

REFLECTION ~ דשב



SHABBAT AFTERNOON
SERVICE

Am Shalom
Glencoe, Illinois



SHABBAT SHALOM ~ שַׁבַּת שְׁלוֹם WELCOME TO AM SHALOM!

BAR / BAT MITZVAH

Bar Mitzvah means son of the Commandment. Bat Mitzvah means daughter of the Commandment.

A Bar or Bat Mitzvah is not something one *has*, but rather something one *becomes*.

According to Jewish tradition, upon reaching age thirteen, one becomes responsible for the ritual and ethical obligations of Jewish life. This milestone is often marked by a prayer service during which the student leads the congregation in prayer and reads from the Torah and a selection from the Prophets, call the Haftarah.

OUR SANCTUARY

Directly in front of you is the bima ~ a raised platform from which services are led. Also at the front of the room is the Aron Ha-Kodesh ~ Holy Ark, in which the Torah scrolls are kept. Above the Ark is the Ner Tamid ~ Eternal Light. This continuously burning light is reminiscent of the flame in the ancient Tabernacle. It represents the constant presence of God.

On the wall in the front of the main Sanctuary is a Hebrew inscription above the Ark, which reads:

דַּע לִפְנֵי מִי אֶתָּה עֹמֵד ~ (Da lif-nei mi a-tah o-meid)
Know before whom you stand.

The stained glass windows that surround the main sanctuary depict five of the twelve tribes of Israel: Benjamin, Levi, Reuben, Simeon, and Zebulun, along with a sixth window illustrating a quotation from Psalms:

שְׁלַח אֹרֶךְ וְאֶמֶת ~ (Sh'-lach or-cha va-a-mit-cha)
Send forth thy light and thy truth.
~ Psalms 43:3



Cha-shav ~ Reflect or Ponder

Havdalah, the beautiful and sensory ceremony which concludes Shabbat, and our afternoon service, calls upon us to reflect.

We literally reflect in the light of the multi-wicked candle as a means of reflecting on our week, our selves, our lives, and our world. The goal is to carry the peace and inspiration of Shabbat into the week ahead, both to rejuvenate our inner selves and also to inspire us in our continual work to create a better world.

In addition to the prayers we will speak and sing together during this service, throughout the prayer book you will find many thoughts, in the margins, upon which to reflect....

INTRODUCTION TO THE SERVICE

K'HILAH K'DOSHA ~ קהלה קדושה CREATING A HOLY COMMUNITY

This siddur was uniquely created for Am Shalom to encourage *everyone present* to find holiness within and join together to form a holy community for the brief time of the service.

We hope that the explanations and transliterations in this siddur will help you learn, enjoy and *especially* participate in this afternoon's Shabbat service.

And...one way that each of us can both help ourselves enter a moment of holiness, and also help the Bar or Bat Mitzvah student know he or she is not at a performance, but rather surrounded by a community of prayer, is for each of us to join our voices together in song and prayer.

We welcome you as part of our holy community ~ please join us!



PRAYER SERVICE

The Hebrew word for prayer book is siddur, which means order.

Jewish prayer services are an ordered series of prayers, songs, and readings from Bible, traditional liturgy, and other sacred texts. In addition, contemporary readings may be added to reflect traditional prayer themes in creative ways.

The afternoon service at Am Shalom is structured into these six sections:

- Introduction ~ songs and prayers to help set the mood for the service and get into the spirit of prayer.
- Early prayers ~ the first formal blessings of the liturgy.
- T'filah (prayer) ~ a series of blessings, prayers, and meditations, including praise to God and expressions of gratitude, that comprise the central part of Jewish liturgy.
- The Torah service.
- Concluding prayers.
- Havdalah ~ the ceremony which concludes Shabbat.



LEADERS OF THE SERVICE

Jewish clergy includes rabbis and cantors. The word rabbi literally means teacher. Rabbis teach, counsel people in the study and practice of Judaism, lead prayer, officiate at life-cycle events and Jewish rituals, and are the spiritual leaders of their congregations. In addition to teaching and other clergy roles, a cantor brings music and song to prayer services and other Jewish occasions.

Jewish tradition, however, does not require a clergy person to lead prayer.

Bar and Bat Mitzvah students lead prayer, and family and friends are invited to lead readings throughout the service.



GUIDE TO TRANSLITERATION

Transliteration of Hebrew is included for almost everything in the service in order to enable those who don't read Hebrew to follow along, as well as join in communal readings. Generally, hyphens indicate syllables. The transliteration style used is as follows:

| | | |
|----------------|---------------|------------------------------|
| a as in far | e as in let | ei as in weigh |
| i as in ink | o as in coat | u as in flute |
| ai as in aisle | oi as in boil | ch as in challah or Chanukah |

In addition, communal readings are indicated with ***bold and italicized*** text.



*Good deeds are better
than wise sayings.
~ Talmud*

*Entrances to holiness
are everywhere.
The possibility of ascent
is all the time.
Even at unlikely times and
in unlikely places,
there is no place on earth
without God.
~ Rabbi Lawrence
Kushner*

*To pray is to take notice
of the wonder,
to regain a sense of the
Divine margin in all
attainments.
Prayer is our humble
answer to the inconceivable
surprise of living.
It is all we can offer in
return for the mystery by
which we live.
~ Rabbi Abraham
Joshua Heschel*

*In prayer
it is better to have
a heart without words,
then words without a heart.
~ Mahatma Gandhi*

*Thoughts, like fleas,
jump from
person to person.
But, they don't bite
everybody.
~ Stanislaw Jerzy Lec*

*Begin at the beginning
and go on till you come
to the end:
then stop.
~ Lewis Carroll*

*No person
ever prayed
without learning
something.
~ Ralph Waldo Emerson*

*I may not have gone
where I intended to go,
but I think I have ended up
where I intended to be.
~ Douglas Adams*



בְּרוּכִים הַבָּאִים ~ B'RUCHIM HA-BA'IM

WELCOME FRIENDS!

HINEI MA TOV ~ הִנֵּה מַה-טוֹב

Hi-nei ma-tov u-ma-na-im

she-vet a-chim gam-ya-chad.

הִנֵּה מַה-טוֹב וּמַה-נָּעִים

שֶׁבֶת אַחִים גַּם-יַחַד.

Behold, how good and pleasant it is for
people to dwell together in unity.

~ Psalm 133:1



הַלְלוּ ~ HAL'LU

Ha-l'-lu...

Kol ha-n'-sha-ma t'-ha-leil Ya,

Ha-l'-lu-Ya!

הַלְלוּ...

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה,

הַלְלוּ-יְהוָה!

Let all that breathes praise God. Halleluyah!

~ Psalm 150:6



שִׁיר הַמַּעֲלוֹת ~ SHIR HA-MAALOT

Sha-bat sha-lom...

Shir ha-ma-a-lot

b'-shuv A-do-nai

et-shi-vat tzi-on

ha-yi-nu k'-chol-mim.

Az yi-ma-lei sh'-chok pi-nu

ul-sho-nei-nu ri-na.

Az yo-m'-ru va-go-yim

hig-dil A-do-nai la-a-sot

im-ei-leh.

שֶׁבֶת שָׁלוֹם...

שִׁיר הַמַּעֲלוֹת

בְּשׁוּב יי

אֶת-נְשִׁיבַת צִיּוֹן

הָיִינוּ כְּחֻלְמִים.

אֲזַי מָלָא שְׂחוֹק פִּינוּ

וּלְשׁוֹנֵינוּ רִנָּה.

אֲזַי יֹאמְרוּ בְּגוֹיִם

הַגָּדִיל יי לַעֲשׂוֹת

עִם-אֱלֹהִים.

Sabbath peace...

A song of ascents...when Adonai restores the fortunes of Zion
(we see it as in a dream.)

Our mouths will be filled with laughter, our tongues with songs of joy.

They shall say among the nations:

"Adonai has done great things!"

~ Craig Taubman, based on Psalm 126

The service begins
with one or more
songs and readings
to "warm up" or set
the mood, and prepare
ourselves for thought,
prayer, and study.

*The most direct means for
attaching ourselves to God
from this material world is
through music and song.
So even if you think you
can't sing well, **sing...**
~ Rabbi Nachman
of Bratslav [adapted]*



Alone,

*I cannot lift my voice
in song.*

*Then you come near
and sing with me.*

*Our prayers fuse and
a new voice soars.*

*Our bond is beyond
voice and voice.*

*Our bond is one of
spirit and spirit.
~ Based on the
teachings of
Rabbi Pinhas
of Koretz*

Start small.

*Sing one note,
even if you don't know
the words.*

*Say one ancient prayer,
link yourself with
continuity and eternity.*

*Say one modern prayer,
open yourself to new ideas,
growth, and change.*

*Bless this one moment
for what it brings to you.*

*No one can do this for you;
it belongs to you.*

~ Jewish Theological
Seminary [adapted]



TALIT PRESENTATION

The Talit is a religious symbol, a garment, a shroud, a canopy.

It is a cloak which envelops a Jewish person, both physically and spiritually.

We present you with this Talit with the hope that as you wrap yourself in it you will feel spiritually wrapped in all of the love and joy that surrounds you today.

We hope that you will have many occasions to wear it in the future, and that each time you will be reminded of the memories of this extraordinary day.

We now invite you to offer the blessing for wearing a Talit.



*Bless Adonai, O my soul. Adonai, my God, You are very great.
You are clothed in glory and majesty.
Enveloped in light as a garment.
Spreading the heavens as a vast curtain.
~ Psalm 104*

May your Talit always envelop you in light.

May it always remind you of all the glory and majesty in the world.

May it always connect you to all the joy and wonders to be found beneath the heavens.

We now invite you to offer the blessing for wearing a Talit.



BIRKAT TALIT ~ טְלִית ~ בְּרַכַּת
TALIT BLESSING

Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
a-sheer kid-sha-nu b'-mitzvot-tav,
v-tzi-va-nu l'-hit-a-teif ba-tzi-tzit.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית.

Blessed are You, Adonai our God, Sovereign of the universe.
You make us holy with mitzvot,
and teach us to wrap ourselves in the fringed Talit.

The Talit is a fringed prayer shawl worn as a reminder of the commandments. The Talit also connects the wearer to thousands of years of Jewish history and tradition, while at the same time creating a personal sanctuary for prayer.



*The tzi-tzit (fringes) epitomize the democracy of Judaism. All the Children of Israel are instructed to wear tzi-tzit, not just the leaders, rulers, rabbis, or scholars.
~ Rabbi Jacob Milgrom [adapted]*

The higher goal of spiritual living is not to amass a wealth of information, but to face sacred moments...to have more does not mean to be more....

*We must not forget that it is not a thing that lends significance to a moment; it is the moment that lends significance to things.
~ Abraham Joshua Heschel*

Our lives are a tapestry of rich and royal hue... an everlasting vision of the ever changing view. A wondrous woven magic in bits of blue and gold... a tapestry to feel and see, impossible to hold.

Our tapestry is a collection of threads from the fabrics of those who came before us ~ stitched together into quilts created from our own actions, words, intentions, hopes, and dreams.

*May each of us weave a tapestry that inspires us for our lifetime.
~ Inspired by Carole King*



Ashrei means happy. The prayer, believed to have been written by King David, is comprised primarily of Psalm 145, along with portions from other psalms.. When the entire text (this is a selection) is written out in Hebrew, the first letter of each stanza forms an acrostic of the Hebrew alphabet. This has been interpreted as suggesting transcendence, oneness, or completeness. When Ashrei was sung in the ancient Temple, it was often accompanied by stringed instruments, flutes, and cymbals.



