

Mazal Tov!

We are excited to study with you as you prepare to become a Bar or Bat Mitzvah.

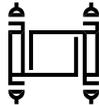
Although most Bar/Bat Mitzvah students lead or read certain parts, it is also important that you be familiar with the *entire siddur* (*prayer book*) that will be used during your service.

This is a special B'nai Mitzvah Student Version of the **Am Shalom Shabbat Morning Service**.

Pages which have parts most Bar / Bat Mitzvah Students lead or read have a small star at the top of the page.



The specific part most Bar / Bat Mitzvah Students lead or read are also marked with this Torah icon:



Remember, you should also practice the parts you will read in English.

בְּרַכַּת טַלִּית ~ BIRKAT TALIT

TALIT BLESSING

Found on page 3 of the MORNING prayer book.

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God Sovereign of the universe.

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

You make us holy with mitzvot,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

and teach us

וְצִוָּנוּ

to wrap ourselves in the fringed Talit.

לְהִתְעַטֵּף בְּצִיצֵת.

LA'ASOK B'DIVREI TORAH ~ תּוֹרָה בְּדַבְרֵי
BLESSING FOR STUDY

Found on page 4 of the MORNING prayer book.

Blessed are You Adonai

בְּרוּךְ אַתָּה יי

our God, Sovereign of the universe.

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

You make us holy

אֲשֶׁר קִדְּשָׁנוּ

with mitzvot and command us

בְּמִצְוֹתַי וְצִוָּנוּ

to engage with words of Torah.

לְעִסוֹק בְּדַבְרֵי תּוֹרָה.

EILU D'VARIM ~ אֵלוֹ דְּבָרִים ETHICAL VALUES OF JUDAISM

Found on page 4 of the MORNING prayer book.

אֵלוֹ דְּבָרִים שְׂאִין

לְהֵם שְׁעוֹר,

שְׂאָדָם אוֹכֵל פְּרוֹתֵיהֶם

בְּעוֹלָם הַזֶּה וְהַקֶּרֶן

קִימַת לוֹ לְעוֹלָם הַבָּא.

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

They are:

וְאֵלוֹ הֵן:

[English Reading of Translation and/or Optional Additional Hebrew Text]

But, the study of Torah encompasses them all.

וְתִלְמוּד תּוֹרָה כְּנֶגֶד כָּלֵם.

YOTZEIR OR ~ יוֹצֵר אוֹר
CREATION PRAYER (morning)

Found on page 6 of the MORNING prayer book.

Blessed are You Adonai	בְּרוּךְ אַתָּה יי
our God, Ruler of the Universe,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
Former of light, Creator of darkness,	יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
Maker of peace, and Creator of all things.	עוֹשֵׂה שָׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
God causes light to shine for the world	הַמַּאִיר לָאָרֶץ וְלַדָּרִים
and those who live on it with compassion,	עָלֶיהָ בְּרַחֲמִים,
and in God's goodness renews every day,	וּבִטּוּבוֹ מְחַדֵּשׁ בְּכָל-יוֹם
continually, the work of creation.	תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.
How great are your works, Adonai!	מָה רַבּוּ מַעֲשֵׂיךָ, יי!
In wisdom you have made them all,	כֻּלָּם בְּחָכְמָה עָשִׂיתָ,
the land is full of Your creatures.	מִלְאָה הָאָרֶץ קִנְיָנֶךָ.
Let all bless you, Adonai, our God,	תִּתְבָּרֵךְ, יי אֱלֹהֵינוּ,
for the excellence of your handiwork,	עַל-שִׁבְחַ מַּעֲשֵׂה יְדֵיךָ,
and for the glowing stars that you have made:	וְעַל-מְאוֹרֵי-אוֹר שְׁעָשִׂיתָ:
let them glorify You forever.	יִפְאָרוּךְ. סָלָה.
Shine a new light on Zion,	אוֹר חֲדָשׁ עַל צִיּוֹן תְּאִיר,
that we may all swiftly	וְנִזְכֶּה כְּלָנוּ
merit its radiance.	מְהֵרָה לְאוֹרוֹ.
Blessed are You, Adonai,	בְּרוּךְ אַתָּה יי,
creator of heavenly lights.	יוֹצֵר הַמְּאוֹרוֹת.

V'AHAVTA ~ וְאַהֲבַתָּהּ
TO REMEMBER AND DO GOD'S COMMANDMENTS

Found on page 8 of the MORNING prayer book.

And, you shall love Adonai your God

וְאַהֲבַתָּהּ אֶת יְיָ אֱלֹהֶיךָ,

with all your heart, with all your soul

בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,

and with all your might:

וּבְכָל-מְאֹדְךָ;

Set these words

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,

which I command you

אֲשֶׁר אֲנֹכִי מְצַוְךָ,

today, upon your heart.

הַיּוֹם עַל-לִבְבְּךָ.

And you shall teach them diligently to your children.

וְשִׁנַּנְתָּם לְבָנֶיךָ,

And, you shall speak of them

וְדַבַּרְתָּ בָּם

when you sit in your house,

בְּשִׁבְתְּךָ בְּבֵיתְךָ

when you travel on the road,

וּבְלַכְתְּךָ בַדֶּרֶךְ

when you lie down, and when you get up:

וּבְשֹׁכְבְךָ וּבְקוּמְךָ;

And you shall bind them as a sign upon your hand,

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ,

they shall be signposts between your eyes.

וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ.

And you shall write them on the doorposts

וְכָתַבְתָּם עַל-מְזוֹזוֹת

of your house, and on your gates.

בֵּיתְךָ וּבְשַׁעְרֶיךָ.

(do this) In order that you will remember

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

and perform (do) all my commandments;

אֶת-כָּל-מִצְוֹתַי.

and you will be holy unto your God.

וְהָיִיתֶם קְדוֹשִׁים לַאֱלֹהֵיכֶם.

