

The Twin Cities Jewish Healing Program (TCJHP) is a program of Jewish Family and Children's Service of Minneapolis (JFCS). This program serves Jewish individuals and their families encountering life-altering medical situations who are looking for a spiritual connection, but are unaffiliated with a synagogue. The Healing Program has created a vital partnership with Twin Cities hospitals, nursing homes and hospices in an ongoing effort to provide culturally-sensitive care and spiritual support to their Jewish patients.

**Contact TCJHP at:**  
Jewish Family and Children's Service of Minneapolis  
5905 Golden Valley Rd, Golden Valley, MN 55422  
www.jfcsmpls.org 952-546-0616

This booklet was compiled and printed by Jewish Family and Children's Service of Minneapolis. For more copies please contact us at 952-546-0616.

♥ Here for all. *Always.*

## ABOUT JFCS

### OUR MISSION

Jewish Family and Children's Service of Minneapolis provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need.

We are proud to say that for more than a century, JFCS has provided programs, services, and support for thousands in the Jewish and broader communities. We provide career services, children and family services, community engagement, counseling and mental health support, and senior services.

Our staff is highly trained and professional, providing individualized and culturally sensitive, confidential care that incorporates best practices. Repairing the world one person at a time, a central value of Judaism, informs our work and mission. Above all, our staff are compassionate and experienced. We are here for you when you need us, for many years to come.

## SOME OF OUR SERVICES

### COUNSELING AND MENTAL HEALTH SUPPORT

Highly skilled, licensed therapists, social workers, and case managers work with care and compassion to address the challenges people face throughout their lives.

### SENIOR SERVICES

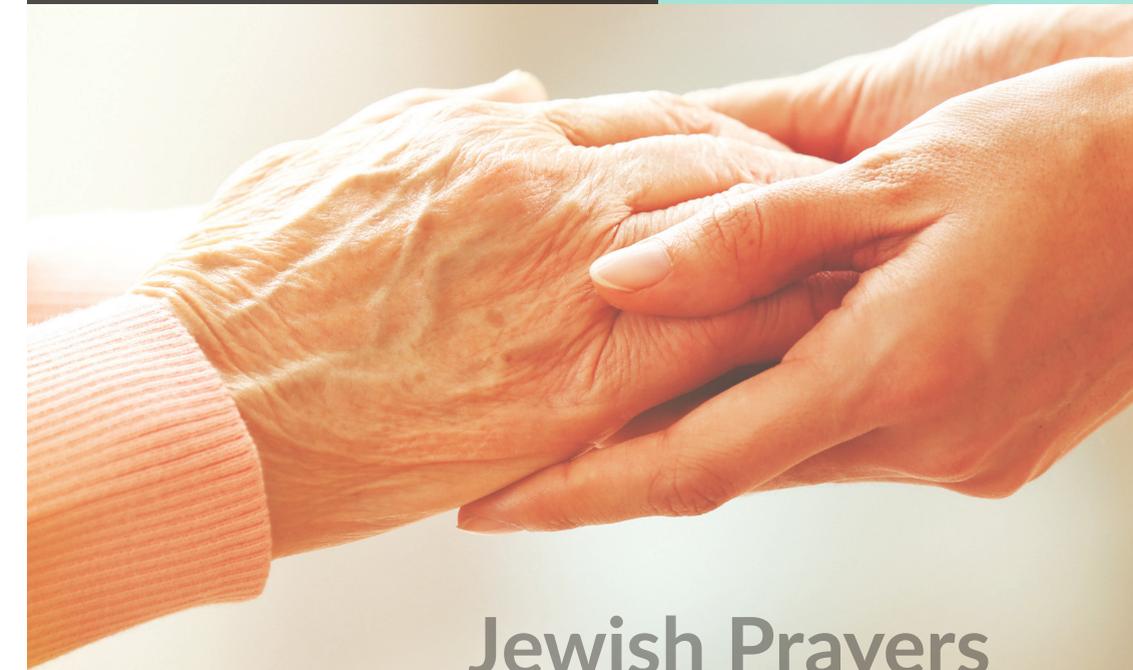
JFCS' Senior Services support the dignity and independence of older adults, offering numerous services that center on providing highly-personalized care with boundless compassion. We work to ensure safe, supported and independent living at home; resources, education and respite for caregivers; and advocacy for issues that impact seniors in the community.

Visit [www.jfcsmpls.org](http://www.jfcsmpls.org) for a full list of services.

