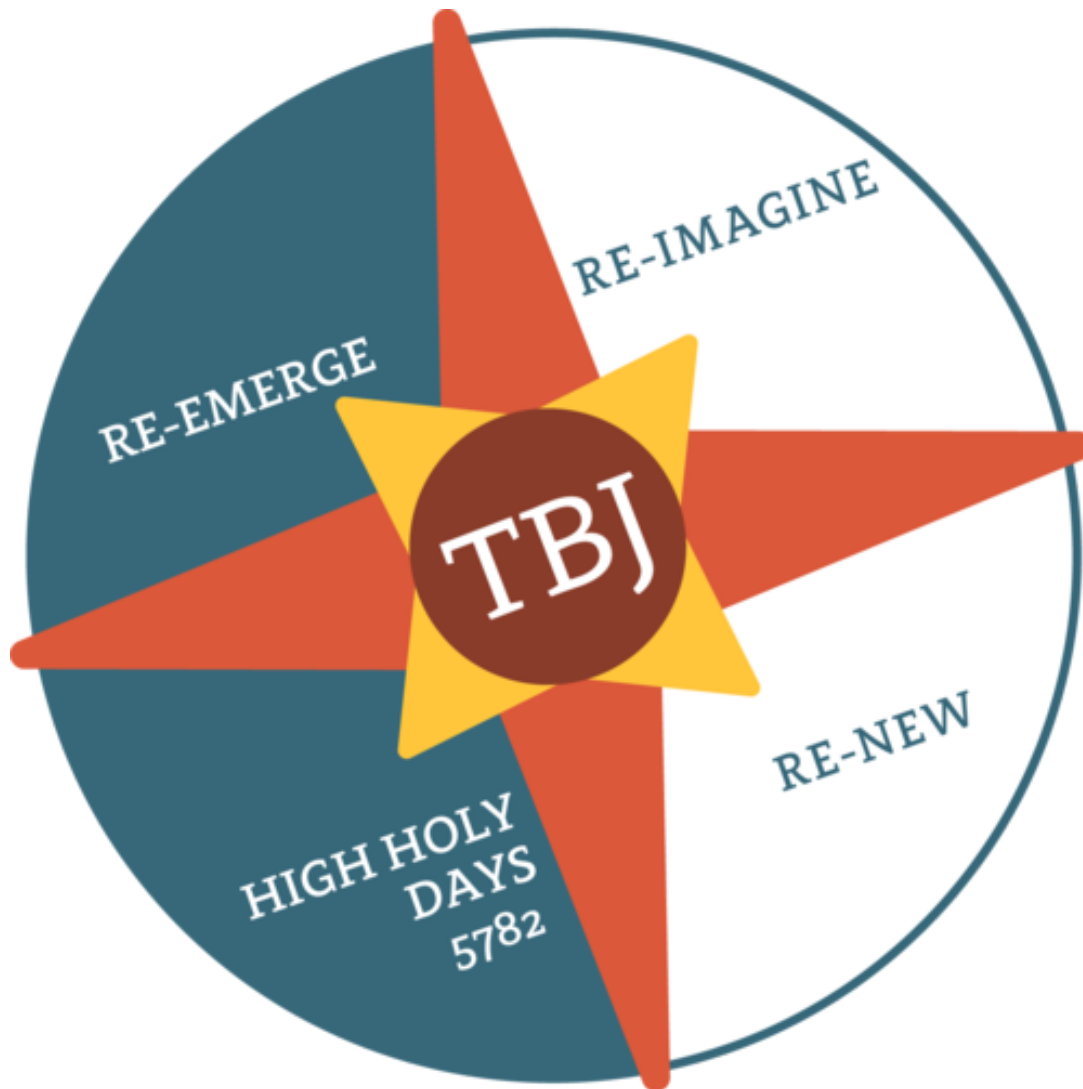


# Yom Kippur 5782 Afternoon Healing Service



LET YOUR SPIRITUAL  
COMPASS GUIDE YOU



# Yom Kippur Healing Service

May I be empty and open to receive the light,  
May I be empty and open to receive.  
May I be full and open to receive the light,  
May I be full and open to receive.

