

A Prayer for Prayer
O My God
My soul's compassion
My heart's precious friend
I turn to You.

I need to close out 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 heart can sing
Lifting my eyes and heart to You.
Adonai s'fatai tiftach - open my lips, precious God,
so that I can speak with You again.

All sing

She-ma Yis-ra-eil: A-do-nai
E-lo-hei-nu, A-do-nai E-chad.

שמע ישראל: יהוה אלהינו יהוה אחד!

Ba-ruch sheim ke-vod mal-chu-to
le-o-lam va-ed.

ברוך שם כבוד מלכותו לעולם ועד!

Hear, O Israel: the Lord is our God, the Lord is One!
Blessed is God's glorious power forever and ever.

All are seated

Congregation

Ve-a-hav-ta eit A-do-nai E-lo-he-cha,
be-chol le-va-ve-cha, u-ve-chol
naf-she-cha, u-ve-chol me-o-de-cha.
Ve-ha-yu ha-de-va-rim ha-ei-leh, asher
a-no-chi me-tsa-ve-cha ha-yom, al
le-va-ve-cha. Ve-shi-nan-tam le-va-ne-cha,
ve-di-bar-ta bam be-shiv-te-cha
be-vei-te-cha u-ve-lech-te-cha va-de-rech
u-ve-shoch-be-cha u-ve-ku-me-cha.
U-ke-sar-tam le-ot al ya-de-cha, ve-ha-yu
le-to-ta-fot bein ei-ne-cha, U-che-tav-tam
al me-zu-zot bei-te-cha u-vish-a-re-cha.

ואהבת את יהוה אלהיך בכל-
לבבך ובכל-נפשך ובכל-
מאדך.
והיו הדברים האלה, אשר אנכי
מצוה היום, על-לבבך. ושננתם
לבניך, ודברת בם בשבתך
בביתך, ובלכתך בדרךך,
ובשכבך ובקומך. וקשרתם לאוז
על-ידיך, והיו לטטפת בין עיניך.
וכתבתם על-מזוזות ביתך,
ובשערך.

Le-ma-an tiz-ke-ru, va-a-si-tem et kol
mits-vo-tai, vi-hi-yi-tem ke-do-shim
lei-lo-hei-chem. A-ni A-do-nai
E-lo-hei-chem: a-she- ho-tsei-ti e-te-chem
mei-e-rets Mits-ra-yim, li-hi-yot la-chem
lei-lo-him. A-ni A-do-nai E-lo-hei-chem.

למען תזכרו ועשיתם את-כל-
מצותי, והייתם קדשים
לאלהיכם. אני יהוה אלהיכם, אשר
הוצאתי אתכם מארץ מצרים
להיות לכם לאלהים. אני יהוה
אלהיכם.

👑 We are not a people that dies. . . . I know it is difficult to find the balm which would heal our body and our soul. But perhaps it will do us good if we kindle freely the lights of our own treasures and then sing freely in all the hues with which they were born. They will follow us in this world as a shadow that is no shadow at all—it is the Jew within us. It becomes abundantly clear that the freer we are, the more Jewish we are. And the more Jewish we are, the more human we become.

Show me how to offer hope.
Open Your hand with the colors of faith
That I might begin to fill in spaces
To strengthen another's life.

Show me how to offer comfort.
Point out Your nesting place,
Feathered against the adversities
That wound those I love.

Show me the direction
When I am lost,
Searching to help
But finding no paths.

Show me tolerance,
When I weary of helping,
And a long and dreary day
Stretches toward a restless night.

You place before us life and love;
Show us endurance.
You place before us healing and hope;
Show us persistence.

Reach deep within me, Eternal Strength,
And bring my strength to consciousness,
Pull it around us:
Let it radiate with Your power,
Let it guide our way.

*refa-eyni adonai v'ayra-feh, hoshiayni
v'iv-asheyah ki te-hilati ata.
v'ha'aleh refuah shelayma l'kol mako-ti
ki el meleh rofeh ne-eman v'rahaman ata.
Baruh ata adonai, rofeh holay amo yis-rael.*

רפאני יהי וארפא הושיעני
ואושעה בי תהלתי אתה
ותעלה רפואה שלמה לכל סבותי.
כי אל סלף רופא נאמן ורחמן אתה.
ברוך אתה יהי רופא תולי עמו ישראל.

