



WELCOMING & OPENING

Come, come all of you, come all of us, and bless the one who blesses  
 Blessed is the blessed one, blessed is the giver of blessing  
 Blessed in this moment now and every now to come  
*Bar'chu et Adonai ham'vorach / Baruch Adonai ham'vorach l'olam va-ed*  
 -Text: Liturgy, Music & English Lyrics: Chava Mirel

Open my eyes, God. Help me to perceive what I have ignored, to uncover what I have forsaken, to find what I have been searching for. Remind me that I don't have to journey far to discover something new, for miracles surround me, blessings and holiness abound. And You are near.  
 -Naomi Levy

Open My Lips

Text: Liturgy, Music: Ellen Allard

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,  
 וּפִי יַגִּיד תְּהִלָּתְךָ.

*Adonai s'fatai tiftach, ufi yagid t'hilatecha.*  
 O Eternal God, open my lips, that my mouth may  
 declare your glory.

Prayer invites God 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

We don't have to beg or bribe God to give us strength or hope or patience. We need only turn to the One, admit that we can't do this on our own, and understand that bravely bearing up under pain is one of the most human, and one of the most godly things we can ever do. One of the things that constantly reassures me that God is real, and not just an idea that religious leaders made up, is the fact that people who pray for strength, hope and courage so often find resources of strength, hope, and courage that they did not have before they prayed.  
 -Rabbi Harold Kushner

## OUR BODIES & OUR BREATH

### Asher Yatzar

*Text: Liturgy, Music: 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 יי  
רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Baruch Atah Adonai  
rofei chol basar umafli la'asot.  
*Blessed are You, Adonai,  
who heals all flesh, working wondrously.*

I can look  
At my body  
As an old friend  
Who needs my help,  
Or an enemy  
Who frustrates me  
In every way  
With its frailty  
And inability to cope.  
Old friend,  
I shall try  
To be of comfort to you  
To the end.  
*-May Sarton*

My God, let me focus not on what my body cannot do, but on what my body can do. Let me give thanks for what still works. Let me hope for what does not work. For no matter what, no matter how my body lapses, my soul, with each breath I take, is like the flicker of a candle within my being.

*-Mollie Oshman*

**As I breathe, may I receive.**

May I be surrounded in the protective glow of Divine light.  
May I allow myself to feel and absorb this Divine presence.

*As I breathe, may I receive.*

*May it awaken within me the force of my vitality,  
and the strength of my own will.*

*As I breathe, may I receive.*

May my willingness to believe in my own well-being be enhanced, embellished and enriched.  
May my faith in my own healing powers be renewed.

*As I breathe, may I receive.*

*May I cherish and love myself for who I really am:*

Weak and strong,  
selfish and selfless,  
learner and teacher,  
prideful and humble,  
believer and non-believer.  
As I breathe, may I receive.

*May this love for self merge with God's love and with the love of humanity.*

*As I breathe, may I receive.*

May I feel this love, acknowledge it, and take it in,  
knowing and recognizing that love and God's presence are always there.

*As I breathe, may I receive.*

*As I breathe, may I receive.*

*-Elaine Gilner Freidman*

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## I Am Here.

Music & Lyrics: Cantor Rollin Simmons

I may not be standing before you, but I am here  
And I cannot see your face, but I know you are near  
The fight keeps getting even harder, It's weighing me down  
Tryin' to find a way to stand up with my feet on the ground

I pray for peace / I pray for strength / I pray for healing  
For courage and light / Through the dark night / I pray for healing

I closed my eyes and dreamed of what life might be  
I close my eyes, now the tears fall, is this still me?  
Building up a new foundation inside these walls  
Let there be a restoration that won't let me fall

There may be days when I think I can't do this  
But then there are days when I know I'll pull through this

May my life be a celebration of all that I am  
May my life be an inspiration, I know that it can  
The love of those who came before me: it shaped my soul  
The love of those who now surround me: it's making me whole

### COMMUNITY & HOLINESS

If I had known what troubles you were bearing,  
What griefs were in the silence of your face,  
I would have been more gentle  
and more caring.  
And tried to give you gladness for a space.  
I would have brought more warmth  
into the place -  
If I had known.

