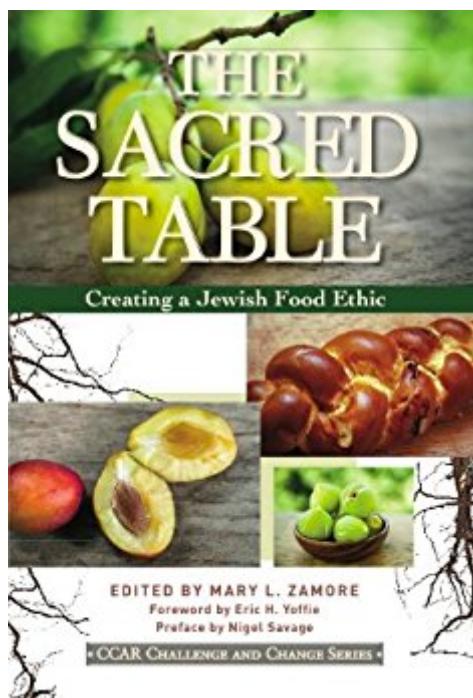


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# The Sacred Table: Creating A Jewish Food Ethic



## Synopsis

The Sacred Table: Creating a Jewish Food Ethic is an anthology of diverse essays on Jewish dietary practices. This volume presents the challenge of navigating through choices about eating, while seeking to create a rich dialogue about the intersection of Judaism and food. The definition of Kashrut, the historic Jewish approach to eating, is explored, broadened and in some cases, argued with, in these essays. Kashrut is viewed not only as a ritual practice, but also as a multifaceted Jewish relationship with food and its production, integrating values such as ethics, community, and spirituality into our dietary practice. The questions considered in The Sacred Table are broad reaching. Does Kashrut represent a facade of religiosity, hiding immorality and abuse, or is it, in its purest form, a summons to raise the ethical standards of food production? How does Kashrut enrich spiritual practice by teaching intentionality and gratitude? Can paying attention to our own eating practices raise our awareness of the hungry? Can Kashrut inspire us to eat healthfully? Can these laws draw us around the same table, thus creating community? In exploring the complexities of these questions, this book includes topics such as agricultural workers' rights, animal rights, food production, the environment, personal health, the spirituality of eating and fasting, and the challenges of eating together. The Sacred Table celebrates the ideology of educated choice. The essays present a diverse range of voices, opinions, and options, highlighting the Jewish values that shape our food ethics. Whether for the individual, family, or community, this book supplies the basic how-tos of creating a meaningful Jewish food ethic and incorporating these choices into our personal and communal religious practices. These resources will be helpful if we are new to these ideas or if we are teaching or counseling others. Picture a beautiful buffet of choices from which you can shape your personal Kashrut. Read, educate yourself, build on those practices that you already follow, and eat well.

## Book Information

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## **Customer Reviews**

My title says it all. The content of the book is first rate: thoughtful, challenging, insightful, provocative. But the publisher really does not understand how ebooks work or the ebook market. The formatting is off; TOC doesn't work; text runs lines and over sections and paragraphs. This was, at best, a lazy way to get the book on Kindle. The publisher really owes its readers better care and quality in producing an ebook. For the book's contents, I give it five stars. But do not buy this on Kindle until the Publisher corrects and formats the book, and takes as much care with its epublication as it did with the print version. Buy the book.

I heard the author speak one evening and was compelled to get the book so that I could take the time to read and digest (no pun intended) the information at my own pace. The information is wonderful and relevant to all families of all faiths.

This is NOT another book on keeping Kosher. Not only did I use it during adult education classes, but have gone back to the beginning and found it infinity fascinating. The history and ethics involved is something that should be of interest to a wide audience, no just for Jewish people. It is not an orthodox book, it slanted more to the reform reader, but again, I think that anyone who is interested in the ethics of eating will find this to be an absorbing book. It includes on the ethics of treating, feeding, and, of course eating them. What is disgusting is that several countries have attempted, and in some cases succeeded, in blocking the kosher method of dispatching animals, claiming that it is cruel; nothing could possibly be more wrong if they tried. In my opinion, it is just another type of antisemitism. Kosher and (for the moment I cannot recall the Arab name that roughly translates into

the same as Kosher--fit) the Islamic slaughtering is the kindest method of killing an animal as it is nearly instantaneous death and the animal feels NO PAIN WHATSOEVER as compared to thumping them on the head to stun them, leaving many animals alive when butchers begin to cut them. IF an animal shows any discomfort whatsoever, it is not fit for use by Judaism or Islam. A knife that is so sharp and has no nicks in it is used to cut the carotid arteries and the killing stroke has to be one continuous slice so the animal simply loses consciousness and dies; the blood is then drained out. Again, I believe that anyone who is interested in the ethics of eating will find this book fascinating.

Read it for a synagogue class 'Food & Spirituality'. Found it incredibly interesting also as a Registered Dietitian having worked with numerous cultures and the meaning of food to each.

Written from the Reform (Progressive) Jewish perspective, this thoughtful volume explores the traditions of kashrut and modern ethical concerns about food and food production. The numerous essays cover many topics, all focusing on the sacredness and holiness of food, food production, cooking and eating -- daily activities that can link us more closely to the divine. This is not an effort to create or impose a standardized Reform version of kashrut. Rather, the book seeks to provide background, history, information and resources so that individuals can develop their own forms of spiritual and ritual observances about food in a conscientious way. The essays survey the origins and bases of traditional kashrut, the history of kosher observance in the Reform movement (including discussion of the famous treifah banquet of the late 1800s which still has repercussions today), and ethical issues of modern kashrut and food production, including issues of cruelty to animals and the treatment of agricultural and food processing workers. This useful book will spark endless discussions and reflection, which is its purpose. Highly recommended for anyone interested in the spiritual and ethical issues raised by our need to nourish ourselves!

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