

# A Song for Healing (Refuah Shlema)

*Commissioned by Cantor Alisa Pomeranz-Boro  
In celebration of the 100th anniversary of Congregation Beth El*

Words and Music by  
**MICHAEL HUNTER OCHS**

Steady ballad ♩ = 80

**A**

1. Do you ev - er feel so frag - ile like a  
(2. When the) world is dark and trou - bled, when the

spar - row a - gainst the wind, like the world is on your shoul - ders, like a  
shad - ows con - ceal the sun, and when neigh - bors be - come stran - gers, then from

**B**

stran - ger in your skin? Heal - ing of the bod - y and a heal - ing of the heart,  
where will our help come?

heal - ing of the spir - it and the bro - ken parts. Heal - ing of the bod - y, grant us heal - ing of the soul,

**C**

heal - ing of the spir - it. May we soon be whole. Re - fu - ah, re - fu - ah, re - fu -

ah \_\_\_\_\_ shle - ma. Re - fu - ah, re - fu - ah, re - fu -

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25 F m7

1. B $\flat$  (back to meas. 3) 2. B $\flat$  **D** E $\flat$

ah shle - ma. 2. When the ma. Re - fu - ah, re - fu -

Heal - ing of the na - tion from

29 B $\flat$  F m7 B $\flat$  E $\flat$

ah, re - fu - ah shle - ma. Re - fu - ah, re - fu -

sea to shin - ing sea, may we be the change that we want to see. Heal - ing of the o - cean, the

33 B $\flat$  F m7 B $\flat$  **E** E $\flat$

ah, re - fu - ah shle - ma. Re - fu - ah, re - fu -

riv - ers and the streams, the moun - tain and the val - ley and the air we breathe.

37 B $\flat$  A $\flat$  rit. B $\flat$  E $\flat$

ah, re - fu - ah shle - ma. A - men.