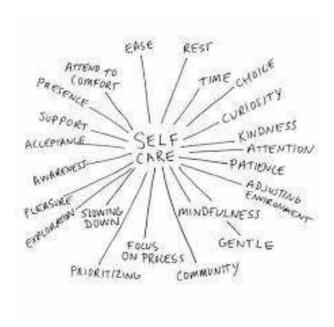
Self-Care: Jewish?

(...Is Self-Care good for the Jews?)

What can we learn from these sources? How and why does this fit in with your idea about self-care?

- 1. From Sanhedrin 64b
 - If you find your lost item and your parent's lost item, taking care of your own lost item takes precedence. Why?
 - Rav Yehuda said: "So that there shall be no needy among you" (Deuteronomy 15:4) meaning that you must avoid becoming needy yourself.
 - Therefore, if someone lost an item, tending to their own lot item takes precedence over tending to the lost item of any other person. One must take care of themselves so that they do not become needy.
- 2. "Self-Care is never a selfish act. It is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."
 - Parker Palmer
- 3. Hitbodedut Be alone to pray (in nature) and connect to God.
 According to Rebbe Nachman, the practice of self-secluded meditation and prayer was practiced by the forefathers of Judaism—Avraham, Yitzchak, Yaakov, Moshe, David, the prophets, and their students—as well as the Torah leaders of each generation.

4.



5. The Byrds – Turn! Turn! Turn! Lyrics

Words-adapted from The Bible, book of Ecclesiastes Music-Pete Seeger

To Everything (Turn, Turn, Turn)

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven

And a time to every purpose, under Heaven

A time to be born, a time to die

A time of love, a time of hate

A time to plant, a time to reap A time of war, a time of peace

A time to kill, a time to heal A time you may embrace, a time to refrain from

A time to laugh, a time to weep embracing

To Everything (Turn, Turn, Turn)

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven And a time to every purpose, under Heaven

A time to build up, a time to break down

A time to gain, a time to lose

A time to dance, a time to mourn A time to rend, a time to sew

A time to cast away stones, a time to gather A time for love, a time for hate

stones together A time for peace, I swear it's not too late
