

Temple Beth-El



A Service of Forgiveness and Healing for Yom Kippur Afternoon

Forgive me for all that I have not been.
Help me to appreciate all that I have and realize all that I have to offer.
Help me to find my way back to You, so that I may never be alone.†

Hashiveinu Adonai eilecha v'nashuvah,
chadeish yameinu k'kedem.

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם

Return us to You, Adonai, and we will return; renew our days as of old.ⁱⁱ



We are on a journey towards shalom—wholeness and peace.
Our lives are uncertain, and we need strength for the journey ahead.
The journey may be laden with physical pain and illness,
filled with the air of sadness from loss,
or marred by emotional strife and discontent.
Any one of these troubles may diminish our spirits
causing us to lose faith in God and in the ability to heal.

*Let us nourish our spirits to find comfort on the road to peace.
The journey begins within our hearts by asking for forgiveness
from God and ourselves.*

On this Day of Atonement, we are immersed in self-examination, and we pour out
our hearts in contrition. Our confessions of the spirit may be painful, and so we
ask for healing:
Healing of mind.
Healing of body.
Healing of spirit.

For complete wholeness we need forgiveness and healing.

We look to our tradition for words and music to guide us and seek to find comfort
and strength in both ancient and modern prayers of physical and spiritual healing.

*We come before You on this Yom Kippur afternoon. Our Avodah is our
offering of spiritual work with the hope of finding our way towards
wholeness.*

Let us prepare to enter God's loving presence.ⁱⁱⁱ

Lamdeini - Teach Me God to Offer a Blessing

Teach me, O God, a blessing, a prayer
on the mystery of a withered leaf,
on ripened fruit so fair,
on the freedom to see, to sense,
to breathe, to know, to hope, to despair.

Teach my lips a blessing, a hymn of praise,
as each morning and night
You renew Your days,
lest my day be as the ones before;
lest routine set my ways.^{iv}

Nachamu, nachamu ami, yomar Eloheichem.

נַחֲמוּ נַחֲמוּ עַמִּי יֹאמְרוּ אֱלֹהֵיכֶם

Comfort us, comfort us in our wilderness
Comfort us as we struggle to take care of one another.
Comfort us, comfort us in our wilderness
Comfort us as we struggle with this world.^v

Avodah - The Service of the Heart

What is the service of the heart? It is prayer.

When a person, overwhelmed by the impact of a specific experience, seeks nearness of God or bursts forth in hallelujah or bows down in gratitude, it is prayer but not service of God yet; it is human response to a potent stimulus. But when we pray without the stimulus of a specific occasion, acknowledging that we are always dependent on God, that independently of all personal experiences God is always to be praised and to be thanked, then—and only then—is prayer divine service of the heart.^{vi}

I Lift up My Eyes (an interpretation of Psalm 121)

I am searching for words
for the words that describe,
make sense, or at least comfort.
Words that summon me from the depths
of my solitude.

*In the night, there is darkness.
Restless attempts to sleep,
twisting, turning into the shadows.
As I seek a comfortable pose
I bring my knees to my chest
folding my dreams in half;
Will the crease ever come out?*

And in the day there are
silent attempts to find hope.
Twisting, turning toward the light
as I look for direction, a path, a way.

*It is not easy to find the way.
And so
I lift my eyes to the mountains
Heaven lays her head upon the mountaintop
as I begin to climb.*

What is the source of my help?
I climb and gaze upon the vistas.
More mountains, more horizons
never-ending moments where Heaven meets earth,
never-ending possibilities to meet the Divine.
Lift me, carry me, offer me courage.
Help me understand life's sharpest paradox:
that to live is tragic and wonderful,
painful and awesome, dark and filled with light.

*I lift my eyes to the summit
and as I climb I find my help
in the turning and twisting it takes to ascend.
I have found a path and it is worn and charted
by all those who are summoned from solitude.
I take their lead.
And I know that in the most essential way
I am being carried up the mountain.
And even now
I am not alone.^{vii}*

Psalm 121 – I Lift My Eyes

Esa einai el heharim
Mei-ayin yavo ezri?
Ezri mei-im Adonai,
osei shamayim vaaretz.

אֲשָׂא עֵינַי אֶל־הַהָרִים
מֵאֵין יָבֹא עֲזָרִי
עֲזָרִי מֵעַם יְהוָה
עֹשֵׂה שָׁמַיִם וָאָרֶץ

I lift up my eyes to the mountains; from where will my help come?
My help comes from Adonai, maker of heaven and earth.^{viii}

With Gratitude for Life

We pray that we might know before whom we stand:
the Power whose gift is life,
who quickens those who have forgotten how to live.

