

R'fuat Hanefesh
A Healing Service Siddur

Malibu Jewish Center & Synagogue



Compiled by
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and
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R'FUAT HANEFESH

A SERVICE OF HEALING

❧
NIGGUN
❧

MODEH/MODAH ANI

I thank You, living and eternal
Power, for returning my soul
to me with compassion.
Great is Your faithfulness.

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

Modeh/Modah ani lefanecha melech hay vekayam shehechezarta
bi nishmati behemlah rabah emunatecha.

FROM PSALM 27

Awareness is sunlight in the mind,
No one can take that from me.
Awareness is my life's stronghold. It absorbs all fear...

I seek only one thing, one thing alone: to connect to this moment.
Nowhere else. Only this. Nothing less.
My palace in time.
When difficulties arise, I have a hiding place in my own heart—
a secret tent where I can go and feel safe,
a rock to rest my head upon...

May we take courage, may we be strong, may our hearts be so filled
with love there is no room for anything else!

—Interpretive translation by Sheila Peltz Weinberg

BIRCHOT HASHACHAR (MORNING BLESSINGS)

Blessed are you, AWAKENER, our God, life of all the worlds, who removes sleep from my eyes, and slumber from my eyelids.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
הַמְעַבִּיר שָׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפְי:

Baruḥ atah adonay eloheynu ḥey ha'olamim
hama'avir shenah me'eynay utnumah me'afapay

Blessed are you, THE PROVIDENT, our God, life of all the worlds, who gives the bird of dawn discernment to tell day from night.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
הַנוֹתֵן לְשִׁכּוּי בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

Baruḥ atah adonay eloheynu ḥey ha'olamim
hanoten laseḥvi vinah lehavḥin beyn yom uveyn laylah.

Blessed are you, THE FASHIONER, our God, life of all the worlds, who stretches forth the earth upon the waters.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

Baruḥ atah adonay eloheynu ḥey ha'olamim
roka ha'aretz al hamayim.

Blessed are you, THE LAMP, our God, life of all the worlds, who makes the blind to see.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
פוֹקֵחַ עֵוְרִים:

Baruḥ atah adonay eloheynu ḥey ha'olamim poke'ah ivrim.

Blessed are you, THE COMPASSIONATE, our God, life of all the worlds, who clothes the naked.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
מַלְבִּישׁ עֲרֻמִּים:

Baruḥ atah adonay eloheynu ḥey ha'olamim malbish arumim.

Blessed are you, REDEEMING ONE, our God, life of all the worlds, who makes the captive free.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
מַתִּיר אֲסוּרִים:

Baruḥ atah adonay eloheynu ḥey ha'olamim matir asurim.

Blessed are you, THE HELPING HAND, our God, life of all the worlds, who raises up the humble.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
זוֹקֵף כַּפּוּפִים:

adonay eloheynu ḥey ha'olamim zokef kefufim.

Blessed are you, THE WAY, our God, life of all the worlds, who makes firm a person's steps.

Baruḥ atah adonay eloheynu ḥey ha'olamim
hameḥin mitzadey gaver.

Blessed are you, THE GENEROUS, our God, life of all the worlds, who acts for all my needs.

Baruḥ atah adonay eloheynu ḥey ha'olamim
she'asah li kol tzorki.

Blessed are you, THE MIGHTY ONE, our God, life of all the worlds, who girds Israel with strength.

Baruḥ atah adonay eloheynu ḥey ha'olamim
ozer yisra'el bigvurah.

Blessed are you, THE BEAUTIFUL, our God, life of all the worlds, who crowns Israel with splendor.

Baruḥ atah adonay eloheynu ḥey ha'olamim
oter yisra'el betifarah.

Blessed are you, THE IMAGELESS, our God, life of all the worlds, who made me in your image.

Baruḥ atah adonay eloheynu ḥey ha'olamim
she'asani betzalmo.

Blessed are you, THE FREE, our God, life of all the worlds, who made me free.

