

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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Offers inspiration and guidance to help you help to make greater meaning and flourish amid the challenges of aging. It taps ancient Jewish wisdom for values, tools and precedents to frame brand-new callings and beginnings, shifting family roles, and experiences of illness and death. For personal make use of and caregiving configurations. For seekers of most faiths;



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ASKING THE PROPER QUESTIONS HELPS TO Help to make THE PILGRIMAGE MORE MEANINGFUL
JEWISH WISDOM for GETTING OLDER: Getting Your Grit and Grace Beyond Midlife by Rabbi Dayle Friedman 2015 Jewish Lighting Publishing The problem of aging isn't to remain young; So now the Divine is limited and concealed in a world of darkness" (x-xi). Connie Goldman The Connie Goldman quotation at the beginning of the book pieces the tone for the whole book. Quite a few years ago I heard an interview on NPR in which a man wrote a memoir of his existence with his father. Occasionally it takes crashing right into a truth that is greater than our denial that allow us to discover reality.") The memory of his father's usage of this term shaped the choices the boy produced throughout his lifestyle (It really is what I want seeing that my epitaph). Jewish Wisdom lays out a long pilgrimage that includes stories, biblical interpretation, anecdotes, reflections, and exercises. Nothing to be Afraid of Very insightful book about getting older with grace. but which are about the individual relationship with personal, others and God. The book is split into three parts. I will make use of it in my own personal & These blessing are offered for us. growing wiser takes grace and grit. it's not only to get old, but to grow whole to enter into your own. Good find. Good find. I strongly recommend you buy this reserve for yourself and give it to loved ones as well! Luckily Rabbi Dayle Friedman will there be to help us get used to the idea, and give us support in facing restrictions and obtaining spiritual expansiveness. Each chapter includes questions for reflection, so it offers forewarning that brokenness will participate your daily life and for those people who are currently experiencing their own diminishment, death planning, chaos, and evil it offers perspective, communion, and wish. As one "getting older" (though neither a rabbi nor a healer), I thank her for the tales and phrases from sages both ancient and modern, her assistance, reminders, exercises, and prayers that cause we, the visitors, inexorably to state, Modeh Ani L'fanecha/ or in my own words, many thanks for renewing my soul today. With community there is always someone who has recently been right now there. With Faith and Appreciate there is always Hope. Each chapter concludes with a blessing. The revelation sometimes comes with the saying that, "keeping onto resentments is similar to taking poison and expecting the other person to die. But I love how Rabbi Dayle puts it; "Beginning Again (and Again). Most people seldom face actuality, we have instead be trained to live our anticipations (which may actually be someone else's goals). The joke around the 12 Stage Community is normally that De Nile is not just a river in Egypt. The title was based on his dad's preferred saying: "Might AS WELL BE CONSIDERED A Mensch" (Yiddish for "'a person of integrity and honor. We discover not just that what we experience outside of ourselves is not real, we also find that there is much on the inside that should be reexamined. She knows of what she speaks and she speaks with a deep sense of compassion and caring. Nowadays there are numerous books relating to forgiveness as among the major tasks that require to be tackled to achieve satisfaction or wellbeing in later on life. Section Two of the book is about our understanding how to collect light." Forgiveness is really a matter of self care. The unpredicted piece is that forgiveness may carry an element of grief; we again have to let proceed of that which can't be and accept the present possibilities. The rest of the section is about finding your way through and accepting unavoidable diminishment (and loss of life), encouraging us to watch for and select paths that deepen our romantic relationship to the divine. Once again the book locations before us choices that challenge the sacred cows of our lifestyle. Mindfulness becomes the new mantra because of this time of life. I would say that the last section of the book is to gather all of the fragments of light that we have discovered, integrate it into our existence and offer it back again as our tribute alive. You can find the young presents that people have to offer that are half developed but filled with vigor, but then there are the mature gifts which have grown through the "grit and grace beyond midlife" Through grace we grow older; The light that was abundant and omnipresent was suddenly concealed and dispersed encased in shards (helicopter) of the vessels that had been meant to contain it. For the light to become integrated into our life requires our learning to step back again and make room. Two more items makes this book really worth the cost, time for it to buy and examine. In the appendix there exists a guide