*Now and then it is good
to pause in our pursuit
of happiness and just be
happy.*

~ Guillaume Apollinaire

*I cannot believe that the
purpose of life is to be
happy. I think the purpose
of life is to be useful,
to be responsible,
to be compassionate.*

*It is, above all, to matter,
to count, to stand for
something, to have made
some difference that you
lived at all.*

~ Leo Rosten

*Have you been to
The Land of Happy?*

*Where everyone's
happy all day;
Where they joke
and they sing
of the happiest things;
And everything's
jolly and gay?*

*There's no one
unhappy in Happy;
There's laughter
and smiles galore.*

*I have been to
The Land of Happy ~
What a bore!*

~ Shel Silverstein

ASHREI ~ אֲשֵׁרִי

Ash-rei yosh-vei vei-te-cha;

od y'-ha-l'-lu-cha Se-lah!

Ash-rei ha-am she-ka-cha lo;

ash-rei ha-am she-A-do-nai E-lo-hav.

Va-a-nach-nu n'-va-reich Ya,

mei-a-ta v'-ad-o-lam. Ha-l'-lu-yah!

Happy are those who dwell in Your house; they forever praise You!

Happy are the people who have it so; happy are the people whose God is Adonai.

We shall bless Adonai now and always. Halleluyah!

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ;
עוֹד יְהַלְלוּךָ סֵלָה!

אֲשֵׁרִי הָעַם שְׂכֻכָּה לָּו;
אֲשֵׁרִי הָעַם שִׁי אֱלֹהָיו.

וְאֶנְחֲנוּ נִבְרָךְ יְיָ,
מִעַתָּה וְעַד-עוֹלָם. הַלְלוּיָהּ!



Every day we will bless You,
and praise Your name forever and ever.

***One generation shall sing of Your works to another,
and declare Your mighty acts.***

They shall celebrate Your abundant goodness,
and sing joyously of Your kindness.

***Adonai is good to all,
God's mercy is upon all God's works.***

Your sovereignty is eternal;
Your holiness is for all generations.

***Adonai is near to all who call,
to all who call upon God with sincerity.***

We bless You, Adonai, now and forever.
Halleluyah!

~ Selections from Ashrei
[contemporary translation]



SH'MA U'VIRCHOTEHA ~ שְׁמַע וּבְרָכוֹתֶיהָ

SH'MA AND ITS BLESSINGS

How good it is to wrap oneself in prayer,
Spinning a deep softness of gratitude to God around all thoughts,
Enveloping oneself in the silken veil of song.

Prayer is a ladder on which our thoughts mount to God.
Prayer takes our mind out of the narrowness of self-interest.
Prayer clarifies our hopes and our intentions.
Prayer, like a gulf stream, imparts warmth to all that is cold.
Prayer is a dialogue with God.
Prayer is an answer to God.
Prayer is an invitation to God to intervene in our lives.
Prayer is our desire to let God's will prevail in our affairs.
Prayer is opening our soul to God.
Prayer is our intention to make God the master of our soul.
Prayer is to sense God's presence.
Prayer is a gift to God.

~ Abraham Joshua Heschel

Our ancestors brought You spices
and foods to gain your favor, O God.

Most precious in our day is the offering of time.

Accept this gift we have set aside,
the holiness of these precious minutes and hours.

Oh! To revel in Your presence,
to celebrate the beauty of Your handiwork,
to rejoice in the gift of life!

~ Richard Levy [adapted]



BAR'CHU ~ בָּרְכוּ

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

Bless the Eternal, to whom all blessings are due!

Ba-ruch A-do-nai ha-m'-vo-rach

l'-o-lam va-ed!

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ!

בְּרוּךְ יְיָ הַמְּבֹרָךְ

לְעוֹלָם וָעֶד!

Blessed is the Eternal forever and ever!

Following the warm up, "Sh'ma and its Blessings" begins the next section of the service.

Bar'chu is the "call to worship." The first part of the service prepares the individual. Bar'chu signals to the congregation that, following the "warm up," it is now time for the more formal, and communal prayer to begin.



I pray to the birds because I believe they will carry the messages of my heart upward. I pray to them because I believe in their existence, the way their songs begin and end each day ~ the invocations and benedictions of Earth. I pray to the birds because they remind me of what I love rather than what I fear. And at the end of my prayers, they teach me how to listen.

~ Terry Tempest Williams

Humor

is the prelude to faith, and laughter is the beginning of prayer.

~ Reinhold Niebuhr

All lost!

to prayers! to prayers! All lost!

~ William Shakespeare "The Tempest"

If you are a dreamer, come in,

If you are a dreamer, a wisher, a liar,

A hope-er, a pray-er, a magic bean buyer...

If you're a pretender, come sit by my fire

For we have some flax-golden tales to spin.

Come in!

Come in!

~ Shel Silverstein



The words maariv aravim essentially mean "who brings on evenings." It is used, as evening approaches, to thank and praise God for creating nature and all the wonders of the universe.



The first time an event occurs in nature, it is called a miracle; later it becomes natural and is taken for granted.

Let your awe and your service be your miracle each day, keeping you from taking for granted that which is full of wonder.

Only such prayer, performed from the heart, with the enthusiasm of fresh wonder, is acceptable, for only such prayer, reflection, and observation can open the eye to the extraordinary hidden in the heart of the ordinary.
~ Baal Shem Tov

We look for miracles in the extraordinary, while too often we remain oblivious to the miracles which abound in the ordinary moments of our lives. Our lives are drenched in miracles. Miracles are all around us and within us
~ Rabbi Sidney Greenberg

Nature will not be admired by proxy.
~ Winston Churchill

Show a little faith, there's magic in the night....
~ Bruce Springsteen, Thunder Road

***Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
a-sher bid-va-ro
ma-a-riv a-ra-vim,
b'-choch-ma po-tei-ach sh'-a-rim,
u-vit-vu-na m'-sha-neh i-tim,
u-ma-cha-lif et haz-ma-nim,
u-m'-sa-deir et ha-ko-cha-vim,
b'-mish-m'-ro-tei-hem
ba-ra-ki-a kir-tzo-no.
Bo-rei yom va-lai-la,
go-leil or mip-nei cho-shech,
v'-cho-shech mip-nei or.
U-ma-a-vir yom u-mei-vi lai-la,
u-mav-dil bein yom u-vein lai-la,
A-do-nai tz'-va-ot sh'-mo
Eil chai v'-ka-yam,
ta-mid yim-loch
a-lei-nu l-o-lam va-ed.
Ba-ruch a-ta A-do-nai,
ha-ma-a-riv a-ra-vim.***

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בִּדְבָרוֹ
מַעְרִיב עֶרְבִים,
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֲתִים,
וּמַחְלִיף אֶת הַזְּמָנִים,
וּמַסְדֵּר אֶת הַכּוֹכָבִים,
בְּמִשְׁמְרוֹתֵיהֶם
בְּרַקִּיעַ כְּרֻצּוֹ.
בּוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיִם,
תָּמִיד וְמְלוּךְ
עָלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ,
הַמַּעְרִיב עֶרְבִים.

Eternal God, Your majesty is proclaimed by the marvels of earth and sky.

Sun, moon, and stars testify to Your power and wisdom.

Day follows day in endless succession, and the years vanish, but Your sovereignty endures.

Though all things pass, do not let Your glory depart from us.

Help us to become co-workers with You, and endow our fleeting days with abiding worth.

Blessed are You, Adonai our God, who brings on evenings.



*L*istening comes hard to us.
 Loving comes hard to us,
 We can sing and read and look,
 Taste and smell and touch,
 But listening comes hard to us.
 Loving does, too.

Other people's joy and tragedy
 Enter our minds,
 But listening to the person behind the joy,
 Letting in the person underneath the tragedy,
 That takes hard concentration,
 A strong will.

The world looks the same,
 The people all around us look the same,
 But underneath the ordinary
 Is a special quiet which we cannot see.
 We have to listen.

~ Rabbi Sidney Greenberg



SH'MA ~ שְׁמַע

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'-ma Yis-ra-eil,

A-do-nai E-lo-hei-nu

A-do-nai e-chad!

Hear, O Israel: Adonai is our God, Adonai is one!

Ba-ruch sheim k'-vod

mal-chu-to l'-o-lam va-ed!

Blessed is Your glorious kingdom forever and ever!

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד!

בָּרוּךְ שֵׁם כְּבוֹד

מַלְכוּת לְעוֹלָם וָעֶד!

Sh'ma, which means hear or listen, is the central declaration of Jewish faith: that God is One.



*I am only one,
 but I am one.
 I cannot do everything,
 but I can do something.
 What I can do,
 I ought to do.
 By the grace of God,
 I will do.*
 ~ Frederick Farrar

*The idea of God,
 from which an
 infinite number of things
 follow in infinite ways,
 can only be one.*
 ~ Baruch Spinoza

*The reason why the world
 lacks unity,
 and is broken and in heaps,
 is because people are
 disunited with themselves.*
 ~ Ralph Waldo Emerson



Sh'ma is written in the Torah with the last letter of the first word ע and the first letter of the last word ד enlarged.

These letters spell the Hebrew word EID, meaning witness.

This teaches us that we are witnesses for God ~ a reminder of our ethical responsibilities and ongoing tasks to make our lives holy, especially in our relationships with others and our stewardship of the earth.
 ~ Harvey J. Fields



V'ahavta is a continuation of Sh'ma. V'ahavta tells us to both remember *and* do God's commandments, particularly loving God ~ shown through how we treat others ~ and teaching what we learn to those that come after us.



Everything may change in our demoralized world except the heart, our love, and our striving to know the Divine.
~ Marc Chagall

Whether a person really loves God can be determined by the love that person shares with others.
~ Rabbi Levi Yitzchak of Berditchev

A heart is not judged by how much you love, but by how much you are loved by others.
~ L. Frank Baum, Tin Man, Wizard of Oz

When people come to you for help, do not turn them off with pious words, saying: "Have faith and take your troubles to God!"

Act instead as if there were no God, as though there were only one person in all the world who could help...only yourself.
~ Martin Buber

Unless you love someone nothing else makes sense.
~ e.e. cummings

When we love, we are blind to the faults of those we love; when we hate, we are blind to their virtues.
~ Moses ibn Ezra

V'AHAVTA ~ וְאָהַבְתָּ

V'-a-hav-ta eit A-do-nai E-lo-he-cha,
b'-chol l'-vav-cha, u-v'-chol naf-sh'-cha,
u-v'-chol m'-o-de-cha:
V-hai-yu had-va-rim ha-ei-leh,
a-sher a-no-chi m'-tzav-cha
ha-yom al l'-va-ve-cha.
V'-shi-nan-tam l'-va-ne-cha,
v'-di-bar-ta bam
b'-shiv-t'-cha b'-vei-te-cha
uv-lech-t'-cha va-de-rech
uv'-shoch-b'-cha, uv-ku-me-cha:
uk-shar-tam l'-ot al-ya-de-cha,
v'-hai-yu l'-to-ta-fot bein ei-ne-cha.
Uch-tav-tam al m'-zu-zot
bei-te-cha u-vi-sha-re-cha.
L'-ma-an tiz-k'-ru va-a-si-tem
et kol mitz-vo-tai.
Vi-h'-yi-tem k'-do-shim lei-lo-hei-chem.
A-ni A-do-nai E-lo-hei-chem,
a-sher ho-tzei-ti et-chem
mei-e-retz mitz-ra-yim,
li-h'-yot la-chem lei-lo-him.
A-ni A-do-nai E-lo-hei-chem.

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ,
בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מַאֲדְךָ;
וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְךָ,
הַיּוֹם עַל-לִבְבְּךָ.
וְשִׁנַּנְתֶּם לְבַבְיֶךָ,
וְדִבַּרְתֶּם בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ;
וְקִשַּׁרְתֶּם לְאוֹת עַל-יָדְךָ,
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.
וְכִתַּבְתֶּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי.
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יי אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם,
לְהִיוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְהוָה אֱלֹהֵיכֶם.

And you shall love Adonai, your God, with all your heart, with all your soul,
and with all your being.

Take these instructions which I command you this day.

Teach them faithfully to your children; speak of them in your home
and on your way, when you lie down and when you rise up.

