To Study ~ למד

❖

Shabbat Morning Service

Am Shalom
Glencoe, Illinois

SHABBAT SHALOM ~ שַׁבָּת שָׁלוֹם
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:

(Da lif-nei mi a-tah o-meid) ~ דע לפני מי אתה עומד

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 Zebulon, along with a sixth window illustrating a quotation from Psalms:

(Sh'-lach or-cha va-a-mit-cha) ~ שְׁלַח אוֹרְךָ וַאֲמִתְּךָ

Send forth thy light and thy truth.

~ Psalms 43:3

לָמַד

La-mad ~ To Study

In Eilu D'varim, one of the prayers that begins this service, we are taught that the most valuable things in the universe are honoring our parents, engaging in deeds of compassion, continuous learning, hospitality, caring for the ill, celebrating with people in joyous times and comforting them in grief, praying with sincerity, and making peace.

But, the prayer concludes, the study of Torah encompasses them all.

And, as Torah encompasses everything, in this prayer book we have strived to encompass just a taste of the entire Torah.

There are infinite themes, values, lessons, ideas and ideals within the Torah. The pursuit of exploring and studying, not just Torah, but everything from which we can learn, is a life-long journey.

In addition to the prayers we will speak and sing together during this service, throughout the prayer book you will find musings and teachings about study, teaching and learning, along with a brief introduction to each Torah portion and some thoughts about one of the many themes each portion suggests. The Torah portions are purposefully not presented in chronological order, but rather matched with prayers and readings in ways we hope will resonate and be educational, meaningful, and inspirational.

Introduction to the Service

K'HILAH K'DOSHA ~ קְהִלָּה קְדוֹשָׁה
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 morning'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 morning service at Am Shalom is structured into these five 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.

❖

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

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]

❖

בלק

Parashat Balak
Numbers 22:5-25:9

The song Ma Tovu derives from this Torah portion.

In the story, the prophet Balaam is charged to curse the Israelites by the Moabite king Balak. When he opens his mouth, blessings emerge (How goodly are your tents, O Jacob!) instead of curses.

One theme in this portion is truly seeing:

If you want to see the world, don't look through the window before you have looked within.
~ Taoist Teaching translated by Rabbi Chaim Stern

It is only with the heart that one can see rightly; what is essential is invisible to the eye.
~ Antoine de Saint-Exupéry

B'RUCHIM HA-BA'IM ~ בְּרוּכִים הַבָּאִים
WELCOME FRIENDS!

HINEI MA TOV ~ הִנֵּה מַה-טּוֹב

Hi-nei ma-tov u-ma-na-im	הִנֵּה מַה-טּוֹב וּמַה-נָּעִים
she-vet a-chim gam-ya-chad.	שֶׁבֶת אַחִים גַּם-יָחַד.

Behold, how good and pleasant it is for people to dwell together in unity.
~ Psalm 133:1

❖

MA YAFEH HA-YOM ~ מַה-יָּפֶה הַיּוֹם

Ma-ya-feh ha-yom:	מַה-יָּפֶה הַיּוֹם:
Sha-bat sha-lom.	שַׁבָּת שָׁלוֹם.
Sha-bat, Sha-bat sha-lom.	שַׁבָּת, שַׁבָּת שָׁלוֹם.

How beautiful is this day. Shabbat peace.

❖

MA TOVU ~ מַה טֹּבוּ

Ma to-vu o-ha-le-cha Ya-a-kov	מַה טֹּבוּ אֹהָלֶיךָ יַעֲקֹב
mish-k'-no-te-cha Yis-ra-eil.	מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
Va-a-ni b'-rov chas-d'-cha	וַאֲנִי בְּרֹב חַסְדְּךָ
a-vo vei-te-cha esh-ta-cha-veh	אָבֹא בֵיתֶךָ אֶשְׁתַּחֲוֶה
el hei-chal kod-sh'-cha	אֶל הֵיכַל קָדְשְׁךָ
b'-yir-a-te-cha.	בְּיִרְאָתֶךָ.
A-do-nai a-hav-ti m'-on	יְיָ אָהַבְתִּי מְעוֹן
bei-te-cha u-m'-kom	בֵּיתֶךָ וּמְקוֹם
mish-kan k'-vo-de-cha.	מִשְׁכַּן כְּבוֹדֶךָ.
Va-a-ni esh-ta-cha-veh	וַאֲנִי אֶשְׁתַּחֲוֶה
ev-r-'-cha-a ev-r'-cha	אֶבְרְכָעָה אֶבְרְכָה
lif-nei A-do-nai o-si.	לִפְנֵי יְיָ עֹשִׂי.
Va-a-ni t'-fi-la-ti	וַאֲנִי תְפִלָּתִי
l'-cha A-do-nai eit ra-tzon.	לְךָ יְיָ עֵת רָצוֹן.
E-lo-him b'-rov chas-de-cha	אֱלֹהִים בְּרֹב חַסְדֶּךָ
a-nei-ni be-e-met yish-e-cha.	עֲנֵנִי בֶּאֱמֶת יִשְׁעֶךָ.

How goodly are your tents, O Jacob! How lovely are your sanctuaries, O Israel!
By Your abounding love, O God, I enter your house; with awe I worship in Your holy temple.
O God, I love the house where you dwell and the place where Your glory resides.
I shall prostrate myself and bow, I shall kneel before God, my maker.
To You goes my prayer: may this be a time of Your favor.
In Your great love, O God, answer me with Your saving truth.
~ Numbers 24:5, with parts of several Psalms

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 ~ בִּרְכַּת טָלִית
TALIT BLESSING

Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher kid-sha-nu b'-mitz-vo-tav,	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
v-tzi-va-nu l'-hit-a-teif ba-tzi-tzit.	וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִת.

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.

❖

שלח לך

Parashat Sh'lach L'cha
Numbers 13:1-15:41

The commandment to wear tzi-tzit (fringes) is in this Torah portion ~

Adonai said to Moses: *Speak to the Children of Israel and instruct them to make for themselves fringes on the corners of their garments throughout the generations....*
~ Numbers 16:37-38

The main story of this portion falls after the Exodus from Egypt and describes Moses sending twelve scouts to spy out the land the Children of Israel are about to enter. Though they confirm the Promised Land "does indeed flow with milk and honey," ten of the twelve spies are too afraid to encourage the people to enter.

A significant theme in the portion is courage.

Morality may consist solely in the courage of making a choice.
~ Léon Blum

Courage is resistance of fear; mastery of fear; not absence of fear.
~ Mark Twain

La'asok B'divrei Torah, also called the blessing for study, is said in gratitude for the gift of Torah and for the freedom to study.

Eilu D'varim reminds us of the core ethical values of Judaism and that each of these teachings is learned through the study of Torah.

❖

כי תבוא

Parashat Ki Tavo
Deuteronomy 26:1-29:8

The word Torah means teaching. In this portion Moses tells the Children of Israel they are to set up large stones and carve the Teaching into them to be permanent and able to be understood by future generations.

A teacher affects eternity. One can never tell where one's influence will stop.
~ Henry Brooks Adams

דברים

Parashat D'varim
Deuteronomy 1:1-3:22

In this portion, Moses begins his grand oration to the Children of Israel, who are getting ready to enter the Promised Land. He explains he could not lead without help and tells them to choose leaders in each of their tribes who are wise, insightful, and seasoned.

You are wise if you are willing to seem foolish in order to learn...for those afraid to ask questions show themselves to be fools
~ Vitry

LA'ASOK B'DIVREI TORAH ~ לַעֲסוֹק בְּדִבְרֵי תוֹרָה

Ba-ruch a-ta A-do-nai	בָּרוּךְ אַתָּה יְיָ
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher kid-sha-nu b'-mitz-vo-tav v-tzi-va-nu	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
la-a-sok b'-div-rei To-rah.	לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe.
You make us holy with mitzvot,
and command us to engage with words of Torah.

❖

EILU D'VARIM ~ אֵלּוּ דְבָרִים

Ei-lu d'-va-rim she-ein la-hem shi-ur,	אֵלּוּ דְבָרִים שֶׁאֵין לָהֶם שִׁעוּר,
she-a-dam o-cheil pei-ro-tei-hem	שֶׁאָדָם אוֹכֵל פֵּרוֹתֵיהֶם
ba-o-lam ha-zeh v'-ha-ke-ren	בָּעוֹלָם הַזֶּה וְהַקֶּרֶן
ka-ye-met lo la-o-lam ha-ba. V'-ei-lu hein:	קַיֶּמֶת לוֹ לָעוֹלָם הַבָּא. וְאֵלּוּ הֵן:

Ki-bud av va-eim;	כִּבּוּד אָב וָאֵם;
U-g'-mi-lut cha-sa-dim;	וּגְמִילוּת חֲסָדִים;
V'-hash-ka-mat beit ha-mid-rash	וְהַשְׁכָּמַת בֵּית הַמִּדְרָשׁ
sha-cha-rit v'-ar-vit;	שַׁחֲרִית וְעַרְבִית;
V'-hach-na-sat or-chim;	וְהַכְנָסַת אוֹרְחִים;
U-vi-kur cho-lim;	וּבִקּוּר חוֹלִים;
V'-hach-na-sat ka-lah;	וְהַכְנָסַת כַּלָּה;
Ul-va-yat ha-meit;	וְלְוָיַת הַמֵּת;
V'-i-yun t'-fi-lah;	וְעִיּוּן תְּפִלָּה;
Va-ha-va-at sha-lom	וַהֲבָאַת שָׁלוֹם
bein a-dam la-cha-vei-ro;	בֵּין אָדָם לַחֲבֵרוֹ;

There are obligations without measure, whose rewards, too, are without measure. They are:

Honoring one's father and mother;
Engaging in deeds of compassion;
Arriving at the house of study early, morning and evening;
Dealing graciously with guests;
Visiting the sick;
Rejoicing with the wedding couple;
Accompanying the dead for burial and comforting the grieving;
Praying with devotion; and
Making peace where there is strife.

V'-tal-mud To-rah k'-ne-ged ku-lam.	וְתַלְמוּד תּוֹרָה כְּנֶגֶד כֻּלָּם.

But, the study of Torah encompasses them all.

SH'MA U'VIRCHOTEHA ~ שְׁמַע וּבִרְכוֹתֶיהָ
SH'MA AND ITS BLESSINGS

BAR'CHU ~ בָּרְכוּ

Ba-r'-chu et A-do-nai ha-m'-vo-rach! בָּרְכוּ אֶת יְיָ הַמְבוֹרָךְ!

Bless the Eternal, to whom all blessings are due!

Ba-ruch A-do-nai ha-m'-vo-rach בָּרוּךְ יְיָ הַמְבוֹרָךְ

l'-o-lam va-ed! לְעוֹלָם וָעֶד!

Blessed is the Eternal forever and ever!

❖

We plant trees whose fruit we will not eat.

We plant trees in whose shade we will not sit.

We plant trees we may never see.

We plant them in faith that God will provide.

We plant them in faith that God will see to it
there will be the rain and the sun
in proper measure for the tree to grow,
and people to eat its fruit and to enjoy its shade.

To plant a tree is to say we believe that we will
overcome problems.

We believe that the world can and will get better.

We believe that the day will come when,
as it is said in the Book of Micah:

***"All will be able to sit under their own vines
and fig trees and be unafraid."***

~ unknown

The best remedy for those who are afraid, lonely,
or unhappy is to go outside, somewhere where
they can be quite alone with the heavens, nature,
and God.

Because only then does one feel that all is as it should
be and that God wishes to see people happy,
amidst the simple beauty of nature.

As long as this exists, and it certainly always will,
I know that then there will always be
comfort for every sorrow,
whatever the circumstances may be.

~ Anne Frank

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.

❖

תרומה

Parashat T'rumah
Exodus 25:1-27:19

This portion includes the instructions to the Israelites to build a sanctuary for prayer to take with them on their journey through the wilderness. The materials used were to be gifts of the heart, given freely by the people.

*The only gift is
a portion of thyself.*
~ Ralph Waldo Emerson

אמר

Parashat Emor
Leviticus 21:1-24:23

Emor describes laws for Aaron, his sons, future generations of leaders, and the people as a whole. It contains rules for the harvest, including instructions to ensure the poor are cared for. A major theme is kindness.

