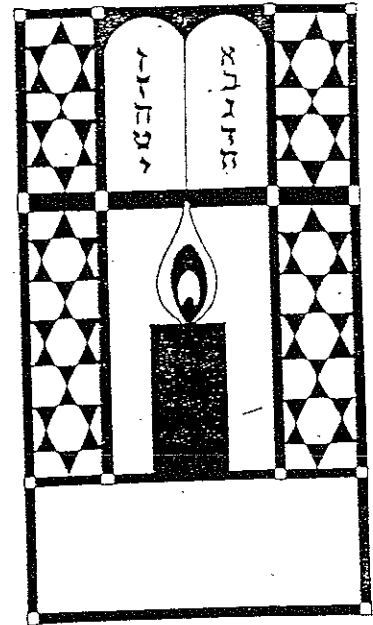


HEALING SERVICE  
in the Chapel @ Beth El  
September 13th @ 8 p.m.  
*Leader's Copy #11 (w/addition-final)*



HALLELU

Hallelu, hallelu, hallelu...hallelu, hallelu, hallelu (x2)  
Kol ha-n'shama t'hallelyah, halleluah (x2)

KOL HA-N'SHAMAH

Kol Ha-n'shamah, t'hallel Yah, Hallelluyah. (repeatedly, and in round!)  
*[All the spirit will praise Yah (G-d), praise Yah.]*

PITCHU LI

Pitchu li sha'arey tzedek, avo vam, odah Yah  
*[Open to me the gates of righteousness;  
That I may enter and thank Yah]*

פְּתַחוּ לִי שַׁעֲרֵי צְדָק, אֲבֹא בָם אֲוֹדָה יְיָ.

INTRODUCTION - WELCOME

- This is meant to be a space and time devoted to our own needs and struggles...
- free from assumptions, judgments, worry about another
- time to share or time to be just focused within
- Some of us face major illnesses, physical and/or emotional
- some of us support those who have major challenges in their lives, thereby being challenged by them ourselves, wanting to be fully supportive, struggling to meet their needs and demands as well as our own
- We can often feel alone ... here you can feel part of an energy focused entirely on meeting our needs

THEME: MOVING INTO THE HIGH HOLY DAYS, OUR CONNECTION TO G-D

(As we face these Days of Awe, the imagery of turning is a powerful and prominent one. The concept of sin חַטָּא suggests missing the mark, transgression...leaving open the opportunity to return to the right path...we can turn our lives around...we can turn the corner...it's our turn...we can return to our intended purpose/mission...offers us hope, encouragement, opportunity...)

RETURN AGAIN (Shlomo Carlebach & Rafi Katz c89 P'nai Or Fellowship)

Return again...return again...return to the home of your soul.  
Return again...return again...return to the home of your soul.  
Return to who you are, return to what you are...  
Return to where you are born and be born again.  
Return again...return again...return to the home of your soul.

(-ideas of G-d, as we move into the Days of Awe  
-we face these days with a whole range of feelings  
-opportunity to get in touch with the way we relate to G-d...often, especially at this time of year we think in terms of our fears, inadequacies, the demanding aspects of G-d:

- judging
- king
- throne

-The Book of Life: Life & Death ...determined by our behaviors

-Some of us are worried that we are responsible for our illnesses...that we've done something directly that has brought about the challenges we face...focusing on what can be seen as the negative aspects of G-d, being judged, the natural consequences of our behaviors, etc.

-other qualities of G-d can speak to us just as powerfully:

- caring
- loving
- forgiving
- compassionate
- ever here with us
- understanding



---

#### PRAYER: ATTRIBUTES OF G-D

יהוה יהוה אל רחום וחנון, ארך אפים, ארך חסד ואמת נצח  
חסד לאלפים, נשא עון ופשע וחטאה, ונקה

Adonai, Adonai El rachum v'chanun, erech apayim v'rav chesed ve-emet, notzeir chesed la-alafim, nosei avon va-fesha v'chata'ah v'nakeh.

[ By Rabbi Burt Jacobson]

Shechina x2, Compassion and Tenderness  
Patience, Forebearance, Kindness, Awareness  
Bearing love from age to age  
Lifting guilt and mistake and making us free

*[My Lord, my Lord, G-d, Compassionate, and Gracious, Slow to anger, and Abounding in kindness and truth. God preserves kindness for thousands of generations, forgiving iniquity, transgression and sin, and cleanses (the penitent).]*

?discuss attributes?

