

Псалом 23

(Russian translation)

Господь – мой пастырь; у меня не будет нужды.
На зеленых пастбищах Господь укладывает меня ведет меня
вдоль тихих вод, направляет меня на путях справедливости
и возрождает душу мою во имя славы своей. Хотя иду я
через долину теней смерти, не утрашусь зла, ибо Ты со
мною. Посох Твой и опора Твоя утешают меня. Ты
готовишь мне стол в виду врагов моих, Ты умащаешь
голову мою елеем; чаша моя полна. Пусть благость и
милость сопутствуют мне во все дни жизни моей, и пребуду
я в доме Господнем вовеки.

Psalom 23

(English transliteration of Russian)

Gos-pod' – moi pas-tir', oo me-nya ne bu-diet nooj-dee. Na
ze-lyo-nih past-bee-shaah Gos-pod' uk-la-dee-va-yet me-nya,
ve-dyot me-nya vdol' tee-hih vood, nap-rav-lya-et me-nya na
pu-tiah spra-ved-lee-vos-tee ee voz-rozh-da-yet du-shu moyu
vo ee-mya sla-vee svo-yei. Ho-tia ee-doo ya che-rez do-lee-nu
te-nei smer-ti, ne oos-tra-shus' zla, ee-bo Tee so mnoi. Po-
soh Tvoi ee opoo-ra Tvoya oo-te-sha-yut me-nya. Tee go-to-
vish' mna stol v vee-du vra-gov mo-ih, Tee oo-ma-scha-yesh
go-lo-voe mo-yu ye-le-yem; Cha-sha mo-ya pol-na. Poost'
blagost' ee mee-lest' so-poot-stvu-yoot mnie vo vsye dnee zhiz-ni
mo-yay, ee pre-boo-du ya v do-me Gos-pod-nyem vo-ve-kee.



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□
Psalm 23

מִזְמוֹר לְדָוִד:
יְהוָה רֹעִי לֹא אֶחְסָר.
בְּנֵאוֹת יֵשׂא יִרְבֵּצְנִי, עַל-מֵי מְנוּחֹת יִנְהַלְנִי.
נַפְשִׁי יִשׁוּבֵב, יִנְחֵנִי בְּמַעְגְלֵי-צֶדֶק לְמַעַן שְׁמוֹ.
גַּם כִּי אֵלֶךְ בְּגֵיא צַלְמוֹת, לֹא אִירָא רָע
כִּי אַתָּה עִמּוֹדִי.
שִׁבְטְךָ וּמִשְׁעַנְתְּךָ הִמָּה יִנְחַמְנִי.
תַּעֲרֹךְ לְפָנַי שִׁלְחֹן נֶגֶד צָרָרִי.
דִּשְׁנַת בִּשְׁמֹן רֵאשִׁי בֹוֹסֵי רִנְיָה.
אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי,
וְשִׁבְתִּי בְּבֵית יְהוָה לְאֹרְךָ יָמִים.

Psalm 23

(English transliteration of Hebrew)

Mizmor le-David.

Adonai ro'i lo ech-sar.

Bin-ot desheh yarbi-tzayni, al may
menuchot ye-nahalayni.

Nafshi ye-shovayv, yan-chayni ve-
ma' glay tzedek le-ma'an Shemo.

Gam ki ay-laych be-gay tzalmavet, lo ira
ra, ki ata imadi.

Shivtecha u-mish'antecha hayma ye-
nachamuni.

Ta'aroch lefanai shul-chan neged
tzorerai.

Di-shanta va-shemen roshi, kosi reva-ya.

Ach tov va-chesed yir-de-funi kol ye-may
cha-yai, ve-shavti be-vayt Adonai le-
orech yamim.

Psalm 23

(English translation)

God is my shepherd; I shall not want.

God has me lie down in green pastures,
leads me beside the still waters, guides
me on paths of righteousness and re-
vives my soul for the sake of Divine
glory.

Though I walk in the valley of the
shadow of death, I fear no harm, for
You are with me.

Your staff and Your rod do comfort me.

You set a table in sight of my enemies;
You anoint my head with oil; my cup
overflows.

Surely goodness and mercy shall follow
me all the days of my life, and I shall
abide in the house of God, forever.

(gender-sensitive translation)



This Russian prayer card was created by Bay Area Jewish Healing Center, with gracious help from Elena Tverskoy of Jewish Family and Children's Services Émigré Department as well as generous tzedakah from the Introduction to Judaism course at Congregation Emanu-El, San Francisco.

