

Program - ShabbatShalom!

11th Tevet, 5781

**Co-led by Erev Rav Charna Rosenholtz and
Aleph Rabbinic Student Gabrielle Pescador (Ann Arbor MI)**

Introduction and Welcome - Erev Rav Charna Rosenholtz

Theme: Forgiveness in the Coming Year

1. Hareini meKabel Alai - I Take Responsibility (Daily liturgy; Lev 19:18)

הֲרִינִי מְקַבֵּל עָלַי אֶת מִצְוֹת הַבּוֹרֵא וְאֶהְבֶּתָּ לְרַעְךָ כְּמוֹךָ לְרַעְךָ כְּמוֹךָ

Hareini meKabel alai et Mitzvat ha'Borey

v'Ahavta le'Reyecha Kamocha, reyecha Kamocha

I hereby accept upon myself the Creator's injunction: To love your fellow as yourself.

2. Mah Tovu - So Good to Be Here (Morning liturgy, from Numbers 24)

מָה טָבוֹ אֶהְלִיךְ יַעֲקֹב; מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל

Mah Tovu Oha-lekha, Ya'akov - Mishk'notekha Yisra-el

מָה טָבוֹ אֶהְלִיךְ שָׂרָה; מִשְׁכְּנֹתֶיךָ, מִרְיָם

Mah Tovu Oha-leyikh, Sarah - Mishk'notayikh, Miriam

How goodly are your tents, O Jacob, your dwelling places, Israel

How goodly are your tents, O Sarah, your dwelling places, Miriam

3. Elohai Neshama - My Soul Is Pure (Morning liturgy; R' Shefa Gold)

א"לֵהִי, נִשְׁמָה נְשַׁנְתָּ בִּי טְהוֹרָה הִיא

Elohai Neshama she'Na-ta-ta Bee, T'hora Hee.

My God, the Soul you have given me, She is pure.

4. Baruch Sh'Amar - Blessed Is the One

(Morning liturgy; R' Shefa Gold; translation by Reb Zalman Schachter-Shalomi)

בָּרוּךְ הוּא! בָּרוּךְ שְׁמוֹ! בָּרוּךְ שֶׁאִמַּר וְהָיָה הָעוֹלָם

Baruch Hu, Baruch Sh'mo! Baruch sh'Amar v'Haya ha'Olam

Blessed One, You talked the Worlds into being. What a Blessing, You!

Blessed One, Your Word makes for becoming. What a blessing, Your Name.

Blessed One, You decree and sustain. Blessed One, all beginnings are Yours!

Blessed One, Your Compassion enwombs the Earth.

Blessed One, Your Caring is kind to all creatures.
Blessed One, You are generous in rewarding those who respect Your Creation.
Blessed One, Ever Alive, ever confirming existence.
Blessed One, You make us free, You rescue us!
When we hear Your Name we offer blessing. Amen.
Baruch attah Yah Melech m'hullal batishbachot.

5. Mah Gadlu (Psalms 92:6)

מֵה־גְּדֹלוֹ מַעֲשֵׂיךָ יְיָ

מֵאֲדַם עֲמֻקּוֹ מַחֲשַׁבְתֶּיךָ:

Mah Gadlu Ma'asecha Yah

M'od Amku Machsh'votecha

How vast are Your works, Yah, how deep are Your thoughts!

Mah Gadlu Ma'asecha Yah

M'od Amku Machsh'votecha (x2)

Hallelujah (x4)

Mah Gadlu Ma'asecha Yah

M'od Amku Machsh'votecha (x2)

Hallelujah (x4)

6. Ashrei - How fortunate am I; Gratitude

אַשְׁרֵי הָעָם שֶׁשָּׂפְכָה לּוֹ, אַשְׁרֵי הָעָם שִׁיְהוּהוּ אֱלֹהָיו

Ashrei ha'am shekakhah lo, ashrei ha'am she'Adonai elohav

Happy is the people for whom it is so, happy is the people for whom Adonai is their God

תְּהִלָּה לְדָוִד

Tehilah le'david

A psalm of David

אֲרוּמִמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאַבְרַכָּה שִׁמְךָ לְעוֹלָם וָעֶד

