



Mi Shebeirach

Mi Shebeirach avoteinu, M'kor hab'rachah 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 hab'rachah la'avoteinu.
Bless those in need of healing, with r'fuah sh'leima.
The renewal of body, the renewal of spirit.
And let us say - Amen.

-Debbie Friedman