



Alexander JFS

The Velva G. & H. Fred Levine
Jewish Chaplaincy Program

A joint project with Jewish Federation of Greater Houston



May these Jewish prayers
comfort you and bless you with a
R'fuah Shleimah





Artwork by Celebration Company's Alexis

When lying in a hospital bed, we can experience a range of emotions.

Anything we feel is legitimate and real.

Guided by our Jewish tradition of Bikkur Cholim, visiting the sick, our Chaplaincy program is here to assist you in finding strength and hope.

We want to be your partner on your journey to recovery and healing.

While your medical team focuses on your physical needs, we can be your partner in supporting your emotional and spiritual needs and helping you stay connected to the community and traditions that are meaningful to you.

We hope that the prayers and readings in this booklet are a source of comfort, peace and strength.

This prayer booklet has the sacred name of the Divine printed in it. Out of respect, we are using spiritual words and the abbreviation G-d. This booklet should be treated, according to Jewish custom as a holy document. When you have finished using it, please do not throw it in the trash. Please speak to your clergy or the Jewish chaplain to learn how to dispose of it.

The artwork in this booklet was produced by the members of Celebration Company at Alexander Jewish Family Service of Houston. Celebration Company is a social program that provides empowering opportunities to adults with disabilities. They create high quality products and art that celebrates the joy of life. To learn more, visit Alexanderjfs.org

And if we are numb, that is acceptable as well.

May your stay in the hospital be as brief as possible,

and may you receive the answers and the treatment you need.

May your doctors and nurses give you the best of care.

May your pain be lessened.

May your spirits be uplifted.

And may your quality of life only improve.

Amen



Shema

Artwork by Celebration Company's Leona

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד:

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, the Lord is our G-d, the Lord is One.

Recite the following verse in an undertone:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch Shem k'vod malchuto l'olam va-ed.

Blessed is G-d's glorious majesty forever and ever.



Morning Prayer

Artwork by Celebration Company's Faith

Asher Yatzer

Blessed is our Eternal G-d, Creator of the universe, who has made our bodies with wisdom, combining veins, arteries, and vital organs into a finely balanced network. Wondrous Fashioner and Sustainer of life, Source of our health and our strength, we give You thanks and praise.



Artwork by Celebration Company's Neville



Prayers before surgery or a procedure

Artwork by Celebration Company's Ian

My G-d, *Harachamim*, O Merciful One, please spread your wings of protecting love around me as I go into this surgery/procedure. Please guide the hands and minds of those who will be operating on me. Please return me to wholeness of strength and fullness of life. Bless me with a *R'fuah Shleimah*, a complete healing.



Artwork by Celebration Company's Mackenzie

יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ:

*Yi-vare-che-cha Adonai
vi-yish-mi-recha.*

May G-d bless you and protect you.

יָאֵר ה' פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ:

*Ya'er Adonai panav elecha
vee-chu-neka.*

May G-d illumine the Divine Presence for you extending grace to you.

יִשָּׂא ה' פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם:

*Yee-sa Adonai panav elecha
vi-ya-sem lecha shalom.*

May G-d lift you up with the Divine Presence granting you shalom, peace.



Prayers for Healing, Inspiration and Meditation

Photo by Celebration Company's Ellen

Prayer is a tool of transformation. It is a step into the mystery, the unknown. Life is larger than we can even imagine.

Your prayer is a conversation with G-d.
G-d can handle your full range of feelings.
Let your unique heart and soul speak.

בְּרוּךְ אַתָּה ה', רוֹפֵא הַחֹלִים.

Baruch ata, Adonai, rofei ha-cholim.

We praise you, O G-d, healer of the sick.

גַּם זֶה יַעְבוֹר.

Gam ze ya'avor.

This too shall pass. (Kohelet)

בְּרוּךְ אַתָּה ה', מְקוֹר הַחַיִּים.

Baruch ata Adonai, m'kor hachayim.

Blessed are You, Holy One, who gives and
renews life.

ה' לִי וְלֹא אֵירָא.

Adonai lee, v'lo e-rah.

G-d is with me, I will not fear.

(from song "Adon Olam")

כִּי־אַתָּה עִמָּדִי.

"Ki ata imadi."

