

KERRY M. OLITZKY and RACHEL T. SABATH

FOREWORD BY DAVID WOLPE

PREPARING YOUR HEART

FOR THE

HIGH HOLY DAYS

A Guided Journal

Preparing Your Heart For The High Holy Days

Susan Berrin



Preparing Your Heart For The High Holy Days:

Preparing Your Heart for the High Holy Days Kerry M. Olitzky,1996 **A Heart of Wisdom** Susan Berrin,2014-09-13 Shows us how to understand and meet the challenges of our own process of aging and the aging of those we care about from a Jewish perspective from midlife through the elder years Over 40 contributors offer their insights and experiences through personal narrative text studies poems ceremonies and stories about aging retiring growing learning caring for elderly parents living and dying **The Book of Jewish Sacred Practices** CLAL—The National Jewish Center for Learning and Leadership,2012-02-24 Discover how to make virtually any moment in your day a significant part of a meaningful Jewish life As we have discovered and as our sages have long known there is no experience in the life of a Jew that cannot be marked in Jewish ways The book you hold in your hands is the result of the kinds of rituals we have sculpted together over the years It is not a prayer book or even a compendium of obligatory Jewish rituals Rather it is a source for all to use creatively from the Introduction Decades of experience by CLAL The National Jewish Center for Learning and Leadership in connecting spirituality with daily life come together in this one comprehensive handbook In these pages you have access to teachings that can help to sanctify almost any moment in your day Offering a meditation a blessing a profound Jewish teaching and a ritual for more than one hundred diverse everyday events and holidays this guide includes sacred practices for Lighting Shabbat candles Blessing your parents Running a marathon Visiting the sick Building a sukkah Seeing natural wonders Moving into a new home Saying goodbye to a beloved pet Making a shiva call Traveling and much more Drawing from both traditional and contemporary sources The Book of Jewish Sacred Practices will show you how to make more holy any moment in your daily life *Jewish Every Day* Behrman House,Maxine Segal Handelman,2005-06 Written in a warm and understanding tone this guide takes the best in secular early childhood education and applies it to Jewish early childhood education With extensive bibliographies as well as background information for teachers individual chapters review developmentally appropriate practice anti bias education storytelling music Jewish thematic units reaching out to interfaith families keeping kosher at school and much more *The Invisible Alliance* Ellyn Kaschak,2021-02-25 Explore the relationship between psychology and spirituality from a feminist perspective From the editor There are forces in the universe about which we know nothing and can learn nothing through empiricism and material means Such forces can be invoked in the process of therapy to assist in healing to deepen experience and to free us from the confining limits of the human mind This is a book about the spiritual within each of us and about spirituality as it extends beyond any of us to embrace all of us It deals with inspiration and passion sorrow and loss meaning and depth It focuses upon the relationship between matters of spirit and of psychology leading to new treatments within the parameters of psychotherapy that extend its vision far beyond the treatment of affliction The Invisible Alliance Psyche and Spirit in Feminist Therapy provides you with a comprehensive review of multiculturalism and its relationship with feminism and spirituality and explores ways to incorporate Jewish

principles and beliefs into feminist therapy the application of religious sources of passion and perspective to parenting and working with children ways to combine Christian and Wiccan philosophies in therapy a provocative approach for integrating Christian biblical teachings into feminist therapy for survivors of sexual abuse ways that Buddhist ideas can enrich the understanding of the self and identity a case study of ancient healing traditions used by Latinas criteria for therapists to use in deciding whether to work with clients dealing with spiritual religious issues or refer them to someone more appropriate a way to use the power of ritual to heal and give more meaning to important life transitions **The Jewish Journaling Book** Janet Ruth Falon, 2013-01-24 Explore your experiences relationships and feelings through this guided tour of journal keeping in Jewish tradition Journaling has been and remains an inherently Jewish activity From the Kabbalist mystics who recorded their practices of reaching altered states of consciousness to the more recent journals of those who lived during the Holocaust to the spiritual precedent for Jewish journal keeping at holy times of the year writing recording and reflecting have long been a part of Jewish custom Janet Ruth Falon delves into the practical aspects of keeping a journal as well as how you can use your journal to nurture Jewish values and concerns Using examples from her own writing she demonstrates how journaling can unleash your creativity and reveal aspects of yourself that you may not have thought about before She also includes 52 journaling tools that teach specific techniques to help you create and maintain a vital living journal from a Jewish perspective Inspiring and practical this guided tour of journaling shows how yours can be used to better understand yourself and the world **Striving Toward Virtue** Kerry M. Olitzky, Ronald H. Isaacs, Rachel T. Sabath, 1996 A contemporary guide for Jewish ethical behavior and moral living that explores subjects such as the appeal of evil the value of good deeds and the implications of gossip Rabbis Olitzky and Sabath recommend actions that we can take to help strengthen and heal ourselves and our world Reader's Guide to Judaism Michael Terry, 2013-12-02 The Reader's Guide to Judaism is a survey of English language translations of the most important primary texts in the Jewish tradition The field is assessed in some 470 essays discussing individuals Martin Buber Gluckel of Hameln literature Genesis Ladino Literature thought and beliefs Holiness Bioethics practice Dietary Laws Passover history Venice Baghdadi Jews of India and arts and material culture Synagogue Architecture Costume The emphasis is on Judaism rather than on Jewish studies more broadly Prepare the Way of the Lord Theresa Reyna, 2013-03-22 There is a revolutionary move of the Spirit on the horizon A John the Baptist company of His forerunners is coming forth out of the wilderness with a fiery message of repentance and restoration that will awaken a slumbering lukewarm church and prepare her for the dark days ahead and for the second coming of Jesus The spiritual truths and prophetic words in this book will awaken a passion in your heart for holiness and release revelatory understanding concerning the hour in which we live *The Catholic Parents' Survival Guide* Julianne Stanz, 2023-06-06 A USER FRIENDLY GUIDE TO SHARING THE FAITH WITH CHILDREN Raising a Catholic family is never easy especially when it comes to discussing our faith with our children Despite trying our best sometimes we all need help addressing issues of faith