Music & lyrics: Batya Levine

May I Be Empty

אחת | שאלתי מאת-יהוה אותך אבקש שבתי בבית-יהוה כל-ימי  
חיי לחיות בנעם-יהוה ולבקר בהיכלו:

Psalm 27

One thing, one thing I ask you Adonai  
to be with You all of my life

Music & English lyrics: Chava Mirel

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.

Amen

What we hope  
What we dream,  
Our dearest prayers,  
Can't be broken.

What we deny,  
What we discard,  
Our deepest fears,  
Can't be spoken.

But our love,  
And our joy,  
With our hearts,  
Can be woken...

To You, to You, to You.

L'ma'an y'za-mer-cha cha-vod v'lo yi-dom

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם,

L'ma'an y'za-mer-cha cha-vod v'lo yi-dom

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם,

Adonai Elohai L'o-lam O-de-ka.

יְהוָה אֱלֹהֵי לְעוֹלָם אֲוָדָךָ.

Music: Cantor Erin Frankel, AJ Luca

Lyrics: Alden Solovy

Sustainer of the universe, help me to care  
with hope, courage and sensitivity.

Redeemer, grant me the insight, resourcefulness and  
the ability to ask for and accept help,  
so that the flame of my faith may never burn low.

Healing One, may I find the patience and resolves to overcome difficult  
moments, and to find meaning and purpose in the smallest task.

Compassionate One, help me remember to take care of myself so that I  
may have the strength to help others.

Merciful One, when I tire physically or mentally, bless me with renewed  
vigor so that I may provide comfort and care with love.

By Amy Bernard and Corrine Stern

When Miriam was sick her brother Moses prayed: "O God, pray, 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. Heal them.

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

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

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

Grant insight to us, 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 making our life worthy as long as it is lived.

Bless us and heal us all.

By Janet Pransky

Mi shebeirach avoteinu

M'kor hab'rachah l'imoteinu -

מי שְׁבִירַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

Prayer for  
Healing

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

Mi shebeirach imoteinu

M'kor hab'rachah l'avoteinu -

מי שְׁבִירַךְ אִמּוֹתֵינוּ,  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with R'fuah Shleimah,  
The renewal of body, the renewal of spirit.

And let us say: Amen.

Music: Debbie Friedman  
Music & lyrics: Debbie Friedman and D'rora Stetl

Holy One, give me a quiet heart.

Elohai, n'tzor l'shoni meira  
us'fatai midabeir mirma

אֱלֹהֵי, נְצוֹר לְשׁוֹנֵי מִרְעַ  
וְשִׁפְתוֹתַי מִדְבַּר מִרְמָה

Holy One, give me a quiet heart.

Yih'yu l'ratzon imrei fi  
v'hegyon libi l'fanecha  
Adonai tzuri, tzuri v'goali  
Adonai tzuri v'goali

יְהִיּוּ לְרָצוֹן אִמְרֵי-פִי  
וְהִגְיוֹן לְבִי לְפָנֶיךָ  
יְהוָה צוּרִי, צוּרִי וְגֹאֲלִי  
יְהוָה צוּרִי וְגֹאֲלִי

Holy One, give me a quiet heart.

Music & English lyrics: Elli Flier

### סֵדֶר קְרִיאַת הַתּוֹרָה

#### Torah Service

Ki MiTzion tetzei Torah  
ud'var Adonai mirushalayim.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה  
וּדְבַר יְהוָה מִירוּשָׁלַם.

For from out of Zion will come the Torah,  
and the word of Adonai from Jerusalem.

Baruch she'natan Torah  
l'amo Yisrael bik'dushato.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה  
לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשְׁתּוֹ.

Blessed is God who in holiness gave the Torah to the people Israel.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai Echad!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ, קָדוֹשׁ וְנוֹרָא שְׁמוֹ!