For You are with me. (Psalm 23)

Give ear, O Eternal, to my prayer,
Heed my plea for mercy.

In my time of trouble, I call You,
For You will answer me. (Psalm 86:5-7)

Remember: things can go from the very
worst to the very best...in just a blink of the
eye. (Rabbi Nachman of Breslov)

Breathe in Health, Exhale illness.
Breathe in Strength, and Exhale weakness.
Breathe in Courage, Exhale fear.
Breathe in Hope, and Exhale despair.



Prayer for Coping

Photo by Celebration Company's Faith

O Lord, you know me, my feelings, my thoughts.

I want to feel better. I want to go home.
I want to be restored to complete health.

But the days are so long. I get no sleep.
There are so many tests and still no answers. I am concerned about my future.
Please give me patience enough not to become discouraged, hope enough to overcome all fears for the future, and faith enough to know Your Presence.



Prayers of Gratitude

Artwork by Celebration Company's Faith

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַגּוֹמֵל לְחַיִּימָם טוֹבוֹת שְׂגִמְלָנִי כָל טוֹב.

*Baruch ata Adonai, Elokeinu melech
ha'olam, ha gomel l'hayavim tovot sheh-
g'malani kol tuv.*

Blessed are you, Eternal One, Source of
blessing, who in your inscrutable way
watches over the worthy and the wayward
for having given me abundant kindness by
shielding me from harm.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁחַיֵּינוּ וְקִיָּמָנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה.

*Baruch atah, Adonai Elokeinu,
Melech ha'olam, shehecheyanu, v'kiy'manu,
v'higiyanu lazman hazeh.*

Blessed are you, Source of life, who has
given us life, sustained us, and allowed us
to reach this precious moment.



Prayer for Caregivers

Artwork by Celebration Company's Jeffery

Prayer 1

May the One who blessed our Mothers and Fathers before us be present to those who provide help for the ill and troubled among us. Gird families and friends with strength, courage and fortitude. Endow them with compassion, sympathy, and endurance when they struggle with fatigue, anxiety and despair.

Grant wisdom to those who probe the deepest complexities of your world as they labor in search for treatments and cures. Let them know the blessing of loving another, the renewal of faith and the experience of Your unending love.

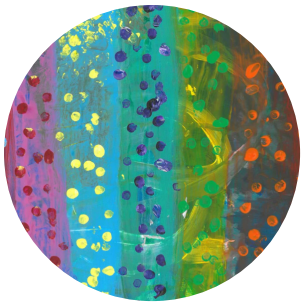
Prayer 2

I thank you Creator of all, for the family, friends, nurses and doctors who have been taking care of my body, mind and soul. They are my angels of healing and health. They have given me the motivation to get through the difficult hours of testing, diagnoses, and treatments. They have helped me to have more patience and understanding.

Grant them continued wisdom, insight and strength and fill their hearts with love, kindness and compassion so that they find hope in Your love.



Photo by Celebration Company's Becca



Angel Blessing

Artwork by Celebration Company's Neville

B'shem A-do-nai
E-lo-hei Yis-ra-el
Mi-mi-ni Mi-cha-el
U-mis-mo-li Gavriel
U-mi-l'fa-nai U-ri-el
U-mei-a-cho-rai R'fa-el
V'al ro-shi Sh'chi-nat El

בְּשֵׁם ה'
אֱלֹהֵי יִשְׂרָאֵל
מִיְמִינִי מִיְכָאֵל
וּמִשְׁמָאלִי גַבְרִיאֵל
וּמִלְפָּנַי אֲוִרִיאֵל
וּמֵאַחֲרַי רַפָּאֵל
וְעַל רֹאשִׁי שְׁכִינַת אֵל

Michael = love, kindness

Gavriel = strength, resilience, discernment

Uriel = what lights our way, hopes for the future, what life hopes for you.

R'fael = healing, that which is incomplete becomes complete, moving toward wholeness.

Shechinah = G-d's imminent presence, present at the head of the bed of one who is sick.

In the name of our loving Protector:

May the angel Michael be at your right

And the angel Gabriel be at your left

And in front of you the angel Uriel

And behind you the angel Rafael

And above your head the Shechinah
(Divine Presence).



