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

They are:

But, the study of Torah encompasses them all.
Blessed are You Adonai

our God, Ruler of the Universe,

Former of light, Creator of darkness,

Maker of peace, and Creator of all things.

God causes light to shine for the world

and those who live on it with compassion,

and in God's goodness renews every day,

continually, the work of creation.

How great are your works, Adonai!

In wisdom you have made them all,

the land is full of Your creatures.

Let all bless you, Adonai, our God,

for the excellence of your handiwork,

and for the glowing stars that you have made:

let them glorify You forever.

Shine a new light on Zion,

that we may all swiftly

merit its radiance.

Blessed are You, Adonai,

creator of heavenly lights.
And, you shall love Adonai your God

אָהֵבָתְךָ אֱלֹהֵי חָיָי

with all your heart, with all your soul

בְּכֵל-לְבָנָתָךְ, בְּכֵל-פַּתְחָךְ

and with all your might:

בְּכֵל-מָצַאְדוֹ:

Set these words

אֱשֶׁר חָבַרְתֶּם חָכָם

which I command you

הוּא עָלָי לְבָנָתָךְ.

today, upon your heart.

וְשָׁנֶנְתֶם לְבָנָתָךְ,

And you shall teach them diligently to your children.

וְבָשַׁבַּתְכֶם בָּנַיְתֵכֶם

And you shall speak of them

וָבֹשַׁבַּת בְּבִימֵיכֶם

do this) In order that you will remember

לְמַעַּם הוֹצֵא נַעְשֵׂתכֶם

and perform (do) all my commandments;

אַתֶּנָּל-מַצַּאְדוֹ:

and you will be holy unto your God.

וְהָיָה לְתָשֵׁבַת בְּלֵבָנָתָךְ

I am Adonai, your God

אַנִי אֱלֹהֵי חָיָי

Who brought you out

אָשֶׁר חָבַרְתֶּם אֲתָכֶם

of the land of Egypt

מַעֲרָרְמֵיכֶם,

to be your God:

לְהָיָה לְכֶם אֲתָכֶם.

I am Adonai, your God.

אַנִי יְהוָה אֲלֹהֵי חָיָי.
Adonai, open up my lips, that my mouth may declare Your praise.

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

brings redemption to their children's children

in love, 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:

Remember us for life, O Sovereign who delights in life,

and inscribe us in the Book of Life,

for Your sake Living God.
Eternal is Your might, Adonai, all life is Your gift.

Great is Your power to save.

You cause the wind to shift and rain to fall.

You rain dew upon us.

With love, You sustain the living.

You give life to all with great compassion.

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, and who can be compared to You?

Author of life and death

Source of Salvation?***

You faithfully sustain the living.

Blessed are You, Adonai, the Source of life.

*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, You sustain the life of Your children in compassion?
Let us declare the greatness of our God
and give honor to the Torah.

[The congregation will sing Baruch Shenatan.]

O House of Jacob,

[The congregation will sing Sh'ma.]
BIRCHOT HA-TORAH ~ ברכות 힌והケア
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!

CONGREGATION RESPONDS:

Blessed is Adonai, who is blessed

now and forever!

ALIYAH HONOREE or BAR/BAT MITZVAH CONTINUES:

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.


Blessing after each section of Torah is read

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.
BIRCHOT HA-HAFTARAH ~
BLESSING BEFORE THE HAFTARAH READING

Found on page 25 of the MORNING prayer book.

<table>
<thead>
<tr>
<th>English</th>
<th>Hebrew</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blessed are You, Adonai</td>
<td>בָּרָכֶ֣תּ אַתָּ֣ה ָאָ֔דָּוָּו</td>
</tr>
<tr>
<td>our God, Ruler of the Universe,</td>
<td>אֲלֹהֵ֣י מָלֵּךְ ַהוֹוָ֔לָם</td>
</tr>
<tr>
<td>Who has chosen faithful prophets,</td>
<td>אַשְּרָ֣ה ְבְּחַ֣ר בְּנֵבֶּאְשִׁים ְטוּפִּ֖ים</td>
</tr>
<tr>
<td>pleased with their words,</td>
<td>וּרְבֵּ֣את בְּדַבְּרֵ֣יהֶם</td>
</tr>
<tr>
<td>to speak in truth.</td>
<td>הָנַּ֣אְמֵרִ֗ים בְּאָמָ֥ת</td>
</tr>
<tr>
<td>Blessed are You, Adonai</td>
<td>בָּרָכֶ֣תּ אַתָּ֣ה ָאָ֔דָּוָּו</td>
</tr>
<tr>
<td>Who for the revelation of Your Torah</td>
<td>מַהֲוֶ֤ה בְּתוּרֶ֨ה</td>
</tr>
<tr>
<td>for Moses, Your servant,</td>
<td>בֵּמְשָׁ֪ה בְּֽעַבְרֵ֣י</td>
</tr>
<tr>
<td>and Israel, Your people,</td>
<td>בֵּינֵ֑י ְיִשְׂרָאֵ֖ל ַעַוְּמִֽים</td>
</tr>
<tr>
<td>and the prophets of truth and righteousness.</td>
<td>בֵּנֵבֶ֥שֶׁה לְהַאמֲת ְצַדְקָֽה</td>
</tr>
</tbody>
</table>