Echad eloheinu, gadol adoneinu, kadosh v'nora sh'mo!

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

One and magnificent is our God; God's name is holy, inspiring awe!

Blessing Before  
the Reading of  
the Torah

**Leader:**

Bar'chu et Adonai hamvorach.                      בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ.

**Congregation responds:**

Baruch Adonai hamvorach l'olam va'ed.      בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

**Leader:**

Baruch Adonai hamvorach l'olam va'ed.      בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Atah Adonai, Eloheinu                      בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

Melech ha'olam, asher bachar banu mikol      מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל

ha'amim v'natan lanu et Torato.                      הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch Atah Adonai, notein HaTorah.              בָּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה.

**Leader:**

Bless the Eternal, the Blessed One.

**Congregation:**

Blessed is the Eternal, the Blessed One, now and forever.

**Leader:**

Blessed is the Eternal, the Blessed One, now and forever.

Blessed are You, Eternal, our God, Supreme Power of the universe,

who embraced us and gave us this Teaching,

having chosen us to embody Torah among the peoples of the earth.

Blessed are You, God of eternity, whose gift is Torah.

Baruch Atah Adonai, Eloheinu                      בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

Melech ha'olam, asher natan lanu                      מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לָנוּ

Torat emet, v'chayei olam                      תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם

nata b'tocheinu.                      נָטַע בְּתוֹכֵנוּ.

Baruch Atah Adonai, notein HaTorah.              בָּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה.

Blessed are You, Eternal, our God, Supreme Power of the universe,

who gave us a teaching of truth and planted within us eternal life.

Blessed are You, God of eternity, whose gift is Torah.

Blessing After  
the Reading of  
the Torah

## Leviticus 19:9-11, 32-37

9: When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest.

10: You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I Adonai am your God.

11: You shall not steal; you shall not deal deceitfully or falsely with one another.

32: You shall rise before the aged and show deference to the old; you shall fear your God: I am Adonai.

33: When a stranger resides with you in your land, you shall not wrong him.

34: The stranger who resides with you shall be to you as one of your citizens; you shall love him as yourself, for you were strangers in the land of Egypt: I Adonai am your God.

35: You shall not falsify measures of length, weight, or capacity.

36: You shall have an honest balance, honest weights, an honest ephah, and an honest hin.  
the LORD am your God who freed you from the land of Egypt.

37: You shall faithfully observe all My laws and all My rules: I am Adonai.

V'zot Hatorah asher sam Moshe lif'nei b'nei Yisrael, al pi Adonai b'yad Moshe.

This is the Torah, which Moses placed before the children of Israel at God's command by the hand of Moses.

It is a tree of life to those who hold fast to it and all of its supporters are happy. Its ways are ways of pleasantness and all its paths are peace.

Hashiveinu Adonai Eilecha v'nashuva chadesh yameinu k'kedem.

Return us to you Adonai and we will return. Renew our days as of old.

וּבְקַצְרְכֶם אֶת־קְצִיר אֲרָצְכֶם  
לֹא תִכְלֶה פְּאֵת שְׂדֵךְ לְקָצֵר  
וְלִקְט קְצִירְךָ לֹא תִלְקֹט:

וּכְרֹמֶךָ לֹא תַעֲוִלֵל וּפְרֹט כְּרֹמֶךָ לֹא  
תִלְקֹט לְעָנִי וְלַגֵּר תַּעֲזֹב אֹתָם אֲנִי  
יְהוָה אֱלֹהֵיכֶם:

לֹא תִגְנֹבוּ וְלֹא־תִכְחָשׁוּ  
וְלֹא־תִשְׁקֹרוּ אִישׁ בְּעַמִּיתוֹ:

מִפְּנֵי שִׂיבָה תִקְוִים וְהִדַּרְתָּ פְּנֵי זָקֵן  
וְזָרַאתָ מֵאֲלֹהֶיךָ אֲנִי יְהוָה: (ס)

