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**A SERVICE OF HEALING  
FOR THE  
HIGH HOLY DAYS**

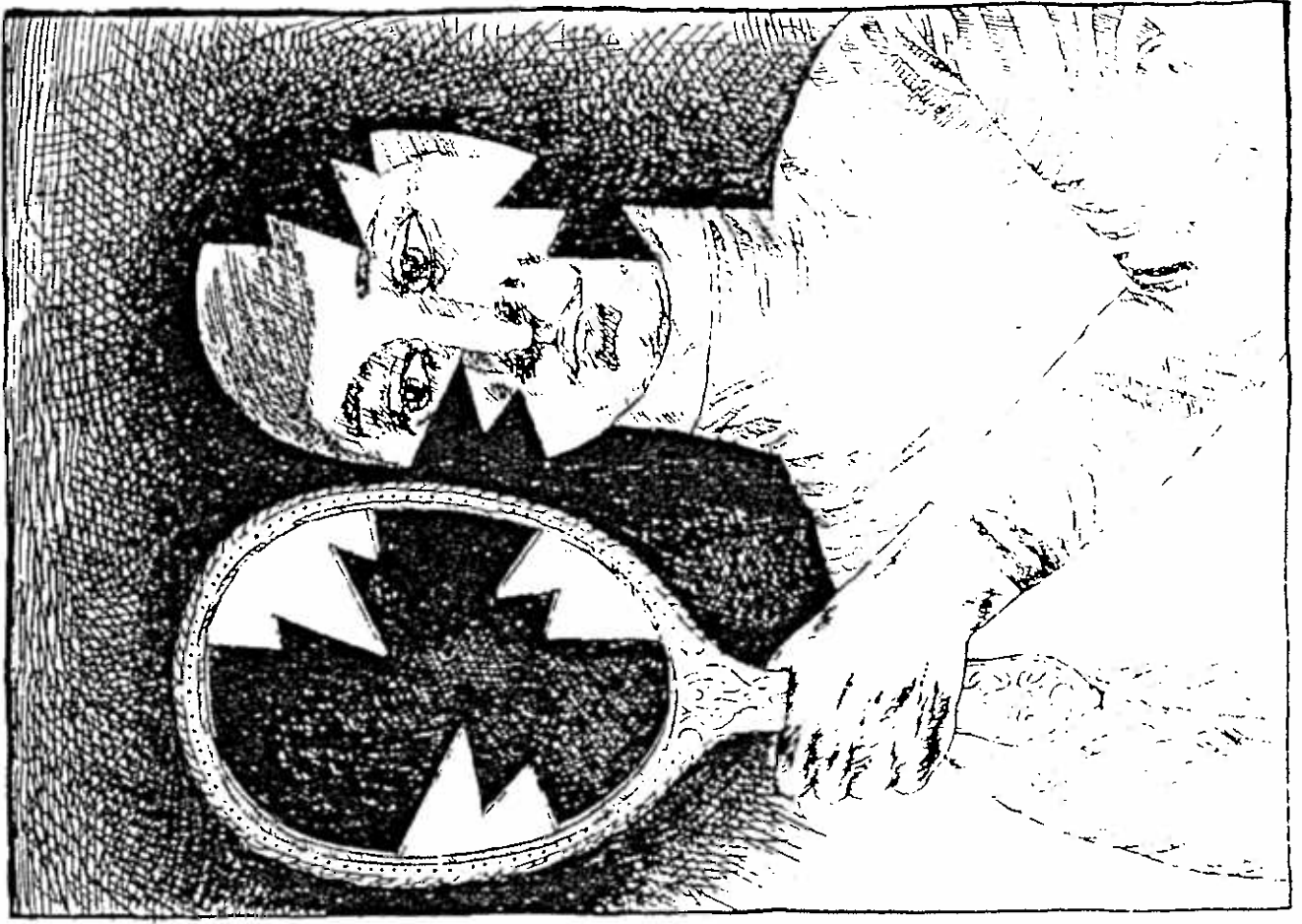
Temple Israel - Minneapolis, MN



This High Holy Days Healing Service  
is presented to Temple Israel

*In Memory of Joshua Kunin  
from his family*

## HEALING OF THE BODY



We have come together on this Yom Kippur to take stock in ourselves and the world around us. Our fast helps us to hear the rush of our surroundings. In the quiet of this sanctuary we reflect on the imperfections of our bodies, the disharmony in our souls, the tensions in our community and the shattered nature of our world. We need healing in so many areas of our lives. All of us have the capacity to find strength and healing - if we attune ourselves to God's presence. At this service of healing, we reflect on the nature of God's healing presence in our bodies, our souls, our community and our world.