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Found on page 25 of the MORNING prayer book.
Blessed are You Adonai,
Eternal our God, Ruler of the universe,
Rock of all creation,
Righteous One of all generations,
the faithful God,
whose word is deed,
who speaks and fulfills,
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,
for all this, Adonai our God,
we thank You,
and bless You,
May Your name be blessed
by every living being.
continually and forever.
Blessed are You, Eternal God,
for the Sabbath and its holiness.
O magnify the Eternal with me and let us exalt God's name together.
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) ~ Know before whom you stand.

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

(Sh’lach or-cha va-a-mit-cha) ~ Send forth thy light and thy truth.

~ Psalms 43:3
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 ~ קהילה 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.
B’RUCHIM HA-BA’IM ~

WELCOME FRIENDS!

HINEI MA TOV ~ B’nai Torah
Hi-nei ma-tov u-ma-na-im
shevet 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 ~ Shabbat Peace
Ma-yafeh ha-yom:
Sha-bat sha-lom.
Sha-bat, Sha-bat sha-lom.
How beautiful is this day. Shabbat peace.

MA TOVU ~
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
E-lo-him b’-rov chas-de-cha
a-nei-ni be-e-met yish-e-cha.
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 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 – ברכת טלית
TALIT BLESSING

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.
LA’ASOK B’DIVREI TORAH

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

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.

But, the study of Torah encompasses them all.
BAR'CHU ~

Bless the Eternal, to whom all blessings are due!

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

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

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

Monotheism is about the capacity to glimpse the One in and through the changing forms of many, to see the whole in and through its infinite images.

Despite the fractured, scattered, and conflicted nature of our experience, there is unity that embraces and contains our diversity and connects all things to each other.

~ Dr. Judith Plaskow

Sh’ma is written in the Torah with the last letter of the first word 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

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SH’MA ~

Sh’ma Yis-ra-eil, Yeho’ah E-lo-hei-nu, Yeho’ah E-chad!

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

Ba-ruch sheim k’-vod mal-chu-to l’-o-lam va-ed!

Blessed is Your glorious kingdom forever and ever!
Vahavta is a continuation of Sh'ma. Vahavta 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.

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

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

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 ~ מיכה חמה

Mi cha-mo-cha ba-ei-lim A-do-nai, מיכה חמה בַּאֵי-לִים אָדונָי

Mi ka-mo-cha ne-dar ba-ko-desh, מיכה חמה נֵדר בַּכוחֶשֶׁה

no-ra t'hi-lot, o-sei fe-leh? נֹרַת תְּהִלָּתָא וּסְיִוֵה לֵיהוָה?

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

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.

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

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

Parashat Nitzavim
Deuteronomy 29:9-30:20
In Nitzavim, Moses nears the end of his speech to the Israelites and tells them the choice of whether to follow God's laws and lead good lives or not is up to them. He also encourages them, explaining that the understanding and study of Torah as life's guide book is not beyond their reach.

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

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

Parashat Mishpatim
Exodus 21:1-24:18
This portion sets forth laws intended to create justice and fairness in our actions for both the individual and society.

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

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

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

Remember us for life, O Sovereign who delights in life, and inscribe us in the Book of Life, for Your sake Living God.
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-mim,
Mi cha-mo-cha av ha-ra-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?
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
V'shamru means the people, referring to the Children of Israel. It is about joyously observing Shabbat.

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

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

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

An artist cannot be continually wielding a brush.

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

Living is also an art.

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

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

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

This applies to the individual and the community alike.
~ Mordechai M. Kaplan
We ask Your blessings for the State of Israel, for the Land of Israel, and the People of Israel. Bless the defenders of the Land who guard its frontiers:

**Watch over its homes and protect its people.**

Bless the leaders of Israel with wisdom and courage:

**Grant them vision and dedication.**

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

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

Fulfill in our times the ancient promise:

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

A-vi-nu shei-ba-sha-ma-yim
tzur Yis-ra-el v’-go-a-lo,
ba-reich et-m’-di-nat Yis-ra-el,
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-ka-t 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.

