

# 60 Days A Spiritual Guide To The High Holidays

# 60 Days a Spiritual Guide to the High Holidays: A Critical Analysis of its Impact on Current Trends

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Publisher: Jewish Lights Publishing, a well-respected publisher known for its high-quality books on Jewish spirituality, practice, and culture. Their reputation for rigorous editing and insightful content lends credibility to '60 Days a Spiritual Guide to the High Holidays'.

Editor: Rabbi David Zaslow, a seasoned editor with over 20 years of experience in religious publishing and a deep understanding of Jewish liturgical practice.

## **Introduction: Navigating the High Holidays with '60 Days a Spiritual Guide to the High Holidays'**

The High Holidays – Rosh Hashanah and Yom Kippur – represent a pivotal moment in the Jewish calendar, a time for introspection, repentance, and spiritual renewal. In recent years, there has been a growing demand for resources that cater to a wider range of spiritual needs and practices, moving beyond traditional liturgical approaches. '60 Days a Spiritual Guide to the High Holidays' attempts to meet this demand by offering a structured, daily guide to enhance the spiritual experience leading up to and encompassing these significant holy days. This analysis will examine the book's approach, its strengths and weaknesses, and its impact within the context of contemporary Jewish spirituality.

## **A Deep Dive into '60 Days a Spiritual Guide to the High Holidays': Content and Approach**

'60 Days a Spiritual Guide to the High Holidays' distinguishes itself from traditional High Holiday guides by focusing on a longer, more gradual preparation period. Instead of solely addressing the immediate days of the holidays, it encourages a sustained period of self-reflection and spiritual engagement. The daily entries typically include:

**Readings:** Selections from Jewish texts, often paired with contemporary reflections. This approach bridges the gap between traditional sources and modern sensibilities.

**Meditations:** Guided meditations designed to foster introspection and connect with deeper spiritual themes. The inclusion of meditation reflects the growing popularity of mindfulness practices within Jewish communities.

**Practices:** Suggestions for actions, such as acts of kindness (Gemilut Chasadim), journaling, or

engaging in specific prayers or rituals. The emphasis on active engagement is a significant strength, encouraging readers to internalize their spiritual journey rather than passively consuming information.

**Thematic Focus:** Each day builds upon the previous one, gradually deepening the exploration of relevant themes like repentance (Teshuva), forgiveness (Selichot), and self-improvement (Tikkun Olam). This structured approach is beneficial for those seeking a focused spiritual path during this intense period.

## **Strengths and Weaknesses of '60 Days a Spiritual Guide to the High Holidays'**

One of the primary strengths of '60 Days a Spiritual Guide to the High Holidays' is its accessibility. The language is clear and avoids overly technical or esoteric terminology, making it suitable for a broad audience, including those new to Jewish spirituality or those seeking a fresh approach to established traditions. The inclusion of diverse practices appeals to a variety of learning styles and preferences. The structured daily format provides a supportive framework, especially valuable for those who find the High Holidays overwhelming or lack a clear spiritual path.

However, '60 Days a Spiritual Guide to the High Holidays' may not fully resonate with all readers. Some might find the daily structure overly rigid, preferring a more flexible approach to spiritual practice. The emphasis on individual introspection may overlook the communal aspect of the High Holidays, which is central to traditional Jewish observance. The book's contemporary approach might also face criticism from those who prioritize strict adherence to traditional liturgical practices. Furthermore, the selection of readings and the interpretations offered may not entirely align with the beliefs and practices of all Jewish denominations, potentially leading to a lack of inclusivity for certain readers.

## **Impact on Current Trends in Jewish Spirituality**

'60 Days a Spiritual Guide to the High Holidays' reflects several significant trends in contemporary Jewish spirituality:

**The rise of mindfulness and contemplative practices:** The incorporation of meditation and mindfulness techniques demonstrates the growing integration of these practices within Jewish life.

**Emphasis on personal engagement and self-reflection:** The book encourages active participation, shifting away from a purely passive consumption of religious texts and rituals.

**Desire for accessible and user-friendly resources:** The clear, concise writing style caters to a broader audience seeking meaningful spiritual engagement.

**Focus on social justice and Tikkun Olam:** The emphasis on acts of kindness and social responsibility aligns with a growing concern for ethical action within Jewish communities.