We pray for winds to disperse the choking air of sadness,
for cleansing rains to make parched hopes flower,
and to give all of us strength to rise up toward the sun.

We pray for love to encompass us
for no other reason save that we are human—
that we may all blossom into people who have gained power over our own lives.

We pray to stand upright, we fallen;
to be healed, we sufferers;
we pray to break the bonds that keep us from the world of beauty;
we pray for opened eyes, we who are blind to our authentic selves.

We pray that we may walk in the garden of a purposeful life,
our own powers in touch with the Power of the world.

Praised be the God whose gift is life,
whose cleansing rains let parched men and women flower toward the sun.^{ix}

Seeking God's Nearness

The nearness of God—
Priests and Levites felt it when offering a *korban*—
nearness came through sacrifice and a thanksgiving psalm.
And our people's poets felt it in their dreams of return—
the ones who crafted songs of exile,
far from the sweet city for which they longed.

And what of us?
When do we feel that nearness?
What is our *korban*?
The nearness of God—
it comes through acts of goodness, deeds of self-sacrifice—
when we give of ourselves in selfless ways.
It comes when we hear—truly hear—those who cry out....^x

These Cry Out to Us

Let now a Generous Presence teach us gentleness
that melts our hardness of heart.
Then shall we be more sensitive to the needs of others,
and responsive to their pleas —

*All who struggle to be heard;
and those who live behind walls of illness, poverty, and injustice.*

All whose faces are forgotten from one encounter to the next;
and those who never find a place of shelter or safety.

*All whose skills and talents go unnoticed;
and those whose bright promise has dimmed for want of attention.*

All whose bodies are burdened with pain;
and those whose minds are clouded by confusion.

*All whose voices tremble with a cry of absence;
and those whose only season is the winter of the heart.*

All who die alone in spiritual darkness;
and those whose isolation is a living death.

*All who are abandoned, neglected, or abused;
and those who have been driven from their homes by violence and war.*

All who wait for love that never comes;
and those who long for a word, a touch, a friend.

To all these, let us respond with open hearts.^{xi}

Create a Pure Heart

Create a pure heart in me, Adonai,
create a pure heart in me.
And renew a true soul within me,
and renew a true soul within. ^{xii}

Acknowledging our Flaws

O God, we are not so arrogant as to pretend
that the trial of our lives does not reveal our flaws.

*We know ourselves,
in this moment of prayer,
to have failed
the ones we love and the stranger,
again and again.*

We know how often
we did not bring to the surface of our lives
the hidden goodness within.

*When we have achieved, O God,
we are grateful;
where we have failed,
we ask forgiveness.*

Remember how exposed we are
to the chances and terrors of life.
We were afraid.
We sometimes chose to fail.

*And we ask:
Turn our thoughts from the hurt to its remedy,
free us of the torments of guilt. ^{xiii}*

We Rise and Open the Ark.

The High Priest's Confession

God, I plead before You:

We have sinned.

We have done wrong.

We have rebelled against You—

my family and I,

the community of priests,

and the whole House of Israel.

I beseech You by Your name:

grant atonement for the sins, the wrongs, and the acts of rebellion

that we have committed against You—

my family and I,

the community of priests,

and the whole House of Israel.

As it is written in the Torah of Your servant Moses:

For on this day atonement shall be made for you

to purify you from all your wrongs.

And pure you shall be in the presence of the Eternal.

After the High Priest pronounced the name of God,

the people bowed and knelt and touched their heads to the ground, saying:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.^{xiv}

Please be seated.

Seeking Forgiveness

Forgiveness is a path to be walked.
There are steps along the way:
loss, anger, acceptance, learning,
forgiveness, restoration.

And along the way, you will come upon a bridge.
When you step upon it, it will carry you,
support you, connect you to another side of life,
a side waiting to be discovered.
Forgiveness is a perpetual journey.
There are many bridge crossings.
Each restores a bit more of what you have lost.
Let us begin the journey.^{xv}

In Gratitude for God's 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, loved, loved by unending love, 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, loved, loved by unending love, 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.

We are loved, loved, loved by unending love, an unending love.^{xvi}

With Hope for Peace

Peace — Shalom is not the absence of difficulties
but the handling of difficulties without loss of balance.

Shalom is not the absence of tension
but the acceptance of it as part of the Way.
Shalom is not the absence of war
but the careful waging of war without losing one's balance.