**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.

---

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

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
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 Grosberg, written at age 13 in Israel

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.

Sim Shalom ~ Shalom

Sim sha-lom to-va v’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’ah-vat che-sed, u-tz-da-ka 
v’ra-cha v’ra-cha-mim 
v’cha-yim v’sha-lom.

~ Shlomit Grosberg, written at age 13 in Israel

Shalom ~ Shalom

Sim sha-lom to-va v’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’ah-vat che-sed, u-tz-da-ka
uv’ra-cha v’ra-cha-mim
v’cha-yim v’sha-lom.

~ Shlomit Grosberg, written at age 13 in Israel
In this moment of silent communion, a still, small voice beckons me:
To pursue my life's work with full attention though no eye is upon me;
To be gentle in the face of ingratitude,
even when slander distorts my nobler impulses;
To meet the end of each day with the certainty
that I've used my gifts well and with dignity.

O let me become ever braver in facing life's trials with distinction,
that I may live on in deeds that bless others.
~ adapted from the Union Prayer Book

We pray for children who bring us sticky kisses and fistfuls of dandelions,
Who sleep with the dog and bury their goldfish,
Who hug us in a hurry and forget their lunch money,
Who cover themselves with band-aids and sing off key,
Who squeeze toothpaste all over the sink, who slurp their soup.

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

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

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

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

O God, hear our prayers for all children.
~ Ina J. Hughes [adapted]
Young is an attitude, a spirit, a way of looking at things and of responding to them. It is not an age.
Young can be a child examining her first dandelion with wonder and delight... or a Verdi at 81, composing his finest opera...
Young can be a teenager riding the ocean's surf... or Einstein in his 70's working on his unified field theory, playing his beloved fiddle.
Young is not a monopoly of youth. It survives and flourishes where vision is kept fresh, the muscles of the mind exercised.

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

~ Henry Schmidt [adapted]

Don't stop after beating the swords into plowshares, don't stop!
Go on beating and make musical instruments out of them.

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

~ Yehuda Amichai

~ Psalm 19:15

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.

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
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.

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

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

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.

Hear O Israel: Adonai is our God, Adonai is One.
Hakafa means to encircle or go around. It is the procession with the Torah scrolls. This is done as a means of allowing everyone present direct contact with the Torah.

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

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

Parashat Vayeilech
Deuteronomy 31

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

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

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

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,

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,

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'-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 ~ חַלְשֵׁלָת קַבּוּלָה
CHAIN OF TRADITION

D'VAR TORAH ~ דבר תורה
TOURAH BLESSINGS

Blessing before each section of Torah is read ~

LEADER:

Baruch Adonai ha-m'vo-rach

La-ulos hateh, hateh

Baruch Adonai ha-m'vo-rach

La-ulos hateh, hateh

Baruch Adonai ha-m'vo-rach

Letziyot hateh, hateh,

Alishmi malka ha-ulos,

Aser barer bemal ha-emos,

Va-nei letziyot ha-ulos.

Baruch Adonai ha-m'vo-rach

La-ulos hateh, hateh

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

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

l'-o-lam va-ed!

LEADER:

CONGREGATION:

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.

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

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

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.

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.

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

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

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

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

Hagbaha

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

G’lilah

Dressing and Holding the Torah Scroll

Mi Shebeirach

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 Shebeirach

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.

*Complete healing.

Blessed are You, Adonai, Source of healing.
BIRCHOT HA-HAFTARAH ~

HAFTARAH BLESSINGS

Blessing before the Haftarah Selection ~

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.

READING THE HAFTARAH SELECTION

Blessing after the Haftarah Selection ~

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.
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

HACHTZARAT HA-TORAH – מֶחֶץ תָּוָּרָה
RETURNING THE TORAH

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!

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.
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.
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.
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.
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

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 ~ שֵׁכֶהְכֶיָּנֻū

Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
She-he-ke-ya-nu, v'-ki-y'-ma-nu,
v'-hi-gi-ah-nu laz-man ha-zeh.

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.

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

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 ~ אָלֶּיְנוּ

A-lei-nu l'-sha-bei-ach
la-adon ha-kol,
la-teit g'-du-la l'-yo-tzeir b'-rei-shit,
she-lo a-sa-nu k'-go-rei ha-ra-tzot,
v'-lo sa-ma-nu
k'-mish-p'-cho-t ha-a-da-ma,
she-lo sam chel-kei-nu ka-hem,
v'-go-ra-lei-nu k'-chol ha-mo-nam.

