

## 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 יי 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 יי 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](http://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 10 am Tot Shabbat** Lehrman Chapel  
**May 17 11 am Mental Health Luncheon** Sisterhood Hall  
**This week's topic: The Torah addresses intermarriage is it a blessing or a curse??**

**May 31 Farewell Party for Rabbi Marc & Lori Sat 7 pm**  
**June 12 Annual Congregational Meeting Thursday 7 pm**  
**August 8 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!