However, it also reveals the ongoing tension between traditional observance and contemporary adaptation. While the book's modern approach broadens its appeal, it simultaneously risks alienating

those who prioritize strict adherence to established practices. The success of '60 Days a Spiritual Guide to the High Holidays' hinges on its ability to navigate this delicate balance and appeal to a diverse range of spiritual seekers.

## Conclusion

'60 Days a Spiritual Guide to the High Holidays' offers a valuable contribution to the growing body of literature addressing contemporary Jewish spirituality. Its structured approach, accessible language, and incorporation of mindfulness practices make it a potentially effective tool for individuals seeking a deeper engagement with the High Holidays. However, its success lies in its ability to cater to a broad spectrum of spiritual needs while respectfully acknowledging the diversity of beliefs and practices within the Jewish community. Its impact is likely to continue shaping the evolving landscape of High Holiday preparation and observance, demonstrating the adaptability of Jewish tradition in the modern world.

## FAQs

1. Is '60 Days a Spiritual Guide to the High Holidays' suitable for beginners? Yes, its accessible language and clear structure make it ideal for those new to Jewish spirituality.
2. Does the book include traditional prayers and liturgical elements? While it incorporates elements from traditional texts, the focus is on contemporary reflection and practices.
3. Can this book be used by individuals from different Jewish denominations? While generally inclusive, some interpretations and practices may not resonate with all denominations.
4. What makes '60 Days a Spiritual Guide to the High Holidays' different from other High Holiday guides? Its unique 60-day preparation period and focus on daily practices distinguish it from more traditional guides.
5. Is the book only for religious Jews? No, it can be beneficial to anyone seeking spiritual growth and reflection during the High Holidays.
6. Does the book promote a specific school of Jewish thought? While drawing inspiration from various sources, it avoids promoting any single school of thought.
7. How much time commitment is required each day? The daily entries are concise, but the time commitment depends on individual engagement with the suggested practices.
8. Is there an online component or community associated with the book? Currently, there isn't an explicit online community, but further research may reveal community discussions.
9. Is this book suitable for someone who doesn't have a strong background in Jewish history or

traditions? Yes, its accessible style caters to diverse readers, regardless of their background.

## Related Articles:

1. High Holiday Reflections: A Personal Journey: A personal essay exploring individual experiences and insights gained from using '60 Days a Spiritual Guide to the High Holidays'.
2. The Psychology of Repentance: Applying Insights from '60 Days': An examination of the psychological aspects of Teshuva (repentance) drawing on the book's guidance.
3. Mindfulness and Jewish Spirituality: A Practical Approach using '60 Days': An exploration of integrating mindfulness practices within a Jewish spiritual framework inspired by the book.
4. The Community Impact of the High Holidays: A Comparative Study: A study comparing traditional communal observances with the individual approach promoted in '60 Days'.
5. Modern Adaptations of Ancient Texts in '60 Days a Spiritual Guide': An analysis of how the book bridges traditional sources and contemporary interpretations.
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8. Tikkun Olam in Action: Practical Application of Social Justice During the High Holidays: A discussion about taking action on social justice themes inspired by the book's emphasis on Tikkun Olam.
9. Book Review: '60 Days a Spiritual Guide to the High Holidays' - A Comparative Perspective: A review comparing this book with other High Holiday guides, highlighting unique features and drawbacks.

**60 days a spiritual guide to the high holidays: 60 Days** Simon Jacobson, 2003-01-01 Taps into the special energy of Elul and Tishrei. The daily plan covers the entire spectrum of human experience and addresses the different areas of behavior needed to achieve reconciliation and renewal, sanctity and joy.

**60 days a spiritual guide to the high holidays: Entering the High Holy Days** Reuven Hammer, 2005-07-01 The High Holy Days -- Rosh Hashanah and Yom Kippur -- are for many Jews the highlight of the Jewish year. The liturgy for the Days of Awe are the longest and most complex of the year, leaving a large number of attendees without a complete understanding of the occasion's significance. Entering The High Holy Days provides historical background and interpretation of the ideas, practices, and liturgy and lends them contemporary relevance to today's Jews. Reuven Hammer received his ordination and doctorate in theology from the Jewish Theological Seminary of America. He is the former president of the Rabbinical Assembly and head of the Rabbinical Court of

the Masorti Movement.

