

Congregation Shir Ami

Erev Shabbat: T'filat R'fuah

Prayer invites G-d to let the Divine Presence suffuse our spirits, to let the Divine Will prevail in our lives. Prayer cannot 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, and rebuild a weakened will.

Abraham Joshua Heschel

Special Thanks to Rabbi David Levy for sharing this lovely service with Shir Ami

הדלקת הנרות

Blessings for Shabbat

The candles are lit before the blessing is recited.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch atah Adonai, Eloheinu melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.

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

Oh hear my prayer I sing to you be gracious to the ones I love

And bless them with goodness and mercy and peace

Oh hear my prayer to you.

Let us light these lights and see the way to you and let us say amen,

Let us light these lights and see the way to you and let us say amen.

קידוש לשבת

Shabbat Kiddush

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.

Genesis 2:1-3

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן. ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבת קדש ובאהבה וברצון הנחילנו זכרון למעשה בראשית, כי הוא יום תחלה למקראי קדש, זכר ליציאת מצרים, כי בנו בחרת ואותנו קדשת מכל העמים, ושבת קדשך באהבה וברצון הנחלתנו. ברוך אתה יי, מקדש השבת.

Baruch atah Adonai Eloheinu melek ha-olam, borei pe'ri ha-gafen.

Baruch atah Adonai Eloheinu melek ha-olam, asher kiddeshanu be-mitzvotai ve-ratza vanu, ve-shabbat kodsho be'ahavah uv'ratzon hinchilanu, zikaron le'ma'aseh ve'reishit. Ki hu yom techillah lemikra'ei kodesh, zekher litzit'at mitzrayim. Ki vanu vacharta, ve'otanu kiddashta, mikol ha'amim. Ve-shabat kodeshekha be-ahavah uv'ratzon hinchaltanu. Baruch atah Adonai me-kadesh ha-Shabbat.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe, who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of Creation. As first among our sacred days, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

Oh my God

My soul's companion My
heart's precious friend I
turn to You.

I need to close out the noise
To rise above the noise
The noise that interrupts - The
noise that separates - The
noise that isolates.

I need to hear You again.

In the silence of my innermost being,
In the fragments of my yearned -for wholeness,
I hear whispers of Your presence --
Echoes of the past when You were with me
When I felt Your nearness
When together we walked -
When You held me close, embraced me in Your love,
Laughed with me in my joy.

I yearn to hear You again.
In Your Oneness, I find healing.
In the promise of Your love, I am soothed.
In Your wholeness, I too can become whole again.

Please listen to my call –
help me find the words
help me find the strength within
help me shape my mouth, my voice,
my heart
so that I can direct my spirit and find you in prayer.

In words only my heart can speak
In songs only my soul can sing
Lifting my eyes and heart to You.
Adonai s'fatai tiftach - open my lips,
precious God,
so that I can speak with You again.

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלֵיָהּ

Kol han'shamah t'halel yah, Halleluyah!

Let everything that breathes praise God!



O God, You have called us into life, and set us in the midst of purposes we cannot measure or understand. Yet we thank you for the good we know, for the life we have, and for the gifts that are our daily portion.

For health and healing
For labor and repose,
For the ever renewed beauty of earth and sky,
For thoughts of truth and justice which stir us from our ease and
move us to acts of goodness, and
For the contemplation of Your Eternal Presence which fills us with
hope that what is good and lovely cannot perish.



Help me, O God,
To find still moments
quiet spaces within to refresh my soul;
cease my questions, my inner debates,
and let me meditate on Your goodness.

Help me, O God,
to nurture my courage,
recalling moments of strength.
Let me remember days of fortitude
and the certainty of your regard.

Help me, O God,
to turn to the light,
to feel the warmth of Your touch,
my own face and fingers outstretched,
alive, alive in Your sight.

Bar'chu

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ

Barchu et Adonai hamevorach!

Praise Adonai, to whom our praise is due!

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד

Baruch Adonai hamevorach leolam vaed!

Praised be Adonai, to whom our praise is due, now and forever!



Once or twice in a lifetime,
a man or woman may choose
a radical leaving, having heard
Lech l'cha - Go forth.

God disturbs us toward our destiny
by hard events and by freedom's now urgent voice
which explode and confirm who we are.

We don't like leaving,
but God loves becoming.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah, Adonai, ohev amo yisrael.



Sh'ma

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Shema yisrael: Adonai eloheinu, Adonai echad!

