



Edgware & Hendon
Reform Synagogue
ק"ק לדור ודור

National Day of
Reflection
23 March

A 20-Second Prayer During Handwashing

As I take up my hands
to wash them and
reassure my heart,
I pray for healing and wholeness
for the whole world.
I remember that every life
is unique and of infinite value:
from those living
on the most remote part of the globe
to those in our cities
to our neighbors and family members.
Let me use my hands for good
to help bring love
and compassion to others.
“Let us lift up
our hearts and hands
to the Eternal.” (Lam 3:41)

ReformJudaism.org

Prayers for Sunday March 29th, 2020

For the layers of comfort and convenience that surrounded our lives and that we never considered a blessing but always just took for granted, forgive us.

For we who must grieve in isolation and not in community, comfort us.

For we who care for the sick, protect us.

For the ability to turn off the fear-mongering and unhelpful commentary and worst-case scenario click bait, strengthen us.

For the times when we are all out of creative ideas for how to get through this with cooped up kids, inspire us.

For we who are now cutting our own hair at home, guide us.

For the grace to allow ourselves and others to just be less productive, shower us.

For the generosity needed from those of us who have more resources, empower us.

From our own selfish inclinations, deliver us.

For just being your children, none of whom have done a global pandemic before, love us.

For the days ahead, accompany us.

God unbound by time, help us to know that you are already present in the future we are fearing.

AMEN.

-Nadia Bolz-Weber

Our God, and God of all people:
God of the rich and God of the poor;
God of the healthy, and God of the afflicted;
God of those with healthcare, and God of the undocumented;
God of the hoarder, and God of the helper;
God of those who have no God.

We are acutely aware of the gnawing unease that has been inspired by a global pandemic. Everywhere we look, we see apprehension and uncertainty unleashed all around us. The impact of this illness is very real. Its presence is felt every time we wash our hands, clear our throats or flinch in response to someone coughing behind us.

A virus cannot be seen by the human eye – and yet it makes its presence known in the empty classrooms and cancelled events that increasingly are becoming the norm around our city, state, nation and throughout the world.

It inspires fear as we await news of its arrival in our midst. We struggle to avoid contact with our faces and abandon all gestures of human touch that, just last month were expressions of friendship and affection.

The virus has shown us the worst of behaviours; hoarding, profiteering and racism against the Asian community.

But along with the ugliness, we also have seen simple beauty:

- Outpourings of caring and concern;
- Communities coming together to ensure that the frailest among us will be safe and secure;
- Doctors, nurses and healthcare workers who have laboured in dangerous conditions in order to care for their patients;
- Researchers and students who valiantly search for cures and vaccines to stem the tide of infection.
- Individuals giving up their time to feed or to vaccinate others

The Psalmist wrote: “Who may ascend the mountain of the Eternal? Who may stand in God’s holy place? Those with clean hands and a pure heart.” (Psalm 24:3-4)

We pray that, as we wash our hands (for 20 seconds – no less...) we also might strive to find You, O God – in our hearts our hopes and our homes.

Eternal One: Bless all who come together to create sacred place here.

We pray for healing of those who are affected. We pray that those who are healthy will remain so. We pray that this crisis will end and that lives and livelihoods will be spared.

And let us say: *Amen* *Adapted from the words of RABBI JOSEPH R. BLACK March 12, 2020*

A Prayer to mark the National Day of Reflection

One year since the first national lockdown

Shabbat Tzav/Ha-Gadol 5781

El malé rachamim, shochein bam'romim – O God, full of compassion, exalted God – in the stillness of this moment, one year since the first national lockdown, we remember with love those who have been taken from us on account of Covid-19 or from other causes. We think of those who died alone in hospitals or care homes, of loved ones unable to say farewell, or observe the ceremonies of mourning and grief. We pay tribute to all those who accompany the dying on their final journey and who care for the sick with compassion and grace.

We give thanks for those who have worked tirelessly to create a vaccination that will bring protection to our lives and the lives of those we love.

And we reflect on the past year: on its privations and privileges. We have become more aware of food poverty and educational disadvantage, of domestic abuse and racism, of the divisions that exist between us. But our eyes are also open to the beauty of our world, of the cycle of life and death, of the preciousness of the earth and all that exists on it, in its waters and in its air.

Our communities have provided a refuge and stronghold in uncertain times of fear and tension. They have connected us with each other and have given us cause for gratitude for the blessings of prayer and music, friendship and laughter, learning and celebration.

As we celebrate the festival *Pesach*, this evening, may its story of slavery and freedom fill us with courage and hope. Soon may we emerge from the narrow straits of this lockdown, strengthened by a sense of God's steadfast love and compassion. And in time to come, when our children ask us, what did this year mean to you? Let us answer and say, it is because of this that we must bind up the wounds of the broken-hearted and find a way to heal that which divides us. It is because of this that we must give what we can to others, and with gracious acceptance, be the recipients of the kindness of others. *Keyn yehi ratzon. Amen.*

Alexandra Wright

מִי 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.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

מִי *Mi sheberach avoteinu,*
M'kor hab'racha l'immoteinu

מִי Bless those in need of healing
with *r'fuah sh'leimah*,
the renewal of body,
the renewal of spirit,
and let us say: Amen.

