

אל אלהי הרוחות לכל בשר
O God, Spirit of all Humanity



Help us to acknowledge the destruction, trauma and devastation in Gaza,

To express the heartbreak for the tens of thousands of innocent Palestinians who have died—among them so many children,

For their lack of food, shelter and medical care, For the destruction of people's homes,
For the millions of refugees the war has created,

For the hopelessness and despair.

We pray for a cessation of the violence and the safe return of the remaining hostages.

We pray for our ability to hold in our hearts at the same time the suffering of Israelis and
Palestinians.

We pray that we don't harden our hearts or refuse to see what is happening before our
eyes. We pray we preserve our humanity.

We pray for the future of both peoples on this land, for the acknowledgement of both
peoples right to self determination and the freedom to live in justice and dignity.

We pray that there will be an awakening and a realization that the only path forward is one
of coexistence.

וְיָשְׁבוּ אִישׁ תַּחַת גִּפְנוֹ וְתַחַת תְּאֵנָתוֹ וְאִין מִחְרִיד

So that every person might sit under their vine and fig tree and no one shall be afraid.

— Micah 4:4

ה' עז לעמו יתן ה' יברך את עמו בשלום:

May God grant strength to God's people; May God bless of all of God's people with peace.

— Psalm 29:11

— By Rabbis Felicia Sol and Roly Matalon, B'nai Jeshurun, NYC

B'NAI
JESHURUN