

Contents

Spiritual needs have a great range. We may need to invoke Awe, seek some clarity of feeling, question God or in some other way nourish a yearning that may often seem wordless. This Table of Contents reflects a range of life circumstances in which are embedded spiritual response. You may find that a prayer outside of your own circumstances articulates something about your own spiritual need nonetheless. We encourage you to engage this Table of Contents for both its listing of specific prayers and to explore where a prayer that might otherwise appear unrelated to you can respond to your spiritual need. We hope that this kind of spiritual empathic stretch will bring us all closer to one another.

ACKNOWLEDGMENTS	xiii
A NOTE ON USAGE	xvii
PREFACE	xix
Part I: Building a Tent of Healing	1
Traditional <i>Mi Shebeirach</i> (male)	2
Traditional <i>Mi Shebeirach</i> (female)	3
Debbie Friedman's <i>Mi Shebeirach</i>	4
<i>Mi Shebeirach</i>	5
Prayer for Comfort and Healing	6
Meditation on Healing	7
Prayer for God's Love	8
Psalm Eighty-Five	10
Prayer for Mercy	12
Needing Help	13

The Plague of Darkness	14
Take My Hand	15
Surround Me with Stillness	16
Psalm One Hundred Ninety-Nine	17
When Fears Multiply	18
Parents' <i>Mi Shebeirach</i> for a Child	19
A Child's <i>Mi Shebeirach</i>	20
A Prayer for Those Who Help	21
A Medical Practitioner's Prayer	22
Part II: <i>Entering a Tent of Healing</i>	23
ADAPTING	24
On Being Unable to Participate in Jewish Life	24
On Being Distant	25
WAITING FOR NEWS	26
On Anxiety	26
New Chances	27
Today Has Been So Hard	28
SURGERY	29
Prayer for Surgery	29
A Prayer for One Approaching Surgery or Crisis	30
A Child's Surgery	31
<i>Asher Yatzar</i> (The One Who Forms)	32
UNDERGOING TREATMENT OR PROCEDURE	33
For Beginning Treatment	33
For Ongoing Treatment	34
Prayer before Chemotherapy	36
Upon Conclusion of Treatment	37

Choosing to End Treatment	38
Hopeless	39
Abortion	40
RECOVERY	41
<i>Birkat HaGomeil</i> (For One Who Has Escaped Peril)	41
On Coming Out of Dark Places	42
Like a Wave Arising	43
On Recovery	44
A Prayer for Transitioning Gender	45
PREGNANCY/BIRTH	46
A Prayer during a Difficult Pregnancy	46
Celebrating a Healthy Birth	47
Blessing for a Premature Birth	48
PREGNANCY LOSS	49
Things That Are Not to Be	49
On Miscarriage or Stillbirth	51
INFERTILITY	52
A Prayer When One Experiences Infertility	52
A Prayer for Accepting Infertility and Exploring Adoption	53
Accepting Infertility	54
Accepting Infertility: For a Man	55
TRANSPLANT	56
Before a Transplant	56
After a Transplant	58
GOING HOME	59
Prayer for Going Home	59
<i>T'flat HaDerech</i>	60

<i>Shehecheyanu</i>	60
Prayer for Renewing Connections with God	61
END OF LIFE	62
Entering into Hospice	62
Upon Entering into Hospice	63
Hospice Prayer	65
<i>Vidui</i>	66
Forgiveness	68
For One Near Death	69
Final Confessional Prayer	71
<i>Vidui</i>	73
Ending Life Support / Making an End-of-Life Decision	75
Part III: <i>Living in a Tent of Healing</i>	77
CHRONIC ILLNESS	78
Many Are My Heart's Distresses	78
<i>Mi Shebeirach</i> for Chronic Illness	79
DEMENTIA	80
Upon Receiving a Diagnosis of Dementia	80
Facing Dementia	81
TRANSITIONS	82
Entering a Long-Term Care Facility	82
Saying Good-bye after a Visit	83
EATING DISORDERS	84
Blessing before Eating for Those Struggling with an Eating Disorder	84
ADDICTION AND RECOVERY	85
Addiction	85

Entering Rehab	86
When Medication May Challenge Sobriety	87
INCARCERATION	89
Before Incarceration	89
For One Imprisoned	90
MENTAL ILLNESS	91
A Prayer of Healing for Mental Illness	91
TRAUMA	92
Seeking Comfort in Distress	92
AFTERWORD	93
ADDITIONAL RESOURCES	94
For Further Reading	94
Organizations	97
Healing Centers	98
Organizations Outside North America	98
SOURCES	100
THE EDITOR	107

Note: *Some of the readings end with the word “amen”. “Amen” is potent in our tradition in part because it typically underscores a communal affirmation that the words uttered are embedded with a spiritual desire for Divine consideration. “Amen” appears here in both those readings in which the piece itself inherently assumes a group may be present, and where it reflects the author’s stylistic consideration. However, “amen” can be an appropriate response to any of the readings should the private reader desire.*