

# Healing Service

When I am singing and cannot lift my voice, and another comes and sings with me, another who can lift my voice, both of our voices are lifted. That is the secret of the bond between spirits. (Hasidic teaching)

## 1. עזי וזמרת יה ויהי לי לישועה – *Ozi v'Zimrat Yah Vayahi li lishuah*

God is my strength and my song, and has become my redeemer (Exodus 15:2)

## 2. אשא עיני אל ההרים מאין יבוא עזרי. עזרי מאם ה' עושה שמים וארץ. *Esa einai el heharim ma'ayin yavo ezri. Ezri m'im Adonai oseh shamaim va'aretz*

I lift my eyes to the mountains. From where will my help come? My help will come from God, maker of heaven and earth (Psalm 121:1-2)

## 3. כל העולם כולו גשר צר מאוד והעיקר לא לפחד כלל. *Kol haolam kulo geshet tzar m'od, v'haikar lo l'fahed klal*

The whole world is a very narrow bridge, and the most important thing is not to be afraid. (Rebbe Nachman of Bratzlav)

## 4. Source of All Creation,

Today has been so hard. ...More bad news. When hope is gone, where can I find comfort? Where can I find You in this dark time? Help me find the strength to face what is ahead. Give me the wisdom to live each moment with my loved ones to the fullest. Shelter my whole family beneath your wings of peace. I am grateful for all the wonderful times we have had. May those memories continue to comfort and inspire us. *Amen.* (Rabbi Simkha Weintraub, *Mishkan R'fuah*)

## 5. Breathing Meditation

Breath is a source of healing. As we are born, breath comes into our lungs. God is the source of breath. My heart rises and falls to each breath I take. Each breath brings expansion and contraction to some aspect of my life.

I breathe in stillness; I breathe out confusion.  
I breathe in calm; I breathe out stress.  
I breathe in acceptance; I breathe out the need to judge.  
I breathe in patience; I breathe out irritation.  
I breathe in resilience and persistence; I breathe out despair.  
I breathe in compassion; I breathe out anger.  
I breathe in joy; I breathe out pain.  
I breathe in love; I breathe out hatred.  
I breathe in courage and hope....  
I breathe in serenity...  
I breathe in peace...  
As I breathe, may I receive.

### ***6. We are Loved by Unending Love***

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 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. (Rabbi Rami Shapiro)

### **7. *Hashkivenu* -- A Prayer for Those Who are Ill and for Givers of Care**

May there be healing and blessing  
for us and all people throughout the world  
who live now under the shadows of illness, anxiety, and isolation.

May hope turn our fear to faith  
and show us a way to peace of mind,  
wholeness within, and strength from community.

May those who care for the sick  
with their hands, their voices, and their hearts  
be blessed with courage and stamina.

May those who pursue healing  
through medical skill and knowledge  
be blessed with insight, patience, and compassion.

Let us — the caregivers and hope-givers —  
shine the soft light of human kindness in dark places.

May all of us —

the sick and the well together—

know and feel the blessing of ancient times:

“*Chazak ve-ematz*—Be strong and of good courage.” (Joshua 1:6,7,9)

(Rabbi Sheldon Marder)

## 8. *Mi Chamocha*

When will redemption come? When we master the violence that fills our world. When we look upon others as we would have them look upon us. When we grant to every person the rights we claim for ourselves. Once we were in bondage, then we were free. In that first liberation, our people perceived that God redeems time and event from the hands of tyrants. Now, we too, acclaim God’s power that makes for freedom. We sing the song that celebrates our deliverance from Egypt and all bondage. (*Gates of Prayer*)

## 9. *Amidah*

Prayer cannot mend a broken bridge, rebuild a ruined city, or bring water to parched fields. Prayer can mend a broken soul, lift up a discouraged soul, and strengthen a weakened will. (Rabbi Ferdinand Isserman)

Many are my heart’s distresses; Let me know Your ways, Eternal One; Teach me Your paths. (Psalm 25:17, 25:4)

May I not think merely of what I cannot do, being sick or weak, but of what I can do, in spite of weakness and sickness. Everyone can do something. (Rabbi Chaim Stern)

## 10. *Mi Sheberach*

*Mi shebeirach 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.