Shalom is not passive non-violence, but active confrontation with truth.

Shalom is the ability to see the grain of life and act in accord with it;
to discover that effortless effort, action in tune with the Way of the Universe,
is that secret of both peace and power.^{xvii}



Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael, v'imru. Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שָׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן

May the one who makes peace in the high heavens make peace for us, and all Israel. Amen.^{xviii}

Meditation

There are often times, O God, when I feel alone, and yet I know in my heart that I am never alone. You are always there waiting for me to speak to You of my desires, hopes and dreams. Yet how seldom do I reach out to You to voice my gratitude for all that is beautiful in my life... all the gifts of my life. Love, family, friendship, have come from You. But the greatest gift of all is Your presence, which time and again has given me strength, faith and courage. Now, in the midst of doubt and confusion, I need to know that You are beside me in the depth of my being. With You there, I know I am not alone — ever. My Friend, my Strength, my God.^{xix}



Eternal presence of the world, I am not asking You to show me the secret of Your ways, for it would be too much for me. But I am asking You to show me one thing: What is the meaning of the suffering that I am presently enduring? What does this suffering require of me, and what You are communicating to me through it? Eternal Presence of the world, I want to know not so much why I am suffering, but whether I am doing so for Your sake.^{xx}



R'faeinu...Seeking Healing

Our journey towards wholeness requires *t'shuvah* — repentance. Forgiveness relieves us from the misdeeds of the past, and *t'shuvah* begins our steps into a future filled with peace.

*We ask God for the strength to change,
to renew and transform ourselves into a better “version” of ourselves
so that we can move forward in our healing.*

After looking back, we look forward and resolve to not repeat our mistakes and to commit ourselves to living a better, more righteous life. We commit to continuing our own personal “return” to God, and it is this return, this *t'shuvah*, that will renew us, transform us, and ultimately give us peace.

*Finding peace — finding wholeness — means searching for healing.
Healing of body, of mind; healing from illness, from pain;
healing from fear, from guilt, healing for ourselves, for others.^{xxi}*



Mi shebeirach avoteinu
Avraham, Yitzchak v'Yaakov
Mi shebeirach imoteinu
Sarah, Rivka, Leah v'Rachel

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
אֲבֹתֵהֶם יִצְחָק וְיַעֲקֹב
מִי שֶׁבֵּרַךְ אִמֹתֵינוּ
שָׂרָה רַבֵּקָה לֵאָה וְרַחֵל

May the One who blessed our mothers,
may the One who blessed our fathers,
Hear our prayer (echo), hear our prayer (echo), hear our prayer (echo)
hear our prayer and bless us as well.

Bless us with the power of Your healing,
bless us with the power of Your hope,
May the pain and loneliness we're feeling
be diminished by the power of Your love.

Mi shebeirach avoteinu
Avraham, Yitzchak v'Yaakov
Mi shebeirach imoteinu
Sarah, Rivka, Leah v'Rachel

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
אֲבֹתֵהֶם יִצְחָק וְיַעֲקֹב
מִי שֶׁבֵּרַךְ אִמֹתֵינוּ
שָׂרָה רַבֵּקָה לֵאָה וְרַחֵל

May the One who blessed our mothers,
may the One who blessed our fathers,
Hear our prayer, hear our prayer, hear our prayer
hear our prayer and bless us as well.^{xii}

Private Meditations on Healing^{xxiii}

A Prayer for All Who Need Healing

Mother/Father God, God of the broken-hearted, God of the strong and the weak, God of the angry and the grieving: I stand before You today in pain, in doubt, in fear. Many blessings have been taken from me; I hesitate even to call out to You and yet I must, with every breath, try to speak Your praise, try to be mindful of being alive. O God, thank You for the gift of this breath. Hallelujah.

Thank You God

Dear God: Thank You for creating many possibilities, so that one day I may feel sick, the next day I may feel well. Thank You for creating my body as a house for my spirit and thank You for sustaining my spirit. Whatever the purpose of my life is, I leave it in Your hands.

May I Tolerate the Pain

I thank You, God, for giving me life today. Please help me to tolerate my pain and that part of my body which is no longer healthy; to love the sick parts and to affirm that which gives me health. By so doing, let me continue to see my own goodness — that which makes me lovable — and to give myself strength and courage to allow my love to touch those in my life whom I love so dearly.

I awake in pain, misery, and utter confusion; but still I awake. My life is sacred. My life has purpose, and my soul houses Your holy spirit. I pray for healing and to heal others. I gratefully acknowledge today with its infinite possibilities and opportunities. And let me say, Amen.

