



Yom Kippur Healing and Meditation Service Thursday, September 16 at 12:45pm Prerecorded Service on YouTube

Words of prayer are repositories of the spirit. It is only after we kindle a light in the words that we are able to behold the riches they contain. It is only after we arrive within a word that we become aware of the riches our own souls contain.

~Rabbi Abraham Joshua Heschel, *Man's Quest for God*

by Jane Sloven

Many years ago, one of my teachers told me that the observance of Jewish holidays was not simply an enactment of ritual, but an opportunity to part the veils between worlds—to step through time and space and enter the original essence of the transformative experiences of our ancestors. He was deeply steeped in Jewish mysticism and affirmed something I already knew—that the veils between worlds are thin, that help is always available to us, we just have to ask. Help might not come in the form we prefer, but help will come if we ask and open ourselves to receive.

Our Healing and Meditation service is crafted to offer multiple ways of connecting with the underlying unity of existence—ways to enter a state of coherence, to sit within the hum of the universe—with the intimate essence of God's presence.

This worship experience can help us find joy even in the midst of today's challenging circumstances. COVID-19 has made it difficult to deny the fragility of our existence, the fact that we are souls inhabiting a precious body which is inherently impermanent. It is powerful to have COVID-19 coincide with our annual High Holy Day reckoning—our examination of the ways we've missed the mark and our prayers to be remembered in the Book of Life for another year.

Our Healing and Meditation service is crafted to help us connect with something far greater than our small selves. It offers openings for encounters with the ever-present enlivening field of presence that underlies existence. Some of us call this presence God, or The Holy One of Blessing, or Adonai, or El, El Yon, Yechida, or Shechinah. These are all aspects of the One, the underlying palpable Source of all.

When we are able to enter this unified field of humming vibration and holiness it is inherently healing. Our worship service presents a variety of entry points to that experience—guided meditations, prayers, poems, and song. Please join us and discover which pathways take you into that unified field of wholeness. Let yourself be carried through openings to the sacred and the healing that experience provides.

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