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# Seasons Of Our Joy: A Modern Guide To The Jewish Holidays



## **Synopsis**

Circling the Jewish calendar from Rosh Hashanah to Tisha Bâ™Av, this lively, accessible guide provides rituals, recipes, songs, prayers, and suggestions for new approaches to holiday observance. Rabbi Arthur O. Waskow explores the meaning of each holiday in relation to the history of the Jewish people and individual spirituality, examines how the place of each holiday in the cycle of the moon and the changing seasons affects the mood of the day, and suggests ritual and spiritual ways to prepare for each festival. In his extensive afterword to this new edition of *Seasons of Our Joy*, Rabbi Waskow addresses the many changes Judaism has undergone in the last thirty years, as feminist Judaism, neo-Chassidic mysticism, eco-Judaism, and Jewish meditation have newly colored our understanding of the festivals.

## **Book Information**

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## **Customer Reviews**

Extremely informative and fun to read!

A wonderfully accessible text that puts things in context. We are using it as an supplemental text in a Rabbinical School course.

So useful for the entire yearly cycle.

My rabbi had me get this to use in my bat mitzvah studies. I really like it. It is Omer right now so I read that chapter. Very easy to read. Makes sense. Very glad I purchased this book.

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