Bind them as a sign upon your hand; let them be a symbol before your eyes;
inscribe them on the doorposts of your house and on your gates.

Thus you shall remember and observe all My commandments,
and be holy to your God.

I am Adonai, your God, who brought you out of the land of Egypt to be your God.

I am Adonai, your God.



And what is my life span?

I'm like a person gone out of Egypt;
the Red Sea parts,
I cross on dry land,
two walls of water;
on my right and on my left.

Pharaoh's army and his horsemen behind me.
Before me the desert,
perhaps this is the Promised Land, too.

This is my life span.

~ Yehuda Amichai

MI CHAMOCHA ~ מי כַּמֹּכָה

Mi cha-mo-cha ba-ei-lim A-do-nai?

Mi ka-mo-cha ne-dar ba-ko-desh,

no-ra t'-hi-lot, o-sei fe-leh?

Who is like You, Eternal One, among the gods that are worshipped?

Who is like You, majestic in holiness,
awesome in splendor, doing wonders?

Mal-chu-t'-cha va-ne-cha,

bo-kei-a yam lif-nei

Mo-she u-Mir-yam.

"Zeh Ei-li" a-nu v'-am-ru:

"A-do-nai yim-loch l'-o-lam va-ed!"

Your children witnessed Your rule,
the sea splitting before Moses and Miriam.

"This is our God!" they cried:

"Adonai shall reign forever and ever."

V'-ne-e-mar:

"Ki fa-da A-do-nai et Ya-a-kov,

ug-a-lo mi-yad cha-zak mi-me-nu."

Ba-ruch a-ta A-do-nai

ga-al Yis-ra-eil.

And it is said:

"Adonai has redeemed Jacob from a hand stronger than his own."

Blessed are You, Adonai, Redeemer of Israel.

מִי כַּמֹּכָה בְּאֵלִים יְיָ?

מִי כַּמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,

נוֹרָא תְהִילֹת, עֹשֶׂה פִלְא?

מְלֻכּוּתְךָ רָאוּ בְּנֶיךָ,

בּוֹקֵעַ יָם לִפְנֵי

מֹשֶׁה וּמִרְיָם.

"זֶה אֱלֹהֵינוּ וְאֶמְרוּ:

"יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

וְנֶאֱמַר:

"כִּי פָדָה יְיָ אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ."

בָּרוּךְ אַתָּה יְיָ

גֹּאֲלֵי יִשְׂרָאֵל.

Mi Chamocha celebrates freedom.
Through this prayer,
we express appreciation to God for freeing the Jewish people from slavery in Egypt, and also pray for an end to all slavery and freedom for all people for all time.



*There are free men
with the spirit of a slave,
and slaves
whose spirit
is full of freedom.*

*He who is true
to his inner self
is a free man,
while he whose entire life
is merely a stage
for what is
good and beautiful
in the eyes of others,
is a slave.
~ Rav Kook*

*To educate a person
is to unfit him or her
to be a slave.
~ Frederick Douglas*

*Freedom is not free.
Achieving and preserving
freedom for all
involves commitment,
risk and constant effort.
Nothing grows unless one
plows, tends the soil,
and keeps it fertile year
after year.
~ Edmond Kahn
[adapted]*

*Those who would deny
freedom to others deserve it
not for themselves, and,
under a just God, cannot
long retain it.
~ Abraham Lincoln*

*Freedom is a state of mind:
a spiritual unchoking of the
wells of human power and
superhuman love.
~ W.E.B. Du Bois*

*Not free from what,
but free for what?
~ Friedrich Nietzsche*





*We live in a
world of darkness
which needs light.*

*We live in a
world of despair
which needs hope.*

*We live in a
world of madness
which needs
a bit of holiness
and compassion.*

~ Abraham Joshua
Heschel

*A human being is
part of the whole, called
by us the universe, a part
limited in time and space.*

*Humans experience
themselves, their thoughts,
and feelings as something
separated from the rest, a
kind of optical delusion of
their consciousness. This
delusion is a kind of prison
for us, restricting us to our
personal desires and to
affection for a few persons
nearest to us. Our task
must be to free ourselves
from this prison by
widening our circle of love
and compassion to embrace
all living creatures
and the whole of nature
in its beauty.*

~ Albert Einstein

*Be kind,
for everyone you meet
is fighting a hard battle.*
~ Plato

*Rivers know this:
there is no hurry.
We shall get there
some day.*
~ A.A. Milne

*The Hebrew words for
angel ~ מַלְאָךְ malach ~
and messenger
~ שְׁלִיחַ shaliach ~
derive from the same root,
thus leading to the
interpretation that we
may all be
holy messengers.*



Create a pure heart with me;
let my soul wake up in Your light.

Open me to Your presence;
flood me with Your holy spirit.

Then I will stand and sing out the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.

Adonai, open my lips and my mouth will declare Your praise.
~ Stephen Mitchell, using Psalm 51



Each lifetime is the pieces of a jigsaw puzzle.

For some there are more pieces.
For others the puzzle is more difficult to assemble.
Some seem to be born with a nearly completed puzzle.

And so it goes.

Souls going this way and that.
Trying to assemble the myriad of parts.

But know this:
no one has within themselves all the pieces to their puzzle,
like before the days when they used to seal jigsaw puzzles
in cellophane, insuring that all the pieces were there.

Everyone carries with them at least one piece, and probably many,
to someone else's puzzle.

Sometimes they know it.
Sometimes they don't.

And when you present your piece,
which is worthless to you,
to another,
whether you know it or not,
whether they know it or not,
you are a messenger from the Most High.

~ Rabbi Lawrence Kushner

T'FILAH ~ תפילה

~ Please repeat after the leader ~

A-do-nai s'-fa-tai tif-tach
u-fi ya-gid t'-hi-la-te-cha.

אֲדֹנָי שְׁפָתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ.

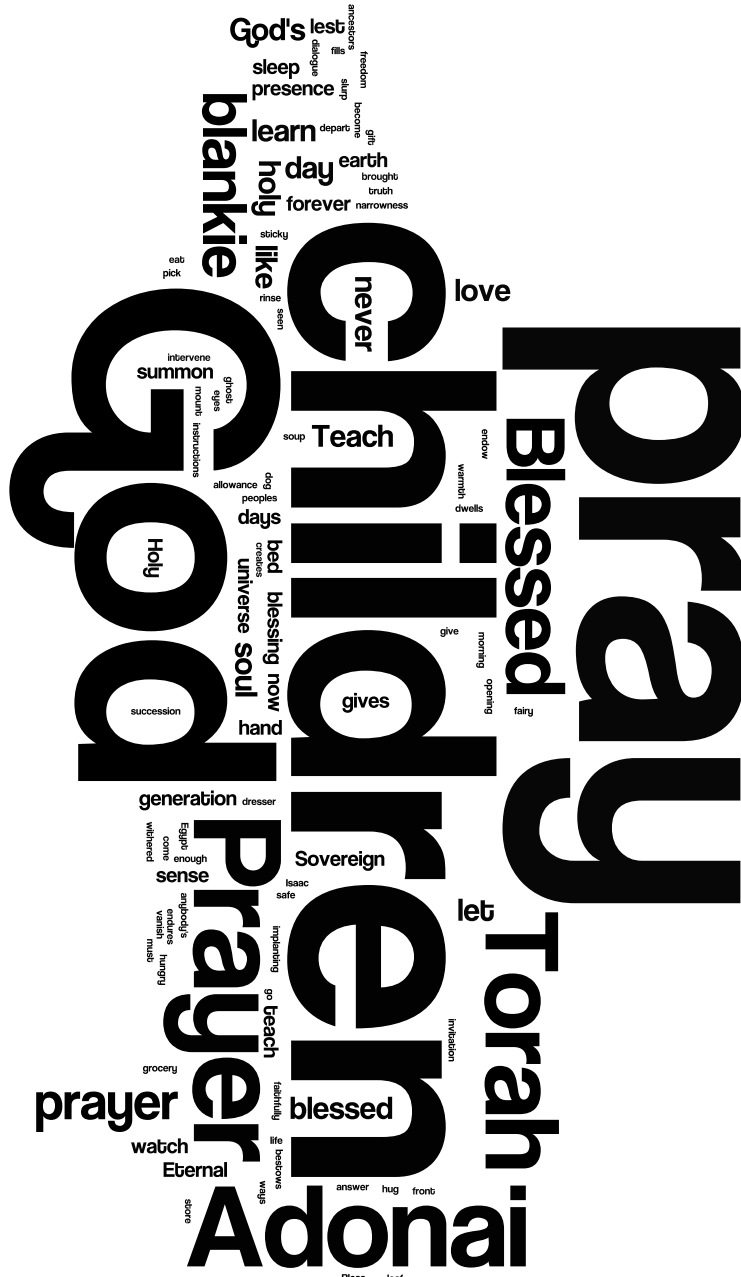
Adonai, open up my lips, that my mouth may declare Your praise.



Words of Prayer • תפילה • דברי Div'rei T'filah • Words of Prayer • תפילה • דברי Div'rei T'filah

PRAYER IS NOT A SHOUT INTO AN EMPTY VOID ANSWERED ONLY BY ITS OWN ECHO

Prayer is the spirit within us reaching out to the Spirit of the universe, and prayer is that Spirit responding to us.



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T'filah, which means prayer, begins the next section of the service. This section is the central liturgy of the Shabbat service. It opens with a passage from Psalms, chanted responsively. It is a petition that we may pray with sincerity and without hesitation.



*There's no limit
to how complicated
things can get,
on account of
one thing
always leading
to another.*
~ E.B. White

*"Can't you give
me brains?"
asked the Scarecrow.*

*You don't need them.
You are learning something
new every day.*
~ L. Frank Baum,
The Wizard of Oz

*The wisest person knows
that he does not know.*
~ Socrates

*If you don't know where
you are going,
any road will get you there.*
~ Lewis Carroll

*Our prayers are not
answered when we are
given what we ask,
but when are challenged
to be what we can be.*
~ Rabbi Morris Adler

*If the only prayer
you said was
"thank you"
that would be
enough.*
~ Meister Eckhart



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Avot v'Imahot means fathers and mothers. It connects us to our ancestors and to the continuity of Jewish teachings and traditions throughout time.



However small our achievements may be in comparison with our ancestors, they have their real value in that we bring them about with our own efforts....

As our ancestors each found new ways of service according to their characters and abilities, so shall each of us in our own way devise something new in the light of teaching and of service and do what has not yet been done.
~ Maggid of Zlotchov [adapted]

All people are children, and of one family. The same tale sends them all to bed, and wakes them in the morning.
~ Henry David Thoreau

Why is the prayer written "Elohei Avraham, Elohei Yitzchak, veilohei Yaakov, Elohei Sarah, Elohei Rivka, Elohei Rachel, veilohei Leah ~ the God of Abraham, the God of Isaac, the God of Jacob, the God of Sarah, the God of Rebekah, the God of Rachel and the God of Leah" ~ instead of the God of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, and Leah?"

The Midrash teaches us it is written this way to indicate that, just as each of our ancestors had a unique relationship with God, we may also come to understand God, each in our own individual way.
~ Martin Buber [adapted]

**Ba-ruch a-ta A-do-nai E-lo-hei-nu
vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu:
E-lo-hei Av-ra-ham,
E-lo-hei Yitz-chak,
vei-lo-hei Ya-a-kov.
E-lo-hei Sa-rah, E-lo-hei Riv-kah,
E-lo-hei Ra-cheil,
vei-lo-hei Lei-ah.
Ha-eil ha-ga-dol
ha-gi-bor v'-ha-no-ra, eil el-yon,
go-meil cha-sa-dim to-vim,
v'-ko-nei ha-kol,
v'-zo-cheir chas-dei
a-vot v'-i-ma-hot,
u-mei-vi g'-u-la liv-nei v'-nei-hem
l'-ma-an sh'-mo b'-a-ha-va.*
Me-lech o-zeir
u-mo-shi-ah u-ma-gein.
Ba-ruch a-ta A-do-nai,
ma-gein Av-ra-ham v'-ez-rat Sa-rah.**

Blessed are You, Adonai our God, God of our fathers and our mothers:
God of Abraham, God of Isaac, and God of Jacob;
God of Sarah, God of Rebekah, God of Rachel and God of Leah.
Great, mighty, awesome, and transcendent God, who bestows loving kindness,
creates everything out of love, remembers the faithful of our ancestors,
and in love brings redemption to their children's children for the sake of the Divine Name.*
Sovereign, Deliverer, Helper, and Shield.
Blessed are You Adonai, Abraham's Shield, Sarah's Helper.

