



# A Kavanah for the Healers

FACILITATED BY:

Rabbi Steven Wernick  
*Senior Rabbi*

Rabbi Robyn Fryer Bodzin  
*Associate Rabbi*

Cantor Sidney Ezer  
*Cantor*

Aviva Chernick  
*Artist-in-Residence*



# A Healer's Prayer for Physicians and All Healers

by **Rabbi Naomi Levy** — Talking to God, page 122, 2002

Open my eyes, God; let no symptom of illness elude me.

Steady my hands, God; shield me from fear, anxiety, and impatience. Teach me to breathe deeply, to find peace, calm, and clarity even in the most stressful situations.

Open my heart, God; remind me that my compassion is as essential as my precision.

Open my mind, God; shelter me from distraction, bless me with insight, curiosity, and the humility to ask for help.

Open my arms, God; remind me that even when I have no cure to offer, precious healing resides in the touch of my hands.

Open my mouth, God; place wisdom on my tongue, bless me with words that are clear and kind, honest and encouraging.



# A Healer's Prayer for Physicians and All Healers

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Open my ears, God; teach me to listen with my entire being.

When I am overwhelmed and exhausted, when I feel as if I have no more to give, be my strength, God, renew my spiritual, revive my soul.

I am humbled by the miracles that unfold before me each day: miracles of nature, miracles of medicine, miracles of the human spirit, miracles that lie beyond my comprehension.

I thank you, God, for entrusting me with the sacred calling.

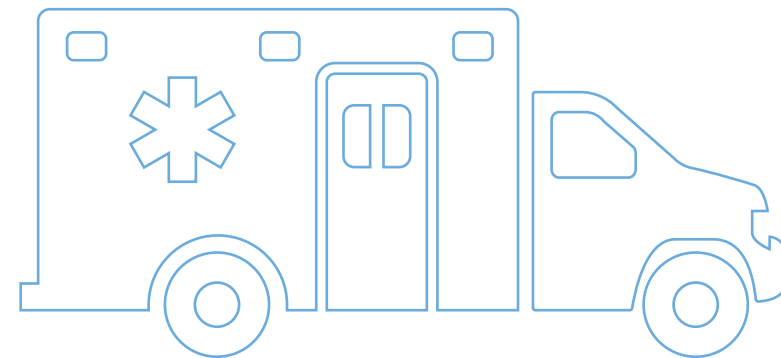
# Mi Shebeirach

by **Debbie Friedman**

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.





# A Prayer for the Health and Healing of Healers

by **Rabbi Ayelet S. Cohen**— March 2020

May the One who blessed our ancestors

Bless all those who put themselves at risk to care for the sick

Physicians and nurses and orderlies, technicians and home health aides,  
EMTs and pharmacists

And bless especially, an individual or other categories of health workers,

Who navigate the unfolding dangers of the world each day,

To tend to those they have sworn to help.

# A Prayer for the Health and Healing of Healers

by **Rabbi Ayelet S. Cohen**— March 2020

Bless them in their coming home and bless them in their going out.

Ease their fear. Sustain them.

Source of all breath, healer of all beings, protect them and restore their hope.

Strengthen them, that they may bring strength;

Keep them in health, that they may bring healing.

Help them know again a time when they can breathe without fear.

Bless the sacred work of their hands.

May this plague pass from among us, speedily and in our days.

# A Prayer of Hope During this Pandemic

by *Rabbi Naomi Levi*

We are frightened, God,  
Worried for our loved ones,  
Worried for our world.  
Helpless and confused,  
We turn to You  
Seeking comfort, faith and hope.

Teach us God, to turn our panic into patience,  
And our fear into acts of kindness and support.  
Our strong must watch out for our weak,  
Our young must take care of our old.  
Help each one of us to do our part to halt the spread of  
this virus.

Send strength and courage to the doctors and nurses  
In the frontlines of this battle,  
Fortify them with the full force of their healing powers.

Send wisdom and insight to the scientists  
Working day and night across the world to discover  
healing treatments.  
Bless their efforts, God.  
Fill our leaders with the wisdom and the courage  
To choose wisely and act quickly.  
Help us, God, to see that we are one world,  
One people  
Who will rise above this pandemic together.

Send us health God,  
Watch over us,  
Grace us with Your love,  
Bless us with Your healing light.  
Hear us God,  
Heal us God,  
Amen.



# The Oath of Maimonides

The Eternal has appointed me to watch over the life and health of Your creatures. May the love for my art actuate me at all times; may neither avarice nor miserliness, nor thirst for glory or for great reputation engage my mind; for the enemies of truth and philanthropy could easily deceive me and make me forgetful of my lofty aim of doing good to Your children.

May I never see in the patient anything but a fellow creature in pain.

Grant me the strength, time and opportunity always to correct what knowledge I have acquired, always to extend its domain; for knowledge is immense and the spirit of humanity can extend indefinitely to enrich itself daily with new requirements.

Today may I discover my errors of yesterday and tomorrow let me obtain a new light on what I think I am sure of today.

Oh, God, You have appointed me to watch over the life and death of Your creatures; here am I ready for my vocation and now I turn unto my calling.



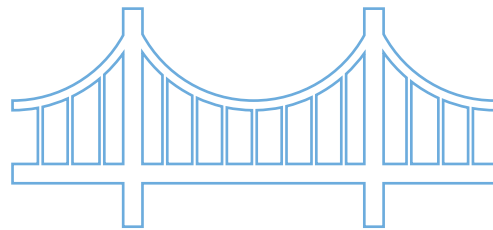
# Kol Ha'Olam Kulo (The Whole World)

Lyrics **Rabbi Nachman of Breslov**; Music **Rabbi Baruch Chait**;

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Kol Ha'Olam Kulo

Kol ha'olam kulo  
Gesher tzar me'od  
Veha'ikar lo lifached k'lal.



The Whole World

The whole world  
is a very narrow bridge  
and the main thing is to  
have no fear at all.

כל העולם כולו

כל העולם כולו  
גשר צר מאד  
והעקר לא לפחד כלל

## Nachamu, Nachamu (Comfort Us)

נַחֲמוּ נַחֲמוּ עַמִּי יֹאמֶר אֱלֹהֵיכֶם :

Nachamu, nachamu ami,  
Yomar Eloheichem.  
(repeat)