

ZALMAN SCHACHTER-SHALOMI
WITH DONALD GROPMAN

A GUIDE FOR THE
NEW JEWISH SPIRIT

THE FIRST STEP



The First Step A Guide For The New Jewish Spirit

Baruch HaLevi, Ellen Frankel



The First Step A Guide For The New Jewish Spirit:

Revolution of Jewish Spirit Baruch HaLevi, Ellen Frankel, 2012 Prepare to revive your Jewish community with the transformative power of the Divine spirit Rabbi Baruch HaLevi and Ellen Frankel have correctly identified Ruakh as a key missing ingredient in Jewish institutional life especially in the synagogue Their call is for a revolution of spirit a rejuvenation of our purpose our worship even our sacred spaces It is recognition that the craving for community can bring people back to our institutions if we welcome engage and inspire them from the Foreword by Dr Ron Wolfson In this practical and engaging guide to reinvigorating Jewish life Rabbi Baruch HaLevi and Ellen Frankel identify the difference between a living synagogue and a dying one and offer methods for reviving the Jewish spiritual centers federations community centers institutions and synagogues that serve as the heart of Jewish tradition and your life They offer practical strategies for sustaining and expanding transformation including tips for providing impassioned leadership inspired programming and inviting sacred spaces Whether you are clergy congregant or community member this guide will help you awaken your spirit and enliven your journey to a Ruakh filled life *Reclaiming Judaism as a Spiritual Practice* Rabbi Goldie Milgram, DMin, 2012-04-13 Wake up your Jewish spiritual life and restore your soul Has your heart ever been broken by loss divorce disappointment awe fear hope Have you multitasked worked past the level of your endurance accumulated possessions jumped the hurdles and gotten the grades only to wonder Is that all there is Do you wish for a life that is physically grounded emotionally satisfying intellectually expansive and profoundly connected These are the qualities Judaism can provide when you understand how to practice it from the Introduction This inspiring guidebook is your wake up call for understanding the powerful intellectual and emotional tools that are essential for a lively relevant and fulfilling Jewish spiritual practice Designed to become a lifelong resource for holy days and Shabbat it presents Judaism as an evolving tradition in which you are the entrusted heir The exercises and practices draw from the foundations of Judaism and empower you to create meaningful satisfying contemporary Jewish experiences for how you live today *Living Jewish Life Cycle* Rabbi Goldie Milgram, 2011-10-03 The spiritual tools you can use to infuse Jewish life cycle ceremonies with meaning integrity and joy Discover the spiritual meaning in Judaism s major life cycle moments Understand create and enter wholeheartedly into Jewish life cycle ceremonies preparatory practice and celebrations More than just how to Rabbi Goldie Milgram guides you in making your Jewish rites come alive with meaning beauty and with lasting impact on you your friends and family She takes you beyond rote rites beyond just surviving and directly into accessing Jewish rites of passage as a force for thriving With careful attention to both traditional and emerging practices across the full spectrum of Jewish life Rabbi Milgram examines Jewish Weddings Traditional and Inclusive Rites Welcoming a New Baby and Raising a Healthy Jewish Child Meaningful Memorable Adolescent and Adult Bar Bat Mitzvah Ritual Support for Many Stages of Adulthood Jewish Rituals for When Relationships End Jewish Approaches to Dying Death Burial Mourning and Remembering **Maimonides—Essential Teachings on**

