

Tonight's Service

Opening Song	Shiviti
Candle Lighting	P 120 – 121
Kiddush	P 122 – 123
Mishebeirach	P 371
Speakers	Kevin Keefer & Rachel Kuhr, Jewish Family Service
Aleinu	P 586
Kaddish	P 598
Announcements	
Closing Song	Olam Chesed



Avot V'Imahot/Ancestors

God of our Ancestors, as You performed acts of love and deliverance for our ancestors, love us and help us to seek out deliverance from the *mitzraim*, the narrow places, that constrict and hold us back.
ברוך אתה "מגן אברהם ועזרת שרה"

Gevurot/Mighty Acts

Spirit of Life, You sustain the living and revive the dead. Grant us a full revival from the physical, emotional and spiritual deaths that keep us from living. May we find healing and wholeness through living.
ברוך אתה "מחיה המתים"

An Amidah for Healing by Sofia Zway ritualwell.org

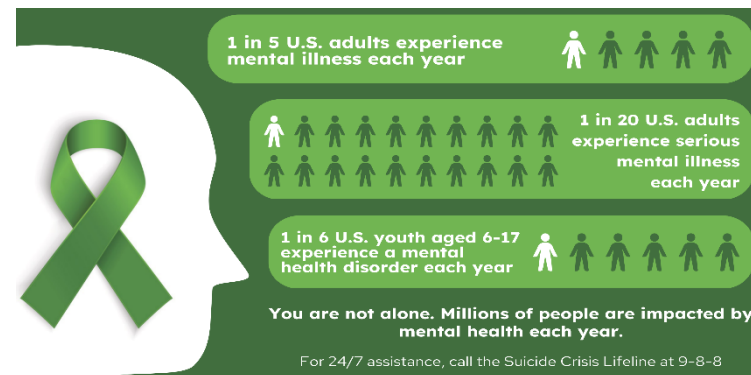
Give Me Your Hand

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.

© Rabbi Eric Weiss, based on text from Talmud Bavli, Berachot 5b

Help is Available

Mental Health Resources & Programming



No Shame On U is an organization that strives to bring advocacy, awareness, and care to people with mental health concerns.

NOSHAMEONU.org

This QR code links to a great guide for parents titled: When your child is experiencing a mental health crisis.



DON'T MISS TOMORROW'S SPECIAL EVENT

Life? Out of Control: Let's Talk About Mental Health

When does depression & burnout necessitate professional care? How do you approach this difficult conversation and find treatment options?

Everyone is WELCOME! Totally FREE - No RSVP Required See you then!

Luncheon provided by Capital Blue Cross

Special Guest Speakers:

- Dr. Martha Levine, Penn State Health, Prof of Psychiatry & Behavioral Health
- Presentation from NAMI: National Alliance on Mental Illness
- Jewish Family Service Rachel Kuhr, Dir of Child Welfare Services & Tricia Rollins, Dir of Mental Health Services

Tomorrow 9 am **Torah Study** on Zoom <https://tinyurl.com/3sxbtexc>
Saturday This week's topic: **The Torah addresses intermarriage is it a blessing or a curse??**
May 17
10 am **Tot Shabbat** Lehrman Chapel
11 am **Mental Health Luncheon** Sisterhood Hall

May 31
June 12
August 8

Farewell Party for Rabbi Marc & Lori Sat 7 pm
Annual Congregational Meeting Thursday 7 pm
Harrisburg Senators Shabbat Friday 5:30 pm

NOTE: Please say, "Shabbat Shalom" to your cell phones, turning them off before the service begins. Assistive listening devices are available for use & WaveCAST can connect audio directly to your hearing aids - please ask Jon if you'd like help connecting!

Mi Shebeirach List

Larry Barnes
Michael Begler
Andy Brown
Rev. Troy DuPont
Denise Egolf
Vicki Fox
Lois Galowitz
Andrew Gordon
Rev. Earl Harris
Honi Kibler
Arlene Yoffe

Jim Meals
Emily Miner
Deborah Nelson
Steve Nieman
Dr. Lisa Nyabinghi
Herb Rosenbaum
Gary Rosenstrauch
Sheryl Saxe-Dowling
Nathan Snyder
David Scott

Kaddish List

Deborah Cohen
Bruce Philip Cooper
Peisah Gordin
Irene Rachel Gottfeld
Irving Hand
Fannie Jacobs
Margaret E. Kenney
Donald Joseph Levy
Sophia Lowengard
Bernice Melnicove

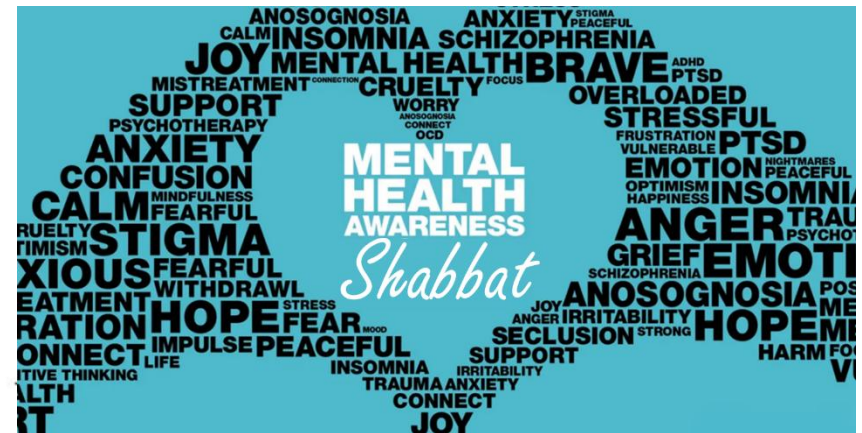
Joseph Nachman
Cheryl Faith Plawsky
Libby Rosen
Evelyn Rosenstrauch
Wolfe Sachs
Morris M. Serata
Ella V. Spector
Kenneth Stewart Sr.
Martin Weitzman

Shloshim

Pope Francis
Karen Grossman
Michael Kline

Shiva

Suzanne Graybar, mother of Kim Poolman



PARSHAT EMOR

May 16, 2025

18 Iyar 5785

Rabbi Marc Kline, J.D., D.D., Interim Rabbi

Temple Ohev Sholom

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April Hutcheson, Board of Trustees President

Reyna Jose, Executive Dir Amanda Monaco, Office Admin

Founded in 1853 and the oldest synagogue in Harrisburg, Temple Ohav Sholom is a diverse and inclusive Reform Jewish Congregation in Central Pennsylvania. We support one another throughout the cycles of life. We foster and encourage spiritual growth, lifelong learning, social opportunities/connections, & Tikkun Olam -healing the world.