

JEWISH WISDOM *for* GROWING OLDER



**Finding Your Grit & Grace
Beyond Midlife**

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Jewish Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife



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We have a opportunity beyond midlife to become the person we were truly meant to be. Growing Older Could be a Time of Growing comprehensive and Wisdom" My sense is that the complete journey beyond midlife is a mysterious blend of light and dark, wholeness and fragility.... Friedman, a pioneer in reinventing and revaluing ageing, mines historic Jewish wisdom for ideals, equipment and precedents to framework new callings and beginnings, shifting family members roles, and encounters of illness and loss of life."?from the Introduction Whether you are fifty-five or seventy-five, approaching retirement or age a hundred, growing older brings remarkable possibilities but often also wrenching difficulties. Rabbi Dayle A. We are able to draw on everything we've experienced so far to contribute to the people around us and the wider globe, and to find strength and resilience amid the challenges. For seekers of most faiths, for folks and organizations, for personal use and caregiving configurations, Rabbi Friedman offers inspiration and assistance to assist you make higher meaning and flourish amid the daunting challenges of aging.



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ASKING THE RIGHT QUESTIONS HELPS TO Produce THE PILGRIMAGE MORE MEANINGFUL
JEWISH WISDOM for GROWING OLDER: Finding Your Grit and Grace Beyond Midlife by Rabbi
Dayle Friedman 2015 Jewish Lamps Publishing The challenge of aging isn't to remain young; and
of finding service to others through sharing knowledge of experiences that ultimately we all will
have. The joke around the 12 Step Community is that De Nile is not just a river in Egypt. Great
find. We look at: Ageism Loss of Loved Ones Death - OUR VERY OWN Mortality Diminishment of
Our Bodies Caring for all those We Love As They Become Fragile Dementia There is no denial of
the discomfort.") The memory of his father's usage of this phrase shaped the choices the boy
produced throughout his life (It really is what I'd like as my epitaph). A lot of people seldom face
reality, we have instead be trained to live our expectations (which may in fact be someone else's
targets). As one "getting older" (though neither a rabbi nor a healer), I thank her for the tales and
words from sages both historic and modern, her advice, reminders, exercises, and prayers that
cause we, the readers, inexorably to say, Modeh Ani L'fanecha/ or in my own words, thank you for
renewing my soul today. but all of which are about the human relationship with personal, others
and God. wise and compassionate guidance predicated on decades of experience As a rabbi,
Dayle Friedman knows spiritual perspectives on aging; The overriding metaphor by which Jewish
wisdom is certainly revealed arises from a rabbinic story of creation: "God had designed to fill the
globe with the divine light, however the world could not endure this intense and overwhelming
splendor. For the infant boomer generation who has changed every life stage as we've passed
through - fomenting a sexual revolution, reclaiming our bodies (Hello, Our Bodies Our Selves),
demanding less medicalized childbirths, doing yoga, running marathons, et al - now we are
getting old. The light that was abundant and omnipresent was all of a sudden concealed and
dispersed—encased in shards (heliport) of the vessels that were meant to contain it. Rabbi
Friedman truthfully addresses the paradoxes of maturing (e. This is an important book since it
asks the hard questions. The initial section involves many of the ways we too are broken by
existence. Each chapter reminds us that every loss offers a choice concerning our response. The
title was based on his father's favorite saying: "Might AS WELL Be A Mensch" (Yiddish for "a
person of integrity and honor. Each chapter contains questions for reflection, so it offers
forewarning that this brokenness will be part of your daily life and for those people who are
currently experiencing their own diminishment, death preparation, chaos, and evil it offers
perspective, communion, and wish. With Faith and Appreciate there is always Wish. With
community there's always someone who has recently been generally there. With God there's
always something more. The way through has something regarding locating the fragments of
existence that are hidden throughout creation. Section Two of the book is about our learning to
gather light. Again the book areas before us choices that problem the sacred cows of our
lifestyle. "Beginning Again (and Once again). Jewish Wisdom lays out an extended pilgrimage
that includes stories, biblical interpretation, anecdotes, reflections, and exercises.— Connie
Goldman The Connie Goldman quotation at the start of the book pieces the tone for your book.
Sometimes it requires crashing into a actuality that is higher than our denial that enable us to
discover actuality. We discover not just that what we encounter outside of ourselves is not real,
we also discover that there is very much on the inside that should be reexamined. This
publication is usually a summation of her talks and a short and delightful read. There are now
numerous books concerning forgiveness as one of the major tasks that require to be addressed
to achieve fulfillment or wellbeing in afterwards life. Thankfully Rabbi Dayle Friedman will there
be to help us get ." Forgiveness is really a matter of self care. The unexpected piece is definitely
that forgiveness may bring an element of grief; we again have to let proceed of that which cannot