I am Adonai, your God

אֲנִי יְיָ אֱלֹהֵיכֶם

Who brought you out

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם

of the land of Egypt

מֵאֶרֶץ מִצְרַיִם,

to be your God:

לְהִיוֹת לָכֶם לַאֱלֹהִים.

I am Adonai, your God.

אֲנִי יְהוָה אֱלֹהֵיכֶם.

T'FILAH ~ תְּפִלָּה

PRAYER (introduction to center section of service)

Found on page 11 of the MORNING prayer book.

Adonai, open up my lips,

אֲדֹנָי שְׁפֹתַי תִּפְתָּח

that my mouth may declare Your praise.

וּפִי יַגִּיד תְּהִלָּתְךָ.

[The congregation will repeat this phrase after you chant or read it.]

AVOT V'IMAHOT ~ אבות ואמהות
CONNECTION TO OUR ANCESTORS AND TRADITION

Found on page 12 of the MORNING prayer book.

Blessed are You, Adonai our God,	בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ
God of our fathers and our mothers:	וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:
God of Abraham,	אֱלֹהֵי אַבְרָהָם,
God of Isaac,	אֱלֹהֵי יִצְחָק,
and God of Jacob;	וְאֱלֹהֵי יַעֲקֹב.
God of Sarah, God of Rebekah,	אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
God of Rachel	אֱלֹהֵי רָחֵל,
and God of Leah.	וְאֱלֹהֵי לֵאָה.
Great, mighty,	הַיָּל הַגָּדוֹל
awesome, and transcendent God,	הַגָּבוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
who bestows loving kindness,	גּוֹמֵל חֲסָדִים טוֹבִים,
creates everything out of love,	וְקוֹנֵה הַכֹּל,
remembers the faithful of	וְזוֹכֵר חֲסִידֵי
our ancestors,	אֲבוֹת וְאִמּוֹת,
brings redemption to their children's children	וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם
in love, for the sake of the Divine Name.*	לְמַעַן שְׁמוֹ בְּאַהֲבָה.*
Sovereign, Deliverer,	מֶלֶךְ עוֹזֵר
Helper, and Shield.	וּמוֹשִׁיעַ וּמִגֵּן.
Blessed are You Adonai,	בְּרוּךְ אַתָּה יי,
Abraham's Shield, Sarah's Helper.	מִגֵּן אַבְרָהָם וְעוֹזֵר שָׂרָה.

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

Remember us for life, O Sovereign who delights in life,	זְכֹרְנוּ לְחַיִּים, מֶלֶךְ חֵפֵץ בְּחַיִּים,
and inscribe us in the Book of Life,	וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים,
for Your sake Living God.	לְמַעַנְךָ אֱלֹהִים חַיִּים.

G'VUROT ~ גְבוּרוֹת

GOD'S POWER

Found on page 13 of the MORNING prayer book.

Eternal is Your might, Adonai,	אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,
all life is Your gift	מַחֲיָה הַכֹּל
Great is Your power to save.	אַתָּה רַב לְהוֹשִׁיעַ.
WINTER You cause the wind to shift and rain to fall.	מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם. WINTER
SUMMER You rain dew upon us.	מוֹרִיד הַטֶּל. SUMMER
With love, You sustain the living.	מְכַלְכֵּל חַיִּים בְּחַסֵּד,
You give life to all	מַחֲיָה הַכֹּל
with great compassion	בְּרַחֲמִים רַבִּים.
You send help to the falling,	סוֹמְךָ נוֹפְלִים,
and healing to the sick,	וְרוֹפֵא חוֹלִים,
You bring freedom to the captive,	וּמַתִּיר אֲסוּרִים,
and keep faith	וּמְקַיֵּם אֱמוּנָתוֹ
with those who sleep in the dust.	לִישְׁנֵי עָפָר.
Who is like You, Mighty One,	מִי כְמוֹךָ בְּעַל גְבוּרוֹת
and who can be compared to You?	וּמִי דוֹמֶה לָךְ,
Author of life and death	מְלַךְ מַמְיָת וּמַחֲיָה
Source of Salvation?***	וּמַצְמִיחַ יְשׁוּעָה?***
You faithfully	וְנֹאמָן אַתָּה
sustain the living.	לְהַחֲיֹת הַכֹּל.
Blessed are You, Adonai,	בָּרוּךְ אַתָּה יי,
the Source of life.	מַחֲיָה הַכֹּל.

*SEASONAL ADDITIONS:

WINTER: From Simchat Torah to Pesach (fall through the following spring.)

SUMMER: From Pesach to Simchat Torah (spring through the following fall.)

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

Who is like You, Source of mercy,	מִי כְמוֹךָ אֲב הַרְחָמִים,
You sustain the life of Your children in compassion?	זוֹכֵר יְצוּרְיָו לְחַיִּים בְּרַחֲמִים?

SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה

THE TORAH SERVICE

Found on page 21 of the MORNING prayer book.

Let us declare the greatness of our God

הָבוּ גִדְּל לַאֱלֹהֵינוּ

and give honor to the Torah.

וְתַנּוּ כְבוֹד לַתּוֹרָה.

[The congregation will sing Baruch Shenatan.]

O House of Jacob,

בֵּית יַעֲקֹב,

come let us walk in the light of Adonai

לְכוּ וְנִלְכֶה בְּאוֹר יי.

[The congregation will sing Sh'ma.]

BIRCHOT HA-TORAH ~ הַתּוֹרָה בְּרָכוֹת

TORAH BLESSINGS

Found on page 23 of the MORNING prayer book.

Blessing before each section of Torah is read
ALIYAH HONOREE or BAR/BAT MITZVAH:

Bless Adonai, who is blessed!

בְּרָכוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION RESPONDS:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

ALIYAH HONOREE or BAR/BAT MITZVAH CONTINUES:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has chosen us from all peoples

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

by giving us the Torah.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Blessed is the Eternal, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.



Blessing after each section of Torah is read

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has given us a Torah of truth,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

implanting within us eternal life.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Blessed are You, Adonai, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

BIRCHOT HA-HAFTARAH ~ הַבְּרָכוֹת הַהַפְּטָרָה
BLESSING BEFORE THE HAFTARAH READING

Found on page 25 of the MORNING prayer book.

Blessed are You, Adonai

בְּרוּךְ אַתָּה יי

our God, Ruler of the Universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Who has chosen faithful prophets,

אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,

pleased with their words,

וְרָצָה בְּדַבְרֵיהֶם

to speak in truth.

הַנִּאֲמָרִים בְּאֵמֶת.

Blessed are You, Adonai,

בְּרוּךְ אַתָּה יי,

Who for the revelation of Your Torah

הַבוֹחֵר בְּתוֹרָה

for Moses, Your servant,

וּבְמֹשֶׁה עַבְדְּךָ,

and Israel, Your people,

וּבְיִשְׂרָאֵל עַמּוֹ,

and the prophets of truth and righteousness.

וּבְנְבִיאֵי הָאֵמֶת וְצִדְקָה.

BIRCHOT HA-HAFTARAH ~ בְּרִכּוֹת הַהַפְּטָרָה
BLESSING *AFTER* THE HAFTARAH READING

Found on page 25 of the MORNING prayer book.

Blessed are You Adonai,	בְּרוּךְ אַתָּה יי,
Eternal our God, Ruler of the universe,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
Rock of all creation,	צוּר כָּל-הָעוֹלָמִים,
Righteous One of all generations,	צַדִּיק בְּכָל-הַדּוֹרוֹת,
the faithful God,	הָאֵל הַנֶּאֱמָן,
whose word is deed,	הַאֹמֵר וְעוֹשֶׂה,
who speaks and fulfills,	הַמְדַבֵּר וּמְקַיֵּם,
whose every command is just and true.	שְׁכָל-דְּבָרָיו אֱמֶת וְצַדִּיק.
For the Torah, for the privilege of worship,	עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה
for the prophets,	וְעַל-הַנְּבִיאִים
and for this Shabbat	וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
that You, O God, have given us	שְׁנַת־תָּת-לָנוּ, יי אֱלֹהֵינוּ,
for holiness and rest,	לְקַדְשָׁה וּלְמְנוּחָה,
for honor and glory,	לְכְבוֹד וּלְתִפְאֳרָת,
for all this, Adonai our God,	עַל-הַכֹּל, יי אֱלֹהֵינוּ,
we thank You,	אֲנַחְנוּ מוֹדִים לָךְ,
and bless You,	וּמְבָרְכִים אוֹתְךָ.
May Your name be blessed	יִתְבָּרַךְ שְׁמֶךָ
by every living being.	בְּפִי כָל-חַי תָּמִיד
continually and forever.	לְעוֹלָם וָעֶד.
Blessed are You, Eternal God,	בְּרוּךְ אַתָּה יי,
for the Sabbath and its holiness.	מְקַדְּשׁ הַשַּׁבָּת.

HACHZARAT HA-TORAH ~ הַחֲזָרַת הַתּוֹרָה RETURNING THE TORAH TO THE ARK

Found on page 26 of the MORNING prayer book.

O magnify the Eternal with me

גִּדְלוּ לִי אֱתֵי,

and let us exalt God's name together.

וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.



SHABBAT SHALOM ~ שַׁבָּת שְׁלוֹם WELCOME TO AM SHALOM!

BAR / BAT MITZVAH

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

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

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

OUR SANCTUARY

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

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

(Da lifnei mi atah omeid) ~ דַּע לִפְנֵי מִי אַתָּה עוֹמֵד

Know before whom you stand.

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

(Sh'-lach or-cha va-a-mit-cha) ~ שְׁלַח אֹרֶךְ וְאִמְרָה

Send forth thy light and thy truth.

~ Psalms 43:3

למד

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 ~ קהלה קדושה CREATING A HOLY COMMUNITY

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

We hope that the explanations and transliterations in this siddur will help you learn, enjoy and *especially* participate in this 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



B'RUCHIM HA-BA'IM ~ בְּרוּכִים הַבָּאִים

WELCOME FRIENDS!

HINEI MA TOV ~ הִנֵּה מֵה-טוֹב

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

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

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

~ Psalm 133:1



MA YAFEH HA-YOM ~ מֵה-יָפֵה הַיּוֹם

Ma-ya-feh ha-yom:

Sha-bat sha-lom.

Sha-bat, Sha-bat sha-lom.

מֵה-יָפֵה הַיּוֹם:

שַׁבַּת שְׁלוֹם.

שַׁבַּת, שַׁבַּת שְׁלוֹם.

How beautiful is this day. Shabbat peace.



MA TOVU ~ מֵה טוֹבוּ

Ma to-vu o-ha-le-cha Ya-a-kov

mish-k'-no-te-cha Yis-ra-eil.

Va-a-ni b'-rov chas-d'-cha

a-vo vei-te-cha esh-ta-cha-veh

el hei-chal kod-sh'-cha

b'-yir-a-te-cha.

A-do-nai a-hav-ti m'-on

bei-te-cha u-m'-kom

mish-kan k'-vo-de-cha.

Va-a-ni esh-ta-cha-veh

ev-r'-cha-a ev-r'-cha

lif-nei A-do-nai o-si.

Va-a-ni t'-fi-la-ti

l'-cha A-do-nai eit ra-tzon.

E-lo-him b'-rov chas-de-cha

a-nei-ni be-e-met yish-e-cha.

