



September 2020

Dear Congregants,

The custom to pray for those in need of healing dates back centuries. It has roots in the Talmud and is treated extensively in our collection of legal texts. No specific formula is offered, but the idea of praying for the ill is a core aspect of *bikkur holim*, the mitzvah to visit the sick. Tractate Nedarim even suggests that a primary reason for making a visit to the sick is to be moved to pray for the person's recovery. "*Pray for the ill... and the ministering angels will uplift your prayer*" (Kitzur Shulhan Arukh, 193).

At CBI, we maintain a "*Mi Shebeirach*" list that is typically read at services on Monday, Thursday and Shabbat mornings. During the coronavirus pandemic, it is read at each of our services throughout the week.

At this time of year, we solicit members of the congregation to inform us of those they would like placed on the list. If there is anyone you feel would benefit from these prayers, please contact me by email, text, or phone, or by filling out the form below.

Please note that all names currently on the list will be cleared as of Rosh Hashana unless we hear otherwise from you.

Please place the name of the following person(s) on the *Mi Shebeirach* list"
(*Please print clearly*)

Name	Relationship to you
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Name	Relationship to you
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Submitted by: _____
(Please print)

Rabbi Ari Iseberg