-What do we think...

-How do we connect to G-d

-"What are the attributes of G-d that we connect to?"

-...that we find healing?

-SHARE a quality/attribute of G-d that speaks to you...we can put these qualities into a space here that can allow us to expand our sense of who/what G-d can be for us...

(song that calls upon our connection to G-d...that G-d will hear us and answer us)

**DON'T HIDE YOUR FACE FROM ME (AL TASTEIR)**

Lyrics based on Psalm 27:9, by Debbie Friedman

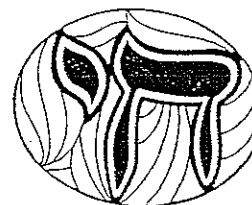
Don't hide your face from me, I'm asking for Your help

I call to You - please hear my prayers, O G-d.

If You would answer me as I have called to You

Please heal me now

Don't hide your face from me. (Song is repeated several times.)



**MEDITATION TIME**

-Enter into our "Amidah" ... our /guided/focused/prayerful introspective time

-Take some quiet time for an accounting of our inner-selves/our souls

(beginning with our introductory prayer/song:)

**S'FATAI TIFTACH**

Hanna Tiferet Siegel c94 [verse preceding Amidah - Psalm 51:17]

Adonai s'fatai tiftach ufi yagid t'hilatecha (x2)

Oh, God, open up my lips, as I begin to pray (x2)

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

**"SITTING AMIDAH"**

(long pauses between sentences)

[\*Find a comfortable position and begin to notice your breath as you settle in for some moments of relaxation and reflection. Put down your papers and push away anything that might restrict you. Know that this is your time. You don't have to do anything. You don't have to be anywhere else. You will guide yourself in whatever way you need. Relax with the knowledge that this space and time is just for you. If something doesn't work for you, just let it go. If something right for you...you will let it in...

\*Let the pattern of your breathing in...breathing out...bring a calm sense of comfort and relief to your body. Notice any areas of tension as you breath in and let each exhale release that tension bit by bit. Imagine waves of ease and relaxation spread over your body from your head to your toes...breathing in...breathing out. Focus for a moment on the worries and pain that come to mind. Carefully honor each one of them with your recognition and love. Then, gently put them together in a bundle of love, tie them up with your compassion and put them aside for now. They'll be there whenever you want to check in with them.

\*Feel free to shift your position if you become uncomfortable. Give yourself permission to let it all go...

\*With each breath...breathing comfortably...in and out...relaxation glides into every part of your body...the miracle of your breath brings in peace... exhales tension...inhales acceptance...exhales worries...inhales gratitude...exhales expectations...inhales kindness and caring...exhales judgment and condemnation...

\*You are exactly who you are supposed to be, right here, right now...

\*You are good enough...learning new possibilities with each miracle breath...feeling hope and acceptance as you let go...deeper and deeper into the calm of your most loving self...

\*You have been given alot to learn in this lifetime...

\*Some of your lessons have come easily...but some have not been so easy...

\*You've done so well in so many situations...facing challenges... hardships... deep losses...

\*You deserve great praise for persevering...for learning many tough lessons...

\*As we move into the Days of Awe, we can often feel overwhelmed...unworthy...already challenged by illness or loss...unsure whether we're up to the task of looking inward....of making changes...asking for forgiveness...offering forgiveness...

\*Perhaps we're afraid of what is deep inside of our hearts...sometimes full of anger and disappointment...it can be hard to feel grateful for difficulties we face in our lives...

\*Sometimes it feels like we have more than enough to deal with...just in getting through the day...meeting the most simple of physical needs...for ourselves and/or our loved ones...

\*We don't always keep our emotions under control...we don't necessarily want to be judged for what we've done...

\*G-d...we need to know that you're on our side...we want You to understand us and offer us Your compassion and love...we long for Your acceptance and we pray for an easier path...

\*We know these Holy Days are a gift from You, G-d...

\*We know these Holy Days give us time out...force us to stop...to think...

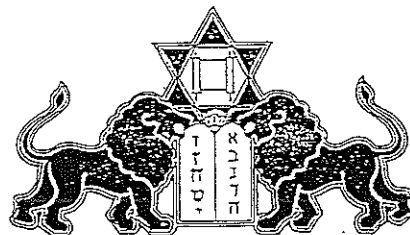
\*We know these Holy Days offer us moments of intense connection to You... and we pray for the strength to take advantage of it all...to take into our deepest, most wise parts of our beings Your hope and Your love...

