

FOR IMMEDIATE RELEASE

Contact: Jennifer Rataj
Telephone: (802) 457-4000
Fax: (802) 457-4004
publicity@jewishlights.com

How Can the Teachings and Wisdom of Jewish Tradition Help You and Caregivers Cope with Illness and Disease?

Whether you are facing illness yourself, serving as a caregiver, providing pastoral care or simply wondering where God is when we get sick, the teachings and wisdom of Jewish tradition can help you cope with the difficulties of illness and infirmity.

“When all strength is gone, from where do we find the fortitude to continue on?” writes Rabbi Joseph B. Meszler in **FACING ILLNESS, FINDING GOD: How Judaism Can Help You and Caregivers Cope When Body or Spirit Fails** (Jewish Lights / May 2010 / Quality Paperback Original / \$16.99). “How do moments of transcendence come to be when we are in the worst of circumstances? I believe God is the power that gives us courage, love, and meaning when all else fails.”

With a gentle, compassionate voice, Rabbi Joseph B. Meszler considers the spiritual, emotional and physical needs of all who are affected by illness: the ill or frail person; family members; clergy, caregivers and physicians; and the community. Drawing from his own experience personally and as a rabbi, and from Jewish tradition, he will help you work through the challenges of illness and infirmity. His approach will also inspire compassion and empathy. Rabbi Meszler provides Jewish ways to address issues related to illness, including:

- Coping with the realization of mortality
- Accepting a new idea of “normal”
- Maintaining a positive outlook and being grateful for the gift of life
- Easing family tensions related to illness or caregiving
- Paying attention to your own needs while caring for someone else
- Finding God’s presence in illness, yours or that of someone you’re caring for

###

Rabbi Joseph B. Meszler, rabbi at Temple Sinai in Sharon, Massachusetts, is author of *Witnesses to the One: The Spiritual History of the Sh’ma* and *A Man’s Responsibility: A Jewish Guide to Being a Son, a Partner in Marriage, a Father and a Community Leader* (both Jewish Lights). He is a noted educator in Jewish adult education, recognized for his ability to connect the importance of Jewish tradition with everyday life.

FACING ILLNESS, FINDING GOD
How Judaism Can Help You and Caregivers Cope When Body or Spirit Fails
By Rabbi Joseph B. Meszler
Jewish Lights (Woodstock, VT); www.jewishlights.com; 800-962-4544
Quality Paperback Original / \$16.99 / 208 pages / May 2010 / ISBN 978-1-58023-423-8

Praise for

FACING ILLNESS, FINDING GOD

How Judaism Can Help You and Caregivers

Cope When Body or Spirit Fails

By Rabbi Joseph B. Meszler

“Deeply personal and professionally inspiring.... Moving and yet practical ... helps us reach into our unique inner resources, out to our friends and community, and up to the ultimate Source of Healing and Wholeness.”

—**Rabbi Simkha Y. Weintraub**, LCSW, JBFCS/National Center for Jewish Healing;
editor, *Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength & Solace in Psalms*

“A rich resource for congregational *bikkur cholim* and caring committees, rabbis and chaplains, and anyone who has ever felt alone.... Speaks to our human need for relationship with God and with each other. A wonderful gift.”

—**Rabbi Ruth Alpers**, Clinical Pastoral Education Supervisor, Children’s Hospital,
Cincinnati

“Very accessible ... provides knowing companionship for those living with illness and the people who care for them. Reflecting on many dimensions of the experience of illness, he shares a universally human as well as a particularly Jewish wisdom.”

—**Nancy Flam**, co-director of programs, Institute for Jewish Spirituality

“Reach out to others. Reach out to God. Reach inside yourself. Then reach for this book. In it, you will find healing and hope.”

—**Rabbi Kerry M. Olitzky**, author, *Jewish Paths toward Healing and Wholeness: A Personal Guide to Dealing with Suffering*

“Offers essential help ... provides practical tools and wisdom to journey through pain toward healing, love, and spiritual strength.”

—**Rabbi Elie Kaplan Spitz**, author, *Healing from Despair: Choosing Wholeness in a Broken World*

Praise for
Facing Illness, Finding God
continued....

“A wonderful book of hope and encouragement.... Provides comfort to all who struggle with issues of frailty and disability and their carers. Written in small vignette style with additional resources, it offers rich material for reflection.”

—**Marty Richards**, author, *Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability*

“Calls us to read as carefully as [Rabbi Meszler’s] own story urges us to listen to people in distress.... Demystifies illness, and defines us all as human: possessed of infinite hope even as we are finite in our daily achievements.”

—**Rabbi William Cutter**, director emeritus, Kalsman Institute on Judaism and Health, Hebrew Union College–Jewish Institute of Religion; editor, *Healing and the Jewish Imagination: Spiritual and Practical Perspectives on Judaism and Health*

###

FACING ILLNESS, FINDING GOD: How Judaism Can Help You and Caregivers Cope When Body or Spirit Fails (6" x 9", 208 pp, Quality Paperback Original, ISBN 978-1-58023-423-8, \$16.99) is available from Barnes & Noble, Borders, Books-a-Million, Indigo/Chapters, amazon.com, barnesandnoble.com, and many other booksellers, or directly from Jewish Lights Publishing, P.O. Box 237, Woodstock, VT 05091; Tel: (802) 457-4000; Fax: (802) 457-4004; www.jewishlights.com. For credit card orders, call (800) 962-4544. Add \$3.95 shipping and handling for the first book, \$2.50 for each additional book.