*"Heal me, Adonai, and I will be healed.
Save me, and I will be saved.
For You are my glory " (Jeremiah 17:14)
Grant complete healing for all of my afflictions,
For You are a faithful, compassionate
and loving God of healing.
Holy One of Blessing,
You bring healing to Your people Israel.*

The Praises of Wonder

I call upon the Source of Life,
the Power within and without,
the Power that makes for Being and Nothingness,
joy and pain,
suffering and delight.

I call upon You
to calm my fearful soul
to open me to the Wonder of Truth
the transience of all things.

In Wonder was I conceived
and in Wonder have I found my being.
Thus I call upon You,
the Source of Wonder,
to open my heart to healing.

In You I discover the mystery of life
and the necessity of death.

In You I see all things and their opposites
not as warring parties
but as partners in a dance
whose rhythm in none other than
the beating of my own soul.

Denial may come,
but so too will acceptance.
Anger may come,
but so too will calm.

I have bargained with my fears
and found them unwilling to compromise.
So now I turn to You,
to the wonder that is my true nature.

I abandon the false notions of separateness
and embrace the Unity
that is my true reality.

I surrender
not to the inevitable
but to surprise,
for it is the impossible
that is life's most precious gift.

My tears will pass
and so will my laughter.
But I will not be silenced,
for I will sing the praises of wonder
through sickness and health;
knowing that in the end
this too shall pass.

Mi Shebayrah מִי שְׁבַרָה

Mi shebayrah avo-taynu, mekor hab'raha l'imo-taynu

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 shebayrah imo-taynu, mekor hab'raha l'avo-taynu.

Bless those in need of healing with *refuah shelaymah*,
The renewal of body, the renewal of spirit
And let us say, Amen.

Adon Olam

The Eternal One reigned alone
Before everything else was
created.
By God's will all came into being,
God's name became known.

And when all this is gone
God alone will still reign,
awesome.
God was, God is,
And God will remain in eternity.

God is one, there is no other,
none can share God's place.
Without beginning, without end,
God is all strength and royal grace.

This is my God, my help who
lives,
My refuge from pain in hard times.
My banner, my place to fly
My cup's portion, when I cry to
God.

Into God's hands I place my spirit,
When I am asleep and when
awake,
And with my soul, my body;
God is with me - I shall not fear.

*adon olam asher malah
b'terem kol y'tzir niv-ra.
l'eyt na-asa v'heftzo kol, azai
meleh sh'mo nikra.*

*v'aharay kih-lot ha-kol,
l'vado yimloh norah.
v'hu ha-ya v'hu ho-veh
v'hu yi-h'yeh b'tif-ara.*

*v'hu ehad v'eyn shey-ni,
l'ham-shil lo l'hah-bira
b'li reyshit b'li tah lit
v'lo haoz v'ha-misra.*

*v'hu eyli v'hai go-ali,
v'tzur hevli b'eyt tzara.
v'hu nisi u-manos li,
minat kosi b'yom ekra.*

*b'yado afkid ruhi
b'eyt ishan v'a-ira
v'im ruhi g'vi-yati
adonai li v'lo ira.*

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ
בְּתֵרֵם כּוֹל יִצְרֵי נִיבְרָא.
לְעֵת נִעֲשָׂה בְּהַפְצוֹ כּוֹל
אֲדוֹן מֶלֶךְ שְׁמוֹ נִקְרָא.
וְאֶחָדִי בְּכֹלֹת הַכּוֹל
לְבָדוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה וְהוּא הוּא
וְהוּא יְהִי בְּתֵמֵאֵרֵת
וְהוּא אֶחָד וְאֵין שְׁנַי
לְהַמְשִׁיל לוֹ לְהַתְבַּדֵּת
בְּלִי רֵאשִׁית בְּלִי תְּכֵלֵת.
וְלוֹ הָעוֹ וְהַמְשִׁרֵת
וְהוּא אֵלֵי וְיָד נִאֲלֵי
וְעוֹד חֲבֵלֵי בְּעַת צָרָת
וְהוּא נֶסֶם וּמְנוּס לִי
מִנֵּת פּוֹסֵי פִיּוֹם אֶקְרָא.
בְּיָדוֹ אֶפְקֵד רוּחִי
בְּעַת אִישָׁן וְאֶעֱדֵת
וְעִם רוּחִי גּוֹיֵתִי
יְיָ לִי וְלֹא אֶדָּא.