Jewish Faith & Ethics ,2012-01-24 The teachings of Judaism's greatest medieval philosopher can be a companion on your own spiritual journey No Jewish thinker has had a more significant impact on Jewish religious thought than Moses Maimonides 1138-1204 A medieval philosopher whose vision covered an extensive range he created a method of mediating between revelation and reason that laid the groundwork for a rational philosophically sophisticated Judaism He also provided an approach to biblical interpretation and philosophy that remains relevant for people of all faiths who follow a religion based on sacred text and oral interpretation In this accessible examination of Maimonides's theological and philosophical teachings Rabbi Marc D Angel opens up for us Maimonides's views on the nature of God providence prophecy free will human nature repentance and more He explores basic concepts of faith that Maimonides posits must serve as the basis for proper religious life He also examines Maimonides's insights on reward and punishment messianic days the world to come and other tenets of Jewish faith Now you can experience the wisdom of Maimonides even if you have no previous knowledge of Judaism or Jewish philosophy SkyLight Illuminations provides insightful yet unobtrusive commentary that reveals why Maimonides's teachings continue to have profound relevance to those seeking an intellectually vibrant understanding of Judaism God of Becoming and Relationship Rabbi Bradley Shavit Artson, DHL,2013 You no longer have to choose between what you know and what you believe an accessible introduction to a theological game changer I wrote this book for you if you want to be able to locate your life in a single encompassing story one that includes everything from the first moment the universe began until yesterday a narrative that embraces deepest personal meaning a yearning to love and be loved a quest for social justice and compassion from the Introduction Much of what you were told you should believe when you were younger forces you to choose between your spirit and your intellect between science and religion between morality and dogma unchanging laws of nature vs miracles that sound magical a good God vs the tragedies that strike all living creatures a God who knows the future absolutely vs an open future that you help to shape through your choices This fascinating introduction to Process Theology from a Jewish perspective shows that these are false choices Inspiring speaker spiritual leader and philosopher Rabbi Bradley Shavit Artson presents an overview of what Process Theology is and what it can mean for your spiritual life He explains how Process Theology can break you free from the strictures of ancient Greek and medieval European philosophy allowing you to see all creation not as this or that us or them but as related patterns of energy through which we connect to everything Armed with Process insights and tools you can break free from outdated religious dichotomies and affirm that your religiosity your spirit your mind and your ethics all strengthen and refine each other **Passing Life's Tests** Bradley Shavit Artson,2013 Among stories so terrible they rend our hearts so profound they touch the depths of our souls and so exalted they reach to heaven none is more poignant than the Bible story of Abraham's sacrifice of his son Isaac A story revered by Jews Christians and Muslims and turned over and over by great secular thinkers searching for meaning this gripping tale shocks us into complete attention then takes us in nineteen short verses on a roller coaster ride of emotion

challenge and hope **Renewing the Process of Creation** Bradley Shavit Artson,2015-09-21 In this daring blend of Jewish theology science and Process Thought theologian Rabbi Bradley Shavit Artson explores our actions through Judaism and the sciences as dynamically interactive and mutually informative **A Partner in Holiness** Rabbi Jonathan P. Slater, DMin,2014-07-17 Find inspiration for a satisfying spiritual life of practice through the combination of contemporary mindfulness meditation and classical Hasidic spirituality The soul yearns to feel connected to something greater and to know happiness despite personal suffering and seemingly endless need Surprisingly the perspectives of the late eighteenth and nineteenth century Hasidic spiritual teachers offer a radically different Jewish theology that speaks directly to today s spiritual seekers whose faith has been shattered by both modernity and the Holocaust These masters taught of interdependence interconnectedness selflessness service and joy anticipating the insights of contemporary science and twenty first century spirituality Bringing together the teachings of beloved Hasidic master Rabbi Levi Yitzhak of Berdichev 1740 1809 and the practice of mindfulness meditation Rabbi Jonathan P Slater reveals a new entrance into Jewish spiritual life Covering the Five Books of Moses these two volumes present accessible translations of selections from Kedushat Levi R Levi Yitzhak s Hasidic Torah commentary which emphasizes our spiritual capacity to transform consciousness and so our life experience The selections are paired with Rabbi Slater s commentaries to illuminate their message The lessons in Kedushat Levi were not originally intended as intellectual curiosities or as demonstrations of R Levi Yitzhak s brilliance They were meant to inspire religious passion and deeper spiritual practice I believe that these teachings will come to life in us when we bring them into our lives in practice from the Introduction **Increasing Wholeness** Rabbi Elie Kaplan Spitz,2015-03-02 Combines Jewish tradition contemporary sciences and world spiritual writings with practical contemplative exercises Will help you balance and integrate mind body heart and spirit reach out to the Divine and be more fully present and effective in your life **One God Clapping** Alan Lew,2011-09-28 From Zen Buddhist practitioner to rabbi East meets West in this firsthand account of a spiritual journey Rabbi Alan Lew is known as the Zen Rabbi a leader in the Jewish meditation movement who works to bring two ancient religious traditions into our everyday lives One God Clapping is the story of his roundabout yet continuously provoking spiritual odyssey It is also the story of the meeting between East and West in America and the ways in which the encounter has transformed how all of us understand God and ourselves Winner of the PEN Joseph E Miles Award Like a Zen parable or a Jewish folk tale One God Clapping unfolds as a series of stories each containing a moment of revelation or instruction that while often unexpected is never simple or contrived One God Clapping like the life of the remarkable Alan Lew himself is a bold experiment in the integration of Eastern and Western ways of looking at and living in the world *The Enneagram and Kabbalah (2nd Edition)* Rabbi Howard A. Addison,2012-01-09 An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions Patterns in our lives may escape us reasons for our behavior often confuse us To help us better understand the interplay of these