Baruḥ atah adonay eloheynu ḥey ha'olamim
she'asani ben/bat ḥorin.

Blessed are you, THE ANCIENT ONE, our God, life of all the worlds, who made me of the people Israel.

Baruḥ atah adonay eloheynu ḥey ha'olamim
she'asani yisra'el.

Blessed are you, RENEWING ONE, our God, life of all the worlds, who gives strength to the weary.

Baruḥ atah adonay eloheynu ḥey ha'olamim
hanoten laya'ef ko'ah.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
הַמְכִּין מִצְעָדֵי גְבֵר:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
שֶׁעָשָׂה לִי כָּל צְרֻכֵי:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
שֶׁעָשָׂנִי בְּצַלְמוֹ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
שֶׁעָשָׂנִי בֶן/בַּת חוֹרִין:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
שֶׁעָשָׂנִי יִשְׂרָאֵל:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
הַנּוֹתֵן לַיָּעָף כֹּחַ:

Blessed are you, THE ARCHITECT, our God, the sovereign of all worlds, who shaped the human being with wisdom, making for us all the openings and vessels of the body. It is revealed and known before your Throne of Glory that if one of these passage-ways be open when it should be closed, or blocked up when it should be free, one could not stay alive or stand before you. Blessed are you, MIRACULOUS, the wondrous healer of all flesh.

ELOHAI

אֱלֹהֵי נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא:
 אַתָּה בְּרָאתָה אֶתְּהָ יִצְרָתָה אֶתְּהָ נִפְחָתָה בִּי וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי
 אֲשֶׁר יֵצֵר אֶת הָאָדָם בְּחִכְמָה וּבָרָא בּוֹ נְקֻבִים נְקֻבִים חֲלוּלִים חֲלוּלִים:
 גְּלוּי וְיָדוּעַ לִפְנֵי כֹסֵא כְבוֹדְךָ שְׂאֵם יִפְתַּח אַחֵר מֵהֶם אוֹ יִסְתֵּם אַחֵר
 מֵהֶם אֵי אֶפְשֶׁר לְהִתְקִים וּלְעֲמֹד לְפָנֶיךָ:
 בְּרוּךְ אַתָּה יְהוָה רֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

Elohai elohai neshamah shenatah li tehorah hi
 Elohai elohai neshamah shenatah li tehorah hi

Atah beratah atah yetzartah atah nefachtah bi
 Ve'atah meshamrah meshamrah bekirbi.

Elohai elohai neshamah shenatah li tehorah hi

Asher yatzar et ha'adam bechochmah } 2X
 Uvarah bo nekavim nekavim
 Chalulim chalulim.

Galui veyadu'ah lifnei chiseh chevodechah
 Sheyim yifate'ach echad mehem oyisatem echad mehem
 I efshar lehitkayem vela'amod lefanechah
 Baruch atah adonai rofeh chol basar umafli la'asot.

My God, the soul you gave to me is pure. You have created it, you shaped it, and you breathed it into me, and you preserve it deep inside of me. And someday you will take it from me, restoring it to everlasting life.

As long as spirit breathes in me, I offer thanks before you, BREATH DIVINE, my God, God of my ancestors, the master of all deeds, and source of every life. Blessed are you, THE HOLY SPIRIT, in whose possession is the breath of every living thing, the animation of all flesh.

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—
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 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, from *Healing of Soul, Healing of Body: Spiritual Leaders Unveil the Strength & Solace in Psalms*, edited by Rabbi Simkah Y. Weintraub, CSW, pp. 101–102.

