

A Shabbat of Healing

Reb Nachman said that a human being reaches in three directions: inward to self, outward to people, and upward to God. The real secret, taught Nachman, is that the three are one. When we are connected to ourselves, we can reach out to others. When we reach out to others, we may come to know God. (*Chassidic story*)

May this melody and this gathering help us to quiet our minds and open our hearts. May we feel and know the connection that exists between ourselves, our community, and our Creator.

When We Sing By Michael Hunter Ochs

When we sing, when we sing, when we sing, we pray twice.

When we sing, when we sing, when we sing, we are one.

Shiru l'Adonai, shiru l'Adonai, shiru l'Adonai, shiru shiru l'Adonai.

Shiru l'Adonai, shiru l'Adonai, shiru l'Adonai, shiru shiru l'Adonai.

Lighting of the Shabbat Candles

Source of mercy, we have come into this sanctuary to seek Your presence. Speak to us, we pray, with the still, small voice of Your spirit.

If our lives have become shallow, help us to deepen them; if our principles have become shabby, help us repair them.

If our ideals have become tarnished, help us restore them; if our hopes have become faded, help us revive them.

If our loyalties have grown dim, help us brighten them; if our values have become confused, help us clarify them.

If our purposes have grown blurred, help us sharpen them; if our horizons have become narrowed, help us widen them.

O Source of life and light, Source of healing and blessing, make us worthy instruments of Your will, and help us to live the words we pray.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו להדליק נר של שבת.

Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav vitzivanu l'hadlik neir shel Shabbat.

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the lights of Shabbat.

Acknowledging the Soul

The soul that You have given me, O God, is pure! You have created it. You have formed it. You have breathed it into me, and within me You sustain it. So long as I have breath, therefore, I will give thanks to You, O Eternal One, my God and God of all ages, Author of all creation, Ruler of every human spirit. Blessed is the eternal One, in whose hands are the souls of all the living and the spirits of all flesh.

Asher Yatzar By Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am and a little broken too
I will live each day as a gift I give to You

בָּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר, וּמַפְלִיא לַעֲשׂוֹת:

Baruch Atah, Adonai, rofei chawl basar umafla la-asot.

Blessed are You, Adonai, who heals all flesh, working wondrously.

Han'shama Lach By Shlomo Carlebach

Ha-n'sha-ma lach v'ha-guf po-a-lach.

Chu-sa, chu-sa al a-ma-lach

My soul is Yours and my body is Your creation. Have compassion on Your handiwork.

Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרֻעֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעָנְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן :
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵינָא:
יְתְבָרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא
בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרִין בְּעָלְמָא, וְאִמְרוּ
אָמֵן:

*Yitgadal v'yitkadesh sh'mei rabah. B'alma di v'ra chi-r'utei, v'yam-lich mal'chutei b'cha-yei-chon
u-v'yo-mei-chon u-v'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv v'im-ru: Ah-mein. Y'hei
sh'mei raba m'va-rach l'a-lam u-l'almei al'maya.*

*Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei v'yit-ha-dar v'yit-a-leh v'yit-ha-lal
sh'mei d'kud'sha b'rich hu. L'ei-lah min kol bir-cha-ta v'shi-ra-ta tush-b'cha-ta v'ne-che-ma-ta
da-a-mi-ran b'al-ma, v'im-ru Amein.*

The Sh'ma and its Blessings

The discipline of blessings is to taste each moment,
the bitter, the sour, the sweet and the salty,
and be glad for what does not hurt.
The art is in compressing attention
to each little and big blossom of the tree of life,
to let the tongue sing each fruit, its savor, its aroma and its use.

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

Barechu et Adonai ha-m'vo-rach

Praise Adonai to whom praise is due!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai ha-m'vo-rach l'o-lam va-ed

Praise Adonai to whom praise is due, now and forever!

Creation

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֶרְבִים.

Baruch ata adonai eloheinu melech ha'olam asher bid'varo ma'ariv aravim.

God of all creation, eternal Source of hope, be with me when hope seems foolish; O Creator of light, be with me when day grows dark; O God of life, be with me when life seems to have lost its meaning. In my darkness, be my source of light; in my loneliness, help me find a soul akin to my own.

Give me strength to live with courage. And give me courage to draw blessing from life even in the midst of suffering, to hold fast against the storm, to respond with love to a loved one's glance, to face each night with hope for the morrow.

Teach me, my God, to pray and to recite blessings for the withered leaf no less than for the splendor of the ripe fruit; for freedom to see, to feel, to breathe, to know, to hope--and to fail.