Aromimkha elohai hamelekh, v'ahvarkha shimkha le-olam va'ed

I will exalt my God, the sovereign, I will bless Your name forever and ever

7. Psalm 1'50

(gratitude to Leonard Cohen for the melody)

הִלְלוּ יְהוָה | הִלְלוּ-אֱלֹהֵי בְּקִדְשׁוֹ הִלְלוּ וְהוּ בְּרִקְיעַ עֲזָו:
הִלְלוּ וְהוּ בְּגִבּוֹרֹתָיו הִלְלוּ וְהוּ כְּרַב גְּדֻלּוֹ:
הִלְלוּ וְהוּ בְּתִקְעַ שׁוֹפָר הִלְלוּ וְהוּ בְּנִבְל וְכִנּוֹר:
הִלְלוּ וְהוּ בְּתֶף וּמְחֹל הִלְלוּ וְהוּ בְּמִנִּים וְעוּגָב:
הִלְלוּ וְהוּ בְּצִלְצְלֵי-שִׁמְעַ הִלְלוּ וְהוּ בְּצִלְצְלֵי תְרוּעָה:
כֹּל הַגִּשְׁמָה תִּהְלֵל יְהוָה הִלְלוּ-יְהוָה:

Hallelu El B'Kadsho Halelluhu Birkia Uzo

Halleluhu Bigvuratav Halleluhu K'rov Gudlo

Halleluhu B'tekah Shofar Halleluhu B'nevel V'khinor

Halleluluhu V'tof Umachol Halleluhu B'minim V'ugav

Halleluhu V'tziltz'lei Shama Halleluhu B'tziltz'lei Truah

Kol Hann'shamah T'hallel Yah

Halleluyah Halleluyah Halleluyah Halleluyah

8. Nishmat Kol Chai- All Breath Praises You

(Morning liturgy; Sheldon Sands)

נִשְׁמַת כָּל חַי, תִּבְרַךְ אֶת שִׁמְךָ יי אָ לְהִינּוּ.

Nishmat kol Chai t'Vareich et Shimcha, Yah Eloheinu (x2)

The Soul of every living creature

breathes out its praise to You.

The Soul of every living creature breathes out its praise...

sings out its loving praise

breathes out its praise

to You - Oh God!

9. Chatzi Kaddish - The Preparation for Prayer

Let us be here now as one

Singing to the Blessed Holy One

Let us be at perfect time and place

To receive this sustenance and grace

To receive this sustenance and grace

At this turning of the year

יְתַגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. אָמֵן: בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ

בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל וּבְחַיֵּי דְכָל יוֹשְׁבֵי תְּבֵל,
בְּעִגְלָא וּבְזִמְן קָרִיב- וְאַמְרוּ אָמֵן:
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵינָא:

Leader:

Yit-Gadal v' yit-Kadash Sh'mey Rabbah Congregation: Amen!

Leader:

b'Almah di V'rah khirR'utey v' yaMlikh Mal-khutey! Congregation: Amen!

May God's Great Name be blessed (amen) in this world of divine creation (amen)!

Leader:

**b'Chai-yeykhon, uv'Yom-ekhon,uv'Chayei d'chol Beit Yisrael
uv'Chayey d'chol Yoshvey Teyvel, ba'Agalah u'viZ'man Kariv,
v'imru:**

In your lifetimes, in your days, in the days of all our people,
all the Earth's people - very soon, imminently, now - and let us say:

Congregation:

Amen! Y'hey Sh'mey Rabbah m'Varakh l'Olam u'l'Almey Almah-yah!

Amen! May the Great Name be blessed forever and ever and ever!

10. **Barchu** (by Noah Aronson)

Am I awake?

Am I prepared?

Are you listening to my prayer?

Can you hear my voice?

Can you understand?

Am I awake?

Am I prepared?

Leader: **Barchu** (bowing) **et Adonai HaMevorakh!**

Congregation: **Barukh** (bowing) **Adonai HaMevorakh**

le'Olam va-Ed!