מֵה טוֹבוּ אֶהְלִיף יַעֲקֹב

מִשְׁכְּנֹתַיִךְ יִשְׂרָאֵל.

וְאֲנִי בְּרַב חֶסֶדְךָ

אָבָא בֵּיתְךָ אֲשֶׁתַּחֲוֶה

אֶל הַיַּחַל קֹדֶשְׁךָ

בְּיִרְאַתְךָ.

יְיָ אֶהְבֵּתִי מֵעוֹן

בֵּיתְךָ וּמְקוֹם

מִשְׁכַּן כְּבוֹדְךָ.

וְאֲנִי אֲשֶׁתַּחֲוֶה

אֶבְרַכְּעָה אֶבְרַכְּהָ

לִפְנֵי יְיָ עֹשִׂי.

וְאֲנִי תִפְלְתִי

לְךָ יְיָ עֵת רְצוֹן.

אֱלֹהִים בְּרַב חֶסֶדְךָ

עֲנֵנִי בְּאֱמַת 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

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





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 ~ בְּרַכַּת טָלִית
TALIT BLESSING

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.



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.



שְׁלַח 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



ברוך אתה יי
אלהינו מלך העולם,
אשר קדשנו במצותיו וצונו
לעסוק בדברי תורה.



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 ~ אלו דברים

אלו דברים שאין להם שעור,
שאדם אוכל פרותיהם
בעולם הזה והקרן
קיימת לו לעולם הבא. ואלו הן:



Ki-bud av va-eim;	כבוד אב ואם;
U-g'-mi-lut cha-sa-dim;	וגמילות חסדים;
V'-hash-ka-mat beit ha-mid-rash	והשכמת בית המדרש
sha-cha-rit v'-ar-vit;	שחרית וערבית;
V'-hach-na-sat or-chim;	והכנסת אורחים;
U-vi-kur cho-lim;	ובקור חולים;
V'-hach-na-sat ka-lah;	והכנסת כלה;
Ul-va-yat ha-meit;	ולגות המת;
V'-i-yun t'-fi-lah;	ועיון תפלה;
Va-ha-va-at sha-lom	והבאת שלום
bein a-dam la-cha-vei-ro;	בין אדם לחברו;



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.***

ותלמוד תורה כנגד כלם.



But, the study of Torah encompasses them all.

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

BAR'CHU ~ בְּרָכוּ

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

בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ!

Bless the Eternal, to whom all blessings are due!

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

l'-o-lam va-ed!

בְּרוּךְ יְיָ הַמְּבֹרָךְ

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.



תְּרוּמָה

Parashat Trumah
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

אֵמֹר

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.



בְּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מִלְּךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
הַמַּאִיר לָאָרֶץ וְלַדָּרִים
עָלֶיהָ בְּרַחֲמִים,
וּבְטוּבוֹ מְחַדָּשׁ בְּכָל-יוֹם
תַּמִּיד מַעֲשֵׂה בְּרֵאשִׁית.
מָה רַבּוֹ מַעֲשֵׂיךָ, יי!
כֹּלֶם בְּחַכְמָה עֲשִׂיתָ,
מְלֵאָה הָאָרֶץ קִנְיָנֶךָ.
תִּתְבָּרַךְ, יי אֱלֹהֵינוּ,
עַל-שִׁבְחַ מַעֲשֵׂה יְדִידֶךָ,
וְעַל-מְאוֹרֵי-אוֹר שְׁעֲשִׂיתָ:
יַפְאָרוּךְ. סָלָה.
אוֹר חֲדָשׁ עַל צִיּוֹן תִּבְאִיר,
וְנִזְכָּה כְּלָנוּ
מְהֵרָה לְאוֹרוֹ.
בְּרוּךְ אַתָּה יי,
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

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'-ma Yis-ra-eil,

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

A-do-nai e-chad!

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

Ba-ruch sheim k'-vod

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

**בְּרוּךְ שֵׁם כְּבוֹד
מְלָכוּת 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.



וְאֶתְנוּזָן

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.

Monothéism 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



וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מְאֹדֶךָ;
וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְךָ,
הַיּוֹם עַל-לִבְבְּךָ.
וְשִׁנַּנְתָּם לְבָנֶיךָ,
וְדַבַּרְתָּ בָם
בְּשַׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ;
וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶיךָ,
וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ.
וְכַתַּבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי.
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם,
לִהְיוֹת לְכֶם לֵאלֹהִים.
אֲנִי יְהוָה אֱלֹהֵיכֶם.

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

Take these instructions which I command you this day.

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

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

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

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

I am Adonai, your God.

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 כַמֹּכָה

***Mi cha-mo-cha ba-ei-lim A-do-nai,
Mi ka-mo-cha ne-dar ba-ko-desh,
no-ra t'-hi-lot, o-sei fe-leh?***

מִי כַמֹּכָה בְּאֵלִים יְיָ,
מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,
נוֹרָא תְהִילֹת, עֲשֵׂה 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

l-shim-cha al-s'-fat ha-yam!

ya-chad ku-lam ho-du v'-him-li-chu

v'-am-ru:

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

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים
לְשִׁמְךָ עַל-שִׁפְתַי הַיָּם!
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ
וְאָמְרוּ:
"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,

ku-ma b'-ez-rat Yis-ra-eil

uf'-dei chin-u-me-cha

y'-hu-da v'-Yis-ra-eil.

Go-a-lei-nu A-do-nai tz'-va-ot sh'-mo,

k'-dosh Yis-ra-eil.

Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.

צוּר יִשְׂרָאֵל,
קוֹמָה בְּעֶזְרַת יִשְׂרָאֵל,
וּפְדָה כְּנֶאֱמָךְ
יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְיָ גְּאֵל 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.