Hear, O Israel: Adonai is our God, Adonai is one.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim kevod malchuto leolam vaed!

Praised be God's name, God's glorious rule is forever and ever.

V'ahavta

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטֹטְפוֹתַיִן עֵינֶיךָ,
וּכְתַבְתָּם עַל מְזוֹזַת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Veahavta eit Adonai elohecha bechol levavcha, uvechol nafshecha, uvechol meodecha. Vehayu hadevarim haeileh, asher anochi metsavecha hayom, al levavecha. Veshinantam levanecha, vedibarta bam beshivtecha beveitecha uvelechtech vадerech, uveshochbecha uvekumecha. Ukeshartam leot al yadecha. Vehayu letotafot bein einecha. Uchetavtam al mezuzot beitecha uvisharecha.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יי
אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי יי
אֱלֹהֵיכֶם:

Lemaan tizkeru, vaasitem et kol mitsvotai viheyitem kedoshim leiloheichem. Ani Adonai eloheichem, asher hotseiti etechem meierets mitsrayim, liheyot lachem leilohim. Ani Adonai eloheichem.

Thus shall you remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

שְׁמַע

I asked God for health, that I might do great things, I was
given infirmity, that I might do better things.

I asked for strength, that I might lead,

I was given weakness, that I might learn humbly to obey.

I asked for riches, that I might be happy, I was
given poverty, that I might be wise.

I asked for power that I might have the praise of people, I was
given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life,
I was given life, that I might enjoy all things.
I got nothing I asked for, but everything that I hoped for.
Almost despite myself, my unspoken prayers were answered.
I am, among all people, most richly blessed.

שְׁמַחַת הַחַיִּים

אֵלִי, אֵלִי שְׁלֹא יִגְמַר לְעוֹלָם:
הַחֹל וְהַיָּם, רִשְׁרוּשׁ שֶׁל הַיָּמִים,
בְּרַק הַשָּׁמַיִם, תְּפִילַת הָאָדָם.

Eli, Eli Shelo yigamer le'olam:

Hachol vehayam

Rishrush shel hamayim

Berak hashamayim Tefilat

ha'adam.

O God, my God

I pray that these things never end:

The Sand and the sea,

The rush of the waters,

The crash of the heavens, The
prayers of our hearts.

שְׁמַחַת הַחַיִּים

We pray that we might know before Whom we stand. We stand before the Power whose gift is life, who quickens those who have forgotten how to live.

We pray for winds to disperse the choking air of sadness, for cleansing rains to make parched hopes flower, and we pray that we might all be given strength to rise up toward the sun.

We pray for love to encompass us for no other reason save that we are human -- that we may all blossom into persons who have gained power over our own lives.

We pray to stand upright, we fallen; to be healed we sufferers; we pray to break the bonds that keep us from the world of beauty; we pray for opened eye, we who are blind to our authentic selves.

We pray that we may walk in the garden of a purposeful life, our own powers in touch with the Power of the world.

We praise God whose gift is life, whose cleansing rains help parched men and women flower toward the sun.

Mi Chamocha

מִי-כַמּוֹכָה בְּאֵלִים יי, מִי
כַמּוֹכָה נָאֲדָר בִּקְדֻשׁ, נוֹרָא
תְּהִלַּת עֲשֵׂה פֶּלֶא.

Mi chamocha baeilim, Adonai? Mi kamocha, nedar bakodesh, nora tehilot, osei feleh?

Who is like you, Adonai, among the Gods that are worshipped?

Who is like you, majestic in holiness, awesome in splendor, doing wonders

מַלְכוּתְךָ רָאוּ בְּנֵי, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,
זֶה אֱלֹהֵי עַבְדִּי וְאָמְרוּ: יי וּמֶלֶךְ לְעוֹלָם וָעֶד.

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe, Zeh Eli anu v'amru, Adonai yimloch l'olam va-e

Your children witnessed Your sovereignty, the sea splitting before Moses.

"This is our God!" they cried. "Adonai will reign forever and ever!"

וְנֹאמַר: כִּי פָדָה יי אֶת יַעֲקֹב,
וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.
בָּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל:

V'ne-emar: ki fadah Adonai et Yaakov, ug'alo miyad chazak mimenu. Baruch atah, Adonai, gaal

Yisrael. Thus it is said, "Adonai redeemed Jacob, from a hand stronger than his own." Praised are you, Adonai, for redeeming Israel.

