

In Pursuit

TZEDEK COMMITTEE OFFICIAL NEWSLETTER: SPECIAL ISSUE



COMMUNITY RALLY FOR ISRAEL!

Sunday, October 29
1-4 p.m.

PODCAST: WHAT A RABBI HOPES TO OFFER THE WOUNDED AND GRIEVING IN ISRAEL

DONATE OR VOLUNTEER

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PARTICIPATE: TEACH YOUR COMMUNITY A SONG

צדק צדק תרדוף
Justice, justice shall you pursue.

ISRAEL IS AT WAR

We can find comfort in humanity and in our community. Please reach out to Tzedek committee members or to Rabbi Jon (rabbijon@tbanashua.org) with thoughts, feelings, or events you would like included in the next newsletter.

Pray

Find solace in prayer with your community members.

- ☆ tbanashua.org/spirituality
- ☆ ritualwell.org
- ☆ hadar.org/learn/classes-events/beyond-words-rising-song-gathering-hadar-boston
- ☆ [Psalm 120-134](#)
- ☆ [Psalms for times of distress](#)
- ☆ [Psalms for difficult times](#)

יְעֹשֶׂה שְׁלוֹם בִּמְרוֹמָיו Oseh shalom bim'romav
 הוּא יַעֲשֶׂה שְׁלוֹם אֵלֵינוּ Hu ya'aseh shalom aleynu
 וְעַל כָּל יִשְׂרָאֵל v'al kol Yisrael
 וְאָמְרוּ אָמֵן. v'Imru Amen.

He who makes peace in High Places, He will make peace for us and for all Israel and let us say, Amen.



COPE

There is no right way to feel. During times of grief, while helping others is a mitzvah, you must also [take time for self-care](#).

Chesed and lovingkindness also means [being kind to oneself](#).

- Spend time with others.
- Lower expectations for yourself.
- Listen to your body.
- Do familiar, comforting things.
- Pamper yourself.
- Keep a journal.
- Seek bereavement support.
- Focus on exercise and nutrition.
- Get good sleep.
- Practice deep breathing.
- [Be patient with yourself](#).

Learn

- ☆ [Yossi Klein Halevi, "As Israel Is Reborn, It Faces Terrifying Options"](#)
- ☆ [Nir Avishai Cohen, "I'm Going to War for Israel. Palestinians Are Not My Enemy"](#)
- ☆ [The Center for Peace Communications, "Whispered in Gaza"](#)
- ☆ [Rachel Martin, "His Call for Empathy Has Made This Jewish Studies Professor Feel Isolated"](#)
- ☆ [Rabbi Hanan Schlesinger, "Six Unsettling Truths Laid Bare by the Present Violence" \(from 2021\)](#)

PERSPECTIVE

Our hearts are broken over the thousands of people killed and many more injured, kidnapped, and displaced beginning with the horrific Hamas attacks on October 7 and continuing with the war in Gaza. Like so many in our wider Jewish community, we are in mourning and scared about what comes next, especially immediately for our loved ones who are in Israel and Palestine right now. We know that the path forward will be difficult, but we won't allow this most recent escalation to destroy the hope we hold for a future in which Israelis and Palestinians both live in safety and dignity. As the humanitarian crisis in Gaza becomes more dire, our commitment to values like tikkun olam and b'tzelem Elohim call us to use our voices where they can be heard, to lift them up in defense of the innocent, and in support of an end to violence.

Words of Peace

EI Maleh Rachamim

Compassionate God

We pray

not to wipe out haters

but to banish hatred.

Not to destroy sinners

but to lessen sin.

Our prayers are not for a perfect world

but a better one

Where parents are not bereaved

by the savagery of sudden attacks

Or children orphaned

by blades glinting in a noonday sun.

Help us dear God,

to have the courage to remain strong,

to stand fast.

Spread Your light

on the dark hearts of the slayers

And Your comfort

to the bereaved hearts of families of the slain.

Let calm return Your city Jerusalem,

and to Israel, Your blessed land.

We grieve with those wounded

in body and spirit,

pray for the fortitude of our sisters and brothers,

and ask You to awaken the world

to our struggle and help us bring peace.

Rabbi David Wolpe

Prayer for the Rain of Peace

On Simchat Torah we prayed for rain:

“Mashiv ha’ruach u’morid hageshem.”

It fell as bombs and terror upon Medinat Yisrael.

It fell as tears from Am Yisrael.

It poured from all of us and our allies around the world.

We are drenched in sadness; in worry.

The earth is soaked in blood

the horror, the devastation, the tears continue.

Let us pray for rain again

and let us be specific:

Holy One of Wholeness and Compassion,

May the rain that falls be gentle.

May the rain that falls be the rain of peace,

shimmering, restorative, lasting peace that flows directly from You

Source of Love and All that Is.

Oseh shalom bimromav

Hu ya’aseh shalom aleinu

V'al kol Yisrael

V'al kol yoshvei tevel

V'imru: amen.

May the One who makes peace bring peace down upon all of Yisrael,
the State of Israel-Medinat Yisrael,
the People-Am Yisrael- living in our ancient homeland and all the places we reside,
upon the Palestinian families who are endangered and suffering.
May your rain of peace fall upon this thirsty planet and upon all beings everywhere.
May the broken state of our hearts be mended, healed and nourished,
and let us say:
Amen

Laura Hegfield

Yet We Continue To Pray

Our hearts are broken, yet we continue to pray.
It seems the only choice;
give voice to our anguish, our longing for peace, for healing;
another day soaked with blood, filled with smoke.
Bombs know no discretion.
Hate creeps beyond boundaries
of time,
of space.

The scent of fear permeates whispering walls
archaic and crumbling
that can neither protect, nor hide:
our children,
mothers,
fathers,
sisters,
brothers.

Finger prints and footholds etched in wind-worn stones,
DNA locked in fragments of bones
tell the same sad story.
Malice cannot detect truth; cannot discern lies.
Safety and reason long ago lost,
foreshadows ghosts, stains and the memories of tomorrow.
Only this mantra of hope remains:
Give us strength Kaddosh Barchu.
May our broken hearts be mended.
Holy Blessed One, we pray;
let this ancient war of othering,
not seeing,
listening,
or recognizing our shared humanity soon be ended.
Amen. Amen. Amen.

Laura Hegfield

A Man Doesn't Have Time In His Life

A man doesn't have time in his life
to have time for everything.

He doesn't have seasons enough to have
a season for every purpose. Ecclesiastes
Was wrong about that.

A man needs to love and to hate at the same moment,
to laugh and cry with the same eyes,
with the same hands to throw stones and to gather them,
to make love in war and war in love.

And to hate and forgive and remember and forget,
to arrange and confuse, to eat and to digest
what history
takes years and years to do.

A man doesn't have time.

When he loses he seeks, when he finds
he forgets, when he forgets he loves, when he loves
he begins to forget.

And his soul is seasoned, his soul
is very professional.

Only his body remains forever
an amateur. It tries and it misses,
gets muddled, doesn't learn a thing,
drunk and blind in its pleasures
and its pains.

He will die as figs die in autumn,
Shriveled and full of himself and sweet,
the leaves growing dry on the ground,
the bare branches pointing to the place
where there's time for everything.

Yehuda Amichai