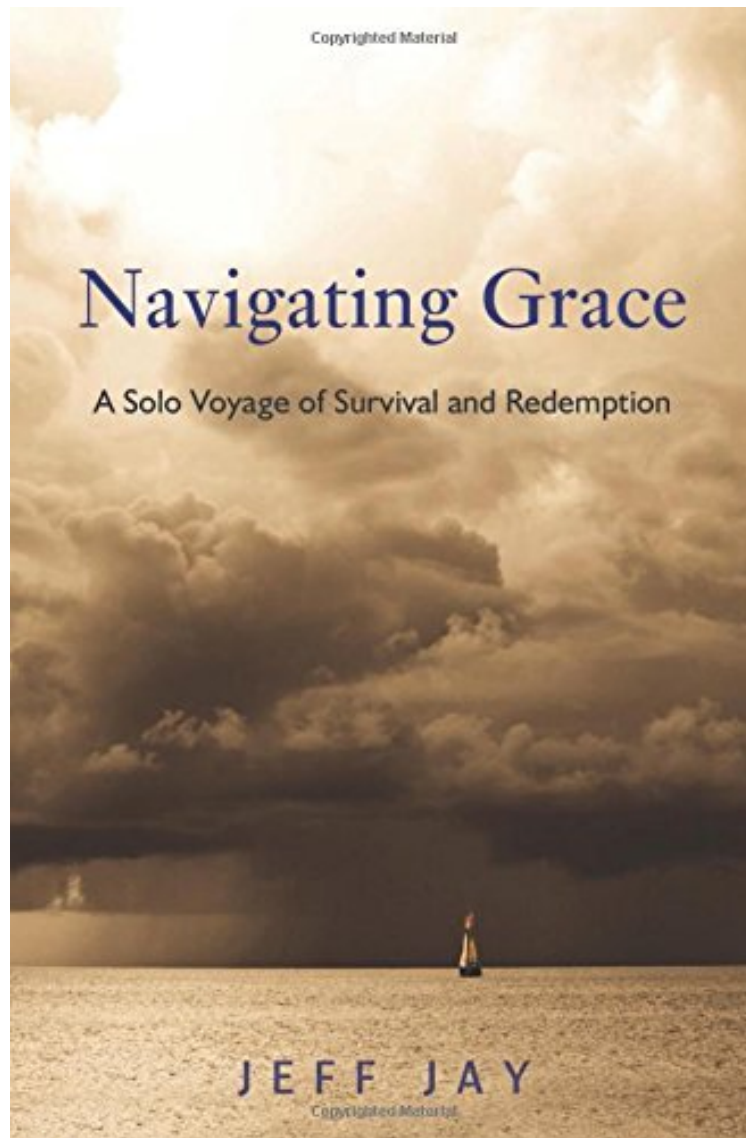


(Mobile ebook) Navigating Grace: A Solo Voyage of Survival and Redemption

Navigating Grace: A Solo Voyage of Survival and Redemption

Jeff Jay

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Jeff Jay : Navigating Grace: A Solo Voyage of Survival and Redemption before purchasing it in order to gage whether or not it would be worth my time, and all praised Navigating Grace: A Solo Voyage of Survival and Redemption:

3 of 3 people found the following review helpful. A masterful piece of literary nonfiction -- My favorite memoir ever!By Chrissine RiosJeff Jay has written a masterful piece of literary nonfiction that reads like an adventure novel and resonates like an intimate memoir. Jay is an addiction counselor and experienced sailor of Michigans Great Lakes

when he sets sail to the Virgin Islands with visions of living on his boat and running an on-board halfway house for recovering addicts. His plans and course are diverted, however, when he sails into an unavoidable and torrential storm that about sinks his sailboat and nearly kills him a good dozen times; its a gripping read as he knows he will not survive, believes he doesnt deserve to survive, and yet he does everything he can in case by some miracle he does. He had been saved before, after all, and this was an important theme in the book: Years prior, alcoholism would have killed him had his parents not intervened and got him into a rehabilitation center where he only wanted to drink again and knew he would drink again until all at once, his intellectual mindfulness succumbed to extraordinary spiritual awakening. Jay does not evade or qualify the role of Alcoholics Anonymous in his life. Hes still an addictions counselor and professional interventionist, and this wasnt his first book published by Hazelden. In fact, as much as I love an artful memoir, if Jeff Jay werent also my second cousin and my mom and great aunt hadnt been in a slight tizzy about what Jay wrote about my grandpa in the book, its less than likely that I would have wanted to read a recovery book simply due to my own cynicism a personal story of recovery and redemption, yes, but one published by a world renowned alcohol and drug treatment organization? I had that eerie feeling going into it that I did before reading *The In-Between* (Goins, 2014) that had a Christian publisher, feeling I had to read on the defensive lest I be brainwashed into cult-like thinking by too much God worship in the prose, but it never happened. Jays prose appealed to my cynical side. Hes smart, and honest and brave, and I dont mean in how he handled his sailboat in that ocean storm alone but with his wordsmithy. Hes a wonderful writer, insightful, poetic. He cleverly juxtaposes the storm with his near death from alcoholism, his fathers passing from leukemia soon after, and more recently his brothers tragic suicide and then Jays divorce, but suicide tends to overshadow everything that comes after it for the survivors, yes? Ive known that kind of loss and have written about it too, and its not easy to express such depth of grief without becoming sentimental or trite. The storm was the perfect metaphor for Jays reflections. He wrote probably the best memoir Ive ever read, and I already mentioned loving this genre, but my masters degree is in Creative Nonfiction too; I take the craft seriously and have critical expectations. Yet I hung on some of Jays sentences for so long that when I did get to the last page, I wept. I both didnt want it to end and was so grateful to have arrived that it was like his journey had become mine, and we had both survived. And more, he knew I would. Thats how I felt! I just want to thank him so much for sharing his story and making it all of ours. Its a must read for everyone, and dont skip the epilogue.

