

A Time To Heal, A Time To Remember



A TIME TO HEAL

We have come here, each of us, to find a sense of relief from pain.
We are each at different stages in our experience.
Some of us are at the beginning, and some of us have suffered for a long time. Some of us haven't begun to cry, and some of us are all cried out.
Some of us feel vulnerable, and some of us feel guarded.
Some of us are angry and some are empty.
As pain darkens our world, we need light.
As despair numbs our souls, we need hope
As we stumble and fall, we need help to be lifted up.
As doubt surround us, we need faith.
As nothing seems sure, we need trust.
As ideals fade, we need to find our vision.
As we lose our way, we need to be guided.
So on this sacred day, we raise our voices
Hear us, God,
have compassion on us
and be our
help.



words from Psalm 150, melody based on "Jubilate Deo" by Michael Praetorius

כל הנשמה תהליל יה
הלויה

Kol Han'shamah t'hallel Yah, Hal'luyah.

Let everything that breathes praise God.

Let us begin with a few deep breaths.

Breaths that cleanse us and heal us.
With each breath that we slowly inhale,
 we let God's strength devour our weariness.
With each breath that we slowly exhale,
 we release all stress generated by our infirmity,
 all negative thoughts and attitudes, all anxiety and fear.

In this moment of oneness, *Adonai*,
 we seek to gather in energy, faith, and serenity.

As we breathe:

May we be surrounded in the protective glow of Divine Light.
May we allow ourselves to feel and absorb Divine presence.
May it awake within us the force of vitality and the strength of will.
May our willingness to believe in our own well-being be enhanced,
 embellished and enriched.

May our faith in our power to heal be renewed.
May we cherish and love ourselves for who we really are -
 weak and strong, selfish and selfless, learner and teacher,
 prideful and humble, believer and skeptic.

May a love-for-self merge with God's love and with a love for all
 humanity.

Every soul needs to express itself.
Every heart needs to crack itself open.

Every one of us needs to move from anger to healing, from denial to
 consciousness, from boredom to renewal.

These needs did not arise yesterday.

They are among the most ancient of human yearnings, and they are fully
 expressed in the pageantry and ritual of the Days of Awe, in the great
 journey we make between *Rosh HaShanah* and *Yom Kippur*.



TAKE A MOMENT TO BREATHE



We live in this world of shattering. We feel in our bodies and in our souls the brokenness, and we feel at times the resonance in ourselves of that initial cosmic shattering. Our bodies, like that primordial world, try not to contain, but rather to hold on to the divine light and energy flowing around us and in us. But as with the world's origin, our bodies are too frail, made frailer with the passage of time, and so we begin to leak our divine image, or energy. Perhaps, then, illness is really the leaking of our souls. In this world of shattered hopes and expectations, we search for wholeness.

Moses shattered the first set of tablets, the first set of the commandments. And then he got a second set that he helped to write. When the ark was constructed for the sanctuary, the rabbis tell us not only the whole second set of tablets was put into the Holy Ark, but the pieces from the first set as well.

Wholeness comes not from ignoring the broken pieces, or hoping to magically glue them back together. The shattered coexist with the whole; the divine is to be found amid the darkest depths and the heaviest muck of the universe. Every moment has the potential for redemption and wholeness. Our brokenness gives us that vision and the potential to return some of the divine sparks scattered in the world.

Tzurus is aggravation and pain in body and soul. Our hearts hurt for a myriad of reasons.

<ul style="list-style-type: none">- death of a loved one- an illness- a miscarriage- a divorce- a loss of trust- a loss of control	<ul style="list-style-type: none">- a loss of employment- a sick child- an empty nest- a devalued relationship- a loss of faith- a loss of confidence and hope
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The list goes on and on. Like the rocks our wounds seem unyielding and so painfully enduring. Yet, in a *midrash*, we learn that affliction often contains the seeds of its own cure. How fitting then to learn that the Hebrew word for rock, *tzur*, is also one of the many names of God.

And so we say,

Tzur Yisrael-- Rock of Israel, be unyielding in Your concern for us.

Tzur Yisrael, You know our pain.

Tzur Yisrael, help us overcome our *tzurus*.

May the Rock of Israel help us cast off the emotional scars that have hardened into the stones weighing us down.