*Be kind whenever possible.
It is always possible.*
~ Tenzin Gyatso
the 14th Dalai Lama

*Three things in human life
are important:
the first is to be kind;
the second is to be kind;
the third is to be kind.*
~ Henry James

Yotzeir Or literally means Creator of light. It thanks and praises God for creating nature and all the wonders of the universe.

❖

בראשית

Parashat B'reishit
Genesis 1:1-6:8

The first portion of the Torah tells the story of creation.

The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists.
~ Charles Dickens

Far out thinking is a means to an end ~ to one whose elastic and vigorous thinking keeps pace with the sun, the day is perpetual morning.
~ Henry David Thoreau

תצוה

Parashat T'tzaveh
Exodus 27:20-30:10

In this portion, the Children of Israel are given the task to keep a light burning continually. The eternal light kept burning over the ark in our synagogues today derives from this teaching. Light is also as a metaphor for God, understanding, and enlightenment.

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

Every person must decide whether they will walk in the light of creative altruism or in the darkness of destructive selfishness.
~ Martin Luther King, Jr.

YOTZEIR OR ~ יוֹצֵר אוֹר

Ba-ruch a-ta A-do-nai	בָּרוּךְ אַתָּה יְיָ
E-lo-hei-nu me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
yo-tzeir or u-vo-rei cho-shech,	יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
o-seh sha-lom u-vo-rei et-ha-kol.	עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
Ha-mei-ir la-a-retz v'-la-da-rim	הַמֵּאִיר לָאָרֶץ וְלַדָּרִים
a-le-ha b'-ra-cha-mim,	עָלֶיהָ בְּרַחֲמִים,
uv-tu-vo m'-cha-deish b'-chol-yom	וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל-יוֹם
ta-mid ma-a-sei v'-rei-shit.	תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.
Ma ra-bu ma-a-se-cha, A-do-nai!	מָה רַבּוּ מַעֲשֶׂיךָ, יְיָ!
Ku-lam b'-choch-ma a-si-ta,	כֻּלָּם בְּחָכְמָה עָשִׂיתָ,
mal-a ha-a-retz kin-ya-ne-cha.	מָלְאָה הָאָרֶץ קִנְיָנֶךָ.
Tit-ba-rach, A-do-nai E-lo-hei-nu,	תִּתְבָּרַךְ, יְיָ אֱלֹהֵינוּ,
al-she-vach ma-a-sei ya-de-cha,	עַל-שֶׁבַח מַעֲשֵׂה יָדֶיךָ,
v'-al-m'-o-rei-or she-a-si-ta:	וְעַל-מְאוֹרֵי-אוֹר שֶׁעָשִׂיתָ:
y'-fa-a-ru-cha. Se-lah.	יְפָאֲרוּךָ. סֶלָה.
Or cha-dash al Tzi-yon ta-ir,	אוֹר חָדָשׁ עַל צִיּוֹן תָּאִיר,
v'-niz-keh chu-la-nu	וְנִזְכֶּה כֻּלָּנוּ
m'-hei-ra l'-o-ro.	מְהֵרָה לְאוֹרוֹ.
Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
yo-tzeir ha-m'-o-rot.	יוֹצֵר הַמְּאוֹרוֹת.

Blessed are You, Adonai our God, Sovereign of the universe,
Creator of light and darkness, who makes peace and fashions all things.
In mercy You illumine the world and those who live upon it.
In Your goodness You daily renew creation.
How numerous are Your works, Adonai?
In wisdom, You formed them all, filling the earth with Your creatures.

Be praised, Adonai our God, for the excellent work of Your hands,
and for the lights You created; may they glorify You.

Shine a new light upon Zion, that we all may swiftly merit its radiance.

Blessed are You, Adonai, Creator of all heavenly lights.

On this day, God, sharpen our ability to hear.

May we hear the music of the world, and the infant's cry, and the lover's sigh.

May we hear the spoken words of our family, friends, and community, and may we listen for their unspoken ones too.

May we hear the call for help of the lonely soul, and the sound of the breaking heart.

May we hear within ourselves the yearnings that are struggling for expression.

May we hear You, O God.

Hear the prayers we offer to You this day, O God, and may we hear our prayers in ourselves, too.

~ unknown

Love your neighbor as yourself, You said.
And light-blinded we saw
that inner and outer worlds are one
as You are One.

You spoke and we wrote.
We reached for You down centuries,
Your light moving before us
as we climbed, fell back and climbed again
Your Sinai of life.

~ Judi Neri

❖

SH'MA ~ שְׁמַע

שמע ישראל יהוה אלהינו יהוה אחד

Sh'-ma Yis-ra-eil,	שְׁמַע יִשְׂרָאֵל,
A-do-nai E-lo-hei-nu	יהוה אֱלֹהֵינוּ,
A-do-nai e-chad!	יהוה אֶחָד!

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

Ba-ruch sheim k'-vod	בָּרוּךְ שֵׁם כְּבוֹד
mal-chu-to l'-o-lam va-ed!	מַלְכוּת לְעוֹלָם וָעֶד!

Blessed is Your glorious kingdom forever and ever!

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

❖

ואתחנן

Parashat Va-et-chanan
Deuteronomy 2:23-7:11

This portion continues Moses' speech to the people as he prepares them to be led by Joshua in the new land. Moses describes God's laws and rules, and warns the people to follow them. The Sh'ma is written in this portion, suggesting themes of oneness.

Monotheism is about the capacity to glimpse the One in and through the changing forms of many, to see the whole in and through its infinite images. Despite the fractured, scattered, and conflicted nature of our experience, there is unity that embraces and contains our diversity and connects all things to each other.
~ Dr. Judith Plaskow

❖

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.

❖

כִּי תֵצֵא

Parashat Ki Teitzei
Deuteronomy 21:10-25:19

Ki Teitzei restates many of the Torah's laws and gives new ones. One of the themes of this portion is love.

I have decided to stick with love. Hate is too great a burden to bear.
~ Martin Luther King, Jr.

This banjo surrounds hate and forces it to surrender.
~ Pete Seeger

וַיִּשְׁלַח

Parashat Vayishlach
Genesis 32:4-36:43

Vayishlach contains the famous story of Jacob's wrestling with a mysterious stranger, and adopting the new name Israel, meaning "one who wrestles with God," is in this portion. Themes include struggling with ourselves and discovering what it means to be human.

One cannot approach the Divine by reaching beyond the human; one can only approach God through becoming human.
~ Martin Buber

Challenging the meaning of life is the truest expression of the state of being human.
~ Viktor E. Frankel

V'AHAVTA ~ וְאָהַבְתָּ

V'-a-hav-ta eit A-do-nai E-lo-he-cha,	וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ,
b'-chol l'-vav-cha, u-v'-chol naf-sh'-cha,	בְּכָל־לְבָבְךָ, וּבְכָל־נַפְשְׁךָ,
u-v'-chol m'-o-de-cha:	וּבְכָל־מְאֹדֶךָ:
V-hai-yu had-va-rim ha-ei-leh,	וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
a-sher a-no-chi m'-tzav-cha	אֲשֶׁר אָנֹכִי מְצַוְּךָ
ha-yom al l'-va-ve-cha.	הַיּוֹם עַל־לְבָבֶךָ.
V'-shi-nan-tam l'-va-ne-cha,	וְשִׁנַּנְתָּם לְבָנֶיךָ,
v'-di-bar-ta bam	וְדִבַּרְתָּ בָּם
b'-shiv-t'cha b'-vei-te-cha	בְּשִׁבְתְּךָ בְּבֵיתֶךָ
uv-lech-t'-cha va-de-rech	וּבְלֶכְתְּךָ בַדֶּרֶךְ
uv'-shoch-b'-cha, uv-ku-me-cha:	וּבְשָׁכְבְּךָ וּבְקוּמֶךָ:
uk-shar-tam l'-ot al-ya-de-cha,	וּקְשַׁרְתָּם לְאוֹת עַל־יָדֶךָ,
v'-hai-yu l'-to-ta-fot bein ei-ne-cha.	וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֶיךָ.
Uch-tav-tam al m'-zu-zot	וּכְתַבְתָּם עַל־מְזוּזוֹת
bei-te-cha u-vi-sha-re-cha.	בֵּיתֶךָ וּבִשְׁעָרֶיךָ.
L'-ma-an tiz-k'-ru va-a-si-tem	לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
et kol mitz-vo-tai.	אֶת־כָּל־מִצְוֹתָי.
Vi-h'-yi-tem k'-do-shim lei-lo-hei-chem.	וְהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם.
A-ni A-do-nai E-lo-hei-chem,	אֲנִי יְיָ אֱלֹהֵיכֶם
a-sher ho-tzei-ti et-chem	אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
mei-e-retz mitz-ra-yim,	מֵאֶרֶץ מִצְרַיִם,
li-h'-yot la-chem lei-lo-him.	לִהְיוֹת לָכֶם לֵאלֹהִים.
A-ni A-do-nai E-lo-hei-chem.	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.

Standing on the parted shores of history,
we still believe what we were taught before we ever stood at Sinai:

That wherever we are, it is eternally Egypt

That there is a better place, a Promised Land:

That the winding way to that promise passes through the wilderness.

That there is no way to get from here to there:

Except by joining hands, marching together:

~ Michael Walzer [adapted]

MI CHAMOCHA ~ מִי כָמֹכָה

Mi cha-mo-cha ba-ei-lim A-do-nai,	מִי כָמֹכָה בָּאֵלִים יְיָ,
Mi ka-mo-cha ne-dar ba-ko-desh,	מִי כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ,
no-ra t'-hi-lot, o-sei fe-leh?	נוֹרָא תְּהִלֹּת, עֹשֵׂה פֶלֶא?

Who is like You, Eternal One, among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, doing wonders?

Shi-ra cha-da-sha shib-chu g-u-lim	שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים
l-shim-cha al-s'-fat ha-yam!	לְשִׁמְךָ עַל-שְׂפַת הַיָּם!
ya-chad ku-lam ho-du v'-him-li-chu	יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ
v'-am-ru:	וְאָמְרוּ:
"A-do-nai yim-loch l'-o-lam va-ed!"	"יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

With a new song inspired at the shore of the sea, the redeemed sang Your praise.
In unison they all offered thanks.
Acknowledging Your Sovereignty, they said, "Adonai will reign forever!"

Tzur Yis-ra-eil,	צוּר יִשְׂרָאֵל,
ku-ma b'-ez-rat Yis-ra-eil	קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
uf'-dei chin-u-me-cha	וּפְדֵה כִנְאֻמֶךָ
y'-hu-da v'-Yis-ra-eil.	יְהוּדָה וְיִשְׂרָאֵל.
Go-a-lei-nu A-do-nai tz'-va-ot sh'-mo,	גֹּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
k'-dosh Yis-ra-eil.	קְדוֹשׁ יִשְׂרָאֵל.
Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.	בָּרוּךְ אַתָּה יְיָ גָּאַל יִשְׂרָאֵל.

Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised.
Our redeemer, Adonai Tz'vaot is Your Name.
Blessed are You, Adonai, for redeeming Israel.

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.

❖

וארא

Parashat Va'eira
Exodus 6:2-9:35

This portion is about the struggle for freedom, and specifically the conflict between Moses and Pharaoh about letting the Israelites leave slavery in Egypt.

The spirit of liberty is the spirit which is not too sure that it is right; the spirit of liberty is the spirit which seeks to understand the minds of other men and women; the spirit of liberty is the spirit which weighs their interests alongside its own without bias.
~ Learned Hand

And the turtles, of course, all the turtles are free, as turtles, and maybe, all creatures should be.
~ Theodor Seuss Geisel

בשלח

Parashat B'shalach
Exodus 13:17-17:16

B'shalach is about the Exodus. Miriam leading the Israelites in song after they safely cross the sea is also in this portion. One of the themes in B'shalach is faith.

Faith is not a cushion for me to fall back upon, it is my working energy.
~ Helen Keller

❖

ויגש

Parashat Vayigash
Genesis 44:18-47:27

In this portion Joseph reveals himself to his brothers and asks them to bring their father, Jacob, to Egypt. With this the family is reunited. Joseph tells his brothers he believes he was meant to end up in Egypt, communicating the idea that we cannot know how our life's journey will turn out.