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-di-m,
lif-nei Me-lech,
mal-chai ham-la-chim,
ha-ka-dosh ba-ruch hu.

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

V'-ne-e-mar: "v'-ha-ya A-do-nai
l'-Me-lech al kol ha-a-re-tzot."
Ba-yom ha-hu yi-h'-ye
A-do-nai e-chad u-sh'-mo e-chad.

Thus it has been said, "Adonai will be Sovereign over all the earth."
On that day, Adonai will be one, and God's Name will be One.
Kaddish Yatom, or Mourner's Kaddish, is said near the end of most Jewish services. Its name derives from the Hebrew root word meaning holy. While it is used as a means of remembering the dead, it does not mention death or mourning. Rather it is an affirmation of faith, even in times of pain and longing.

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

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

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

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. May there be abundant peace from heaven, and life for us and all Israel. To which we say: Amen. May the One who creates harmony on high, bring peace to us, to all Israel, and to all the world. To which we say: Amen.

Kaddish Yatom ~

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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.

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.

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.

KIDDUSH u’MOTZI ~

~ 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.

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.

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.

~ Inspired by The Fifth Direction Prayer Book, incorporating text adapted from Rabbi Sandy Eisenberg Sasso
HAL'LU ~ HAL'LU

Ha-l'-lu...

Kol ha-n'-sha-ma t'-ha-leil Ya,
ha-l'-lu-Ya!

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

OSEH SHALOM ~ OSEH SHALOM

O-seh sha-lom bim-ro-mav,
hu ya-a-seh sha-lom a-lei-nu
v'-al-kol Yis-ra-eil,
v'-im-ru: a-mein.

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

MIZMOR SHIR ~ MIZMOR SHIR

Miz-mor shir l'-yom ha-Sha-bat
tov l'-ho-dot la-A-do-nai
ul-za-meir l-shim-cha el-yon
l'-ha-gid ba-bo-ker chas-de-cha
ve-e-mu-nat-cha ba-lei-lot.
A-lei-a-sor va-a-lei-na-vel
a-lei hi-ga-yon b'-chi-nor.

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 ~ L'CHI LACH

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
L'DOR VA-DOR HALLELUYAH ~ קָדוֹר דָּוְר וַדָּוְר הַלֶּלֻּיָּה ~
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
Y'AHAVTA ~ יָהַבַּת
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, Deuteronmy 6:5-9

SH'MA BINI ~ שְׁמָא בְּנִי
Sh'ma bi'ni ~ שְׁמָא בְּנִי take these wings to fly with,
Shi'mi bi'ti ~ שִׁמְּי בִּטְּי with these roots you will grow.
This is my promise, this is my blessing,
You are the promise, you are the blessing.
Sh'ma bi'ni - Shi'mi bi'ti.
May you live to see the wonder
In this world and those yet to come.
To care for those who came before you,
To trust in those who are yet to come.
Uf'ros Aleinu sukkat sh'lomecha ~ עֲפֹרֶשׁ עֲלֵינוּ כַּטָּח שְׁלֹםָךְ*
May your heart be filled with wisdom,
May your mind be filled with love,
May your lips be filled with sweetness,
May you shine like the stars above.
Uf'ros Aleinu sukkat sh'lomecha.
So you shall fly on wings of eagles.
And you will grow to be straight and tall.
This is my promise, this is my blessing,
You are the promise and you are the blessing.
Sh'ma Bi'ni, Shi'mi Bi'ti.
~ Craig Taubman

*translations:
Sh'ma Bi'ni - listen my son. Shi'mi Bi'ti - listen my daughter.
Uf'ros Aleinu sukkat sh'lomecha - spread over us the shelter of Your peace.
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.

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

~ Naphtali Imber

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

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

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

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

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

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

Music takes us out of the actual and whispers to us dim secrets that startle our wonder as to who we are, and for what, whence, and whereto.
~ Ralph Waldo Emerson
Peace, Salaam, Shalom, a song using the English, Arabic, and Hebrew words for peace, was written by Pat Humphries and Sandy Opatow of Emma’s Revolution. They wrote this song two days after the 9/11 attack on the World Trade Center in response to the messages of hate that were already being circulated.

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

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

~ Rabbi Shlomo Carlebach

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

~ Plato

Peace...Salaam...Shalom
Peace... שלום
(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 קֶיְלוֹהֵהִינוּ

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

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 godecha ~ לַדוֹר וַאֲדֹר נַגִּיד גִּדְכֶה
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

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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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B’chol L’vavcha
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The Wisdom of the Modern Rabbi,
A Treasury of Guidance and Inspiration
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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
Nachama Skolnik Moskowitz

Praying with Spirituality
Sol Scharfein

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