בְּרוּךְ אַתָּה יי, הַמַּעְרִיב עֶרְבִים :

Baruch ata adonai, hama-ariv aravim.

Beauty of the World

By: Sababa; Hebrew Text: Traditional Blessing for rare beauty

Clouds lift, sun breaks through; a day of beauty, a gift from You
Mountains rise, wind calls my name
Each day renews creation - never quite the same
And I thank You for the beauty of the world

Baruch Ata Adonai Eloheynu, Melech Ha'olam, shekacha lo, b'olamo, shekacha lo, b'olamo.

Sun sinks - darkness falls; As night descends, I hear You call
And I thank You for the beauty of the world

(Blessed are you, God, Creator of the Universe, who has such beauty in the world.)

Revelation

Affirmation

I am a precious part of all that exists. There is no separation between God and myself. As I feel this connection, I know I am being filled with divine love and surrounded by infinite perfection. I accept this healing energy as it flows unrestricted through my body bringing strength, vitality and rejuvenation to every cell. I feel this powerful energy cleansing and healing any unbalanced condition in my body.

Open Up Our Eyes By Cantor Jeff Klepper
(Inspired by Ahavat Olam and Ahavah Rabbah)

Open up our eyes teach us how to live
Fill our hearts with joy and all the love You have to give.
Gather us in peace as you lead us to your name
And we will know that You are One.

There lives a God:

God's presence is the glow in the human heart.

There lives a God:

We meet God in the joys of human love.

We see God in our vision of a better world:

When we choose life and blessing, and turn from death and destruction.

We hear God in the still, small voice of conscience.

We sense God in our unending search for truth.

There lives a God, and in love we unite with God as we call God One:

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

וְאַהֲבַתְּ אֶת יְיָ | אֱלֹהֶיךָ, בְּכָל-לֵבְךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר | אֲנֹכִי מְצֻוֶּה הַיּוֹם, עַל-לֵבְךָ: וְשִׁנַּנְתָּם לְבִנְיָךְ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִקְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְכְךָ, וּבְקוֹמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין | עֵינֶיךָ,
וּבְתִבְתָּם | עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'vavcha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim
ha'eileh asher anochi m'tzav'cha hayom al l'avvecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha
b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha v'hayu l'totafot
bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת-כָּל-מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְיָ | אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מֵאֶרֶץ מִצְרַיִם, לְהִיּוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ | אֱלֹהֵיכֶם:

*L'ma'an tizk'ru va'asitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem,
asher hotzeiti etchem mei'eretz Mitzrayim lih'yot lachem l'Elohim: Ani Adonai Eloheichem.*

Redemption

מִי כַמֹּכָה בָּאֱלִים יְיָ, מִי כַמֹּכָה נָאֲדָר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֹשֶׂה פֶלֶא:

Mi chamocha ba-eilim, Adonai, mi kamocha nedar bakodesh, nora t'hilot, oseih feleh!

Who is like You, O God, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, working wonders?

Egypt is not just a place on an ancient map
where a narrow strait blocks the way between two seas,
Egypt is a place in us
where a narrow strait blocks the sea which is our soul
from reaching the Sea which is its source.

We have built that strait
From all that has enslaved us
all the crudities we worship
all the greed that blocks the arteries of our life.

and so, when our soul laps longingly at the edge,
the sludge of our grasping days
pushes it, gasping, back,
Choking it off, day by day, from the sea
which is its life.

As we do on Passover,
to eat the bread of affliction
is to take a bite out of that which afflicts us,
to tear into the sludge of our enslavement
and gnaw away at it, layer by layer,
Until we clear through the straits
A channel for our soul
To flow back again into its source.

At this moment our soul is still enslaved,
Before this night ends, may it once again breathe free!

Ozi V'Zimrat Yah By Rabbi Shefa Gold (Psalm 118:14; Exodus 15:2)

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה.

Ozi v'zimrat Yah vay'hi li lishuah.

My strength (balanced) with the song of God will be my salvation.

Haskiveinu Adonai Eloheinu L'shalom:

We promise our loved ones that we will do our best to protect and provide for them.

V'Hamideinu Shomreinu L'chayim:

That they will be the center of our lives. That we will be there to support them, just as
we know they are there to support us.

Ufros Aleinu Sukkat Sh'lomecha:

that even as we seek the shelter we need in the present, we will continue to work
toward a better future: for us, for our children, and the world.

בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.

The meaning of Shabbat is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on Shabbat we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world. (A.J. Heschel)

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אוֹת הַיּוֹם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבְיוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנָּפֶשׁ.