וַאֲרָא

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

בְּשַׁלַּח

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 flown.
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



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

וישב

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



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

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, זכרנו לחיים, מלך חפץ בחיים,
v'-chot-vei-nu b'-sei-fer ha-cha-yim, וכתבנו בספר החיים,
l'-ma-an-cha E-lo-him cha-yim. למענך אלהים חיים.

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





אתה גבור לעולם אדני,
מחיה הכל
אתה רב להושיע.



משיב הרוח - WINTER*
ומוריד הגשם.
מוריד הטל - SUMMER*

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

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

*Seasonal addition:

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

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

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

Mi cha-mo-cha av ha-ra-cha-mim,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?

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

מי כמוך אב הרחמים,
זוכר יצוריו לחיים ברחמים?



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



מקץ

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.



קדושים

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 ~ קדושה

*N'-ka-deish et-shim-cha ba-o-lam,
k'-sheim she-mak-di-shim
o-to bish-mei ma-rom,
ka-ka-tuv al-yad n'-vi-e-cha:
v'-ka-ra zeh el-zeh v'-a-mar:
Ka-dosh, ka-dosh, ka-dosh
A-do-nai tz'-va-ot,
m'-lo chol ha-a-retz k'-vo-do.
A-dir a-di-rei-nu,
A-do-nai a-do-nei-nu,
ma-a-dir shim-cha
b'-chol ha-a-retz!
Ba-ruch k'-vod A-do-nai
mim'-ko-mo.
e-chad hu E-lo-hei-nu
hu a-vi-nu, hu mal-kei-nu,
hu mo-shi-ei-nu;
v'-hu yash-mi-ei-nu
b'-ra-cha-mav l'-ei-nei kol-chai.
"A-ni A-do-nai E-lo-hei-chem!"
Yim-loch A-do-nai l'-o-lam,
e-lo-ha-yich tzi-yon.
L'-dor va-dor. Ha-l'-lu-yah!
L'-dor va-dor na-gid god-le-cha,
ul-nei-tzach n'-tza-chim
k'-du-shat-cha na-k'-dish.
V'-shiv-cha-cha, E-lo-hei-nu,
mi-pi-nu lo ya-mush
l'-o-lam va-ed.
Ba-ruch a-ta A-do-nai,
ha-eil ha-ka-dosh.*

נְקַדֵּשׁ אֶת-שְׁמֶךָ בְּעוֹלָם,
כְּשֵׁם שְׁמִקְדִּישִׁים
אוֹתוֹ בְּשָׁמַי מְרוֹם,
כַּכְּתוּב עַל-יַד נְבִיאֶיךָ:
וְקָרָא זֶה אֶל-זֶה וְאָמַר:
קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ,
יְיָ צְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
אֲדִיר אֲדִירֵנוּ,
יְיָ אֲדֹנָיֵנוּ,
מֵה-אֲדִיר שְׁמֶךָ
בְּכָל-הָאָרֶץ!
בְּרוּךְ כְּבוֹד יְיָ
מִמְקוֹמוֹ.
אֶחָד הוּא אֱלֹהֵינוּ,
הוּא אָבִינוּ, הוּא מִלְכֵנוּ,
הוּא מוֹשִׁיעֵנוּ;
וְהוּא יִשְׁמִיעֵנוּ
בְּרַחֲמָיו לְעֵינֵי כָּל-חַי.
"אֲנִי יְיָ אֱלֹהֵיכֶם!"
יְמַלֵּךְ יְיָ לְעוֹלָם,
אֱלֹהֶיךָ צִיּוֹן.
לְדֹר וָדֹר. הַלְלוּהָ!
לְדֹר וָדֹר נִגִּיד גֹּדְלֶךָ,
וְלִנְצַח וְנִצְחִים
קְדֻשַׁתְךָ נְקַדִּישׁ.
וְשִׁבַּחְךָ, אֱלֹהֵינוּ,
מִפִּינוּ לֹא יִמוּשׁ
לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ,
הָאֵל הַקְּדוֹשׁ.

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



It 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



Within 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



פינחס

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



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

עקב

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
et ha-Sha-bat,
la-a-sot et ha-Sha-bat
l'-do-ro-tam brit o-lam.*

*Bei-ni u-vein b'-nei Yis-ra-eil
ot hi l'-o-lam.*

*Ki shei-shet ya-mim a-sa
A-do-nai ha-sha-ma-yim
v'-et ha-a-retz.*

*U-va-yom hash-vi-i
sha-vat va-yi-na-fash.*

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

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל
אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם.

כִּי שֵׁשֶׁת יָמִים עָשָׂה
יְיָ אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ.

וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפָשׁ.



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

Watch over its homes and protect its people.

Bless the leaders of Israel with wisdom and courage:

Grant them vision and dedication.

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

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

Fulfill in our times the ancient promise:

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



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

אֲבִינוּ שֶׁבְּשָׁמַיִם
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
בְּרַךְ אֶת-מְדִינַת יִשְׂרָאֵל,
רִאשִׁית צְמִיחַת גְּאֻלְתָּנוּ.
הִגֵּן עָלֶיךָ בְּאֶבְרַת חֲסִדֶיךָ,
וּפְרַס עָלֶיךָ סִפְת שְׁלוֹמֶךָ.
וּשְׁלַח אוֹרְךָ וְאַמְתֶּךָ
לְרִאשִׁיָּהּ, שְׂרִיָּה וְיוֹעֲצִיָּהּ,
וְתִקְנֶם בְּעֵצָה
טוֹבָה מִלְּפָנֶיךָ. חִזַּק אֶת-יְדֵי
מִגְנֵי אֶרֶץ קְדֻשָּׁנוּ,
וְהִנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
וְעֵטְרַת נְצַחוֹן תַּעֲטֹרֵם.
וְנַתַּת שְׁלוֹם בְּאֶרֶץ
וְשִׁמַּחַת עוֹלָם לְיוֹשְׁבֵיהָ,
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.



