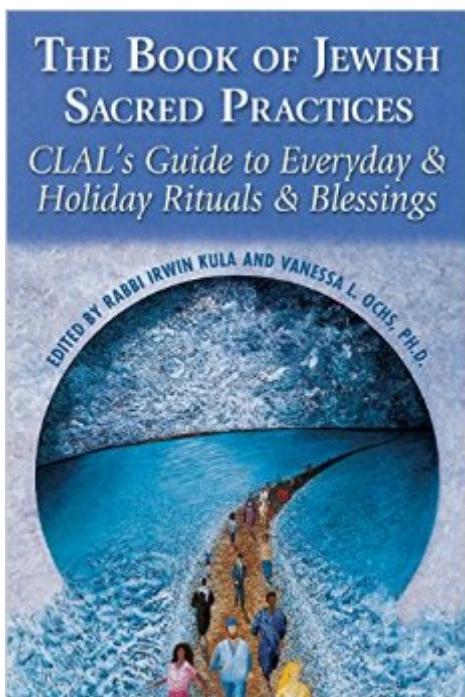


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# The Book Of Jewish Sacred Practices: CLAL's Guide To Everyday & Holiday Rituals & Blessings



## Synopsis

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. Contributors: Rabbi Judith Z. Abrams, PhD & Rabbi Tsvi Blanchard, PhD & Rabbi Daniel Silberman Brenner & Shari Cohen, PhD & David M. Elcott, PhD & Rabbi Niles E. Goldstein & Michael Gottsegen, PhD & Rabbi Irving (Yitz) Greenberg, PhD & Rabbi Steven Greenberg & Rabbi Brad Hirschfield & Janet R. Kirchheimer & David Kraemer, PhD & Rabbi Jennifer E. Krause & Rabbi Irwin Kula & Rabbi Benay Lappe & Rabbi Natan Margalit & Rabbi David Nelson, PhD & Vanessa L. Ochs, PhD & Rabbi Rachel T. Sabath & Robert Rabinowitz, PhD & Andrew Silow-Carroll & Rabbi Lawrence Troster

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## Customer Reviews

Have you ever wondered what your birthday would be like without a cake, candles, gifts, or a birthday song? These are examples of rituals that we associate with the anniversary of our birth. Think about how many events in our lives we have ritualized. Thanks to Hallmark, most of these events include a greeting card. In Judaism, we mark life's milestones with ritual. We bring babies into the fold with a naming ceremony. We are called up to the Torah for an aliyah on our wedding anniversary. We visit the graves of our loved ones before holidays. We crave ritual, and we seek new and different ritual acts for different occasions - imagine if we only recited the shehechiyanu for every milestone in our lives, how would we make that event stand apart? CLAL - the National Jewish Center for Learning and Leadership (full disclosure: I served an internship at CLAL in 2001) has been adding occasions to the list of ritualized events for several years, and now these sacred practices have been compiled into book form. While the book contains many of the acts that are already in the Jewish canon of ritual (e.g. fasting on Yom Kippur, Counting the Omer, and Studying Torah on Shavuot), the contributors, who are all CLAL faculty, put a new spin on these events. So, while we might have found putting up a sukkah to be a very ritualized act, chock-full of religious symbolism, this book offers a way to bring out the significance of taking our sukkah down at the end of the holiday. Indeed, many of you have sent your children off to college or on a summer trip to Israel, and perhaps you would have liked to mark the occasion with a blessing or meditation. This book transforms these actions into sacred acts.

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