dynamics Rabbi Howard A Addison combines two of the most powerful maps of consciousness known to humanity the Tree of Life the sefirot from the Jewish mystical tradition of Kabbalah and the nine pointed Enneagram that was developed over several generations by mystics of several spiritual traditions Individually each offers guidance and wisdom together they show the forces that propel us and shape our personalities and behavior Most important the two suggest how we can live more harmoniously with ourselves and with others minimize friction and tension and discover our own spiritual gateway to God In this updated and expanded edition of his pioneering book Rabbi Addison explores new understandings of the stages and pitfalls we experience along life s journey and the ways we can transcend the limits of our personalities in search of greater wholeness He shows that when brought together the Enneagram and Kabbalah may enhance understanding of humanity s deepest motivations both individually and collectively thus opening wider the gate to personal growth

Judaism, Physics and God Rabbi David W. Nelson, PhD, 2011-11-22 Hear the Voices of Ancient Wisdom in the Modern Language of Science Ancient traditions whose only claim to authenticity is that they are old run the risk of becoming old fashioned But if an ancient tradition can claim to be not only ancient but also timeless and contemporary it has a far greater chance of convincing each new young generation of its value Such a claim requires that each generation s retelling use the new metaphors of the new generation from Chapter 1 In our era we often feel that we can either speak about God or think scientifically about the world but never both at the same time But what if we reconciled the two How could the basic scientific truths of how the natural world came to be shape our understanding of our own spiritual search for meaning In this provocative fusion of religion and science Rabbi David Nelson examines the great theories of modern physics to find new ways for contemporary people to express their spiritual beliefs and thoughts Nelson explores cosmology quantum mechanics chaos theory relativity and string theory in clear non technical terms and recasts the traditional views of our ancestors in language that can be understood in a world in which space flight atom smashing and black holes are common features of our metaphorical landscape Judaism Physics and God reframes Judaism so that it is in harmony with the conquests of modern scientific thinking and introduces fascinating new ways to understand your relationship with God in context of some of the most exciting scientific ideas of the contemporary world

The Jewish Approach to God Neil Gillman, 2003 A window into the Jewish understanding of God throughout history and today written especially for Christians In Jewish Scripture Christianity s foundation God s presence is everywhere in nature in history and in the range of human experience Yet the Torah Maimonides and 4 000 years of Jewish tradition all agree on one thing that God is beyond any form of human comprehension How then can Judaism be so crowded with descriptions and images of God And what can they mean to the ways Christians understand their own faith In this special book Rabbi Neil Gillman guides you through these questions and the countless different ways the Jewish people have related to God how each originated and what each may mean for you Whether you are Christian Muslim or even Jewish this nuts and bolts introduction will both answer your questions and

stimulate new ones A theologian who writes as a great teacher Gillman addresses the key concepts at the heart of Judaism s approach to God From Ein Sof Infinity to Shekhinah Presence Gillman helps you understand what the search for knowing God itself says about Jewish tradition and how you can use the fundamentals of Judaism to strengthen explore and deepen your own spiritual foundations God Is Echad Unique God Is Power God Is Person God Is Nice Sometimes God Is Not Nice Sometimes God Can Change God Creates God Reveals God Redeems 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

