

Min HaMetzar
A High Holy Days Practice

by Rabbi Shefa Gold

מִן - הַמֵּצָר קָרָאתִי יְהוָה עֲנֵנִי בַמְּרוֹחַב יְהוָה

Min HaMetzar karati Yah,
Anani vamerchavYah (Psalm 118:5)

From the Narrow place I called out to God
who answered me with the Divine Expanse.

With this chant, we can dedicate our own narrow places- the places of struggle, difficulty, suffering or challenge in our lives..... We can know and accept those narrow places as that which will make our “Call” beautiful and compelling. When we can allow the force of our call to move through our narrow places, through what makes us all-too-human, then our call will be answered by God’s Divine Expanse- a sense of spaciousness in which transformation can happen.