

# Temple Emeth

## Shabbat Morning: T'filat R'fuah

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

## Mah Tovu

מה טובו אהלִיךָ יַעֲקֹב,  
משְׁכַּנְתֶּיךָ יִשְׂרָאֵל.  
וְאֲנִי בְּרֹב חֶסֶדְךָ אָבוֹא בֵּיתְךָ,  
אֲשַׁתְּחֶה אֶל הַיֵּכָל קֹדֶשׁ בִּירוֹאֲתְךָ.  
יְיָ אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ,  
וּמִקּוֹם מִשְׁכְּנוֹ כְּבוֹדְךָ.  
וְאֲנִי אֲשַׁתְּחֶה וְאֶכְרַעָה,  
אֲבָרְכָה לִפְנֵי יְיָ עָשִׂי.  
וְאֲנִי תִפְלְתִי לָךְ יְיָ, עַת רְצוֹן,  
אֱלֹהִים בְּרֹב חֶסֶדְךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

Mah Tovu, ohalecha Ya'akov, mish'kenotecha Yisrael!

Va'ani b'rov chasd'cha avo veitecha, eshtachaveh el heichal kodsh'cha b'yiratecha.

Adonai, ahavti, m'on beitecha um'kom mishkan k'vodecha.

Va'ani eshtachaveh v'echraah, evr'chah lifnei Adonai osi.

Va'ani t'filati l'cha, Adonai, eit ratzon. Elohim, b'rov chasdecha, aneini be-emet yishecha.

How fair are your tents, O Jacob, your dwellings, O Israel.

I=through Your abundant love, enter Your house; I bow down in awe at Your house;

I bow down in awe at Your holy temple.

Adonai, I love Your temple abode, the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.

O God, in Your abundant faithfulness, answer me with Your sure deliverance.



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 my, 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

Barchu et Adonai hamevorach!  
Praise Adonai, to whom our praise is due!

Baruch Adonai hamevorach leolam vaed!  
Praised be Adonai, to whom our praise is due, now and forever!

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד

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.

ברוך אתה יי, אוהב עמו ישראל.  
*Baruch atah, Adonai, ohev amo yisrael.*

שמע ישראל

Sh'ma

*Shema yisraeil: Adonai eloheinu, Adonai echad!*  
Hear, O Israel: Adonai is our God, Adonai is one.

שמע ישראל, יי אלהינו, יי אחד

*Baruch sheim kevod malchuto leolam vaed!*  
Praised be God's name, God's glorious rule is forever and ever.

ברוך שם כבוד מלכותו לעולם ועד:

V'ahavta

ואהבת את יי אלהיך, בכל לבבך, ובכל נפשך, ובכל מאדך. והיו הדברים  
האלה, אשר אנכי מצוך היום, על לבבך. ושננתם לבניך, ודברת בם בשבתך  
בביתך, ובלכתך בדרך ובשכבך, ובקומך. וקשרתם לאות על ידך, והיו לטפח  
בין עיניך, וכתבתם על מזוזת ביתך ובשעריך.

*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 vadelech, 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.

### יי אֱלֹהֵיכֶם אָמֵן

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

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.

### אֲנִי אֶשְׁאָל

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.

אֵלִי, אֵלִי שְׁלֹא יִגְמַר לְעוֹלָם:  
הַחֹל וְהַיָּם, רִשְׁרוּשׁ שֶׁל הַמַּיִם,  
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 the heart.



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-כְּמֹכָה בְּאֵלִים יְיָ,  
מִי כְּמֹכָה נֶאֱדָר בִּקְדֹשׁ,  
נוֹרָא תִהְיֶה עֹשֶׂה פֶלֶא.

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?

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׂפַת הַיָּם,  
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

Shirah chadasha shib'chu g'ulim l'shimchah al s'fat hayam. Yachad kulam hodu v'humlichu v'amru: Adonai yimloch l'olam va-ed.

With new song, inspired, at the shore of the Sea, the redeemed sang Your praise. In unison they all offered thanks. Acknowledging Your Sovereignty, they said: "Adonai will reign forever!"

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,  
וּפְדֵה כְּנָאֲמְךָ יְהוּדָה וְיִשְׂרָאֵל.  
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יְיָ גְּאֹל יִשְׂרָאֵל:

Tzur Yisrael, kumah b'ezrat Yisrael uf'deih chinumecha Y'Yehudah v'Yisrael. Go-aleinu Adonai Tz'vaot sh'mo, k'dosh Yisrael. Baruch atah, Adonai gaal Yisrael.

Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised. Our redeemer, Adonai Tz'vaot is Your Name. Blessed are You, Adonai, who redeems Israel.



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.

## T'filat Amidah

אֲדַנִּי שִׁפְתַּי 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

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לָאָה. הָאֵל הַגָּדוֹל  
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת  
וְאִמָּהוֹת, וּמַבִּיא גְּאוּלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם וְעִזְרַת 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 livenei 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 אֲדֹנִי, מַחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם - Winter

מוֹרִיד הַטֶּל - Summer

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אֱמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי כְמוֹךְ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ,  
מֶלֶךְ מֵמִית וּמַחִיָּה וּמַצְמִיחַ יְשׁוּעָה: וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יְיָ,  
מַחִיָּה הַכֹּל.

Ata gibor leolam, Adonai, mechayei hakol ata, rav lehoshia.

Winter- Mashiv haruach umorid hagashem.

Summer- Morid hatal.