מִי שֶׁבֵרַךְ אֲמוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

מִי *Mi sheberach immoteinu,*
M'kor hab'racha la-avoteinu

The souls of the righteous are in the hands of God and no harm shall come to them. God, source of compassion, You give life in which joys and sorrows are mingled, and send death with its promise of eternal peace.

We remember all those who once shared with us the joys and challenges of life, but who have been taken from us during this last year, when we could not mourn or comfort one another as we wanted and needed to.

We thank You for all You gave to our loved ones during their lives. *Zichronam Livrachah*—may the memory of their love and guidance be a source of enduring blessing. In loving memory we sanctify Your name and say:

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 uviz'man kariv. V'im'ru: Amen.

Y'hei 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,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma. V'imru: Amen.

Y'hei 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.

יְתַגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ,

וְיִמְלִיךְ מַלְכוּתְהָ,

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזָמַן קָרִיב וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא,

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,

תְּשַׁבְּחָתָא וְנַחֲמָתָא,

דְאָמִירוּן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

EXALTED and hallowed be God's great name

in the world which God created, according to plan.

May God's majesty be revealed in the days of our lifetime

and the life of all Israel — speedily, imminently, to which we say Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded

be the name of the Holy Blessed One, beyond all earthly words and songs of blessing,
praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel.

to which we say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel.

To which we say Amen.

Travellers Prayer

יְהִי מַלְפָּנֶיךָ יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁתוּלִיכֵנו
לְשָׁלוֹם וְתַצְעִידֵנוּ לְשָׁלוֹם
וְתַדְרִיכֵנוּ לְשָׁלוֹם וְתַנַּחֵנוּ
אֶל-מְחוּז חֶפְצֵנוּ לְחַיִּים וְלִשְׂמֹחָה
וְלִשְׁלוֹם. וְתַצִּילֵנוּ מִכָּף כָּל-אוֹיֵב
וְלִסְטִים וְחַיּוֹת רָעוֹת בַּדֶּרֶךְ
וּמִכָּל-מִינֵי פְרַעֲנִיּוֹת הַמְתַּרְגְּשׁוֹת
וּבָאוֹת לְעוֹלָם. וְתִשְׁלַח בְּרָכָה
בְּכָל-מַעֲשֵׂה יָדֵינוּ וְתַתְּנֵנוּ לְחֵן
וְלַחֲסֵד וְלִרְחֻמִּים בְּעֵינֶיךָ וּבְעֵינֵי
כָל-רוֹאֵנוּ וְתִשְׁמַע קוֹל תַּחֲנוּנֵנוּ
כִּי אֵל שׁוֹמֵעַ תִּפְלָה וְתַחֲנוּן אַתָּה:
בְּרוּךְ אַתָּה יְהוָה שׁוֹמֵעַ תִּפְלָה:

יְהִי מַלְפָּנֶיךָ יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁתוּלִיכֵנו
לְשָׁלוֹם וְתַצְעִידֵנוּ לְשָׁלוֹם
וְתַדְרִיכֵנוּ לְשָׁלוֹם וְתַנַּחֵנוּ
אֶל-מְחוּז חֶפְצֵנוּ לְחַיִּים וְלִשְׂמֹחָה
וְלִשְׁלוֹם. וְתַצִּילֵנוּ מִכָּף כָּל-אוֹיֵב
וְלִסְטִים וְחַיּוֹת רָעוֹת בַּדֶּרֶךְ
וּמִכָּל-מִינֵי פְרַעֲנִיּוֹת הַמְתַּרְגְּשׁוֹת
וּבָאוֹת לְעוֹלָם. וְתִשְׁלַח בְּרָכָה
בְּכָל-מַעֲשֵׂה יָדֵינוּ וְתַתְּנֵנוּ לְחֵן
וְלַחֲסֵד וְלִרְחֻמִּים בְּעֵינֶיךָ וּבְעֵינֵי
כָל-רוֹאֵנוּ וְתִשְׁמַע קוֹל תַּחֲנוּנֵנוּ
כִּי אֵל שׁוֹמֵעַ תִּפְלָה וְתַחֲנוּן אַתָּה:
בְּרוּךְ אַתָּה יְהוָה שׁוֹמֵעַ תִּפְלָה:

הִנֵּה מַה טוֹב וּמַה נְעִים שְׁבֵת אַחִים גַּם יַחַד

Hinneh mah tov umah na'im Shevet achim gam yachad

Behold how good and how pleasing it is for us all to sit together in unity.