A PRAYER FOR HEALING

In my illness, Lord, I turn to You, for I am your creation.
Your strength and courage are in my spirit,
And Your powers of healing are within my body.
May it be Your will to restore me to health.
In my illness I have learned what is great and what is small.
I know how dependent I am upon You.
My own pain and anxiety have been my teachers.
May I never forget this precious knowledge when I am well again.
Heal me, Lord, and I shall be healed, save me and
I shall be saved.
Comfort me, Lord, and shelter me in Your love.
Blessed are You Lord, the faithful and merciful Healer. Amen

— Rabbi Jim Michaels, in *The National Jewish Post & Opinion*, January 21, 2009

B'YADO

Byado afkid ruch
B'eit ishan v'a'ira
V'imruchi g'viyati
Adonai li v'lo ira

—Music by Ruth Belonsky

My soul I give to You,
My spirit in Your care.
Draw me near
I shall not fear,
Hold me in Your hand.
Draw me near
I shall not fear,
Safely in Your hand.

—Craig Taubman

FOR THE CAREGIVERS

May the One who blessed and led our ancestors be with those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, and endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessings of community and faith in each hour of each passing day.

AL TASTEIR

Don't hide Your face from me
I'm asking for your help
I call to You—please hear my prayers, O God
If You would answer me as I have called to You
Please heal me now
Don't hide Your face from me.

—Music by Debbie Friedman; lyrics based on Psalm 27:9

MEDITATION

LET US NOW SURROUND OURSELVES WITH THE ANGELS/MESSENGERS IN OUR LIVES WHO OFFER US THE SUPPORT, UNDERSTANDING, CONNECTION AND HEALING THAT WE ALL LONG FOR....WE CAN TAKE WITH US THE CARING AND COMPASSION OF THOSE IN THIS ROOM, ALL OF US WHO HAVE COME TOGETHER FOR OUR OWN NEEDS AND TO JOIN IN THE POWERFUL EXPERIENCE OF PRAYING AND SINGING TOGETHER, AND IF WE FEEL STRONG ENOUGH, WE CAN OFFER SOME OF OUR CONCERN AND LOVE TO THE ENERGY IN THIS ROOM...

ANGEL SONG

In the name of God, God of Yisrael
May Michael be on my right; on my left, Gabriel
Uriel before me; behind me, Raphael
And over me, surrounding me, shechinat El

B'shem Adonai Elohei Yisrael
Mimini Micha'el u'mismoli Gavriel
U'milfani Uriel, u'm'acharai Rafael
V'al roshi, v'al roshi shechinat-El

—Music by Shlomo Carlebach

THE ANGELS' BLESSING

Mi'ymini Michael, umismoli Gavriel,
Umil'famai Urieil, umeiachorai R'faeil,
V'al roshi Sh'china (4x)

May our right hand bring us closer to our Goliness.
May our left hand give us strength to face each day.
And before us may our visions light our paths ahead.
And behind us may well-being heal our way.

All around us is Shechinah (4x)



—Music by Debbie Friedman

WE ARE LOVED

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.

—Rabbi Rami Shapiro

SHEMA

שמע ישראל יהוה אלהינו יהוה אחד

ברוך שם כבוד מלכותו לעולם ועד:

ואהבת את יהוה אלהיך בכל לבבך ובכל נפשך ובכל מאורך:
והיו הדברים האלה אשר אנכי מצוה היום על לבבך:
ושונתם לבניך ודברתם גם בשבתך בביתך ובילכתך בדרך
ובשכבך ובקומך: וקשרתם לאות על ירך והיו לטטפת בין
עיניך: וכתבתם על מזוזות ביתך ובשעריך:

Shema yisra'el adonay eloheynu adonay ehad.

Baruh shem kevod malhuto le'olam va'ed.

Ve'ahavta et adonay eloheha

behol levaveha uvhol nafsheha uvhol me'odeha.

Vehayu hadevarim ha'eleh asher anohi metzaveha hayom al
levaveha,

Veshinantam levaneha vedibarta bam

beshivteha beveyteha uvlechteha vadereh uvshohebeha
uvkumeha.

Ukshartam le'ot al yadeha vehayu letotafot beyn eyneha.

Uhtavtam al mezuzot beyteha uvishareha.