*On Shabbat Shuvah (the Shabbat between Rosh Hashanah and Yom Kippur), add:

Zoch-rei-nu l'-cha-yim, Me-lech cha-feitz ba-cha-yim,
v'-chot-vei-nu b'-sei-fer ha-cha-yim,
l'-ma-an-cha E-lo-him cha-yim.

Remember us for life, O Sovereign who delights in life, and inscribe us in the Book of Life,
for Your sake Living God.

ברוך אתה יי אלהינו
ואלהי אבותינו, ואמותינו:
אלהי אברהם,
אלהי יצחק,
ואלהי יעקב.
אלהי שרה, אלהי רבקה,
אלהי רחל,
ואלהי לאה.
האל הגדול
הגבור והנורא, אל עליון,
גומל חסדים טובים,
וקונה הכל,
וזוכר חסדי
אבות ואמהות,
ומביא גאלה לבני בניהם
למען שמו באהבה.*
מלך עוזר
ומושיע ומגן.
ברוך אתה יי,
מגן אברהם ועזרת שרה.

זכרנו לחיים, מלך חפץ בחיים,
וכתבנו בספר החיים,
למעןך אלהים חיים.



**A-ta gi-bor l'-o-lam A-do-nai,
m'-cha-yei ha-kol
a-ta rav l'-ho-shi-ah.**

* WINTER - **Ma-shiv ha-ru-ach
u-mo-rid ha-ga-shem.**

* SUMMER - **Mo-rid ha-tal.**

**M'-chal-keil cha-yim b'-che-sed,
m'-cha-yei ha-kol
b'-ra-cha-mim ra-bim.
So-meich nof-lim,
v'-ro-fei cho-lim,
u-ma-tir a-su-rim,
u-m'-ka-yeim e-mu-na-to
li-shei-nei a-far.
Mi cha-mo-cha ba-al g'-vu-rot
u-mi do-meh lach,
me-lech mei-mit u-m'-cha-yeh
u-matz-mi-ach y'-shu-ah? **
V'-ne-e-man a-ta
l'-ha-cha-yot ha-kol.
Ba-ruch a-ta A-do-nai,
m'-cha-yei ha-kol.**

Eternal is Your might, O God; all life is Your gift.
Great is Your power to save! *
With love You sustain the living.
With great compassion You give life to all.
You send help to the falling and healing to the sick.
You bring freedom to the captive, and keep faith with those who sleep in the dust. **
Who is like You, Mighty One, Author of life and death, Source of Salvation?
Blessed are You, Adonai, the Source of life.

*Seasonal addition:

WINTER ~ From Simchat Torah to Pesach (fall through the following spring) include:
"You cause the wind to shift and rain to fall."

SUMMER ~ From Pesach to Simchat Torah (spring through the following fall) include:
"You rain dew upon us."

**On Shabbat Shuvah (the Shabbat between Rosh Hashanah and Yom Kippur), add:

Mi cha-mo-cha av ha-ra-cha-mim,
zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?
Who is like You, Source of mercy, in compassion You sustain the life of Your children?

**אתה גבור לעולם אדני,
מחיה הכל
אתה רב להושיע.**

משיב הרוח - WINTER*
ומוריד הגשם.

מוריד הטל - SUMMER*

**מכלכל חיים בחסד,
מחיה הכל
ברחמים רבים.
סומך נופלים,
ורופא חולים,
ומתיר אסורים,
ומקים אמונתו
לישני עפר.
מי כמותך בעל גבורות
ומי דומה לך,
מלך ממית ומחיה
ומצמיח ישועה? **
ונאמן אתה
להחיות הכל.
ברוך אתה יי,
מחיה הכל.**

G'vurot acknowledges
God's power in nature
and our lives.



*The world is a place of
contradiction.*

*If not, why would
I come here today
to pray when I do not
define myself as a believer
in God?*

*I have come here today
because I believe
in them, in us,
and in what we can create
together.*

*Although every day
is a day for appreciating
the wonder of the world,
we also need to
set time aside to come
together as a community,
to pause and celebrate
our struggles
and meditations.
~ unknown*

*When I was a boy
I used to think that
strong
meant having big muscles,
great physical power;
but the longer I live,
the more I realize that
strength has much more to
do with what is not seen.
Real strength has to do
with helping others.
~ Fred Rogers*

*Remember that there is a
meaning beyond absurdity.
Be sure that every little
deed counts,
that every word has power,
and that [you] can ... do
your share to redeem the
world in spite of all
absurdities and all
frustrations and all
disappointments.
~ Abraham Joshua
Heschel*





Real education must ultimately be limited to people who insist on knowing.
~ Ezra Pound

The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all of our lives.
~ Albert Einstein

Many people are easily bored. There is nothing within that allows them to see, hear, taste, touch, smell the world with wonder. Things are all the same. Day follows day monotonously, unrelieved by passion, wonder, awe, amusement. There are no surprises. To find the world interesting lies at the heart of Judaism.... Jewish teaches us to be anything but bored. Judaism calls upon us not to yawn away our lives, but to stand slack-jawed in amazement at the world of possibilities, and to rise with excitement toward their realization.
~ Rabbi Harold Schulweis [adapted]

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.
~ Ralph Waldo Emerson

It is amazing what you can accomplish if you do not care who gets the credit.
~ Harry S. Truman

God, we know Your Presence here in this service.

You are the peace and joy of our Shabbat.

But, we know you also dwell in the depths of suffering and sorrow.

We pray for the hungry, the homeless, those who are ill or suffering.

We pray for the victims of war, catastrophe, and natural disaster.

We pray for our fragile earth and all its inhabitants.

We ask Your blessing for all those engaged in tikkun olam ~ world repair, those hard at work to heal and transform our communities and our planet.

Open our hearts and stir us to struggle on behalf of all of Your creations.

May each of us,
May all of us...
work to bring healing and compassion, justice and peace,
to truly partner with You in creating a better world.



For the good in us which calls us to a better life, we give thanks.

For the strength to improve the world with our hearts and hands,
we give praise.

For the peace in us which leads us to work for peace,
we are grateful.

For the gift of Shabbat rest and joy which renews and rejuvenates us,
we offer blessing.

Blessed are You Adonai, who makes Shabbat holy.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.
Ba-ruch a-ta A-do-nai m'-ka-deish ha-Sha-bat.

~ Chaim Stern and Abraham Rothberg [adapted]



Yis-m'-chu v'-ma-l'-chu-t'-cha
shom-rei Sha-bat v'-ko-rei o-neg.

Am m'-kad-shei sh'-vi-i
ku-lam yis-b'-u
v'-yit-an-gu mit-u-ve-cha.

V'-hash-vi-i ra-tzi-ta bo v'-ki-dash-to
chem-dat ya-mim o-to ka-ra-ta.

Zei-cher l'-ma-a-sei v'-rei-shit.

יִשְׁמְחוּ בַּמְּלָכוּתְךָ
שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג.

עִם מְקַדְּשֵׁי שְׁבִיעִי
כָּלֶם יִשְׁבְּעוּ
וְיִתְעַנְּגוּ מִטּוֹבְךָ.

וְהַשְׁבִּיעִי רְצִיתְךָ בּוֹ וְקַדְּשֵׁתוֹ
חֲמִדַּת יָמִים אוֹתוֹ קְרֵאתָ.

זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית.

Those who keep Shabbat by calling it a delight
shall rejoice in Your realm.

All who hallow Shabbat will delight in Your goodness.

For being pleased with the Seventh Day,
You hallowed it as the most precious of days.

You cause us to remember the work of creation.



Where has this week vanished? Is it lost forever?

Will we ever recover anything from it...
the joy of life, the unexpected surprises,
the realized hopes, the tasks accomplished?

Will we ever be able to banish the memory of this week's pains,
disappointments, goals not yet reached?

Let us keep for a while what must eventually drift away.
Let us be free for a while of the burdens we must eventually face.
Let us withdraw for a while from the flight of time,
contain the retreat of the hours and days from grasp of frantic life.

Let us learn to pause, if only for this short time.

Let us find peace and enter into a quiet world, if only for this day.
~ David Polish [adapted]

Yism'chu is a song of
rejoicing on Shabbat.



*Always remember,
joy is not merely
incidental to our
spiritual quest, it is vital.*
~ Rabbi Nachman of
Bratslav

*If the day and night are
such that you greet them
with joy, and life emits a
fragrance like flowers and
sweet-scented herbs,
it is more elastic, more
starry, more immortal ~
that is your success.*
~ Henry David Thoreau

*Gonna put the world away
for a minute;
Pretend I don't live in it...
You never know until
you try;
When you lose yourself,
You find the key
to paradise.*
~ Wyatt Durrette et al,
Knee Deep

*It is requisite for the
relaxation of the mind,
that we make use, from
time to time, of playful
deeds and jokes.*
~ Thomas Aquinas

*Sabbath in our time!
To cease for a whole day
from all business,
from all work,
in the frenzied hurry-scurry
of our time! To close the
exchanges, the workshops,
and factories, to stop all
railway services ~
great heavens!
How would it be possible?*

*The life of the world would
stop beating and
the world perish!*

*The world perish?
On the contrary...
it would be saved.*
~ Rabbi Samson Rafael
Hirsch [1808-1888]

*What is without rest
will not endure.*
~ Ovid





*All the generations
before me
donated me,
bit by bit,
so that I'd be
erected all at once
here in Jerusalem,
like a house of prayer
or a charitable institution.*

*It binds.
My name is
my donor's name.
It binds.
~ Yehuda Amichai*

*The State of Israel will
prove itself not by material
wealth, nor by military
might or technical
achievement,
but by its moral character
and human values.
~ David Ben-Gurion*

*The world's beauty
was divided
into ten equal parts:
nine went to Jerusalem
and one
to the rest of the world.
~ Talmud*

*The neighborhood bully,
he just lives to survive.
He's criticized and
condemned for being alive.
He's not supposed
to fight back,
he's supposed
to have thick skin.
He's supposed to lay down
and die
when his door is kicked in.
He's the neighborhood
bully. The neighborhood
bully been driven out of
every land. He's wandered
the earth an exiled man.
Seen his family scattered,
his people hounded and
torn. He's always on trial
for just being born. He's
the neighborhood bully.
~ Robert Zimmerman
aka Bob Dylan*

*Wherever I go I am going
to the land of Israel.
~ Rabbi Nachman
of Bratslav*



We ask Your blessings for the State of Israel, for the Land of Israel, and the People of Israel. Bless the defenders of the Land who guard its frontiers:

Watch over its homes and protect its people.

Bless the leaders of Israel with wisdom and courage:

Grant them vision and dedication.

May the people of Israel make of her a beacon of hope for those who are oppressed, an inspiration to those who are free, a source of light to all humanity. We pray for the peace of Israel and all the nations:

May they be strong in the face of danger, resolute in the face of challenge, and unwavering in the search for peace.

Fulfill in our times the ancient promise:

"They shall abide in peaceful habitations, in safe dwellings, and in quiet resting places. Zion shall be redeemed through justice, and its inhabitants through righteousness."