## Asher Yatzar - For Our Bodies

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies in wisdom, creating openings, arteries, glands, and organs, marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be difficult to stand before You. Wondrous Fashioner and Sustainer of life, Source of our health and our strength, we give You thanks and praise.

### Our Tradition Cries Out

We are all aware of the many blessings which illuminate our lives, yet each of us experiences times when our doubts, our fears, even our anger keeps us from feeling Your healing presence. We are not alone in these moments, however. These feelings have been heard throughout the ages within our tradition. Our ancestors also felt this cold loneliness. Our sacred texts give voice to these eternal truths and emotions:

I am weary with calling, my throat is dry; my eyes fail while I wait for God. *Psalms 69:4*

call God to mind, I moan, I complain, my spirit fails. *Psalms 77:4*

I am disgusted with life; I will give rein to my complaint, speak in the bitterness of my soul. *Job 10:1*

Why Adonai do You reject me, why do You hide Your face from me? From my I have been afflicted and near death. *Psalms 88:15-16*

My God, my God, why have You abandoned me; why so far from delivering me and from my anguished roaring.

My God, I cry by day, You answer not; by night, and have no respect. *Psalms 22:2-3*

Adonai, hear my prayer, let my cry come before You to not hide Your face from me in my time of trouble. Turn your ear to me when I cry, answer me speedily. *Psalms 102:2-3*

## A Litany for Healing

When Miriam was sick her brother Moses prayed: "O God, pray, heal her please!" We join in this responsive prayer on Moses' words:

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.

*Heal them.*

Grant courage to those whose bodies, holy proof of Your creative goodness, are violated by illness and the pain of illness.

*Encourage them.*

Grant strength and compassion to families and friends who give their loving care, support and help to overcome despair.

*Strengthen them.*

Grant wisdom to those who probe the deepest complexities of Your world as they labor in the search for treatment and cures.

*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.

*Guide them.*

Grant insight to us, that we may understand that whenever death comes, we must accept it - but that before it comes, we must resist

by prolonging life and by making our life worthy as long as it is  
ved.

*less and heal us all.*

### The Intention

Healing is both an exercise  
and an understanding  
and yet not of the will  
nor of the intention  
Is a wisdom  
and a deeper knowledge  
of the daily swing  
of life and death  
in all creation  
There is defeat  
to overcome  
and acceptance of living  
to be established  
and always  
there must be hope  
Not hope of healing  
but the hope which informs  
the coming moment  
and gives it reason  
The hope which is  
each man's breath  
the certainty of love  
and of loving  
Death may live  
in the living  
and healing rise  
in the dying  
for whom the natural end  
is part of the gathering  
and of the harvest  
to be expected  
To know healing

is to know that  
all life is one  
and there is no beginning  
and no end  
and the intention is loving

(Margaret Torrie)

### A Confessional Of Sins For Healing

For the sins we have committed by abusing our bodies: with food,  
with alcohol, with tobacco, with fatigue, with stress.

*For the sin we have committed by taking our wellness for granted.*

For the sin we have committed by failing to care for our bodies  
regularly.

*For the sin we have committed by remaining silent while those we  
love hurt themselves.*

For the sin we have committed by shutting out the pleas of those  
who love us while we hurt ourselves.

*For the sin we have committed by assuming health care is equal  
for everyone.*

For the sin we have committed by failing to respond to our youth  
sufficiently when they cry in despair and fear.

*For the sin we have committed by shutting our eyes to those who  
exist alone in the isolation of age and illness.*

For the sin we have committed by our impatience with those who  
are depressed or whose illness is chronic.

*For the sin we have committed by ignoring the blessings of our  
health.*

For all these sins, God of forgiveness, forgive us, pardon us, grant us atonement.

