For A Healthier Tomorrow

Great Spirit,
Thank you for another day in which I can spread my wings like the eagle, Gathering wisdom and strength to make life’s changes for a healthier tomorrow. Through working the body and taking time to enjoy each other and passing time.

Great Spirit,
We thank you for your blessings that have provided healthy foods to nourish our bodies. May we learn to appreciate and not take for granted all that we now know to make us healthier. May we be open to accept change that will benefit not only ourselves, but our children as well.

Great Spirit,
Thank you for the sweet rewards that come from the soil that we work with our hands. May the rewards be plentiful as our families grow healthier, to live longer and healthier lives.

Great Spirit,
Thank you for our family and friends. May we continue to grow as one community for a healthier tomorrow, Through supporting and sharing in time of need and joy.

Great Spirit,
And thank you for each and every day that we can enjoy the blessing that you have given to us.

Georgia Perez
Healing Presence
Dear God,
When our lives are interrupted by the unexpected, we turn our thoughts toward you.
When our health is less than perfect, we turn our hope toward you.
And if our hope waivers, we choose to trust in you.
Lord, you have walked before us through the Dark Night.
Enlighten our path with healing—physical, emotional, and spiritual.
Today embrace us with your grace, your wisdom and your healing presence of Love.
Amen.

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Gates of the Home
“In sickness I turn to You, O God, as a child turns to a parent for comfort and help.
Strengthen within me the wondrous power of healing that You have implanted in Your children. Guide my doctors and nurses that they may speed my recovery. Let the knowledge of Your love comfort my dear ones, lighten their burdens, and renew their faith.

May my sickness not weaken my faith in You, nor diminish my love for other human beings. From my illness may I gain a truer appreciation of life’s gifts, a deeper awareness of life’s blessings, and a fuller sympathy for all who are in pain.

Baruch ata, Adonai, rofei hacholim.
Blessed is the Lord, the Source of healing.
Amen.

From the prayer book “Gates of the Home” by the Central Conference of American Rabbis, 1976