A-vi-nu shei-ba-sha-ma-yim
tzur Yis-ra-eil v'-go-a-lo,
ba-reich et-m'-di-nat Yis-ra-eil,
rei-shit tz'-mi-chat g'-u-la-tei-nu.
Ha-gein a-le-ha b'-ev-rat chas-de-cha,
u-fros a-le-ha su-kat shlo-me-cha.
Ush-lach or-cha va-a-mit-cha
l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha,
v'-tak-neim v'-ei-tza
to-va mil-fa-ne-cha. Cha-zeik et-y'-dei
m'-gi-nei e-retz kod-shei-nu,
v'-han-chi-leim E-lo-hei-nu y'-shu-a,
v'-a-te-ret ni-tza-chon t'-at-reim.
V'-na-ta-ta sha-lom ba-a-retz
v'-sim-chat o-lam l-yosh-ve-ha,
v'-no-mar: a-mein.

אָבִינוּ שֵׁבַשְׁמַיִם
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
בָּרֵךְ אֶת־מְדִינַת יִשְׂרָאֵל,
רֵאשִׁית צְמִיחַת גְּאֻלָּתָנוּ.
הִגּוּ עָלֶיהָ בְּאַבְרַת חֲסִדָּה,
וּפְרַס עָלֶיהָ סֶכֶת שְׁלוֹמָה.
וּשְׁלַח אוֹרְךָ וְאַמְתָּךְ
לְרִאשִׁיָּהּ, שְׂרִיָּהּ וְיוֹעֲצִיָּהּ,
וְתִקְנֶם בְּעֶצֶה
טוֹבָה מִלְּפָנֶיךָ. חִזֵּק אֶת־יְדֵי
מִגְּנֵי אֶרֶץ קֹדֶשְׁנוּ,
וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
וְעֻטָּרַת נִצְחוֹן תְּעֻטָּרֵם.
וְנִתַּתְּ שְׁלוֹם בְּאֶרֶץ
וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֶיהָ,
וְנֹאמַר: אָמֵן.

Heavenly One, Rock and Protector of Israel:

Bless the State of Israel,
which marks the dawning of hope for all who seek peace.

Shield it beneath the wings of Your love;
Spread over it the canopy of Your peace;
Send Your light and truth to all who lead and advise the country,
guiding them with Your good counsel.

Establish peace in the land and fullness of joy for all who dwell there.

*E*ternal wellspring of peace ~

may we be drenched with the longing for peace
that we may give ourselves over
as the earth to the rain, to the dew,
until peace overflows our lives
as living waters overflow the seas.

~ Marcia Falk

*G*iver of peace,

teach us to see ourselves
in the face of the Other
that we may learn to be
patient with fault
generous with love
sparing with anger.

Help us to understand
that our little lives
are potent with great good,
that we are healers in Your image,
that reaching out, in need of You,
to others more in need
we find You near.

Give us the grace
simply to be kind.

Then peace must surely come
to dwell among us.

~ Barbara D. Holender



SHALOM RAV ~ שְׁלוֹם רַב

*Sha-lom rav al Yis-ra-eil am-cha
ta-sim l'-o-lam.*

*Ki a-ta hu Me-lech a-don,
l'-chol ha-sha-lom.*

*V'-tov b'-ei-ne-cha l'-va-reich
et am-cha Yis-ra-eil,
b'-chol eit u-v'-chol sha-a
bish-lo-me-cha.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תַּשִּׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן,
לְכָל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ
אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכָל עֵת וּבְכָל שָׁעָה
בְּשָׁלוֹמְךָ.

Grant full and lasting peace to Your people Israel forever, for You are God,
Source of all peace. May it be pleasing to You to bless Your people in every
season and moment with Your peace.



*When the blessing of
shalom ~ שְׁלוֹם
is lacking,
however much we have
of other blessings ~
wealth or power or
fame or family
even health...*

*These all appear
as nothing.*

*But when
shalom ~ שְׁלוֹם
is present,
however little else
we have
somehow seems
sufficient.
~ Herschel Matt*

*When the power of love
overcomes
the love of power
the world will know peace.
~ Jimi Hendrix*

*I would say that I'm
a nonviolent soldier.
In place of weapons of
violence, you have to use
your mind, your heart,
your sense of humor, every
faculty available to you.
~ Joan Baez*

*If we are to reach real
peace in the world
we shall have to
begin with the children.
~ Mahatma Gandhi*

*Making peace is harder
than making war.
~ Adlai E. Stevenson*

*Peace heals.
When your own world is
fractured, increase your
knowledge of God.
It will spawn inner peace.
When the outside world is
fractured, promote the
search for truth. It will
spawn universal peace.
~ Rabbi Nachman
of Bratzlav*



THOUGHTS FOR PERSONAL MEDITATION



If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.
~ Antoine de Saint-Exupéry

I wonder if I've been changed in the night?

*Let me think:
was I the same when I got up this morning?*

I almost think I can remember feeling a little different.

But if I'm not the same, the next question is "Who in the world am I?"

Ah, that's the great puzzle!
~ Lewis Carroll

*I Tried to Teach
My Child with Books;
He Gave Me Only
Puzzled Looks.
I Tried to Teach
My Child with Words;
They Passed Her
by Often Unheard.
Despairingly,
I Turned Aside;
"How Shall I Teach
this Child?" I cried.
Into My Hand
He Put the Key,
"Come," She Said,
"Play with Me."
~ unknown*

You can discover more about a person in an hour of play than in a year of conversation.
~ Plato

We do not see things as they are.

We see them as we are.
~ Talmud

Holy One,

Give me a quiet heart,
and help me to hear the still, small voice that speaks within me.

It calls me to come close to You and to grow in Your likeness.
It teaches me to do my work faithfully, even when no one's eye is upon me.
It counsels me to judge others kindly and to love them freely,
for it persuades me to see divinity in everyone I meet.

Help me, O God, to come to the end of each day
feeling that I used its gifts wisely and faced its trials bravely.
~ Chaim Stern



We

pray for children who bring us sticky kisses and fistfuls of dandelions,

Who sleep with the dog and bury their goldfish,
Who hug us in a hurry and forget their lunch money,
Who cover themselves with band-aids and sing off key,
Who squeeze toothpaste all over the sink, who slurp their soup.

And, we pray for those who never get dessert,
Who have no safe blankie to drag behind them,
Who watch their parents watch them die,
Who can't find any bread to steal,
Who don't have any rooms to clean up,
Whose pictures aren't on anybody's dresser,
Whose monsters are real.

We pray for children who spend all their allowance before Tuesday,
Who throw tantrums in the grocery store and pick at their food,
Who like ghost stories,
Who shove dirty clothes under the bed and never rinse out the tub,
Who love visits from the tooth fairy,
Who don't like to be kissed in front of the school bus,
Who squirm in church or synagogue, and scream into the telephone.

And, we pray for those whose nightmares come in the daytime,
Who will eat anything,
Who have never seen a dentist,
Who aren't spoiled by anybody,
Who go to bed hungry and cry themselves to sleep,
Who live and move and have no being.

We pray for children who want to be carried and for those who must,
For those we never give up on,
And for those who will grab the hand of anyone kind enough to offer it.

O God, hear our prayers for all children.

~ Ina J. Hughes [adapted]



He doesn't know the world at all

Who stays in his nest and doesn't go out
He doesn't know what birds know best
Nor what I want to sing about...
That the world is full of loveliness.
When dewdrops sparkle in the grass
And earth's a flood with morning light,
A blackbird sings upon a bush
To greet the dawning after night,
Then I know how fine it is to live.
Hey, try to open up your heart
To beauty, go to the woods someday
And weave a wreath of memory there
Then if the tears obscure your way,
You'll know how wonderful it is
To be alive.

~ Written in 1941 by an unknown child in Theresienstadt concentration camp,
from the anthology *I Never Saw Another Butterfly*.



Religion's task is to cultivate disgust for violence and lies,
sensitivity to other people's suffering, the love of peace.
Different are the languages of prayer, but the tears are the same.
We have a vision in common of God,
in whose compassion all people's prayers meet.

~ Abraham Joshua Heschel



O-seh sha-lom bim-ro-mav,

hu ya-a-seh sha-lom a-lei-nu

v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.

May the One who makes peace in the high heavens, make peace for all of us,
all Israel, and all who inhabit the earth: Amen.



Yi-h'-yu l'-ra-tzon im-rei fi

v'-heg-yon li-bi l'-fa-ne-cha,

A-do-nai tzu-ri v'-go-a-li.

May the words of my mouth and the meditations of my heart be acceptable unto You,
Adonai, my Rock and my Redeemer.

~ Psalm 19:15



Ei-li, Ei-li,

she-lo yi-ga-meir l'-o-lam:

ha-chol v'-ha-yam,

rish-rush shel ha-ma-yim,

b'-rak ha-sha-ma-yim,

t'-fi-lat ha-a-dam.

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,

הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ

וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן לִבִּי לִפְנֶיךָ,

יְיָ צוּרִי וְגֹאֲלִי.

אֱלֹהֵי, אֱלֹהֵי,

שֶׁלֹא יִגְמֹר לְעוֹלָם:

הַחֹל וְהַיָּם,

רִישׁ רִישׁ שֶׁל הַיָּמִים,

בְּרַק הַשָּׁמַיִם,

תְּפִלַּת הָאָדָם.

**O God, my God, I pray that these things never end:
the sand and the sea, the rush of the waters,
the crash of the heavens, the prayer of the heart.**

~ Hannah Sennesh



*Blackbird singing
in the dead of night
Take these broken wings
and learn to fly
All your life
You were only waiting for
this moment to arise.
~ Paul McCartney*

*Just to live is holy.
And yet being alive
is no answer to the
problems of living.
To be or not to be is not
the question.
The vital question is:
how to be and
how not to be.
~ Abraham Joshua
Heschel*

*Think left and think right
and think
low and think high.
Oh, the THINKS
you can think up
if only you try!
~ Theodor Seuss Geisel*

*Stay with us, play with us
ministering angels,
messengers of the most high
From deep within
The Source of all Sources
From deep within
and also nearby...
~ Ya'acov Gabriel*

*Prayer cannot
mend a broken bridge,
rebuild a ruined city,
or bring water
to parched fields.*

*Prayer can
mend a broken heart,
lift up a discouraged soul,
and strengthen
a weakened will.
~ Ferdinand M. Isserman*

*Music that doesn't come
from the heart,
doesn't reach the heart.
~ Ricardo Muti*



SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה

THE TORAH SERVICE

The word Torah means teaching.
The Torah scroll is a hand-written parchment scroll containing the Five Books of Moses.



*Tell me and I forget.
Show me and I remember.
Involve me and
I understand.*
~ Chinese Proverb

*The Torah was not
given to the angels.*
~ Talmud

*Who dares to teach
must never cease to learn.*
~ John Cotton Dana

*Education is painful,
continual and difficult
work to be done
by kindness, by precept,
and by praise,
but above all, by example.*
~ John Ruskin

*If the teacher is indeed wise
he does not bid you enter
the house of his wisdom,
but rather leads you to
the threshold of
your own mind*
~ Kahlil Gibran

*When God
made the world,
God decided
to take the role of Kindness.
That way, when we would
be kind, we could bond to
God with our kindness.*

*God decided
to have Wisdom.
That way, by learning,
we could bond to God
through our studies.*
~ Rabbi M.M. Schneerson
[adapted]

*Education is about
something more than the
acquisition of facts.*

*Education is about the
power and love of thinking.*
~ Bernard Revel

When Torah entered the world, freedom entered it.
The whole Torah exists only to establish peace.
Its highest teaching is love and kindness.

What is hateful to you, do not do to any person.
That is the whole Torah; all the rest is commentary.
Go and learn it.

Let us learn in order to teach.
Let us learn in order to do.

Al sh'-lo-sha d'-va-rim,

ha-o-lam o-meid:

al ha-Torah, v'-al ha-a-vo-da,

v'-al g'-mi-lut cha-sa-dim.

עַל שְׁלֹשָׁה דְּבָרִים,
הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,
וְעַל גְּמִילוּת חַסְדִּים.

The world rests on three things:
on Torah, on worship, and on acts of loving kindness.



