

# ***"R'fa'einu": "Heal Us":***

***Seeking Healing and Wholeness***



***"O God, I pray....Please heal her!"***  
*- Moses prays for Miriam's healing*

***Congregation Shaare Emeth***  
***St. Louis, Missouri***  
*May 3, 1998 / Parashat K'doshim 5758*

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'fatol Tiftach* - open my lips, precious God,  
so that I can speak with You again.  
- Rabbi Sheldon Zimmerman

**Reading:**

**The Pathway to God:**

Prayer is a pathway to God  
which lead us to feel God's love,  
not only in the heavens above  
but within us  
and within those  
about us.

If we walk on this path  
with faith,  
we will feel God's presence  
here in this room,  
here in our hearts,  
giving us strength,  
guidance and hope.

"When you call Me, and come and pray to Me  
I will give heed to you. You will search for  
Me and find Me, if only you will seek Me  
wholeheartedly." (*Jeremiah*)

We praise You, O God, who hears prayer.

**Song:**

**Shalom Rav: Our Prayer for Peace/Wholeness**

Shalom Rav Al Yisrael Amkha  
Tasm L'Olam.  
Shalom Rav Al Yisrael Amkha  
Tasm L'Olam.

Ki Atah Hu Melech Adon  
L'Khol HaShalom.  
Ki Atah Hu Melech Adon  
L'Khol HaShalom.

Shalom Rav.....

V'Tov B'Einekha L'Varekh  
Et Amkha Yisrael  
B'Khol Eit U'V'Khol Sha'ah  
B'Shlomekha.

Shalom Rav.....

*O Sovereign Lord of Peace, let Israel You people know enduring peace.  
For it is good in Your sight continually to bless Israel with Your peace.  
Blessed is Adonai, who blesses the people Israel with peace.*

When we hope no more,  
a pattern in the snow  
reminds us of Your loving kindness.

Your dawn gives us confidence,  
and sleep a friend.

Our sorrows dissipate  
in the presence of an infant's smile,  
and the wise words of the old  
revive our will-to-wish.

Your hints are everywhere,  
Your signals in the most remote of places.

You are here,  
and we fail words to say,  
"Mah Tov!"  
How good our breath,  
our rushing energies,  
our silences of love.

- Danny Siegel

**Reading:**

**The Holiness of Creation:**

Lord,  
keep me in awe  
of sunrise and sunset,  
rainbows, moonlight and stars,  
seasons melting into seasons.

*Great are the works of the Lord,  
exquisite in all their delights. (Psalm 111:2)*

Keep me in wonder  
of things as grand as mountains and oceans,  
as humble as dandelions and daisies,  
as miraculous as butterflies emerging from cocoons.

*Great are the works of the Lord,  
exquisite in all their delights.*

Let me find joy in ordinary days,  
contentment in quiet living,  
delight in small pleasures.

*Great are the works of the Lord,  
exquisite in all their delights.*

Let me embrace happiness  
celebrate life,  
and praise You.

*Please rise*

**Shma:**

**May God's One-ness Become Our Own:**

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Hear O Israel, the Lord is our God, the Lord is One.

בְּרוּךְ שֵׁם כְּבוֹד מְלַכְתּוֹ לְעוֹלָם וָעֶד!

Blessed is God's glorious kingdom forever and ever.

**Reading:**

**Healing:**

Survival is not healing.

Survival is one step in the journey of healing.

Healing is the body and mind's repair - a processing and integration of the physical or emotional assault that we have survived. On the other side of healing, we emerge reshaped, uniquely different from the person who began the journey. Hopefully, we will be completely healed, body and mind, with insight, compassion and wisdom.

Whether we face a surgeon's knife, an ongoing course of chemotherapy, the death of someone precious, a painful divorce, each of us confronts our ordeal as the individuals we are and with the tools we have brought with us.

Ultimately, each of us faces our pain alone. Yet, during the dark moments,

*We reach out to our family and friends for the loving touch that will reenergize us in our struggle.*

*We reach inward to draw out our own newly found strength, and*

*We reach upward to seek divine intervention and explanation.*

The miracle of creation is, that when we reach in any one of these directions, we are, in fact, reaching in all three....

*Please be seated*

**Reading:**

**Remembrance:**

***Selections from Psalm 139***

O God, You have searched me  
and know me well.

You understand all my thoughts  
and every word upon my tongue.

Your presence surrounds me;  
You touch me with Your hand.

It exceeds my own perception;  
It is a wonder beyond imagining...

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 person's breath  
the certainty of love  
and 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.*

Adonal, hear my prayer,  
let my cry come before You.  
Do not hide Your face from me in my time of trouble.  
Turn Your ear to me when I cry,  
answer me speedily!

- Psalm 102:2-3

**Reading:**

**We Pray for Strength:**

O God, our refuge and our strength, an an ever-present help in times of trouble, how much I need Your strength and presence in my life right now. I feel weak, depressed, anxious, even frightened. I need help to face these hours and days.

So I claim Your promises that I can bear whatever comes, that Your strength will be sufficient, and that my despair will give way to your peace that passes all understanding. Amen.

