

## ***Contemplative Shabbat Service***

*T'hom el T'hom koreh l'kol tzinorechah.*

Deep calls to deep through the voice of Your coursing channels.

Psalm 42:8

The purpose of prayer is to uplift the words,  
to return them to their Source above.

The world was created

by the downward flow of letters:

Our task is to form those letters into words  
and take them back to God.

If you come to know this dual process,  
your prayer may be joined

to the constant flow of Creation –  
word to Word, voice to Voice,

breath to Breath, thought to Thought.

The words fly upward and come before God.

As God turns to look at the ascending word,  
life flows through all the worlds,  
and prayer receives its answer.

All this happens in an instant,  
and all this happens continually;

Time has no meaning in the sight of God.

The divine spring is ever-flowing:

make yourself into a channel  
to receive the waters from above.

*Likkutim Y'karim/ Or Torah,*

translations by Arthur Green and Barry W. Holtz

God, where shall I find You? –  
Your Place is lofty and hidden.  
And where shall I *not* find You? –  
Your Presence fills eternity.  
I have sought Your drawing-near,  
Calling You with all my heart;  
And in calling out to You –  
I found You calling within me.

**Yehudah Halevi**

***Modah/modeh ani lefanecha, Ruach chai v'kayam  
Shehechezarta bi nishmati b'hemlah rabah emunatecha.***

I am grateful in Your presence, Sovereign who lives  
and endures, for You have compassionately restored  
my *n'shamah* within me – abundant is Your faithfulness.

***Mah Tovv Ohalecha Ya'acov, mishk'notechah Yisrael.***

How good are your tents, Jacob – the places where you dwell, Israel.  
And I, through Your abundant lovingkindness, will enter Your house;

I will bend deeply in awe toward Your holy sanctuary.

BELOVED, I love the shelter of Your house,  
the dwelling-place of Your Presence.

And I will bend deeply, bowing and bending fully  
into the presence of ADONAI who is my Maker.

And I will be my prayer to You, NURTURER – may my  
doing so align with a favorable time – so that You,  
God, through an abundance of lovingkindness, will  
answer me with the truth that transforms.

***Elohai Neshama Shenatata Bi tehorah hi***

Oh, pure Soul in You I see endless possibilities.  
The Soul you have given me is pure.

**POEM by Mary Oliver**

The spirit likes to dress up like this:  
ten fingers, ten toes,  
shoulders, and all the rest  
at night in the black branches,  
in the morning, in the blue branches  
of the world.  
It could float, of course,  
but would rather  
plumb rough matter.  
Airy and shapeless thing,  
it needs the metaphor of the body,  
lime and appetite, the oceanic fluids;  
it needs the body's world,

instinct and imagination  
and the dark hug of time,  
sweetness and tangibility,  
to be understood,  
to be more than pure light  
that burns where no one is –  
so it enters us – in the morning  
shines from brute comfort  
like a stitch of lightning;  
and at night  
lights up the deep and wondrous  
drownings of the body  
like a star.

***Ashrei Yoshvei Vaitechah Od Yehalicha Selah.***

Happy are those who dwell in Your house,  
they will continually praise You, *sela*.

**A Zen-Inspired Translation of Psalm 148 by Norman Fischer**

PRAISE TO YOU from the sky's boundary  
Praise to you from the mountain's crown  
Praise to you from winged angels  
From all the hosts of heaven and earth  
The stars and their unimaginable brightness  
The heavens in their silent dome  
And the waters beyond those heavens  
All wordlessly praise your unnameable name  
For by your timeless speech All is created – why should it be?  
And all is established endlessly  
Your unsayable saying that none can unsay All life of earth is your praise  
And the life of the sea and all unknowable depths  
Fire and hail, snow and cloud Tornado and hurricane – all is your speaking  
Mountains and hills, fruit trees and cedars Wildcats, cattle, buzzards, birds  
Kings and their subjects, princes, judges  
Young men, young women, old men, boys –  
All are your name's praising For your unspeakable aloneness is what is  
Your brightness lights the earth and sky  
Raises us up, blares out the note From your people's trumpet  
An exultant blast for all who struggle with you And are close at hand.  
The Soul of All that lives praises Yah's name  
*Nishmat Kol Chai t'vareich et Shimcha, YHVH, Eloheinu*

We are loved by an unending love.  
We are embraced by arms that find us,  
even when we are hidden from ourselves.  
We are touched by fingers that soothe us,  
even when we are too proud for soothing.  
We are counseled by voices that guide us,  
even when we are too embittered to hear.  
We are loved by an unending love.  
We are supported by hands that uplift us,  
even in the midst of a fall.  
We are urged on by eyes that meet us,  
even when we are too weak for meeting.  
We are loved by an unending love.  
Embraced, touched, soothed, and counseled,

ours are the arms, the fingers, the voices;  
ours are the hands, the eyes, the smiles;  
We are loved by an unending love.  
Rami Shapiro

***Sh'ma Yisrael YHVH Eloheinu YHVH Echad.***  
Listen, Israel: ADONAI is our God, ADONAI is One.

***Mi cha-mocha ba-eilim adonai,***  
*mi cha-mocha ne'dar ba-kodesh.*  
*Nora teheelot oseh feleh.*  
*Malchut'cha ra-u vanecha, bo-kei-ah yam lifnei moshe,*  
*zeh eli anu ve'amru Adonai yimloch le'olam va-ed*

*WHO IS LIKE YOU, O G!d, among the G!ds that are worshiped?*  
*Who is like You, majestic in holiness, awesome in splendor, working wonders?*

***Ozi V'Zimrat YAH, va'yehi-li lishuah.***

My Strength, balanced with the Song of God,  
will become my deliverance.

