

The Amen Effect: Ancient Wisdom to Mend our Broken Hearts and World

Chapter Epilogue

1. Threshold Moments

Purpose: *Mark the transition from daily life to sacred encounter.*

- Greet people with soft music, low lighting, and a visual centerpiece a photo of your loved ones on a table next to a lit candle.
- Opening prayer: *Read the Mishnah Middot 2:2 (page 196, or below)*

All who enter the Temple Mount enter by the right, circle to the right and exited by the left, except for one to whom something has happened, who enter the circle to the left.

That person was asked: “Why do you circle to the left?” They reply: “I am a mourner,” and they were blessed: “may the One who dwells in this house comfort you.” if they reply: “because I have been ostracised,” they were blessed: “may the One who dwells in this house inspired your community to draw you near again,” according to Rabbi Meir. But Rabbi Yose challenged him: you make it seem as if the community treated him unjustly!

Rather they should bless: “May the One who dwells in this house inspired you to hear the words of your communities so that they may bring you close again.”

2. Chambers of the Spirit

Purpose: *Create curiosity and open hearts.*

Invite everyone to share their new story, which may be inspired by or modeled after the chapter titled *Practice*.

4. Intentional Sending

Purpose: *Leave inspired and committed to live the faith.*

- Use a ritual action:
 - Relight the candle
 - Invite everyone to share the one word or phrase they would like to take from this book and from our sharing today.
- Close with a prayer of sending...

God of connection and compassion,
We thank You for this sacred time together—
for the courage to show up,
the grace to listen,
and the strength to witness one another's joys and sorrows.

In a world so often marked by division and isolation,
teach us to say "Amen" with our hearts—
not only with our words,
but with our presence, our empathy, and our love.

May we become people who do not turn away—
who lean in when it's hard,
who stand with the grieving,
who rejoice with the celebrating,
and who stay with those who feel forgotten.

Let our lives echo the Amen we say:
a holy "Yes" to humanity,
a holy "Yes" to hope,
a holy "Yes" to your dream of a world made whole.

Go with us now,
that we might carry this spirit into the world.
Amen.