\*We want to be deserving, G-d...

\*We want to live a life of meaning and purpose...

\*We want to be good in Your eyes...

\*...



\*As you continue to breathe in all the compassion and understanding you need, take some quiet time on your own to express your own needs and feelings...

\*Take some moments to connect to those parts of yourself that need listening to... breathing in deeply, exhaling fully...

...

\*Begin to bring your focus back to your breath. ... Give yourself a mental hug for the opening you have offered yourself. ... Breathe deeply as you feel yourself reconnecting to your body. Begin to stretch and yawn... ... open your eyes when you are ready to return to the room.

\*Take a few moments to focus on things in the room. Look around. Stretch out any muscles that may have become stiff while meditating...rub them if you'd like. Bring your attention back to our Healing Service sheets. ... (allow enough pause for a comfortable transition) ...

(Any interest in sharing anything that came up for you?)

### REQUESTS FOR HEALING:

[We move now into the part of our service where we ask G-d for healing. In this most sacred energy we've created, we will offer our names and the names of our loved ones for everyone's focus and prayers for healing. Each of us channels G-d's love and compassion. We have the individual power and the power of our group here, to offer intention to our longings for healing. -Our first song we cycle through singing "El na refanah la" and then offer names. If you feel comfortable, offer who this person is to you...what they are struggling with...for how long. Let's stand and open our arms outward to all those in need of healing prayers. The second time through we change the "la" to "lee", asking for personal healing and offering our own names. We can offer ourselves a hug. The third time through we return to "El na refanah la" and offer any other names we've forgotten, offering our arms outward to our neighbors & communities... finishing up with the English, final verse:]

#### EL NA REFANA LA (Hanna Tiferet Siegel)

El na refana la (x3) refuah shleymah (repeat whole sequence twice)

(offer names)

*(G-d, please heal her...a complete healing.)*

El na refana lee (x3) refuah shleymah (repeat whole sequence twice)

(offer our own names)

*(G-d, please heal me...a complete healing.)*

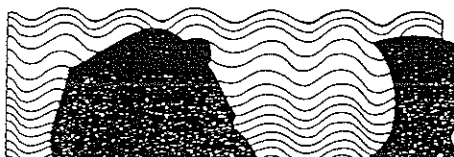
El na refana la (x3) refuah shleymah (repeat whole sequence twice)

(offer names) ... etc.

Life is a circle, love is the song; peace is the story we've yearned for so long.

When we surrender to G-d in all things, the circle is completed.

Our hearts are blessed with wings.



MI SHE BEI RACH

מי שברך אבותינו אברהם יצחק ויעקב ואמותינו שרה רבקה  
רחל ולאה  
הוא יברך וירפא את החולים  
הקדוש ברוך הוא ימלא רחמים עליהם להחלימם ולרפאתם  
להחזיקם ולהחיותם  
וישלח להם מהרה רפואה שלמה הנפש ורפואת הגוף  
בתוך שאר חולי ישראל השתא בעגלא ובזמן קריב ונאמר אמן.

- May the One who blessed our ancestors-Sarah, Rebecca, Rachel and Leah, Abraham, Isaac and Jacob, bless and heal the one who is ill.
- May the Holy One, the fount of blessings, shower abundant mercies upon us, fulfilling our dreams of healing, strengthening us with the power of life.
- Merciful One: restore us; heal us; strengthen us; enliven us.
- Send us all a complete healing from the heavenly realms, a healing of body and a healing of soul, together with all who are ill, soon, speedily, without delay; and let us say, Amen.

MI SHE BEI RACH (Debbie Friedman)

Mi she-bei-rach a-vo-tei-nu; M'kor ha-bra-cha l'i-mo-tei-nu  
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 she-bei-rach i-mo-tei-nu; M'kor ha-bra-cha l'a-vo-tei-nu  
Bless those in need of healing with r'fu-a sh'lei-ma  
The renewal of body, the renewal of spirit. And let us say, Amen.