ויצא

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

וְזוֹאת הַבְּרָכָה

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





כִּי תִּישָׂא

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

בְּזֻקְוֹתֶי

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 ~ שִׁים נְשָׁלוֹם

*Sim sha-lom to-va uv'-ra-cha,
chein va-che-sed v'-ra-cha-mim
A-lei-nu v'-al kol Yis-ra-eil,
v'-al kol Yis-ra-eil a-me-cha.*

*Bar-chei-nu, a-vi-nu
ku-la-nu k'-e-chad
b'-or pa-ne-cha,
ki v'-or pa-ne-cha na-ta-ta la-nu
A-do-nai E-lo-hei-nu.*

*To-rat cha-yim
v'-a-ha-vat che-sed, u-tz-da-ka
uv'-ra-cha v'-ra-cha-mim
v'-cha-yim v'-sha-lom.*

שִׁים נְשָׁלוֹם, טוֹבָה, וּבְרָכָה,
חוֹן וְחֶסֶד וְרַחֲמִים,
עֲלֵינוּ וְעַל-כָּל יִשְׂרָאֵל,
וְעַל-כָּל יִשְׂרָאֵל עַמּוּךְ.

בְּרַכְנוּ, אָבִינוּ,
כְּלָנוּ כְּאֶחָד
בְּאוֹר פְּנִיךָ,
כִּי בְאוֹר פְּנִיךָ נִתְּתָ לָנוּ,
יְי אֱלֹהֵינוּ.

תּוֹרַת חַיִּים
וְאַהֲבַת חֶסֶד, וְצַדִּיקָה
וּבְרָכָה וְרַחֲמִים
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

*I*n 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



*W*e 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]



בְּהַר

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

הַאֲזִינוּ

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 Frèdèric 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

אֲזָרֵי מוֹת

Parashat Acharai 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.

~ Ychuda Amichai



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

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

v'-al-kol Yis-ra-eil, v'-im-ru: a-mein. עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ
וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: 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

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

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

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

~ Psalm 19:15



Ei-li, Ei-li,

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

ha-chol v'-ha-yam,

rish-rush shel ha-ma-yim,

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

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

אֱלֹהֵי, אֱלֹהֵי,

שֶׁלֹא יִגְמַר לְעוֹלָם:

הַחֹל וְהַיָּם,

רִשְׁרוֹשׁ שֶׁל הַמַּיִם,

בְּרַק הַשָּׁמַיִם,

תְּפִלַּת הָאָדָם.

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

~ Hannah Sennesh



SEDER K'RIAT HA-TORAH ~ תּוֹרָה קְרִיאַת הַ
THE TORAH SERVICE

Assembled 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,

ha-o-lam o-meid:

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

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

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

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



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



KABBALAT HA-TORAH ~ קַבֵּלַת הַתּוֹרָה
WELCOMING THE TORAH



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

Ba-ruch she-na-tan To-rah

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

בְּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְּשׁוֹ.

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



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

Sh'-ma Yis-ra-eil:

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

A-do-nai e-chad!

שְׁמַע יִשְׂרָאֵל:
יְיָ אֱלֹהֵינוּ,
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.

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

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



וילך

Parashat Vayelech
Deuteronomy 31

In Vayelech, 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

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

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

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

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

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

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

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



SHALSHELET HA-KABBALAH ~ שְׁלֹשֶׁת הַקְּבָלָה
CHAIN OF TRADITION



D'VAR TORAH ~ דְּבַר תּוֹרָה

רוֹמְמוּ יְיָ אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לְהַדָּם
רַגְלֵיךָ, קְדוֹשׁ הוּא.
רוֹמְמוּ יְיָ אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לְהַר קְדֻשׁוֹ,
כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ.

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

לְךָ יְיָ, הַגְּדֹלָה
וְהַגְּבוּרָה וְהַתְּפָאֶרֶת
וְהַנִּצָּח וְהַהוֹד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.
לְךָ יְיָ הַמְּמֻלָּכָה
וְהַמְּתִנְשֵׂא, לְכֹל לְרֹאשׁ.





Blessing before each section of Torah is read ~

LEADER:

בְּרַכּוּ אֶת יְיָ הַמְּבַרְךָ!

CONGREGATION:

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

l'-o-lam va-ed!

LEADER:

בְּרוּךְ יְיָ הַמְּבַרְךָ
לְעוֹלָם וָעֶד!

בְּרוּךְ יְיָ הַמְּבַרְךָ
לְעוֹלָם וָעֶד!

בְּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מִלְּךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

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



תּוֹרָה

READING THE TORAH



Blessing after each section of Torah is read ~



בְּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מִלְּךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,
who has given us a Torah of truth, implanting within us eternal life.
Blessed are You, Adonai, who gives the Torah.



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.



רֵאָה

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

קְרוֹחַ

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 ~ סימן טוב

***Si-man tov u-ma-zal tov
u-ma-zal tov v'-si-man tov...
y'-hei la-nu y'-hei la-nu
u'-l'-chol-Yis-ra-eil!***

סימן טוב ומזל טוב
ומזל טוב וסימן טוב...
יהא לנו יהא לנו
ולכל ישראל!

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



HAGBAHA ~ הגבהה

***V'-zot ha-To-rah
a-sheh sam Mo-sheh
lif-nei b'-nei Yis-ra-eil,
al-pi A-do-nai b'-yad Mo-she.***

וזאת התורה
אשר-שם משה
לפני בני ישראל,
על-פי יי ביד-משה.

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



G'LILAH ~ גלילה

DRESSING AND HOLDING THE TORAH SCROLL



MI SHEBEIRACH ~ מי שברך

***Mi she-bei rach a-vo-tei-nu
m'-kor ha-b'-ra-cha l'-i-mo-tei-nu.***

מי שברך אבותינו
מקור הברכה לאבותינו.