The great thing about getting older is that you don't lose all the other ages you've been.
~ Madeleine L'Engle

People are born to live, not to prepare for life.
~ Boris Pasternak

פקודי

Parashat P'kudei
Exodus 38:21-40:28

In this portion the portable sanctuary has been built and the Children of Israel are ready to begin their journey toward the Promised Land. One of the themes in this portion is time.

Force time, and time will drive you back. Yield to time, and time is on your side.
~ Talmud

How did it get so late so soon?
It's night before it's afternoon.
December is here before it's June.
My goodness how the time has flewn.
How did it get so late so soon?
~ Theodor Seuss Geisel

You will never find time for anything. If you want time, you must make it.
~ Charles Buxton

Give your children unconditional love,
a love that is not dependent on report cards, clean hands, or popularity.

Give your children a sense of your wholehearted acceptance,
acceptance of their human frailties as well as their abilities and virtues.

Give your children permission to grow up to make their own lives,
independent of you.

Give them a sense of truth; make them aware of themselves as citizens
of a universe in which there are many obstacles as well as fulfillments.

Bestow upon your children the blessings of your values.

These are the laws of honoring your son or your daughter,
as children are commanded to honor their parents.

~ Joshua Loth Liebman

❖

Prayer is never repeated:
the quality of each day's prayer is unlike that of any other.

One whose prayer is always rigid may pray without feeling.

This can be seen even in the thoughts that distract us from prayer;
they, too, are different every day.

Each day and its prayers; each day and its distractions;

Beckon us.

~ Ya'akov Yosef of Polonnoye [adapted]

❖

If you have questions, prayer leads to answers.

If you have answers, prayer brings questions.

~ Elie Wiesel

T'FILAH ~ תְּפִלָּה

~ Please repeat after the leader ~

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

אֲדֹנָי שְׂפָתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתֶךָ.

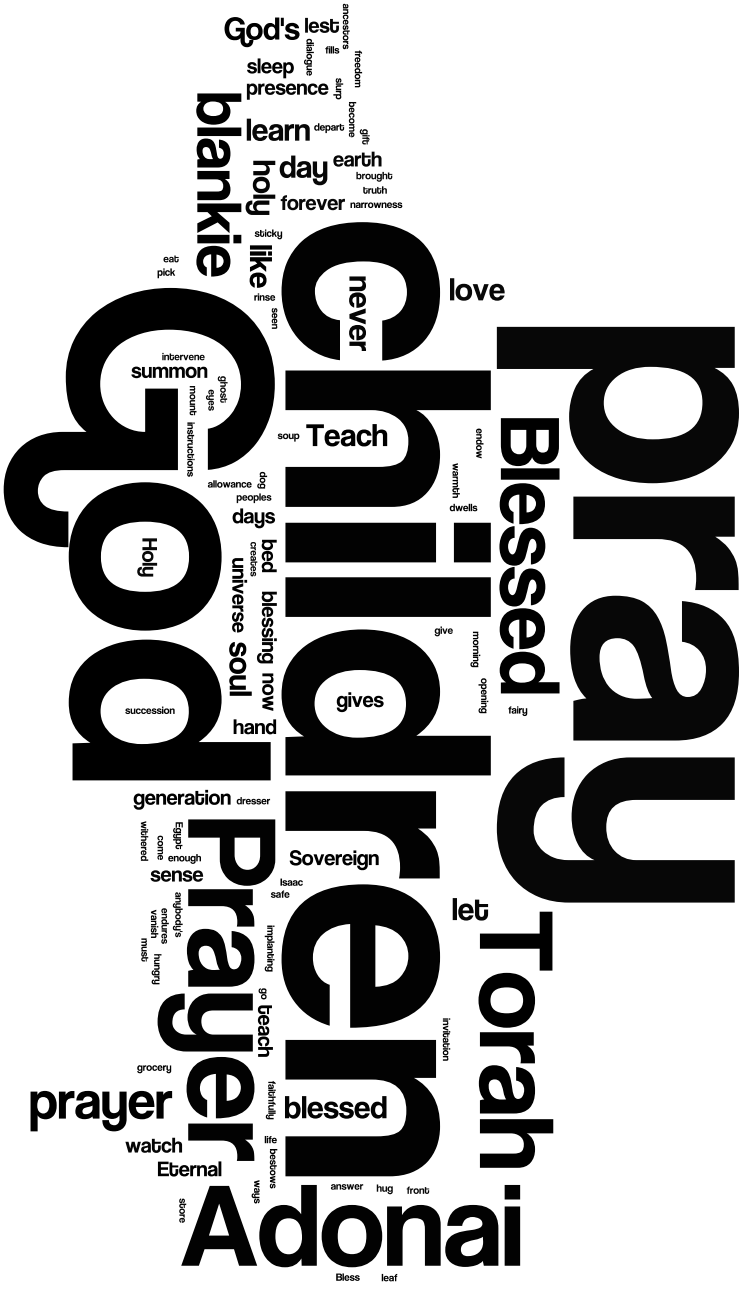
Adonai, open up my lips, that my mouth may declare Your praise.

❖

Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה 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.



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.

• Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah • Words of Prayer • דִּבְרֵי תְּפִלָּה Div'rei T'filah •

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.

❖

נִצָּבִים

Parashat Nitzavim
Deuteronomy 29:9-30:20

In Nitzavim, Moses nears the end of his speech to the Israelites and tells them the choice of whether to follow God's laws and lead good lives or not is up to them. He also encourages them, explaining that the understanding and study of Torah as life's guide book is not beyond their reach.

There is no value in life except what we choose to place upon it, and no happiness in any place except what we bring to it ourselves.
~ Henry David Thoreau

I wear the chain I forged in life...I made it link by link, and yard by yard; I girded it on of my own free will, and of my own free will I wear it.
~ Charles Dickens

מִשְׁפָּטִים

Parashat Mishpatim
Exodus 21:1-24:18

This portion sets forth laws intended to create justice and fairness in our actions for both the individual and society.

Always do right. This will gratify some people and astonish the rest.
~ Mark Twain

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

❖

מטות / מסעי

Parashat Matot and Parashat Mas'ei
Numbers 30:2-36:13

These two portions are among a group that are read together, some years, depending on the calendar. In Matot, two of the twelve tribes ask Moses' permission to settle on the other side of the Jordan river from their fellow tribes. In Mas'ei rules about marriage are discussed. Family is one of the themes in both portions.

If you bungle raising your children, I don't think whatever else you do matters very much.
~ Jacqueline Kennedy Onassis

ויֵשֵׁב

Parashat Vayeishev
Genesis 37:1 - 40:23

Vayeishev begins the story of Joseph and his brothers. Themes include connections and relationships.

If you were going to die soon, and could make only one phone call:
Who would you call?
What would you say?
Why are you waiting?
~ Stephen Levine

To connect one's life in thoughts and deeds with others is the only way to make life worth living.
~ Theodor Reik

AVOT V'IMAHOT ~ אָבוֹת וְאִמָּהוֹת

Ba-ruch a-ta A-do-nai E-lo-hei-nu	בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu:	וֵאלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:
E-lo-hei Av-ra-ham,	אֱלֹהֵי אַבְרָהָם,
E-lo-hei Yitz-chak,	אֱלֹהֵי יִצְחָק,
vei-lo-hei Ya-a-kov.	וֵאלֹהֵי יַעֲקֹב.
E-lo-hei Sa-rah, E-lo-hei Riv-kah,	אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
E-lo-hei Ra-cheil,	אֱלֹהֵי רָחֵל,
vei-lo-hei Lei-ah.	וֵאלֹהֵי לֵאָה.
Ha-eil ha-ga-dol	הָאֵל הַגָּדוֹל
ha-gi-bor v'-ha-no-ra, eil el-yon,	הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,
go-meil cha-sa-dim to-vim,	גּוֹמֵל חֲסָדִים טוֹבִים,
v'-ko-nei ha-kol,	וְקוֹנֵה הַכֹּל,
v'-zo-cheir chas-dei	וְזוֹכֵר חַסְדֵי
a-vot v'-i-ma-hot,	אָבוֹת וְאִמָּהוֹת,
u-mei-vi g'-u-la liv-nei v'-nei-hem	וּמֵבִיא גְאֻלָּה לִבְנֵי בְנֵיהֶם
l'-ma-an sh'-mo b'-a-ha-va.*	לְמַעַן שְׁמוֹ בְּאַהֲבָה.*
Me-lech o-zeir	מֶלֶךְ עוֹזֵר
u-mo-shi-ah u-ma-gein.	וּמוֹשִׁיעַ וּמָגֵן.
Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
ma-gein Av-ra-ham v'-ez-rat Sa-rah.	מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה.

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,	זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,
v'-chot-vei-nu b'-sei-fer ha-cha-yim,	וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים,
l'-ma-an-cha E-lo-him cha-yim.	לְמַעַנְךָ אֱלֹהִים חַיִּים.

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

G'VUROT ~ גְּבוּרוֹת

A-ta gi-bor l'-o-lam A-do-nai,	אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
m'-cha-yei ha-kol	מְחַיֵּה הַכֹּל
a-ta rav l'-ho-shi-ah.	אַתָּה רַב לְהוֹשִׁיעַ.
* WINTER - ***Ma-shiv ha-ru-ach u-mo-rid ha-ga-shem.***	מַשִּׁיב הָרוּחַ וּמוֹרִיד הַגָּשֶׁם. - WINTER*
* SUMMER - ***Mo-rid ha-tal.***	מוֹרִיד הַטַּל. - SUMMER*
M'-chal-keil cha-yim b'-che-sed,	מְכַלְכֵּל חַיִּים בְּחֶסֶד,
m'-cha-yei ha-kol	מְחַיֵּה הַכֹּל
b'-ra-cha-mim ra-bim.	בְּרַחֲמִים רַבִּים.
So-meich nof-lim,	סוֹמֵךְ נוֹפְלִים,
v'-ro-fei cho-lim,	וְרוֹפֵא חוֹלִים,
u-ma-tir a-su-rim,	וּמַתִּיר אֲסוּרִים,
u-m'-ka-yeim e-mu-na-to	וּמְקַיֵּם אֱמוּנָתוֹ
li-shei-nei a-far.	לִישֵׁנֵי עָפָר.
Mi cha-mo-cha ba-al g'-vu-rot	מִי כָמוֹךָ בַּעַל גְּבוּרוֹת
u-mi do-meh lach,	וּמִי דּוֹמֶה לָּךְ,
me-lech mei-mit u-m'-cha-yeh	מֶלֶךְ מֵמִית וּמְחַיֶּה
u-matz-mi-ach y'-shu-ah?*	וּמַצְמִיחַ יְשׁוּעָה?**
V'-ne-e-man a-ta	וְנֶאֱמָן אַתָּה
l'-ha-cha-yot ha-kol.	לְהַחֲיוֹת הַכֹּל.
Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
m'-cha-yei ha-kol.	מְחַיֵּה הַכֹּל.

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,	מִי כָמוֹךָ אַב הָרַחֲמִים,
zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?	זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

Who is like You, Source of mercy, in compassion You sustain the life of Your children?

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

❖

מִקֵּץ

Parashat Mikeitz
Genesis 41:1-44:17

Mikeitz continues Joseph's story and describes how his ability to interpret dreams contributes to his rise in Egypt.

Every great dream begins
with a dreamer.
Always remember,
you have within you
the strength, the patience,
and the passion
to reach for the stars
to change the world.
~ Harriet Tubman

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
live as one
~ John Lennon

וירא

Parashat Vayeira
Genesis 18:1-22:24

In Vayeira, God tests Abraham in several tales which may both help us understand God's strength and challenge our understanding of God.

Hard as the world
is to explain
WITH God,
it is harder yet
WITHOUT God.
~ Claude G. Montefiore

Where does God exist?

God exists wherever
people let God in.
~ The Kotzker Rebbe

K'dusha declares God's holiness.

❖

קדשים

Parashat K'doshim
Leviticus 19:1-20:27

K'doshim contains the Holiness Code, which instructs us about how to emulate God's holiness, to be holy and lead holy lives. The Holiness Code includes some very well known passages. It begins with "you shall be holy, for I, Adonai your God, am holy." It ends with "you shall love your neighbor as yourself."