THE ARK IS OPENED.
THE TORAH IS TAKEN FROM THE ARK.



KABBALAT HA-TORAH ~ קַבֻּלַּת הַתּוֹרָה WELCOMING THE TORAH

Ha-vu go-del lei-lo-hei-nu

ut'-nu cha-vod la-To-rah.

Let us declare the greatness of our God and give honor to the Torah.

Ba-ruch she-na-tan To-rah

l'-a-mo Yis-ra-eil bik-du-sha-to.

Blessed is God who in holiness has given the Torah to Israel.

Beit Ya-a-kov,

l'-chu v'-neil-cha b'-or A-do-nai.

O House of Jacob, come let us walk in the light of Adonai.

Sh'-ma Yis-ra-eil:

A-do-nai E-lo-hei-nu,

A-do-nai e-chad!

הָבוּ גֹדֶל יְאֱלֹהֵינוּ
וְתִנּוּ כְבוֹד לַתּוֹרָה.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.

בֵּית יַעֲקֹב,
לְכוּ וְנִלְכֶּה בְּאוֹר יי.

שְׁמַע יִשְׂרָאֵל:
יי אֱלֹהֵינוּ,
יי אֶחָד!

Hear O Israel: Adonai is our God, Adonai is One.



Ro-m'-mu A-do-nai E-lo-hei-nu
v-hish-ta-cha-vu la-cha-dom
rag-lav, ka-dosh hu.

Ro-m'-mu A-do-nai E-lo-hei-nu
v-hish-ta-cha-vu l'-har kod-sho,
Ki ka-dosh A-do-nai E-lo-hei-nu.

Exalt Adonai our God, for God is holy.
 Exalt and bow down toward God's holy mountain,
 for Adonai our God is holy.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ
 וְהִשְׁתַּחֲווּ לְהַדָּם
 רַגְלָיו, קְדוֹשׁ הוּא.
 רוֹמְמוּ יְיָ אֱלֹהֵינוּ
 וְהִשְׁתַּחֲווּ לְהַר קְדִשׁוֹ,
 כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ.

Lo yi-sa goi el goi che-rev
v'-lo yil-m'-du od mil-cha-mah.

Nation shall not lift up sword against nation;
 neither shall they learn war anymore.

לֹא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב
 וְלֹא-יִלְמְדוּ עוֹד מִלְחָמָה.

L'-cha A-do-nai, ha-g'-du-la
v'-ha-g'-vu-ra v'-ha-tif-e-ret
v'-ha-nei-tzach v'-ha-hod,
ki chol ba-sha-ma-yim u-va-a-retz.
L'-cha A-do-nai ha-mam-la-cha
v'-ha-mit-na-sei l'-chol l'-rosh.

Yours, O God, is the greatness and the power, the glory, the victory and the majesty;
 for all that is in heaven and in the earth is Yours; You are the Sovereign;
 You are exalted above all.

לְךָ יְיָ, הַגְדָּלָה
 וְהַגְבוּרָה וְהַתְפָּאָרֶת
 וְהַנִּצָּח וְהַהוֹד,
 כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.
 לְךָ יְיָ הַמַּמְלָכָה
 וְהַמִּיתָנְשָׂא, לְכָל לְרֹאשׁ.



SHALSHELET HA-KABBALAH ~ שְׁלֹשֶׁלֶת הַקְּבָלָה

CHAIN OF TRADITION



D'VAR TORAH ~ דְּבַר תּוֹרָה

Hakafa means to encircle or go around. It is the procession with the Torah scrolls. This is done as a means of allowing everyone present direct contact with the Torah.

Shalshet ha-Kabbalah is the chain of tradition ~ the custom of passing the Torah scroll from generation to generation as a way of symbolizing that all of its teachings and values are an inheritance from all Jewish people throughout history.

D'var Torah means a word of Torah. It is an explanation, interpretation, commentary and lesson about the Torah and Haftarah readings delivered during the service.



*Life can only be understood by looking backward.
 But life must be lived by looking forward.
 ~ Menachem Mendel of Kotzk*

*I am of the opinion that my life belongs to the community, as long as I live, it is my privilege. My privilege to do for it whatever I can.
 I want to be thoroughly used up when I die, for the harder I work, the more I live....
 Life is not a brief candle to me. It is a sort of a splendid torch which I've got hold of for the moment, and I want it to burn as brightly as possible before handing it on to future generations.
 ~ George Bernard Shaw*



The word aliyah means to go up. It refers to the honor of being called to the bima to recite blessings before and after each section of Torah is read. Though the student may read from the Torah, for more than one section, it is actually reciting the blessings for his or her self on the final aliyah that ritually marks becoming a Bar or Bat Mitzvah.



Tradition does not allow contents and forms to be passed on un-exchanged from generation to generation. What is passed down is not a fixed content, but a way of living. Living tradition is change and renewal out of deep-seated spontaneity.
~ Martin Buber

*Somewhere out of time
In the mystery of time
Somewhere between
memory and forget-fullness
dimly though
I remember how
I once stood
At Your mountain
trembling
amid the fire
and the thunder.
How I stood there,
out of bondage
in a strange land
and afraid.
And You loved me
and You fed me and
I feasted on Your words.
And, yes, I can remember
how the thunder was my
heart and the fire was my
soul. Oh God, I do
remember. The fire burns
in me anew. And here I
am, once more a witness to
that timeless moment.
Present now in the light of
Your Torah, I am reborn.*
~ V'taher Libeynu Siddur



BIRCHOT HA-TORAH ~ בְּרִכּוֹת הַתּוֹרָה TORAH BLESSINGS

Blessing before each section of Torah is read ~

LEADER:

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION:

Ba-ruch A-do-nai ha-m'-vo-rach

בְּרוּךְ יְיָ הַמְּבָרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

LEADER:

Ba-ruch A-do-nai ha-m'-vo-rach

בְּרוּךְ יְיָ הַמְּבָרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

Ba-ruch a-ta A-do-nai,

בְּרוּךְ אַתָּה יְיָ

E-lo-hei-nu Me-lech ha-o-lam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sheer ba-char ba-nu mi-kol ha-a-mim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

v'-na-tan la-nu et To-rah-to.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai, who is blessed!

Blessed is Adonai, who is blessed now and forever!

Blessed is Adonai, who is blessed now and forever!

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. Blessed is the Eternal, who gives the Torah.



תּוֹרָה

READING THE TORAH



Blessing after each section of Torah is read ~

Ba-ruch a-ta A-do-nai,

בְּרוּךְ אַתָּה יְיָ

E-lo-hei-nu Me-lech ha-o-lam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sheer na-tan la-nu To-rat e-met,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'-cha-yei o-lam na-ta b'-to-chei-nu.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,

who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

SIMAN TOV ~ סימן טוב

Si-man tov u-ma-zal tov

u-ma-zal tov v'-si-man tov...

y'-hei la-nu, y'-hei la-nu

u'-l'-chol-Yis-ra-eil!

It is a good and a lucky sign for us and for all Israel!



HAGBAHA ~ הגבהה

V'-zot ha-To-rah

a-she sam Mo-sheh

lif-nei b'-nei Yis-ra-eil,

al-pi A-do-nai b'-yad Mo-she.

This is the Torah that Moses placed before the Children of Israel,
to fulfill the word of God.



G'LILAH ~ גלילה

DRESSING AND HOLDING THE TORAH SCROLL



MI SHEBEIRACH ~ מי שֶׁבִּרַךְ

Mi she-bei rach a-vo-tei-nu

m'-kor ha-b'-ra-cha l'-i-mo-tei-nu.

*May the source of strength
who blessed the ones before us
help us find the courage
to make our lives a blessing.
And let us say: Amen.*

Mi she-bei rach i-mo-tei-nu

m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.

*Bless those in need of healing
with r'-fu-a sh'-lei-ma* ~
the renewal of body,
the renewal of spirit.
And let us say: Amen.*

~ Debbie Friedman and Drorah Setel

*Complete healing.

Ba-ruch a-ta A-do-nai, ro-fei ha-cho-lim.

Blessed are You, Adonai, Source of healing.

סימן טוב ומזל טוב

ומזל טוב וסימן טוב...

יהא לנו, יהא לנו

ולכל ישראל!

וזאת התורה

אשר-שם משה

לפני בני ישראל,

על-פי יי ביד-משה.

Siman Tov is sung after a Bar or Bat Mitzvah completes their Torah reading as a joyous celebration of their learning.

Hagbaha is the lifting of the Torah scroll wide enough for everyone present to see at least three columns of the text. This is another means of ensuring all have direct access to the Torah.

G'lilah, meaning to roll, is the ritual honor of helping dress the Torah and holding the scroll until it is returned to the Ark.

Mi Shebeirach is a prayer for healing.



*How fit to employ
all the heart and soul
and the senses
forever in joy!
~ Robert Browning*

*If I can stop one heart
from breaking,
I shall not live in vain;
If I can ease one life
the aching,
Or one cool pain,
Or help one fainting robin
unto his nest,
I shall not live in vain.
~ Emily Dickinson*

*People cannot approach
the Divine
by reaching beyond
the Divine.
People can only approach
God through
becoming human.
~ Martin Buber
[adapted]*

*Life itself cannot give us joy
unless we will it.
Life just gives us the time
and the place.
It is up to us to fill it.
~ Midrash*



ברוך אתה יי, רופא החולים.

Haftarah is a selection from the Prophets recited following the Torah reading. One explanation for the origin of Haftarah is that it was used to replace censored Torah texts during times of Jewish persecution. While the custom began as a thematic replacement for Torah study, eventually Haftarah became a fixed part of the Shabbat worship service to help add additional depth, meaning, and understanding to our studies.



*The prophet
was an individual
who said NO
to his society,
condemning
its habits, assumptions,
complacency,
and waywardness....
~ Abraham Joshua
Heschel*

*If there's something wrong,
speak up!
~ Pete Seeger*

*The true prophet can be
described no more
accurately than by using
Chesterton's statement on
Swift: "He hated his
perverse generation enough
to want to change it, and
yet he loved it enough to
think it worth changing."
~ Mordechai M. Kaplan*

*I found my God
in music and the arts,
with writers like
Hermann Hesse,
and musicians
like Muddy Waters,
Howlin' Wolf,
and Little Walter.
In some way,
in some form,
my God was always there,
but now I have learned
how to talk to God.
~ Eric Clapton*

BIRCHOT HA-HAFTARAH ~ הַבְּרָכוֹת הַהַפְטָרָה HAFTARAH BLESSINGS

Blessing before the Haftarah Selection ~

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech ha-o-lam,

a-sher ba-char bin-vi-im to-vim,

v'-ra-tza v'-div-rei-hem ha-ne-e-ma-rim be-e-met.

Ba-ruch a-ta A-do-nai, ha-bo-cheir ba-To-rah

uv-Mo-she av-do, uv-Yis-ra-eil a-mo

u-vi-n'-vi-ei ha-e-met va-tze-dek.

Blessed are You, Eternal God, Ruler of the universe, who has chosen faithful prophets to speak words of truth. Blessed are You, O God, for the revelation of Your Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and righteousness.



הַפְטָרָה

READING THE HAFTARAH SELECTION



Blessing after the Haftarah Selection ~

Ba-ruch a-ta A-do-nai, E-lo-hei-nu Me-lech ha-o-lam,

tzur kol-ha-o-la-mim,

tza-dik b'-chol-ha-do-rot,

ha-eil ha-ne-e-man, ha-o-meir v'-o-seh,

ha-m'-da-beir u-m'-ka-yeim,

she-kol-d'-va-rav e-met va-tze-dek.

Al-ha-To-rah v'-al ha-a-va-da

v'-al-ha-n'-vi-im v'-al-yom ha-Sha-bat ha-zeh,

she-na-ta-ta-la-nu, A-do-nai E-lo-hei-nu,

lik-du-sha v'-li-m'-nu-cha, l'-cha-vod ul'-tif-a-ret,

al-ha-kol, A-do-nai E-lo-hei-nu,

a-nach-nu mo-dim lach,

u-m'-var-chim o-tach. Yit-ba-rach shim-cha

b'-fi kol-chai ta-mid l'-o-lam va-ed.