**60 days a spiritual guide to the high holidays: *Toward a Meaningful Life*** Simon Jacobson, 2017-12-26 *Toward a Meaningful Life* is a spiritual road map for living based on the teachings of one of the foremost religious leaders of our time: Rabbi Menachem Mendel Schneerson. Head of the Lubavitcher movement for forty-four years and recognized throughout the world simply as “the Rebbe,” Menachem Mendel Schneerson, who passed away in June 1994, was a sage and a visionary of the highest order. *Toward a Meaningful Life* gives people of all backgrounds fresh perspectives on every aspect of their lives—from birth to death, youth to old age; marriage, love, intimacy, and family; the persistent issues of career, health, pain, and suffering; and education, faith, science, and government. We learn to bridge the divisions between accelerated technology and decelerated morality, between unprecedented worldwide unity and unparalleled personal disunity. Although the Rebbe’s teachings are firmly anchored in more than three thousand years of scholarship, the urgent relevance of these old-age truths to contemporary life has never been more manifest. At the threshold of a new world where matter and spirit converge, the Rebbe proposes spiritual principles that unite people as opposed to the materialism that divides them. In doing so, he continues to lead us toward personal and universal redemption, toward a meaningful life, and toward God.

**60 days a spiritual guide to the high holidays: *Preparing Your Heart for the High Holy Days*** Kerry M. Olitzky, 1996

**60 days a spiritual guide to the high holidays: *Beyond Breaking the Glass*** Rabbi Nancy H. Wiener, D.Min., 2013-02 This is the book for all of today’s couples. Explores the rich history of Jewish wedding customs and rituals throughout the centuries while providing contemporary interpretations and creative options. Published by CCAR Press, a division of the Central Conference of American Rabbis

**60 days a spiritual guide to the high holidays: *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.

**60 days a spiritual guide to the high holidays: *This Is Real and You Are Completely Unprepared*** Alan Lew, 2003-08-01 In this “journey of spiritual transformation” (Publishers Weekly) award winning author Rabbi Alan Lew follows the practices and rituals of the Jewish High Holy Days and guides readers through heartbreak, contemplation, and re-birth. There are times in life when we are caught utterly unprepared: a death in the family, the end of a relationship, a health crisis. These are the times when the solid ground we thought we stood on disappears beneath our feet, leaving us reeling and heartbroken, as we stumble back to our faith. The Days of Awe encompass the weeks preceding Rosh Hashanah up to Yom Kippur, a period in which Jews take part in a series of rituals and prayers that reenact the journey of the soul through the world from birth to death. This is a period of contemplation and repentance, comparable to Lent and Ramadan. Yet, for Rabbi Alan Lew, the real purpose of this annual passage is for us to experience brokenheartedness and open our heart to God. In *This Is Real and You Are Completely Unprepared*, Lew has marked out a journey of seven distinct stages, one that draws on these rituals to awaken our soul and wholly transform us. Weaving together Torah readings, Buddhist parables, Jewish fables and stories from his own life, Lew lays bare the meanings of this ancient Jewish passage. He reveals the path from terror to

acceptance, confusion to clarity, doubt to belief, and from complacency to awe. In the tradition of *When Bad Things Happen to Good People, This Is Real And You Are Completely Unprepared* enables believers of all faiths to reconnect to their faith with a passion and intimacy that will resonate throughout the year.

**60 days a spiritual guide to the high holidays:** *What Would You Do If You Weren't Afraid?* Michal Oshman, 2021-05-04 Discover the secrets to a fearless, meaningful life, found in the wisdom of Jewish scripture. Today, more than ever, we act out of fear. We fear change, rejection, failure, and suffering. But what if we could find a way to live that challenges conventional Western psychology and looks to the future instead of picking over the past? What if we could replace our fear with purpose, and discover our potential for growth instead of focusing on our limits? *What Would You Do If You Weren't Afraid?* draws on a wide range of chassidus (Jewish principles) to offer a new philosophy for life. With its uplifting belief that you already have all the ingredients within and around you to lead a joyous life, this ebook will help you to reconnect with your courage and move forward freely, without fear.