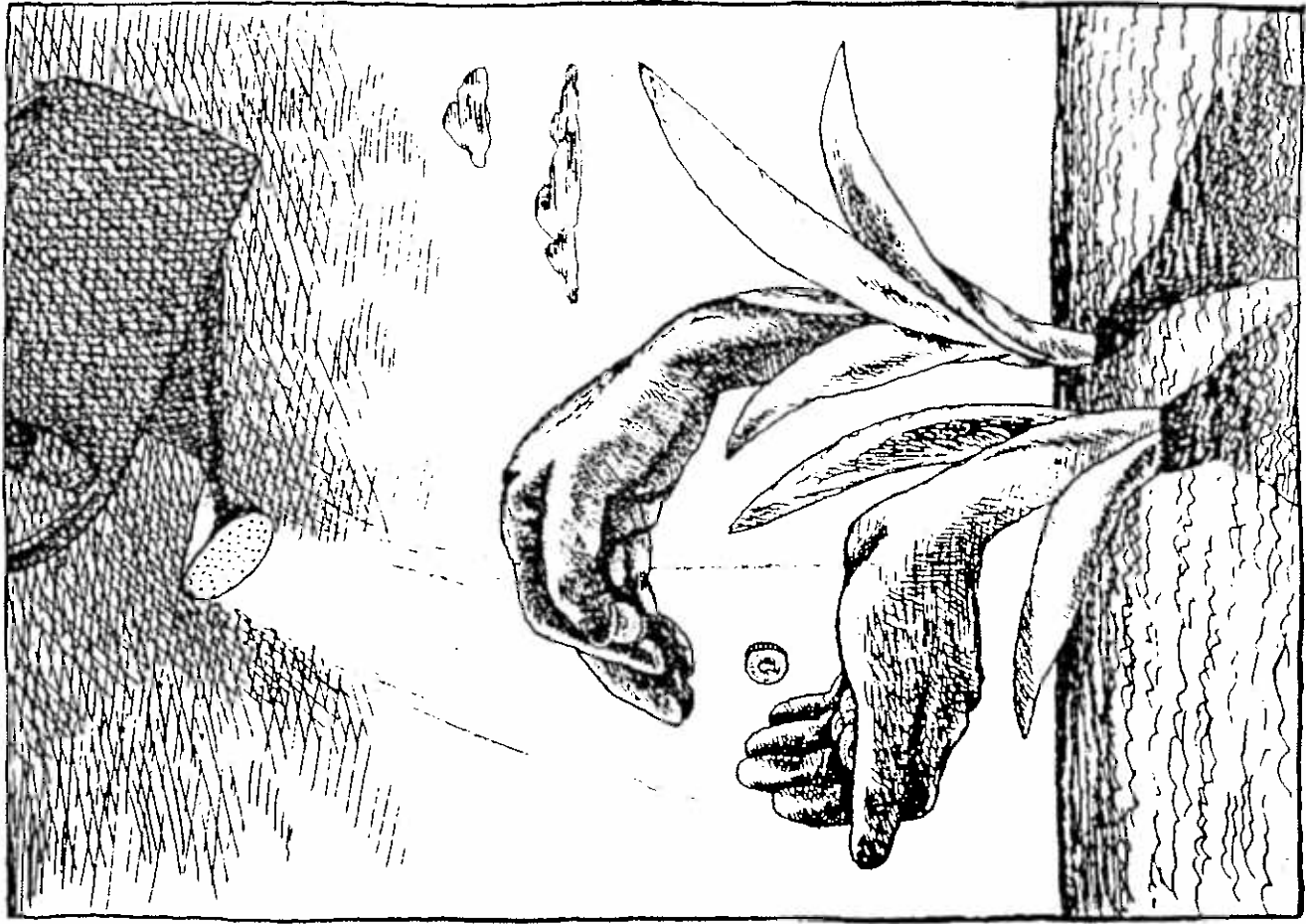
V'al Kulam

Ve-al kulam,  
Eloha Se-lichot  
S'Lach lanu,  
M'chal la-nu,  
ka-per la-nu

ועל כלם, אָלוֹהַ  
סְלִיחוֹת, סְלַח לָנוּ,  
מַחֵל לָנוּ, כַּפֵּר-לָנוּ!

SILENT PRAYER

HEALING OF THE SOUL



## A Prayer For Prayer

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.

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 Tiflach* - open my lips, precious God,

so that I can speak with You again.