Tefilat Amidah

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ

Adonai sifatai tiftach ufi yagid tehilatecha.

Adonai, open my lips that my mouth may declare your praise. (Psalm 51)

Avot v'Imahot

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת, וַיַּמְבִּיא גּוֹאֵל לִבְנֵי בְנֵיהֶם לְמַעַן
שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יי, מֶגֶן אַבְרָהָם וְעֵזְרַת שָׂרָה:

Baruch ata Adonai, eloheinu vellohei avoteinu veimoteinu. Elohei avraham elohei yitzchak, veelohei yaakov. Elohei sarah, elohei rivchah, elohei leah, veelohei rachel. Haeil hagadol, hagibor vehanora, Eil elyon, gomeil chasadim tovim, vekonei hakol, vezochair chasadei avot veimot, umeivi geulah livnei veneihem, lemaan shemo, beahava.

Melech ozeir umoshia umagein. Baruch ata, Adonai, magein avraham veezrat sarah.

Blessed are you, our God, and God of our fathers and mothers, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah, and God of Rachel. Great, mighty and awesome God, God supreme. You bestow good, kind deeds, possess everything, and remember the kind deeds of our fathers and mothers. With love, you bring redemption to their descendants for the sake of your name. You are our ruler, helper, savior and shield. Blessed are you, shield of Abraham and help of Sarah.

Gevurot

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ:
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, יוֹרֵפָא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישׁוּנֵי עָפָר, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ
יְשׁוּעָה: וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל.

Ata gibor leolam, Adonai, mechayei hakol ata, rav lehoshia. Mechalkeil chayim bechesed, mechayei hakol berachamim rabim, someich noflim, verofei cholim, umatir asurim, umekaeim emunato lisheinei afar. Mi chamocha, baal gevurot, umi domeh lach, melechn meimit umechayeh umatsmiach yeshua? Veneeman ata lehachayot hakol. Baruch ata, Adonai, mechayei hakol.

You are the eternal power, renewing life. Great is your power to save. You sustain the living with loving kindness; You give life to all with great compassion. You support those who fall, heal the sick, release the captives, and keep faith with those that sleep in the dust. Who is like you? Who is similar to you, O God, in whose hands are death and life, and who causes salvation to spring forth? Blessed is Adonai, the source of life.



Eternal Presence of the world, I am not asking You
to show me the secret of your ways,
for it would be too much for me.
But I am asking You to show me one thing:
what is the meaning of the suffering that I am presently enduring,
what this suffering requires of me,
and what you are communicating to me through it,
Eternal Presence of the world.
I want to know
not so much why I am suffering
but whether I am doing so for Your sake.

נַחֲמוּ נַחֲמוּ עַמִּי
יֹאמַר אֱלֹהֵיכֶם
דַּבְּרוּ עַל-לֵב יְרוּשָׁלַם
וְקִרְאוּ אֵלֶיהָ

Nachamu Nachamu Ami

Yomar Eloheichem.

Dabru Al-lev Yerushalayim

V'kiru Eile-ha

Take comfort, take comfort, My people, says your God.
Speak tenderly to Jerusalem; proclaim to her that her bondage is ended.



Give us the strength
to transcend setbacks and pain
to put our difficulties into perspective.
Give us the strength
to fight against all forms of injustice
whether they be subtle or easily apparent.
Give us the strength
to take the path less traveled
and sometimes more disturbing.
Give us the strength
to persevere,
to reach out to those in need.
May we abandon none of Your creations.
May we never become callous or apathetic
because of our own disappointments.
May our personal pain never be used
as an excuse to stop heeding your call.
God give us the strength
to continually strive to do more.
Let us always strive to give,
even if we ourselves,
feel alone or impoverished.
For we must always strive
to reach beyond ourselves.

אֲשָׂא עֵינַי אֶל-הַהָרִים
מֵאֵין יָבֵא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה נְשִׁים וְאָרֶץ:

E'sa eynai el he'harim,
Mey-ayin mey-ayin yavo ezri?
Ezri me'im Adonai
Oseh sh'mayim va'aretz.
I lift up my eyes unto the mountains
From whence will my help come?
My help will come from God
Maker of heaven and earth.



When Miriam was sick her brother Moses prayed:

"O God, heal her please!" We pray for those who are now ill:

Source of life, we pray: Heal them!

We pray for those who are affected by illness, anguish and pain.