**60 days a spiritual guide to the high holidays:** *To Be a Jew* Hayim H. Donin, 2019-08-13 The inimitable, classic guide to the ageless heritage of Judaism, from Rabbi Hayim H. Donin, an incomparable teacher and interpreter of Jewish laws and practice. Embraced over many decades by hundreds of thousands of readers, *To Be a Jew* offers a clear and comprehensive introduction to traditional Jewish laws and customs as they apply to daily life in the contemporary world. In simple and powerful language, Rabbi Hayim Halevy Donin presents the fundamentals of Judaism, including the laws and observances for the Sabbath, the dietary laws, family life, prayer at home and in the synagogue, the major and minor holidays, and the guiding principles and observances of life, such as birth, naming, circumcision, adoption and conversion, Bar-mitzvah, marriage, divorce, death, and mourning. Ideal for reference, reflection, and inspiration, *To Be a Jew* will be greatly valued by anyone who feels that knowing, understanding, and observing the laws and traditions of Judaism in daily life is the essence of what it means to be a Jew.

**60 days a spiritual guide to the high holidays:** *A Book of Life* Michael Strassfeld, 2002 A comprehensive guide to Jewish spiritual practices, with explanations based on Talmudic and Midrashic texts as well as Hasidic and mystical stories, includes a survey of daily prayers, Shabbat rituals, holidays, Torah study, Jewish meditation, and more.

**60 days a spiritual guide to the high holidays:** *Being Jewish* Ari L. Goldman, 2007-10-02 What does it mean to be Jewish in the 21st century? Goldman offers eloquent, thoughtful answers to this and other questions through an absorbing exploration of modern Judaism.

**60 days a spiritual guide to the high holidays:** *The Last Kabbalist of Lisbon* Richard Zimler, 2000-03-15 International Bestseller: "A moody, tightly constructed historical thriller . . . a good mystery story and an effective evocation of a faraway time and place." —The New York Times After Jews living in sixteenth-century Portugal are dragged to the baptismal font and forced to convert to Christianity, many of these New Christians persevere in their Jewish prayers and rituals in secret and at great risk; the hidden, arcane practices of the kabbalists, a mystical sect of Jews, continue as well. One such secret Jew is Berekiah Zarco, an intelligent young manuscript illuminator. Inflamed by love and revenge, he searches, in the crucible of the raging pogrom, for the killer of his beloved uncle Abraham, a renowned kabbalist, discovered murdered in a hidden synagogue along with a young girl in dishabille. Risking his life in streets seething with mayhem, Berekiah tracks down answers among Christians, New Christians, Jews, and the fellow kabbalists of his uncle, whose secret language and codes by turns light and obscure the way to the truth he seeks. A marvelous story, a challenging mystery, and a telling tale of the evils of intolerance, *The Last Kabbalist of Lisbon* both compels and entertains. "The story moves quickly . . . a literary and historical treat." —Library Journal "Remarkable . . . The fever pitch of intensity Zimler maintains is at times overwhelming but never less than appropriate to the Hieronymous Bosch-like landscape he describes. Simultaneously, though, he is able to capture, within the bedlam, quiet moments of tenderness and love." —Booklist (starred review)

**60 days a spiritual guide to the high holidays: *I Love Jesus, But I Want to Die*** Sarah J. Robinson, 2021-05-11 A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn’t cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you’re left wondering if God has abandoned you. You just want a way out. But there’s hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn’t look like what you expect.

**60 days a spiritual guide to the high holidays: *Speaking of Faith*** Krista Tippett, 2008-01-29 A thought-provoking, original appraisal of the meaning of religion by the host of public radio's *On Being* Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to explore complex subjects like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life-and of listening with care to those who endeavor to understand those mysteries-is nothing short of revolutionary.

**60 days a spiritual guide to the high holidays: *God, Torah, Messiah*** Louis Goldberg, 2009-10-15

**60 days a spiritual guide to the high holidays: *Toward a Meaningful Mood*** Simon Jacobson, 2018-02-20 Everyone has moods - good moods, bad moods, highs and lows. A big part of life is balancing our moods, appreciating the bright moments and dealing with the duller and darker ones. *Toward a Meaningful Mood* is a revolutionary take on moods in general, and specifically how to transform the bad ones into good. By analyzing and addressing the core issues at the heart of a bad mood, it offers meaningful solutions to a very personal and pertinent issue. *Toward a Meaningful Mood* will supplement your self-help and self-betterment arsenal so that next time you are faced with a dark disposition you will be armed with illuminating skills to understand and transform it. By bringing more meaning into your personal life, you will make a more meaningful impact on the rest of the world. *Toward a Meaningful Mood* includes over 90 pages of insights, Meaningful exercises (MeXercises) and Tranquil meditations (MeDitations). It will change the way you see moods -- and eBooks -- forever!