MOURNERS' KADDISH:

יתגדל ויתקדש שמה רבא. בעלמא די ברא כרעותיה, וימליך  
מלכותיה בחייכון ובזמיכון ובחיי דכל בית ישראל. בעגלא  
ובזמן קריב ואמרו אמן:

יהא שמה רבא מברך לעלם ולעלמי עלמא:

יתברך וישתבח ויתפאר ויתרום ויתנשא ויתהדר ויתעלה  
ויתהלל שמה דקדשא ברוך הוא לעלא (בעשיית ולעלא מכל)  
מן כל ברכתא ושירתא תשבחתא ונחמתא, דאמירו בעלמא,  
ואמרו אמן:

יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל, ואמרו  
אמן: עשה שלום במרומו הוא יעשה שלום עלינו ועל כל  
ישראל, ואמרו אמן:

(Yitgadal v'yitkadash sh'mei raba b'alma di v'ra khir'utei, v'yamlikh malkhutei b'chayeikhon u-v'yomeikhon u-v'chayei d'okhol beit yisrael, ba-agala u-vi-s'man kariv, v'imru amen.

Y'hei sh'mei raba m'varakh l'alam u-l'almei almaya.

Yitbarakh v'yishtabach v'yitpa'ar v'yitromam b'yitnaséi, v'yit-hadar v'yit'aleh v'yit-halal sh'mei d'kud'sha, b'rikh hu, l'ela min kol birkhata v'shirata, tushb'chata v'nechemata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom aleinu v'al kol yisrael, v'imru amen.)

*[Exalted and hallowed be G-d's great name, In this world of G-d's creation.*

*May G-d's will be fulfilled and G-d's sovereignty revealed in the days of your lifetime and the life of the whole house of Israel, speakily and soon, and say, Amen.*

*May G-d's great name be blessed forever, yea, to all eternity.*

*May the name of the most Holy One be blessed, praised and honored, extolled and glorified, adored and exalted supremely, Blessed be G-d, beyond all blessings and hymns, praises and consolations that may be uttered in this world, and say, Amen.*

*May peace abundant descend from heaven with life for us and for all Israel, and say, Amen.*

*May G-d who creates the harmony (shalom) of the spheres create peace for us and for all Israel, and say, Amen.]*

## PSALM 27 FOR THE DAYS OF AWE (THE MONTH OF ELUL)



A Psalm of David. (Let's read together, including the words in parentheses:)

Adonai (my Lord) is my light and my salvation. Whom shall I fear?

Adonai (my Lord) is the strength of my life. Of whom shall I be afraid?

When evildoers approach me to devour my flesh - when my tormentors and my foes threaten, they stumble and fall.

Though armies should encamp against me, my heart would not fear: if war were to rise against me, I remain steadfast in my faith.

One thing I request of Adonai, (my Lord), (only)for this I yearn: that I may dwell in the House of Adonai all the days of my life, to behold the pleasantness of Adonai, and to meditate/pray/visit in His/Her sanctuary.

G-d will hide me in His/Her shrine, safe from peril. Upon a rock G-d will lift me.

And now G-d will raise my head high above my enemies. And I will offer in G-d's Tent, sacrifices (accompanied) with trumpets of joy: I will sing and chant to Adonai.

Adonai, hear my voice when I call; be gracious to me and answer me.

It is You that I seek, says my heart. It is Your Presence that I seek, O Lord.

Conceal not Your Presence from me, do not turn away Your servant in anger. You have been my help; neither cast me off nor abandon me, G-d of my deliverance.

When my father and mother leave me, Adonai will gather me up.

My Teacher, Adonai, show me Your path, and lead me in the path of uprightness, to confound my oppressors.

Do not deliver me to the will of my tormentors, for false witnesses have risen against me, who breathe violence.

Mine is the faith that I shall see the goodness of Adonai in the land of living.

Hope to Adonai, be strong and G-d will give you courage and hope in Adonai, my Lord.

### ESA EYNAI

( Psalms 121:1-2)

Esa eynai el heharim *(I lift up my eyes to the mountains)*

Me'ayin yavo ezri *(from where will my help come?)*

Ezri meyim Hashem oseh *(My help comes from Hashem, creator/maker/do-er)*

Shamayim va'aretz *(of heaven and earth.)*

אֲשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֹא עֲזָרִי (2)

עֲזָרִי מֵעַם הַשָּׁמַיִם עֲשֵׂה שְׂמִימִים וְאַרְצָךְ (2)

(As we move to close our service for today, let's surround ourselves with the angels/messengers in our lives who offer us the support, understanding, connection and healing that we all long for...we can take with us the caring and compassion of those in this room, all of us who have come together for our own needs and to join in the powerful experience of praying and singing together, and if we feel strong enough, we can offer some of our own concern and love to the energy in this room...)