Judaism doesn't see holiness as a holier-than-thou concept. A holy person isn't someone distinguished with a halo and wings, rather merely an average person reaching exceptional heights, dedicating themselves to a lifetime of effort and growth.
~ Rabbi Eli Glaser

I am certain of nothing but the holiness of the heart's affections, and the truth of imagination.
~ John Keats

The road to holiness necessarily passes through the world of action.
~ Robert Green Ingersoll

Dignity, and even holiness, too, sometimes are more questions of coat and waistcoat than some people imagine.
~ Charles Dickens

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

The place where people seek the highest is holy ground.
~ Rabbi Felix Adler

K'DUSHA ~ קְדֻשָּׁה

N'-ka-deish et-shim-cha ba-o-lam,	נְקַדֵּשׁ אֶת-שִׁמְךָ בָּעוֹלָם,
k'-sheim she-mak-di-shim	כְּשֵׁם שֶׁמַּקְדִּישִׁים
o-to bish-mei ma-rom,	אוֹתוֹ בִּשְׁמֵי מָרוֹם,
ka-ka-tuv al-yad n'-vi-e-cha:	כַּכָּתוּב עַל-יַד נְבִיאֶךָ:
v'-ka-ra zeh el-zeh v'-a-mar:	וְקָרָא זֶה אֶל-זֶה וְאָמַר:
Ka-dosh, ka-dosh, ka-dosh	קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ
A-do-nai tz'-va-ot,	יְיָ צְבָאוֹת,
m'-lo chol ha-a-retz k'-vo-do.	מְלֹא כָל הָאָרֶץ כְּבוֹדוֹ.
A-dir a-di-rei-nu,	אַדִּיר אַדִּירֵנוּ,
A-do-nai a-do-nei-nu,	יְיָ אֲדֹנֵינוּ,
ma-a-dir shim-cha	מָה-אַדִּיר שִׁמְךָ
b'-chol ha-a-retz!	בְּכָל-הָאָרֶץ!
Ba-ruch k'-vod A-do-nai	בָּרוּךְ כְּבוֹד יְיָ
mim'-ko-mo.	מִמְּקוֹמוֹ.
e-chad hu E-lo-hei-nu	אֶחָד הוּא אֱלֹהֵינוּ,
hu a-vi-nu, hu mal-kei-nu,	הוּא אָבִינוּ, הוּא מַלְכֵּנוּ,
hu mo-shi-ei-nu;	הוּא מוֹשִׁיעֵנוּ;
v'-hu yash-mi-ei-nu	וְהוּא יַשְׁמִיעֵנוּ
b'-ra-cha-mav l'-ei-nei kol-chai.	בְּרַחֲמָיו לְעֵינֵי כָּל-חָי.
"A-ni A-do-nai E-lo-hei-chem!"	"אֲנִי יְיָ אֱלֹהֵיכֶם!"
Yim-loch A-do-nai l'-o-lam,	יִמְלֹךְ יְיָ לְעוֹלָם,
e-lo-ha-yich tzi-yon.	אֱלֹהַיִךְ צִיּוֹן.
L'-dor va-dor. Ha-l'-lu-yah!	לְדֹר וָדֹר. הַלְלוּיָהּ!
L'-dor va-dor na-gid god-le-cha,	לְדוֹר וָדוֹר נַגִּיד גָּדְלֶךָ,
ul-nei-tzach n'-tza-chim	וּלְנֵצַח נְצָחִים
k'-du-shat-cha na-k'-dish.	קְדֻשָּׁתְךָ נַקְדִּישׁ.
V'-shiv-cha-cha, E-lo-hei-nu,	וְשִׁבְחֲךָ, אֱלֹהֵינוּ,
mi-pi-nu lo ya-mush	מִפִּינוּ לֹא יָמוּשׁ
l'-o-lam va-ed.	לְעוֹלָם וָעֶד.
Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
ha-eil ha-ka-dosh.	הָאֵל הַקָּדוֹשׁ.

Let us sanctify Your Name on earth, as it is sanctified in the heavens above. As it is written by Your prophet: Holy, holy, holy is Adonai Tz'vaot! God's presence fills the whole earth. Source of our strength, Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining forth from where God dwells. God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai, your God! Adonai shall reign forever, your God, O Zion, from generation to generation, Halleluyah! To all generations we declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

I need strength, humility, courage and patience.
Strength to control my passions,
Humility to assess my own worth,
Courage to rise above defeats,
Patience to cleanse myself of imperfections.

And wisdom:
To learn and live by our sacred teachings.

Let me not be discouraged by my failings.
Let me take heart from all that is good and noble in my character.
Keep me from falling victim to cynicism.
Teach me sincerity and enthusiasm.
Endow me with perception and courage,
that I may serve others with compassion and love.

~ Robert Kahn

❖

*I*t is good to give thanks
Why? Does God need our praise?
No.
We do.

To awaken
To Wonder
To Holiness
To God

It is good to give thanks
For through gratitude comes awakening.

~ Rami M. Shapiro

❖

*W*ithin its bounds Shabbat is one of the surest means of finding peace in the war-torn realms of the soul.

It is one of the basic institutions of humanity ~ an idea with infinite potentiality, infinite power, infinite hope.

Through the Shabbat, we have succeeded in turning Judaism's greatest teachings into a day.

Out of a remote world of profound thought, grand dreams, and fond hopes ~ all of which seem so distant, so intangible and so unrealizable ~ Shabbat has forged a living reality which can be seen and tasted and felt at least once a week.

~ Erich Fromm

❖

פִּינְחָס

Parashat Pinchas
Numbers 25:10-30:1

In this portion, five sisters, whose father died, come before Moses and plead for the right to inherit. God tells Moses their plea is just. A theme of this portion is seeing and treating others with equality.

Treat people as if they were what they should be, and you help them become what they are capable of becoming.
~ Johann Wolfgang von Goethe

You have your way.
I have my way.
As for the right way,
the correct way,
the only way?
It does not exist.
~ Friedrich Nietzsche

The earth is the parent to all people,
and all people should have equal rights upon it.
~ Chief Joseph

צַו

Parashat Tzav
Leviticus 6:1-8:36

Tzav focuses on the ritual of sacrifice from which we learn about the value of giving and helping others.

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

Not one who has
much is rich,
but one who gives much.
~ Erich Fromm

V'shamru means the people, referring to the Children of Israel. It is about joyously observing Shabbat.

❖

ויקהל

Parashat Vayakeil
Exodus 35:1-38:20

In this portion, Moses assembles the people and tells them about the sanctuary they are to build. This portion contains the commandment to rest on the Sabbath, but also teaches that we must work first and then rest.

Every person needs to take one day away. A day in which one consciously separates the past from the future. Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence. Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.
~ Maya Angelou

עֵקֶב

Parashat Ekev
Deuteronomy 7:12-11:25

In this portion, Moses reminds the people of the connection to God. Themes include discovering our selves.

He allowed himself to be swayed by his conviction that human beings are not born once...but that life obliges them over and over again to give birth to themselves.
~ Gabriel García Márquez

V'SHAMRU ~ וְשָׁמְרוּ

V'-sham-ru v'-nei Yis-ra-eil	וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל
et ha-Sha-bat,	אֶת הַשַּׁבָּת,
la-a-sot et ha-Sha-bat	לַעֲשׂוֹת אֶת הַשַּׁבָּת
l'-do-ro-tam brit o-lam.	לְדֹרֹתָם בְּרִית עוֹלָם.
Bei-ni u-vein b'-nei Yis-ra-eil	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
ot hi l'-o-lam.	אוֹת הִיא לְעוֹלָם.
Ki shei-shet ya-mim a-sa	כִּי שֵׁשֶׁת יָמִים עָשָׂה
A-do-nai ha-sha-ma-yim	יְיָ אֶת הַשָּׁמַיִם
v'-et ha-a-retz.	וְאֶת הָאָרֶץ.
U-va-yom hash-vi-i	וּבַיּוֹם הַשְּׁבִיעִי
sha-vat va-yi-na-fash.	שָׁבַת וַיִּנָּפַשׁ.

The children of Israel shall keep Shabbat,
observing Shabbat in every generation as a covenant for all time.
It is a sign forever between Me and the people Israel,
for in six days the Eternal God made heaven and earth,
and on the seventh day God ceased from work and was refreshed.

❖

An artist cannot be continually wielding a brush.

Artists must stop at times in their painting
to freshen their vision of the object,
the meaning of which they wish to express on their canvas.

Living is also an art.

We dare not become absorbed in its technical processes
and lose our consciousness of its general plan....

Shabbat represents those moments when we pause
in our brushwork to renew our vision of this object called living.

Having done so we take ourselves to our painting with
clarified vision and renewed energy.

This applies to the individual and the community alike.
~ Mordechai M. Kaplan

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	אָבִינוּ שֶׁבַּשָּׁמַיִם
tzur Yis-ra-eil v'-go-a-lo,	צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
ba-reich et-m'-di-nat Yis-ra-eil,	בָּרֵךְ אֶת-מְדִינַת יִשְׂרָאֵל,
rei-shit tz'-mi-chat g'-u-la-tei-nu.	רֵאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ.
Ha-gein a-le-ha b'-ev-rat chas-de-cha,	הָגֵן עָלֶיהָ בְּאֶבְרַת חַסְדֶּךָ,
u-fros a-le-ha su-kat shlo-me-cha.	וּפְרֹס עָלֶיהָ סֻכַּת שְׁלוֹמֶךָ.
Ush-lach or-cha va-a-mit-cha	וּשְׁלַח אוֹרְךָ וַאֲמִתְּךָ
l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha,	לְרָאשֶׁיהָ, שָׂרֶיהָ וְיוֹעֲצֶיהָ,
v'-tak-neim v'-ei-tza	וְתַקְּנֵם בְּעֵצָה
to-va mil-fa-ne-cha. Cha-zeik et-y'-dei	טוֹבָה מִלְּפָנֶיךָ. חַזֵּק אֶת-יְדֵי
m'-gi-nei e-retz kod-shei-nu,	מְגִנֵּי אֶרֶץ קָדְשֵׁנוּ,
v'-han-chi-leim E-lo-hei-nu y'-shu-a,	וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
v'-a-te-ret ni-tza-chon t'-at-reim.	וְעַטֶּרֶת נִצָּחוֹן תְּעַטְּרֵם.
V'-na-ta-ta sha-lom ba-a-retz	וְנָתַתָּ שָׁלוֹם בָּאָרֶץ
v'-sim-chat o-lam l-yosh-ve-ha,	וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֶיהָ,
v'-no-mar: a-mein.	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.

❖

ויחי

Parashat Va-y'chi
Genesis 47:28 - 50:26

Va-y'chi tells of Jacob's death, and how after his burial Joseph's brothers fear he will finally punish them for selling him into slavery. But Joseph forgives them, also teaching us about conflict and resolution.

It snowed last year, too: I made a snowman and my brother knocked it down and I knocked my brother down and then we had tea.
~ Dylan Thomas

Forgiveness does not change the past, but it does enlarge the future.
~ Paul Boese

Always forgive your enemies. Nothing annoys them so much.
~ Oscar Wilde

Forgive all who offend you, not for them, but for yourself.
~ Harriet Nelson

וזאת הברכה

Parashat V'zot ha-Bracha
Deuteronomy 33:1-34:12

In this final portion of the Torah, Moses looks out at the Promised Land from Mt. Nebo before he dies. The Children of Israel continue into the Land, led by Joshua.

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 only thing chicken about Israel is their soup.
~ Bob Hope

Wherever I go, I am going to the Land of Israel
~ Rabbi Nachman of Bratslav

❖

כי תשׂא

Parashat Ki Tisa
Exodus 30:11-34:35

In Ki Tisa, God's instructions to Moses conclude. The Israelites are impatient as they wait from Moses to return from Mt. Sinai and they make themselves a golden calf. Moses pleads with God to be with them on their quest.

If you were to lose a diamond in a haystack, you would look for it and not give up until you had found it. Likewise, God's word is near you. Don't stop looking until you find it. Does it seem beyond comprehension? Keep at it until you understand it.
~ Rabbi Mendel of Kotzk interpreted by Rabbi Chaim Stern

בחקתי

Parashat B'chukotai
Leviticus 26:3-27:34

This last portion of Leviticus promises a time of security, prosperity, and peace.