be and accept the present options. The rest of the section is about preparing for and accepting unavoidable diminishment (and death), encouraging us to watch for and select paths that deepen our romantic relationship to the divine. But I like how Rabbi Dayle places it; Mindfulness becomes the new mantra for this time of existence. I would state that the last section of the book is to gather all of the fragments of light that people can see, integrate it into our life and offer it back again as our tribute alive. You can find the young presents that we have to offer that are half developed but full of vigor, but then you can find the mature gifts which have grown through the "grit and grace beyond midlife" Through grace we get older; growing wiser will take grace and grit. I purchased her book to learn more of her Wisdom. He appreciated that her eyesight of maturing was neither all doom and gloom nor overly sugars covered. One of the better ways to combat Ageism inside our worshipping communities is the establishment of wisdom circles, particularly intergenerational wisdom circles. She knows of what she speaks and she speaks with a deep sense of compassion and caring. Each chapter concludes with a blessing. I believe that there surely is power in blessing, particularly if we allow words clean over us and its purpose are heard not only by the divine but by our very own brain and heart. These blessing are offered for all of us. May you fulfill the promise of your minutes, hour, and times. May you develop in patience. May you stretch to discover new methods to spend and treasure time, because the Psalmist teaches, "Teach us to count our days rightly, that we may get yourself a wise heart." (Psalm 90:12) p.109. The revelation sometimes comes with the word that, "holding onto resentments is similar to taking poison and expecting your partner to die... God contracted the divine presence in order to make room for the world, however in a devastating cosmic accident, the vessels intended to keep God's light shattered. Luckily Rabbi Dayle Friedman will there be to help us get accustomed to the idea, and present us support in facing restrictions and acquiring spiritual expansiveness. I believe this is a fantastic book not just for us older people, who are taking care of even OLDER people, but our children. Seniors and our children are much closer, in many ways, than the majority of us were to your parents, and our soon-to-be middle-aged children will be pleased to avail themselves of Friedman's explanation and insights, too. The book is split into three parts. as a counselor and teacher to counselors, she has decades of experience of working with thousands of people who are maturing, and with their care-givers. She has found a way of bringing together both perspectives of physical and spiritual reality and she shares them in this reserve. She does not flinch from the realities and hardships of failing bodies and thoughts, yet she reminds us that there surely is always the possibility of obtaining learning and wisdom through the pain; of finding known reasons for gratitude; it's not only to get old, but to grow entire—to come into your very own. This book gives very clear instructions. At the end of the reserve, her reflections on acquiring purpose in life and on practicing blessings present guidance to people simply beginning the journey of adulthood as well as those arriving to the end of the journey. I gave this book with great enjoyment to my 90 season old dad who, in spite of a skepticism about "spirituality," go through it from cover to cover and was deeply moved. The reserve sparked an excellent conversation between us across the generations! My dad was particularly impressed by the years of professional and personal knowledge that stand behind Rabbi Friedman's words. Two more pieces makes this reserve well worth the cost, time and energy to buy and browse: In the appendix there is a guide for Book Organizations and Wisdom Circles. it touched my heart. I recommend this book An outstanding read. It is a publication to end up being savored by anyone looking for a way to centering lifestyle meaningfully. As a Gentile / Goy / Christian (consider your choose) I'm going to hear some words with which I'm not really familiar, be introduced to some rabbinic stories, plus a few fresh biblical

interpretations that challenged my perspective;- Donald K.Dignity for the Elders We met Rabbi Dayle Friedman at Chautauqua. I've recommended and given this book to many friends I have recommended and with all this book to many friends, the majority of whom aren't Jewish. Wisdom to Thanks Superlatives for Rabbi Friedman's Jewish Wisdom, justly earned. So right now the Divine is limited and concealed in a world of darkness" (x-xi).g., how exactly we can feel whole when our anatomies are wearing down). A perfect gift! Respect & Joseph, retired from 14 years as a going to professor at Rutgers Rules School - Camden specializing in legal ethics. She offered a talk on dementia & That is a reserve that takes later years as a part of real life any other- using its unique challenges and in addition its' benefits. For the light to become integrated into our lifestyle requires our learning to step back and make room. I will use it in my personal & professional existence. Thought-provoking I will be rereading this book and reflecting on the wise suggestions. She is a terrific teacher and speaker She is a terrific teacher and speaker. Almost every wisdom custom I'm aware of includes the need to summary unfinished business. Nothing to hesitate of Very insightful book about growing older with grace. Good find. Class material. Quite a few years ago I heard an interview on NPR in which a man had written a memoir of his lifestyle with his father. I strongly recommend you buy this book for yourself and present it to loved ones as well! I highly recommend this book.



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