"WATER TO WATER"

English words by Anita Diamant, melody by Benjie Ellen Schiller

Water to water, father to son
Mother to daughter, rivers will run
Sisters to brothers, see the reflection
Water to water, pain my beginnings,
peace be my end.

Water to water, rush to the sea
Holding this promise, feeling so free
Season to season, here for the asking
Water to water, pain my beginnings,
peace be my end.

Blessings of heart, blessings of bone

Mother to son, father to daughter

Water to water

Blessings of light, blessings of love

Weeping these tears, drops in the fountain

Finding my courage, climbing this mountain

Water to water...



O God of peace, we seek rest for our spirit and light for our thoughts.

We bring our work to be sanctified, our wounds to be healed, our sins to be forgiven, our hopes to be renewed.

O Eternal Source of harmony, draw us close to You; resolve the discords of our lives. You in whom all are one, lift us from the loneliness of self, and fill us with the fullness of Your love.

Your greatness is beyond our praise.

Raise us beyond the limits of our imperfections.

Send us visions of the love that is in You, and of the good that may be in us.

Atah gibor l'olam, Adonai ...

You are the Power that never diminishes and never subsides.
From You we draw *g'vurah - our* inner core of strength:
Strength to rise at dawn when hungry babies cry;
Strength to rise before the aged parent to bring care and dignity;
Strength to give patience to a child whose needs overwhelm us;
Strength to hold and heal a loved one in pain, to give love without losing hope;
Strength to survive a job that is stressful and unrewarding;
Strength to endure months or years without work and purpose;
Strength to face crises and to surmount everyday hurdles;
Strength to keep practicing and exercising, trying mightily in spite of failure;
Strength to do what is called for, even when it is hard;
Strength to do what is right, especially when others do not.

Atah gibor l'olam, Adonai ... Your power is with us always:

in our human stamina and resilience; in our determination to persevere;
in the discipline to set limits and make choices; in the fortitude to
be true to our principles.

Blessed is *g'vurah* - the will to act with courage, the gift of inner strength.

 **"HASHKIVEINU"**

based on liturgy, English words & melody by Mah Tovu

השְׁפִיבָנוּ ייְ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידָנוּ שׁוֹמְרֵנוּ לְחַיִם
וּפִרְוֹשׁ עֲלֵינוּ סְכָת שְׁלֹמֶךְ ... אָמֵן

Hashkiveinu Adonai Eloheinu l'shalom, l'shalom

V'hamideinu shomreinu l'chayim

Ufros aleinu sukkat shlomecha (2x) a-men.

Shelter us beneath thy wings, O Adonai

Guard from all harmful things, O Adonai

Keep us safe throughout the night, til we wake with morning's light

Teach us daily wrong from right, O Adonai

A - men

O 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.

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

My God, I thank you for my life and my soul and my body; for my name, my nature, my way of thinking and talking. Help me realize that in my qualities is Your holiness. Help me to see that I am your creature, unique in all the world. Help me find my own divine spark, the holiness within, so that I may make whole my own ways of loving, caring and being. Help me to become complete so that I may honor Your name through acts of holiness and love.

ברוך אתה יי' האל הקדוש
Baruch Atah Adonai, ha'El hakadosh.
Blessed are You, *Adonai*, for Your holiness and ours.

 ASHER YATZAR

based on liturgy, melody by Sharon Bernstein

אשר יצר את האדם בחכמה, וברא בו נקבים נקבים, חלולים חלולים.
גלי וידע לפניהם כיסא כבודך, שאם יפתח אחד מהם אי אפשר להתקיים
ולעמדו לפניו. ברוך אתה יי', רופא כל בשר ומפליא לעשות.

Asher yatzar et ha-adam b'chochmah uvara vo

N'kavim, n'kavim, chalulim, chalulim

galui v'yadua lifnei chisei k'vodecha she-im yi patei echad meihem

EE-efshar l'hitkayeim v'la-amod l'fanecha.

Baruch Atah Adonai rofei chol basar umafli la-asot.