*V'shamru v'nei Yisrael et HaShabbat, la'asot et HaShabbat l'dorotam b'rit olam. Beini u'vein b'nei
Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et hashamayim v'et ha'aretz, u'vayom hashvi-i
shavat vayinafash.*

Prayer invites God's presence to suffuse our spirits,
God's will to prevail in our lives.
Prayer may not bring water to parched fields,
nor mend a broken bridge, nor rebuild a ruined city.
But prayer can water an arid soul,
mend a broken heart, rebuild a weakened will.

T'filah

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Adonai, open my lips, that my mouth may declare Your praise.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי
יַעֲקֹב, אֱלֹהֵי שְׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָחוֹת, וּמֵבִיא גְּאֻלָּה
לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה.

(On Shabbat Shuvah:)

זָכְרָנוּ לְחַיִּים, מֶלֶךְ חַפְּצֵי בְּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן: בְּרוּךְ אַתָּה יְיָ, מִגֵּן אַבְרָהָם וְעִזְרַת שְׂרָה:

Baruch atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, u-meivl g'ulah liv'nei v'neihem l'ma-an shmo b'ahavah. (On Shabbat Shuvah: Zochreinu l'chayim melech chafetz bachayim, v'chotveinu b'seifer chayim, l'ma-ancha Elohim chayim.) Melech ozeir u-moshia u-magein. Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ. מוֹרִיד הַטָּל. מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקִיִּם אֱמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מְלַךְ מַמִּית וּמַחְיֶה וּמַצְמִיחַ יֵשׁוּעָה:

מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרֵינוּ לְחַיִּים בְּרַחֲמִים. On Shabbat Shuvah: וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל:

Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. Morid hatal. M'chalkeil chayim b'chesed, m'chayeh hakol b'rachamim rabim, someich noflim, v'rofei cholim, u-matir asurim, u-m'kayeim emunato lisheinei afar. Mi chamocha ba-al g'vurot u-mi do-meh lach melech meimit um'chayeh u-matzmiach yeshuah. (On Shabbat Shuvah: Mi chamocha Av ha-rachamim, zocheir y'tzurav l'chayim b'rachamim.) V'ne-eh-man atah l'ha-chayot hakol. Baruch atah Adonai, m'chayeh hakol.

The Holiness of God

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ, סְלָה. בְּרוּךְ אַתָּה יי, הַמְלִיךְ הַקָּדוֹשׁ.

Atah kadosh v'shimcha kadosh u-k'doshim b'chol yom y'hal'lucha, selah. On Shabbat Shuvah: Baruch Atah Adonai, ha-Melech ha-kadosh.

You are holy. Your name is holy. Seekers of holiness praise You day by day. Blessed are You, Adonai, holy Sovereign.

Thanksgiving

מוֹדִים אֲנִיחֶנוּ לָךְ, שְׂאֵתָהּ הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוּר חַיֵּינוּ, מִיָּגוֹן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר.

Modim anachnu lach, sha-atah hu, Adonai Eloheinu vay-lohei Avoteinu, l'olam va-ed, tzur chayeinu, magein yish-einu, atah hu l'dor vador.

May it be Your will, O our God, that we be allowed to stand in places of astonishing light and not in dark places, and may our hearts know no pain, and may our vision not be so clouded that we would not see all the blessings of Life that You have given us. --Danny Siegel

Prayer for Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל
הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

(On Shabbat Shuvah:)

בְּסֵפֶר חַיִּים, בְּרָכָה, וְשָׁלוֹם, וּפִרְנָסָה טוֹבָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל
עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם. בָּרוּךְ אַתָּה יְיָ, עֹשֶׂה הַשָּׁלוֹם.

*Shalom rav al Yisrael amcha tasim l'olam, ki atah hu Melech Adon l'chol hashalom. V'tov b'einecha
l'vareich et amcha Yisrael b'chol eit uv'chol sha-ah bishlomecha. On Shabbat Shuvah: B'sefer chayim,
b'racha v'shalom, u-farnasah tovah, nizacheir v'nikateiv l'fanecha, anachnu v'chol amcha beit Yisrael,
l'chayim tovim u-l'shalom. Baruch atah Adonai, oseih hashalom.*

Grant abundant peace to Israel Your people forever, for You are the Sovereign God of all peace.
May it be pleasing to You to bless Your people Israel in every season and moment with Your
peace. **On Shabbat Shuvah:** Let us, and the whole family of Israel, be remembered and
inscribed in the Book of Life. May it be a life of goodness, blessing and prosperity. May it be a
life of peace. Blessed are You, Adonai, Maker of peace.