Mechalkeil chayim bechesed, mechayei hakol berachamim rabim, someich noflim, verofei cholim, umatir asurim, umekaueim 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.

## Kedushah

נִקְדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם, כְּשֵׁם שֶׁמִּקְדִּישִׁים אוֹתוֹ בְּשִׁמֵי מָרוֹם, כְּכַתוּב עַל יַד  
נְבִיאָךְ, וְקָרָא זֶה אֶל זֶה וְאָמַר:

Nekadesh et shimcha baolam, kesheim shemakdishim oto bishmei marom, kakatuv al yad neviecha: vekarah zeh el zeh v'amar.

We sanctify your name on earth, even as all things, to the ends of time and space, proclaim your holiness; and in the words of the prophet we say:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

Kadosh, kadosh, kadosh Adonai tsevaot, melo chol haarets kevodo.

Holy, holy, holy is the God of hosts; the fullness of the whole earth is your glory!

אָדיר אַדירֵינוּ יי אָדוֹנֵינוּ מַה אָדיר שְׁמִיחָה בְּכֹל הָאָרֶץ

Adir adireinu Adonai adoneinu mah adir shimcha bechol ha-arets!

Source of our strength, sovereign, how majestic is your presence in all the earth!

בָּרוּךְ כְּבוֹד יי, מִמְּקוֹמוֹ

Baruch kevod Adonai mimekomo.

Blessed is the glory of God in heaven and earth.

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ הוּא מְלָכֵנוּ הוּא מוֹשִׁיעֵנוּ. וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו  
לְעֵינֵי כָל חַי

Echad hu eloheinu hu avinu hu malkeinu hu moshieinu vehu yashmieinu berachamav le-eini kol chai:

You alone are our God and our creator; you are our ruler and our helper; and in your mercy you reveal yourself in the sight of all the living:

אָנִי יי אֱלֹהֵיכֶם:  
יִמְלֹךְ יי לְעוֹלָם אֱלֹהֵיךְ צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ:

Ani Adonai Elochechem. Yimloch Adonai leolam, elohayich tsiyon, ledor vador. Halleluyah!

I am Adonai your God. The eternal shall reign forever; your God, O Zion, from generation to generation. Halleluyah!

לְדוֹר וָדוֹר נִגִּיד גֹּדְלֶךָ, וְלִנְצַח נִצָּחִים קְדֻשַׁתְךָ נִקְדִּישׁ, וְשִׁבְחֶךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא  
יִמּוּשׁ לְעוֹלָם וָעֶד

Ledor vedor nagid godlecha, uleneitsach netsachim kedushatcha nakdish. Veshivchacha eloheinu, mipinu lo yamush leolam vaed.

To all generations we will make known your greatness, and to all eternity proclaim your holiness. Your praise, O God, shall never depart from our lips.

בָּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ

Baruch ata, Adonai, haeil hakadosh.

Blessed is the eternal, the holy God.

אַתָּה עוֹלָם

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.

וְעַתָּה

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.



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 יְיָ 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 us.

*Congregation responds:*

אָמֵן, מִי שֶׁגָּמַלְכֶם כָּל טוֹב, 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 among 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 שִׁבְרַךְ 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 שִׁבְרַךְ 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 כְּגִוְיֵי הָאֲרָצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה. שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֶם, גּוֹרְלֵנוּ כְּכָל-הַמוֹנָם  
וְאִנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ, מְלִכֵי הַמַּלְכִּים, הַקָּדוֹשׁ  
בָּרוּךְ הוּא.

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

Aleinu leshabeiach laadon hakol, lateit gedulah leyotseir bereishit, shelo asanu kegoyei haaratsot, velo samanu kemishpechoi 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.



## 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

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתִיהּ, וְיִמְלִיךְ מַלְכוּתִיהּ בְּחַיִּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעָגְלָא וּבְזִמְן 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 וְלְעָלְמֵי עָלְמַיָּא.

Yehei shemei raba mevarach lealam uloalmei almaya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ  
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכָּתָא וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמִירוּ  
בְּעָלְמָא, וְאָמְרוּ: אָמֵן.

Yitbarach veyishtabach, veyitpaar veyitromam veyitnasei, veyithadar veyitaleh veyithalal shemei dekudasha, beich  
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: amein.

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.  
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.

## R'faeinu

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.

Eil na r'fa na:

Oh, please, heal us now.

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

Heal us now.

רְפָאֵנוּ. יי, וְנִרְפָּא,  
הוֹשִׁיעֵנוּ וְנִיבִשְׂעָה  
אֵל קָרוֹב לְכֹל קוֹרְאֵיו  
אֶךְ קָרוֹב לִירְאֵיו יִשְׁעוּ

אֵל נָא רְפָא נָא

רְפוּאֵת הַנֶּפֶשׁ,  
וְרְפוּאֵת הַגּוּף  
רְפוּאָה שְׁלֵמָה

## References

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3	Help me, O God...	Siddur Mishkan T'filah
4	Once or Twice...	Siddur Mishkan T'filah
5	I asked God for health...	Anonymous
6	Eli, Eli...	Hannah Senesh
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7-8	Oh my God	Rabbi Sheldon Zimmerman
10-1	Eternal Presence	Rabbi Levi Yitzchak of Berdichev
11	Nachmu, nachmu	Isaiah 40:1-2a
11-2	Give us strength	Angela Grayboys and Laura Rappaport
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
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15	Meditation	Rabbi Naomi Levy (Talking to God)
17	We are loved...	Rabbi Rami Shapiro
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