Love peace, and pursue peace and loving all people.
~ Hillel

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.
~ Eleanor Roosevelt

Peace and friendship with all humanity is our wisest policy, and I wish we may be permitted to pursue it.
~ Thomas Jefferson

Peace is every step.
~ Thich Nhat Hahn

What shall I ask You for, God?
I have everything.
There's nothing I lack.
I ask for only one thing
And not for myself alone;
It's for many mothers, and children, and fathers ~
Not just in this land,
But in many lands hostile to each other.
I'd like to ask for Peace.
Yes, it's peace I want.
And You, You won't deny the single wish of a child.
You created the Land of Peace,
Where stands the City of Peace,
Where stood the Temple of Peace,
But where still there is no Peace.
What shall I ask You for, God?
I have everything.
Peace is what I ask for,
Only peace.
~ Shlomit Grossberg, written at age 13 in Israel

❖

SIM SHALOM ~ שִׂים שָׁלוֹם

Sim sha-lom to-va uv'-ra-cha,	שִׂים שָׁלוֹם, טוֹבָה, וּבְרָכָה,
chein va-che-sed v'-ra-cha-mim	חֵן וָחֶסֶד וְרַחֲמִים,
A-lei-nu v'-al kol Yis-ra-eil,	עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל,
v'-al kol Yis-ra-eil a-me-cha.	וְעַל-כָּל יִשְׂרָאֵל עַמֶּךָ.
Bar-chei-nu, a-vi-nu	בָּרְכֵנוּ, אָבִינוּ,
ku-la-nu k'-e-chad	כֻּלָּנוּ כְּאֶחָד
b'-or pa-ne-cha,	בְּאוֹר פָּנֶיךָ,
ki v'-or pa-ne-cha na-ta-ta la-nu	כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָּנוּ,
A-do-nai E-lo-hei-nu.	יְיָ אֱלֹהֵינוּ.
To-rat cha-yim	תּוֹרַת חַיִּים
v'-a-ha-vat che-sed, u-tz-da-ka	וְאַהֲבַת חֶסֶד, וּצְדָקָה
uv'-ra-cha v'-ra-cha-mim	וּבְרָכָה וְרַחֲמִים
v'-cha-yim v'-sha-lom.	וְחַיִּים וְשָׁלוֹם.

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth.

Bless our country as a safeguard of peace, its advocate among the nations.

May contentment reign within our borders, health and happiness within our homes.

Strengthen the bonds of friendship and fellowship among all the inhabitants of our world.

Plant virtue in every soul, and may the love of Your name hallow every person.

Thoughts for Personal Meditation

In this moment of silent communion, a still, small voice beckons me:
To pursue my life's work with full attention though no eye is upon me;

To be gentle in the face of ingratitude,
even when slander distorts my nobler impulses;

To meet the end of each day with the certainty
that I've used my gifts well and with dignity.

O let me become ever braver in facing life's trials with distinction,
that I may live on in deeds that bless others.

~ adapted from the Union Prayer Book

❖

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]

❖

בהר

Parashat B'har
Leviticus 25:1-26:2

B'har focuses on rules and laws to create a secure society, especially for those in distress. It contains the passage: "You shall proclaim liberty throughout the land to all its inhabitants."

Educate and inform the whole mass of people, for they are the only sure reliance for the preservation of our liberty.
~ Thomas Jefferson

האזינו

Parashat Haazinu
Deuteronomy 32:1-52

Haazinu is mostly Moses' final words to the people delivered in poem form. It is about perseverance, and also about Moses' role as leader and teacher.

How can you compare a hundred efforts to understand with a hundred and one?
~ Talmud

The true aim of everyone who aspires to be a teacher should be, not to impart his or her own opinions, but to kindle minds.
~ Frederick W. Robertson

Education is not the filling of a pail, but the lighting of a fire.
~ William Butler Yeats

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn.
~ John Lubbock

To know how to suggest is the great art of teaching.
~ Henri Frèdeèic Amiel

❖

שֹׁפְטִים

Parashat Shoftim
Deuteronomy 16:15-21:9

Shoftim begins with the instruction to appoint judges and officials for the tribes, who are to act fairly and honestly. It contains the well known verse, "Justice, Justice, Shall you pursue," which has been fundamental to civilization in creating legal systems. Another theme in Shoftim is truth.

Let the truth by which you are apparently the loser be preferable to you to the falsehood by which you are apparently the gainer.
~ Maimonides

And oftentimes excusing of a fault doth make the fault worse by the excuse.
~ William Shakespeare
King John IV:ii

Never promise to give something to a child and then fail to do it; because thereby you teach a child to lie.
~ Rabbi Ze'era

אחרי מות

Parashat Acharei Mot
Leviticus 19:1-20:27

This portion is about instructions to Aaron after the death of his two sons earlier in the Torah. Aaron is warned, through Moses, not to come too close to the awesome power of the Divine Presence. Themes include what happens beyond death.

What we have done for ourselves dies with us. What we have done for others...remains and is immortal.
~ Albert Pine

Young is an attitude, a spirit, a way of looking at things and of responding to them.
It is not an age.
Young can be a child examining her first dandelion with wonder and delight...
or a Verdi at 81, composing his finest opera...
Young can be a teenager riding the ocean's surf...
or Einstein in his 70's working on his unified field theory, playing his beloved fiddle.

Young is not a monopoly of youth.
It survives and flourishes where vision is kept fresh, the muscles of the mind exercised.

It is our sacred obligation to never stop learning,
and by so doing, stay forever young.

~ Henry Schmidt [adapted]

❖

Don't stop after beating the swords into plowshares,
don't stop!

Go on beating and make musical instruments
out of them.

Whoever wants to make war again will have
to turn them into plowshares first.
~ Yehuda Amichai

❖

O-seh sha-lom bim-ro-mav,	עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
hu ya-a-seh sha-lom a-lei-nu	הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.	וְעַל-כָּל יִשְׂרָאֵל, וְאִמְרוּ: אָמֵן.

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	יִהְיוּ לְרָצוֹן אִמְרֵי פִי
v'-heg-yon li-bi l'-fa-ne-cha,	וְהֶגְיוֹן לִבִּי לְפָנֶיךָ,
A-do-nai tzu-ri v'-go-a-li.	יְיָ צוּרִי וְגוֹאֲלִי.

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,	אֵלִי, אֵלִי,
she-lo yi-ga-meir l'-o-lam:	שֶׁלֹּא יִגָּמֵר לְעוֹלָם:
ha-chol v'-ha-yam,	הַחוֹל וְהַיָּם,
rish-rush shel ha-ma-yim,	רִשְׁרוּשׁ שֶׁל הַמַּיִם,
b'-rak ha-sha-ma-yim,	בְּרַק הַשָּׁמַיִם,
t'-fi-lat ha-a-dam.	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

SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה
THE TORAH SERVICE

*A*ssembled at a mountain our people,
Still bent from oppression,
Found You,
Found Your Torah,
Found Your truth,
And embraced the destiny that has shaped worlds.
Help us still to shape the world according to Your will;
Help us to teach and to learn,
To hear Your word anew,
And to find in it our path to goodness and truth.

Al sh'-lo-sha d'-va-rim,	עַל שְׁלֹשָׁה דְבָרִים,
ha-o-lam o-meid:	הָעוֹלָם עוֹמֵד:
al ha-Torah, v'-al ha-a-vo-da,	עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה,
v'-al g'-mi-lut cha-sa-dim.	וְעַל גְּמִילוּת חֲסָדִים.

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 ~ קַבָּלַת הַתּוֹרָה
WELCOMING THE TORAH

Ha-vu go-del lei-lo-hei-nu	הָבוּ גֹדֶל לֵאלֹהֵינוּ
ut'-nu cha-vod la-To-rah.	וּתְנוּ כָבוֹד לַתּוֹרָה.

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

Ba-ruch she-na-tan To-rah	בָּרוּךְ שֶׁנָּתַן תּוֹרָה
l'-a-mo Yis-ra-eil bik-du-sha-to.	לְעַמּוֹ יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ.

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

Beit Ya-a-kov,	בֵּית יַעֲקֹב,
l'-chu v'-neil-cha b'-or A-do-nai.	לְכוּ וְנֵלְכָה בְּאוֹר יְיָ.

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

Sh'-ma Yis-ra-eil:	שְׁמַע יִשְׂרָאֵל:
A-do-nai E-lo-hei-nu,	יְיָ אֱלֹהֵינוּ,
A-do-nai e-chad!	יְיָ אֶחָד!

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

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

❖

יתרו

Parashat Yitro
Exodus 18:1-21:23

Yitro describes the experiences of the people at Mt. Sinai... literally, "assembled at a mountain." Jewish tradition teaches that all the Children of Israel ~ past, present, and future ~ were there at Sinai. Therefore, the revelation of God's presence and teachings is everywhere and continually unfolding.

The surest way of misunderstanding revelation is to take it literally, to imagine that God spoke to the prophet on a long-distance telephone. Yet most of us succumb to such a fancy, forgetting that the cardinal sin in thinking about ultimate issues is literal mindedness. The error of literal mindedness is in assuming that things and words have only one meaning.
~ Rabbi Abraham Joshua Heschel

One who does not believe that revelation is continuous does not believe in revelation at all.
~ George Bernard Shaw

May I find new Torah in my own life and deeds; may I discover it in this day's learning and teaching and doing.
Rabbi Chaim Stern

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.

Shalshelet 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.

❖

וילך

Parashat Vayeilech
Deuteronomy 31

In Vayeilech, Moses informs the people that he can no longer lead them and will pass on the role to Joshua. To ensure that the Teaching will go on, Moses writes it down and entrusts it to the priests and elders who are to continue passing it down.

There are many little ways to enlarge your child's world. Love of books is the best of all.
~ Jacqueline Kennedy Onassis

Don't just teach your children to read. Teach them to question what they read. Teach them to question everything.
~ George Carlin

HAKAFA ~ הַקָּפָה

Ro-m'-mu A-do-nai E-lo-hei-nu	רוֹמְמוּ יְיָ אֱלֹהֵינוּ
v-hish-ta-cha-vu la-cha-dom	וְהִשְׁתַּחֲוּו לַהֲדֹם
rag-lav, ka-dosh hu.	רַגְלָיו, קָדוֹשׁ הוּא.
Ro-m'-mu A-do-nai E-lo-hei-nu	רוֹמְמוּ יְיָ אֱלֹהֵינוּ
v-hish-ta-cha-vu l'-har kod-sho,	וְהִשְׁתַּחֲוּו לְהַר קָדְשׁוֹ,
Ki ka-dosh A-do-nai E-lo-hei-nu.	כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

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

Lo yi-sa goi el goi che-rev	לֹא-יִשָּׂא גוֹי אֶל-גּוֹי חֶרֶב
v'-lo yil-m'-du od mil-cha-mah.	וְלֹא-יִלְמְדוּ עוֹד מִלְחָמָה.

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

L'-cha A-do-nai, ha-g'-du-la	לְךָ יְיָ, הַגְּדֻלָּה
v'-ha-g'-vu-ra v'-ha-ti-fe-ret	וְהַגְּבוּרָה וְהַתִּפְאֶרֶת
v'-ha-nei-tzach v-ha-hod,	וְהַנֶּצַח וְהַהוֹד,
ki chol ba-sha-ma-yim u-va-a-retz.	כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ.
L'-cha A-do-nai ha-mam-la-cha	לְךָ יְיָ הַמַּמְלָכָה
v'-ha-mit-na-sei l'-chol l'-rosh.	וְהַמִּתְנַשֵּׂא, לְכֹל לְרֹאשׁ.

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.

❖

SHALSHELET HA-KABBALAH ~ שַׁלְשֶׁלֶת הַקַּבָּלָה
CHAIN OF TRADITION

❖

D'VAR TORAH ~ דְּבָר תּוֹרָה

BIRCHOT HA-TORAH ~ בִּרְכוֹת הַתּוֹרָה
TORAH BLESSINGS

Blessing before each section of Torah is read ~

LEADER:

Ba-r'-chu et A-do-nai ha-m'-vo-rach! בָּרְכוּ אֶת יְיָ הַמְבֹרָךְ!