Listening comes hard to us. We can sing and read and look,
Taste and smell and touch, but listening comes hard to us.

Other people's joy and tragedy enter our minds,
But listening to the person behind the joy,
Letting in the person underneath the tragedy,
That takes concentration, and a strong will.

But Shabbat is to be listened for.
And another human being is to be listened to.

We pray silently.

With My Own Two Hands By Jack Johnson

I can change the world, with my own two hands
Make it a better place, with my own two hands
Make it a kinder place, with my own two hands
with my own, with my own two hands

I can make peace on earth, with my own two hands
I can clean up the earth, with my own two hands
I can reach out to you, with my own two hands
with my own, with my own two hands
with my own, with my own two hands

I'm gonna make it a brighter place, with my own two hands
I'm gonna make it a safer place, with my own two hands
I'm gonna help the human race, with my own two hands
with my own, with my own two hands
with my own, with my own two hands

I can hold you, with my own two hands
I can comfort you, with my own two hands
But you got to use, use your own two hands
Use your own, use your own two hands

With our own, with our own two hands
With our own, with our own two hands
with my own, with my own two hands

The Intention

Healing is both an exercise and an understanding
And yet not of the will nor of the intention.

It is a wisdom and a deeper knowledge of the daily swing of life and death in all creation.

There is defeat to overcome and acceptance of living to be established
and always there must be hope.

Not the hope of healing but the hope which informs the coming moment and gives it reason.

The hope which is each person's breath, the certainty of love and of loving.

Death may live in the living and healing rise in the dying.

For whom the natural end is part of the gathering and the harvest to be expected

To know healing is to know that all life is one.

Prayers for Healing

We pray for family, friends, members of this congregation and for everyone who is injured or ill in body or in spirit. Some of us pray for ourselves. Others pray for those who are dearest to us. Give strength and purpose, unflagging energy and deep wells of patience to all who seek healing, and to their caregivers, family and friends.

O God, gracious Parent, hear our prayer and make our lives a blessing.

A Mishebeirach can be when the doctor has said: 'It is only a cold', but, nevertheless, we stay up all night at the bedside of the child, making sure that he or she is still breathing.

A Mishebeirach can be when we always say to our spouse and our child: "'Drive carefully!'", for we are greatly afraid of that loneliness which has no end.

A Mishebeirach can be when we seek health from God, because we wish to leave no stone unturned, so that we can sleep at night.

A Mishebeirach can be when we acknowledge that our loved one is dying, and it is we who are in search of healing.

A Mishebeirach can be when we are afraid because we are confronted by the fragility of Life, and feel as though we are standing naked and defenseless in a world which is beyond our understanding.

We each have our own personal Mishebeirach. -Rabbi Alfred B. Landsberg

Heal Us Now

Music and English by Leon Sher, Hebrew from Liturgy;

Numbers 12:13; Psalms 145:18; 85:10; 28:9; 118:25

R'fa-einu Adonai v'neirafei

Hoshi-einu v'nivashei-ah

El karov l'chol kor-av

Ach karov lirei-av yish-o

Heal us, Adonai, and we shall be healed

Save us and we shall be saved.

God is close to all who call out to God.

Surely, help is near to all who call out to God.

We pray for healing of the body.

We pray for healing of the soul.

For strength of flesh and mind and spirit,

We pray to once again be whole.

(chorus)

Eil na r'fa na

Oh please, heal us now.

R'fuat ha-nefesh, r'fuat ha-guf

R'fuah shleimah

Heal us now.

God please, please heal.

Healing of the soul and healing of the body

a complete healing

Hoshiah et amecha

U'vareich et nachalatecha

Ur'eim v'nas'eim ad ha-olam

Mi shebeirach a-voteinu

Mi shebeirach imoteinu

Ana Adonai hoshiah na

Save Your people

and bless Your inheritance

care for them and exalt them forever

You, who blessed our fathers

You, who blessed our mothers

Oh, please, God, please save us.

We pray for healing of our people

We pray for healing of the land

And peace for every race and nation

Every child, every woman, every man. Eil na...

Aleinu

עָלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֶם, וְנִגְרַלְנוּ כְּכֹל הַמוֹנֵם. וְאַנְחֵנוּ בּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

*Aleinu l'shabeiach la-adon hakol lateit g'dulah l'yotzeir b'reishit, she-lo asanu k'go-yei ha-aratzot, v'lo
samanu k'mish-p'chot ha-adamah, she-lo sam chelkeinu ka-hem v'goraleinu k'chol hamonam.*

Va-anachnu korim, umishtachavim u'modim, lifnei melech, mal'chei ham'lachim, ha-kadosh baruch Hu.