Ba-ruch a-ta A-do-nai, m'-ka-deish ha-Sha-bat.

Blessed are You, Eternal God, Ruler of the universe, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, O God, have given us for holiness and rest, for honor and glory, we thank and bless You. May Your name be blessed forever by every living being. Blessed are You, Eternal God, for the Sabbath and its holiness.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
וְרָצָה בְּדִבְרֵיהֶם הַנְּאֻמִּים בְּאַמֶּת.
בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה
וּבְמֹשֶׁה עַבְדּוֹ, וּבְיִשְׂרָאֵל עַמּוֹ,
וּבְנְבִיאֵי הָאֱמֶת וְצֶדֶק.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
צוּר כָּל-הָעוֹלָמִים,
צַדִּיק בְּכָל-הַדּוֹרוֹת,
הָאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעוֹשֶׂה,
הַמְדַּבֵּר וּמַקִּים,
שֶׁכָּל-דִּבְרָיו אֱמֶת וְצֶדֶק.
עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה
וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
שֶׁנִּתְּתָ-לָנוּ, יְיָ אֱלֹהֵינוּ,
לְקַדְּשָׁה וּלְמַנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת,
עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,
אֲנִיחֵנו מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתָךְ. יִתְבָּרַךְ שִׁמְךָ
בְּפִי כָל-חַי תָּמִיד לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.



Gad-lu la-A-do-nai i-ti,

un'-ro-m'-ma sh'-mo yach-dav.

O magnify the Eternal with me and let us exalt God's name together.

גִּדְלוּ לַיְי אֱתִי,
וְנִרְמְמָה שְׁמוֹ יַחְדָּו.



Ho-do al e-retz v'-sha-ma-yim,

va-ya-rem ke-ren l'-a-mo,

t'-hi-la l'-chol cha-si-dav,

liv-nei Yis-ra-eil am k'-ro-vo.

Ha-l'-lu-yah!

Your splendor covers heaven and earth; You are the strength of Your people,
making glorious Your faithful ones, the people of Israel whom
You brought near to Yourself. Halleluyah.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם,
וְיָרֵם קֶרֶן לְעַמּוֹ,
תְּהִלָּה לְכָל-חֲסִידָיו,
לְבְנֵי יִשְׂרָאֵל עִם קְרוּבוֹ.
הַלְלוּיָהּ!

Ki le-kach tov na-ta-ti la-chem,

To-ra-ti al-ta-a-zo-vu.

Behold a good doctrine has been given unto you;
My Torah, forsake it not.

כִּי לְקַח טוֹב נָתַתִּי לָכֶם,
תּוֹרָתִי אַל-תַּעֲזוּבוּ.

Eitz cha-yim hi la-ma-cha-zi-kim ba,

v'-to-m'-che-ha m'-u-shar.

It is a tree of life to them that hold fast to it,
and all of its supporters are happy.

עֵץ-חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,
וְתַמְכֶיהָ מְאֹשֵׁר.

D'-ra-che-ha dar-chei-no-am,

v'-chol-n'-ti-vo-te-ha sha-lom.

Its ways are ways of pleasantness,
and all its paths are peace.

דִּרְכֶיהָ דִּרְכֵי-נֹעַם,
וְכָל-נִתְיֹבֹתֶיהָ שְׁלוֹם.

Ha-shi-vei-nu A-do-nai ei-le-cha, v'-na-shu-va.

Cha-deism ya-mei-nu k'-ke-dem.

Help us to return to You, O God; then truly shall we return.
Renew our days as in the past.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵי, וְנָשׁוּבָה.
חַדֵּשׁ יָמֵינוּ כְּקֵדָם.



**It is a tree of life to them that hold fast to it,
and all of its supporters are happy.
Shalom, Shalom!**



*When two people sit and
words of Torah
pass between them,
the Divine Presence
rests between them.*

~ Rabbi Chananya ben
Teredion, Pirke Avot 3:3

*A truly good book teaches
me better than to read it.*

*I must soon lay it down,
and commence living
on its hint.*

*What I began by reading,
I must finish by acting.*
~ Henry David Thoreau

*Torah is the source of
chochma ~ wisdom ~
whose roots are our
foundations
and whose branches spread
out to infinity.*
~ Savina J. Teubal

*The right place for
learning is a place where
there is so much love that
it's awesome.*

*God gave us the Torah
with so much love,
so if we want to give
it over to our children,
it has to be done in the
same way.*
~ Rabbi Shlomo
Carlebach [adapted]

*It's a very important thing
to learn to talk
to people
you disagree with.*
~ Pete Seeger

Who is wise?

*One who learns
from all people.*
~ Pirke Avot 4:1
Ethics of the Ancestors

*Much wisdom I learned
from my teachers,
more yet
from my colleagues,
from my pupils,
most of all.*
~ Maimonides



Shehecheyanu is a prayer of gratitude said when experiencing something for the first time or celebrating a joyous occasion.



*Go where your
best prayers take you.*
~ Frederick Buechner

*Holiness occurs when
power and goodness co-
exist in perfect harmony.*
~ Mordechai Kaplan
[adapted]

*To be nobody but yourself
in a world which is doing
its best, night and day,
to make you like everybody
else, is to fight the hardest
battle any human
being can fight;
and never stop fighting.*
~ e.e. cummings

*Forgive me my nonsense
as I also forgive
the nonsense of those
who think they talk sense.*
~ Robert Frost

*Those who bring sunshine
to the lives of others
cannot keep it from
themselves.*
~ J.M. Barrie

*As long as the world is
turning and spinning,
we're going to be dizzy
and we're going
to make mistakes.*
~ Mel Brooks

*Prayer is not asking.
It is a longing of the soul.
It is daily admission of
one's weakness.*
*It is better in prayer to have
a heart without words than
words without a heart.*
~ Mahatma Gandhi



BAR/BAT MITZVAH PRAYER



PARENT PRAYER



RABBI'S BLESSING

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha:

Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka:

Yi-sa A-do-nai ei-le-cha v'-ya-seim

l'-cha sha-lom!

יְבָרְכֶךָ יְיָ וְיִשְׁמְרֶךָ:

יְאִיר יְיָ פָּנָיו אֵלֶיךָ וַיַּחְנֶנֶךָ:

יִשָּׂא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם

לְךָ שָׁלוֹם!

May God bless and keep you:

May God deal kindly and graciously with you:

May God bestow favor upon you and grant you peace!



SHEHECHEYANU ~ שְׁהַחַיֵּנוּ

Ba-ruch a-ta A-do-nai,

E-lo-hei-nu Me-lech ha-o-lam,

she-he-che-ya-nu, v'-ki-y'-ma-nu,

v'-hi-gi-a-nu, laz-man ha-zeh.

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שְׁהַחַיֵּנוּ, וְקִיַּמְנוּ,

וְהַגִּיעַנוּ, לַזְמַן הַזֶּה.

Blessed are You, Adonai our God, Sovereign of the universe,
for giving us life, sustaining us, and
enabling us to reach this day of joy.

A-lei-nu l'-sha-bei-ach

la-a-don ha-kol,

la-teit g'-du-la l'-yo-tzeir b'-rei-shit,

she-hu no-teh sha-ma-yim

v'-yo-seid a-retz,

u-mo-shav y'-ka-ro ba-sha-ma-yim

mi-ma-al, ush-chi-nat

u-zo b'-gov-hei m'-ro-mim,

hu E-lo-hei-nu ein od.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, and whose spirit is revealed in the heavens above and whose greatness is evident throughout the world. You alone are our God; there is none else.



And I tell you the good in humanity will win

Over all their wickedness, over all the wrongs they have done.

We will look at the pages of written history and be amazed,

And then we will laugh and sing.

And the good that is in humanity, children in their cradles, will have won....

The wonderful light of God's face is for all eternity stamped on it firm and deep;

And the heart feels that there is a day and an hour, and a mountain called Zion;

And then all the sufferings will gather there and will all become song,

Ringing out into every corner of the earth, from end to end,

And all the nations will hear it,

And like caravans in the desert will all to that mountain throng.

~ Hugh A. Nisenson, translated by Joseph Leftwich [adapted]



Va-a-nach-nu ko-rim

u-mish-ta-cha-vim u-mo-dim,

lif-nei Me-lech,

mal-chai ham-la-chim,

ha-ka-dosh ba-ruch hu.

Therefore bow in awe and thanksgiving before the One who is Sovereign over all, the holy and blessed One.

V'-ne-e-mar: "v'-ha-ya A-do-nai

l'-Me-lech al kol ha-a-retz."

Ba-yom ha-hu yi-h'-ye

A-do-nai e-chad u-sh'-mo e-chad.

עֲלֵינוּ לְשַׁבַּח

לְאֲדֹנָן הַכֹּל,

לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,

שֶׁהוּא נוֹטֶה שָׁמַיִם

וְיֹסֵד אֶרֶץ,

וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם

מִמַּעַל, וְשֹׁכֵנִית

עַז בְּגִבְהֵי מְרוֹמַיִם,

הוּא אֱלֹהֵינוּ אֵין עוֹד.

וְנֵאמַר: "וְהָיָה יי

לְמַלְךְ עַל כָּל הָאָרֶץ."

בַּיּוֹם הַהוּא יִהְיֶה

יי אֶחָד וּשְׁמוֹ אֶחָד.

Aleinu stresses the unique contribution of Judaism in praying to only one God. It is also a prayer of hope for a time when all that is broken in our world will be repaired.



*There is a crack
in everything
God has made.
~ Ralph Waldo Emerson*

*There is a crack
in everything,
that's how the light gets in.
~ Leonard Cohen*

*Imagine all the people
living life in peace.
You may say that
I'm a dreamer,
but I'm not the only one.
I hope someday
you'll join us,
and the world will be as
one.
~ John Lennon*

*We fear what
we don't know:
I know what
the hills are there for
and they know me.
Cut the root and
the plant dies.
City life is the scary life,
inane, insane, tiny
and alone.
Learn wildness and you
don't fear anything.
Except people afraid.
~ Terry and Renny
Russell*

*My concept of happiness is
to be fulfilled in the
spiritual sense.
~ Coretta Scott King*

*A holy person is not
someone distinguished with
a halo and wings, rather
merely an average person
reaching exceptional
heights, dedicating him or
her self to a lifetime of
effort and growth.
~ Eli Glaser*



Thus it has been said, "Adonai will be Sovereign over all the earth."
On that day, Adonai will be one, and God's Name will be One.

Kaddish Yatom, or Mourner's Kaddish, is said near the end of most Jewish services. Its name derives from the Hebrew root word meaning holy. While it is used as a means of remembering the dead, it does not mention death or mourning. Rather it is an affirmation of faith, even in times of pain and longing.



*In the midst of the chaos
when the wind is howling
I hear the ancient song
of the ones who went before
and know that
peace will come.
~ unknown*

*Each of us is an artist
whose task it is to shape
life into some semblance
of the pattern
we dream about.*

*The molding is not of self
alone, but of shared
tomorrows and times
we shall never see.*

*So let us be about our task.
The materials are very
precious and perishable.
~ Arthur Graham*

*Death is nothing at all
I have only slipped away
into the next room. I am I
and you are you. Whatever
we were to each other that
we are still. Call me by my
old familiar name, speak to
me in the easy way you
always used to, put no
difference into your tone,
wear no forced air of
solemnity or sorrow, laugh
as we always laughed
at the little jokes we always
enjoyed together. Play,
smile, think of me, pray for
me, let my name be ever the
household word that it
always was.
~ Henry Scott Holland*



I expect to pass this world but once;
any good therefore I can do,
or any kindness that I can show to any fellow-creature,
let me do it now.

