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Everyday Holiness The Jewish Spiril

Shabbat adds holiness and chosen-ness to their feelings. The key attitude for each husband is the feeling that his wife is God's gift, the source of his blessings, and a most wonderful manifestation ...

Shabbat's holiness is for everybody and soul

My religion consists of a humble admiration of the illimitable superior spirit who reveals himself ... a child or do we also

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applaud the one whose daily life is filled with good deeds, each ...

Pekudei: Each and Every Day Holiness is Step by Step

If it says yes it is created as a human being and if this soul is a Jewish human being ... be angry with me,” the spirit responds. “I am a dead man. Every day I am punished anew by being ...

Holiness: From pre birth to post death

Judaism teaches us to be attached to holiness ... glimpses into the daily life of the Middle Ages. This applies all the more when the text of the manuscript is a prayer book, describing the order of ...

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In Those Days, At This Time: Holiness and History in the Jewish Calendar

Sunday, June 9, on both the Jewish and Christian calendars is Pentecost Sunday ... Some people mocked them, some said they were drunk, but God had filled them with the Holy Spirit and thousands came ...

Matney: The Holy Spirit points to Jesus at Pentecost

Two thousand years ago, the apostles Peter and John stood before an intimidating group of Jewish leaders known ... filled with the Holy Spirit, said to them ..." (Acts 4:8).

Speaking truth to power through the Holy Spirit

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It's one of the great perks of making a living as an entertainer in the Jewish world ... In spite of hundreds of rockets launched daily, we drove to Beit Shemesh, Nof Ayalon, Ranana, Petach ...

My Journey to the Israeli in Me

Rabbi Dov Begon is founder and head of Machon Meir institutions, dedicated to Jewish learning BeAhava UveEmunah (with Love and in Faith), in the spirit ... say, "Holy beings praise You daily." ...

You Shall Be Holy

The name in the everyday speech ... There is unbroken identity of Jewish race and Jewish mind down to our times;

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but the great revival can take place only in the Holy Land.' He believed that ...

A Jewish Palestine

The Feast commemorates the descent of the Holy Spirit upon the Apostles on the day of Pentecost, a feast of the Jewish tradition ... the book of Acts states that the newly baptized continued daily to ...

Feast of Holy Pentecost

The Apostle John, under the influence of the Holy Spirit's revelatory power ... church with language and examples pertinent to their everyday lives. "I know your deeds, that you are neither ...

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How to Avoid Becoming a Lukewarm Church like Laodicea

(Romans 8:26 NIV) Paul's heart was with his Jewish brothers and sisters ... We can only do this by letting the Holy Spirit fill us and control our emotions every day. Our prayer for wisdom ...

6 Ways to Pray for Those Who Disagree with Us

Chanukah celebrates the victory of the Maccabees over the mighty Greek army, and their rededication of the Holy Temple in Jerusalem ... were keen on conquering not only the Jewish state but also the ...

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40. Holidays - Part 4

The Chalutzim program at Wisconsin's Olin-Sang-Ruby Union Institute, the Reform summer camp known as OSRUI, is famous for its Israeli counselors, two hours of daily Hebrew class, and a ...

How are Jewish summer camps talking about Israel? It's complicated.

He quoted the testimony of a Jewish survivor who had been forced by Mengele to starve her own newborn child to death: "The child grew thinner and thinner, weaker and weaker. Every day Mengele ...

My Grandfather the Zionist

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For more than 3,300 years, Jewish families from all over gather ... and enabling him or her to forge a new path toward a life of holiness and spiritual meaning. The Seder is a whole-person ...

Chabad Jewish Center to offer Community Passover Seder

The naming of the three houses of worship recognizes the work of His Eminence Grand Imam Al Tayeb, His Holiness Pope Francis ... the complex will offer a variety of daily programs and activities ...

Interfaith Abrahamic Family House in UAE to Open in 2022

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A progressive, Reform Jewish congregation ... Lenox Road. Holy Eucharist at 9 a.m. Information: trinitylenox.org or 413-637-0073. Trinity Episcopal: 88 Walker St. Holy Eucharist at 7:45 and 10:30 a.m.