### ANGEL SONG (Shlomo Carbach)

B'shem Adonai Elohai Yisrael *In the name of my G-d, G-d of Israel*

Mimini Micha-el oo-mi-smoli Gavriel *From/on my right is Michael & on my left, Gavriel*

Oo-milfani Uriel, oo-m'aharai Rafael *And in front of me, Uriel, & behind me, Rafael*

V'all roshi, v'all roshi shechinat-Ei *And above my head, and above my head, the Shechina/soul/spirit of G-d.*



(? have time?)

**TEFILLAT HA-DERECH (Prayer for a Journey) (Hanna Tiferet Siegel)**

(We'll sing the English phrases at the bottom of this special prayer, sending us off on our journeys.)

[Yehi ratzon (3x) Yah Eloheynu (repeat whole line 2x)

*(May it be Your will, Yah, our G-d)*

Shetolicheynu v'tatzideynu v'tadricheynu l'shalom

*(that you lead us & 'incline' our footsteps & guide us to peace)*

V'tagi'eynu limchoz cheftzeynu

*(and cause us to reach our desired destination)*

L'chaim ul'simcha ul'shalom

*(for life and for joy and for peace.)]*

**\*\*G-d who hears our prayers, guide us on our journey\*\***

**\*\*Send your angels of peace, to guard us on our way.\*\***

**RETURN AGAIN** (Shlomo Carlebach & Rafi Katz c89 P'nai Or Fellowship)

Return again...return again...return to the home of your soul.

Return again...return again...return to the home of your soul.

Return to who you are, return to what you are...

Return to where you are born and be born again.

Return again...return again...return to the home of your soul.

---

(Chanukah/Winter solstice song that fits with our sense of opportunity during these days preceding the High Holy Days...as the weather turns, the evening skies darkening and our connection to our heritage and the mystery of life and light:)

**Turning** (Linda Hirschorn)

Turning, turning spirits yearning, reaching for the night.

Colors going, shadows growing, darkening the light.

Ancient story told, renewed with the cold.

Mystery of light, burnt into the night.

(We have an extra handout: a Teshuvah Worksheet by Rabbi David Wolfe-Blank >>>  
... that might add to the meaning of the High Holy Days coming up...)

**Schedule of upcoming Healing Services:**

November 15th @ 11:30 a.m.

January 17th (1999) @ 4:00 p.m.

March 14th, 10:00 a.m. - noon, special 'Grief Workshop', guided by Mindelle Seltzer

April 24th @ 6:00 p.m.

May 16th @ 10:30 a.m.

Questions? Suggestions? Desire to be added or deleted from the mailing list?

Call: Ruth Anne Faust @ 521-7531, Elaine Shapiro @ 231-9733

Rabbi Rosen @ 233-9696, ext. 103

# Teshuvah Worksheet 2

וּתְשׁוּבָה וּתְפִלָּה וּצְדָקָה מַעֲבִירִין אֶת רוּעַ הַגְּזֵרָה.

U-t'shuvah, u-t'fillah, u-tz'dakah ma-avirin et roah ha-g'zayrah.

**BUT TURNING AND YEARNING AND CARING CAN TEMPER THE HARSHNESS OF THE DECREE.**

1) In the following worksheet, write out a few responses to the question, What *Rô-a Hag'zerah* do I fear this year? *Ro-a Hag'zerah*, a harsh decree, suggests two things: 1) That it is somewhat arbitrary, like a decree or law of a legislative body or individual judge who is quite fallible, and 2) that if we don't do something about it, it is inevitable that we will be influenced by it. What, in your life seems to be the inevitable result of your behavior, which doesn't have to be that way?

רוּעַ הַגְּזֵרָה.

1)

Harsh Decree:

(Almost Inevitable  
Results of Some of  
My Repetition  
Compulsions)

2)

3)

4)

וּתְפִלָּה

2) Now choose one of these to work with. Mark it.

3) This is the field on which Teshuvah, Tefillah, and Tzedakah can act. In the space provided, compose a prayer counter to this possibility.

Yearning

Relevant  
Prayer

וּצְדָקָה

Caring

4) Who is already doing the good work which is your ally in this matter. Write out the name or names of those currently struggling with this issue.

5) Write out a resolution to help, through donating time or money, to this person/person's work.