Source of life, we pray: Heal them!

Grant courage to those whose bodies, holy proof of Your creative goodness, are violated by illness and the pain of illness.

Source of life, we pray: Encourage them!

Grant strength and compassion to families and friends who give their loving care, support and help to overcome despair.

Source of life, we pray: Strengthen them!

Grant wisdom to those who probe the deepest complexities of Your world as they labor in the search of treatment, cures and healing.

Source of life, we pray: Inspire them!

Grant clarity of vision and strength of purpose to the leaders of our institutions and our government. May they be moved to act with justice and compassion and find the courage to overcome fear and hatred.

Source of life, we pray: Guide them!

Grant insight to us all, that we may understand that whenever death comes, we must accept it -but that before it comes, we must resist it, by prolonging life and by making our life worthwhile as long as it is lived.

Source of life, we pray: Bless us and heal us all!

Birkat HaGomel

Individual recites:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁגָּמַלְנוּ כָּל טוֹב:

Baruch atah Adonai, Eloheinu melech haolam, she'gamalnu kol tov.

Blessed are you, Adonai our God, Sovereign of the universe, who has bestowed every goodness upon

Congregation responds:

אָמֵן, מִי שֶׁגָּמַלְכֶם בְּטוֹב, הוּא יִגְמַלְכֶם כָּל טוֹב סְלָה:

Amen. Mi Sheg'malchem kol tov, Hu yigmolchem kol tov. Selah.

Amen. May the One who has bestowed goodness upon you continue to bestow every goodness upon you forever.

Personal Meditations

Source of mercy, spread Your shelter of peace over all the ill among us and watch with special care over . . . Help us , as we seek ways of healing. Share Your kindness with us, that the bonds of love and caring may be increased. Grant courage and hope to the sick and the well together.

Amen!

For the Unique Value of Our Lives

My God, I thank You for my life, my soul and my body; for my name, for the ability to love in body and spirit; for my mind, my character, and that which makes me, me. Help me to realize that in my qualities I am unique in the world, and that no one like me has ever lived; for if there had ever before been someone like me, I would not have need to exist. Help me make perfect my own ways of loving and caring. Help me to become more complete in my own way so that I can honor Your name, and help fulfill the purpose of Your creation with my own special gifts.

For the Caregivers

May the one who blessed and led our ancestors be with those who provide help for the ill and troubled among us. May they be filled with fortitude and courage endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessings of community and faith in each hour of each passing day.

For the Ill and the Distressed

May the one who blessed our ancestors, Sarah and Abraham, Rebecca and Isaac, Leah, Rachel and Jacob bless along with all the ill amongst us. Grant insight to those who bring healing, courage, and faith to those who are sick, love and strength to us and all who love them. God, let Your spirit rest upon all who are ill and comfort them. May they, and we, soon know a time of complete healing, a healing of body, and a healing of the spirit. *Amen!*

Mi Sheberach

מִי שִׁבְּרַךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

Mi she berach avoteinu, M'kor hab'racha l'imoteinu

May the source of strength, Who blessed the ones before us

Help us find the courage to make our lives a blessing

And let us say: Amen

מִי שִׁבְּרַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi she berach imoteinu, M'kor hab'racha l'avoteinu

Bless those in need of healing with r'fuah sh'leima

The renewal of body, the renewal of spirit,

And let us say: Amen.



May these hours of rest and renewal open our
hearts to joy and our minds to truth.

May all who struggle find rest on this day. May
all who suffer find solace.

May all who hurt find healing on this day.

May all who despair find purpose.

May all who hunger find fulfillment on this day.

And may this day fulfill its promise.

Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ
בְּמִשְׁפָּחוֹת הָאֲדָמָה. שֶׁלֹּא שָׂם חֶלְקֵנוּ בָהֶם, גּוֹרְלֵנוּ בְּכָל-הַמוֹנָם,

וְאַנְחֵנוּ בּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר: יְהִי יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ. בַּיּוֹם הַהוּא יְהִי יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד:

Aleinu leshabeiach laadon hakol, lateit gedulah leyotseir bereishit, shelo asanu kegoyei haaratsot, velo samanu kemishpechot haadamah; shelo sam chelkeinu kahem, vegoraleinu kechol hamonam. Vaanachnu koreim umishtachavim umodim lifenei melech malechei hamelachim, hakadosh baruch hu. Veneemar Vehaya Adonai lemelech al kol haarets; bayom hahu yiheyeh Adonai echad ushemo echad.