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ
בְּרוּךְ יְיָ הַמְּבֹרָךְ
לְעוֹלָם וָעֶד:

11. **Yotzer Or - Reaching to the Realm of Light**

(Morning liturgy)

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא הַשֶּׁשׁ, עוֹשֵׂה שְׁלוֹם וּבוֹרֵא אֶת הַפֶּל.

Barukh Ata Adonai, Eloheynu Melekh Ha-Olam

Yotzer or u-Vorey Khoshekh, Oseh Shalom u-Vorey et ha'Kol.

Holy One of Blessing, Your Presence fills Creation,

You form Light and You create Darkness, You make Peace and You create the Whole.

12. We Are Loved-Ahavah Rabbah

(Music: Shir Yaakov Feit, Lyrics: R' Rami Shapiro)

We are loved, loved, loved by unending love, an unending love. (x2) 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, loved, loved by unending love, an unending love. (x2)

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, loved, loved by unending love, an unending love. (x2)

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.

13. Shema- We Proclaim the Unity of All Creation

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד

Sh'ma Yisrael Adonai Eloheynu Adonai Echad!

Hear, Israel, you are of God and God is One!

[whispered]

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Baruch Shem, Kevod Malchuto l'Olam va-Ed

Blessed is the Name of S/he, the glory of whose reign is forever and ever!

14. V'ahavta: First Paragraph

וְאַהֲבַת אֵת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ:

וְשָׁנַנְתָּם לְבִנְיָךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשְׁרָתָם לְאוֹת

עַל-יָדְךָ וְהָיוּ לְטָטְפַת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Vahavta et Adonai Elohekha b'khol Levav'kha u'v'khol Naf'sh'kha u'v'chol M'ohdekha.
V'hayu haD'varim ha'eyleh asher Anokhi m'tzav'kha haYom al Levavekha.

V'Shinantam l'Vanekha v'Dibarta bam b'Shiv't'kha b'Veytekha
uv'Lekh't'kha vaDerekh uv'Shokh'b'kha uv'Kumekha.

Uk'shartam l'Ot al Yadekha v'hayu l'Totafot beyn Eynekha.

Ukh'tavtam al Mezuzot Beytekha uviSha'arekha.

And you shall love the Lord your God with all your heart, with all your soul and with all of your might. And all these words which I command you on this day shall be upon your heart, and you shall teach them diligently unto your children. You shall speak of them when you are sitting in your house and when you're walking by the way; and when you're rising up, and when you're lying down. And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes; And you shall write them on the doorposts of your house, and upon your gates That you may remember and do all of My commandments, and be holy unto your God.

15. Mi Chamocha- Who is Mightier than the One who Liberates?

*As we walk, through the desert
As we journey through our past
We gain strength and solidarity
Being brave, we can make it through.*

Mi chamocha ba'eilim, Adonai? (repeat)

Mi Kamocha, ne'edar bakodesh, (repeat)

Nora t'hilot, (repeat) Oseh feleh? (repeat)

16. Amidah- Personal Prayer

אֲדַנִּי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ

ADONAI, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips, that my mouth may declare your glory.

Avot

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם. אֱלֹהֵי יִצְחָק. וְאֱלֹהֵי יַעֲקֹב. הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן. גּוֹמֵל חֲסָדִים טוֹבִים. וְקוֹנֵה הַפֶּלֶא. וְזוֹכֵר חֲסָדֵי אֲבוֹת. וּמְבִיא
גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה
מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן: בְּרוּךְ אַתָּה ה', מְגַן אַבְרָהָם:**

Gevurot

אַתָּה גְּבוּר לְעוֹלָם אֲדֹנָי. מַחֲיֵה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ

בַּחֲזוֹרָה: מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחֲיֵה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים. וְרוֹפֵא חוֹלִים וּמְתִיר

אֲסוּרִים. וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׁרָאֵל עָפָר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ. מֶלֶךְ מִמִּית וּמַחְיֵה

וּמְצַמֵּחַ יְשׁוּעָה

וְנֶאֱמָר אַתָּה לְהַחְיֹת מֵתִים: בְּרוּךְ אַתָּה ה', מַחֲיֵה הַמֵּתִים

17. Chatima (seal for the prayer) Oseh Shalom

בְּרוּךְ אַתָּה ה', הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל

וְאֵת כָּל הָעוֹלָם בְּשָׁלוֹם:

Baruch Atah Adonai HaM'varech Et Amo Yisrael V'Et Kol Ha'Olam BaShalom

Blessed are You, VaYaHaHa, Who blesses the people Israel and all the world with peace.