**60 days a spiritual guide to the high holidays: *Healing Is the New High*** Vex King, 2021-04-13 Achieve genuine inner healing, let go of past trauma and find clarity, resilience and freedom with #1 Sunday Times bestselling author Vex King. Vex King developed inner healing techniques to help him find freedom from his troubled past and heal his emotional pain and trauma. Since then he’s helped hundreds of thousands of people to move forward on their own healing journey. In this book, Vex provides an experience of healing through the layers of the self using yogic principles and unique practices. These techniques are simple, accessible and have the power to produce exceptional results. They include: · Working with your body’s energy · Exploring and raising your inner vibration · Creating positive relationships · Exploring your personal history and rewriting limiting beliefs · Uncovering your true self and reigniting your fire Taking charge of your inner healing is one of the greatest acts of self-love. By committing to this process and raising your

vibration – the energy that courses through you and you radiate out into the world – you'll create space to welcome more joyful experiences into your life.

**60 days a spiritual guide to the high holidays:** Homosexuality and the Politics of Truth Jeffrey Satinover, 1996-02-01 A Christian psychiatrist examines the latest research, refuting the alleged genetic basis for homosexuality and assessing the social power homosexuals have gained.

**60 days a spiritual guide to the high holidays:** Living Judaism Wayne D. Dosick, 2009-10-13 In *Living Judaism*, Rabbi Wayne Dosick, Ph.D., author the acclaimed *Golden Rules*, *Dancing with God*, and *When Life Hurts*, offers an engaging and definitive overview of Jewish philosophy and theology, rituals and customs. Combining quality scholarship and sacred spiritual instruction, *Living Judaism* is a thought-provoking reference and guide for those already steeped in Jewish life, and a comprehensive introduction for those exploring the richness and grandeur of Judaism.

**60 days a spiritual guide to the high holidays:** *Fully Awake and Truly Alive* Jane Elizabeth Vennard, 2013 Fulfill the reality that the glory of God is the human fully alive. Reverend Vennard is fearlessly awake to the wild dance of life. Rather than sleeping through life, she awakens to it. Rather than escaping from reality, she embraces it. Rather than distracting herself with a life to come, she dares to live the life that is. And she wants you to do all this as well. Read this book. Live this book. Wake up. --from the Foreword In a culture enthralled with technology, striving and speed, people of many faith traditions and no faith tradition long to slow down, pay attention and wake up to the present moment. They want help in realizing their hope that they can become more truly alive. This engaging and highly readable book offers you guidance for the journey. Sharing stories from her personal life as a spiritual seeker and from her professional career as a retreat leader, spiritual director and teacher, Reverend Jane Vennard illustrates the joys and frustrations of spiritual practice, offers insights from various religious traditions, and provides step-by-step exercises and meditations to practice: Caring for the body - Rest - Silence Solitude - Letting go - Community - Hospitality - Service - Living gratefully

**60 days a spiritual guide to the high holidays:** The Book of Blessings and Rituals Athena Perrakis, 2019-07-30 Honor life's milestones and bring sacredness into everyday life. The *Book of Blessings and Rituals* shows you how to create ceremony and meaning around the most important events in your life. Drawing from different world traditions, leading metaphysical teacher Athena Perrakis presents blessings to cover a wide array of occasions and intentions, including holidays and sacred days, love, healing, protection, prosperity and success, lunar blessings and rituals, and manifestation. Organized by month, you'll be able to celebrate the sacred all year long. DIY projects and rituals will help you perform each blessing. You'll learn how to construct medicine bundles and altars, which crystals to use to amplify the rituals or clear energy, and how to smudge for clearing and protection. In addition, you'll learn how to use the power of invocations and blessings to set the energy of your home or event and to assist in amplifying goals and intentions. Deepen your experience of the sacred, find inspiration, and heal with this non-denominational guide to blessings and rituals.