Ми Шебарах

(Russian)

О, Господь, благословивший предков наших, Авраама, Исаака и Иакова; Сарру Ревекку, Рахиль и Лию, пошли благословение твое _____ . Смилуйся нах ним (ней) и восстанови его (ее) здоровье и силы. Даруй ему (ей) полное выздоровление, исцеление тела и исцеление духа, как и всем, кто поражен недугом. Да придет исцеление скорее; АМИНЬ

Mi Sheberach

(English transliteration of Russian)

O, Gos-pod' , bla-gos-lo-viv-shee pred-kov na-shih Aav-rama, Ee-saaka ee Yaakova, Sarro, Reviek-ko, Ra-hil' ee Lee-yoo, Posh-lee bla-gos-lo-vie-nee-ye tvo-yo _____. Smee-looi-sia nad neem (niey) ee vos-sta-no-vi ye-go (eiyo) zdoorovie see-li. Da-rui ye-moo (yei) pol-noye viz-do-rov-lie-nee-ye, Ees-tse-lie-nee-ye te-la ee ees-tse-lie-nee-ye doo-ha, Kak ee vsem, kto po-ra-zhuan nie-doo-gom. Da pree-diot ees-tse-lie-niye sko-ree. Amin'.



MISSION STATEMENT:

Bay Area Jewish Healing Center is dedicated to providing Jewish spiritual care to those living with illness, to those caring for the ill, and to the bereaved through direct service, education and training, and information and referral.

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Prayer for Comfort and Healing

(Hebrew)

הַקְדוֹשׁ בְּרוּךְ הוּא יִמְלֵא	מִי שֶׁבְּרַךְ אֲבוֹתֵינוּ.
רַחֲמִים עָלָיו (עָלֶיהָ)	אֲבִרְהֵם. יַעֲקֹב וְיִצְחָק.
לְהַחֲלִימֵנוּ (לְהַחֲלִימָהּ)	וְאִמּוֹתֵינוּ. שָׂרָה, רִבְקָה,
וּלְרַפְאוֹתֵנוּ (וּלְרַפְאוֹתֶיהָ)	רָחֵל וְלֵאָה. הוּא יִבְרַךְ
לְהַחֲזִיקֵנוּ (וּלְהַחֲזִיקָהּ)	וַיִּרְפָּא אֶת־הַחֹלֵה
וּלְהַחֲזִיטֵנוּ (וּלְהַחֲזִיטָהּ)	(הַחֹלֵה) _____ בֶּן
וַיִּשְׁלַח לוֹ (לָהּ) בְּמַהֲרָה	בָּת (בַּת) _____.
רְפוּאָה שְׁלֵמָה, רְפוּאָת	
הַנֶּפֶשׁ וּרְפוּאָת הַגּוּף.	
בְּתוֹךְ שָׁאֵר חוֹלֵי יִשְׂרָאֵל	
הַשְּׁמַיִם בְּעֶגְלָא וּבְזִמְזוּ	
קָרִיב, וְנֹאמַר: אָמֵן.	

Mi Sheberach*

(English transliteration of Hebrew)

*

♂	for a male patient
♀	for a female patient

Mi Sheberach

avoteynu Avraham, Yitzhak, v'Yaakov,
v'imoteynu Sarah, Rivka,
Rachel v'Leah, hu yivarekh virapey et
haholeh(♂)/haholah(♀)
_____ *patient's name* _____, ben(♂)/bat(♀),
_____ *patient's mother's and father's names* _____
Hakadosh barukh hu yimalei
rahamin alav(♂)/aleha(♀),
l'hahalimo(♂)/l'hahalimah(♀),
u-l'rap'oto(♂)/u-l'rap'otah(♀),
l'hahaziko(♂)/l'hahazikah(♀)
u-l'hach-yoto(♂)/u'lhach-yotah(♀).
V'yishlah lo(♂)/lah(♀)
bim-hera r'fuah shleymah, r'fu-at
hanefesh u-r'fu-at haguf, b'tokh sh'ar
holei Yisrael, hashta ba'agalah u-vizman
kariv, v'no-mar, Amen.

Mi Sheberach

(English)

May the One who blessed our ancestors
Abraham, Isaac and Jacob
Sarah, Rebecca, Rachel and Leah
bless and heal the one who is ill:
_____ *patient's name* _____, son/daughter of,
_____ *patient's mother's and father's names* _____
May the Holy One,
the fount of blessings,
shower abundant mercies upon him/her,
fulfilling his/her dreams of healing,
strengthening him/her with the power of
life. Merciful One:
restore him/her, heal him/her,
strengthen him/her, enliven him/her.
Send him/her a complete healing
from the heavenly realms, a healing of
body and a healing of soul, together
with all who are ill, soon, speedily,
without delay; and let us say: Amen.



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