**Mental Health Conference 2023**

**“The Spiritual Care Component of Mental Health”**

A bowl on a table

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Jewish Family Service of St Paul

Rabbi Lynn C. Liberman, BCC

Community Chaplain

651-434-4112 // lliberman@jfssp.org

Vayetzei

Genesis 28:10-15

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| [**10**](https://www.chabad.org/library/bible_cdo/aid/8223#v10)And Jacob left Beer sheba, and he went to Haran. |  | [**י**](https://www.chabad.org/library/bible_cdo/aid/8223#v10)וַיֵּצֵ֥א יַֽעֲקֹ֖ב מִבְּאֵ֣ר שָׁ֑בַע וַיֵּ֖לֶךְ חָרָֽנָה: |
| [**11**](https://www.chabad.org/library/bible_cdo/aid/8223#v11)And he arrived at the place and lodged there because the sun had set, and he took some of the stones of the place and placed [them] at his head, and he lay down in that place. |  | [**יא**](https://www.chabad.org/library/bible_cdo/aid/8223#v11)וַיִּפְגַּ֨ע בַּמָּק֜וֹם וַיָּ֤לֶן שָׁם֙ כִּי־בָ֣א הַשֶּׁ֔מֶשׁ וַיִּקַּח֙ מֵֽאַבְנֵ֣י הַמָּק֔וֹם וַיָּ֖שֶׂם מְרַֽאֲשֹׁתָ֑יו וַיִּשְׁכַּ֖ב בַּמָּק֥וֹם הַהֽוּא: |
| [**12**](https://www.chabad.org/library/bible_cdo/aid/8223#v12)And he dreamed, and behold! a ladder set up on the ground and its top reached to heaven; and behold, angels of God were ascending and descending upon it. |  | [**יב**](https://www.chabad.org/library/bible_cdo/aid/8223#v12)וַיַּֽחֲלֹ֗ם וְהִנֵּ֤ה סֻלָּם֙ מֻצָּ֣ב אַ֔רְצָה וְרֹאשׁ֖וֹ מַגִּ֣יעַ הַשָּׁמָ֑יְמָה וְהִנֵּה֙ מַלְאֲכֵ֣י אֱלֹהִ֔ים עֹלִ֥ים וְיֹֽרְדִ֖ים בּֽוֹ: |
| [**13**](https://www.chabad.org/library/bible_cdo/aid/8223#v13)And behold, the Lord was standing over him, and He said, "I am the Lord, the God of Abraham your father, and the God of Isaac; the land upon which you are lying to you I will give it and to your seed. |  | [**יג**](https://www.chabad.org/library/bible_cdo/aid/8223#v13)וְהִנֵּ֨ה יְהֹוָ֜ה נִצָּ֣ב עָלָיו֘ וַיֹּאמַר֒ אֲנִ֣י יְהֹוָ֗ה אֱלֹהֵי֙ אַבְרָהָ֣ם אָבִ֔יךָ וֵֽאלֹהֵ֖י יִצְחָ֑ק הָאָ֗רֶץ אֲשֶׁ֤ר אַתָּה֙ שֹׁכֵ֣ב עָלֶ֔יהָ לְךָ֥ אֶתְּנֶ֖נָּה וּלְזַרְעֶֽךָ: |
| [**14**](https://www.chabad.org/library/bible_cdo/aid/8223#v14)And your seed shall be as the dust of the earth, and you shall gain strength westward and eastward and northward and southward; and through you shall be blessed all the families of the earth and through your seed. |  | [**יד**](https://www.chabad.org/library/bible_cdo/aid/8223#v14)וְהָיָ֤ה זַרְעֲךָ֙ כַּֽעֲפַ֣ר הָאָ֔רֶץ וּפָֽרַצְתָּ֛ יָ֥מָּה וָקֵ֖דְמָה וְצָפֹ֣נָה וָנֶ֑גְבָּה וְנִבְרְכ֥וּ בְךָ֛ כָּל־מִשְׁפְּחֹ֥ת הָֽאֲדָמָ֖ה וּבְזַרְעֶֽךָ: |
| [**15**](https://www.chabad.org/library/bible_cdo/aid/8223#v15)And behold, I am with you, and I will guard you wherever you go, and I will restore you to this land, for I will not forsake you until I have done what I have spoken concerning you." |  | [**טו**](https://www.chabad.org/library/bible_cdo/aid/8223#v15)וְהִנֵּ֨ה אָֽנֹכִ֜י עִמָּ֗ךְ וּשְׁמַרְתִּ֨יךָ֙ בְּכֹ֣ל אֲשֶׁר־תֵּלֵ֔ךְ וַֽהֲשִׁ֣בֹתִ֔יךָ אֶל־הָֽאֲדָמָ֖ה הַזֹּ֑את כִּ֚י לֹ֣א אֶֽעֱזָבְךָ֔ עַ֚ד אֲשֶׁ֣ר אִם־עָשִׂ֔יתִי אֵ֥ת אֲשֶׁר־דִּבַּ֖רְתִּי לָֽךְ: |