Unending Love By Rabbi Rami Shapiro

We are loved by an unending love.

We are embraced by arms that find us

Even when we are hidden from ourselves.

We are touched by fingers that soothe us

Even when we are too proud for soothing.

We are counseled by voices that guide us

Even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us

Even in the midst of a fall.

We are urged on by eyes that meet us

Even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed, and counseled...

Ours are the arms, the fingers, the voices:

Ours are the hands, the eyes, the smiles;

We are loved by an unending love.

Those Who Sow By Debbie Friedman (Psalm 126:5)

Those who sow, who sow in tears,
shall reap, shall reap in joy.

הַזֹּרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ.
Hazor'im b'dimah b'rinah yik'tzoru.

Mourner's Kaddish

Our Thoughts turn to those who have departed this earth: our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֻגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

*Yitgadal v'yitkadash sh'mei rabah. B'alma di v'ra chi-r'utei, v'yam-lich mal'chutei b'cha-yei-chon
u-v'yo-mei-chon u-v'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv v'im-ru: Ah-mein.*

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עָלְמַי:

Y'hei sh'mei raba m'va-rach l'a-lam u-l'almei al'maya.

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעַלָּא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא,
דְּאָמְרִין בְּעָלְמָא, וְאָמְרוּ אָמֵן:

*Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei v'yit-ha-dar v'yit-a-leh v'yit-ha-lal
sh'mei d'kud'sha b'rich hu. L'ei-lah min kol bir-cha-ta v'shi-ra-ta tush-b'cha-ta v'ne-che-ma-ta
da-a-mi-ran b'al-ma, v'im-ru Amein.*

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Y'hei sh'la-ma raba min sh'maya v'cha-yim aleinu v'al kol Yisrael, v'imru Amein.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim-romav hu ya-ah-seh shalom aleinu v'al kol Yisrael, v'imru Amen.

Kiddush

And there was evening and there was morning, the sixth day. The heaven and the earth were finished, and all their array. On the seventh day God finished the work that God had been doing, and God ceased on the seventh day from all the work that God had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that God had done.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַנֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ וּפְרוֹן לְמַעֲשֵׂה
בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ, וְכֵן לִיצִיאַת מִצְרָיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ
קִדְּשָׁתָּ מְכַל הָעַמִּים, וְשִׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ. בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ
הַשַּׁבָּת.

*Baruch atah Adonai, Eloheinu melech ha-olam, bo-ray p'ri ha-ga-fen. Baruch atah Adonai, Eloheinu
melech ha-olam, asher kid-sha-nu b'-mitz-vo-tav v'-ra-tza va-nu, v'-sha-bat kod-sho, b'ah-ha-va
uv-ra-tzon, hin-chi-la-nu, zi-ka-ron l'-ma-ah-say v'ray-shit. Ki hu yom t'chi-lah l'mik-ra-ay ko-desh,
ze-cher l'tzi-at mitz-ra-yim. Ki va-nu va-char-ta v'-oh-ta-nu ki-dash-ta mi-kol ha-ah-mim. V'sha-bat
kod'-sh'-cha b'ah-ha-vah uv-ra-tzon hin-chal-ta-nu. Ba-ruch Atah Adonai, m'-ka-deish ha-sha-bat.*

Motzi

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah Adonai, Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.

Blessed are You, Adonai our God, Sovereign of the universe,
who brings forth bread from the earth.

Mourning Into Dancing (adaptation of Psalm 30)

By Debbie Friedman

You turn my mourning into dancing
So that my soul might sing to You
So that my soul sing to You,
And it not be still.

O God, my God, forever I will thank You.
O God, my God, forever I will thank You, O Dear God!

Now I sing praises to the Holy One
Who lifts me up when I have fallen
And I cried to You to heal me
And You have answered all my prayers.

O God, my God, forever I will thank You.
O God, my God, forever I will thank You, O Dear God!.

I ask that You be gracious
And hear me Adonai.
I have called to You to help me,
You've supported me with joy.

O God, my God, forever I will thank You.
O God, my God, I give my thanks to You, O Dear God!

You turn my mourning into dancing
So that my soul might sing to You.
So that my soul sing to You,
And it not be still.

*This service was compiled by Cantor Carrie Barry using a variety of other service compilations.
Authors are included where available.*