Respect and Responsibility Educator Cohort Curriculum

A Program for the Broken Hearted

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About This Curriculum

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SACRED SPACES

When the Heart Cries

When the heart cries, only G-d hears
The pain rises out of the soul
A man falls down before he sinks down
With a little prayer (s/he) cuts the silence

Shma (Hear) Israel my G-d, you're the omnipotent
You gave me my life, you gave me everything
In my eyes a tear, the heart cries quietly
And when the heart is quiet, the soul screams
 to go to the unknown
He cries to his G-d on the brink of an abyss

Shma (Hear) Israel my G-d, now I am alone
Make me strong my G-d; make it that I won't be afraid
The pain is big, and there's no where to run away
End it because I don’t have any more strength

When the heart cries, time stands still
All of a sudden, the man sees his entire life
He doesn't want

Source: Sarit Hadad

When the Heart Cries

"When the heart cries, only G-d hears": What words is your heart crying out tonight?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"With a little prayer (s/he) cuts the silence": What words of prayer would you like to send into the world?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"And when the heart is quiet, the soul screams": What is your soul screaming?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"Shma (Hear) Israel my G-d, now I am alone": Have you been feeling lonely recently?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"Shma (Hear) Israel my G-d, now I am alone": Have you been feeling lonely recently?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"Make me strong my G-d; make it that *I won't be afraid*": What fears are you carrying?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

When the Heart Cries

"Make me *strong* my G-d; make it that I won't be afraid": What would more strength help you do?

Let's share with each other what we are holding in our hearts. Please share your answer in the chat.

Psalms 147: 3-4

הָרֹפֵא לִשְׁבוּרֵי לֵב וּמְחַבֵּשׁ לְעַצְּבוֹתָם

He heals their broken hearts,
and binds up their wounds.

מוֹנֶה מִסְפָּר לַכּוֹכָבִים לְכֻלָּם שֵׁמוֹת יִקְרָא

He reckoned the number of the stars;
to each He gave its name.

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SACRED SPACES

Shir Yaakov (1)

Healer of the broken-hearted
Binder of their wounds
Counter of uncountable stars
You know where they are

Healer of the broken-hearted
Binder of our wounds
Counter of uncountable stars
You know who we are

הָרֹפֵא לִשְׁבוּרֵי לֵב
וּמְחַבֵּשׁ לְעַצְּבוֹתָם:
מוֹנֶה מִסְפָּר לַכּוֹכָבִים
לְכֻלָּם שֵׁמוֹת יִקְרָא:

Ha’Rofeh le’shivrei lev u’mechabais la’atzvotam
Moneh mispar la’kulam shemot yikreh

Shir Yaakov (2)

הַלְלוּ יָהּ
הַלְלוּ יָהּ
אָנָא
אֵל נָא
רְפָא נָא לָהּ

Haleluya
Haleluya
Ana
EL na
Refana lah

Babylonian Talmud, Tractate Shabbat 35b

אָמַר רַב יְהוּדָה אָמַר שְׁמוּאֵל: כּוֹכָב אֶחָד — יוֹם,
שְׁנַיִם — בֵּין הַשְּׁמָשׁוֹת, שְׁלֹשָׁה — לַיְלָה.

With regard to the period of twilight, Rav Yehuda said that Shmuel said: When one can see one star in the evening sky, it is still day; two stars, twilight; three stars, night.

Genesis 1:5

וַיְהִי־עֶרֶב וַיְהִי־בֹקֶר יוֹם אֶחָד׃

And there was evening and there was morning, a first day.

Rabbi Nachman of Breslov

If you believe that it is possible to break, believe that it is possible to repair.

Havdalah

Indeed, G-d is my deliverance; I am confident and shall not fear, for G-d the L-rd is my strength and song, and He has been a help to me. You shall draw water with joy from the wellsprings of deliverance. Deliverance is the L-rd's; may Your blessing be upon Your people forever. The L-rd of hosts is with us; the G-d of Jacob is our everlasting stronghold.

The L-rd of hosts is with us; the G-d of Jacob is our everlasting stronghold. L-rd, deliver us; may the King answer us on the day we call. For the Jews there was light and joy, gladness and honor—so let it be with us! I will raise the cup of deliverance and invoke the name of the L-rd.

Havdalah

Blessed are You, Lord our G-d, King of the universe, who creates the fruit of the vine.
Blessed are You, Lord our G-d, King of the universe, who creates varied spices.
Blessed are You, Lord our G-d, King of the universe, who creates the lights of the fire.

Blessed are You, Lord our G-d, King of the universe, who distinguishes between the holy and the profane, between light and darkness, between Israel and the nations, between the seventh day and the six working days.
Blessed are You, O Lord, who distinguishes between the holy and the profane.

La’Yehudim Haytah Orah

לַיְהוּדִים הָיְתָה אוֹרָה וְשִׂמְחָה וְשָׂשׂוֹן וִיקָר׃

Lay’hudim hay’tah orah v’simcha v’sason vikar

For the Jews there was light and joy, gladness and honor—so let it be with us!