CONGREGATION:

Ba-ruch A-do-nai ha-m'-vo-rach בָּרוּךְ יְיָ הַמְבֹרָךְ
l'-o-lam va-ed! לְעוֹלָם וָעֶד!

LEADER:

Ba-ruch A-do-nai ha-m'-vo-rach בָּרוּךְ יְיָ הַמְבֹרָךְ
l'-o-lam va-ed! לְעוֹלָם וָעֶד!
Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יְיָ
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher 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. בָּרוּךְ 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.

❖

תורה

READING THE TORAH

❖

Blessing after each section of Torah is read ~

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יְיָ
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher 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. בָּרוּךְ 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.

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.

❖

ראה
Parashat R'ei
Deuteronomy
11:26-16:17

In this portion, Moses challenges the people, explaining one of the recurrent themes in Deuteronomy ~ we will be confronted with choices many times through life, and though we have free will we should choose with care.

Not everything that is faced can be changed;
but nothing can be changed until it is faced.
~ James Baldwin

קרח
Parashat Korach
Numbers 16:1-18:32

This portion tells of a rebellion against the leadership of Moses and Aaron. A major theme is character.

A good person does nothing for the sake of appearances, but for the sake of doing right.
~ Epictetus

Character is the sum of all we struggle against.
~ Booker T. Washington

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 way to be sure everyone has 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.

❖

תזריע / מצרע

Parashat Tazri'a and Parashat M'tzora
Leviticus 12:1 - 15:33

These two portions are another set that may be read together in some years. They both discuss disease and afflictions of body and homes. Themes include health, suffering and adversity.

We are all vulnerable, for suffering and adversity are part of the human condition. What can we do with our afflictions? We can accept them. Often we can overcome them. And we can try to help one another.
~ Rabbi Chaim Stern

Our sorrows and wounds are healed only when we touch them with compassion.
~ Buddha

Our wounds are the place where light enters.
~ Rumi

The soul is healed by being with children.
~ Fyodor Dostoevsky

SIMAN TOV ~ סִימָן טוֹב

Si-man tov u-ma-zal tov	סִימָן טוֹב וּמַזָּל טוֹב
u-ma-zal tov v'-si-man tov…	וּמַזָּל טוֹב וְסִימָן טוֹב...
y'-hei la-nu y'-hei la-nu	יְהֵא לָנוּ יְהֵא לָנוּ
u'-l'-chol-Yis-ra-eil!	וּלְכָל-יִשְׂרָאֵל!

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

❖

HAGBAHA ~ הַגְבָּהָה

V'-zot ha-To-rah	וְזֹאת הַתּוֹרָה
a-sher sam Mo-sheh	אֲשֶׁר-שָׂם מֹשֶׁה
lif-nei b'-nei Yis-ra-eil,	לִפְנֵי בְּנֵי יִשְׂרָאֵל,
al-pi A-do-nai b'-yad Mo-she.	עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

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

❖

G'LILAH ~ גְּלִילָה
DRESSING AND HOLDING THE TORAH SCROLL

❖

MI SHEBEIRACH ~ מִי שֶׁבֵּרַךְ

Mi she-bei rach a-vo-tei-nu	מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
m'-kor ha-b'-ra-cha l'-i-mo-tei-nu.	מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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	מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ
m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.	מְקוֹר הַבְּרָכָה לַאֲבוֹתֵינוּ.

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.	בָּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחוֹלִים.

Blessed are You, Adonai, Source of healing.

BIRCHOT HA-HAFTARAH ~ בִּרְכוֹת הַהַפְטָרָה
HAFTARAH BLESSINGS

Blessing before the Haftarah Selection ~

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech ha-o-lam,	בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher ba-char bin-vi-im to-vim,	אֲשֶׁר בָּחַר בִּנְבִיאִים טוֹבִים,
v'-ra-tza v'-div-rei-hem ha-ne-e-ma-rim be-e-met.	וְרָצָה בְדִבְרֵיהֶם הַנֶּאֱמָרִים בֶּאֱמֶת.
Ba-ruch a-ta A-do-nai, ha-bo-cheir ba-To-rah	בָּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בַּתּוֹרָה
uv-Mo-she av-do, uv-Yis-ra-eil a-mo	וּבְמֹשֶׁה עַבְדּוֹ, וּבְיִשְׂרָאֵל עַמּוֹ,
u-vi-n'-vi-ei ha-e-met va-tze-dek.	וּבִנְבִיאֵי הָאֱמֶת וָצֶדֶק.

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,	בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
tzur kol-ha-o-la-mim,	צוּר כָּל-הָעוֹלָמִים,
tza-dik b'-chol-ha-do-rot,	צַדִּיק בְּכָל-הַדּוֹרוֹת,
ha-eil ha-ne-e-man, ha-o-meir v'-o-seh,	הָאֵל הַנֶּאֱמָן, הָאוֹמֵר וְעוֹשֶׂה,
ha-m'-da-beir u-m'-ka-yeim,	הַמְדַבֵּר וּמְקַיֵּם,
she-kol-d'-va-rav e-met va-tze-dek.	שֶׁכָּל-דְּבָרָיו אֱמֶת וָצֶדֶק.
Al-ha-To-rah v'-al ha-a-va-da	עַל-הַתּוֹרָה וְעַל-הָעֲבוֹדָה
v'-al-ha-n'-vi-im v'-al-yom ha-Sha-bat ha-zeh,	וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
she-na-ta-ta-la-nu, A-do-nai E-lo-hei-nu,	שֶׁנָּתַתָּ-לָנוּ, יְיָ אֱלֹהֵינוּ,
lik-du-sha v'-li-m'-nu-cha, l'-cha-vod ul'-tif-a-ret,	לִקְדֻשָּׁה וְלִמְנוּחָה, לְכָבוֹד וּלְתִפְאָרֶת,
al-ha-kol, A-do-nai E-lo-hei-nu,	עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,
a-nach-nu mo-dim lach,	אֲנַחְנוּ מוֹדִים לָךְ,
u-m'-var-chim o-tach. Yit-ba-rach shim-cha	וּמְבָרְכִים אוֹתָךְ. יִתְבָּרַךְ שִׁמְךָ
b'-fi kol-chai ta-mid l'-o-lam va-ed.	בְּפִי כָּל-חַי תָּמִיד לְעוֹלָם וָעֶד.
Ba-ruch a-ta A-do-nai, m'-ka-deish ha-Sha-bat.	בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

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.

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.

❖

בהעלתך

Parashat B'ha-alot'cha
Numbers 8:1-12:16

This portion tells the story of a group of elders, chosen to assist Moses, who have religious vision and speak as prophets. Its themes include the idea that everyone may have spiritual experiences, they are not reserved for leaders.

Jesters do often prove prophets.
~ Joseph Addison

שמות

Parashat Sh'mot
Exodus 1:1 - 6:1

In this first section of Exodus, the Children of Israel are slaves in Egypt. Moses, a shepherd who takes his sheep into the wilderness, encounters God.

I tell you in truth: all people are prophets or else God does not exist.
~ Jean-Paul Sartre

❖

חוקת

Parashat Chukat
Numbers 19:1 - 22:1

Chukat contains the story of Moses who, frustrated by the people's complaints about no water, strikes the rock instead of following God's directions. Themes include reward and punishment.

The reward for a thing well done is to have done it.
~ Ralph Waldo Emerson

One pang of conscience is worth more than many lashes.
~ Talmud

בא

Parashat Bo
Exodus 10:1-13:16

Bo is the climax of the Israelites struggle for freedom. Pharaoh is willing to let some go, but Moses insists on freedom for all. This portion also contains the description of the Passover celebration and the instruction that laws shall be the same for both native and stranger. Themes include community and justice.

The entire community will fall into ruins if its people insist on the letter of the law in every matter, however small, and show no inclination to temper justice with mercy.
~ Talmud

The person who tries to live alone will not succeed as a human being. Our hearts wither if they do not answer another heart. Our minds shrink away if we hear only the echoes of our own thoughts and find no other inspiration
~ Pearl S. Buck

HACHZARAT HA-TORAH ~ הַחְזָרַת הַתּוֹרָה
RETURNING THE TORAH

Gad-lu la-A-do-nai i-ti, גַּדְּלוּ לַיְיָ אִתִּי,
un'-ro-m'-ma sh'-mo yach-dav. וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

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

❖

Ho-do al e-retz v'-sha-ma-yim, הוֹדוֹ עַל אֶרֶץ וְשָׁמָיִם,
va-ya-rem ke-ren l'-a-mo, וַיָּרֶם קֶרֶן לְעַמּוֹ,
t'-hi-la l'-chol chah-si-dav, תְּהִלָּה לְכָל-חֲסִידָיו,
liv-nei Yis-ra-eil am k'-ro-vo. לִבְנֵי יִשְׂרָאֵל עַם קְרוֹבוֹ.
Ha-l'-lu-yah! הַלְלוּיָהּ!

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.

Ki le-kach tov na-ta-ti la-chem, כִּי לֶקַח טוֹב נָתַתִּי לָכֶם,
To-ra-ti al-ta-a-zo-vu. תּוֹרָתִי אַל-תַּעֲזֹבוּ.

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

Eitz cha-yim hi la-ma-cha-zi-kim ba, עֵץ-חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,
v'-to-m'-che-ha m'-u-shar. וְתֹמְכֶיהָ מְאֻשָּׁר.

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

D'-ra-che-ha dar-chei-no-am, דְּרָכֶיהָ דַרְכֵי-נֹעַם,
v'-chol-n'-ti-vo-te-ha sha-lom. וְכָל-נְתִיבוֹתֶיהָ שָׁלוֹם.

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

Ha-shi-vei-nu A-do-nai ei-le-cha, v'-na-shu-va. הֲשִׁיבֵנוּ יְיָ אֵלֶיךָ, וְנָשׁוּבָה.
Cha-deism ya-mei-nu k'-ke-dem. חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

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

❖

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

Bar/Bat Mitzvah Prayer

❖

Parent Prayer

❖

Rabbi's Blessing

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha:	יְבָרֶכְךָ יְיָ וְיִשְׁמְרֶךָ:
Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka:	יָאֵר יְיָ פָּנָיו אֵלֶיךָ וִיחֻנֶּךָּ:
Yi-sa A-do-nai pa-nav ei-le-cha v'-ya-seim	יִשָּׂא יְיָ פָּנָיו אֵלֶיךָ וְיָשֵׂם
l'-cha sha-lom!	לְךָ שָׁלוֹם!

*M*ay God bless and keep you:

May God deal kindly and graciously with you:

May God bestow favor upon you and grant you peace!

❖

SHEHECHEYANU ~ שֶׁהֶחֱיָנוּ

Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
she-he-che-ya-nu, v'-ki-y'-ma-nu,	שֶׁהֶחֱיָנוּ, וְקִיְּמָנוּ,
v'-hi-gi-ah-nu, laz-man ha-zeh.	וְהִגִּיעָנוּ, לַזְּמַן 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.

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

❖

וַיֵּצֵא

Parashat Vayeitzei
Genesis 28:10-32:3

Vayeitzei includes the wondrous story of Jacob's ladder ~ his dream of angels going up and down from earth to heaven. Its themes include mystery and awe.

It is not Jacob who says, "God was in this place and I, i did not know." It is you who are reading these words. You are the sacred text itself. The holy text is not about you. You are not even "in" it. You are it.
~ Rabbi Lawrence Kushner

Religion is the everlasting dialogue between humanity and God. Art is its soliloquy.
~ Franz Werfel

נָשֹׂא

Parashat Naso
Numbers 4:11-7:89

Naso contains the Priestly Blessing, which God instructs Moses to teach to Aaron and use to bless the Children of Israel. Significant themes include gifts and blessings.

I have found that among its other benefits, giving liberates the soul of the giver.
~ Maya Angelou

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.
~ W. T. Purkiser

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.

❖

ויקרא

Parashat Vayikra
Leviticus 1:1-5:26

This first section of Leviticus teaches us that when we hurt others we must apologize and make restitution.

The most beautiful thing that one can do is forgive a wrong.
~ Eliezer ben Judah

נֹחַ

Parashat Noach
Genesis 6:9-11:32

Noach is the righteous man tasked with preserving the species during the flood God plans to rid the earth of its corruption. The rainbow in this story is the symbol of God's covenant with humanity and of hope.