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

***Mi she-bei rach i-mo-tei-nu
m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.***

מי שברך אמותינו
מקור הברכה לאבותינו.

***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.

ברוך אתה יי, רופא החולים.

Blessed are You, Adonai, Source of healing.



Blessing before the Haftarah Selection ~



בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בַּנְּבִיאִים טוֹבִים,
וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאַמֶּת.
בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה
וּבְמִשְׁנֵה עֲבָדָיו, וּבִישְׁרָאֵל עַמּוֹ,
וּבַנְּבִיאֵי הָאֱמֶת וְצַדִּיק.

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 ~



בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
צוֹר כָּל-הָעוֹלָמִים,
צַדִּיק בְּכָל-הַדּוֹרוֹת,
הָאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעוֹשֶׂה,
הַמְדַבֵּר וּמְקַיֵּם,
שֶׁכָּל-דִּבְרָיו אֱמֶת וְצַדִּיק.
עַל-הַתּוֹרָה וְעַל-הָעֲבוֹדָה
וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
שֶׁנִּתְּתָה-לָנוּ, יְיָ אֱלֹהֵינוּ,
לְקַדְּשָׁה וּלְמַנוּחָה, לְכַבוֹד וּלְתִפְאַרֶת,
עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,
אֲנַחְנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתָךְ. יִתְבָּרַךְ שְׁמֶךָ
בְּפִי כָל-חַי תָּמִיד לְעוֹלָם וָעֶד.
בְּרוּךְ 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

שׁמׁוֹת

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



זקת

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



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



גִּדְלוּ לִּי אֱתֵי, וְנִרְוַמְמָה 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,
va-ya-rem ke-ren l'-a-mo,
t'-hi-la l'-chol chah-si-dav,
liv-nei Yis-ra-eil am k'-ro-vo.
Ha-l'-lu-yah!

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם,
וַיָּרֶם קֶרֶן לְעַמּוֹ,
תְּהַלֵּה לְכָל-חַסִּידָיו,
לְבָנֵי יִשְׂרָאֵל עִם קְרוּבוֹ.
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,
To-ra-ti al-ta-a-zo-vu.

כִּי לְקַח טוֹב נָתַתִּי לָכֶם,
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,
v'-to-m'-che-ha m'-u-shar.

עֵץ-חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,
וְתַמְכֶיהָ מֵאֲשֶׁר.

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

דְּרָכֶיהָ דְּרָכֵי-נְעָם,
וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם.

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

הֲשִׁיבֵנו יְיָ אֱלֹהֵינוּ, וְנָשׁוּבָה.
חַדָּשׁ 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:

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

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

l'-cha sha-lom!

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ:
יָאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ:
יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׁם
לְךָ שְׁלוֹם!

May God bless and keep you:

May God deal kindly and graciously with you:

May God bestow favor upon you and grant you peace!



SHEHECHEYANU ~ שְׁהַחֲיֵנוּ

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

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

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

v'-hi-gi-ah-nu laz-man ha-zeh.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁהַחֲיֵנוּ וְקִיַּמְנוּ
וְהִגִּיעְנוּ לַזְמַן הַזֶּה.

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

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



וַיַּעֲזֵב

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

נָסוֹ

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.
~ Eliczer ben Judah

נוח

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



A-lei-nu l'-sha-bei-ach
la-a-don ha-kol,
la-teit g'-du-la l'-yo-tzeir b'-rei-shit,
she-lo a-sa-nu k'-go-rei ha-a-ra-tzot,
v'-lo sa-ma-nu
k'-mish-p'-chot ha-a-da-ma,
she-lo sam chel-kei-nu ka-hem,
v'-go-ra-lei-nu k'-chol ha-mo-nam.

עֲלֵינוּ לְשַׁבַּח
לְאֲדוֹן הַכֹּל,
לְתֵית גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ
כְּמִשְׁפְּחוֹת הָאָדָמָה,
שֶׁלֹא שָׁם חִלְקֵנוּ כְּהֵם,
וְגִרְלָנוּ כְּכֹל הַמּוֹנָם.

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
u-mish-ta-cha-vim u-mo-dim,
lif-nei Me-lech,
mal-chai ham-la-chim,
ha-ka-dosh ba-ruch hu.

וַאֲנַחֲנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ,
מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ 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
l'-Me-lech al kol ha-a-retz. "
Ba-yom ha-hu yi-h'-ye
A-do-nai e-chad u-sh'-mo e-chad.

וְנֵאמַר: "וְהָיָה יי
לְמֶלֶךְ עַל כָּל הָאָרֶץ."
בַּיּוֹם הַהוּא יִהְיֶה
יי 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 ~ קדיש יתום

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

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

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

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

d'-chol beit Yis-ra-eil,

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

v'-im-ru: a-mein.

Y'-hei sh'-mei ra-ba

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

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

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

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

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

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

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

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

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

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

v'-im-ru: a-mein.

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

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

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

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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא
מְבָרַךְ לְעָלְמִים וּלְעָלְמֵי עֲלַמְיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְשָׁא, בְּרִיךְ הוּא,
לְעֵלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבַּחְתָּא וְנַחֲמְתָא,
דְאָמְרוּ בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

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

זֵי 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*



~ Blessing over the Wine ~

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

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הַגֶּפֶן.

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,
E-lo-hei-nu Me-lech ha-o-lam,
ha-mo-tzi le-chem min ha-a-retz.**

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא 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

קדוש

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הַגֶּפֶן.

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.

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.



תולדות

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*



SHIRIM ~ שְׁרִים

SONGS

HAL'LU ~ הַלְלוּ

Ha-l'-lu...

...הַלְלוּ

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

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה,

ha-l'-lu-Ya!

הַלְלוּ-יְהוָה!

