

The tragedy of pain
Is we overlook its aim
Of leaving us humble and wise
Oh, how shallow
Of man to wallow
In misery and not realize

That gold, so pure, is in fire proved
And oil from olive by crushing removed
'tis so with all things of worth
So differ from the rest
Be strong is life's test
And make of ordeal, rebirth

—Zahavi

Dear Friend:

The above poem gives expression to our age-old Jewish conviction that there is purpose and meaning to all our experiences. Pain and anguish, discomfort and difficulty are all part of the bundle of life. Handled maturely, these can become valuable growth points.

Being compelled to confront our own vulnerability is, no doubt, unsettling. There is a discernible silver lining, though. We emerge more appreciative, taking life's special gifts less for granted. Often, we rededicate ourselves to using our precious time more wisely and then a wondrous transformation occurs. Very quickly, we find ourselves more sensitive and sensible, certainly less arrogant. We've become better people, better Jews. The soul has been healed along with the body.

May G-d grant you a complete and speedy recovery and may you enjoy many meaningful years in good health and cheerful spirit.

Rabbi Shliach Shliachovitch
CHAPLAINCY

P.S. Would you like a special prayer to be said for you in the synagogue? Just call us and we will be happy to arrange it for you.

One Good Deed



There are things that patients in hospital can do which are spiritually beneficial and can also help those in need of recovery.

Prayer

If it has not yet been done, please see that the Rabbi or Synagogue office have your Hebrew name and mother's name so that the Mi Sheberach Prayer may be recited at the Synagogue service.

Charity

Tzedakah is especially appropriate at this time. Obviously, this must be done in accordance with each individual's personal circumstances. Traditionally, this is done in multiples of 'chai' (18). It is also advisable to have a Tzedakah Box at the patient's bedside. Even one coin every week day is a worthwhile mitzvah.

Kosher Food

Most hospitals and clinics make provision for kosher meals on request. Feel free to request that you receive kosher meals.

Tefillin

This very important mitzvah can be performed daily, even in a hospital bed. If you require assistance, please do not hesitate to call us.

Shabbat Candles

Ladies who are in the hospital over Shabbat or Yom Tov may light candles in their rooms or nearby with permission of the hospital staff. Don't be shy. The Shabbat candles will bring a warm glow to your face and those around you.

Gomel

Upon recovery, it is customary to come to Synagogue and express one's gratitude to Hashem with a thanks giving blessing (Gomel). For gentlemen, this is done at a service when the Torah is read.

For Assistance or Jewish Information of any kind feel free to call upon us.

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A Get Well Wish

from Chabad of Your Town





This conviction, that whatever comes from G-d is ultimately good, has been a source of strength and perseverance for many a suffering Jew.

If the world is a maze and a giant jigsaw puzzle, then who but the Creator gazing from his celestial vantage point can see the entire picture, appreciate its paradoxes and fit all the pieces together?

People of faith are compelled to learn from experience. They

recognize that nothing in this world is for nothing. Difficulties, illness, pain and anguish are the tests of life; hurdles in the obstacle course. And it is in passing these tests that we find ourselves morally and spiritually strengthened, imbued with renewed faith and fortitude to meet the challenges of tomorrow. As a wise man once said, "Life can only be understood backwards, but it must be lived forwards."

REMEMBER...

"A cheerful heart is good medicine, but low spirits sap a person's strength." —Proverbs 17:22

"He who blesses G-d in adversity will have his prosperity doubled." —Talmud Brachot

"I believe in the sun even when it is not shining.
I believe in love even when not feeling it.
I believe in Hashem even when He is silent."

—An inscription on the wall of a cellar in Cologne, Germany, where Jews hid from the Nazis



A Prayer

Our own welfare is bound up with the wellbeing of the community. Therefore we, include our personal prayer in a prayer for all those in need of cure.

Heal us, O L-rd, and we will be healed; help us and we will be saved; for You are our praise. Grant complete cure and healing to all our wounds; for You, Al-mighty King, are a faithful and merciful healer. Blessed are You L-rd, who heals the sick of His people Israel.

A Psalm

PSALM 23

פרק כג

מְזֻמֹּר לְדָוִד יי רְעִי לֹא אֶחְסֶר. בְּנֵאוֹת דְּשֵׁא יִרְבִּיצְנִי עַל-מֵי מְנַחוֹת יִנְהַלְנִי. נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי-צֶדֶק לְמַעַן שְׁמוֹ. גַּם כִּי-אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא-אִירָא רָע כִּי-אֲתָה עִמָּדִי שְׁבֹטְךָ וּמִשְׁעֲנֵתְךָ הִמָּה יִנְחַמְנִי. תַּעֲרֹךְ לִפְנֵי שְׁלַחַן נֹגֵד צִרְרֵי הַשָּׁנָה בְּשִׁמֹן רֹאשִׁי בּוֹסִי רוּחָה. אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָל-יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית-יְיָ לְאָרְךָ יָמִים.

A Psalm of David. The L-rd is my shepherd; I shall not want. In lush meadows He lays me down, beside tranquil waters He leads me. He restores my life; He guides me by righteous paths for His own sake. Even though I walk through the valley of the shadow of death, I fear no evil for You are with me. Your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anointed my head with oil; my cup runneth over. May only goodness and kindness follow me and I shall dwell in the house of the L-rd forever.

If one wishes to recite Tehillim (Psalms) on behalf of the sick, the following chapters are recommended: 20, 6, 9, 13, 16, 17, 18, 22, 23, 28, 30, 31, 32, 33, 37, 38, 39, 41, 49, 55, 56, 69, 86, 88, 89, 90, 91, 102, 103, 104, 107, 116, 118, 142, 143, 148.

The Shema

שְׁמַע יִשְׂרָאֵל יי אֱלֹהֵינוּ, יי אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתָּ אֵת יי אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבִנְיָךְ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יְדֶיךָ, וְהָיוּ לְטַמְּפַת בֵּין אֵינֶיךָ, וּכְתַבְתָּם עַל מְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Transliteration

Shema Yisrael Ado-nay E-loheinu Ado-nay Echad.

Boruch Shem Kevod Malchuso Le'olam Va'ed.

V'ahavta es Ado-nai E-lohecha, bechol levavecha, uvechol nafshecha, uvechol me'odecha. Vehayu hadevarim ha'eileh, asher anochi metzavcha hayom, al levavecha. Veshinantam levanecha vedibarta bam, beshivtecha beveisecha uvelech'techa vaderech, uveshoch'becha uvekumecha. Ukshartam le'os al yadecha, vehayu letotafos bein einecha. Uchsavtam al mezuzos beisecha, uvishe'arecha.

Translation

Hear, O Israel, the L-rd is our G-d, the L-rd is One.

Blessed be the name of the glory of His kingdom forever and ever.

You shall love the L-rd, your G-d, with all your heart, with all your soul, and with all your might. These words, which I command you today, shall be upon your heart. Teach them thoroughly to your children, and speak of them when you sit in your house and when you walk on the road, when you lie down and when you rise. Bind them as a sign upon your hand, and they shall be for a reminder between your eyes. Write them upon the doorposts of your house and upon your gates.