- Gates of Healing

You have held my eyelids open;  
I am over-wrought, I cannot speak.  
My thoughts turn to days of old,  
to years long passed.  
I recall at night their gibes at me;  
I commune with myself;  
my spirit inquires,  
"Will the Lord reject forever  
and never again show favor?  
Has God's faithfulness disappeared forever?  
Will God's promise be unfulfilled for all time?  
Has God forgotten how to pity?  
Has God in anger stifled compassion?"  
- Psalm 77:2-10

**Reading:**

**Seeking God's Presence:**

Why do You stand far off, Eternal One?  
Why do You hide Yourself in time of trouble?  
- Psalm 10:1

You know how much I suffer, the difficulties that surround me:

Renew a steadfast spirit within me - renew it, and help me to  
overcome the bitterness I sometimes feel. When I am tempted  
to give up the struggle, let me feel Your hand holding mine, give  
me courage and strength. I praise You, O God, You give  
strength to the weary.

- Gates of the House

**Reading:**

**"Teach Me, O God":**

Many are my heart's distresses: let me know Your paths,  
Eternal One, teach me Your ways.  
- Psalm 25:4,17

May I not think merely of what I cannot do, being sick or weak,  
but what I can do, in spite of my weakness and sickness.

Everyone can do *something*.

Helen Keller said: "I thank God for my handicaps, for, through  
them, I have found myself, my work, and my God." May  
something of her wisdom be mine, so that I can say: I take what is  
given and make my life out of it.

- Gates of the House

**Reading:**

**Psalm 30:  
A Psalm of Empathy**

Praised be the Lord,  
for the Holy One hears the screams  
of morphined dreams  
and weeps.

Praised, in a way, be God's contradictions,  
for we sometimes die senselessly, it seems,  
and though God does not always save,  
God sits upon the throne room floor,

**Reading:**

**Making Music:**

Some years ago, I went to Avery Fisher Hall in New York City and saw the great Israeli violinist Itzhak Perlman. As you know, Itzhak Perlman suffered polio as a child and has braces on both legs and walks on two crutches. To see him cross the stage is both painful and slow, but somehow heroic and majestic at the same time. He came out center stage, he took his seat and reaching down, he unhinged the clasps that were on his leg, and, tucking one leg back and extending the other, he took his violin in hand, laying his crutches on the floor. He began to play. No sooner had he started playing that one of those marvelous strings broke on his instrument. We heard it. It went off like gunfire across the room. There was no mistaking what it meant. There was equally no mistaking what he had to do.

We started applauding softly, finally louder and louder waiting for him to leave the stage. He did not leave the stage, but rather he signaled the maestro and they started out the symphony...He played with such power, with such intensity, with three strings. Now I know that it is impossible to do. He was modulating, he was changing, he was recomposing the piece in his head, and on one or two occasions it even looked as if he retuned the strings to get different sounds or tuned them upward to get other sounds. I don't know. All I know is that when he finished, there was extraordinary, awesome, awe-inspiring applause and accolades from the audience. We were on our feet screaming and yelling and doing everything we could to say how much we appreciated what he had done. He quieted us down and gave us these words....He said, "It is my genius as well as my heart to make music with what remains."

- a UJA-Federation Women's Division  
member from Kansas City

**Reading:**

**In Hopes of Healing:**

May the One who blesses all life, bless and heal those people who struggle against illness.

May those afflicted with disease be blessed with faith, courage, loving, and caring. May they know much support and sustenance from their friends, their loving companions and their communities.

May they be granted a full and complete healing of body and soul.

May those who seek ways of healing through increased medical knowledge and those who care for the sick daily be blessed with courage, stamina and communal support.

May all, the sick and the well together, be granted courage and hope. And let us say.....Amen

- Leila Gal Berner

I will sing new songs as I gather my strength;  
I will sing Your praise as I gasp in wonder  
At this sweetness of light, the kind hands  
That are Your Hand to ease my days.

I will sing You the song that dampens my eyes,  
The song of tears and pain and rage  
That releases to You and then is healed  
As I learn my adaptations of living.

I will sing You praises with perfect surety,  
For I trust in You with all my heart.  
I will sing You a song of a new day,  
A song to the Eternal God.

- Debbie Perlman

**Reading:**

**Psalm Twenty-Four:  
A Song of Comfort**

Turn me toward the light.  
Uncover the choices that flourish  
When I relinquish my yesterdays.

*Turn me toward the light.  
Unveil the hopes that grow  
When I face my realities.*

Turn me toward today.  
Turn me to a vision of possibilities,  
That denies apprehensions.

*Turn me toward today.  
Turn me to this moment of extension,  
That opens old constrictions.*

Before me You place iridescence  
To soften brittle sorrows.  
Let me rest on the cushion of Your care,  
Comforted by Your regard.

*Beside me You heap soft pillows  
To ease ancient grief.  
Bolster my courage with Your kindness  
As You lift my head.*

Stretch the limbs of my confusion,  
And let me rise, renewed,  
To step into Your light.

- Debbie Perlman



*This service is dedicated with love to the memory of*

***Susan L. Yaffe***

*z"l - zichronah livrachah*

*May her memory be for a blessing.*

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