*Mi shebeirach imoteinu*  
*M'kor habrachah l'avoteinu*

Bless those in need of healing with *r'fuah sh'leimah*,  
The renewal of body, the renewal of spirit,  
And let us say, *Amen*. (Debbie Friedman)

### ***Mi Sheberach for Mental Illness***

May the One who blessed our ancestors bless me with strength and healing as I struggle with emotional distress and mental suffering. May I walk in the footsteps of Jacob, King Saul, Miriam, Hannah, and Naomi, who lived with dark moods, hopelessness, isolation, and terror, but survived and led our people. Just as our father Jacob spent the night wrestling with an angel and prevailed, may I be granted the endurance to wrestle with pain and prevail, night upon night. Grant me the faith to know that though, like Jacob, I may be wounded, shaped, and renamed by this struggle still I will live on to continue an ever-unfolding, unpredictable path toward healing. May I not be alone on this path but accompanied by family in all its forms, friends, caregivers, ancestors, and the Divine Presence. Surround me with loving-kindness, grace, and companionship, and spread over me a *sukkat shalom*, a shelter of peace and wholeness. Rabbi Elliot Kukla

### ***Mi Shebeirach for Chronic Illness***

Eternal God, I ask for mercy and compassion for myself, burdened with chronic illness. Compassionate One, give me the strength and courage to face the daily challenges in my life. Give me and my loved ones hope for the future and at the same time, acceptance of the present. Help me to find a path toward spiritual wholeness. Be by my side. Help me to know that You are with me at all times, even in times of doubt. Source of Healing, comfort me and bring healing to my soul. Amen. Rabbi Michelle Brand Medwin

## **11. Mourner's Kaddish**

It is a fearful thing to love  
what death can touch.

A fearful thing to love,  
hope, dream: to be- to  
be, and oh! to lose.

A thing for fools this, and

a holy thing, a holy thing  
to love.

For your life has lived in  
me, your laugh once lifted  
me, your word was gift to  
me.

To remember this brings a painful joy. It  
is a human thing, love, a holy thing, to  
love what death has touched.

(Chaim Stern)

### 9. *B'shem Hashem*

*B'shem Hashem elohei yisrael, mimini Michael u'mismoli Gavriel, umilfanai Uriel u'meachorai  
Rafael, v'al roshi Shechinat el*

### Psalm 118

הוֹדוּ לַיהוָה כִּי טוֹב כִּי לְעוֹלָם חֲסִדּוֹ:  
יֹאמְרוּ נָא יִשְׂרָאֵל כִּי לְעוֹלָם חֲסִדּוֹ:  
יֹאמְרוּ נָא בֵּית־אֱהֲרֹן כִּי לְעוֹלָם חֲסִדּוֹ:  
יֹאמְרוּ נָא יִרְאִי יְהוָה כִּי לְעוֹלָם חֲסִדּוֹ:  
מִן־הַמִּצַּר קָרָאתִי יְהוָה עֲנֵנִי בַמַּרְחֵב יְהוָה:  
יְהוָה לִי לֹא אִירָא מִה־יַּעֲשֶׂה לִי אָדָם:  
יְהוָה לִי בַעֲזָרִי וְאֲנִי אֶרְאֶה בְּשִׁנְאֵי:  
טוֹב לַחֲסוֹת בַּה' מִבֶּטֶחַ בְּאָדָם:  
טוֹב לַחֲסוֹת בִּיהוָה מִבֶּטֶחַ בְּנַדִּיבִים:  
כָּל־גֹּיִם סָבְבוּנִי בְשֵׁם יְהוָה כִּי אֲמִילֵם:  
סָבְבוּנִי גַם־סָבְבוּנִי בְשֵׁם יְהוָה כִּי אֲמִילֵם:  
סָבְבוּנִי כַדְבוּרֵי־יָם דַּעְכוּ כַּאֲשֶׁר קוֹצִים בְּשֵׁם יְהוָה כִּי אֲמִילֵם:  
דַּחַה דַּחִיתַנִּי לְנִפְלֹא וְיְהוָה עֲזָרְנִי:

*Hodu l'Adonai ki tov ki l'olam chasdo.  
 Yomar-na Yisrael ki l'olam chasdo.  
 Yomru na veit-Aharon ki l'olam chasdo.  
 Yomru na yirei Adonai ki l'olam chasdo.  
 Min hametzar kara'ti Ya anani va'merchav Ya.  
 Adonai li lo Eera mah ya'aseh li adam.  
 Adonai li b'ozrai v'ani er'eh ve'son'ai.  
 Tov la'chasot b'Adonai mi'btoach b'adam: tov lachasot b'Adonai  
 mi'btoach bi'nedivim.  
 Kol goyyim s'vaavuni be'shem Adonai ki ami'lam.  
 Sabuni gam-s'vaavuni be'shem Adonai ki ami'lam.  
 Sabuni chid'vo'rim do'a'vu k'esh kotzim be'shem Adonai ki ami'lam.  
 Da'choh d'chita'ni li'npol v'Adonai Aza'rani. Azi ve'zimrat Ya va'ye'hi- li li'shu'ah.  
 Kol rina vi'shu'ah b'oh'ha'lei tza'di'kim yemin Adonai o'sah cha'yil.*