respectfully honestly and accurately Written by Julianne Stanz bestselling author catechist lay church leader and mother of three The Catholic Parents Survival Guide is a practical manual for talking with children about how to navigate life through the lens of the Catholic faith Featuring an accessible question and answer format Julianne not only equips readers with tools to help explain Catholic beliefs ethics morality and faith practices but she also prepares us for how to deliver this information in a manner that will resonate with children She addresses such questions as Who is God What is the Holy Spirit What happens if you miss Mass What happens after we die Does God answer prayers What will we do in heaven Why do Catholics pray to Mary Why can't women become priests In addition each chapter includes key takeaways notes for reflection recommended resources and tips for putting these insights into practice The Catholic Parents Survival Guide provides reliable information about the Catholic faith and parent tested methods for sharing it with children **Rosh Hashanah**

Readings Rabbi Dov Peretz Elkins,2011-07-26 A powerful collection of writings about Rosh Hashanah that will add depth and holiness to your experience of the spiritual New Year This compelling companion to Yom Kippur Readings helps create a bridge between the words of our ancestors and the meanings themes and ideas that are the central spiritual agenda of the life of the modern Jew Drawn from a variety of sources ancient medieval modern Jewish and non Jewish this selection of readings prayers and insights explores the opportunities for inspiration and reflection inherent in the subjects addressed on the Jewish New Year sin repentance personal and social change societal justice forgiveness spiritual growth living with joy and hope commitment to high ideals becoming our truest and most authentic selves deepening our capacity to love and savoring the divine gift of life These readings enable you to enter into the spirit of Rosh Hashanah and the Days of Awe in a personal and powerful way while they uplift and inform They will add to the benefits of your High Holy Day experience year after year True Latter-Day Saints' Herald ,1907 The family magazine of the Reorganized Church of Jesus Christ of Latter Day Saints *The 40-Day Feast* Wendy Speake,2023-01-17 Get hungry for God's Word Many Bible believers aren't Bible readers while others devour God's Word and are hungry for more Whether you've read your Bible multiple times only tasted bits and pieces or are ready to finally whet your appetite for the first time ever these forty daily devotionals will help you to taste and see how good and applicable God's Word is to your daily life The 40 Day Feast invites you to the table to learn how to ingest and digest whole passages for yourself discover the transforming power bound up in your Bible apply its truths to your daily life awaken a deep hunger for more of God and less of the things that don't satisfy Now is the time to seek and find what God has to say and how we are to live as a result Pull up a chair Welcome to the feast Wendy's writing always makes me hungry for the Word of God and eager to grow in my love for its Author The 40 Day Feast is such a gift It will whet your appetite for God Himself as you grow to understand His Word Monica Swanson author of Boy Mom and Raising Amazing

The Wesleyan-Methodist Magazine ,1854 The Christian Treasury ,1848 *In the Day of Thy Power* Arthur Wallis,2010-03-01 Oh that You would rend the heavens That You would come down Millions have prayed that and pray it now

In the Day of Thy Power is filled with plentiful quotations from eyewitnesses of revival and with inescapable biblical authority for such times of refreshing from the presence of the Lord It unfolds the conditions by which God still comes as in apostolic days with mighty signs and wonders by the power of the Spirit of God This first book of Arthur Wallis written in 1956 was an immediate success when first published and has become a classic on the subject of revival *Ethical Wills and How to Prepare Them* Nathaniel Stampfer,2015-02-05 Ethical wills try to sum up what people have learned in life and what they want most for and from their loved ones This unique combination of What Is and How To shows how to prepare an ethical will and provides as guides examples of ethical wills written by nearly 100 famous and ordinary people Includes a topical index to help you write your own ethical will [Opening Your Heart with Psalm 27](#) Rabbi Debra J. Robbins ,2019-07-01 This volume is a compelling invitation to meditate on the deeper meaning of the fourteen verses of Psalm 27 During the month of Elul and the High Holy Day and Festival season we reflect on our relationships choices beliefs and practices considering where to make repairs adjustments and atonement Opening Your Heart with Psalm 27 provides gentle guidance through this journey of reflection offering heartfelt insight profound translation and an invaluable framework for meaningfully participating in this annual spiritual practice *The Holy Bible* Robert Young,1863 **The Complete Analysis of the Holy Bible** Nathaniel West,1868

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