

Mi Shebeirach for Healing

We pray for the recovery of all who are facing illness or pain.

We join our prayers with all who love them.

Grant them renewed strength and courage.

Strengthen in them the healing powers You have placed within us all.

Guide the hearts and hands of those who are entrusted with their care.

May the One who blessed our ancestors, Abraham and Sarah, Isaac and Rebekkah, Jacob, Leah, and Rachel, bless all who are ill.

Grant them a *r'fu-ah sh'lei-mah*, a complete recovery of body and spirit.

ברוך אתה ה' רופה החולים

Ba-ruch a-tah A-do-nai, ro-feh ha-cho-lim.

We praise You, Eternal God, the Source of healing and health.

ANI V'ATAH

Ani v'atah n'shaneh et haolam,
ani v'atah, az yavo-u k'var kulam.

אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם,
אָנִי וְאַתָּה, אִזְ יָבוֹאוּ כְּבָר כְּלָם.

Amru et zeh kodem l'fanai,
(zeh) lo m'shaneh
ani v'atah n'shaneh et haolam.

אָמְרוּ אֶת זֶה קֹדֶם לְפָנַי,
(זֶה) לֹא מִשְׁנֶה
אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.

Ani v'atah n'naseh meihat'chalah;
yih'yeh lanu ra, ein davar, zeh lo nora.

אָנִי וְאַתָּה נִנְסֶה מִהַתְּחִלָּה;
יְהִיֵּה לָנוּ רַע, אֵין דָּבָר, זֶה לֹא נוֹרָא.

We will change the world, you and I, then everyone

We will change the world, though they said it can't be done.

We'll start from beginning. Yes, it's hard, but we've got to try.

We will change the world, everyone and you and I.

Circle Chant

Circle round for freedom,
circle round for peace.
For all of us imprisoned,
circle for release.

Circle for the planet,
circle for each soul.
For the children of our children,
keep the circle whole¹.

Olam Chesed Yibaneh²

Olam chesed yibaneh עולם חסד יבנה (4x)

I will build this world from love... yai dai dai
And you must build this world from love... yai dai dai
And if we build this world from love... yai dai dai
Then God will build this world from love... yai dai dai

Kavvanah (Insight) for Candle Lighting

Why do we circle our hands three times when we light the Shabbat candles?
Our mystical tradition teaches that every human soul has three elements:
Nefesh - body, the breath of life that animates our being;
Ruach - mind, our consciousness;
Neshamah - spirit, our connection to the infinite.
Entering Shabbat with our entire self - body, mind, spirit / *nefesh, ruach, neshamah* -
we circle our hands three times
and with each circle, draw in another part of our being.

¹ Words and music by Cantor Linda Hirschhorn

² Hebrew from Psalm 89:3; additional words and music by Rabbi Menachem Creditor