(Rabbi Sheldon Zimmerman)

## Let God In

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)

## Elohai Neshamah - For Our Souls/Spirit

*My God, the soul which You have placed within me is pure. You have created it, You have formed it, You have breathed it into me. You preserve it within me, and You will one day take it from me and restore it to me in time to come. So long as my soul is within me, I make acknowledgements before you, my God and God of all generations. Blessed are You, God, who restores my soul each day, that I may once again awaken.*

### Elohai

E-lo-hai (2x) n'shama

She-na-ta-ta bi t'ho-ra hi

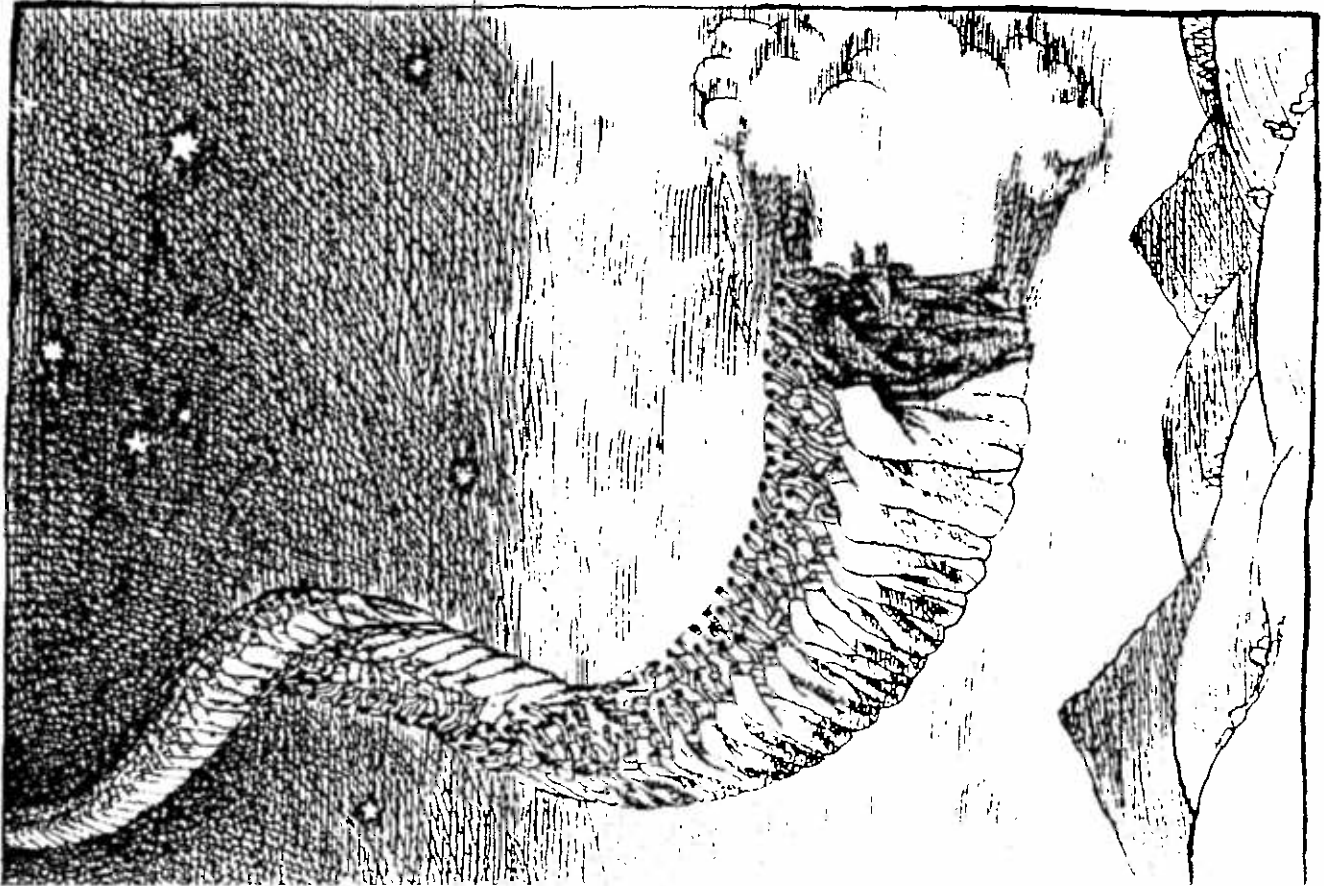
A-ta b'ra-ta, a-ta y'tzar-ta

A-ta n'fach-ta bi

A-ta (m'sham'ra) (2x) b'kir-bi

SILENT PRAYER

# HEALING OF THE COMMUNITY



## 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 sooth 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.

(Rami Shapiro)



### We Need One Another

We need one another when we mourn and would be comforted.

We need one another when we are in trouble and crave help, or when we are in deep waters of temptation and a strong hand might pull us out.