Listen, Israel: THE ETERNAL is our God, THE ETERNAL ONE
alone!

Blessed be the name and glory of God's realm forever!

And you must love THE ONE, your God, with your whole heart,
with every breath, with all you have. Take these words that I
command you now to heart. Teach them intently to your
children. Speak them when you sit inside your house or walk
upon the road, when you lie down and when you rise. And bind
them as a sign upon your hand, and keep them visible before
your eyes. Inscribe them on the doorposts of your house and on
your gates.



STORY



KOL HA-OLAM KULO

כָּל הָעוֹלָם כְּלוֹ Kol ha'olam kulo
גֶּשֶׁר צָר מְאוֹד gesher tzar me'od
וְהֵעִקָּר לֹא לִפְחֹד כְּלָל: vaha'ikar lo lefahed kelal.

The entire world is a very narrow bridge.
The essential thing is to have no fear at all.

Attributed to Nahman of Bratzlav



SILENT READINGS

PRAYING

Let my heart contain the presence of the divine
the energy of my life opening
to the past and the present
giving me hope
for the future
let this moment ease the pain
of my emptiness
and fill it with the light
hidden within me
listen to the silent yearnings
and carry me

—Rabbi Jonathan Aaron

WHEN YOU LOVE

When you love,
Give it everything you have,
And when you have reached your limit—
Give it more,
And forget the pain of it
Because, when you face your death,
It is only the love you have given and received
Which will count;
And all the rest—
The achievements, the struggles, the fights—
Will be forgotten
In your reflection;
And if you have loved well
Then it will have been worth it,
And the joy of it
Will last you through the end,
But if you have not—
Then death will always come too soon—
And be too terrible to face.

- Anonymous

WITHIN EACH OF US

Within each of us, I believe, there lies a space that is as indestructible as a sacred scroll. A holy, eternal space that can't be altered or tarnished. A space of purity and wisdom. It is in this space that we find the inner resources and the strength to rebuild our lives after tragedy. Not even death can have dominion over it. When we die, it soars upward back to God just like the letters of the Torah. Call it the soul, the life breath, the spirit. We all have access to it. It is the seat of God within each of us. Not the God of my childhood fantasies who comes to our rescue like Superman. Not the God who can prevent evil or cure disease. But the God who can heal us by being beside us in our suffering. The God who gives us strength to dream once more. The God who assures each and every one of us, You are not alone, I am with you.

A Prayer:

When I feel tainted, God, remind me that I am holy.
When I feel weak, teach me that I am strong.
When I am shattered, assure me that I can heal.
When I am weary, renew my spirit.
When I am lost, show me that You are near.

Amen

—Rabbi Naomi Levy

IN PRAISE

God, You've given me
The physical, emotional
And spiritual will
To overcome so many obstacles
that have risen before me.
How many times have
I have feared what I perceived to be
Impossible, hopeless, situations
And withstood them-
And discovered creative solutions
Through, which to surmount
And master them.
You've strengthened me
Again and again.
I know that You will never fail me.

AS ONE APPROACHES SURGERY (OR CRISIS)

God, You are here with me in my moments of strength and of weakness.
You know the trembling of my heart as the turning point draws near.

Grant wisdom and skill to the mind and hands of those who will operate
on me, and those who assist them. Grant that I may return to fullness of
life and wholeness of strength, not for my sake alone but for those about
me. Enable me to complete my days on earth with dignity and purpose.
May I awaken to know the breadth of Your healing power now and ever-
more.

My spirit I commit to You, my body, too and all I prize; Both when I sleep
and when I wake, You are with me; I shall not fear.

FOLLOWING AN OPERATION

Loving God, Your healing power has saved me. You have sustained me in
my weakness, supported me in my suffering, and set me on the road to
recovery. By Your grace, I have found the strength to endure the hours of
distress and pain. God, give me patience and peace of mind. Help me,
after I have recovered to express gratitude for all Your mercies by greater
devotion to Your service.

