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Give Me Your Hand*

When all seems dark and the darkness is harsh, GIVE ME YOUR HAND.

When I cannot see light even in the brightest day, GIVE ME YOUR HAND.

When you are tired and every breath is heavy, GIVE ME YOUR HAND.

*When my words do not grasp the depth
of yearning in my soul, GIVE ME YOUR HAND.*

When your feelings are overwhelming or dulled, GIVE ME YOUR HAND.

When I am confused and don't know what to do, GIVE ME YOUR HAND.

So that we may be together, GIVE ME YOUR HAND.

Please feel free to add your own desire to which we can all respond: GIVE ME YOUR HAND.

Reflection:

God speaks within every moment
and creates the world with every breath.

God speaks from the center of the universe,
In the silence beyond all thought.

Mightier than the crash of a thunderstorm,
mightier than the roar of the sea,

Is God's voice silently speaking
in the depths of the listening heart.

(Psalm 93; as translated by Stephen Mitchell)

*Rabbi Eric Weiss, based on text from Talmud Bavli, Berachot 5b and inspired by sermon by Rabbi Susan Lippe, Congregation Beth Am, Los Altos Hills, titled "A Jewish Response to Mental Illness" delivered June 21, 2002 / 11 Tammuz 5762