Area Religious Services for June 19-25

St. Mary: 140 Main St. Masses: 4 p.m. Saturday; 8 & 11 a.m. Sunday; Daily Mass 7 a.m. Monday-Friday ... Living Hope Community Church: 45 River St. Holy Spirit-filled worship at 10:30 a.m. Bible study ...

The myriad events and interactions that make up our everyday life provide a rich opportunity for us to examine our

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impulses and actions and grow spiritually, according to the Jewish practice of Mussar. Mussar is an eminently wise, practical, and effective way to cultivate awareness, gratitude, personal growth, and ethical action on a daily basis. The path has its origins in Orthodox Judaism but it has become popular with Jews of all affiliations who are interested in a practice that can infuse daily life with more purpose and meaning. This daybook will be an essential companion to anyone who wants to experience this life-changing contemplative practice. Using a "soul trait" such as honesty, courage, enthusiasm, honor, and equanimity as a starting point, each practice page includes:

- a teaching that illuminates the trait of the day
- an affirmation phrase focused on that trait
- a practical exercise to expand our experience of the trait
- a space for journaling

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about experiences with the trait To learn more, visit www.mussarinstitute.org.

Bring your everyday life into alignment with your aspirational values through Mussar, a thousand-year-old Jewish practice of spiritual growth based on mindful living. Perfect for anyone, regardless of age or experience, this comprehensive book presents thirteen soul traits—ranging from humility and gratitude to trust and honor—and the simple daily actions you can take to develop them. Drawing on universal principles and providing grounded instruction, *The Spiritual Practice of Good Actions* helps you explore soul traits through daily techniques and exercises, including mantras, mindful observation, and journaling. Nurture your spirit with inspiring

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stories and build a soul trait profile to better understand yourself. By dedicating two weeks of practice to each trait, you'll see major changes in how you approach the world and feel empowered to be your best self. Praise: "The Spiritual Practice of Good Actions opens wide the doors to a traditional Jewish spiritual practice that has the power to transform your life."—Alan Morinis, Dean, The Mussar Institute and author of *Everyday Holiness* "Weaving ancient wisdom with twenty-first-century circumstances, Greg Marcus beautifully presents how the teachings of Mussar can bring you a deeper sense of purpose and a better life."—Tiffany Shlain, Emmy-nominated filmmaker and creator of *The Making of a Mensch*

An indispensable resource to embodied spirituality reveals

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how to experience God rather than just engage God as an idea, sharing physical exercises, meditation practices, and visualization activities that will join body and spirit. Original.

This essential introduction to Judaism's notions of spirit as they relate to God is designed to inform both Jews and Christians who are studying what it means when we say that God is spirit. Exploring the Hebrew Bible, Midrash, and other rabbinic writings, Rabbi Timoner uncovers surprising insights about how God as spirit influences Jewish ideas of creation, revelation, and redemption. Written with an accessible and engaging voice, full of stories and relevant teachings, *Breath of Life* speaks to lay readers and scholars alike, as it pursues a new perspective on Judaism's sacred texts. This book

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promises Christian readers meaningful insights on their own notions of God as Holy Spirit while giving Jewish readers a new look at their own tradition. "In easy but deceptively profound language, Rachel Timoner deftly savors the essential unknowability of God, the ubiquity of Torah and the mystery of redemption. She's given us an immensely literate and serious, contemporary Jewish theology. Breath of Life is a spiritual tour de force." -Rabbi Lawrence Kushner, Scholar in residence at Congregation Emanu-El of San Francisco, and author of many books including Kabbalah: A Love Story "Any reader keen to cultivate a robust spirituality should read this little book. Jews and Christians may discover here something to talk about—scriptures we share and a quality of God we have in common." -John R. (Jack) Levison, author of

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Filled with the Spirit; Professor of New Testament, Seattle Pacific University

Jewish by birth, though from a secular family, Alan Morinis explored Hinduism and Buddhism as a young man. But in 1997, in the face of personal crisis, he turned to his Jewish heritage for guidance. In his reading he happened upon a Jewish spiritual tradition called Mussar. Gradually he realized that he had stumbled upon an insightful discipline for self-development, complete with meditative, contemplative, and other well-developed transformative practices designed to penetrate the deepest roots of the inner life. Eventually reaching the limits of what he could learn on his own, he decided to seek out a Mussar teacher. This was not an easy

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task, since almost the entire world of the Mussar tradition had been wiped out in the Holocaust. In time, he found an accomplished master who stood in an unbroken line of transmission of the Mussar tradition, and who lived in the center of a community of Orthodox Jews on Long Island. This book tells the story of Morinis's journey to meet his teacher and what he learned from him, revealing the central teachings and practices that are the spiritual treasury and legacy of Mussar. To learn more about the author, Alan Morinis, go to www.mussarinstitute.org.