Praised are You, Adonai our God, Sovereign of the universe,
who formed the human body with skill, creating the body's many pathways and openings.
It is well known before Your throne of glory that if one of them be wrongly opened or closed,
it would be impossible to endure and stand before You.
Blessed are You, Adonai, who heals all flesh, working wondrously.

Once the Gerer Rebbe decided to question one of his disciples.
He asked, "How is Moshe doing?" The disciple didn't know.
"What!" shouted the Rebbe, "You don't know? You pray under the same roof, you study the same texts, you serve the same God, you sing the same songs and yet you dare to tell me that you don't know about Moshe? Is he in good health? Does he need help? Advice? Comforting?"

This is the meaning of life: We must share each other's lives. We cannot leave others alone, either in sorrow or in joy.

A Prayer for Goodness and Blessing

Oneness at the heart of all life, may I let go of the pettiness within myself,
and transform myself into a conduit of love.

Let me be healing and comfort for those who are tired and ill.

Let me be nourishment for the hungry.

Let me be a shield for those who are helpless and afraid.

Let me be a lamp to those who dwell in the dark.

May I be a haven for the troubled, a guide for the lost, a voice for those who cannot speak.

Let all those I meet come away feeling better for having encountered me.



Oseh Shalom

based on liturgy, melody by Jeff Klepper

עֲשֵׂה שָׁלוֹם, שָׁלוֹם בִּמְרוּמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תּוֹבֵל וְאָמְרוּ: אָמֵן.

*Oseh shalom, shalom bimromav hu ya'aseh shalom aleinu
v'al kol Yisrael, v'imru: amein*

May the One who causes peace to come upon us make peace (be) on us and all Israel
and let us say: Amen.

♪ ♪ ♪ ♪ ♪ ♪ ♪

When Miriam was sick her brother Moses prayed:
"O God, pray, heal her please!"

We pray for those who are now ill. Source of Life, we pray:
Heal them and heal us.

We pray for those who are affected by illness, anguish and pain.
Heal them and heal us.

Grant courage to those whose bodies, holy proof of Your creative
goodness, are invaded by illness and the pain of illness. Encourage
them and encourage us. Grant strength to families and friends who
give their loving care and support; help them to overcome despair.
Strengthen them and strengthen us.

Grant wisdom to those who probe the deepest complexities of Your work
as they labor in the search for treatment and cures.
Inspire them and inspire us.

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.
Guide them and guide us.

Grant insight to us, so we may understand that whenever death comes,
we must accept it - but that before it comes, we must resist it by
cherishing our life and making our lives worthy as long as we live.
Bless and heal us all.



"Mi Shebeirach"

based on liturgy, English words & melody by Cantor Lisa Levine

Mi shebeirach Avoteinu, Avraham, Yitzchak v'Yaakov

Mi shebeirach Imoteinu, Sarah, Rivkah, Leah v'Racheil

May the One who blessed our mothers, may the One who blessed our fathers

Hear our prayer (3x) and bless us as well.

Bless us with power of your healing, bless us with the power of your hope

May your hearts be filled with understanding,

and strengthened by the power of Your love

Bless us with the vision for tomorrow, help us reach out to those in pain

May the warmth of friendship ease our sorrow,

Give us courage, give us faith, show us the way

Mi shebeirach Avoteinu, mi shebeirach Imoteinu

Hear our prayer (3x) and bless us as well.

God give us the strength

to transcend setbacks and pain to put our difficulties into perspective, to fight against all forms of injustice whether they be subtle or easily apparent. to take the path less traveled and more disturbing.

God 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 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 and impoverished.

For we must always strive to reach beyond ourselves.



"Heal Us Now"

based on liturgy, English words & melody by Cantor Leon Sher

R'fa-einu Adonai v'neirafei, hoshi-einuv'nivashei-ah

Eil karov l'chol korav, ach karov l'rei-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 hanefesh, ur'fu-at hagoof

R'fu-ah sh'lei-mah

Heal us now

Hoshi et amecha, uvareichet nachalatecha

U'reim v'nas'eim ad ha-olam

Mi shebeirach avoteinu, mi shebeirach imoteinu

Ana Adonai hoshi-ah na

We pray for healing of our people, we pray for healing of the land

And peace for every race and nation

Every child, every woman, every man

Eil na r'fa na, oh please heal us now

R'fu-at hanefesh, ur'fu-at hagoof

R'fu-ah sh'leimah

Heal us now



A TIME TO REMEMBER

This is the hour of memory —
and this is our house of comfort.
Wounded by loss, we retreat from life;
our synagogue gathers us in.
Into this place we bring stories and prayers,
unanswered questions,
tears that need to be shed.
Lives recollected and carried within us —
moments of courage and laughter and pain —
this day embraces them all;
this place embraces us all.