2 of 2 people found the following review helpful. **A Game Changer!**By Peggy Piper Religion has often been defined as "Man's search for God". It encompasses so much; so many cultures and differences. But Grace it seems is about God's search for man....and that is what this book is about. It's about God making Himself known and the passionate way He goes about it! This book took me on a journey at sea with the author where I smelled the salt air and envisioned the height of the waves around me. But the parallel journey I was on with him left me more than entertained or in awe of very good writing. By the time I hit the second chapter I couldn't put it down, not only because of the story and suspense, but because it held my life in a grip all the way up to the last page and for hours and days afterward contemplating all the gifts it had brought me. I have been a reader all my life. I have a study lined with books. This book however will not be joining them. It will be on my nightstand and in my suitcase so I will never forget all the golden nuggets it has brought to my life. I will re-read it, which I hardly ever do. I won't tell any of the specifics of what gems it will have for your life because it will be personal for each reader. It's written that way, personal, and specific, and intimate. Thanks, Jeff, for writing it, and for being an instrument of God for peace in my life as well as for anyone who courageously takes on the waves with you in *Navigating Grace*.

2 of 2 people found the following review helpful. "Oh would some Power the gift give us, To ...By Carolyn Geiger" Oh would some Power the gift give us, To see ourselves as others see us" (Robert Burns). Jeff Jay tells a tale so rich in detail that in reading it we see, hear, smell, feel, and even taste the journey with him as he earns his gift of honest self appraisal. We cower in fear, collapse in exhaustion, and thumb our noses at death along with him. We meet his mentors, hear their wisdom, and we learn about the lengths our God will go to, to redeem a modern day prodigal. Because of his courageous, self-revealing saga, we gain strength to face our own dark nights with deep honesty, and we re-visit with deeper trust our own encounters with a Power greater than ourselves. Read it. You will see what I mean.

A moving illustration of the power of grace to elevate us during troubling times, Jeff Jay offers a soulful account of his solo sailing journey that turned into a battle for survival on the open sea. Jeff Jays recent life was full of tragedy: his marriage had ended, his father had passed away, his brother had committed suicide, and Jeffs own alcoholism had taken him to the edge of death. In his desire for a fresh start, Jeff set out on a solo adventure by sea on an old sloop named *Lifeboat*. It ultimately became a journey of personal transformation. He cast off in Annapolis, Maryland with an eye toward the Caribbean. Finally able to breathe, Jeff relaxed into his first day sailing the Atlantic when a dark winter storm descended, tossing him into a week-long fight for survival on the open sea. As he faced the realization that only divine intervention could deliver him from certain death, Jeff desperately called on the deity that had intervened in the darkest hours of his addiction years earlier. An intensely personal testimony to calling on the power of grace in our darkest hours, Jeffs is a beautifully written tale of far-fetched dreams, desperate prayers, and those miraculous moments that change our lives forever.

"This honest and courageous spiritual memoir will bring 'amazing grace' to any reader."--Bishop Thomas Gumbleton

"Navigating Grace is a gripping journey through the storms of life. Through his life-story of pain and loss, Jeff Jay guides us through turmoil and perils, and shows how to find hope and serenity from within."--Rabbi Yarden Blumstein, Friendship Circle

Jeff Jay is a masterful guide, taking us with him on a gripping odyssey through perilous ocean waters, and through the anguish of his own soul. Its a journey you will not forget. Written with stunning imagery, Mr. Jays encounters with the Divine are thrilling to read. I was captivated start to finish.--Barbara Cofer Stofen, author of *A Very Fine House: A Mothers Story of Love, Faith, and Crystal Meth*

"In 1990 Jeff Jay took off alone on a sailboat from Annapolis, Maryland heading for the Caribbean, and almost died in a violent winter storm 150 miles off Cape Hatteras. But *Navigating Grace* isn't just a book about survival at sea."Years before, Jeff's alcoholism had taken him to the brink of suicide, and only a first-class miracle saved his life. But *Navigating Grace* isn't just a book about recovery from addiction. In the intervening years his younger brother had committed suicide, he'd held his father's hand as he died, and his first marriage had broken up. But *Navigating Grace* isn't just a book about loss."

"*Navigating Grace* is an intensely personal story of the way God works through people, and grace seeps through tragedy. In telling his tale of far-fetched dreams, desperate prayers, and an old sloop named *Lifeboat*, Jeff Jay reveals those life-changing moments when miracles happen in times of pain and fear to change our lives forever. It is an unexpectedly humorous book, as well, that gives a new perspective on faith in the modern world.--William Cope Moyers, author of *Broken: My Story of Addiction and Redemption*

Navigating Grace is a riveting read; a thrill by the seat of your pants trip to sea, to spirit and a life worth living. Bravo!--Brad Lamm, CIP, author and television commentator, frequent guest on *Dr. Oz*, *The Today Show*, and *Good Morning America*