

A Mi Shebeirach for Those Suffering in Mind, Body, and Soul during the COVID-19 Pandemic

RABBI SONJA K. PILZ, PhD

This is a *Mi Shebeirach* for those who climbed daily into their cars, buses, subways, and trains;
For those who lost their jobs, homes, and food;
For those anxiously waiting for what the future will bring.

This is a *Mi Shebeirach* for those who lost loved ones, colleagues, and friends,
In loneliness, in helplessness,
Without us noticing.

This is for the addicts, the ones in need of medication,
The ones in need of group support and therapy,
Who struggle with the absence of healthy habits.

This is for the children, the elderly, and the ones with intellectual disabilities
Who do not understand
Why their lives suddenly and so drastically changed.

This is for the ones who faced
Hells of violence and abuse in their homes,
Without us being able to hear their screams.

This is for the ones our free meals did not reach;
The ones whose big dreams had to shrink;
The ones whose futures are forever altered.

This is for the ones who needed to stay home,
Coughing, and gasping for air;
The ones so often lonely in their hospital beds . . .

While others could rest.

This is a *Mi Shebeirach*.

May the God Who is a Source of Blessing

Remember the crying voice of God's children (Exodus 3:9),
Suffering, anxious, and numb in their pain.

God, hear our pain.

God, heal our pain.

יְיָ אֱלֹהֵינוּ יְרַחֵם אֶת כָּל אֶחָד מֵעַמּוֹת הָעוֹלָם (Numbers 12:13).

In Unity and Hope³

How fair are your tents, O Jacob,
When we stand together,
In unity and love,
In the name of hope and harmony.
How fragile are our tents
When our fears divide us
When we allow outside winds
To blow within.
Who but You, *Ruach Elohim*,
Can define who we are?
What keeps us strong.
What keeps us whole.
Who but us, *K'lal Yisrael*,
Can shield us,
Carrying each other
As one against the storm?
How fair are our tents, O Israel,
When we stand together,
In the name of unity,
In compassion, in strength,
For our children,
And for our children's children.
Kein y'hi ratzon.

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