritual seeker and the committed person of faith and is a collection to be treasured and shared

Mourning & Mitzvah Anne Brener, 2001 An innovative integration of Jewish tradition and modern professional resources gives spiritual insight and healing wisdom to those who are mourning a death to those who would help them and to those who face a loss of any kind This revised edition features a new introduction new writing exercises and resource lists

Seventh Heaven Moshe Mykoff, 2011-10-22 Deepen your understanding of Shabbat awaken to the possibilities and experience the day with an extra measure of holiness *Seventh Heaven* delves into the art of consciously observing Shabbat exploring many of the day's traditional religious practices within the context of life's spiritual dynamics With the help and wisdom of Rebbe Nachman of Breslov one of the most important of the early Hasidic masters this guidebook offers insight into the deeper meaning and purpose of a broad range of Shabbat observances and seeks to show how each custom or law fits within the whole In accessible easy to understand language 7th Heaven is a spiritual guide for all levels of Shabbat observance If Shabbat is new to you or you've experienced it only in its popular form but would like to deepen your understanding and connection If Shabbat is something you grew up with but you were never taught the inner meaning of all the customs and laws you were told to obey If Shabbat has never been a part of your spiritual practice but you would like to learn more about the Jewish pathway to wholeness and higher consciousness Based on the teachings of Rebbe Nachman of Breslov 1772-1810 and those of his closest disciple Reb Noson the deep insights into Torah and spirituality revealed by these great Hasidic luminaries are as relevant in today's world as they were some two centuries ago when they were first taught

The Messiah and the Jews Elaine Rose Glickman, 2013 A comprehensive inspiring and fascinating discovery of what Jews believe about the Messiah and why you might believe in the Messiah too The conviction that the Messiah is coming is a promise of meaning It is a source of consolation It is a wellspring of creativity It is a reconciliation between what is and what should be And it is perhaps our most powerful statement of faith in God in humanity and in ourselves from Chapter 1 The Messiah Is Coming The coming of the Messiah the promise of redemption is among Judaism's gifts to the world But it is a gift about which the world knows so little It has been overshadowed by Christian belief and teaching and as a result its Jewish significance has been all but lost To further complicate matters Jewish messianic teaching is enthralling compelling challenging exhilarating yet up until now woefully inaccessible This book will change that Rabbi Elaine Rose Glickman brings together and to life this three thousand year old tradition as never before Rather than simply reviewing the vast body of Jewish messianic literature she explores an astonishing range of primary and secondary sources explaining in an informative

yet inspirational way these teachings significance for Jews of the past and infuses them with new meaning for the modern reader both Jewish and non Jewish

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