Allying Those On  
The Front Lines

וּתְשׁוּבָה

Turning

6) Here's the hard part. What symbolic act could you do (within a limited time period of ten days or so) that addresses this issue in some real or symbolic way? This should be an action that has inner (therapeutic) value. I.e. - for a person struggling to acknowledge an addiction, going to a single twelve step meeting might be an act of Teshuvah.

Choosing  
To Do  
Significant

HEALING SERVICE  
in the Chapel @ Beth El  
September 13th @ 8 p.m.



HALLELU

Hallelu, hallelu, hallelu...hallelu, hallelu, hallelu (x2)  
Kol ha-n'shama t'hallelyah, halleluah (x2)

KOL HA-N'SHAMAH

Kol Ha-n'shamah, t'hallel Yah, Hallelluyah. (repeatedly, and in round!)  
[All the spirit will praise Yah (G-d), praise Yah.]

PITCHU LI

Pitchu li sha'arey tzedek, avo vam, odah Yah  
[Open to me the gates of righteousness;  
That I may enter and thank Yah]

---

פְּתֹחוּ לִי שַׁעֲרֵי צְדָק, אֲבֹא בָם אֹדֶה יְיָ

INTRODUCTION - WELCOME

RETURN AGAIN (Shlomo Carlebach & Rafi Katz, c89 P'nai Or Fellowship)

Return again...return again...return to the home of your soul.  
Return again...return again...return to the home of your soul.  
Return to who you are, return to what you are...  
Return to where you are born and be born again.  
Return again....return again...return to the home of your soul.

THEME: MOVING INTO THE HIGH HOLY DAYS, OUR CONNECTION TO G-D

PRAYER: ATTRIBUTES OF G-D

יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן, אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת נֹצֵר  
חֶסֶד לְאַלְפִים, נֹשֵׂא עוֹן וּפֹשֵׁעַ וְחַטָּאתָהּ, וְנֹקֵה

Adonai, Adonai El rachum v'chanun, erech apayim v'rav chesed ve-emet, notzeir  
chesed la-alafim; nosei avon va-fesha v'chata'ah v'nakeh.

[My Lord, my Lord, G-d, Compassionate, and Gracious, Slow to anger, and Abounding  
in kindness and truth. God preserves kindness for thousands of generations, forgiving  
iniquity, transgression and sin, and cleanses (the penitent).]

- What do we think?...
- How do we connect to G-d
- "What are the attributes of G-d that we connect to?"
- ...that we find healing?

-SHARE a quality/attribute of G-d that speaks to you...we can put these qualities into a space here that can allow us to expand our sense of who/what G-d can be for us...

**DON'T HIDE YOUR FACE FROM ME (AL TASTEIR)**

Lyrics based on Psalm 27:9, by Debbie Friedman

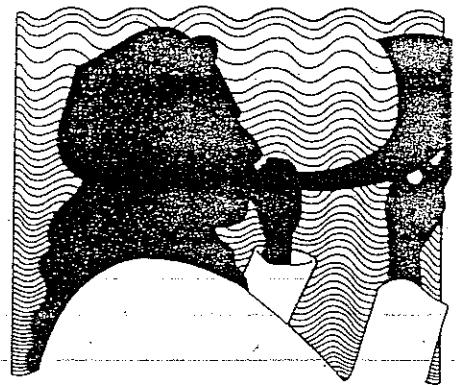
Don't hide your face from me, I'm asking for Your help

I call to You - please hear my prayers, O G-d.

If You would answer me as I have called to You

Please heal me now

Don't hide your face from me. (Song is repeated several times.)



**MEDITATION TIME**

**S'FATAI TIFTACH**

Hanna Tiferet Siegel c94 [verse preceding Amidah - Psalm 51:17]

Adonai s'fatai tiftach ufi yagid t'hilatecha (x2)

Oh, God, open up my lips, as I begin to pray (x2)

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ :

**"SITTING AMIDAH"**

**REQUESTS FOR HEALING:**

**EL NA REFANA LA** (Hanna Tiferet Siegel)

El na refana la (x3) refuah shleymah (repeat whole sequence twice)

(offer names)

*(G-d, please heal her...a complete healing.)*

El na refana lee (x3) refuah shleymah (repeat whole sequence twice)

(offer our own names)

*(G-d, please heal me...a complete healing.)*

El na refana la (x3) refuah shleymah (repeat whole sequence twice)

(offer names) ... etc.

Life is a circle, love is the song; peace is the story we've yearned for so long.  
 When we surrender to G-d in all things, the circle is completed.  
 Our hearts are blessed with wings.

