

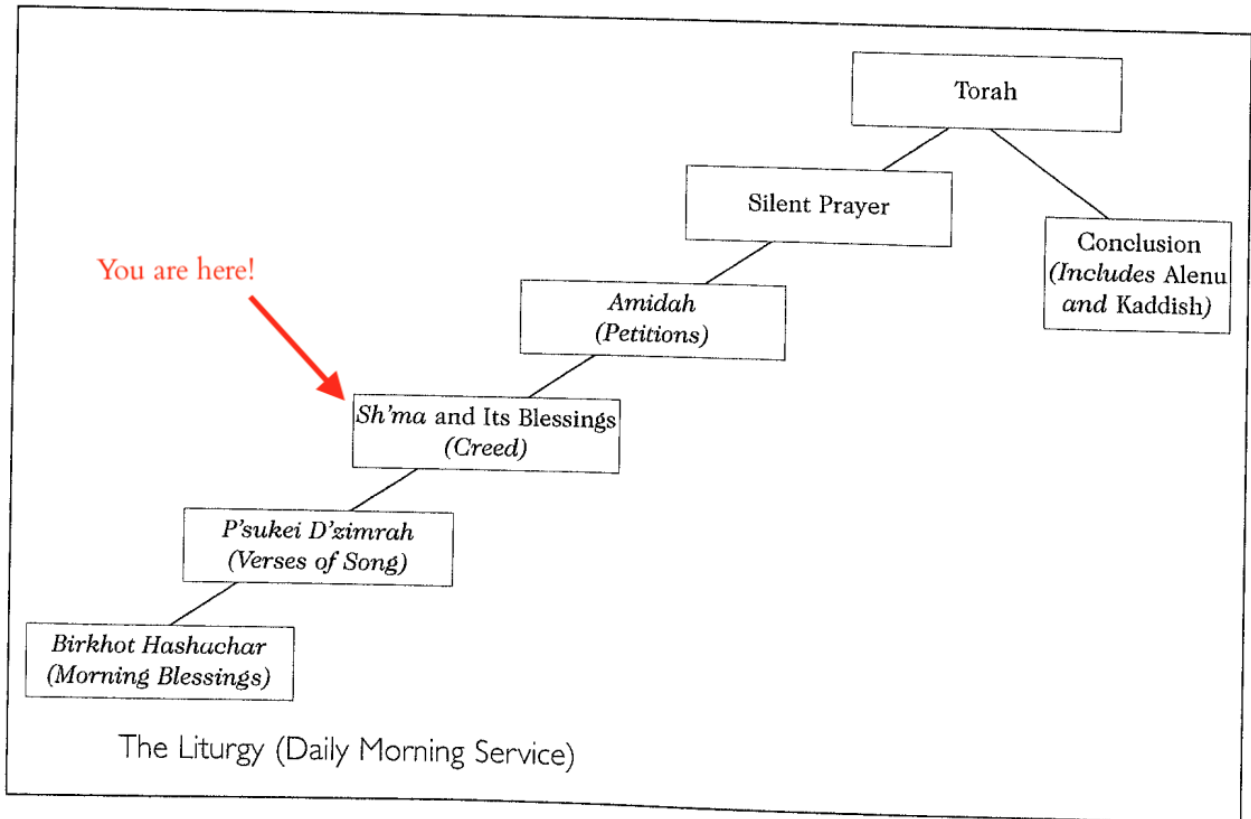


**Session 3: Shema and its Blessings**  
**Building a Narrative and the Love Sandwich**

November 4, 2021 | 29 Cheshvan 5782

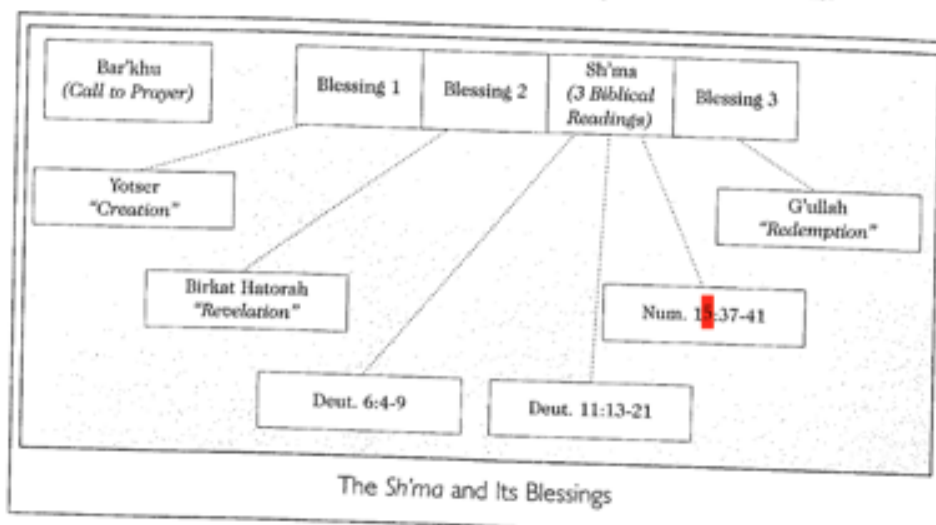
To follow along in the Siddur (prayer book) throughout this series, visit:

<https://www.ccarnet.org/publications/mishkan-tfilah-weekdays-shabbat-festivals/>



In the morning recitation of the *Shema*, one recites two blessings before and one after. In the evening recitation of the *Shema*, one recites two blessings before, and two after.

- *Mishnah Berakhot* 1:4



**CREATION**

<i>Yotzeir Or</i> - Laura Berkson	<i>Mishkan T'filah</i> p. 60
<p><i>Baruch Atah Adonai Eloheinu Melech ha'olam</i>  <i>Yotzeir Or u'Vorei Choshech Oseh Shalom</i>  <i>u'Vorei et hakol</i></p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם יוֹצֵר  אֹר וּבוֹרֵא חֹשֶׁךְ עֹשֶׂה שְׁלוֹם וּבוֹרֵא  אֶת-הַכֹּל:</p> <p>"Blessed are You, Eternal our God, Sovereign of the universe, who creates light and darkness, who makes peace and creates all things."</p>

## Light of Lights (2015)- Henry Rasof

the light that is every day  
what is it really  
its true nature?

there is light from the sun  
the moon, from stars  
comets and meteors

lightning, auroras, and solar flares  
rainbows, sprites  
and of course sunsets and sunrises

from lantern fish  
at the bottom of the sea-  
an eerie green light

glow worms  
fireflies  
and some mushrooms

light reflected  
from between the eyes of spiders  
so we can see them in the dark

phosphorescent diatoms that sparkle  
in the waves and sand  
during red tides

rocks that glow  
green and purple  
in the dark

watch dials, television sets  
flashlights, fiber-optic cables  
cell phones and computers

there also is light in the eyes of children  
lovers' eyes  
the unbearable lightness of being

and let us not forget spiritual lights  
the guiding light of wisdom  
light around the body, auras

enlightenment, the clear light  
and who can forget the zohar  
the book of radiance

but however much we learn  
from science, literature, philosophy  
or personal experience

about the light we see  
and the light concealed  
in the places we do not see

how ever much we read  
meditate or experiment  
however much we think we know

light is still a mystery  
for we really  
do not know

the beauty of sight  
the existence of light  
in all its varieties

is a mystery  
pure and simple  
beyond understanding

All we can do is be grateful  
for this bounty and our ability  
to perceive and distinguish it

## REVELATION

How deeply You have loved us Adonai, our God, gracing us with abounding compassion! On account of our forebears whose trust led You to teach them the laws of life, be gracious to us, teaching us as well.

Oh Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah.

