

Shema

Make everything in you an ear,
Each atom of your being
And you will hear in every moment
What the source is whispering to you
Without the need for my words
Or anyone else's

You are, we all are, the Beloved of the Beloved.
And in every moment, in every event of your life
The Beloved is whispering to you exactly
What you need to hear and know.
Who can explain this miracle?
It simply is.

Listen, and you will discover in every passing moment.
Listen, and your whole life will become a conversation
With that between you and the Beloved
Directly
Wordlessly
Now and always

--Rumi

Shema Yisrael Adonai Eloheinu Adonai Echad
Listen God Wrestlers, The Eternal is One



AMIDAH for SHABBAT

An artist in the course of painting will pause, lay aside the brush, step back from the canvas and consider what needs to be done, what direction should be taken. So too does each of us pause to reflect on this Shabbat. As we hope to make our lives a work of art, so may this *tefillah* (silent prayer time) help us to turn back to the canvas of life to paint the portrait of our highest selves.

Mourner's Kaddish

Announcements & Concluding Song

Ozi V'Zimrah Yah
Va'Ye Hee
Ha'Yehshooah

My Efforts & God's Melody
They will be
My Answer