Now the heart opens in sorrow,
for we are time's subjects,
and all that we love we must lose.
So let us hold fast to the love that remains,
and cherish the light of the sun.
Today all of us walk the mourner's path;
together may we find strength.



"The Lord is My Shepherd"

words from Psalm 23, melody by John Rutter

The Lord is my shepherd
Therefore can I lack nothing
He shall feed me in a green pasture
And lead me forth beside the waters of comfort
He shall convert my soul
And bring me forth in the paths of righteousness,
For his Name's sake, for his Name's sake, for his Name's sake.
Yea, though I walk through the valley of the shadow of death
I will fear no evil.
For thou art with me, Thy rod and Thy staff comfort me.
Thou shalt prepare a table for me against them that trouble me.
Thou hast anointed my head with oil and my cup shall be full.
But Thy loving kindness and mercy, shall follow me all the days of my life.
And I will dwell in the house of the Lord, in the house of the Lord
Forever, forever.

The death of a loved one is the most profound of all sorrows. The grief that comes with such a loss is intense and multifaceted, affecting our emotions, our bodies, and our lives.

Grief is preoccupying and depleting. Emotionally, grief is a mixture of raw feelings such as sorrow, anguish, anger, regret, longing, fear, and deprivation. Grief may be experienced physically as exhaustion, emptiness, tension, sleeplessness, or loss of appetite.

Grief invades our daily lives in many sudden gaps and changes, like that empty place at the dinner table, or the sudden loss of affection and companionship, as well as in many new apprehensions, adjustments, and uncertainties.

LIGHTS OF MEMORY (Candles are lit)



"Bayom Hahu"

words from liturgy, melody by Michael Isaacson

וְנִאָמֵר וְהִיא יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא יְהִיא יְיָ אֶחָד
וְשַׁמּוֹ אֶחָד.

*V'ne-emar v'haya Adonai l'melech al kol ha-aretz
Bayom hahu yiyeh Adonai echad
Ushmo echad*

And as it is said: And Adonai will rule over all the earth
On that day Adonai will be one and God's name will be one.

Candles of joy despite all our sadness
Candles of hope where despair keeps watch
Candles of courage for fears ever present
Candles of love to inspire us forward
Candles that burn as long as we shall live

MEDITATION

Imagine a beautiful mountain spring: pure and clear, full of freshness and power, it descends from the highest peaks, flowing down to water the floor of the valley. So it is with the souls of those who came before us.

The beauty of their lives still flows down
to their descendants;
renewing our will, restoring our faith;
giving us the power to act as they did; inspiring us to reach higher,
to grow in strength, in courage, in generosity.

And so we are taught: “Each of us is obligated to say:
When will my deeds reach the level of the deeds of my ancestors?”
Let us cherish what we’ve learned
from beloved family, friends, and teachers.
Their memory comes to us as an inheritance, an ever-flowing stream of
goodness and blessing: let us drink deep, and remember.

Remember us,
Melech—crown of creation, lover of life . . .
remember us
when you fill the cup of life;
and for Your sake, Author of life, make us characters on Your page
names that live for Your sake between the covers of Your book.



"Esa Einai"

words from Psalm 121, melody by Ben Steinberg

אָשָׁא עַיִן אֶל-הַקָּרִים מַאֲין יָבָא עֹזָרִי עֹזָרִי מִעֵם יְהוָה עָשָׂה שָׁמִים
וּאָרֶץ: אֶל-יַעֲמֹד לְמֹזֵט רָגְלָךְ אֶל-יָנוּם שְׁמָרָךְ: הַגָּה לֹא יָנוּם וְלֹא יִשְׁן
שׁוֹמֵר יִשְׁרָאֵל: יְהוָה שְׁמָרָךְ יְהוָה צָלָק עַל-יָד יְמִינָךְ: יוֹמָם הַשְׁמָשָׁש
לֹא-יַכְּבַּח וַיַּרְחֵם בְּלִילָה: יְהוָה יְשִׁמְךָ מִכְלָרָע יְשִׁמְרָךְ אֶת-נִפְשָׁךְ: יְהוָה
יְשִׁמְרָךְ וְבֹאָךְ מַעֲטָה וְעַד-עוֹלָם:

