



LITURGY FOR CONCERNS REGARDING THE CORONAVIRUS

All documents are copyright © Central Conference of American Rabbis, unless otherwise noted. All rights reserved. Not to be distributed, sold, or copied without express written permission.

TABLE OF CONTENTS

A Blessing for Washing Hands During a Pandemic	1
Trisha Arlin	
On Anxiety	2
Rabbi Chaim Stern	
When Fears Multiply	3
Rabbi Hershel Matt	
Prayer for God’s Love	4
Rabbi Rami Shapiro	
A Prayer for Medical Scientists	5
Alden Solovy	
A Prayer for Those Who Help	6
Susan Feldman	
A Medical Practitioner’s Prayer	7
Rabbi Eric Weiss	
Healing from Coronavirus	8
Alden Solovy	

A Blessing for Washing Hands During a Pandemic

As we wash our hands
We pray,
Blessed is the Soul of the Universe,
Breathing us in and breathing us out.
May our breaths continue
And our health and the health of all
Be preserved
In this time of sickness and fear of sickness.
Holy Wholeness,
We take as much responsibility for it as we can
By observing the obligation to wash our hands,
Using lots of soap and hot water,
Thoroughly:
For as long as it takes to say this prayer.
Amen

On Anxiety

Adonai, You abide though all things change. I am anxious and fearful, and I turn my heart to You, looking to You and leaning on Your strength.

It is written, “Blessed is the one whose strength is in You.” Bless me now with faith and courage. Help me to feel that You are with me, steadying and sustaining me with the assurance that I am loved. Be with me and bring me hope, that in the days to come, my aspirations may be fulfilled for my good and the good of those I love who depend on me. Banish my fears with the sense that You are always present, to uphold and sustain me, as it is written, “Have no fear, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with the power of My righteousness” (Isaiah 41:10). Amen.

By Rabbi Chaim Stern, from *Mishkan R'fuah: Where Healing Resides*. Copyright © 2013 by the Central Conference of American Rabbis. All rights reserved. Not to be distributed, sold, or copied without express written permission. Originally appeared in *On the Doorposts of Your House*, Revised Edition © 1994, 2010 by the Central Conference of American Rabbis, p. 163.

When Fears Multiply

When fears multiply
And danger threatens;
When sickness comes,
And death confronts us—

It is God's blessing of *shalom*
That sustains us
And upholds us,

Lightening our burden,
Dispelling our worry,
Restoring our strength,
Renewing our hope—
Reviving us.

By Rabbi Hershel Matt, from *Mishkan R'fuah: Where Healing Resides*. Copyright © 2013 by the Central Conference of American Rabbis. All rights reserved. Not to be distributed, sold, or copied without express written permission.

Originally appeared as “*Hashkiveinu*” in *Raayanot* 3, no. 2 (Spring 1983) © by the Reconstructionist Rabbinical Association. Used by permission.

Prayer for God's Love

We are loved
by an unending love.
We are embraced
by arms that find us
even when
we are hidden from ourselves.
We are touched
by fingers that soothe us
even when
we are too proud for soothing.
We are counseled
by voices that guide us
even when
we are too embittered to hear.

We are loved
by an unending love.
We are supported
By hands that uplift us even in
the midst of a fall.

We are urged on by eyes that meet us
even when
we are too weak for meeting:

We are loved by an unending love.
Embraced, touched, soothed, and counseled . . .
ours are the arms, the fingers, the voices;
ours are the hands, the eyes, the smiles;
we are loved
by an unending love.

By Rabbi Rami Shapiro, from *Mishkan R'fuah: Where Healing Resides*. Copyright © 2013 by the Central Conference of American Rabbis. All rights reserved. Not to be distributed, sold, or copied without express written permission. Used by permission.

A Prayer for Medical Scientists

God of wisdom,
Bless medical scientists and researchers around the world
With insight and skill, dedication and fortitude,
As they combat coronavirus,
So that their work yields knowledge and understanding,
Speedily finding a vaccine, treatments and deterrents to its spread.
Source of life,
Grant public health and government officials
The strength to act swiftly and decisively,
With compassion and understanding,
In service to humankind,
Fighting this outbreak
And the other diseases that still plague the planet,
Diseases threatening the lives of our brothers and sisters,
Nations and communities,
Young and old.
Rock of Ages,
Bring an end to disease and suffering,
So that all may know
Your compassion and Your grace.

בְּרוּךְ אַתָּה יי, רוֹפֵא כָּל בָּשָׂר, וּמַפְלִיא לַעֲשׂוֹת.

Baruch atah Adonai, rofeh chol basar, umafli laasot.

Praised are You God, healer of flesh, maker of wonders.

A Prayer for Those Who Help

May the One who blessed and led our forebearers give countenance unto those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessing of community and the blessing of renewed faith.

By Susan Feldman, from *Mishkan R'fuah: Where Healing Resides*. Copyright © 2013 by the Central Conference of American Rabbis. All rights reserved. Not to be distributed, sold, or copied without express written permission. Adapted from the liturgy: *Service of Healing* created at Congregation Sha'ar Zahav of San Francisco, 1988. Used by permission.

A Medical Practitioner's Prayer

God, uniquely created in Your image, I have used my gifts and talents, my training and experience, to bring my skills to support healing. As I begin this procedure/examination, may I fully appreciate that the work of my hands reflects the work of Yours. May my attentiveness reflect the trust placed in me by each patient, my colleagues, and You. May my work reflect the best I have to offer from the depth of my mind and soul. May the blessing of life and love be ever present to my patients and myself. Amen.

By Rabbi Eric Weiss, from *Mishkan R'fuah: Where Healing Resides*. Copyright © 2013 by the Central Conference of American Rabbis. All rights reserved. Not to be distributed, sold, or copied without express written permission. Used by permission.

Healing from Coronavirus

Source of healing,
Cast the light of health and well-being
On those who've been exposed to coronavirus,
Those who have contracted the disease
And those -- God forbid -- who contract the disease in the future.
Bless them, protect them and bring them speedily to full recovery.
Bless all who are ill
With healing of body
Healing of soul
And healing of spirit.

בָּרַךְ אֲתָהּ יְיָ, מִקּוֹר חַיִּים.

Baruch atah Adonai, m'kor chayim.

Blessed are You Adonai, source of Life