We need one another when we would accomplish some great purpose and cannot do this alone.

We need one another in our defeats, when with encouragement we might strive again; and in the hour of success, when we look for someone to share our bliss.

And we need one another when we come to die, and would have gentle hands prepare us for the journey.

All our lives we are in need, and others are in need of us.

*We best live when we bring to one another our understanding and our solace.*

### Prayer For Those Who Help

O God, by the One who blessed our forbearers be present to 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 know the blessing of community, and the blessing of renewed faith.

### Prayer For The Community

O God, You have given us the gift of partnership in creating our community. We have the power to build up. We also have the

power to demolish. Today, we come to this holy place to begin the process of tearing down the walls that separate us one from another. Help us to build bridges of understanding - bridges of healing - that will help us to work together in creating a community that is a reflection of all that is holy.

May Your loving presence build bridges of healing and tear down walls of resentment between family members.

*May Your loving presence build bridges of cooperation and tear down walls of mistrust between institutions within our community.*

May Your loving presence build bridges of learning and tear down walls of resentment between students and teachers.

*May Your loving presence build bridges of coalition and tear down walls of partisanship between those who govern.*

May Your loving presence build bridges of partnership and tear down walls of fear and mistrust between rich and poor.

*May Your loving presence build bridges of dialogue and tear down walls of prejudice between different faiths.*

May Your loving presence build bridges of understanding and tear down walls of hatred between those with power and the powerless.

*May Your loving presence build bridges of patience and tear down walls of intolerance between generations.*

O God, help us to see that disagreements for the sake of heaven build up Your world, but that conflicts with no purpose tear it down. May our congregation and community grow and flourish in the light of Your presence.

*Barukh Ahtah Adonai, Ha-Boneh et kehilateynu.*

We praise You, Adonai, who builds up our community.

