

**Contemplative Service**  
**Bend the Arc Conference - Pursuing Justice 2020 - Online**  
**Led by Rabbi Amy Eilberg - May 4, 2020**

Entering into Prayer and Silence

*Ma nora hamakom hazeh*

How awesome is this place!

This is none other than the house of God and this is the gateway to heaven.

(Genesis 28:17)

Introduction to Contemplative Service (on zoom)

The Blessings of Body and Breath

*Asher yatsar et ha'adam b'chochmah, uvara ve nekavim nekavim, chalulim chalulim.*

Blessed are You, Nameless One, our God, sovereign of all worlds,  
Who shaped the human being with wisdom, creating for us all the  
openings and vessels of the body.

*Elohai neshama shenatata bi tehora hi. Ata berata ata yetsarta ata nefachta bi. V'ata m'shamra b'kirbi.*

My God, the Soul which You gave me is pure. You created it, You  
formed it, You breathed it into me; You guard it within me.

Words of Gratitude

*Ashrei yosh'vei veitecha*

*Od yehallucha sela.*

Happy are those who dwell in Your house.

They will ever praise You.

(Melody, Rabbi Shefa Gold)

Gathering as Community: *Bar'chu*

Blessing for Creation

*Mah gadlu ma'asecha Yah*

*Mod amku mach'sh'votecha.*

How vast are Your works, O God.

Your designs are beyond our grasp.  
(Melody, Rabbi Shefa Gold)

Blessing of Love

*Ahavah verachamim hesed v'shalom*  
Love, compassion, kindness and peace  
(by Bon Singer)

Shema

*Sh'ma Yisra'el Adonai Eloheinu Adonai Echad*  
Hear O Israel, Adonai our God, Adonai is One.

Help from Beyond/Within

*Ozi vezimrat Yah; vayehi li liy'shu'a.*  
God/The One is my strength and my might;  
God/The Ground of Being is my deliverance. (Exodus 15:2)

Open my Lips for Prayer

*Adonai sefatay tiftach ufi yagid tehilatecha*  
O God, open my lips, that my mouth may speak your praise.

Amidah

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Prayer for Healing

*Mi Shebeirach avoteinu, Mekor hab'racha limoteinu*  
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, Mekor hab'racha lavoteinu,*  
Bless those in need of healing with *refu'ah sheleimah*  
The renewal of body, the renewal of spirit,  
And let us say, Amen.

(Music by Debbie Friedman, lyrics by Debbie Friedman and Drorah Setel)

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Kaddish

*Yitgadal v'yitkadash sh'mei raba  
b'alma di v'ra chirutei,  
v'yamlich malchutei,  
b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael,  
baagala uvizman kariv,  
v'imru: Amen.*

*Yhei sh'mei raba m'varach  
l'alam ul'almei almaya.*

*Yitbarach v'yishtabach v'yitpaar  
v'yitromam v'yitnasei,  
v'yit hadar v'yitaleh v'yit halal  
sh'mei d'kud'sha b'rich hu,  
leila min kol birchata v'shirata,  
tushb'chata v'nechemata,  
daamiran b'alma, v'imru: Amen.*

*Yhei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael, v'imru: Amen.  
Oseh shalom bimromav, Hu yaaseh shalom aleinu, v'al kol Yisrael, v'imru: Amen.*

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**Prayer for a Pandemic**

By Cameron Wiggins Bellm

May we who are merely inconvenienced  
Remember those whose lives are at stake.

May we who have no risk factors  
Remember those most vulnerable.

May we who have the luxury of working from home  
Remember those who must choose between preserving their health or  
making their rent.

May we who have the flexibility to care for our children when their schools  
close

Remember those who have no options.

May we who have to cancel our trips  
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic  
market

Remember those who have no margin at all.

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country,

let us choose love.

During this time when we cannot physically wrap our arms around each  
other,

Let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

### Closing Prayer

יום אִירָא אֲנִי אֵלֶיךָ אֶבְטָח:  
*Yom ira ani Eilecha evtach.*

In the (very) day that I fear,  
I will put my trust in You. (Psalm 56:4)  
(Melody, Rabbi Shefa Gold)