Genesis 32:23-33

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| [**23**](https://www.chabad.org/library/bible_cdo/aid/8227#v23)And he arose during that night, and he took his two wives and his two maidservants and his eleven children, and he crossed the ford of [the] Jabbok. |  | [**כג**](https://www.chabad.org/library/bible_cdo/aid/8227#v23)וַיָּ֣קָם | בַּלַּ֣יְלָה ה֗וּא וַיִּקַּ֞ח אֶת־שְׁתֵּ֤י נָשָׁיו֙ וְאֶת־שְׁתֵּ֣י שִׁפְחֹתָ֔יו וְאֶת־אַחַ֥ד עָשָׂ֖ר יְלָדָ֑יו וַיַּֽעֲבֹ֕ר אֵ֖ת מַֽעֲבַ֥ר יַבֹּֽק: |
| [**24**](https://www.chabad.org/library/bible_cdo/aid/8227#v24)And he took them and brought them across the stream, and he took across what was his. |  | [**כד**](https://www.chabad.org/library/bible_cdo/aid/8227#v24)וַיִּ֨קָּחֵ֔ם וַיַּֽעֲבִרֵ֖ם אֶת־הַנָּ֑חַל וַיַּֽעֲבֵ֖ר אֶת־אֲשֶׁר־לֽוֹ: |
| [**25**](https://www.chabad.org/library/bible_cdo/aid/8227#v25)And Jacob was left alone, and a man wrestled with him until the break of dawn. |  | [**כה**](https://www.chabad.org/library/bible_cdo/aid/8227#v25)וַיִּוָּתֵ֥ר יַֽעֲקֹ֖ב לְבַדּ֑וֹ וַיֵּֽאָבֵ֥ק אִישׁ֙ עִמּ֔וֹ עַ֖ד עֲל֥וֹת הַשָּֽׁחַר: |
| [**26**](https://www.chabad.org/library/bible_cdo/aid/8227#v26)When he saw that he could not prevail against him, he touched the socket of his hip, and the socket of Jacob's hip became dislocated as he wrestled with him. |  | [**כו**](https://www.chabad.org/library/bible_cdo/aid/8227#v26)וַיַּ֗רְא כִּ֣י לֹ֤א יָכֹל֙ ל֔וֹ וַיִּגַּ֖ע בְּכַף־יְרֵכ֑וֹ וַתֵּ֨קַע֙ כַּף־יֶ֣רֶךְ יַֽעֲקֹ֔ב בְּהֵאָֽבְק֖וֹ עִמּֽוֹ: |
| [**27**](https://www.chabad.org/library/bible_cdo/aid/8227#v27)And he (the angel) said, "Let me go, for dawn is breaking," but he (Jacob) said, "I will not let you go unless you have blessed me." |  | [**כז**](https://www.chabad.org/library/bible_cdo/aid/8227#v27)וַיֹּ֣אמֶר שַׁלְּחֵ֔נִי כִּ֥י עָלָ֖ה הַשָּׁ֑חַר וַיֹּ֨אמֶר֙ לֹ֣א אֲשַׁלֵּֽחֲךָ֔ כִּ֖י אִם־בֵּֽרַכְתָּֽנִי: |
| [**28**](https://www.chabad.org/library/bible_cdo/aid/8227#v28)So he said to him, "What is your name?" and he said, "Jacob." |  | [**כח**](https://www.chabad.org/library/bible_cdo/aid/8227#v28)וַיֹּ֥אמֶר אֵלָ֖יו מַה־שְּׁמֶ֑ךָ וַיֹּ֖אמֶר יַֽעֲקֹֽב: |
| [**29**](https://www.chabad.org/library/bible_cdo/aid/8227#v29)And he said, "Your name shall no longer be called Jacob, but Israel, because you have commanding power with [an angel of] God and with men, and you have prevailed." |  | [**כט**](https://www.chabad.org/library/bible_cdo/aid/8227#v29)וַיֹּ֗אמֶר לֹ֤א יַֽעֲקֹב֙ יֵֽאָמֵ֥ר עוֹד֙ שִׁמְךָ֔ כִּ֖י אִם־יִשְׂרָאֵ֑ל כִּֽי־שָׂרִ֧יתָ עִם־אֱלֹהִ֛ים וְעִם־אֲנָשִׁ֖ים וַתּוּכָֽל: |
| [**30**](https://www.chabad.org/library/bible_cdo/aid/8227#v30)And Jacob asked and said, "Now tell me your name," and he said, "Why is it that you ask for my name?" And he blessed him there. |  | [**ל**](https://www.chabad.org/library/bible_cdo/aid/8227#v30)וַיִּשְׁאַ֣ל יַֽעֲקֹ֗ב וַיֹּ֨אמֶר֙ הַגִּֽידָה־נָּ֣א שְׁמֶ֔ךָ וַיֹּ֕אמֶר לָ֥מָּה זֶּ֖ה תִּשְׁאַ֣ל לִשְׁמִ֑י וַיְבָ֥רֶךְ אֹת֖וֹ שָֽׁם: |
| [**31**](https://www.chabad.org/library/bible_cdo/aid/8227#v31)And Jacob named the place Peniel, for [he said,] "I saw an angel face to face, and my soul was saved." |  | [**לא**](https://www.chabad.org/library/bible_cdo/aid/8227#v31)וַיִּקְרָ֧א יַֽעֲקֹ֛ב שֵׁ֥ם הַמָּק֖וֹם פְּנִיאֵ֑ל כִּֽי־רָאִ֤יתִי אֱלֹהִים֙ פָּנִ֣ים אֶל־פָּנִ֔ים וַתִּנָּצֵ֖ל נַפְשִֽׁי: |
| [**32**](https://www.chabad.org/library/bible_cdo/aid/8227#v32)And the sun rose for him when he passed Penuel, and he was limping on his thigh. |  | [**לב**](https://www.chabad.org/library/bible_cdo/aid/8227#v32)וַיִּזְרַח־ל֣וֹ הַשֶּׁ֔מֶשׁ כַּֽאֲשֶׁ֥ר עָבַ֖ר אֶת־פְּנוּאֵ֑ל וְה֥וּא צֹלֵ֖עַ עַל־יְרֵכֽוֹ: |
| [**33**](https://www.chabad.org/library/bible_cdo/aid/8227#v33)Therefore, the children of Israel may not eat the displaced tendon, which is on the socket of the hip, until this day, for he touched the socket of Jacob's hip, in the hip sinew. |  | [**לג**](https://www.chabad.org/library/bible_cdo/aid/8227#v33)עַל־כֵּ֡ן לֹא־יֹֽאכְל֨וּ בְנֵֽי־יִשְׂרָאֵ֜ל אֶת־גִּ֣יד הַנָּשֶׁ֗ה אֲשֶׁר֙ עַל־כַּ֣ף הַיָּרֵ֔ךְ עַ֖ד הַיּ֣וֹם הַזֶּ֑ה כִּ֤י נָגַע֙ בְּכַף־יֶ֣רֶךְ יַֽעֲקֹ֔ב בְּגִ֖יד הַנָּשֶֽׁה: |