**Awake awhile, Hafiz, trans. Daniel Landinsky**

It does not have to be  
Forever,  
Right now.  
One step upon the Sky's soft skirt  
Would be enough.  
Awake awhile.  
Just one True moment of Love  
Will last for days.  
Rest all your elaborate plans and tactics  
For Knowing Him,  
For they are all just frozen spring buds  
Far,  
So far from Summer's Divine Gold.

Awake, my dear.  
Be kind to your sleeping heart.  
Take it out into the vast fields of Light  
And let it breathe.  
Say,  
"Love,  
Give me back my wings.  
Lift me,  
Lift me nearer."  
Say to the sun and moon,  
Say to our dear Friend,  
"I will take You up now, Beloved,  
On that wonderful Dance You promised."

## **The Amidah's Silence**

Why do we do the Amidah silently? Because the greatest thing we can do is to offer our stillness to G-d, to make ourselves so transparent to the Infinite that the ego doesn't offer any resistance. But since this is so difficult, the Amidah consists

of all of the things which come up in a person's mind: "I am so blessed to have had ancestors who created and passed to me a tradition of seeking G-d;" "I am aware of the cycle of life and death;" "When I still myself, I feel holiness;" "I am trying to quiet myself, so that I can place all of my awareness in the right place, so that I can

harmonize myself, so that I can be forgiven my sins." And so the Amidah unfolds. But better even than just the recital of the individual prayers is to return after each one to the stillness, and then resume the formal prayer only when you can't hold the stillness anymore. It's a very strong thing to do.

Zalman Schachter-Shalomi

### ***Adonai Sefatai Tiftach ufi Yagid Tehilatecha***

Beloved One, open my lips that my mouth may declare your glory.

## **S-I-L-E-N-C-E**

### **Prayer for Peace**

*Oseh Shalom Bimromav Hu Ya'aseh shalom Aleynu V'al Kol Yisrael  
V'al kol Yoshvei Teivel, v'imru, Amen.*

May the One who makes peace on high make peace upon us, upon Israel and upon all who dwell on earth, and say: Amen.

### **Blessings for Healing**

*El Na Refana La*

### **Esah Einai**

*Eh-sah ei-nai el-heh-hah-reem, mei-ah-yeen, mei-ah-yeen, yah-vo ez-ree?  
Ez-ree mei-eem ah-do-nai, oh-seh shah-mah-yeem vah-ah-retz.*

I lift up my eyes to the mountains: from where shall my help come?  
My help comes from G'd, who made heaven and earth.

## **Mourner's Kaddish**

*Yitgadal v'yitkadash sh'meih raba. B'al'ma di v'ra chiruteih, v'yamlich malchuteih, b'chayeichon uv'yomeichon, uv'chayei d'chol beit yisra-eil, ba-agala uwizman kariv, v'imru amein. Y'hei sh'meih raba m'vorach l'olam ul'ol'mei al'maya.*

*Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei, v'yithadar v'yitaleh v'yithalal, sh'meih d'kudsha b'rich hu, l'eila min kol birchata v'shirata tushb'chata v'nechemata, da-amiran b'al'ma, v'imru amein.*

*Y'hei sh'loma raba min sh'maya, v'chayim aleinu v'al kol yisra-eil, v'imru amein. Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol yisra-eil, v'imru amein.*

## **Olam Chesed Yibaneh**

I will build this world from love...yai dai dai  
And you must build this world from love...yai dai dai  
And if we build this world from love...yai dai dai  
Then God will build this world from love... yai dai dai

## **Amar Rabbi Akiva/אמר רבי עקיבא**

אמר רבי עקיבא: ואהבת לרעך כמוך. זה כלל גדול בתורה

Ah-mar rah-bee ah-kee-vah, ah-mar rah-bee ah-kee-vah.  
ve-ah-hav-tah le-rei-ah-cha, le-rei-ah-cha ka-mo-cha.  
Zeh klal gah-dol, gah-dol bah-to-rah. Zeh klal gah-dol ba-to-rah.

*Rabbi Akivah said: "Love your friend the way you love yourself." This is a defining principle in the Torah."*

## **Karev yom**

*Karev yom (x2)  
Asher hu lo yom v'lo layla*

*Ram ho-da hoda hoda  
Ki lecha hayom af lecha halayla*

*Shom-rim haf-ked, haf-ked l'ir-chah  
Kol ha-yom v'chol ha-layla*

*Ta-ir ta-ir ta-ir ta-ir  
Ta-ir k'or yom chesh-kat layla*

Bring near the day: the day that is neither day nor night.  
High One--make it known that the day is Yours, the night is Yours.  
Assemble a guard for Your city throughout the day and throughout the night.  
Illuminate the darkness of night--like the light of day

### **A Prayer for Health Care Workers**

May the One who blessed our ancestors  
Bless all those who put themselves at risk to care for the sick  
Physicians and nurses and orderlies  
Technicians and home health aides  
EMTs and pharmacists  
*(And bless especially \_\_\_\_\_)*  
Who navigate the unfolding dangers of the world each day,  
To tend to those they have sworn to help.  
Bless them in their coming home and bless them in their going out.  
Ease their fear. Sustain them.  
Source of all breath, healer of all beings,  
Protect them and restore their hope.  
Strengthen them, that they may bring strength;  
Keep them in health, that they may bring healing.  
Help them know again a time when they can breathe without fear.  
Bless the sacred work of their hands.  
May this plague pass from among us, speedily and in our days.  
*Rabbi Ayelet Cohen, March 2020*