I turn my eyes to the mountains; from where will my help come? My help comes from *Adonai*, maker of heaven and earth. God will not let your foot give way; your guardian will not slumber; See, the guardian of Israel neither slumbers nor sleeps! *Adonai* is your guardian, *Adonai* is your protection at your right hand. By day the sun will not strike you, nor the moon by night.

Adonai will guard you from all harm; God will guard your life.

Adonai will guard your going and coming now and forever.

There are stars up above,
so far away we only see their light
long, long after the star itself is gone.
And so it is with people that we loved —
their memories keep shining ever brightly
though their time with us is done.
But the stars that light up the darkest night,
these are the lights that guide us.
As we live our days, these are the ways we remember.



"Eil Maleh Rachamim"
words from liturgy, melody by Max Janowski

אֵל מֶלֶא רְחַמִּים, שׁוֹכֵן בָּמְרוּמִים
הַמִּצְאָ מִנוּחָה נִכּוֹנָה תִּמְחַת בְּנֵפִי הַשְׁכִּינָה
עִם קָדוֹשִׁים וִיטּהוֹרִים כְּזֹהֶר הַרְקִיעַ מִזְהִירִים
לִנְשָׁמוֹת יַקְרִין שְׁחַלְכֵי לְעוֹלָמִים
בֶּעָל הַרְחָמִים יִסְתִּירֵם בְּסִטְרָה כְּנֵפִיו לְעוֹלָמִים
וַיִּצְרֹר בְּאַרְוֹר הַמְּהִימָּן אֶת נְשָׁמָתָם. יְיָ הוּא נְמַלְּתָם
וַיָּנוּחוּ בְּשָׁלוֹם עַל מִשְׁכְּבָם, וַיֹּאמֶר אָמֵן

Merciful God, God Most High:
Let there be perfect rest for the souls of our loved ones
who have gone into eternity.
May they find shelter in Your presence
among the holy and pure
whose light shines like the radiance of heaven.

Compassionate God, hold them close to You forever.
May their souls be bound up in the bond of life eternal.
May they find a home in You.
And may they rest in peace.
Together we say: *Amen.*

MOURNER'S KADDISH

וַתִּגְדֹּל וַיַּתְקַדֵּשׁ שְׁמָה רֶبֶא, בַּעֲלָמָא דִי בֶּרֶא כְּרֻעָוִתִּיה,
וַיִּמְלִיךְ מֶלֶכְוֹתִיה בְּחַיִיכְזָו וּבְיוֹמִיכְזָו וּבְחַיִי זָכָל בֵּית יִשְׂרָאֵל.
בְּעַגְלָא וּבָזְמוֹן קָרִיב וְאָמְרוֹה אָמֵן.

וְהָא שְׁמָה רֶבֶא מִבְּרָךְ לְעַלְםָן וּלְעַלְמִי עַלְמִיא.
וַיִּתְבְּרָךְ וַיִּשְׁתְּפָהֵךְ וַיִּתְפָּאֵר וַיִּתְרּוּם וַיִּתְנְשָׁא וַיִּתְהָדֵר וַיִּתְעַלֵּה וַיִּתְהַלֵּל
שְׁמָה דָקְדָשָׁא בְּרִיךְ הוּא, לְעַלָּא מַן כָּל בְּרָכָתָא וְשִׁירָתָא תְּשִׁבְחָתָא
וּנְחַמְתָּא, דָאַמְירָן בְּעַלְמָא, וְאָמְרוֹה אָמֵן.

וְהָא שְׁלָמָא רֶבֶא מִן שְׁמִיא, וְחַיִים עַלְינָנוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוֹה אָמֵן.
עֲשָׂה שָׁלוֹם בְּמִרְומִיא, הוּא יַעֲשֵׂה שָׁלוֹם עַלְינָנוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוֹה
אָמֵן.