<i>Ahavah Rabah- Elana Arian and Noah Aronson</i>	<i>Mishkan T'filah p. 62</i>
<p><i>Ahavah rabah, ahavah rabah, ahavah rabah</i>  <i>Ahavtanu, ahavtanu....</i>  <i>Adonai Eloheinu</i></p> <p>How deeply You have loved us            How deeply You have loved us            How deeply You have loved us  <i>Adonai Eloheinu</i></p>	<p style="text-align: right;">אַהֲבָה רַבָּה אַהֲבָתָנוּ יְהוָה אֱלֹהֵינוּ</p>  <p style="text-align: right;">בָּרוּךְ אַתָּה יְהוָה הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל            בְּאַהֲבָה</p> <p style="text-align: right;"><i>Baruch Atah Adonai Eloheinu Melech Ha'olam</i>  <i>haBocheir b'ami Yisrael b'ahavah</i></p> <p>Blessed are You, Eternal our God, Sovereign of the universe, who chooses the people Israel in love</p>

**שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד**

*Shema Yisrael Adonai Eloheinu Adonai Echad*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

*Baruch Shem K'vod Malchuto L'olam Va'ed*

<p><b>V'ahavta- Mishkan T'filah p. 66</b></p>	<p><b>Deuteronomy 6:5-9</b> <b>Numbers 15:40-41</b></p>
<p><i>V'ahavta et Adonai Eloheicha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha</i> <i>V'hayu had'varim haeileh asher Anochi m'tzav'cha hayom al l'vavecha</i> <i>V'shinantam l'vanecha v'dibarta bam, b'shivt'cha v'veitecha uv'lecht'cha vaderech, uv'shochb'cha uvkumecha</i> <i>Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha</i> <i>Uchtavtam al m'zuzot beitecha uvish'arecha</i></p> <p><i>L'ma'an tizk'ru va'asitem et kol mitzvotai, v'heyitem k'doshim leilohechem</i> <i>Ani Adonai Eloheichem asher hotzeiti etchem meieretz mitzrayim, l'hiyot lachem leilohim</i> <i>Ani Adonai Eloheichem</i></p>	<p><b>וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ כְּכֹל-לְבָבְךָ וּכְכֹל-נַפְשְׁךָ וּכְכֹל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ: וְשִׁנַּנְתָּם לְבִנְיָיךָ וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִקְחֶיךָ בַּדֶּרֶךְ וּבְשֹׂכְבְךָ וּבְקוּמְךָ: וְקִשַּׂרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכִתְבָתָם עַל-מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:</b></p> <p><b>לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרָיִם מִצְרָיִם לִהְיוֹת לְכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:</b></p>

**REDEMPTION**

Standing on the parted shores of history, we still believe what we were taught before ever we stood at Sinai: that wherever we are, it is eternally Egypt; that there is a better place, a Promised Land: that the winding way to that promise passes through the wilderness; that there is no way to get from here to there except by joining hands, marching together.

- Mishkan T'filah p. 73

<i>Mi Chamocha- Dan Nichols</i>	<i>Mishkan T'filah p. 55 (Exodus 15:11 &amp; 18)</i>
<p><i>Yai lai lai lai lai lai lai</i>  <i>Yai lai lai lai lai lai lai...</i></p> <p><i>Mi chamocha baelim Adonai</i>  <i>Mi kamocha ne'edar bakodesh (x2)</i></p> <p><i>Norah t'hilot, oseh feleh (x2)</i>  <i>Adonai yimloch l'olam va'ed</i></p> <p><i>Shirah chadasha shib'chu g'ulim</i>  <i>L'shimcha al s'fat hayam</i>  <i>Yachad kulam hodu v'himlichu v'amru</i>  <i>Adonai yimloch l'olam va'ed</i></p>	<p>מִי כְּמֹכָה בְּאֵלִים יְהוָה מִי כְּמֹכָה נֹאדָר בְּקֹדֶשׁ  נִרְאָה תְהִלַּת עֲשֵׂה פֶלֶא:</p> <p>לְשִׁירָה קִדְשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ עַל־שִׁפְת  הַיָּם יַחַד כָּלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:</p> <p>יְהוָה יְמַלֵּךְ לְעוֹלָם וָעֶד:</p>