For Hope

Thank You, God, for the light that is breaking through the sky, the sun that shines upon my face, my mind that is still alert and functioning despite my limitations and pain. Through the day You will join me on this journey, so that I will never be alone or frightened, for I know You will be there. I am thankful for what I am capable of enjoying this day.

Thank You for Those Who Surround Me

Dear God: Thank You for providing me with so many rich experiences and for leading me down a path woven with loving friends and family. My fond and grateful memories sustain me during this difficult time. I will never feel alone so long as Your guiding presence surrounds me and thoughts of those who came before embrace me with love. Blessed are You, God, for being able to see You through the people in my life.

Steady My Steps on The Road to Health Restored

Strengthen me, Holy One, on my journey through illness; steady my steps on this difficult path. Bring me through signposts of remedies and therapies, secure in Your guidance as I face these changes.

You are my Strength and my Hope,
the Author of my healing.
You are my Promise and my Courage,
guiding my helpers as I move toward healing.

Guard the encouragement of simple improvements,
everyday praising Your loving concern.
Make me Your partner, Divine Physician,
restoring me for Your Name's sake.

A Prayer for Patience and Faith in Time of Illness

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)

Prayer Before My Operation

Almighty God, I turn to You before my operation, seeking those blessings which You alone can bestow. I am thankful for the wondrous powers of healing which You have placed within the human body. I thank You for the marvels of medicine and surgery which bless us with increased life. I am grateful to the doctors and nurses for the skill and care which, I pray, will restore me to health. May I never forget Your compassion. In the times ahead may I show my gratitude by devotion to You, by love for my dear ones and by my concern for the needs of others. With the Psalmist we say: Bless the Lord, O my soul and all that is within me, bless God's holy name, for the healing of sickness and the forgiving of iniquity. Bless the Lord, O my soul and forget not all God's kindness.

God Notices My Healing from Cancer

The two Rosh Hashanahs I passed while on chemotherapy were marked by a powerful feeling of cleansing. I stood tall and breathed deeply during the shofar blasts, and with each one sensed thousands of tiny white particles whisking through my body to rid it of whatever poisoning cancer cells might have eluded my two years of treatment.

Then, on my second Yom Kippur, as the rabbi came down the aisle, shaking hands and softly offering a "*gut yom tov*" to fellow congregants, he stopped in front of me, stood ramrod straight with his arms pressed stiffly at his sides and, bowing three times at the waist as if *davening*, he proclaimed in a strong, loud voice "You're fine! You're fine! You're fine!" Then, his body relaxed again, and he offered me his hand and a soft "*gut yom tov. Gut yaar.*"

This rabbi didn't know me or know of my health problems. He was my messenger. And, when in doubt, I only have to look back on that scene to reassure myself, God is indeed watching.

Prayer for the Healing of My Child

God, give him/her/them the awareness of his/her own specialness.

Give him/her/them the strength to be what You want him/her/them to be.

Give him/her/them the peace that comes with knowing one's gifts and using them, and the wisdom to keep reaching for those yet undiscovered.

A Prayer for Coping with My Illness

O God, you know my feelings, You know that I want to feel better. I want to be better. I want to have my health restored. But the hours of testing, the days of diagnosis, and the question marks concerning my future seem nearly more than I can take! Grant me, O God, the strength to face each hour of this and every day. In fact, when it seems that I cannot face even this hour; fill me with sufficient strength to face the next five minutes.

Filled with Worry

Holy One: Even though I am filled with worry and fear for my health, and with anger and frustration about my financial limitations and their impact on my health care, I praise You with great joy for my life, the beginnings and endings of Your days, and for the great hope for the future that Your presence in my life provides.^{xxiv}

The Long Days of Suffering

My God and God of all generations, in my great need I pour out my heart to You. The long days and weeks of suffering are hard to endure. In my struggle, I reach out for the help that only You can give. Let me feel that You are near, and Your care enfolds me. Rouse in me the strength to overcome my weakness and brighten my spirit with the assurance of Your love. Make me grateful for the care and concern that are expended on my behalf. Help me to sustain the hopes of my dear ones, as they strive to strengthen and encourage me. May the healing power You have placed within me give me strength to recover, so that I might proclaim with all my being: I shall not die but live to declare the works of God.^{xxv}

Recovery from a Difficult Childhood

A prayer, a wish
that you may be healed
from the wounds of the abuse of your childhood.
And that you may move from fear to strength,
a healing from the trembling.

