

In past times of plague, prayer was not only humanity's last resort but often the only one. Today, fortunately, there is a great deal that we can do to prevent or mitigate the spread of the novel coronavirus. However, as the world confronts the grim reality of a pandemic that now threatens the lives of untold thousands, prayer still has enormous value alongside medical science.

Prayer is a reminder that we must learn to accept our frailties and vulnerabilities in this often unforgiving world. Yet, prayer also reminds us that none of us is alone, we are loved even when we need to be physically apart. Our cries are heard, even if we do not know it. Faced with challenges that surpass our strength, we can take comfort in the idea that each and every one of us does matter; that we are connected and part of something beyond ourselves.

I share this prayer by my colleague to both comfort and remind us that our joys and our sufferings are all ultimately one – for God is the force that binds them all together. – Rabbi Ginsberg

A Prayer of Hope During this Pandemic by Rabbi Naomi Levy:

We are frightened, God,
Worried for our loved ones,
Worried for our world.
Helpless and confused,
We turn to You
Seeking comfort, faith and hope.

Teach us God, to turn our panic into patience,
And our fear into acts of kindness and support.
Our strong must watch out for our weak,
Our young must take care of our old.
Help each one of us to do our part to halt the spread of this virus

Send strength and courage to the doctors and nurses

In the frontlines of this battle,
Fortify them with the full force of their healing powers.
Send wisdom and insight to the scientists
Working day and night across the world to discover healing treatments.
Bless their efforts, God.
Fill our leaders with the wisdom and the courage
To choose wisely and act quickly.
Help us, God, to see that we are one world,
One people
Who will rise above this pandemic together.

Send us health God,

Watch over us,
Grace us with Your love,
Bless us with Your healing light.
Hear us God,
Heal us God,
Amen.