If I had known what thoughts  
despairing drew you -  
Why do we never understand:  
I would have lent a little friendship to you,  
And slipped my hand within your lonely hand,  
And made your stay more pleasant,  
If I had known.

-Rabbi Dov Peretz Elkins

נַחֲמוּ נַחֲמוּ עִמִּי יְאֹמְרוּ אֱלֹהֵיכֶם

Nachamu, nachamu ami yomar eloheichem

Comfort us, comfort us in our wilderness  
Comfort us, as we struggle to take care of one  
another

Comfort us, comfort us in our wilderness  
Comfort us as we struggle with this world.

-Text: Isaiah 40:1-3, Music: Elana Arian

There is holiness in community,  
For in community we meet the Holy One.  
Hineih mah tov - how good it is to be together.  
How good it is to gather as one people,  
Before God, who cherishes the uniqueness of each soul.  
Hineih mah tov — precious gift of community,  
Blessed is the joy of our gathering.  
*(based on a statement in the Mishneh Torah, the legal code composed by Maimonides,  
from Mishkan HaLev, Prayers for S'lichot)*

מִי שֶׁבֵּרַח אֲבוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ / Mi shebeirach 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 שֶׁבֵּרַח אֲמוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ / Mi shebeirach imoteinu, m'kor hab'racha la'avoteinu  
Bless those in need of healing with r'fuah sh'leimah  
The renewal of body, the renewal of spirit, and let us say Amen.  
*Text: Debbie Friedman & Drora Setel, Music by Debbie Friedman*

## LIGHT & HOPE

We are called unto life, destiny uncertain.  
Yet we offer thanks for what we know,  
For health and healing, for labor and repose,  
For renewal of beauty in earth and sky,  
For that blend of human-holy which inspires compassion,  
And for hope: eternal promising light.  
*-Rabbi Elyse Frishman*

## I Am Light

I am light, I am light

I am not the things my family did  
I am not the voices in my head  
I am not the pieces of the brokenness inside  
I am light, I am light

I'm not the mistakes that I have made  
Or any of the things that caused me pain  
I am not the pieces of the dream I left behind  
I am light, I am light

I am divinity defined  
I am the God on the inside  
I am a star, a piece of it all  
I am light

*Music & Lyrics: India Arie*

I wanted a perfect ending, so I sat down to write the book with the ending in place before there even was an ending. Now I've learned the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle and end. Like my life, this book has ambiguity. Like my life, this book is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next.

*-Gilda Radner*

When I panic, God, teach me patience. When I fear, teach me faith.  
When I doubt myself, teach me confidence. When I despair, teach me hope.  
When I lose perspective, show me the way— Back to love, back to life, back to You.

*-Naomi Levy*

## Prayer for Healing

Text: Numbers 12:13, Music & English Lyrics: Todd Herzog

אֵל נָא רְפֹא נָא לָהּ, רְפֹא נָא לָנוּ  
Eil na r'fa na la, r'fa na lanu

Dear God of our ancestors  
Help us renew our faith  
Grant us a perfect healing  
Bring peace to all our days

Restore our strength of body  
Help clarify our minds  
Refresh our tired spirits  
Rejuvenate our light

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## L'CHI LACH

L'chi lach, lech l'cha.

L'simchat chayim, l'chi lach.

לְכִי לָךְ, לְךָ לְךָ.  
לְשִׂמְחַת חַיִּים, לְכִי לְךָ.

*L'chi lach* to a land that I will show you,  
*Lech l'cha* to a place you do not know,  
*L'chi lach*, on your journey I will bless you,  
And you shall be a blessing, you shall be a blessing,  
You shall be a blessing, *l'chi lach*.

*L'chi lach* and I shall make your name great,  
*Lech l'cha* and all shall praise your name,  
*L'chi lach*, to the place that I will show you,  
*L'simchat chayim* (3x), *l'chi lach*.

Music: Debbie Friedman, Lyrics: Debbie Friedman & Savina  
Teubal, based on Genesis 12:1-2