Healing After Divorce

I never thought that I would say this, (and with all due respect to those who have lost) but I would almost prefer to have been widowed.
At least then my family would still be a single unit.
At least then there would have been no lawyers representing another side.
At least then I would not play that crazy game of blaming myself.
Either I failed, or I misjudged.
Dear God, I know you have forgiven me for any mistakes I may have made. Now give me the strength, God, to return to a life of wholeness, trust and joy.

After Hearing Bad News

Sit beside me, O Eternal:
comfort my soul.

At the clamoring bell of news revealed,
You listen with me,
hearing my disbelief, absorbing my gasp of fright.

Wait beside me, O Eternal:
comfort my soul.

Reform me to a different vessel:
altered by dark fires of fortune,
hardened in an unknown kiln,
burning away the superficial.
Wrap me in Your healing light.
Wrap me in Your healing care.

Grant Me Courage

Adonai, bless me with courage.
 Help me gain strength from You.
Life has a way of handing us surprises
 that take an amazing amount of courage to overcome.
Create in me a clear and steady focus,
 a heart that is filled with the awareness that
 Adonai is with me on the sunniest day and in the darkest night.
I will be whatever life demands of me.
Courage is my knowledge of You.^{xxvi}

In Grief

It is a fearful thing to love
what death can touch.

A fearful thing to love,
hope, dream: to be—
to be, and oh! to lose.

A thing for fools this, and
a holy thing,
a holy thing to love.

For
your life has lived in me,
your laugh once lifted me,
your word was gift to me.

To remember this brings a painful joy.
'Tis a human thing, love,
a holy thing,
to love
what death has touched.^{xxvii}

Healing After a Loss...

Healing is both an exercise and an understanding.
It is not of the will;
it 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.

It is not hope of healing that informs the moment and gives it reason.
Rather: the hope which is each person'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....^{xxviii}

Thank You God for Strength

For health of body and of spirit, I thank You, God. I was broken and now I am whole. I was weary, but now I am rested. I was anxious, but now I am reassured. I thank You for those who helped me in my need, who heartened me in my fear, and who visited me in my loneliness. For the strength You gave me, O God, I give thanks to You.

Thank You to Those Who Love Me

Dear God, be with my family and friends. Bring peace to their troubled spirits. Enable them to know that their love gives me strength. Help me to express my gratitude and appreciation to them for all they have done and are continuing to do. Let them feel free to bring me their own joys and sorrows that I may continue to participate in their lives even as they share mine. May this also be a time of inner searching, that I may appreciate more fully the good and beautiful in life and labor to bring these to the lives of others. Grant me health and healing that I may carry out Your will in peace. Then will my life reflect Your presence and Your love.

Light and Warmth

And God,

May the passion of all that is good in life
burn within my heart.

My heart yearns for light and warmth.

May I be guided to feel fully and deeply,
fighting the injustice in the world while
loving peace and harmony.

May God's blessing

be with those who are in my heart, as I utter this prayer.

May my prayers

strengthen me to be more fully present for those who are suffering.

May I become

a messenger of God's caring and compassion,

a partner with God in the work of healing.

By Your light, O God, may I see light.^{xxix}

You Are the One - Reb Nachman's Prayer

You are the One, for this I pray,

that I may have the strength to be alone.

To see the world, to stand among the trees,
and all the living things.

That I may stand alone and offer prayers and talk to you;

You are the One to whom I do belong.

And I'll sing my soul, I'll sing my soul to you

and give You all that's in my heart.

May all the foliage of the field,

all grasses, trees and plants,

awaken at my coming, this I pray.



Harofei lish'vurei leiv um'chabeish
l'atzvotam, moneh mispar lakochavim
l'chulam shemot yikra.

הַרְפֵּא לְשִׁבוּרֵי לֵב וּמְחַבְּשׁ לְעֵצְבוֹתָם:
מוֹנֶה מִסְפָּר לְכּוֹכָבִים לְכֻלָּם שְׁמוֹת
יְקָרָא:

Healer of the broken hearted, binder of our wounds, counter of
uncountable stars, you know who we are. Halleluyah. Ana El na, r'fa na la.^{xxx}

Teach Me to Be a Blessing

When evil darkens our world, let us be the bearers of light.
When fists are clenched in self-righteous rage,
let our hands be open for the sake of peace.
When injustice slams doors on the ill, the poor,
the old, and the stranger, let us pry the doors open.

Where shelter is lacking, let us be builders.

