

Helping the Helpers Get Through Coronavirus:
A Conversation with our Medical Community and Their Families

Sunday, April 12, 2020

1. *Hard Times Come Again No More* by Stephen Foster

Let us pause in life's pleasures and count its many tears,
While we all sup sorrow with the poor;
There's a song that will linger forever in our ears;
Oh, hard times come again no more.

While we seek mirth and beauty and music light and gay,
There are frail forms fainting at the door;
Though their voices are silent, their pleading looks will say
Oh, hard times come again no more.

Chorus:

'Tis the song, the sigh of the weary,
Hard times, hard times, come again no more.
Many days you have lingered around my cabin door;
Oh, hard times come again no more.

'Tis a sigh that is wafted across the troubled wave,
'Tis a wail that is heard upon the shore
'Tis a dirge that is murmured around the lowly grave
Oh, hard times come again no more.

Chorus

2. *Prayer for the Healers* by Rabbi Ayelet Cohen

May the One who blessed our ancestors
Bless all those who put themselves at risk to care for the sick
Physicians and nurses and physician assistants, orderlies
Technicians and home health aides
EMTs and pharmacists
Hospital social workers and respiratory therapists

Who navigate the unfolding dangers of the world each day,
To tend to those they have sworn to help.
Bless them in their coming home and bless them in their going out.
Ease their fear. Sustain them.
Source of all breath, Healer of all beings,
Protect them and restore their hope.
Strengthen them, that they may bring strength;
Keep them in health, that they may bring healing.

Help them know again a time
When they can breathe without fear.
Bless the sacred work of their hands.
May this plague pass from among us,
Speedily and in our days.

3. *Mi Shebeirach l'Holim* by Debbie Friedman

Mi she'beirach avoteinu, Makor ha'bracha 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 she'beirach imoteinu, Makor ha'bracha l'avoteinu

Bless those in need of healing with refuah shleimah
The renewal of body, the renewal of spirit,
And let us say, Amen.

4. *Yehi Shalom* by Shlomo Carlebach

יְהִי־שְׁלוֹם בְּחֵילְךָ שְׁלוֹם הַבְּאֲרָמֹנוֹתֶיךָ:

Yehi shalom b'chelech, shalva b'armenotayich.

May there be peace within your walls, tranquility in your palaces. - Psalms 122:7

5. *Oseh Shalom*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav, Hu ya'aseh shalom aleinu, v'al kol Yisrael, v'imru, Amen

May the One who makes peace on high
bring peace to us and all of Israel, and let us say, Amen.