Let me not defer or neglect it,
for I shall not pass this way again.

~ Stephen Grellet



KADDISH YATOM ~ קדיש יתום

Yit-ga-dal v'-yit-ka-dash sh'-mei ra-ba.

B'-al-ma di v'-ra chir-u-tei,

v'-yam-lich Mal-chu-tei b'-cha-yei-chon

uv-yo-mei-chon uv-cha-yei

d'-chol beit Yis-ra-eil,

b-a-ga-la u-viz-man ka-riv,

v'-im-ru: a-mein.

Y'-hei sh'-mei ra-ba

m'-va-reich l-a-lam ul-al-mei al-ma-ya.

Yit-ba-rach v'-yish-ta-bach,

v'-yit-pa-ar v'-yit-ro-mam v'-yit-na-sei

v'-yit-ha-dar v'-yit-a-leh v'-yit-ha-lal

sh'-mei d'-ku-d'-sha, b'-rich hu,

l-ei-la min-kol bir-cha-ta v'-shi-ra-ta,

tush-b'-cha-ta v'-ne-che-ma-ta,

da-a-mi-ran b'-al-ma, v'-im-ru: a-mein.

Y'-hei sh-la-ma ra-ba min-sh'-ma-ya

v'-cha-yim a-lei-nu v'-al-kol-Yis-ra-eil,

v'-im-ru: a-mein.

O-seh sha-lom bim-ro-mav,

hu ya-a-seh sha-lom a-lei-nu

v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ

וּבְיוֹמֵינוּ וּבְחַיֵּי

דְּכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא

מְבָרַךְ לְעַלְמֵי עֲלָמָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח,

וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא,

לְעָלָא מִן-כָּל בְּרַכְתָּא וְשִׁירָתָא,

תְּשַׁבַּחְתָּא וְנִחְמַתָּא,

דְּאָמִירוֹן בְּעֲלָמָא, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא

וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,

וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ

וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and in the lives of all Israel - speedily, imminently. To which we say: Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen. May there be abundant peace from heaven, and life for us and all Israel. To which we say: Amen. May the One who creates harmony on high, bring peace to us, to all Israel, and to all the world. To which we say: Amen.

HAVDALAH ~ הַבְּדָלָה

As Shabbat draws to an end,
we hope that the week ahead will continue to reflect
the light of this day.

New and unanticipated challenges await us;
we pray that, revitalized by Shabbat,
we will be sustained throughout the coming week.

May the sweetness of the wine and the aroma of the Havdalah spices
linger within us as the sun sets and the new week begins.



BIRCHOT HA-HAVDALAH ~ בְּרִכּוֹת הַהַבְּדָלָה HAVDLAH BLESSINGS

~ Blessing over the Wine ~

**Ba-ruch a-ta, A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
bo-rei p'-ri ha-ga-fen.**

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגָּפֶן.

Blessed are You, Eternal God, Ruler of the universe, who creates the fruit of the vine.

~ Blessing over the Spices ~

**Ba-ruch a-ta, A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
bo-rei mi-nei v'-sa-mim.**

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנֵי בְשָׂמִים.

Blessed are You, Eternal God, Ruler of the universe, who creates varieties of fragrant spices.

~ Blessing over the Candle ~

**Ba-ruch a-ta, A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
bo-rei m'-o-rei ha-eish.**

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מְאוֹרֵי הָאֵשׁ.

Blessed are You, Eternal God, Ruler of the universe, who creates the lights of fire.

~ Blessing of Separation ~

**Ba-ruch a-ta, A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
ha-mav-dil bein ko-desh l'-chol.**

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחוּל.

Blessed are You, Eternal God, Ruler of the universe, who separates sacred from ordinary.

**Sha-vu-a tov ~ שְׁבוּעָה טוֹבָה
A good week. A week of peace.
May gladness reign and joy increase.**

The word Havdalah means separation. It is the ceremony which ends the Sabbath and separates the special-ness of Shabbat from the other days.

It is a sensory ritual in which wine is tasted, spices smelled, and light is seen and felt.

It is our task to use what lingers in our senses during Havdalah as a means of carrying the joys of Shabbat with us into the coming week.



*The recognition of
difference is part of the very
appreciation of life.
~ Marcia Falk*

*Anyone can observe
the Sabbath,
but making it holy
surely takes
the rest of the week.
~ Alice Walker*

*My soul longs for the
candle and the spices.
If only you would pour
me a cup of wine
for Havdalah.
O angels on high,
pave a way for me,
clear the path for the
bewildered...and open the
gates that I may enter.*

*My heart yearning,
I shall lift up my eyes
to God, who provides for
my needs day and night.
From the treasures of your
goodness, give me the
minimum I need...
Rejuvenate my joy,
my bread and my blessing,
Remove all sorrow, pain
and darkness.*

*Now the days of activity
begin once again
May they be renewed in
peace and in goodness.
~ Sa'adiah, 16th century
Yeminite poet [adapted]*



SHIRIM ~ שירים

SONGS



*Music is the one art we all
have inside.*

*We may not be able
to play an instrument,
but we can sing along,
or clap,
or tap our feet.
~ Fred Rogers*

*The greatest elevation of
God's oneness
in the world is music.
~ Rabbi Shlomo
Carlebach*

*Where words fail,
music speaks.
~ Hans Christian
Anderson*

*Music may achieve the
highest of all missions:*

*Music may be a bond
between nations, races, and
states, who are strangers to
one another in many ways.*

*Music may unite what
is disunited, and bring
peace to what is hostile.
~ Dr. Max Bendier*

*Music fills the infinite
between two souls.
~ Rabindranath Tagore*

*Who hears music feels his
solitude peopled at once.
~ Robert Browning*

*There is nothing
in the world
so much like prayer
as music is.
~ William P. Merrill*

*Get into the habit of
singing a tune.
It will give you new life
and fill you with joy.
~ Rabbi Nachman
of Bratslav*

L'DOR VA-DOR HALLELUYAH ~ הַלְלִימָה! לְדֹר וָדֹר

L'dor vador, l'dor vador, l'dor vador...Halleluyah!
From one generation to the next...
We give you the traditions from our past,
And wish you the best for your life.
L'dor vador, l'dor vador, l'dor vador...Halleluyah!
~ Adam Kahan



AND THOU SHALT LOVE V'AHAVTA ~ וְאַהֲבָתָה

And thou shalt love the Lord thy God with all thy heart
With all thy soul and with all thy might
And all these words which I command you on this day
Shall be upon your heart; Shall be upon your heart

And thou shalt teach them diligently unto thy children
And thou shalt speak of them when thou sittest in thy house
When thou walkest by the way and when thou liest down
And when thou risest up and when thou risest up

And thou shalt bind them for a sign upon thy hand
And they shall be for frontlets between thine eyes
And thou shalt write them on the doorposts of thy house
And upon thy gates and upon thy gates

That ye may remember and do all of my commandments
And be holy unto your God; unto your God; unto your God.
~ Arranged by Debbie Friedman, based on V'ahavta, Deuteronomy 6:5-9



SH'MA BINI ~ שְׁמַע בְּנִי

Sh'ma bi'ni ~ שְׁמַע בְּנִי* take these wings to fly with,
Shi'mi bi'ti ~ שִׁמִּי בִּיטִי* with these roots you will grow.
This is my promise, this is my blessing; You are the promise, you are the blessing.
Sh'ma bi'ni - Shi'mi bi'ti.

May you live to see the wonder,
In this world and those yet to come.
To care for those who came before you,
To trust in those who are yet to come.

Ufros Aleinu sukkat sh'lomecha ~ וּפְרוֹשׁ אֶלֵינוּ סִכַּת שְׁלוֹמְךָ

May your heart be filled with wisdom,
May your mind be filled with love,
May your lips be filled with sweetness,
May you shine like the stars above.
Ufros Aleinu sukkat sh'lomecha.

So you shall fly on wings of eagles.
And you will grow to be straight and tall.
This is my promise, this is my blessing; You are the promise and you are the blessing.
Sh'ma Bi'ni, Shi'mi Bi'ti.
~ Craig Taubman

*translations:

Sh'ma Bi'ni - listen my son. Shi'mi Bi'ti - listen my daughter.

Ufros Aleinu sukkat sh'lomecha - spread over us the shelter of Your peace.



L'CHI LACH ~ לְכִי לַחַךְ

L'chi lach to a land that I will show you.
Lech l'cha to a place you do not know...
L'chi lach on your journey I will bless you ~
And you shall be a blessing ~ you shall be a blessing
You shall be a blessing, l'chi lach.

L'chi lach and I shall make your name great.
Lech l'cha and all shall praise your name...
L'chi lach to the place that I will show you ~
L'simchat chayim l'chi lach.
And you shall be a blessing l'chi lach.
~ Debbie Friedman, based on Genesis 12:1-2



HOLY GROUND

Every second, every minute, every hour, every day...
Everything, everyone, every place, every way.
Where you walk ~ where you stand. Where you love ~ where you praise.

All of life is holy ground.
Every he, every she, every what, every who...
It's in her, it's in them, it's in me, it's in you.
In the bitter, in the sweet, in the calm, in the storm.
All of life is holy ground.

So walk as if it's holy ground, Breathe as if it's all around,
Talk and make a holy sound, Take your shoes off, you're on holy ground.
When you hurt ~ when you heal. When you laugh ~ when you pray.
When you hold ~ when you keep. When you give it away.

Every second, every minute, every hour, every day...All of life is holy ground.
So walk as if it's holy ground, Breathe as if it's all around,
Talk and make a holy sound, We take our shoes off, we're on holy ground.

We are one people, one story, one tapestry we weave...
One journey, one glory, one legacy we leave.
Every second, every minute, every hour, every day...
Everything, everyone, every place, every way.
Where you walk ~ where you stand. Where you love ~ where you praise.
All of life is holy ground.
Can you feel the holy ground? Take your shoes off, you're on holy ground.
~ Craig Taubman



L'DOR VA-DOR

We are gifts and we are blessings, we are history in song
We are hope and we are healing, we are learning to be strong
We are words and we are stories, we are pictures of the past
We are carriers of wisdom, not the first and not the last.

L'dor vador nagid godlecha ~ לְדוֹר וָדוֹר נִגִּיד גֹּדְלֶיְכָה
(From generation to generation, we will tell of Your greatness.)

L'dor vador... we protect this chain
From generation to generation
L'dor vador, these lips will praise Your name.
Looking back on the journey that we carry in our heart
From the shadow of the mountain to the waters that would part
We are blessed and we are holy, we are children of Your way
And the words that bring us meaning, we will have the strength to say
L'dor vador...
~ Josh Nelson



*Remove your shoes
from your feet,
for the place on which
you stand is holy ground.
~ Exodus 3:5*

*Earth's crammed
with heaven.
And every common
bush afire with God:
but only he who sees
takes off his shoes.
~ Elizabeth Barrett
Browning*

*Take off,
take off your shoes
This place you're standing,
it's holy ground...
This place you tread,
it's holy ground...
God made this place
God's holy ground.
Take off your shoes
and pray.
The ground you walk
it's holy ground.
Every spot on earth
I traipse around,
Every little inch
it's holy ground,
Every grain of dirt
it's holy ground,
Every spot I walk
it's holy ground.
~ Woody Guthrie*

*The philosophy of
the school room
in one generation
will be the philosophy
of government in the next.
~ Abraham Lincoln*

*The greatest discovery
of my generation
is that a human being
can alter their life
by altering their attitudes.
~ William James*

*Few will have the greatness
to bend history itself; but
each of us can work to
change a small portion of
events; and in the total of
all those acts will be
written the history of
this generation.
~ Robert F. Kennedy*



ABOUT THE COVER

The cover was created by Susan Klingman, using photographs taken by Richard Shay [richardshay.com], in the Am Shalom main sanctuary. Each image is of reflections captured on one of the ritual objects (flame, spice box, kiddush cup) used in the Havdalah ceremony.



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