

Rabbi Lewis' Message for December, 2009

When we were invited by Rabbi Robin Nafshi of the Ohr Tikvah Jewish Healing Center to co-host a **Healing Service** during Chanukah, I remembered back to our [last Healing Service](#) four years ago. In the course of that service, we dedicated our lift. Since that time, the lift has become a part of our temple's daily life. We have many members who never knew our temple without it. And we have many members who were not here for that Healing Service. Four years ago in this space, I included an explanation of Healing Services so people knew what to expect. At the time, this is what I wrote:

"I participated in my first Healing Service about ten years ago at a UAHC Biennial and have been part of many more since then. I had forgotten any apprehension I might have felt until a Temple member asked me: "For whom is the service intended? People who are seriously and/or chronically ill, sick at heart, recently injured?" She wondered if she should attend or if she would be uncomfortable. I am grateful to her for reminding me that Healing Services are so new that they require some explaining.

"What is a healing service? The simplest definition is; any service where healing takes place. A service of healing provides a place to pray, reflect and meditate. It makes a communal connection for those who are coping with illness, trauma, assault, grief or for families, caretakers, loved ones of those who need healing. For our purpose, it consists of Jewish liturgy (niggunim, psalms, blessings, prayers and Kaddish) and may include non-traditional activities such as communal sharing or stories. At the service one may gain spiritual strength through listening, reflection, meditation and prayers or just by knowing that you are not the only one on such a journey." Chris and Dave Wattenberg, Healing/Spirituality Network of CAJE.

Our Healing Service is for anyone and everyone, for the sick and the ones who care for the sick, for the recovering and the healthy, for those who want to feel the support of the community and for those who want to do the supporting.

"What is Healing? For this discussion we use it is a journey. It takes a person from where they are to a place of ease, from dis-ease to ease. Some think that healing means to return to where they were before the problem, whatever that problem is, started. They can never get back to that point, in fact they can never get back to where they were five minutes ago. At the end of a healing journey they should be better than they were when they started." Chris and Dave Wattenberg, CAJE.

What if you don't feel like you personally are in need of healing? Then come for those who need you.

"Who are healers? Anyone can be a healer. Most people are healers and are not aware or refuse to use the title. A parent, who hugs an injured child and makes them feel better so that they can start the healing process, is a healer. The friend who attends a house of shiva, so that the people know they are being supported and can start to move on in their lives, is a healer. The teacher, who helps a student to realize his or her special gifts and starts to rebuild self esteem, is a healer." Chris and Dave Wattenberg, CAJE."

Someone asked me this week if children are welcome. The answer is yes, although it might help you to know in advance that this is not a service geared toward younger children. It is a quiet contemplative service that allows for individual introspection in the midst of community.

We will be joined by the rabbis of two Flemington congregations, Rabbi Joe Forman of [Or Chadash](#) and Rabbi Evan Jaffe of the [Flemington JCC](#). The service is open to anyone who lives in the area of the [Jewish Federation of Somerset, Warren and Hunterdon Counties](#). Chanukah is a time of spiritual rededication. Come join us for healing and renewal.

Rabbi Ellen J. Lewis