MI SHE BEI RACH

מי שברך אבותינו אברהם יצחק ויעקב ואמותינו שרה רבקה  
רחל ולאה

הוא יברך וירפא את החולים  
הקדוש ברוך הוא ימלא רחמים עליהם להחלימם ולרפאתם  
להחזיקם ולהחיותם

וישלח להם מהרה רפואה שלמה רפואת הנפש ורפואת הגוף  
בתוך שאר חולי ישראל השתא בעגלא ובזמן קריב ונאמר אמן.

-May the One who blessed our ancestors-Sarah, Rebecca, Rachel and Leah, Abraham, Isaac  
and Jacob, bless and heal the one who is ill.

-May the Holy One, the fount of blessings, shower abundant mercies upon us, fulfilling our  
dreams of healing, strengthening us with the power of life.

-Merciful One: restore us; heal us; strengthen us; enliven us.

-Send us all a complete healing from the heavenly realms, a healing of body and a healing of  
soul, together with all who are ill, soon, speedily, without delay; and let us say, Amen.

MI SHE BEI RACH (Debbie Friedman)

Mi she-bei-rach a-vo-tei-nu; M'kor ha-bra-cha l'i-mo-tei-nu

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 she-bei-rach i-mo-tei-nu; M'kor ha-bra-cha l'a-vo-tei-nu

Bless those in need of healing with r'fu-a sh'lei-ma

The renewal of body, the renewal of spirit. And let us say, Amen.

MOURNERS' KADDISH:

יתגדל ויתקדש שמה רבא בעלמא די ברא כרעותיה, וימליך  
מלכותיה בחייכון וביומיכון ובחיי דכל בית ישראל בעגלא  
ובזמן קריב ואמרו אמן:

יהא שמה רבא מברך לעלם ולעלמי עלמיה:

יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר ויתעלה  
ויתהלל שמה דקדשא בריך הוא לעלא (בעשיית ולעלא מכל)  
מן כל ברכתא ושירתא תשבחתא ונחמתא דאמירו בעלמא,  
ואמרו אמן:

יהא שלמא רבא מן שמיא ותיים עלינו ועל כל ישראל, ואמרו  
אמן: עשה שלום במרומו הוא יעשה שלום עלינו ועל כל  
ישראל, ואמרו אמן:



(Yitgadal v'yitkadash sh'mei raba b'alma di v'ra khir'utei, v'yamlikh malkhutei b'chayeikhon u-v'yomeikhon u-v'chayei d'ckhol beit yisrael, ba-agala u-vi-s'man kariv, v'imru amen.

Y'hei sh'mei raba m'varakh l'alam u-l'almei almaya.

Yitbarakh v'yishtabach v'yitpa'ar v'yitromam b'yitnasei, v'yit-hadar v'yit'aleh v'yit-halal sh'mei d'kud'sha, b'rikh hu, l'ela min kol birkhata v'shirata, tushb'chata v'nechemata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom aleinu v'al kol yisrael, v'imru amen.)

*[Exalted and hallowed be G-d's great name, In this world of G-d's creation.*

*May G-d's will be fulfilled and G-d's sovereignty revealed in the days of your lifetime and the life of the whole house of Israel, speakily and soon, and say, Amen.*

*May G-d's great name be blessed forever, yea, to all eternity.*

*May the name of the most Holy One be blessed, praised and honored, extolled and glorified, adored and exalted supremely, Blessed be G-d, beyond all blessings and hymns, praises and consolations that may be uttered in this world, and say, Amen.*

*May peace abundant descend from heaven with life for us and for all Israel, and say, Amen.*

*May G-d who creates the harmony (shalom) of the spheres create peace for us and for all Israel, and say, Amen.]*

## PSALM 27 FOR THE DAYS OF AWE (THE MONTH OF ELUL)

A Psalm of David.



Adonai (my Lord) is my light and my salvation. Whom shall I fear?

Adonai (my Lord) is the strength of my life. Of whom shall I be afraid?

When evildoers approach me to devour my flesh - when my tormentors and my foes threaten, they stumble and fall.

Though armies should encamp against me, my heart would not fear: if war were to rise against me, I remain steadfast in my faith.

One thing I request of Adonai, (my Lord), (only)for this I yearn: that I may dwell in the House of Adonai all the days of my life, to behold the pleasantness of Adonai, and to meditate/pray/visit in His/Her sanctuary.