Ba-ruch a-ta, A-do-nai, ro-fei ha-cho-lim.



MI SHEBEIRACH

May the One who blesses all Life, bless and heal
these 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.

—Rabbi Leila Gal Berner

Mi shebeirach avoteinu
M'kor hab'racha 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 habrachah 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

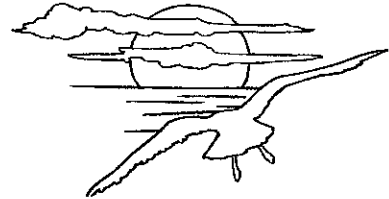
—Debbie Friedman & Rabbi Drora Setel

**WE STAND IN A CIRCLE AND PASS THE TORAH FROM PERSON TO
PERSON, DRAWING POWER AND STRENGTH FROM OUR SACRED
TRADITION AND FROM THE PEOPLE AROUND US.**

OVERCOMING LOSS

Dear God,
Suddenly I'm alone; I'm in pain.
As I search for some source of comfort
the world—
the world so full, so bustling—
seems so empty now.
It's cold
and it's frightening
in this hollow that is me—
in this hollow that once brimmed
with confidence and joy.
God, pull me back—
Back to the world of the living,
back to a life of action
and human relationships.

—from *The Gentle Weapon: Timeless Wisdom*
from Rebbe Nachman of Breslov



LIVING IN THE MOMENT

Rabbi Nachman of Breslov taught:

Think only about today. Think only about the present day and the present moment. When someone wants to start serving God, it seems too much of a burden to bear. But if you remember that you only have today, it won't be such a burden. Don't put off serving God from one day to the next, saying, 'I'll start tomorrow—tomorrow I'll pray with proper concentration.' All a person has is the present day and the present moment. Tomorrow is a whole different world.

—*Likutey Moharan* 1:272

KADDISH

It is customary for mourners, and those observing Yahrzeit, to stand for Kaddish. In some congregations everyone rises.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךָ
מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיָמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְנָא
קָרִיב וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא בְּרִידָהּ הוּא

לְעֵלְא (לְעֵלְא *On Shabbat Shuvah add:*) מִן כָּל בְּרַבְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנִחְמַתָּא דְאִמְרִין בְּעַלְמָא וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:
עוֹשֵׂה שְׁלוֹם בְּמִרְוֵמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל
כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן:

Reader: Yitgadal veytkadash shemey raba
be'alma divra hirutey veyamlif malhutey
behayeyhon uvyomeyhon uvhayey dehol beyt yisra'el
ba'agala uvizman kariv ve'imru amen.

Congregation: Yehey shemey raba mevarah le'alam ulalmey almaya.

Reader: Yitbarah veyishtabah veyitpa'ar veyitromam veyitnasey
veyit-hadar veyitaleh veyit-halal shemey dekudsha berif hu
le'ela (*On Shabbat Shuvah add:* le'ela) min kol birhata veshirata
tushbejata venehemata da'amiran be'alma ve'imru amen.

Yehey shelama raba min shemaya vehayim aleynu ve'al kol
yisra'el ve'imru amen.

Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol
yisra'el ve'al kol yoshvey tevel ve'imru amen.



IN PRAISE OF THE LIVING

Yitgadal ve'yitkadash shemey raba
This profound praise of the living
Praise for the generous gift of life.

Praise for the presence of loved ones,
the bonds of friendship, the link of memory.

Praise for the toil and searching,
the dedication and visions, the ennobling aspirations.

Praise for the precious moorings of faith,
for courageous souls, for prophets, psalmists, and sages.

Praise for those who walked before us,
the sufferers in the valley of shadows,
the steadfast in the furnace of hate.

Praise for the God of our fathers,
the Source of all growth and goodness,
the Promise of which we build tomorrow.

Yitgadal ve'yitkadash shemey raba
This, the profound praise we offer.
Praise for the generous gift of life.