Praise the LORD, for God is good, God's steadfast love is eternal.  
 Let Israel declare, "God's steadfast love is eternal."  
 Let the house of Aaron declare, "God's steadfast love is eternal."  
 Let those who fear the LORD declare, "God's steadfast love is eternal."  
 In distress I called on the LORD; the Lord answered me and brought me relief.  
 The LORD is on my side, I have no fear; what can a person do to me?  
 With the LORD on my side as my helper, I will see the downfall of my foes.  
 It is better to take refuge in the LORD than to trust in mortals;  
 it is better to take refuge in the LORD than to trust in the great.  
 All nations have beset me; by the name of the LORD I will surely cut them down.  
 They beset me, they surround me; by the name of the LORD I will surely cut them  
 down.  
 They have beset me like bees; they shall be extinguished like burning thorns; by the  
 name of the LORD I will surely cut them down.  
 You pressed me hard, I nearly fell; but the LORD helped me.  
 The LORD is my strength and might; God has become my deliverance.

## Psalm 121

שִׁיר לְמַעְלוֹת אֲשָׁא עֵינֵי אֶל־הַהָרִים מָאֵן יִבֹּא עֲזָרִי:

עֲזְרִי מֵעַם יְהוָה עֹשֵׂה שָׁמַיִם וָאָרֶץ:  
 אֵל־יִתֵּן לַמּוֹט רַגְלְךָ אֵל־יְנַיִם שְׁמֹרְךָ:  
 הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:  
 יְהוָה שְׁמֹרְךָ יְהוָה צִלְּךָ עַל־יַד יְמִינְךָ:  
 יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכּוּ כִּה וַיְרַח בַּלַּיְלָה:  
 יְהוָה יִשְׁמְרְךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשְׁךָ:  
 יְהוָה יִשְׁמֹר־צֵאתְךָ וּבואְךָ מְעַתָּה וְעַד־עוֹלָם:

*Shir la'ma'alot*

*Esa einai el-he'harim m'ayin yavooh ezri*

*Ezri m'im Adonai oseh sha'mayim v'aretz.*

*Al-yiten la'mot rag'lecha al-yanoos shom'recha*

*Hineh lo yanoom ve'lo yi'shan shomer Yisrael*

*Adonai shom'recha Adonai tzilcha al'yad ye'minchah*

*Yomam hashemesh lo-yakekah v'yare'ach ba'lai'lah*

*Adonai yish'mar'cha mi'kol-ra yish'mor et-naf'shecha*

*Adonai yish'mar-tzet'cha u'vo'e'cha m'atah v'ad olam.*

A song for ascents. I turn my eyes to the mountains; from where will my help come?

My help comes from the LORD, maker of heaven and earth.

He will not let your foot give way; your guardian will not slumber;

See, the guardian of Israel neither slumbers nor sleeps!

The LORD is your guardian, the LORD is your protection at your right hand.

By day the sun will not strike you, nor the moon by night.

The LORD will guard you from all harm; He will guard your life.

The LORD will guard your going and coming now and forever.

## Order of Healing Service

Ozi v'zimrat ya. Read #2 while guitar strums

Breathing meditation

Yedid Nefesh (last verse, sukkat sh'lomecha)

Adonai Oz

Or Zarua (Rabbi O)

L'cha Dodi

Guided meditation

Ma'ariv with readings

-Barchu, evening prayer, ahavat olam (reading), Sh'ma + V'ahavta,

Hashkiveinu reading + sing ufros aleinu, V'shamru, Mi Chamocha

(reading), Amidah, Aleinu, MK

B'shem Hashem

## **A Prayer for Aging with Dignity**

I don't want to grow old, God. I don't want any part of it. But since I have no power to stop the clock, my prayer is this: Let me age with grace. Show me the way, God. Be with me. Grant health to my body and clarity to my mind. Give

me strength. Help me to overcome my vanity. Teach me to combat self-pity. Don't allow me to become set in my ways. Shield me from isolation and from loneliness. May the love of my family and friends be my reward for all the struggles of my youth. Let all the blessings of age emanate from me. Let wisdom flow from my mouth, let compassion flow from my heart, let acts of kindness flow from my arms, let faith flow from my soul, let joy shine forth from my eyes. Amen. Rabbi Naomi Levy

We gather to our hearts and minds those who are in need of healing, including ourselves. We name those who are in our prayers, whether aloud or in our hearts. May God's blessing be with those who are in my heart. May my prayers strengthen me to be more fully present for those who are suffering. May I become a messenger of God's caring and compassion, a partner with God in the work of healing.