

# THROUGH THE HEALING LENS

11/8/2024



JEWISH FAMILY SERVICE  
\* OF THE LEHIGH VALLEY \*

## *We Join Together This Morning*

We join together this morning to voice the longings of our hearts in prayer. In sacred company, we offer our love to the Holy One. We devote ourselves this evening to psalm and song, study and prayer. May our hearts be lifted, may our thoughts be deepened, and may our souls like the eagle soar.

---

## *Let All Who Seek Comfort*

Let all who seek comfort under the wings of the Shekhinah, God's presence in our midst, gather at this time to help and support one another: those who need support in their lives, those who are ill, those who are praying and caring for loved ones who are ill, those who are grieving for loved ones who have died, those who are searching, and those who are simply looking for an experience of comfort, uplift, and care. We turn to our tradition to strengthen and renew ourselves.

### *Hinei Mah Tov*

הִנֵּה מַה טוֹב וּמַה נְעִים  
שֵׁבֶת אַחִים גַּם יַחַד.

*Hinei Mah tov umah na'im*

*shevet ahim gam yahad.*

**How good it is when brothers and sisters  
come together in unity.**

# *A Poem of Belief*

I believe in the sun  
even when it is not shining  
And I believe in love,  
even when there's no one there.  
And I believe in God,  
even when he is silent.

I believe through any trial,  
there is always a way  
But sometimes in this suffering  
and hopeless despair  
My heart cries for shelter,  
to know someone's there  
But a voice rises within me, saying hold on  
my child, I'll give you strength,  
I'll give you hope. Just stay a little while.

I believe in the sun  
even when it is not shining  
And I believe in love  
even when there's no one there  
But I believe in God  
even when he is silent  
I believe through any trial  
there is always a way.

May there someday be sunshine  
May there someday be happiness  
May there someday be love  
May there someday be peace....

---

## *Mi Sheberakh*

WORDS AND MUSIC BY DEBBIE FRIEDMAN, Z"l

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

*Mi sheberakh avoteinu mekor haberakha le'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.

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

*Mi sheberakh imoteinu mekor haberakha le'avoteinu*

**Bless those in need of healing with**

רְפוּאָה שְׁלֵימָה refua sheleimah  
The renewal of body,  
the renewal of spirit  
And let us say: Amen.

## *Prayer for the State of Israel*

Avinu she-ba-shamayim, stronghold and redeemer of the people Israel: Bless the State of Israel, the beginning of our redemption. Shield it with Your love; spread over it the shelter of Your peace. Guide its leaders and advisors with Your light and Your truth. Help them with Your good counsel. Strengthen the hands of those who defend our holy land. Deliver them; crown their efforts with triumph. Bless the land with peace and its inhabitants with lasting joy. And let us say: Amen.

---

### *Be With Us God*

RABBI EDYTHE MENCHER

**Be with us, God, in this time of sorrow and fear.**

**Help us, God, to offer comfort  
to those whose hearts are shattered.**

**Rekindle hope and trust  
and courage within us and them.**

**Help us, God, to sustain our belief in the promise  
that even in the darkest times –  
even when we feel most discouragement –  
there is reason to trust  
that love is never extinguished  
and that light and spirit will prevail.**

**Help us, God, to rededicate ourselves  
to building a world that is safer for our children.**

**Help us, God, to rededicate ourselves  
to building a world that is safer for all people.**

**During these difficult days and nights, God,  
bring comfort and peace and hope and light  
to broken hearts and a broken world.**

**May the one who causes peace to  
reign in the high heavens,  
let peace descend on us,  
and on all Israel, and on all the world.**

# VIDEOS

## Heal Us Now - hazair Hasharon

[https://youtu.be/zBkC6yxlzOE  
?si=K9W3jq5W4o7MZc-b](https://youtu.be/zBkC6yxlzOE?si=K9W3jq5W4o7MZc-b)

## Aneini – Central Synagogue

[https://youtu.be/U05CXCJ0xE  
M?si=B6B7Frq3FQNPM09q](https://youtu.be/U05CXCJ0xE M?si=B6B7Frq3FQNPM09q)

# *Remember*

RINA LEVANON

We remember our brothers and sisters, the loyal and faithful, the brave and courageous, whom we lost amidst the horrors of war.

We remember the shining eyes, the warm embrace, the confident heart, the photo albums, the life stories, the homes built with great effort and burned in an instant.

We remember the loving families, the beauty, the hope, the eyes that look upon us with trust.

May the souls of those who have left us be bound up in the bond of life, and their memory be connected to us by a thin thread of life,

like a bouquet of wildflowers and rainwater, squills, golden puddles, almond trees, oleanders and mulberries,

laughter carried on the flight of swings, a beating heart, tenderness, and compassion.

May our souls be connected to theirs in deep memory and gratitude, and may we choose life.

We remember  
and we choose life.

In the gentle hand extended,  
in the thin ray of dawn,  
in the sprouting stem,  
in the breath of the earth.

## Mourner's Kaddish in Aramaic Transliteration

Yitgadal v'yitkadash sh'mei raba b'alma di-v'ra  
chirutei, v'yamlich malchutei b'chayeichon  
uvyomeichon uvchayei d'chol beit yisrael, ba'agala  
uvizman kariv, v'im'ru: "amen."

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

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam  
v'yitnaseh, v'yithadar v'yit'aleh v'yit'halal sh'mei  
d'kud'sha, b'rich hu,

l'eila min-kol-birchata v'shirata, tushb'chata  
v'nechemata da'amiran b'alma, v'im'ru: "amen."

Y'hei shlama raba min-sh'maya v'chayim aleinu  
v'al-kol-yisrael, v'im'ru: "amen."

Oseh bimromav, hu ya'aseh shalom aleinu  
v'al kol-yisrael, v'imru: "amen."

## Mourner's Kaddish in English Translation

*Glorified and sanctified be God's great name throughout the world  
which He has created according to His will.*

*May He establish His kingdom in your lifetime and during your days,  
and within the life of the entire House of Israel, speedily and soon;  
and say, Amen.*

*May His great name be blessed forever and to all eternity.*

*Blessed and praised, glorified and exalted, extolled and honored,  
adored and lauded be the name of the Holy One, blessed be He,  
beyond all the blessings and hymns, praises and consolations that  
are ever spoken in the world; and say, Amen.*

*May there be abundant peace from heaven, and life, for us  
and for all Israel; and say, Amen.*

*He who creates peace in His celestial heights,  
may He create peace for us and for all Israel;  
and say, Amen.*

## Mourner's Kaddish

וַיִּתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וַיְמַלִּיךְ מַלְכוּתֵיהּ  
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעַגְלָא וּבְזַמַּן קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי  
וְלְעַלְמֵי עַלְמַיָּא.

וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא,  
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ  
דְּקֻדְשָׁא, בְּרִידָא הוּא  
לְעַלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְּאִמְרוּן בְּעַלְמָא,  
וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עוֹשֶׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,  
וְאָמְרוּ, אָמֵן.

## Oseh Shalom

עוֹשֶׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה  
שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל

*Oseh shalom bimromav Hu ya'aseh*

*shalom aleinu V'al kol Yisrael*

**May the One who creates peace on high  
bring peace to us and to all Israel.**





JEWISH FAMILY SERVICE  
\* OF THE LEHIGH VALLEY \*

Readings and videos selected  
by Debbie Zoller