**A Brief Bibliography**

**Spirituality and Mental Health**

**Books**

The Awakened Brain Lisa Miller, PhD

Working With Spiritual Struggles in Psychotherapy Kenneth I Pargament, Julie J. Exline

**Books – Jewish Spiritual Care**

Jewish Pastoral Care Ed. Rabbi Dayle A. Friedman

Midrash Medicine Ed. Rabbi Willim Utter, PhD

**Articles**

“Spirituality linked with better health outcomes, patient care”

Harvard School of Public Health, July 12, 2022

What is spiritual care? Professional perspectives on the concept of spiritual care identified through group concept mapping.

Hvidt NC, Nielsen KT, Kørup AK, et al.

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“Spirituality and Mental Health” Abraham Verghese

Indian Journal of Psychiatry, 2008 Oct – Dec; 50(4): 233-237

“Spiritual Care and Psychiatric Treatment: an introduction” Larry Culliford

Advances in Psychiatric Treatment (2002), vo. 8, 00 249-261

**Other Resources**

Faith and Wellness: THE WORLDWIDE CONNECTION BETWEEN SPIRITUALITY & WELLBEING, 2023

<https://fetzer.org/>

### Blog by Rabbi AlfredoBorodowski

<https://www.bipolarrabbi.com/what-to-do-when-overwhelmed-by-uncertainty/>