



# **Shine the Light: Sexual Abuse and Healing in the Jewish Community (Northeastern Series on Gender, Crime, and Law)**

*Rachel Lev*

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This is a journey into the stories, hearts and minds of adult Jewish survivors of sexual abuse and incest. Rachel Lev, a therapist and incest survivor herself, blends her own experiences with those of other survivors and reflects upon their personal relationships to the Jewish community - a community that can either encourage denial or be a place of healing. "Shine the Light" emphasizes healing, which Lev believes can come about through self-expression, creativity and, above all, feeling connected not isolated. The text includes first-hand accounts, poetry and evocative artwork. The 22 contributing authors and artists identify themselves along the spectrum from "just Jewish" to "Hasidic" and represent a wide range of professions and ethnic backgrounds. Sexual abuse occurs within all religious and cultural groups, but Lev explains the particular difficulties for the Jewish community to acknowledge the problem, given its long history of victimization and its need for positive self-images. The author reveals Judaism to be rich in resources for healing as she explores Jewish law, tradition and rituals that include the thoughts of rabbis, lay leaders and survivors.

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