



Elder Care and Judaism Quotes

By: Sulam

think about **reflection**

"Sow in righteousness for yourselves; reap according to loving-kindness." - Hoshea 10:12

Jewish **learning**

"Blessed are you, our God, who left nothing out of this world, and created in it good creatures and good trees, so humankind could benefit from them." - Blessing on the first blossoming fruit tree seen in the spring

service opportunities

"When you besiege a city...you shall not destroy its trees; You may eat of them, but do not cut them down; for a man's life depends on the trees of the field." - Deuteronomy 20:19

"See My works, how fine they are. Now all that I have created, I created for your benefit. Think upon this and do not corrupt and destroy My world, for if you destroy it, there is no one to restore it after you." - Ecclesiastes Rabbah 7:28

Rabbi Yochanan ben Zakkai used to say: "If you should have a sapling in your hand and be suddenly told that the Messiah has come, plant the sapling first and afterwards go to welcome the Redeemer." - Babylonian Talmud, Ta'anit 5

Honi the circle maker saw an old man planting a carob tree, and said to him: "How long does it take for this tree to bear fruit?" He answered: "Seventy years." "Are you certain you will live for another seventy years?" The man replied: "I found ready-grown carob trees in the world; as my forefathers planted these for me, so I too plant these for my children." - Babylonian Talmud, Ta'anit 23

The Holy One Blessed Be He, said to Israel: "Even though you find the land filled with abundance, you shall not say: 'We shall dwell and not concern ourselves with planting,' but as others planted for you, so shall you plant for your children." - Vayikrah Rabbah 28

"Master of the Universe, grant me the ability to be alone; May it be my custom to go outdoors each day among the trees and the grasses, among all growing things and there may I be alone and enter into prayer to talk with the one that I belong to. Know that every shepherd and shepherdess has a unique *nigun* (melody) for each of the grasses and for each place where they herd. For each and every grass has its own song and from these songs of the grasses the shepherds compose their songs."
- Rabbi Nachman, Lekutai Moharan Tanina 63

“The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow... And I firmly believe that nature brings solace to all troubles.” - Ann Frank, Diary of a Young Girl

“Land, like humans, must have time to rest, to renew itself. The Torah teaches, "Six years you shall plant your field...but in the seventh year the land shall have a Sabbath of complete rest, a Sabbath of the Lord." - Leviticus 23:3-5

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