Mussar is an illuminating, approachable, and highly practical set of teachings for cultivating personal growth and spiritual realization in the midst of day-to-day life. Here is an

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accessible and inspiring introduction to this Jewish spiritual path, which until lately has been best known in the world of Orthodox Judaism. The core teaching of Mussar is that our deepest essence is inherently pure and holy, but this inner radiance is obscured by extremes of emotion, desire, and bad habits. Our work in life is to uncover the brilliant light of the soul. The Mussar masters developed transformative teachings and practices—some of which are contemplative, some of which focus on how we relate to others in daily life—to help us to heal and refine ourselves. To learn more about the author, visit his website: www.mussarinstitute.org

In Sacred Therapy Estelle Frankel travels to the heart of Jewish mysticism to reveal how people of any faith can draw

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upon this rich body of teachings to gain wisdom, clarity, and a deeper sense of meaning in the midst of modern life. In an engaging and accessible style, Frankel brings together tales and teachings from the Bible, the Talmud, Kabbalah, and the Hasidic traditions as well as evocative case studies and stories from her own life to create an original, inspirational guide to emotional healing and spiritual growth.

The language of holiness seems outdated. It is a word that comes to us thwarted by a negative history, associated with undesirable restrictions and oppressive legalisms. What do you do with a term that has been negatively socialized, even among churches, when the God of the Bible clearly states that He wants His people to be holy? Holy Spirit, Holy Living

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aims to dust off the discarded idiom and rediscover the depth and splendor of holiness. What are some practical implications for theological and spiritual practice? Two broad categories express the particularity of the Church in the world. As such the Church must maintain peculiarity to the world. First, holiness properly understood speaks to being and acting in a way that reflects both a regenerated life in Christ and the ongoing renewal in Christ by the power of the Holy Spirit. Secondly, holiness as a lifestyle must include at least three principles: rest, being, and doing. These three standards undergird a life of conviction of faith and practice, worship for God, and service to others. A holy life follows Christ and is Spirit-filled. It is unbent by society, which is numb to what God wants.

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Everyday Holiness presents the spiritual journey to and with Christ as possible, noble, challenging, and rewarding. It describes the many aspects of holiness and how it is essential to our growth in Christ. Holiness is the most important developmental area in life and the greatest goal to which we can aspire. The Doctor of the Church St. Francis de Sales wrote: "All of us can attain Christian virtue and holiness no matter in what condition of life we live and no matter what our life's work may be." This book should be read slowly, prayerfully, and seriously. It invites us to ponder the meaning of life and how holiness benefits every aspect of our church, our society, and ourselves. Because all good things lead to God, the book infuses a deeper meaning into the ordinary

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circumstances of daily life, thus showing how holiness is not a static reality but a dynamic force that transforms every aspect of our day. The book is replete with concrete examples and practical illustrations that show how living holiness is possible today. Indeed, holiness is our greatest need, deepest joy, and hardest challenge. Everyday Holiness is for everyone who wants to love God more and serve him better.

Here is a spiritual practice for developing a strong and open heart—drawn from Judaism’s Mussar tradition. Mussar draws from the vast storehouse of Jewish wisdom, law, revelation, and text and brings it right home in a way that is completely practical. Judaism teaches that Torah (the collective wisdom of the tradition) provides the blueprint for human

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experience—and so the more of it we acquire, the more we gain a clearer, truer perspective on life and learn how to navigate its pathways. The phrase "acquiring Torah" is code for the process of internalizing this wisdom to bring about a genuine transformation of the inner self. In short, accessible chapters, this book describes forty-eight methods through which we can acquire Torah—and turns them into a straightforward practice. These methods include cultivating humility, joy, awe, goodheartedness, closeness with friends, not taking credit for oneself, judging others favorably, and so on. The fruit of working through each quality or method is a refined soul and a strong and open heart.

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