



Merciful One, as evening falls, we often question ourselves and our lives.
How can we face the quietness of the night,
the silence of being with ourselves?

*Our challenges appear tough, the obstacles high, and the resources meager.
Is there a future for us, our families, our community, our people, our nation
where we can be free of the feelings of scarcity and fear,
where blaming and spinning are not wanted and not needed?*

And yet, if we focus only on the difficulties, we will not see You, feel You,
or know You are there.

*And yet, we cannot go blindly by, failing to see the dangers.
We cannot ignore the threats to our very existence or even those to our own
happiness.*

Reb Nachman of Brestlav taught that the whole world is a very narrow
bridge ... and the main thing is to master our fears.

*Help us, Dear One, to seek You, to find You, to feel You.
Please let us know, even in our most fearful places, that You ARE there,
waiting for us to call to You. You give us meaning for our lives
and the strength to face the night,
knowing that the morning will bring renewed light into our lives.*

Dear One, please be merciful, as You always are.
Help us to see that it is we who turn away from you
through our fears and our angers and hurts,
Help us to return to You,
For then we can return to who we truly are.

*Then we can know that You ARE here, as You have been all along,
and we can also BE.*