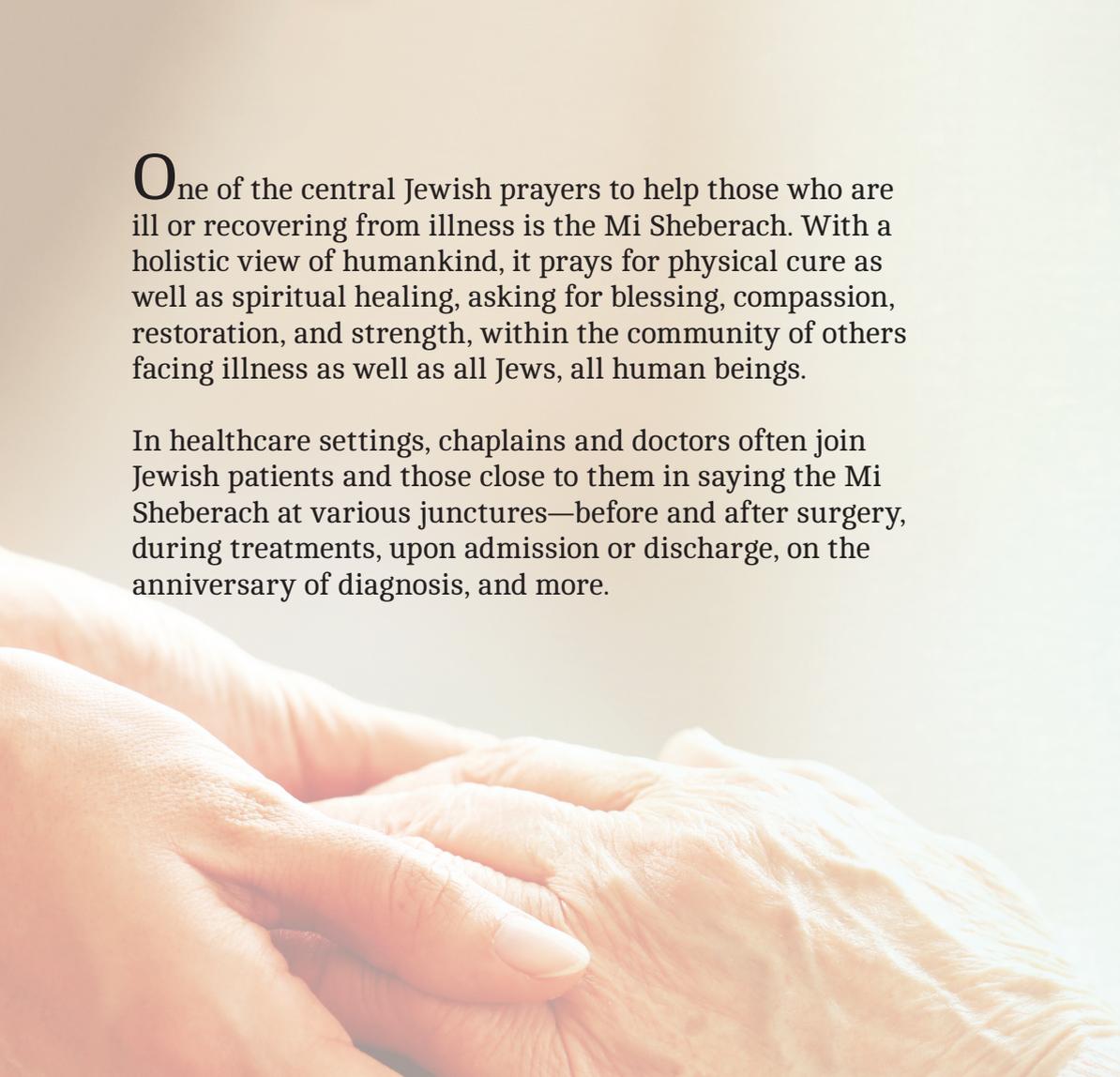
We can help. } 952-546-0616  
*Just call JFCS.*



Twin Cities Jewish  
Healing Program



Jewish Prayers  
& Reflections  
on Healing



One of the central Jewish prayers to help those who are ill or recovering from illness is the Mi Sheberach. With a holistic view of humankind, it prays for physical cure as well as spiritual healing, asking for blessing, compassion, restoration, and strength, within the community of others facing illness as well as all Jews, all human beings.

In healthcare settings, chaplains and doctors often join Jewish patients and those close to them in saying the Mi Sheberach at various junctures—before and after surgery, during treatments, upon admission or discharge, on the anniversary of diagnosis, and more.

## Mi Sheberach in English Translation

May the One who blessed our ancestors —  
Patriarchs Abraham, Isaac, and Jacob,  
Matriarchs Sarah, Rebecca, Rachel, and Leah —  
bless and heal the one who is ill:  
\_\_\_\_\_ son/daughter of \_\_\_\_\_.

May the Holy Blessed One  
overflow with compassion upon him/her, to restore him/her,  
to heal him/her,  
to strengthen him/her,  
to enliven him/her.  
The One will send him/her, speedily,  
a complete healing —  
healing of the soul and healing of the body — along with all  
the ill,  
among the people of Israel and all humankind, soon,  
speedily,  
without delay,  
and let us all say: Amen!

## Contemporary Mi Sheberach

by Debbie Friedman

Mi shebeirach avoteinu  
M'kor hab'racha l'imoteinu  
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  
M'kor habrachah l'avoteinu  
Bless those in need of healing with r'fuah sh'leimah,  
The renewal of body, the renewal of spirit, and let us say,  
Amen

## Reflection

It is natural to be frightened when we become ill. We feel vulnerable. We worry; we want to know that everything will turn out all right. We sometimes feel alone even when loved ones are by our side. The illness lies within us, and we wonder if anyone can exactly know how we feel. Prayer has the power to transform our fear into faith. It reminds us that we are never alone...and that no matter what this unpredictable world sends our way...we can find the strength (we need).

Rabbi Naomi Levy