**60 days a spiritual guide to the high holidays:** *My Jewish Year* Abigail Pogrebin, 2017-03-14 In the tradition of *The Year of Living Biblically* by A.J. Jacobs and *Walking the Bible: A Journey by Land Through the Five Books of Moses* by Bruce Feiler comes Abigail Pogrebin's *My Jewish Year*, a lively chronicle of the author's journey into the spiritual heart of Judaism. Although she grew up following some holiday rituals, Pogrebin realized how little she knew about their foundational purpose and contemporary relevance; she wanted to understand what had kept these holidays alive and vibrant, some for thousands of years. Her curiosity led her to embark on an entire year of intensive research, observation, and writing about the milestones on the religious calendar. Whether in search of a roadmap for Jewish life or a challenging probe into the architecture of Jewish tradition, readers will be captivated, educated and inspired by Abigail Pogrebin's *My Jewish Year*.

**60 days a spiritual guide to the high holidays:** *Sixty-One* Chris Paul, 2023-06-20 Instant New York Times, USA Today, Publishers Weekly, and Wall Street Journal Bestseller! A powerful and



unexpected memoir of family, faith, tragedy, and life's most important lessons. The day after future NBA superstar Chris Paul signed his letter of intent to play college basketball for Wake Forest, he received a world-shattering phone call. His grandfather, Nathaniel Papa Jones, a pillar of the Winston-Salem community where he owned and operated the first Black-owned service station in North Carolina, was mugged and ultimately died from a heart attack resulting from the assault. His funeral filled the largest church in the county, which held over one thousand people. He was sixty-one years old. The day after burying his grandfather, Chris was coping the best way he knew how: by playing basketball for his high school team. After pouring in shot after shot, his last attempt was an airball purposely flung out of bounds from the foul line before Chris exited the game. The next day, local news headlines declared that he fell six points shy of the statewide single game high school scoring record. But he accomplished exactly what he set out to do: scoring sixty-one points, one for each year of life lived by his grandfather. In *Sixty-One*, Chris opens up about life beyond basketball and the role his grandfather played in molding him into the man and father he is today. He'll speak about the foundation of faith and family he built his life upon, what it means to be a positive light within your community and beyond, and the importance of setting the proper example for future generations. Most importantly, Chris will talk about his home, Winston-Salem, and the close-knit family and village that raised him to become one of the most respected leaders in all of sports.

**60 days a spiritual guide to the high holidays:** Opening Your Heart with Psalm 27 Rabbi Debra J. Robbins , 2019-07-01 This volume is a compelling invitation to meditate on the deeper meaning of the fourteen verses of Psalm 27. During the month of Elul and the High Holy Day and Festival season, we reflect on our relationships, choices, beliefs, and practices, considering where to make repairs, adjustments, and atonement. *Opening Your Heart with Psalm 27* provides gentle guidance through this journey of reflection, offering heartfelt insight, profound translation, and an invaluable framework for meaningfully participating in this annual spiritual practice.

**60 days a spiritual guide to the high holidays:** The Jewish Phenomenon Steve Silbiger, 2000-05-25 With truly startling statistics and a wealth of anecdotes, Silbiger reveals the cultural principles that form the bedrock of Jewish success in America.

**60 days a spiritual guide to the high holidays:** *Exploring Jewish Tradition* Abraham Witty, Rachel Jean Witty, 2001 This book provides a thorough review and how-to manual to traditional observance of Jewish life, for both everyday and holidays.

**60 days a spiritual guide to the high holidays:** **Alcoholics Anonymous** Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**60 days a spiritual guide to the high holidays:** *I Am Diosa* Christine Gutierrez, 2022-02-08 This raw and relatable guide to radical self-care and self-love empowers readers to embrace the powerful Diosa within. In this fiercely inspiring book, psychotherapist Christine Gutierrez welcomes women to join her in healing the wounds from past hurt or trauma to reclaim their worth and come back home to their true self and soul. Diosa is the Spanish word for Goddess. A diosa is anyone who honors the primal feminine energy in the world and within themselves. According to Gutierrez, diosas face obstacles in their lives but are always ready and willing to go to their core to reclaim their inner worth and self-esteem. They are the ones that rise from the ashes and dare to piece themselves back together bone by bone and soul piece by soul piece. From stories of resilience from both Gutierrez and members of her Diosa Tribe, to mantras, meditations, and guided journaling prompts, this book gives women the tools they need to honor their sacred feminine and become who

they were always meant to be. I Am Diosa will inspire women to give themselves permission to feel, to be seen, to be heard, and to return to their truest selves.