Hashkiveinu

Photo by Celebration Company's Elyse

Grant, O G-d, that we lie down in peace,
And raise us up, our Guardian, to life renewed.

Spread over us the shelter of Your peace.

Guide us with Your good counsel; for Your Name's
sake, be our help.

Shield and shelter us beneath the shadow of
Your wings.

Defend us against enemies, illness, war,
famine and sorrow.

Distance us from wrongdoing.

For You, G-d, watch over us and deliver us.
For You, G-d, are gracious and merciful.

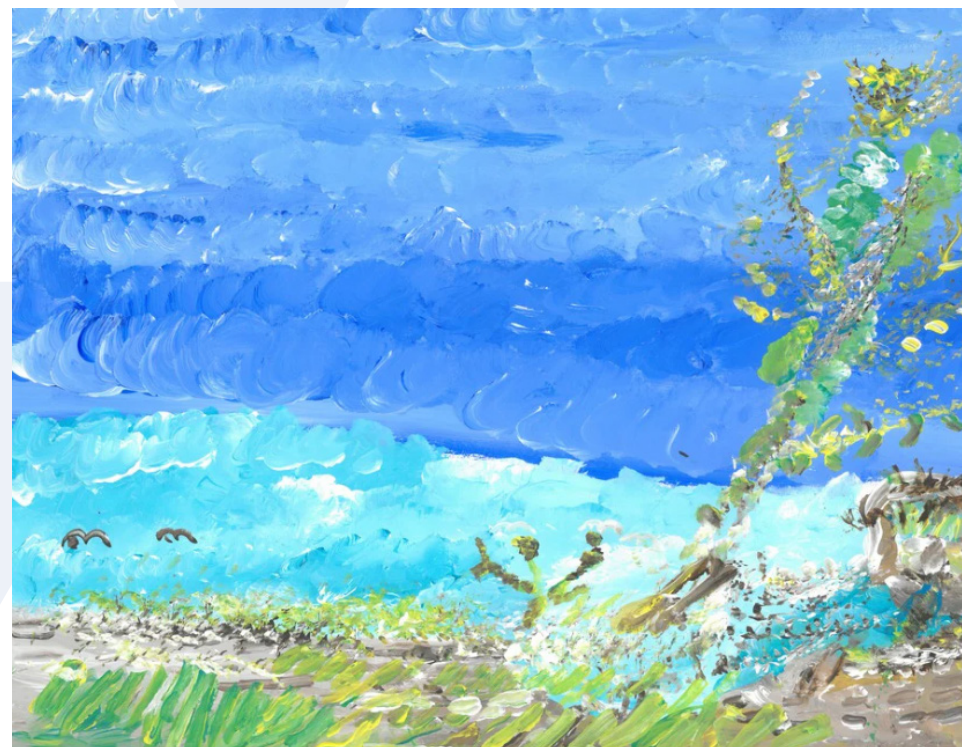
Guard our going and coming, to life and to
peace, evermore.

Blessed are you, Adonai, Guardian of Israel, whose
shelter of peace is spread over us, over all Your
people Israel, and over Jerusalem.

*Mishkan T'Filah, a Reform siddur, Central Conference of
Reform Rabbis 2007*

Pause & Reflect

Look at this image and take the time to
reflect on what it stirs within you. Let it
guide your thoughts, your prayers, or simply
invite stillness.



Artwork by Celebration Company's Neville

Notes



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History of the Jewish Chaplaincy Program

Since 1965, the Houston Jewish Chaplaincy Program has served thousands of Jewish patients, their families and caregivers who come to the Texas Medical Center from all over the world.

Originally, chaplaincy services were provided by volunteers, and the program was coordinated by the Jewish Federation of Greater Houston. Due to changes in patient needs and an increase in the number of patients, the program has been expanded and reorganized. The program is now administrated by the Alexander Jewish Family Service.

The program is professionally staffed by full-time chaplains. Additionally, a dedicated group of volunteers make hospital visits.

Our primary purpose is to provide emotional and spiritual support to those in need by providing comfort and encouragement during a time of stress, change or crisis.

This program is recognized by the hospitals of the Texas Medical Center as the official coordinator of comprehensive services specifically addressing the spiritual needs of the Jewish people dealing with illness.



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A United Way partner

