



# Twelve Jewish Steps to Recovery

A PERSONAL GUIDE TO TURNING  
FROM ALCOHOLISM AND OTHER ADDICTIONS--  
DRUGS, FOOD, GAMBLING, SEX...

Introductions by Rabbi SHELDON ZIMMERMAN &  
ABRAHAM J. TWERSKI, M.D.

Illustrations by Maty Grinberg

"Getting Help..." by JACS Foundation

**Rabbi Kerry M. Olitzky & Stuart A. Copans, M.D.**

# Twelve Jewish Steps To Recovery

**Rabbi Kerry M. Olitzky**



## **Twelve Jewish Steps To Recovery:**

**Twelve Jewish Steps to Recovery** Kerry M. Olitzky, Stuart Copans, 1991 By presenting a Jewish perspective on The Twelve Steps and offering consolation inspiration and motivation towards recovery this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians Afterword on Where to Go for Help by The JACS Foundation Jewish Alcoholics Chemically Dependent Persons and Significant Others Illustrations by Maty Grunberg

**Twelve Jewish Steps to Recovery (2nd Edition)** Dr. Stuart A. Copans, MD, Kerry M. Olitzky, 2012-12-15 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it

**Twelve Jewish Steps to Recovery** Rabbi Kerry M. Olitzky, Stuart A. Copans, 2014-06-06 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it

Recovery from Codependence Rabbi Kerry M. Olitzky, 2011-10-14 In codependence the emphasis is on everyone and everything but ourselves In recovery we learn how to say no to set boundaries in relationships and then perhaps walk away if necessary sometimes for a long time perhaps forever It s not without effort Even if a relationship is worth saving your active codependence can destroy it It will not help it or you and will certainly not convince the other person in your life to stop

drinking or using or gambling or eating compulsively or running around But your recovery can nurture a relationship with God while it nurtures you at the same time From Recovery from Codependence This book is not just for Jewish people It s for all people who would gain strength to heal and insight from the Bible and the wisdom of Jewish tradition With the same groundbreaking insight of his Twelve Jewish Steps to Recovery A Personal Guide to Turning From Alcoholism and Other Addictions and Renewed Each Day Daily Twelve Step Recovery Meditations Based on the Bible Kerry Olitzky has produced an inspiring new volume that brings healing wisdom to those whose lives are most directly affected by the addiction of a loved one Recovery From Codependence A Jewish Twelve Steps Guide to Healing Your Soul explains how the Twelve Steps of Co Dependents Anonymous are relevant for Jewish people and all people who would gain strength to heal and insight from Jewish tradition You may be a codependent person if you are in a relationship with an alcoholic or addicted person someone who has an eating disorder engages in compulsive gambling or sex if you are addicted to a relationship or if you are part of a dysfunctional family Though you may be suffering broken in spirit this book can help you be healed be empowered to take hold of your life and be made to feel spiritually whole once again Using the familiar Twelve Step model Dr Olitzky known for his spiritual leadership and for reaching out to help people in recovery takes the codependent person on a Jewish journey through the Twelve Steps Rabbi Olitzky s inspiring message draws on the experience of Jewish tradition and the personal experiences of recovering codependent people He provides Twelve Step support for people of all faiths and backgrounds

**Twelve Jewish Steps to Recovery** Kerry M. Olitzky, Stuart A. Copans, 2014-06-05 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it **Recovery, the 12 Steps and Jewish Spirituality** Rabbi Paul Steinberg, 2014-10-03 A major new Jewish contribution to 12 Step spirituality Claim the spiritual freedom that waits beyond the suffering and slavery of addiction One of the important similarities between AA and Jewish spirituality is the statement in Step 12 to practice these principles in all our affairs There is no dichotomy of sacred versus secular Jewish spirituality applies to how we eat sleep work socialize and recreate There is nothing that is external to the relationship of human being

to God from the Foreword This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources With clarity and passion Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA He draws on Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps Along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it

**100 Blessings Every Day** Rabbi Kerry M. Olitzky, 2013-04-22 This book is not just for Jewish people It is for all people who would gain strength to heal and insight from the Jewish tradition Using a one day at a time monthly format a spiritual leader who continues to reach out to addicted people and all those seeking spiritual renewal reflects on the rhythm of the Jewish calendar with recovering people and other teachers Together they bring insight to recovery from addictions and compulsive behaviors of all kinds This sensitive volume soars with the spirit of the Jewish soul and year Its exercises help us move from thinking to doing