**60 days a spiritual guide to the high holidays: The American Jewish Experience** Hebrew Union College-Jewish Institute of Religion. Center for the Study of the American Jewish Experience, 1986

**60 days a spiritual guide to the high holidays: Sophie's World** Jostein Gaarder, 2007-03-20 A page-turning novel that is also an exploration of the great philosophical concepts of Western thought, Jostein Gaarder's *Sophie's World* has fired the imagination of readers all over the world, with more than twenty million copies in print. One day fourteen-year-old Sophie Amundsen comes home from school to find in her mailbox two notes, with one question on each: Who are you? and Where does the world come from? From that irresistible beginning, Sophie becomes obsessed with questions that take her far beyond what she knows of her Norwegian village. Through those letters, she enrolls in a kind of correspondence course, covering Socrates to Sartre, with a mysterious philosopher, while receiving letters addressed to another girl. Who is Hilde? And why does her mail keep turning up? To unravel this riddle, Sophie must use the philosophy she is learning—but the truth turns out to be far more complicated than she could have imagined.

**60 days a spiritual guide to the high holidays: The Jewish Book of Why** Alfred J. Kolatch, 2003-03-04 Why do Jews eat gefilte fish? Why is a glass broken at the end of a Jewish wedding ceremony? Why must the chapter of curses in the Torah be read quickly in a low voice? Why are shrimp and lobster not kosher? Why do Jews fast on Yom Kippur? Why are some Matzot square while others are round? If you've ever asked or been asked any of these questions, *The Jewish Book of Why* has all the answers. In this complete, concise, fascinating, and thoroughly informative guide to Jewish life and tradition, Rabbi Alfred J. Kolatch clearly explains both the significance and the origin of nearly every symbol, custom, and practice known to Jewish culture—from Afikomon to Yarmulkes, and from Passover to Purim. Kolatch also dispels many of the prevalent misconceptions and misunderstandings that surround Jewish observance and provides a full and unfettered look at the biblical, historical, and sometimes superstitious reasons and rituals that helped develop Jewish law and custom and make Judaism not just a religion, but a way of life. L'chaim!

**60 days a spiritual guide to the high holidays: Letting Go** David R. Hawkins, M.D., Ph.D., 2014-01-15 This groundbreaking bestseller describes a simple and effective way to let go of challenges from world-renowned author, psychiatrist, clinician, spiritual teacher, and researcher of consciousness, David R. Hawkins, M.D., Ph.D. “*Letting Go*” is a guide to helping to remove the obstacles we all have that keep us from living a more conscious life, it is truly a life-changing book. Many of us have trouble *Letting Go* in our lives even though it can have profound impact on our life.” —Wayne Dyer During the many decades of Dr. David Hawkins’, clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. In *Letting Go*, he shares from his clinical and personal experience that surrender is the surest route to total fulfillment. This motivational book provides a mechanism for letting go of blocks to happiness, love, joy, success, health, and ultimately Enlightenment. The mechanism of surrender that Dr. Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development. Letting go is one of the most efficacious tools by which to reach spiritual goals. — David Hawkins, M.D., Ph.D. This profound self-development book offers a roadmap to release emotional burdens, unlock inner peace, and embrace a life of fulfillment. It is a classic that will help you break free from limitations and unlock your true potential. Learn how to navigate challenges with grace and emerge as a stronger, more resilient version of yourself. By incorporating the principles of surrender, *Letting Go* provides practical tools for personal growth and transformation. This consciousness-expanding book will help you: · Release past traumas, negative beliefs, and self-imposed limitations. · Experience a newfound sense of freedom, joy, and

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**60 days a spiritual guide to the high holidays:** *Celebrating Biblical Feasts* Martha Zimmerman, 2004-02-01 This popular guide explains how families and churches can celebrate seven Hebrew festivals to enhance their understanding of the message of the Bible., This unique book brings deeper meaning to seven Jewish feasts by offering a guided tour through each celebration from a new testament perspective. The author carefully explains the significance of each feast, the materials necessary to observe them, and full directions for the events. Families and church groups will gain a memorable understanding of the symbolic representations of the Christ as found in the holy celebrations of the Old Testament.