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



OSEH SHALOM ~ עֲשֵׂה שָׁלוֹם

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

עֲשֵׂה שָׁלוֹם בְּמַרוֹמָיו,

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

הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ

v'-al-kol Yis-ra-eil,

וְעַל-כָּל יִשְׂרָאֵל,

v'-im-ru: a-mein.

וְאָמְרוּ: 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 לְהַדוֹת לַיהוָה

ul-za-meir l-shim-cha el-yon

וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן

l'-ha-gid ba-bo-ker chas-de-cha

לְהַגִּיד בַּבֹּקֶר חֶסֶדְךָ

ve-e-mu-nat-cha ba-lei-lot.

וְאֶמוּנַתְךָ בַּלַּיְלוֹת.

A-lei-a-sor va-a-lei-na-vel

עָלֵי-עֵשׂוֹר וְעָלֵי-נָבֶל

a-lei hi-ga-yon b'-chi-nor.

עָלֵי הַגִּיּוֹן 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*



לְךָ לָךְ

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 ~ לְדוֹר וָדוֹר הַלְלִיּוּיָהּ!

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 ~ וְאַהֲבִיתָ

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

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

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

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



SH'MA BINI ~ שְׁמַע בְּנִי

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

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

Ufros Aleinu sukkat sh'lomecha ~ וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

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

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

~ Craig Taubman



*translations:

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

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

A-don o-lam a-sheer ma-lach
b'-te-rem kol y'-tzir niv-ra
l'-eit na-a-sah v'-chef-tzo kol
a-zai me-lech sh'-mo nik-ra.
V'-a-cha-rei ki-ch'-lot ha-kol
l'-va-do yim-loch no-ra
v'-hu ha-yah v'-hu ho-veh
v'-hu yi-h'-yeh b'-tif-a-rah.
V'-hu e-chad v'-ein shei-ni
l'-ham-shil lo l'-hach-bi-rah
b'-li rei-shit b'-li tach-lit
v'-lo ha-oz v'-ha-mis-rah.
V'-hu ei-li v'-chai go-a-li
v'-tzur chev-li b'-eit tza-rah
v'-hu ni-si u-ma-nos li
m'-nat ko-si b'-yom ek-ra.
B'-ya-do af-kid ru-chi
b'-eit i-shan v'-a-i-rah
v'-im ru-chi g'-vi-ya-ti
A-do-nai li v'-lo i-rah.

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,
ne-fesh y'-hu-di ho-mi-ya.
Ul-fa-a-tei miz-rach ka-di-ma,
A-yin l'-Tzi-yon tzo-fi-ya.
Od lo av-da tik-va-tei-nu,
Ha-tik-va sh'-not al-pa-yim,
L'-hi-yot am chof-shi b'-ar-tzei-nu,
E-retz Tzi-yon vi-Y'-ru-sha-la-yim.

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

אָדוֹן עוֹלָם אֲשֶׁר מִלְדָּה
 בְּטָרָם כָּל יִצִיר נִבְרָא
 לְעֵת נַעֲשֶׂה בַחֲפָצוֹ כָּל
 אֲזִי מְלֶכֶד שְׁמוֹ נִקְרָא.
 וְאַחֲרֵי כָכֵלּוֹת הַכֹּל
 לְבַדּוֹ יִמְלֹךְ נוֹרָא
 וְהוּא הָיָה, וְהוּא הוֹה
 וְהוּא יִהְיֶה, בְּתִפְאַרְהָ.
 וְהוּא אֶחָד וְאֵין שֵׁנִי
 לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
 בְּלִי רֵאשִׁית בְּלִי תַכְלִית
 וְלוֹ הָעֵז וְהַמְשָׁרָה.
 וְהוּא אֵלֵי וְחֵי גִאֲלֵי
 וְצוֹר חֲבָלֵי בַעֵת צָרָה
 וְהוּא נֹסִי וּמְנוֹס לִי
 מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.
 בְּיָדוֹ אֶפְקִיד רוּחִי
 בַעֵת אִישׁוֹן וְאַעִירָא
 וְעַם רוּחִי גְוִיָּתִי
 יְיָ לִי וְלֹא אִירָא.

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 were 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...שלום...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 כְּאֲדוֹנֵינוּ,

Ein k'-mal-kei-nu,

אֵין כְּמַלְכֵינוּ,

Ein k'-mo-shi-ei-nu.

אֵין כְּמוֹשִׁיעֵנוּ.

Mi chei-lo-hei-nu?

מִי כֵּאלֹהֵינוּ?

Mi cha-do-nei-nu?

מִי כְּאֲדוֹנֵינוּ?

Mi chei-mal-kei-nu?

מִי כְּמַלְכֵינוּ?

Mi ch-mo-shi-ei-nu?

מִי כְּמוֹשִׁיעֵנוּ?

No-deh lei-lo-hei-nu,

נֹדֶה לְאֱלֹהֵינוּ,

No-deh la-do-nei-nu,

נֹדֶה לְאֲדוֹנֵינוּ,

No-deh l'-mal-kei-nu,

נֹדֶה לְמַלְכֵנוּ,

No-deh l'-mo-shi-ei-nu.

נֹדֶה לְמוֹשִׁיעֵנוּ.

Ba-ruch E-lo-hei-nu,

בְּרוּךְ אֱלֹהֵינוּ,

Ba-ruch a-do-nei-nu,

בְּרוּךְ אֲדוֹנֵינוּ,

Ba-ruch mal-kei-nu,

בְּרוּךְ מַלְכֵנוּ,

Ba-ruch mo-shi-ei-nu.

בְּרוּךְ 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 מַלְכֵנוּ,

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 נִגִּיד גִּדְלַחָא
(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.



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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
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Entrances to Holiness are Everywhere
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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
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Praying with Spirituality
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Day by Day: Reflections on the Themes of the Torah from Literature, Philosophy, and Religious Thought
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