

**Modeh Ani**

I am grateful to face life , TO LIFE!  
Aa journey of living and lasting,  
As I am awake with breath of  
compassion  
My life abrim with hope.

Modeh [modah] ani lifnei hayim  
l'hayim!

Mahalah hay v'kayam  
Ki ani eir im neshimat hemlah  
Rabbah emunat hayay.

מוֹדָה [f]. מוֹדָה אָנִי לְפָנֵי חַיִּים. לְחַיִּים!  
מֵהַלַּח חַי וְקַיָּם  
כִּי אָנִי עֵר עִם נְשִׁימַת חֵמְלָה  
רַבָּה אֱמוּנַת חַיִּי.

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**Sheheheyanu**

Blessed is all life energy,  
THIS,  
Our connecting energy  
Life force of the universe,  
Keeping us alive, preserving us,  
Enabling us to be in this moment.

Amen

Baruh et eil hakol-hay,  
eloheyenu meretz-hay ha'olam,  
Sheheheyanu, vekiyemanu,  
vehigiyanu ba-zeman hazeh. Amen

בָּרוּךְ אַתְּ אֵל הַכֹּל-חַי,  
אֱלֹהֵינוּ מְרַצְחֵי הָעוֹלָם,  
שֶׁהֵיָנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ בְּזִמְנָן הַזֶּה. אָמֵן

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**Candle lighting- Shabbat**

Magnificent is all life energy,  
THIS! our connecting energy,  
binds us, charging and inspiring  
us, to light Shabbat candles  
sharing illumination and warmth.  
Amen.

Baruh et eil hakol-hay,  
eloheyenu meretz-hay ha'olam,  
asher kid'shanu b'mitzvotav v'tzivanu  
l'hadlik ner shel Shabbat. Amen.

בָּרוּךְ אַתְּ אֵל הַכֹּל-חַי,  
אֱלֹהֵינוּ מְרַצְחֵי הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ,  
לְהַדְלִיק נֵר שַׁבָּת. אָמֵן

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**Blessing for wine**

Wonderful is all life energy,  
THIS! our connecting energy,  
Life force of the universe,  
Manifest in the fruit of the vine. Amen.

Baruh et eil hakol-hay,  
eloheyenu meretz-hay ha'olam,  
Barur p'ri hagafen. Amen

בָּרוּךְ אַתְּ אֵל הַכֹּל-חַי,  
אֱלֹהֵינוּ מְרַצְחֵי הָעוֹלָם,  
בָּרוּר פְּרֵי הַגֶּפֶן. אָמֵן

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All that is is energy.

We are bundles of energy, receiving and transmitting,  
absorbing, emitting, reflecting, radiating. Everything  
around us is energy. Energy is all there is.  
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**Blessing for bread**

Magnificent is all life energy,  
THIS! our connecting energy,  
Life force of the universe,  
That we find in the sustenance  
from the earth.. Amen.

Baruh et eil hakol-hay,  
eloheyenu meretz-hay ha'olam,  
she-motz'im b'lehem min ha'aretz. Amen.

בָּרוּךְ אַתְּ אֵל הַכֹּל-חַי,  
אֱלֹהֵינוּ מְרַצְחֵי הָעוֹלָם,  
שֶׁמוֹצְאִים בְּלֶחֶם מִן הָאָרֶץ. אָמֵן

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What can we learn from knowing that the Hebrew root  
L-H-M for bread, lehem, is the root for: to fight, to eat  
bread, to make war, to join together, to dispute?  
This is why Hebrew fascinates me;  
connecting-reaching deep into human nature.

**Blessing for water**

Amazing is all life energy,  
THIS! our connecting energy,  
Life force of the universe,  
Flowing in life-giving water. Amen.

Baruh et eil hakol-hay,  
eloheyenu meretz-hay ha'olam,  
zoreim bamayim hamahayyim. Amen.

בָּרוּךְ אַתְּ אֵל הַכֹּל-חַי,  
אֱלֹהֵינוּ מְרַצְחֵי הָעוֹלָם,  
זוֹרֵם בַּמַּיִם הַמַּחַיִּים. אָמֵן

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I'm suggesting that the cosmic process of the universe  
of which we are a part and in which we exist, is revered  
energy, divine. Everything in life is energy, the basis of  
every thing and every being in the entire universe; a  
concept that fits within our current scientific inventory of  
the world.