The Seven Beggars ,2011-07-07 Rejoice in the stories of Rebbe Nachman of Breslov for their insight into the human condition and the realm of the mysterious When Rabbi Nachman first started telling his stories he declared Now I am going to tell you stories The reason he did so was because in generations so far from God the only remedy was to present the secrets of the Torah including even the greatest of them in the form of stories from the Preface For centuries spiritual teachers have told stories to convey lessons about God and perceptions of the world around us Hasidic master Rebbe Nachman of Breslov 1772 1810 perfected this teaching method through his engrossing and entertaining stories that are fast moving brilliantly structured and filled with penetrating insights This collection presents the wisdom of Rebbe Nachman translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman s pupils This important work brings you authentic interpretations of Rebbe Nachman s stories allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings The Seven Questions You're Asked in Heaven Dr. Ron Wolfson,2011-06-16 How do you get to the heart of a life well lived Its all about the questions If you can hear the questions and apply them to the way you live your life on earth today then when the time comes your soul will be ready to take that stairway to heaven prepared to answer the Seven Questions with a resounding Yes and take your

rightful place among the angels from the Prologue In this charming inspiring and wise guide to a well lived life beloved teacher Ron Wolfson provides an advance copy of the Seven Questions you'll be asked in heaven whether you're a believer or a non believer The answers to these questions will help you shape a life of purpose and meaning on earth today Supported by wisdom from the Jewish tradition life's experiences and personal anecdotes Wolfson tells you about these transformative questions and explores the values that are at the heart of a life that matters He offers funny insightful and poignant stories of how people ancient and contemporary have answered the Seven Questions through their everyday actions He encourages you to reflect on your own life goals and provides ideas both big and small for achieving them **Discovering Jewish Meditation (2nd Edition)** Nan Fink Gefen, 2011-09-12 A breakthrough how to meditate guide Jewish meditation is a practice that can sustain you and deepen your connection to the Divine over the course of your lifetime Seekers throughout history have practiced it and reaped its rewards and today many people are making it a significant part of their everyday spiritual practice from the Introduction A supportive and wise guide that is an absolute must for anyone who wants to learn Jewish meditation or improve their practice now updated and expanded Nan Fink Gefen teaches you how to meditate on your own and starts you on the path to a deeper connection with the Divine and to greater insight about your own life Whatever your level of understanding she gives you the tools and support you need to discover the transformative power of meditation This most comprehensive introduction to a time honored spiritual practice Answers commonly asked questions about the nature and history of Jewish meditation and examines how it differs from other meditative practices Shows beginners how to start their practice including where and how to do it Gives step by step instructions for meditations that are at the core of Jewish meditative practice Explains the challenges and rewards of a Jewish meditative practice **God Whispers** Rabbi Karyn D. Kedar, Karyn D. Kedar, 2000-03 Heartfelt stories of everyday people that inspire us to challenge life's peaks and pitfalls and begin our own journeys of spiritual and personal growth **Amazing Chesed** Rabbi Rami Shapiro, Rami M. Shapiro, 2012-11 The question isn't whether grace God's love freely given is there for you in Judaism The question is do you have the courage to accept it Ask almost any Jew whether grace is a central concept in Judaism and an essential element in living Jewishly and chances are their answer will be no But that's the wrong answer This fascinating foray into God's love freely given offers the reader a way to answer that question in the affirmative Drawing from ancient and contemporary traditional and non traditional Jewish wisdom this book reclaims the idea of grace in Judaism in three ways It offers a view of God that helps the reader understand what grace is why grace is and how grace manifests in the world It sets forth a reading of Judaism that is grace filled an understanding of creation Shabbat and other Jewish practices from a grace filled perspective It challenges the reader to be embraced and transformed by grace and to live life as a vehicle for God's grace thereby fulfilling the promise of being created in God's image and likeness **Tears of Sorrow, Seeds of Hope** Nina Beth Cardin, 1999 A spiritual companion for those grieving infertility pregnancy loss or stillbirth bringing solace from Jewish tradition Many people who

endure the emotional suffering of infertility pregnancy loss or stillbirth bear this sorrow alone Pregnancies that end too early are hidden failed attempts at conception are barely mentioned Many women and men long to find solace in religious ritual and tradition to ease the emptiness felt from a loss that is without a face a name or a grave At last there is a source that acknowledges and encourages expressions of their grief and offers comfort in the moments of their pain Providing companionship and strength for healing from others who also have grieved Tears of Sorrow Seeds of Hope is a spiritual companion that enables the reader to mourn within the words and ways of Judaism Drawing deeply on the wellspring of comfort found in traditional Jewish texts and prayer it also offers readings and rituals created especially for parents struggling with the uncertainty and sorrow of pregnancy loss and infertility providing a source of compassion healing and hope

Unveiling the Magic of Words: A Overview of "**The First Step A Guide For The New Jewish Spirit**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The First Step A Guide For The New Jewish Spirit**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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