

**Shabbat Vayikra**  
**March 27<sup>th</sup>, 2020 / 3 Nissan 5780**

**L'chu N'ranenah (Psalm 95) –**  
(Mah Tov)

*L'-chu N'ra-ne-nah... Yai lai lai lai lai*  
*La-do-nai... Yai lai lai lai lai*  
*Na-ri-a... Yai lai lai lai lai*  
*L'-tzur Yish-ei-nu... Yai lai lai lai lai*

Let us sing out to God, the Maker of all,  
sure and strong.  
Let all of creation, from mountain to sea,  
hear our song.

*L'-chu N'ra-ne-nah...*

For all of the wonder in all of God's light,  
we rejoice.  
So now let us listen with all of our hearts  
to hear God's voice.

*L'-chu N'ra-ne-nah...*

## **The Sacrifice of Well-Being**

(A poetic interpretation of the weekly portion Vayikra- Leviticus 3)

By Rabbi Amy R. Perlin 3/26/20

So many sacrifices. Enough to fill pages of a Bible.  
Too many sacrifices some say, and I would agree.  
The only one that ever spoke to me was the  
*Zevach Shelamim* – the sacrifice of well-being.  
And it speaks to me now.  
Not the altar or its smoke, but the words:  
“Sacrifice of well-being”  
They jump from the text and call to me.  
For there are so many sacrifices:

Sheltering in place, in isolation, in fear,  
Sacrificing time with loved ones, friends,  
Sacrificing life as it once was for life as it has to be  
For well-being.

Let there be well-being this Shabbat.  
Let the partisanship and arrogance give way to humility and action  
Let there be action motivated by a vision of well-being for all –  
All people, young and old, vulnerable and strong,  
Wherever they live and whatever their need.

Let there be well-being this Shabbat  
For those who are weary and those who are worn out  
For those who are losing livelihoods  
And those who are losing loved ones.

Let there be well-being for those doing God’s work:  
The caregivers and caretakers, the selfless civil servants,  
The clergy and the clerks, the crucial and the committed.

Let the sacrifices of the many - for the many and the few  
Lead to the well-being of a global community besieged by plague  
And death, and ignorance and arrogance, May those who sacrifice know their sacrifice has meaning,  
And those who ask for sacrifice realize how devastating is their request  
To life, to living, to normalcy.  
Let there be well-being from the sacrifice, and the pain.

Let there be well-being this Shabbat.  
Peace of mind and heart, if just for a few moments or hours,  
As the earth keeps turning, and the afflicted keep growing,  
And the disquiet keeps moving through our lives.

Let there be well-being from the sacrifices made so far  
And the ones yet to come.

And when we have made all the sacrifices of well-being we can make.  
Please, God, let there be light once again.

Rabbi Amy R. Perlin, 3/26/20

### **In Between**

By Rabbi Karyn D. Kedar

How I long for twilight.  
The very moment of in  
between.  
The dance  
between sun and moon,  
daily,  
generating light, Reflecting light.

And I, too,  
daily radiating light,  
reflecting light.

I scan the heavens.  
I wait to witness when both are visible.  
The two great lights,  
one of day and one of night,  
both of heaven and earth,  
one rising, the other disappearing.

Rising.  
Setting.  
Still.  
Not here.  
Not there.  
And yet, where?  
Where did you go?

God of ambiguity,  
I ask you,  
You know my heart,  
Have I always lived in some perpetual twilight?  
In between.

Where are you?  
Are you in the in  
between?

## **Restore What Is Broken**

By Rabbi Karyn D. Kedar

In this time of uncertainty and fear  
do not let me rest.  
Send me firth that I may  
restore what is broken,  
heal what is wounded,  
and engage in acts of love  
with great and unrelenting determination.

I shall do something kind  
and necessary for someone else.  
May this be my answer to pain.