Reconstructionist Judaism was developed by Rabbi  
Mordecai Kaplan in the 1920's and 30's to present  
Judaism as a Civilization, acknowledging modern  
western scientific thought, to thrive in the New World  
with American ideas of democracy, equality,  
participation, and the pursuit of fulfillment.  
Reconstructionism stresses values such as  
considering the divine as a process not a human-type  
entity; the importance of Jewish peoplehood;  
recognizing the human authorship of Scripture, with  
consequent questioning of miracles, revelations, and  
commandments; and rejecting ideas such as Divine  
Kingship and the Chosenness of the Jewish people.

**QUOTES AND IMPRESSIONS**

"Judaism is the evolving dynamic religious civilization of  
the Jewish people."  
Belonging comes before believing and behaving.  
"God is the power that makes for salvation"  
[i.e., Our energy and capacity to act for fulfillment in this  
world are natural processes in the universe, [not the work  
of a supernatural human-type entity.]  
Scripture comes from many authors, times and places.  
Supernatural events, gods, miracles, revelations are the  
stuff of myth, legends, stories..  
The Chosen People concept is rejected.  
Aristocracy, kingship, royalty, not meaningful in USA.  
Tradition has a vote, but not a veto.  
Don't say it if you don't mean it.  
Our purpose is to live a full life in this world, sharing  
whatever we can of goodness, joy, love, beauty, truth.[et]

"It is the business of religion to make clear  
what we mean by belief in 'God' \*  
from the standpoint of the difference that belief makes  
in our human striving and conduct."  
R. Mordecai M. Kaplan

\* or 'gods', or 'fundamental principle', or 'life force', or  
'power that makes for fulfillment', etc.

Newton's law of universal gravitation states  
that every particle attracts every other particle  
in the universe with a force that is related to their  
masses and distances between their centers.  
Usually the forces are small, minute, imperceptible  
by our feeble human equipment for sensing attraction,  
BUT THEY ARE THERE. AND WE ARE CONNECTED.  
[apologies to Sir Isaac Newton]

**Connection**

I am grateful to be here--with you.  
Grateful for our connection,  
receiving and transmitting,  
absorbing and propagating, reflecting and radiating,  
sharing warmth, happiness, and goodness.  
For growth and health, may our energies endure.  
Thus may our connection endure.

**An Aspiration**

I am grateful  
to rest and restore in beauty,  
soak up and emit energy, gain strength from truth,  
concentrate on the good, life-giving, supporting, forces  
that I feel around me--and to share every part  
through connection with all that is--  
for loving warmth, energy of resistance and defense,  
healing and repair, health and growth.  
In the hope that we may live while we are alive.  
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The Hebrew word "eil" or "el" is an ancient Sumerian  
god name that is also translated as "power". I've  
used it in writing liturgy variations similar to the way it  
is used in Physics to mean the capacity to do work  
or to act. By tracking through thesaurus references  
for "power" (power → force → energy), I now inter-  
pret "eil" as "energy". Everything in life is energy;  
a concept that fits within our current scientific inven-  
tory of the world. We are bundles of energy, and  
everything around us is energy. Energy is all that is.

As davidji, an Internet guru, asserts: Energy is in  
our breath, our movements, all our sensory percep-  
tions and expressions. Everything is energy. "Energy  
cannot be created nor can it be destroyed. It is the  
life force that exists in every moment". [https://david-  
ji.com/become-conduit-divine-energy/](https://david-ji.com/become-conduit-divine-energy/)

For me, this is a fundamental idea in our spiritu-  
al striving to apprehend the divine and feel connect-  
ed, at one, with it, with all of life. And to acknowl-  
edge our human responsibility to reckon with the  
mystery and fragility and uncertainty of our existence  
without appealing to spirits or magic.

It is fitting for energy, the basis of all there is, the  
unity of all, to be blessed and praised, to be extolled  
and revered as awesome, holy. It is unifying, spiritual,  
connecting,