Let us adore the everliving God and render praise unto the one who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. Our God is one; there is none else. We bow our heads in reverence and worship the holy one, praised be our God.



It is a fearful thing to love
what death can touch.

A fearful thing to love,
hope, dream: to be - -
to be, and oh! to lose.
A thing for fools, this and
a holy thing,
a holy thing to love.

For

your life has lived in me,
your laugh once lifted me,
your word was gift to me.

To remember this brings painful joy.

'Tis a human thing, love,

a holy thing,

to love

what death has touch.

Meditation

I miss you. I am lonely without you. I am devastated that you were taken from me. I am angry that you had to suffer so. It was so hard to see you in your torment and pain. But that's not how I will remember you.

I will always remember you full of life and warmth and kindness. I will remember the laughter and the love. I will remember the precious time we shared. I will remember your vitality and your grace.

Your death has left a gaping hole in my life. But as hard as it is to be without you, I will take comfort in the knowledge that you are at last at peace and free of pain.

Rest in peace. God bless you. Amen



Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרֻעֻתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְנָא קָרִיב וְאָמְרוּ אָמֵן:

Yitgadal veyitkadash shemei raba bealma divera chireutei, veyamlich malchutei bechayeichon uveyomeichon uvechayeidechol beit yisraeil, baagala uvizeman kariv, veimeru: amein.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא:

Yehei shemei raba mevarach lealam uloalmei almaya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ
הוּא לְעָלְמָא מִן כָּל בְּרִכָּתָא וְשִׁירָתָא תְּשֻׁבְחָתָא וְנִחְמָתָא, דְּאָמְרִין בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Yitbarach veyishtabach, veyitpaar veyitromam veyitnasei, veyithadar veyitaleh veyithalal shemei dekudsha, berich hu, leeila min kol birechata veshirata, tushbechata, venechemata, daamiran bealma, veimeru, amein.

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

Yehei shelama raba min shemaya vechayim aleinu veal kol yisraeil, veimeru: mein

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bimeromav hu yaaseh shalom aleinu veal kol yisraeil, veimeru: amein.

May the one who causes peace to reign in the heavens let that peace descend on us, on all Israel, and all the world, and let us say amen.

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.
Embraces, 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.

R'faeinu

רְפָאֵנוּ. יי, וְנִרְפָּא,
הוֹשִׁיעֵנוּ וְנִשְׁעָה
אֶל קְרוֹב לְכָל קִרְאֵינוּ
אֶף קְרוֹב לִירְאֵינוּ יִשְׁעוּ

R'fa-einu Adonai v'neirafei,
hoshi-einu v'nivashei-ah. Eil
karov l'chol kor-av, ach
karov lirei-av yisho.

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.

אֵל נָא רְפָא נָא

Eil na r'fa na:
Oh, please, heal us now.

רְפוּאֵת הַנֶּפֶשׁ,
וְרְפוּאֵת הַגּוֹף
רְפוּאָה שְׁלֵמָה

R'fu-at ha-nefesh,
ur'fu-at ha-guf,
r'fu-ah sh'leimah.

Heal us now.

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.

References

Page	Piece/Prayer	Author
2	Oh hear my prayer...	Debbie Friedman
4	Oh my God...	Rabbi Sheldon Zimmerman
5	O God, You...	Siddur Mishkan T'filah
5	Help me, O God...	Siddur Mishkan T'filah
6	Once or Twice...	Siddur Mishkan T'filah 7-8 I asked
7-8	I asked G-d for health...	Anonymous
8	Eli, eli...	Hannah Senesh
8	We pray...	Adapted from Gates of Repentance
10	Eternal Prencece	Rabbi Levi Yitzchak of Berditchev
11	Nachmu, nachmu	Isaiah 40:1-2a
11	Give us strength	Angela Grayboys and Laura Rappaport
12	Esa Eini...	Psalms 121
13	Source of Mercy	Source unknown
13	My God, I thank you..	based on the writings of Martin Buber
13	May the one who...	Traditional Mi Sheberach Prayer
14	Mi Sheberach	Debbie Friedman
14	May these hours...	Siddur Mishkan T'filah
15	It is a fearful thing...	Rabbi Chaim Stern
16	Meditation	Rabbi Naomi Levy (Talking to God)
17	We are loved...	Rabbi Rami Shapiro
18	R'faenu	Cantor Leon Scher