God puts rainbows in the clouds so that each of us ~ even in the our dreariest and most dreaded moments ~ can see a possibility of hope.
~ Maya Angelou

Why are there so many songs about rainbows? What's so amazing that keeps us stargazing? And what do we think we might see? All of us under its spell, we know that it's probably magic.....Someday we'll find it, the rainbow connection,the lovers, the dreamers and us.
~ Paul Williams, best known as sung by Kermit the Frog

ALEINU ~ עָלֵינוּ

A-lei-nu l'-sha-bei-ach	עָלֵינוּ לְשַׁבֵּחַ
la-a-don ha-kol,	לַאֲדוֹן הַכֹּל,
la-teit g'-du-la l'-yo-tzeir b'-rei-shit,	לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
she-lo a-sa-nu k'-go-rei ha-a-ra-tzot,	שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
v'-lo sa-ma-nu	וְלֹא שָׂמָנוּ
k'-mish-p'-chot ha-a-da-ma,	כְּמִשְׁפְּחוֹת הָאֲדָמָה,
she-lo sam chel-kei-nu ka-hem,	שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֶם,
v'-go-ra-lei-nu k'-chol ha-mo-nam.	וְגֹרָלֵנוּ כְּכָל הֲמוֹנָם.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations.

❖

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then all will live in harmony with each other and the earth
And then everywhere will be called Eden once again.
~ Judy Chicago

❖

Va-a-nach-nu ko-rim	וַאֲנַחְנוּ כוֹרְעִים
u-mish-ta-cha-vim u-mo-dim,	וּמִשְׁתַּחֲוִים וּמוֹדִים,
lif-nei Me-lech,	לִפְנֵי מֶלֶךְ,
mal-chai ham-la-chim,	מַלְכֵי הַמְּלָכִים,
ha-ka-dosh ba-ruch hu.	הַקָּדוֹשׁ בָּרוּךְ הוּא.

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	וְנֶאֱמַר: "וְהָיָה יְיָ
l'-Me-lech al kol ha-a-retz."	לְמֶלֶךְ עַל כָּל הָאָרֶץ."
Ba-yom ha-hu yi-h'-ye	בַּיּוֹם הַהוּא יִהְיֶה
A-do-nai e-chad u-sh'-mo e-chad.	יְיָ אֶחָד וּשְׁמוֹ אֶחָד.

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.

It is a fearful thing to love what death can touch.
A fearful thing to love, hope, dream; to be ~ to be,
and oh! to lose.
A thing for fools this, and a holy thing, a holy thing to love.

For your life has lived in me,
your laugh once lifted me, you word was a gift to me.

To remember this brings a painful joy,
'Tis a human thing, love,
a holy thing, to love what death has touched.

~Chaim Stern

❖

KADDISH YATOM ~ קָדִישׁ יָתוֹם

Yit-ga-dal v'-yit-ka-dash sh'-mei ra-ba.	יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
B'-al-ma di v'ra chir-u-tei,	בְּעָלְמָא דִּי בְרָא כִרְעוּתֵהּ,
v'-yam-lich Mal-chu-tei b'-cha-yei-chon	וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן
uv-yo-mei-chon uv-cha-yei	וּבְיוֹמֵיכוֹן וּבְחַיֵּי
d'-chol beit Yis-ra-eil,	דְּכָל בֵּית יִשְׂרָאֵל,
b-a-ga-la u-viz-man ka-riv,	בַּעֲגָלָא וּבִזְמַן קָרִיב,
v'-im-ru: a-mein.	וְאִמְרוּ: אָמֵן.
Y'-hei sh'-mei ra-ba	יְהֵא שְׁמֵהּ רַבָּא
m'-va-reich l-a-lam ul-al-mei al-ma-ya.	מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.
Yit-ba-rach v'-yish-ta-bach,	יִתְבָּרַךְ וְיִשְׁתַּבַּח,
v'-yit-pa-ar v'-yit-ro-mam v'-yit-na-sei	וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
v'-yit-ha-dar v'-yit-a-leh v'-yit-ha-lal	וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
sh'-mei d'-ku-d'-sha, b'-rich hu,	שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
l-ei-la min-kol bir-cha-ta v'-shi-ra-ta,	לְעֵלָּא מִן-כָּל בִּרְכָתָא וְשִׁירָתָא,
tush-b'-cha-ta v'-ne-che-ma-ta,	תֻּשְׁבְּחָתָא וְנֶחֱמָתָא,
da-a-mi-ran b'-al-ma, v'-im-ru: a-mein.	דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ: אָמֵן.
Y'-hei sh'-la-ma ra-ba min-sh'-ma-ya	יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא
v'-cha-yim a-lei-nu v'-al-kol-Yis-ra-eil,	וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
v'-im-ru: a-mein.	וְאִמְרוּ: אָמֵן.
O-seh sha-lom bim-ro-mav,	עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
hu ya-a-seh sha-lom a-lei-nu	הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.	וְעַל-כָּל יִשְׂרָאֵל, וְאִמְרוּ: 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.

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.

❖

שְׁמִינִי

Parashat Sh'mini
Leviticus 9:1-11:27

Sh'mini tells the story of the sudden and mysterious death of two of Aaron's sons.

I often feel that death is not the enemy of life, but its friend, for it is the knowledge that our years are limited that makes them so precious.
~ Joshua Loth Liebman

חַיֵּי שָׂרָה

Parashat Chayei Sarah
Genesis 23:1-25:18

Although named the "Life of Sarah," this portion begins with Sarah's death. Choosing her burial ground is perhaps the first recorded history we have of memorializing the dead; the story also continues with Isaac finding comfort for his mourning in his new wife.

Die when I may,
I want it said of me,
by those who knew me best,
that I always
plucked a thistle and
planted a flower,
when I thought
a flower would grow.
~ Abraham Lincoln

Kiddush, from the Hebrew root word meaning holy, is the blessing said to sanctify wine. Motzi, the blessing said over challah (special bread eaten on Shabbat), literally means the One Who brings forth. The blessing gives thanks for the "bringing forth" of the grain from the earth that we use to make bread.

❖

תולדת

Parashat Toldot
Genesis 25:19-28:9

Toldot tells the story of Isaac, Rebekah, and their twin sons.. Themes of finding contentment with each stage of life emerge as Isaac grows older.

Happiness makes up in height what it lacks in length. What will I remember at the end of the day ~ the joy of walking the road, or the turnings I didn't take? The happiness I had, or what I might have had?
~ Robert Frost

The butterfly counts not months, but moments, and has time enough.
~ Rabindranath Tagore

במדבר

Parashat B'midbar
Numbers 1:1-4:20

B'midbar tells the story of the Israelites journey through the wilderness. Themes include being lost and finding our way.

We show greatness not by being at one extreme, but by touching both at once and occupying all the space in between.
~ Blaise Pascal

KIDDUSH u'MOTZI ~ קִדּוּשׁ וּמוֹצִיא

~ Blessing over the Wine ~

Ba-ruch a-ta, A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
bo-rei p'-ri ha-ga-fen.	בּוֹרֵא פְּרִי הַגָּפֶן.

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

~ Blessing over the Challah ~

Ba-ruch a-ta, A-do-nai,	בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha-mo-tzi le-chem min ha-a-retz.	הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Eternal God, Ruler of the universe,
who causes bread to come forth from the earth.

❖

Shabbat is to teach us that life can be filled with holiness and happiness only if we take the time to experience what the world has to offer. The commandment to bless the fruit of the vine is a commandment to drink life as deeply as we drink from the Kiddush cup. To bless life and love deeply; to remember with a Shabbat heart; act with Shabbat hands; see the world with Shabbat eyes; laugh until we are all laughter; sing until we are all song; dance until we are all dance; love until we are all love. Shabbat Joy. Blessed are You, Adonai our God, Ruler of the universe, who has created the fruit of the vine.

KIDDUSH ~ HOLY

קִדּוּשׁ

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בּוֹרֵא פְּרִי הַגָּפֶן.

Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech
ha-o-lam,
bo-rei p'-ri ha-ga-fen.
Blessed are You Adonai,
our God, Ruler of the universe,
who creates the fruit of the vine.

Inspired by *The Fifth Direction* Prayer Book,
incorporating text adapted from Rabbi Sandy Eisenberg Sasso

SHIRIM ~ שִׁרִים

SONGS

HAL'LU ~ הַלְלוּ

Ha-l'-lu… הַלְלוּ...

Kol ha-n'-sha-ma t'-ha-leil Ya, כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ,
ha-l'-lu-Ya! הַלְלוּ-יָהּ!

Let all that breathes praise God. Halleluyah!
~ Psalm 150:6

❖

OSEH SHALOM ~ עֹשֶׂה שָׁלוֹם

O-seh sha-lom bim-ro-mav, עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
hu ya-a-seh sha-lom a-lei-nu הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
v'-al-kol Yis-ra-eil, וְעַל-כָּל יִשְׂרָאֵל,
v'-im-ru: a-mein. וְאִמְרוּ: אָמֵן.

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.

❖

MIZMOR SHIR ~ מִזְמוֹר שִׁיר

Miz-mor shir l'-yom ha-Sha-bat מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת
tov l'-ho-dot la-A-do-nai טוֹב לְהֹדוֹת לַיְיָ
ul-za-meir l-shim-cha el-yon וּלְזַמֵּר לְשִׁמְךָ עֶלְיוֹן
l'-ha-gid ba-bo-ker chas-de-cha לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ
ve-e-mu-nat-cha ba-lei-lot. וֶאֱמוּנָתְךָ בַּלֵּילוֹת.
A-lei-a-sor va-a-lei-na-vel עֲלֵי־עָשׂוֹר וַעֲלֵי־נָבֶל
a-lei hi-ga-yon b'-chi-nor. עֲלֵי הִגָּיוֹן בְּכִנּוֹר.

A song for the Sabbath. It is good to give thanks to the Eternal One,
to sing hymns to Your name, O Most High!
To tell of Your love in the morning and Your faithfulness in the night;
to pluck the string and to sound the lute; to make the harp vibrate
~ Psalm 92:1-4

❖

L'CHI LACH ~ לְכִי לָךְ

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

Some trails are happy ones,
others are blue;
it's the way you ride the
trail that counts,
here's a happy one for you:
Who cares about the clouds
when we're together,
just sing a song and
bring the sunny weather.
Happy trails to you.
~ Dale Evans
"Happy Trails"

The life I love is making
music with my friends.
~ Willie Nelson
"On the Road Again"

If I cannot fly,
let me sing.
~ Stephen Sondheim

❖

לך לך

Parashat Lech L'cha
Genesis 12:1-17:27

In this portion, God tells Abram to leave his native home and go to a new land that God will show him. God promises him he will become the father of a great nation. Abram complies, and sets off with his wife, nephew, and travelling party. Ultimately, Abram settles in the new land and God changes his name to Abraham.

The song L'chi Lach is based on this Torah portion. The Hebrew words lech l'cha (l'chi lach is the female form) have been interpreted several ways, including to mean "to go into yourself." In addition to Abraham's literal journey in the story, it is also thought of as representing our metaphoric journeys.

❖

All you need is love, love
Love is all you need....