for Book Groupings and Wisdom Circles. One of the best methods to combat Ageism in our worshipping communities is the establishment of wisdom circles, particularly intergenerational wisdom circles.”(Psalm 90:12) p. Just how through has something to do with locating the fragments of existence that are concealed throughout creation. I believe that there is power in blessing, particularly if we allow words wash over us and its own intention are heard not merely by the divine but by our very own brain and center. God contracted the divine presence to make room for the world, however in a devastating cosmic accident, the vessels intended to hold God's light shattered. May you match the promise of your mins, hour, and days. May you develop in persistence. May you extend 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. This publication gives clear instructions.109. Luckily Rabbi Dayle Friedman will there be to help us get ... For the infant boomer generation who has changed every life stage as we've passed through - fomenting a sexual revolution, reclaiming our anatomies (Hello, Our Bodies Our Selves), demanding less medicalized childbirths, doing yoga, working marathons, et al - now we are getting old. We appear at: Ageism Loss of Loved Ones Death - OUR VERY OWN Mortality Diminishment of Our Bodies Caring for all those We Love BECAUSE THEY Become Fragile Dementia There is no denial of the pain. I think this is a fantastic book not simply for us older people, who are caring for even OLDER people, but our children. Seniors and our children are much closer, in many ways, than many of us were to our parents, and our soon-to-be middle-aged kids will be pleased to avail themselves of Friedman's explanation and insights, too. wise and compassionate information predicated on decades of experience As a rabbi, Dayle Friedman knows spiritual perspectives on aging; as a counselor and teacher to counselors, she's decades of connection with working with a large number of people who are maturing, and with their care-givers. She's found a way of bringing together both perspectives of physical and spiritual actuality and she shares them in this publication. She will not flinch from the realities and hardships of failing bodies and thoughts, and yet she reminds us that there surely is always the possibility of getting learning and wisdom through the pain; of finding reasons for gratitude; and of acquiring assistance to others through sharing understanding of experiences that ultimately we all will have. Almost every wisdom custom I'm aware of includes the necessity to wrap up unfinished business. A perfect gift! It is a book to be savored by anyone looking for a path to centering existence meaningfully. The book sparked an excellent conversation between us across the generations!g. He appreciated that her eyesight of aging was neither all doom and gloom nor overly glucose coated. That is a book that takes old age as a part of life like any other-- with its unique challenges and also its' rewards. Each chapter reminds us that every loss gives a choice concerning our response. Wisdom to Thanks Superlatives for Rabbi Friedman's Jewish Wisdom, justly earned. With God there is always something even more.- Donald K. Joseph, retired from 14 years as a visiting professor at Rutgers Regulation School - Camden specializing in legal ethics. I have recommended and with all this book to numerous friends I've recommended and given this book to many friends, the majority of whom aren't Jewish. I gave this publication with great satisfaction to my 90 12 months old dad who, despite a skepticism approximately "spirituality," browse it from cover to cover and was deeply moved. professional life. My dad was especially impressed by the decades of professional and personal experience that stand behind Rabbi Friedman's words., how exactly we can feel whole when our anatomies are breaking down). At the end of the publication, her reflections on locating purpose in life and on practicing blessings present guidance to people just beginning the trip of adulthood and also those arriving at the end of the journey. She gave a talk on dementia & I highly recommend this book An outstanding read. Respect & it touched my heart. I ordered her publication to learn more of her Wisdom. The overriding metaphor by which Jewish wisdom is usually revealed comes from a rabbinic tale of creation: “God got designed to fill the globe with the divine light, but the world could not endure this extreme and overpowering splendor. Rabbi Friedman truthfully addresses the paradoxes of ageing (e. I highly recommend this book. She is a good teacher and speaker She is a good

instructor and speaker. This reserve is definitely a summation of her talks and a brief and delightful read. As a Gentile / Goy / Christian (take your choose) I'm likely to hear some phrases with which I'm not really familiar, be introduced for some rabbinic stories, plus a few new biblical interpretations that challenged my perspective; The first section involves many of the ways we as well are broken by lifestyle. Class material. This is an important reserve because it asks the hard queries. Dignity for the Elders I actually met Rabbi Dayle Friedman at Chautauqua. Thought-provoking I will be rereading this reserve and reflecting on the wise suggestions.



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