וְכִי־יִגֹּר אִתְּךָ גֵר בְּאֲרָצְכֶם לֹא תוֹנוּ אֹתוֹ:

כְּאֲזַרְח מִכֶּם יִהְיֶה לְכֶם הַגֵּר | הַגֵּר  
אִתְּכֶם וְאֶהְבֶּתָּ לוֹ כְּמוֹד כִּי־גֵרִים  
הֵייתֶם בְּאֶרֶץ מִצְרַיִם אֲנִי יְהוָה  
אֱלֹהֵיכֶם:

לֹא־תַעֲשׂוּ עֹל בַּמִּשְׁפָּט בַּמִּדָּה  
בַּמִּשְׁקָל וּבַמִּשׁוּרָה:

מֵאֲזַנֵּי צֶדֶק אֲבַגְי־צֶדֶק אִיפֹת צֶדֶק וְהִין

צֶדֶק יִהְיֶה לְכֶם אֲנִי יְהוָה אֱלֹהֵיכֶם  
אֲשֶׁר־הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם:

וּשְׁמַרְתֶּם אֶת־כָּל־חֻקֹּתַי

וְאֶת־כָּל־מִשְׁפָּטַי וַעֲשִׂיתֶם אֹתָם אֲנִי

יְהוָה: (פ)

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם מֹשֶׁה לִפְנֵי  
בְּנֵי יִשְׂרָאֵל עַל־פִּי יְהוָה בְּיַד מֹשֶׁה.

Torah Reading

Lifting &  
Dressing the  
Torah

Returning the  
Torah to the  
Ark



Nachamu Nachamu,  
ami yomar Eloheichem

נַחֲמוּ נַחֲמוּ  
עַמִּי יֹאמְרוּ אֱלֹהֵיכֶם:

Comfort

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

Words & English Lyrics by Elana Arian  
Hebrew Isaiah Isaiah 40:1

When evil darkens our world, let us be the bearers of light.  
When fists are clenched in self-righteous rage,  
let our hands be open for the sake of peace  
When injustice slams doors on the ill, the poor, the old, and the stranger,  
let us pry the doors open  
Where shelter is lacking, let us be builders  
Where food and clothing are needed, let us be providers  
Where knowledge is denied, let us be champions of learning  
When dissent is stifled, let our voices speak truth to power  
When the earth and its creatures are threatened, let us be their guardians  
When bias, greed, and bigotry erode our country's values,  
let us proclaim liberty throughout the land  
In the places where no one acts like a human being, let us bring courage; let us bring  
compassion; let us bring humanity.

When Evil  
Darkens  
our World

By Chaim Stern  
Mishkan HaNefesh: Machzor for the Days of Awe

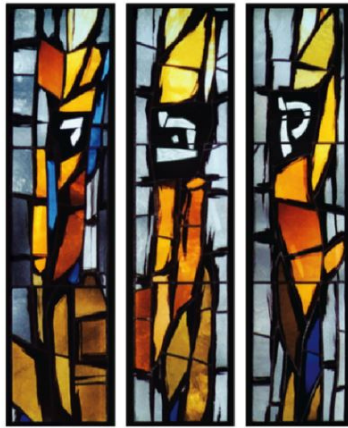
Oseh shalom bimromav,  
hu ya'aseh shalom aleinu,  
v'al kol yisrael,  
v'al kol yosh'vei tevel  
V'imru: amen.

עוֹשֵׂה שְׁלוֹם בְּמִרְמֵי  
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֶל  
וְאָמְרוּ: אָמֵן.

Peace

We ask for peace on earth and we say: amen.  
We raise our voice as one and we say: amen.

Words & English Lyrics by Elana Arian



CONGREGATION  
B'NAI JESHURUN

Yom Kippur Healing Service  
All translations are taken from  
Mishkan HaNefesh: Yom Kippur: Machzor  
for the Days of Awe. CCAR Press.  
Kindle Edition.