**Recovery, the 12 Steps and Jewish Spirituality** Rabbi Abraham J. Twerski, 2014-09-10 A powerful new Jewish contribution to AA s 12 Step spirituality The disease of alcoholism and addiction affects every part of our society including Jews This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources From a very personal perspective it masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA With clarity and passion Rabbi Paul Steinberg courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find hope guidance and a new life path and stay on it Using a variety of Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease he shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps An inspiring practical and accessible new resource for everyone touched by the pain of alcoholism and addiction whether in an AA program or not it speaks to every variety of Jew as well as to non Jews A major new resource for people struggling with addiction and their families rabbis Jewish educators and addiction counselors who need to address alcoholism and addiction in their communities or in their own homes

Repentance Dr. Louis E. Newman, 2011-03-02 An inspiring way to reclaim your integrity and renew your sense of moral purpose Like water teshuvah is both destructive and creative It dissolves the person you were but simultaneously provides the moisture you need to grow anew It erodes the hard edges of your willfulness but also refreshes your spirit It can turn the tallest barriers of moral blindness into rubble while it also gently nourishes the hidden seeds of hope buried deep in your soul Teshuvah like water has the power both to wash away past sin and to shower you with the blessing of a new future if only you trust it and allow yourself to be carried along in its current

from Part VII In this candid and comprehensive probe into the nature of moral transgression and spiritual healing Dr Louis E

Newman examines both the practical and philosophical dimensions of teshuvah Judaism's core religious moral teaching on repentance and its value for us Jews and non Jews alike today He exposes the inner logic of teshuvah as well as the beliefs about God and humankind that make it possible He also charts the path of teshuvah revealing to us how we can free ourselves from the burden of our own transgressions by Acknowledging our transgressions Confessing Feeling remorse Apologizing Making restitution Soul reckoning Avoiding sin when the next opportunity arises *Jewish Paths Toward Healing and Wholeness* Kerry M. Olitzky,2000 Grounded in the spiritual tradition of Judaism this book provides healing rituals psalms and prayers that help readers initiate a dialogue with God to guide them through the complicated path of healing and wholeness **Eyes Remade for Wonder** Rabbi Lawrence Kushner,2011-05-26 A treasury of insight from one of the most creative spiritual thinkers in America Whether you are new to Kushner or a devoted fan this is the place to begin At once deeply human and profoundly spiritual Lawrence Kushner's books are a treat for the soul For nourishment and inspiration Eyes Remade for Wonder opens wide the gates of Jewish mysticism and spirituality helping us peel back the layers of meaning that animate our lives Few writers are more closely identified with the boom of spirituality in America in the past twenty five years than Lawrence Kushner With his first book the now classic introduction to Jewish mysticism *The Book of Letters* Kushner established himself as one of the most creative religious thinkers in America He is now read worldwide by people searching to understand the connection between the sacred and the ordinary With an inspiring Introduction by Thomas Moore author of the best selling books *Care of the Soul* and *The Soul of Sex* Eyes Remade for Wonder offers something unique to both the spiritual seeker and the committed person of faith and is a collection to be treasured and shared *Teshuvah Through Recovery* Abraham J. Twerski,2016 Renewed Each Day—Leviticus, Numbers & Deuteronomy Rabbi Kerry M. Olitzky,Aaron Z.,2013-07-25 Using a seven day weekly guide format a recovering person and a spiritual leader who is reaching out to addicted people reflect on the traditional weekly Bible reading They bring strong spiritual support for daily living and recovery from addictions of all kinds Alcohol drugs eating gambling and sex A profound sense of the religious spirit soars through their words and brings all people in Twelve Step recovery programs home to a rich and spiritually enlightening tradition Seventh Heaven Moshe Mykoff,2011-10-22 Deepen your understanding of Shabbat awaken to the possibilities and experience the day with an extra measure of holiness Seventh Heaven delves into the art of consciously observing Shabbat exploring many of the day's traditional religious practices within the context of life's spiritual dynamics With the help and wisdom of Rebbe Nachman of Breslov one of the most important of the early Hasidic masters this guidebook offers insight into the deeper meaning and purpose of a broad range of Shabbat observances and seeks to show how each custom or law fits within the whole In accessible easy to understand language 7th Heaven is a spiritual guide for all levels of Shabbat observance If Shabbat is new to you or you've experienced it only in its popular form but would like to deepen your understanding and connection If Shabbat is something you grew up with but you were never taught the inner

meaning of all the customs and laws you were told to obey If Shabbat has never been a part of your spiritual practice but you would like to learn more about the Jewish pathway to wholeness and higher consciousness Based on the teachings of Rebbe Nachman of Breslov 1772 1810 and those of his closest disciple Reb Noson the deep insights into Torah and spirituality revealed by these great Hasidic luminaries are as relevant in today s world as they were some two centuries ago when they were first taught