*Yitgadal v'yitkadash sh'mei raba. B'alma div'ra chir'u'tei, v'yamlich malchutei
b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisra-eil. Ba-agala uviz'man kariv,
v'im'ru: Amein.*

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

*Yitbarach v'yishtabach, v'yitpa-ar v'yitromam v'yitnasei, v'yithadar v'yitaleh
v'yithalal sh'mei d'kudsha, b'rich hu, l'eila min kol birchata v'shirata, tushb'chata
v'nechehmata da-amiran b'alma, v'im' ru: Amein.*

Y'hei sh'lama raba min sh'maya v'chayim, aleinu v'al kol Yisra-eil, v'imru: Amein

Oseh shalom bim'romav, hu ya-aesh shalom aleinu v'al kol Yisra-eil, v'imru: Amein.

May God's great name be exalted and sanctified, in the world that God created as God willed. May God give reign to God's sovereignty in your lifetimes and in your days, and in the lifetimes of the entire family of Israel, swiftly and soon. Let us say: Amen. May God's great name be blessed forever and ever. Blessed, praised, glorified, exalted, extolled, mighty, upraised, and lauded be the name of the Holy One, blessed be God, beyond any blessing or song, praise and consolation that are uttered in the world. Let us say: Amen. May there be abundant peace from the heavens and life upon us and upon all Israel. Let us say:

Amen. May the One who makes peace on high make peace [come] for us and all Israel and let us say: Amen.



In the rising of the sun and its going down, *we remember them.*
 In the blowing of the wind and in the chill of winter, *we remember them.*
 In the opening buds and in the rebirth of spring, *we remember them.*
 In the blueness of the sky and in the warmth of summer, *we remember them.*
 In the rustling of leaves and in the beauty of autumn, *we remember them.*
 In the beginning of the year and when it ends, *we remember them.*
 When we are weary and in need of strength, *we remember them.*
 When we are lost and are sick of heart, *we remember them.*
 When we have joys we yearn to share, *we remember them.*

*So long as we live, they too shall live
For they are now a part of us, as we remember them.*

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again.

RABBI NACHMAN of Breslov taught:
Always look for the good in yourself.

And remember:
Joy is not incidental to your spiritual quest; it is vital.
For so it is written:
"You will go out through joy, and be led forth in peace."
(Isaiah 55:12)

Focus on the good in yourself; take joy in what is good,
and you will be led forth
from inner darkness.

"THOSE WHO SOW"

Based on Psalm 126, English lyrics & melody by Debbie Friedman (z"l)

Those who sow who sow in tears
Will reap in joy, will reap in joy

With all your courage
With all your passion
With all your strength.
Let the words that have come down
Shine in our words and our actions
We must teach our children
To know and to understand them.

We must speak about what is good
and holy
Within our homes
When we are working
When we are at play
When we lie down
And when we get up.

Let the work of your hands speak
them
Let your eyes shine and see with
their knowledge.
Let them run in your blood
And glow from your doors and
windows.

We should love ourselves for we are
of God.
We should love our neighbors as
ourselves.

We should love the stranger
For we were once strangers in
the land of Egypt
And have been strangers in all
the lands of the world since.
Let love fill our hearts with its
clear precious water
For all living with whom we share
the water of life.
Heaven and earth observe how we
cherish
Or spoil our world.

Heaven and earth watch whether
We choose life or choose death.
We must choose life
So that we and our children's
children may live.

We must love the Source of being
and the Power of life.
Be quiet and listen to the still
small voice within
That speaks in love.
Open to it, hear it, heed it and
work for life.

Let us remember and strive to be good.
Let us remember to find what is holy within and without.



"T'filat Haderech" (The Traveler's Prayer)

based on liturgy, English words & melody by Debbie Friedman (z"l)

May we be blessed as we go on our way, may we be guided in peace
May we be blessed with health and joy
May this be our blessing, amen.
Amen. Amen. May this be our blessing, Amen.

May we be sheltered by the wings of peace, may we be kept in safety and in love
May grace and compassion find their way to every soul
May this be our blessing. *Amen.*
Amen. Amen. May this be our blessing. Amen.