And in the end,
the love you take,
is equal to
the love you make.
~ John Lennon and
Paul McCartney
"All You Need is Love"
"The End"

When I hear music,
I fear no danger.
I am invulnerable.
I see no foe.
I am related
to the earliest times,
and to the latest.
~ Henry David Thoreau

Ah music...
a magic far beyond
anything done here.
~ J.K. Rowling

Use the talents you possess,
for the woods would be
very silent if no birds sang
except the best.
~ Henry Van Dyke

Every day we should
hear at least one little song,
read one good poem,
see one exquisite picture,
and, if possible,
speak a few sensible words.
~ Johann Wolfgang
Von Goethe

He who sings
scares away his woes.
~ Miguel de
Cervantes Saavedra

Sing, sing a song.
Sing out loud,
sing out strong...
Don't worry
that it's not good enough
for anyone else to hear,
Just sing, sing a song.
~ Joe Raposo

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

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 ~ וְאָהַבְתָּ

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 ~ שִׁמִי 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.
Uf'ros Aleinu sukkat sh'lomecha ~ וּפְרוֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ*

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

ADON OLAM ~ אֲדוֹן עוֹלָם

A-don o-lam a-sher ma-lach	אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ
b'-te-rem kol y'-tzir niv-ra	בְּטֶרֶם כָּל יְצִיר נִבְרָא
l'-eit na-a-sah v'-chef-tzo kol	לְעֵת נַעֲשָׂה בְחֶפְצוֹ כֹּל
a-zai me-lech sh'-mo nik-ra.	אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.
V'-a-cha-rei ki-ch'-lot ha-kol	וְאַחֲרֵי כִּכְלוֹת הַכֹּל
l'-va-do yim-loch no-ra	לְבַדּוֹ יִמְלוֹךְ נוֹרָא
v'-hu ha-yah v'-hu ho-veh	וְהוּא הָיָה, וְהוּא הֹוֶה
v'-hu yi-h'-yeh b'-tif-a-rah.	וְהוּא יִהְיֶה, בְּתִפְאָרָה.
V'-hu e-chad v'-ein shei-ni	וְהוּא אֶחָד וְאֵין שֵׁנִי
l'-ham-shil lo l'-hach-bi-rah	לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
b'-li rei-shit b'-li tach-lit	בְּלִי רֵאשִׁית בְּלִי תַכְלִית
v'-lo ha-oz v'-ha-mis-rah.	וְלוֹ הָעֹז וְהַמִּשְׂרָה.
V'-hu ei-li v'-chai go-a-li	וְהוּא אֵלִי וְחַי גֹּאֲלִי
v'-tzur chev-li b'-eit tza-rah	וְצוּר חֶבְלִי בְּעֵת צָרָה
v'-hu ni-si u-ma-nos li	וְהוּא נִסִּי וּמָנוֹס לִי
m'-nat ko-si b'-yom ek-ra.	מְנָת כּוֹסִי בְּיוֹם אֶקְרָא.
B'-ya-do af-kid ru-chi	בְּיָדוֹ אַפְקִיד רוּחִי
b'-eit i-shan v'-a-i-rah	בְּעֵת אִישַׁן וְאָעִירָה
v'-im ru-chi g'-vi-ya-ti	וְעִם רוּחִי גְּוִיָּתִי
A-do-nai li v'-lo i-rah.	יְיָ לִי וְלֹא אִירָא.

God is the eternal God, who reigned before any being had yet been created; when all was done according to God's will, already then God's name was Ruler. And after all has ceased to be, still will God reign in solitary majesty; God was, God is, and God shall be in glory. And God is One; none other can compare to God, or consort with God; God is without beginning, without end; to God alone belongs power and dominion. And God is my God, my living Redeemer, my Rock in time of trouble and distress; God is my banner and my refuge, my benefactor when I call. Into God's hands I entrust my spirit, when I sleep and when I wake. And with my spirit and my body, God is with me; I will not be afraid.

HATIKVAH ~ הַתִּקְוָה

Kol od ba-lei-vav p'ni-ma,	כָּל עוֹד בַּלֵּבָב פְּנִימָה,
ne-fesh y'-hu-di ho-mi-ya.	נֶפֶשׁ יְהוּדִי הוֹמִיָּה.
Ul-fa-a-tei miz-rach ka-di-ma,	וּלְפַאֲתֵי מִזְרָח קָדִימָה,
A-yin l'-Tzi-yon tzo-fi-ya.	עַיִן לְצִיּוֹן צוֹפִיָּה.
Od lo av-da tik-va-tei-nu,	עוֹד לֹא אָבְדָה תִקְוָתֵנוּ,
Ha-tik-va sh'-not al-pa-yim,	הַתִּקְוָה שְׁנוֹת אַלְפַּיִם,
L'-hi-yot am chof-shi b'-ar-tzei-nu,	לִהְיוֹת עַם חָפְשִׁי בְּאַרְצֵנוּ,
E-retz Tzi-yon vi-Y'-ru-sha-la-yim.	אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

So long as still within the inmost heart the soul of the Jew longs, and they turn eastward, their eye looking toward Zion, Our hope is not yet lost, that hope of two thousand years, to be a free people in our land, the land of Zion and Jerusalem.
~ Naphtali Imber

Adon Olam is a poem, believed to have been written in medieval times, that sings of God alone as eternal, without beginning or end, and is a reminder that God is part of everything.

Hatikvah, which means "the hope" in Hebrew, is Israel's national anthem.

❖

Music is the wine that fills the cup of silence.
~ Robert Fripp

The best music, you can seek some shelter in momentarily, but it's essentially there to provide you something to face the world with.
~ Bruce Springsteen

Music produces a kind of pleasure which human nature cannot do without.
~ Confucius

Music is given to us with the sole purpose of establishing an order in things, the coordination between humanity and time.
~ Igor Stravinsky

Music takes us out of the actual and whispers to us dim secrets that startle our wonder as to who we are, and for what, whence, and whereto.
~ Ralph Waldo Emerson

Peace, Salaam, Shalom, a song using the English, Arabic, and Hebrew words for peace, was written by Pat Humphries and Sandy Opatow of *Emma's Revolution*. They wrote this song two days after the 9/11 attack on the World Trade Center in response to the messages of hate that were already being circulated.

Ein Keiloheinu is a song believed to be more than one thousand years old, which praises God. Originally it began with the question "who is like our...", but the lines where changed so that the first letters of lines 1, 5, and 9 spell Amen in Hebrew. Lines 13 - 16 begin with Baruch, meaning bless, the word which begins nearly all Hebrew blessings.

❖

All of God's wisdom
is encased in
a garment...music.
When we speak,
you may say "yes"
and I may say "no"
and we are already
opposed to each other.
In music, what is
absolutely unbelievable,
is that I can sing a melody,
you can sing different notes,
and it's
the deepest harmony.
~ Rabbi Shlomo Carlebach

Music gives
a soul to the universe,
wings to the mind,
flight to the imagination,
and life to everything.
~ Plato

PEACE, SALAAM, SHALOM

Peace…Salaam…Shalom
Peace…سلام…שָׁלוֹם
(repeat)

We believe in Peace....

We will work for Peace....

Jerusalem • Ramallah • in Tel Aviv • in Washington
in Hebron • in Kabul • in Damascus • in Chicago.
~ Pat Humphries and Sandy Opatow

❖

EIN KEILOHEINU ~ אֵין כֵּאלֹהֵינוּ

Ein kei-lo-hei-nu,	אֵין כֵּאלֹהֵינוּ,
Ein ka-do-nei-nu,	אֵין כַּאדוֹנֵינוּ,
Ein k'-mal-kei-nu,	אֵין כְּמַלְכֵּינוּ,
Ein k'-mo-shi-ei-nu.	אֵין כְּמוֹשִׁיעֵנוּ.
Mi chei-lo-hei-nu?	מִי כֵאלֹהֵינוּ?
Mi cha-do-nei-nu?	מִי כַאדוֹנֵינוּ?
Mi chei-mal-kei-nu?	מִי כֵמַלְכֵּינוּ?
Mi ch-mo-shi-ei-nu?	מִי כְמוֹשִׁיעֵנוּ?
No-deh lei-lo-hei-nu,	נוֹדֶה לֵאלֹהֵינוּ,
No-deh la-do-nei-nu,	נוֹדֶה לַאדוֹנֵינוּ,
No-deh l'-mal-kei-nu,	נוֹדֶה לְמַלְכֵּנוּ,
No-deh l'-mo-shi-ei-nu.	נוֹדֶה לְמוֹשִׁיעֵנוּ.
Ba-ruch E-lo-hei-nu,	בָּרוּךְ אֱלֹהֵינוּ,
Ba-ruch a-do-nei-nu,	בָּרוּךְ אַדוֹנֵינוּ,
Ba-ruch mal-kei-nu,	בָּרוּךְ מַלְכֵּינוּ,
Ba-ruch mo-shi-ei-nu.	בָּרוּךְ מוֹשִׁיעֵנוּ.
A-ta hu E-lo-hei-nu,	אַתָּה הוּא אֱלֹהֵינוּ,
A-ta hu a-do-nei-nu,	אַתָּה הוּא אֲדוֹנֵינוּ,
A-ta hu mal-kei-nu,	אַתָּה הוּא מַלְכֵּינוּ,
A-ta hu mo-shi-ei-nu.	אַתָּה הוּא מוֹשִׁיעֵנוּ.

There is none like...our God; our Sovereign; our Ruler; our Savior.
Who is like...our God; our Sovereign; our Ruler; our Savior?
We give thanks to...our God; our Sovereign; our Ruler; our Savior.
Blessed is...our God; our Sovereign; our Ruler; our Savior.
You are...our God; our Sovereign; our Ruler; our Savior.

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 נַגִּיד גָּדְלֶךָ
(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

❖

All we do our whole lives is go from one piece of Holy Ground to the next.
~ J.D. Salinger

Each place is the right place. The place where I am right now can be a sacred space.
~ Ravi Ravindra

I've often thought of the forest as a living cathedral, but this might diminish what it truly is.... the forest is not merely an expression or representation of sacredness, nor a place to invoke the sacred; the forest is sacredness itself. Nature is not merely created by God; nature is God. Whoever moves within the forest can partake directly of sacredness, experience sacredness with their entire body, breathe sacredness and contain it within themselves, drink the sacred water as a living communion, bury their feet in sacredness, touch the living branch and feel the sacredness, open their eyes and witness the burning beauty of sacredness.
~ Richard Nelson

Books are the legacies that a great genius leaves to humankind, which are delivered down from generation to generation as presents to the posterity of those who are yet unborn.
~ Joseph Addison

If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at his or her self.
~ Charles Schultz

About the Cover

The cover, intended to evoke the entirety of Torah, was created by Susan Klingman, using photographs taken by Richard Shay [richardshay.com], and with photo editing by Rhonda Schaefer. The front of the siddur is a composite of photographs of the very first and very last columns in one of the Am Shalom Torah scrolls. The right side is the first column of text in the Torah, beginning with the very first word, B'reishit ~ in the beginning. The left side is the last column of text in the Torah, ending with the final word, Yisrael ~ Israel. The back of the siddur, intended to evoke the infinity of the Torah's teachings, is a photograph of the same scroll unrolled.

❖

Acknowledgements

Every effort was made to directly cite as much as possible within this siddur.
In addition, Am Shalom is grateful to the following resources used in creating this service:

The Language of Prayer;
The Language of Teaching;
The Language of Parenting
Blue Mountain Arts Series:

Making Prayer Real
Rabbi Mike Comins

Quotes on Music and Musicians:
Mankind's Wisdom on Music from Mozart to McCartney
compiled by Patty Crowe; edited by Jonathan Crowe

Moments of the Spirit:
Quotations to Inspire, Inform, and Involve
compiled by Rabbi Dov Peretz Elkins

B'chol L'vavcha
Harvey J. Fields

Mishkan T'filah: A Reform Siddur
Central Conference of American Rabbis,
Elyse D. Frishman, Editor

The Wisdom of the Modern Rabbis: A Treasury of Guidance and Inspiration
edited by Rabbi Sidney Greenberg

Entrances to Holiness are Everywhere
Jewish Community Center of White Plains, New York

Teaching Tefilah: Insights and Activities on Prayer
Bruce Kadden and Barbara Binder Kadden

Teaching Torah: A Treasury of Thoughts and Insights
Sorel Goldberg Loeb and Barbara Binder Kadden

A Teacher's Guide to A Bridge to Prayer
Nachama Skolnik Moskowitz

Praying with Spirituality
Sol Scharfstein

Day by Day: Reflections on the Themes of the Torah from
Literature, Philosophy, and Religious Thought
edited by Rabbi Chaim Stern

Wordle.net application by Jonathan Feinberg,
used to create image on page 11.

❖

Siddur created for the exclusive use of Am Shalom by
Susan Klingman ~ Creative Liturgy
susanklingman@earthlink.net / 847-224-3055

❖

Am Shalom 2012-2013 / 5773:
Rabbi Steven Stark Lowenstein
Rabbi Phyllis A. Sommer
Rabbi Pamela M. Mandel
Interim Cantor Paul Offenkrantz

Am Shalom
840 Vernon Avenue • Glencoe, Illinois 60022
www.amshalom.com • 847-835-4800

2/13
edition