Where food and clothing are needed, let us be providers.

Where knowledge is denied, let us be champions of learning.

When dissent is stifled, let our voices speak truth to power.
When the earth and its creatures are threatened, let us be their guardians.
When bias, greed, and bigotry erode our country's values,
let us proclaim liberty throughout the land.

In the places where no one acts alike a human being,

let us bring courage;

let us bring compassion;

let us bring humanity.^{xxxi}

Seeking Renewal

In each human hand and heart is the power to renew life:

To see dignity where there is brokenness and defeat;
to know and cherish the image of God in every human face;

*To open the eyes that have closed in despair;
to shelter the weak and shield the helpless;*

To give strength to the weary,
hope and comfort to those who feel pain;

*To care for the earth like an old friend;
to give to its oceans, rivers, and forests our selfless love;*

To treat ponds and tide pools, the sky and the mountains
as sacred living beings. In each of us is the power to renew life.^{xxxii}



Choosing Joy

Each of us is called to a life of service (*avodah*) that is rooted in joy and celebration; and leads to thanksgiving, praise, and lovingkindness. Jewish tradition teaches that such a life is the source of true *simchah*: the feeling of constant spiritual and moral growth, which endures in spite of external events and circumstances.

Serving God with our very lives should not be a burden. We are summoned to serve with gladness—not fear; and to serve beyond the walls of the synagogue: in our homes and in the street, in workplace and marketplace—in all of our encounters. When we serve God in our everyday lives, a steady joy dwells in our hearts—and will accompany us when we enter the House of the Eternal.^{xxxiii}

Vaani ashir uzecha vaaranein laboker
chasdecha ki hayita misgav li umanos
b'yom tzar li: Uzi eilecha azameirah ki
Elohim misgabi Elohei chasdi:

וְאָנִי אֲשִׁיר עֲזֶיךָ וְאֶרְנֶן לְבִקְרַתְּ חֲסִדֶיךָ
כִּי־הָיִיתָ מְשֹׁגֵב לִי וּמְנוּס בְּיוֹם צָר־לִי:
עֲזִי אֵלֶיךָ אֶזְמַרְהָ כִּי־אֱלֹהִים
מְשֹׁגֵבֵי אֱלֹהֵי חֲסִדַּי:

But I will sing of Your strength, extol each morning Your faithfulness; for You have been my haven, a refuge in time of trouble. O my strength, to You I sing hymns; for God is my haven, my faithful God.^{xxxiv}



Our God and God of the generations before us,
grant us a year of gratitude to You for the most profound of blessings—
Your gift of life.^{xxxv}

Our Yizkor Service begins on page 541 in *Mishkan HaNefesh*.

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- i Rabbi Naomi Levy
ii Lamentations 5:21, Folk Melody
iii *Larchmont Temple Yom Kippur Service of Healing*
iv Leah Goldberg
v Elana Arian
vi *Mishkan HaNefesh* Yom Kippur, p. 489
vii Rabbi Karyn Kedar
viii Psalm 121, Music by Yitzhak Rosenthal, arr. Paul Dankers
ix *Gates of Repentance*
x *Mishkan HaNefesh* Yom Kippur, p. 475
xi Ibid. p. 476
xii Based on Psalms 51 and 12, Music by Nava Tehila
xiii Norman Hirsch, *Gates of the House*
xiv *Mishkan HaNefesh* Yom Kippur, p. 471. Music by Salomon Sulzer
xv Rabbi Karyn Kedar
xvi Text: Rami Shapiro, Music: Shir Yaakov
xvii Rami Shapiro
xviii Spanish-Portuguese Melody
xix *CCAR Gates of Healing, In My Loneliness*
xx Rabbi Levi Isaac of Berditchev
xxi *Larchmont Temple Yom Kippur Service of Healing*
xxii Music by Lisa Levine
xxiii All readings from *Larchmont Temple Yom Kippur Service of Healing*, unless otherwise stated.
xxiv *National Center for Jewish Healing*
xxv *Gates of Healing*
xxvi *Anita Moise Rosenfield Rosenberg*
xxvii Rabbi Chaim Stern
xxviii Margaret Torrie
xxix *Rabbi Karyn Kedar*
xxx Psalms 147:3, Music: Shir Yaakov
xxxi *Mishkan Ha Nefesh* Yom Kippur, p. 506
xxxii Ibid. p. 509
xxxiii Ibid. p. 501
xxxiv Psalms 59:17-18, Music: Josh Warshawsky
xxxv Ibid. p. 511