

A Yom Kippur Service of Peace, Comfort and Healing



Sow in Tears, Reap in Joy

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

Those who sow, who sow in tears
Will reap in joy, will reap in joy. (Psalm 126:5)

It's the song of the dreamer,
From a dark place it grows.
Like a flower in the desert,
The oasis of our souls.
Come back,
Come back where we belong,
You who hear our longing cries.
Our mouths, our lips are filled with song.
You can see our tear-filled eyes.

--Debbie Friedman

We don't have to beg or bribe God to give us strength or hope or patience. We need only turn to the One, admit that we can't do this on our own, and understand that bravely bearing up under pain is one of the most human, and one of the most godly things we can ever do. One of the things that constantly reassures me that God is real, and not just an idea that religious leaders made up, is the fact that people who pray for strength, hope and courage so often find resources of strength, hope, and courage that they did not have before they prayed.

Rabbi Harold Kushner



Based on Psalm 27

Hear my voice, Adonai, when I call;
Be gracious to me and answer me. (Psalm 27:7)
In Your hand is the soul of every living thing,
I turn to You, O God, in my distress.
Give me patience and faith;
Let not despair overwhelm me.
Renew my trust in Your mercy
And bless the efforts of all who are helping me.
Be with my dear ones in these difficult days.
Give them strength and courage
To face the anxieties which they share with me.
Grant me Your healing
So that in vigor of body and mind
I may return to my loved ones
For a life which will be marked by good deeds.
You have always been my help;
Do not cast me off nor forsake me,
O God of my salvation. (Psalm 27.9)

בְּיָדוֹ אֶפְקִיד רוּחִי בְּעֵת אִישׁוֹן וְאָעִירָה 

B'yado af-kid ru-chi b'et i-shan v'ah-i-rah

וְעִם רוּחִי גְּוִיָּתִי

V'im ru-chi g'vi-ya-ti

יְיָ לִי וְלֹא אֵירָא

Adonai li v'lo i-rah.

Into God's hand I place my soul
When I sleep and when I wake.
And with my soul my body too.
God is with me, I shall not fear.



When fears multiply
And danger threatens;
When sickness comes,
And death confronts us;

It is God's blessing of shalom
That sustains us
And upholds us,

Lightening our burden,
Dispelling our worry,
Restoring our strength,
Renewing our hope,

Reviving us.

--Rabbi Hershel Matt



Psalm 121—Esa Einai

Esa enai el he'harim

Mei'ayin, mei'ayin yavo ezri?

Ezri mei'im Adonai,

Oseh shamayim va'aretz

אֶשָׂא עֵינַי אֶל-הַהָרִים
מֵאֵין, מֵאֵין יָבֹא עֲזָרִי?
עֲזָרִי מֵעַם יְהוָה,
עֹשֶׂה שָׁמַיִם וָאָרֶץ.

I turn my eyes to the mountains; from where will my help come?
My help comes from Adonai, maker of heaven and earth.

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 -

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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*



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In words only my heart can speak

In songs only my soul 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.*

(Rabbi Sheldon Zimmerman)

Adonai S'fatai - Preparing for Personal Prayer

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתֶךָ.

Adonai s'fatai tiftach u'fi yagid t'hilatecha

Adonai, open up my lips,
that my mouth may declare Your praise.

(Psalm 51:15)

We continue with our individual prayers....

For individual reflection

I pose this challenge to my spirit:

To receive with open mind and heart what is offered to me.

May I learn to embrace as easily as I evaluate.

May I quiet the ever-present instinct to judge and critique.

May I cultivate the gift of listening without framing a reply.

May I learn to accept help from those who care for me.

May I grow less insistent that life bend to my will and expectations.

May generosity of spirit find a home within me.

Oseh Shalom-A prayer for peace

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

*Oseh shalom bimromav,
Hu ya'aseh shalom aleinu
V'al kol Yisrael,
V'imru, imru Amen.*

May the One who
makes peace on high
bring peace
to us and to Israel. And
let us say, Amen.



Avinu Malkeinu-A Prayer of Protest

Avinu Malkeinu-Hear our voice:

Some of us have cancer.

Some have lost strength of body, some have lost memory and speech.

Some of us are in pain.

Some can't find work.

Some of us bear the marks of human cruelty-inside, where the scars don't show.

Some live with depression; some battle addiction; many feel alone.

Some have known shattered marriages, trust betrayed, hopes destroyed.

Some of us have lost the ones we love, far too soon.

And some have lost a child.

All of us have seen suffering in our midst.

All of us know the ravages of war-for which there are no words.

Avinu Malkeinu, why?

Avinu Malkeinu, are you there? Do you care?

Avinu Malkeinu, hear our pain.

Hear our anger. Hear our grief.

Avinu Malkeinu, here is our prayer:

Give us the strength to go on.

Give us reasons to get up each day; give us purpose and persistence.

Help us to fend off fear and to hold on to hope.

Help us to be kind.

Don't make us bow or grovel for Your favor.

Give us dignity and give us courage.

Avinu Malkeinu—

Show us the way to a year of goodness.

Renew our belief that the world can be better.

Restore our faith in life. Restore our faith in You.



source: Mishkahn haNefesh for Yom Kippur, p. 113



אָבִינוּ מַלְכֵנוּ חֲנִינוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

*Avinu Malkeinu choneinu va'a'neinu ki ein banu ma'asim Ah-sey imanu tzedakah vachessed
v'hoshiaynu*

*Avinu Malkeinu, be gracious and answer us, for we have little merit.
Treat us generously and with kindness, and be our help.*

In the Talmud,
We are taught that the Ark held
Both the shattered fragments of the first set of tablets
And the whole, unbroken set. (Talmud B'rachot 8b)
While we never lose our brokenness,
We can become whole again—
We can embrace our shattered hearts.
We can become more compassionate,
caring and forgiving
Because we feel our brokenness when we share the pain of
others.
In our souls,
We carry both sets of tablets

--Rabbi Sheldon Zimmerman

Mi Shebeirach

Mi Shebeirach avoteinu, m'kor ha'brachah l'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.

Mi Shebeirach imoteinu, m'kor ha'brachah l'avoteinu

Bless those in need of healing with *r'fuah sh'leimah*,
The renewal of body, The renewal of spirit,
And let us say: Amen.

Debbie Friedman

Unending Love (by Rabbi Rami Shapiro)

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 soothe 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.

O Guide My Steps

(text and music: Debra Winston. Ufros Aleinu melody: Julie Silver)

O Guide my steps and help me find a way,
I need your shelter now, rock me in Your arms and guide my
steps.

And help me make this day, a song of praise to You,
Rock me in your arms and guide my steps.

וּפְרוֹשׁ עָלֵינוּ שִׁלְוֹמֶךָ

Ufros Aleinu sukat sh'lomecha.

(And spread over us Your shelter of peace.)