**Cast in God's Image** Rabbi Howard A. Addison,2011-12-06 Who am I What are the sacred tasks that are uniquely mine The most basic questions in life are also the most important You can take a powerful step toward self fulfillment if you first recognize the roots of your spiritual makeup In Cast in God s Image Rabbi Howard A Addison helps you to do this through an understanding of your personality type and the types of the people around you Using two of the most important maps of consciousness known to us the kabbalistic Tree of Life and the nine pointed Enneagram Addison decodes spiritual meaning and provides you with the tools to Determine your personality type by identifying your own patterns of behavior Strengthen your relationships with others by learning how to observe their response patterns and recognize how these patterns correspond with your own Discover how your personality type s virtues and vices connect with the Divine and ways you can use this knowledge to enrich your life in many ways Including more than twenty hands on spiritual exercises and guided meditations Cast in God s Image gives you an accessible and enjoyable way to learn about yourself and guidance on how to use this insight to reveal the sacred tasks that are uniquely yours to perform in this world Which are you The Perfectionist The Caregiver The Achiever The Romantic The Loyal Cynic The Adventurer The Confronter The Mediator The Observer

**The Seven Beggars** ,2011-07-07 Rejoice in the stories of Rebbe Nachman of Breslov for their insight into the human condition and the realm of the mysterious When Rabbi Nachman first started telling his stories he declared Now I am going to tell you stories The reason he did so was because in generations so far from God the only remedy was to present the secrets of the Torah including even the greatest of them in the form of stories from the Preface For centuries spiritual teachers have told stories to convey lessons about God and perceptions of the world around us Hasidic master Rebbe Nachman of Breslov 1772 1810 perfected this teaching method through his engrossing and entertaining stories that are fast moving brilliantly structured and filled with penetrating insights This collection presents the wisdom of Rebbe Nachman translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman s pupils This important work brings you authentic interpretations of Rebbe Nachman s stories allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings

*God in Our Relationships* Rabbi Dennis S. Ross,2011-12-06 Deepen connections with the people you love Build relationships with the people you meet We can go through each day or a lifetime as sleepwalkers while awake tossing and turning on pillows that are as hard as appointment books wandering a paved spiritual wilderness from bank window to house of worship to hospital bedside But if we are fortunate enough to happen upon a vision of the Divine in a chance chat with a semi stranger or a lingering

conversation with a good friend we can awaken to the spirituality between people that Martin Buber called I Thou from God in Our Relationships It is possible to infuse every moment of life with meaning from the routine act to the once in a lifetime situation and this first of its kind introduction to Martin Buber s I Thou shows you how Drawing on Jewish tradition the science of human behavior Buber s ideas and the Hasidic stories that he loved Rabbi Dennis Ross illuminates a theology of relationships in easy to understand accessible language You will clearly see how to use the principles of I Thou to create new answers to critical issues in life such as How do I react to others in times of stress How do I relate to strangers How can I take full advantage of the time I have to spend with my loved ones By unlocking the depths in Buber s concepts for spiritual growth Ross supplies you with the tools you need to communicate better love more completely and find the sacred in everyday life **The Jewish Family Fun Book** Danielle Dardashti,Roni Sarig,2008 This celebration of Jewish family life is the perfect guide for families wanting to put a new Jewish spin on holidays holy days and even the everyday Full of activities games and history it is sure to inspire parents children and extended family to connect with Judaism in fun creative ways

*Godwrestling--round 2* Arthur Ocean Waskow,1996 Ancient wisdom of texts history and experience so we can move forward and recognize the future paths open to us [The Sabbath Soul](#) Eitan Fishbane, PhD,2012-01-24 Enter into the mystery of the Sabbath into the wonder and light of the seventh day We live in a world dominated by speed and distraction with demands for our attention at every turn We frequently forget the restorative blessing of stillness our desperate need for rest a rest that brings us back to the center of existence a calm that allows us to reconnect with the divine breath at the soul of All from the Introduction Enrich your spiritual experience of Shabbat by exploring the writings of mystical masters of Hasidism Drawing from some of the earliest teachings in the family of the Ba al Shem Tov through late nineteenth century Poland and the homilies of the Sefat Emet Eitan Fishbane evokes the Sabbath experience from candle lighting and donning white clothing to the Friday night Kiddush and the act of sacred eating Fishbane also translates and interprets a wide range of Hasidic sources previously unavailable in English that reflect the spiritual transformation that takes place on the seventh day one that can shift your awareness into the realm that is all soul Personal prayers of the Bratzlav Breslov Hasidic tradition express the spiritual dimension of Shabbat in the language of devotional and individual yearning

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