**60 days a spiritual guide to the high holidays:** *Toward a Meaningful Life* Simon Jacobson, 2010-05-18 *Toward a Meaningful Life* is a spiritual road map for living based on the teachings of one of the foremost religious leaders of our time: Rabbi Menachem Mendel Schneerson. Head of the Lubavitcher movement for forty-four years and recognized throughout the world simply as "the Rebbe," Menachem Mendel Schneerson, who passed away in June 1994, was a sage and a visionary of the highest order. *Toward a Meaningful Life* gives people of all backgrounds fresh perspectives on every aspect of their lives—from birth to death, youth to old age; marriage, love, intimacy, and family; the persistent issues of career, health, pain, and suffering; and education, faith, science, and government. We learn to bridge the divisions between accelerated technology and decelerated morality, between unprecedented worldwide unity and unparalleled personal disunity. Although the Rebbe's teachings are firmly anchored in more than three thousand years of scholarship, the urgent relevance of these old-age truths to contemporary life has never been more manifest. At the threshold of a new world where matter and spirit converge, the Rebbe proposes spiritual principles that unite people as opposed to the materialism that divides them. In doing so, he continues to lead us toward personal and universal redemption, toward a meaningful life, and toward God.

**60 days a spiritual guide to the high holidays:** *The Five Love Languages* Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called *A Love Language Minute* that can be heard on more than 150 radio stations as well as the weekly syndicated program *Building Relationships with Gary Chapman*, which can both be heard on [fivelovelanguages.com](http://fivelovelanguages.com). The *Five Love Languages* is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

**60 days a spiritual guide to the high holidays:** *Union Prayer-Book for Jewish Worship* Central Conference of American Rabbis, 2018-10-23 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate)

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**60 days a spiritual guide to the high holidays: Yearnings** Linda Loewenthal, Irwin Kula, 2006-09-05 Irwin Kula shows us how to live our humanness -- the pleasures and the challenges, the messiness and the triumphs -- with a profound acceptance of our desires and foibles and a joy that can only come from understanding. --Deepak Chopra Yearning. After twenty-three years as a rabbi, I can think of no more defining human experience. Life can be messy and imperfect. We're all looking for answers. And yet, as renowned rabbi Irwin Kula points out, the yearning for answers is no different now than it was in the times that gave rise to Moses, Buddha, and Jesus. Far from being a burden, however, these yearnings can themselves become a path to blessing, prompting questions and insights, resulting in new ways of being and believing. In this, his first book, Rabbi Kula takes us on an excursion into the depths of our desires, applying ancient Jewish tradition to seven of our most wonderful yearnings. Merging ancient wisdom with contemporary insights, Rabbi Kula shows how traditional practices can inform and enrich our own search for meaning. More importantly, he invites us to embrace the messiness and complexities of the human experience in order to fully embrace the endless and glorious project of life.

**60 days a spiritual guide to the high holidays: Daily Reflections** A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

**60 days a spiritual guide to the high holidays: Battle Plans** Tziporah Heller, Sarah Yoheved Rigler, 2009

**60 days a spiritual guide to the high holidays: The Book of Customs** Scott-Martin Kosofsky, 2009-10-13 Fifteen years ago while researching Jewish imagery, award-winning book designer Scott-Martin Kosofsky happened upon a 1645 edition of the Minhogimbukh -- the Customs Book -- a beautifully designed and illustrated guide to the Jewish year written in Yiddish, the people's vernacular. Captivated, he investigated further and learned that from 1590 to 1890, this cross between a prayer book and a farmer's almanac was immensely popular in households all across Europe. Published in dozens of editions and revised over the centuries in Venice, Prague, Amsterdam, and throughout Germany before moving eastward in the nineteenth century to Poland and Russia, these books detail the evolution of Jewish custom over three hundred years. But by the 1890s, as Jewish practice became polarized between the secularist and traditionalist views, the Minhogimbukh disappeared. There are no works quite like the historical customs books available today and none so thorough and concise, intuitive in organization, and beautiful. Inspired by the originals, Kosofsky set out to make his own, adapting the books for modern use, adding historical perspective and contemporary application. The result is the reappearance of the Minhogimbukh after more than a hundred-year absence, and the first complete showing of all the original woodcuts -- a visual vocabulary of Jewish life -- since the 1760s. Faithfully based on the earlier editions, The Book of Customs is an updated guide to the rituals, liturgies, and texts of the entire Jewish year --

from the days of the week and the Sabbath to all the months with their festivals, as well as the major life-cycle events of wedding, birth, bar and bat mitzvah, and death. With the revival of this lost cultural legacy, The Book of Customs can once again become every family's guide to Jewish tradition and practice.

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