G-d will hide me in His/Her shrine, safe from peril. Upon a rock G-d will lift me.

And now G-d will raise my head high above my enemies. And I will offer in G-d's Tent, sacrifices (accompanied) with trumpets of joy: I will sing and chant to Adonai.

Adonai, hear my voice when I call; be gracious to me and answer me.

It is You that I seek, says my heart. It is Your Presence that I seek, O Lord.

Conceal not Your Presence from me, do not turn away Your servant in anger. You have been my help; neither cast me off nor abandon me, G-d of my deliverance.

When my father and mother leave me, Adonai will gather me up.

My Teacher, Adonai, show me Your path, and lead me in the path of uprightness, to confound my oppressors.

Do not deliver me to the will of my tormentors, for false witnesses have risen against me, who breathe violence.

Mine is the faith that I shall see the goodness of Adonai in the land of living.

Hope to Adonai, be strong and G-d will give you courage and hope in Adonai, my Lord.

### ESA EYNAI

(Psalms 121:1-2)

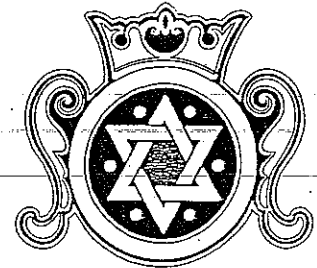
Esa eynai el heharim *(I lift up my eyes to the mountains)*

Me'ayin yavo ezri *(from where will my help come?)*

Ezri meyim Hashem oseh *(My help comes from Hashem, creator/maker/do-er)*

Shamayim va'aretz *(of heaven and earth.)*

אָשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין מֵאֵין יבֹא עֲזָרִי (2)  
עֲזָרִי מֵעַם הַשָּׁמַיִם עֲשֵׂה שָׁמַיִם וָאָרֶץ (2)



### ANGEL SONG (Shlomo Carlbach)

B'shem Adonai Elohai Yisrael *In the name of my G-d, G-d of Israel*

Mimini Micha-el oo-mi-smoli Gavriel *From/on my right is Michael & on my left, Gavriel*

Oo-milfani Uriel, oo-m'aharai Rafael *And in front of me, Uriel, & behind me, Rafael*

V'all roshi, v'all roshi shechinat-El *And above my head, and above my head, the Shechina/soul/spirit of G-d.*

### TEFILLAT HA-DERECH (Prayer for a Journey) (Hanna Tiferet Siegel)

[Yehi ratzon (3x) Yah Eloheynu (repeat whole line 2x)]

Shetolicheynu v'tatzideynu v'tadricheynu l'shalom

*(May it be Your will, Yah, our G-d)*

*(that you lead us & 'incline' our footsteps & guide us to peace)*

V'tagi'eynu limchoz cheftzeynu

*(and cause us to reach our desired destination)*

L'chaim ul'simcha ul'shalom

*(for life and for joy and for peace.)]*

**\*\*G-d who hears our prayers, guide us on our journey\*\***

**\*\*Send your angels of peace, to guard us on our way.\*\***

### RETURN AGAIN (Shlomo Carlbach & Rafi Katz c89 P'nai Or Fellowship)

Return again...return again...return to the home of your soul.

Return again...return again...return to the home of your soul.

Return to who you are, return to what you are...

Return to where you are born and be born again.

Return again....return again...return to the home of your soul.

Turning (Linda Hirschorn)

Turning, turning spirits yearning, reaching for the night.  
Colors going, shadows growing, darkening the light.  
Ancient story told, renewed with the cold.  
Mystery of light, burnt into the night.

(We have an extra handout: a Teshuvah Worksheet by Rabbi David Wolfe-Blank ...  
... that might add to the meaning of the High Holy Days coming up...it offers some  
insights into the ideas inherent in 'turning', caring, yearning...options.)

Schedule of upcoming Healing Services:

November 15th @ 11:30 a.m.

January 17th (1999) @ 4:00 p.m.

March 14th, 10:00 a.m. - noon, special 'Grief Workshop', guided by Mindelle Seitzer

April 24th @ 6:00 p.m.

May 16th @ 10:30 a.m.

Questions? Suggestions? Desire to be added or deleted from the mailing list?

Call: Ruth Anne Faust @ 521-7531, Elaine Shapiro @ 231-9733

Rabbi Rosen @ 233-9696, ext. 103

