



# Seasons of Our Joy: A Modern Guide to the Jewish Holidays

*Rabbi Arthur O. Waskow*

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**Seasons of Our Joy: A Modern Guide to the Jewish Holidays** Rabbi Arthur O. Waskow

Circling the Jewish calendar from Rosh Hashanah to Tisha B'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.

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