

Dear Friends,

This week we gather at Mt. Sinai.

Thunder and lightning fill the sky.

Flames cover the mountain.

Earth trembles beneath our feet and the shofar wails.

And then there is silence.

A silence so full there is nothing else.

And in the silence,

Revealed,

Is the Oneness of All.

The One manifests as many.

The One appears unique.

And there is only One.

Then the wind returns with fire, smoke, the trembling earth.

And we hear, conjure, imagine,

Something that will help us

Remember the One within the many,

Something that will guide us

In living in relationship with the One

For the sake of unity, harmony, shalom:

1. I am. I was. I will be. I am the Continual Unfolding of All. I am the Force of transformation, the Energy of Liberation that opens the expanse.

2. Do not give yourself to false gods. Do not worship what you make with your own hands. Be aware of what you worship through your actions and choices.

3. Do not lift up my essence for lies and deceit. Do not use my name for destruction.

4. Remember Shabbat and keep it holy. Stop. Pause. Be. Honor creation. Rest and allow others to rest as well.

5. Honor your parents. Honor those upon whose shoulders you stand.

6. Do not murder.

7. Do not betray.

8. Do not steal.

9. Do not use words to oppress. Do not use words to hurt each other.

10. Feel the fullness of your life. Do not be led astray by comparing yourself to others. Do not get lost in desiring what others have. Be content, be fulfilled with what your life brings. (*Exodus 20:1-14*)

May we receive these calls with strength and grace and may they guide us for healing and love.

Blessings to all,

*Rabbi Yael*