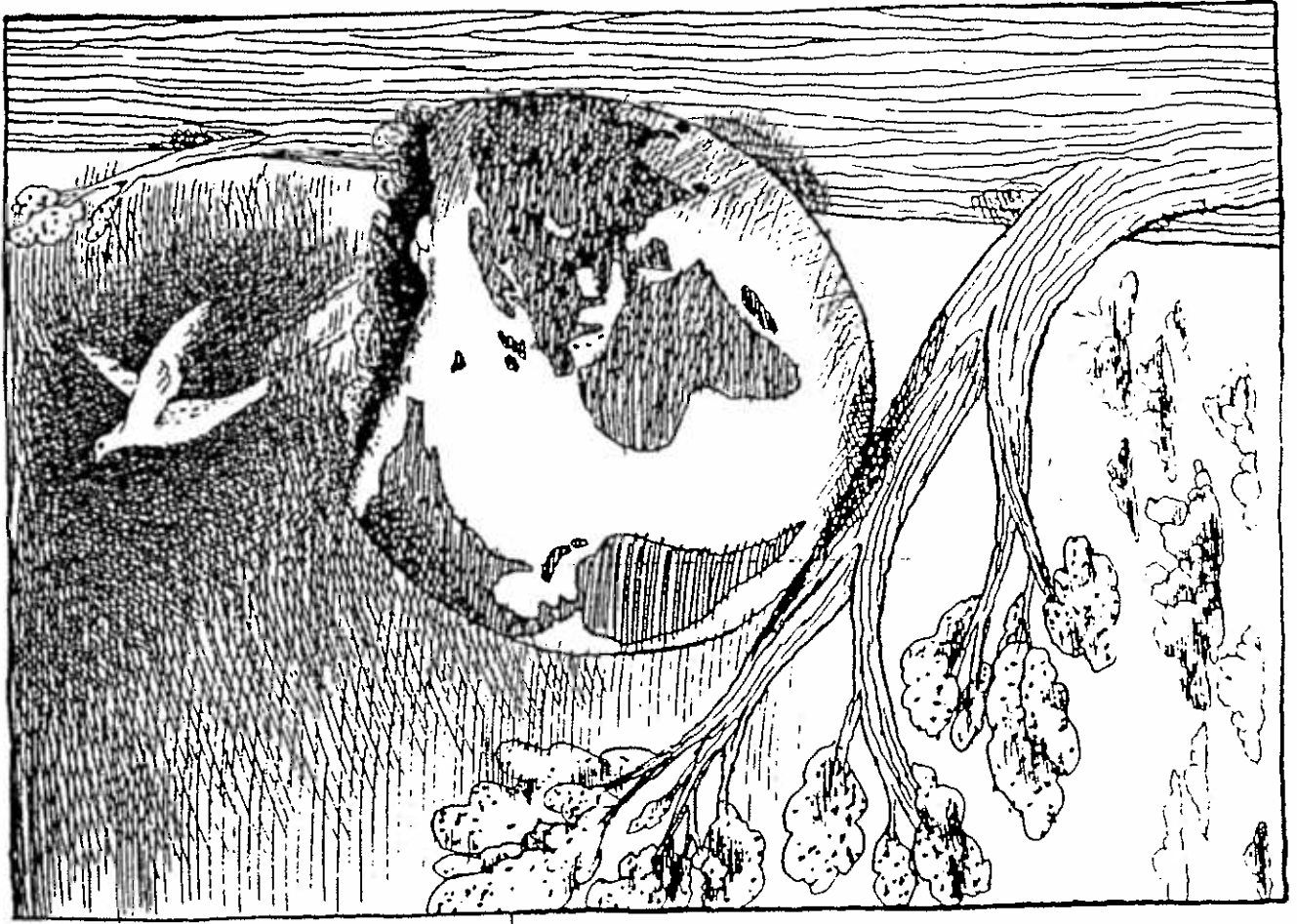
# HEALING OF OUR WORLD

## Oseh Shalom

Oseh shalom bimromav,  
Hu ya'aseh shalom aleinu,  
v'al kol Yisrael v'imru amen.  
Ya'aseh shalom, ya'aseh shalom,  
shalom aleinu v'al kol Yisrael (2x)

(May the One who makes peace in the heavens let peace descend upon us, upon all Israel and all the world and let us say: Amen.)

## SILENT PRAYER



We cannot pray to You, O God,  
to banish war,  
for You have filled the world  
with paths to peace,  
if only we would take them.

We cannot pray to You  
to end starvation,  
for there is food enough for all,  
if only we would share it.

We cannot merely pray  
for prejudice to cease,  
for we might see  
the good in all  
that lies before our eyes,  
if only we would use them.

We cannot merely pray,  
"Root out despair,"  
or the spark of hope  
already waits within the human heart,  
or us to fan it into flame.

We must not ask of You, O God,  
to take the task that You have given us.  
We cannot shirk,  
we cannot flee away,  
avoiding obligation for ever.

Therefore we pray, O God,  
or wisdom and will, for courage  
to do and to become,  
not only to look on  
with helpless yearning  
as though we had no strength.

For Your sake and ours,

speedily and soon, let it be:  
that our land may be safe,  
that our lives may be blessed.

May our words  
be pleasing in Your sight;  
may our deeds  
be acceptable to You, Lord,  
and Rock and our Redeemer.

May the time not be distant, O God, when Your name shall be  
worshipped in all the earth, when unbelief shall disappear and error  
be no more. Fervently we pray that the day may come when all  
shall turn to You in love, when corruption and evil shall give way to  
integrity and goodness, when superstition shall no longer enslave  
the mind, nor idolatry blind the eye, when all who dwell on earth  
shall know that You alone are God. O may all, created in Your  
image, become one in spirit and one in friendship, for ever united  
in Your service. Then shall Your rule be established on earth, and  
the word of Your prophet fulfilled: The eternal God will reign for  
ever and ever.

On that day, O God, You shall be One and Your name shall be  
One.

בְּיוֹם הַהוּא יִהְיֶה יי אֶחָד וְשֵׁמוֹ אֶחָד.

Ba-yom ha-hu yi-h'yeh Adonai echad, u-sh'mo echad!

### Prayer For Peace

Peace, happiness, and blessing; grace and love and mercy:  
may these descend on us, on all Israel, and all the world.

May all who breathe affirm the law of life: to love kindness  
and mercy, to seek blessing, life, and peace.

A divine light will shine upon us, one and all, as we struggle to bless the world with righteousness and peace.

*Blessed is the Power that makes for peace, and praised be those who labor to bring it into the world.*

## SILENT PRAYER

### MISHEBERACH PRAYER FOR BODY, SOUL, COMMUNITY AND WORLD

#### Mi Shebeirach

*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

(Debbie Friedman)

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Compiled by with additional readings from: Rabbis Marcia  
A. Zimmerman, Joseph A. Edelheit, Joseph R. Black and  
Cantor Barry Abelson