18. When the World is Sick / Mishebeirach

(English lyrics: "God Bless Our Dead Marines" by Thee Silver Mount Zion Memorial Orchestra & Tra-La-La Band)

"When the world is sick,
can't no one be well
but I dreamt we were all
beautiful and strong ..."

Mishebeirakh Avoteinu

Avraham, Yitzkhak U'Ya'akov

Mishebeirakh Imoteinu

Sara, Rivka, Rachel v'Leah,

Hu Y'varekh V'yirapeh Et Kol Ha-holim,

Hu Y'varekh V'yirapeh Et Hakol.

May the One who blessed our ancestors, Abraham, Isaac and Jacob,

May the One who blessed our ancestors, Sara, Rebecca, Rachel and Leah,

Bless and heal all who are sick, Bring blessing and healing to all.

19. Torah verses –

Genesis 44:18

וַיִּגַּשׁ אֵלָיו יְהוּדָה וַיֹּאמֶר בְּנֵי אֲדֹנָי יִדְבַר-נָא עַבְדְּךָ דְבַר בְּאֲזְנֵי אֲדֹנָי וְאֶל-יַחַר אַפְךָ בְּעַבְדְּךָ כִּי כְמוֹךָ כִּפְרָעָה:

Genesis 44:32-34

Then Judah went up to him and said, “Please, my lord, let your servant appeal to my lord, and do not be impatient with your servant, you who are the equal of Pharaoh.

כִּי עַבְדְּךָ עָרַב אֶת-הַנְּעָר מִעַם אָבִי לֵאמֹר אִם-לֹא אָבִיאנוּ אֵלֶיךָ וְחָטָאתִי לְאָבִי כָּל-הַיָּמִים:

Now your servant has pledged himself for the boy to my father, saying, ‘If I do not bring him back to you, I shall stand guilty before my father forever.’

וַעֲתָה יִשָּׁב-נָא עַבְדְּךָ תַּחַת הַנְּעָר עָבֵד לְאֲדֹנָי וְהַנְּעָר יָעַל עִם-אָחָיו:

Therefore, please let your servant remain as a slave to my lord instead of the boy, and let the boy go back with his brothers.

כִּי-אֵיךְ אָעֲלֶה אֶל-אָבִי וְהַנְּעָר אֵינְנוּ אִתִּי כִּן אֶרְאֶה בְּרַע אֲשֶׁר יִמָּצֵא אֶת-אָבִי:

For how can I go back to my father unless the boy is with me? Let me not be witness to the woe that would overtake my father!”

Genesis 45:1

וְלֹא-יָכַל יוֹסֵף לְהִתְאַפֵּק לְכָל הַנֹּצְצִים עָלָיו וַיִּקְרָא הוֹצִיאוּ כָל-אִישׁ מֵעָלַי וְלֹא-עָמַד אִישׁ אִתּוֹ בְּהִתְוַדַּע יוֹסֵף אֶל-אָחָיו:

Joseph could no longer control himself before all his attendants, and he cried out, “Have everyone withdraw from me!” So there was no one else about when Joseph made himself known to his brothers.

20. The Self We Share - Rumi

Thirst is angry at water. Hunger, bitter with bread.

The cave wants nothing to do with the sun.

This is dumb, the self-defeating way we've been.

Calling us into its temple. Instead, we bend and keep picking up rocks from the ground.
 Every thing has a shine like gold, but we should turn to the source!
 The origin is what we truly are. I add a little vinegar to the honey I give.
 The bite of scolding makes ecstasy more familiar.
 But look, fish, you're already in the ocean: just swimming there makes you friends with
 glory.
 What are these grudges about?
 You are Benjamin. Joseph has put a gold cup in your grain sack and accused you of
 being a thief.
 Now he draws you aside and says, "You are my brother. I am a prayer.
 You're the amen." We move in eternal regions, yet worry about property here.
 This is the prayer of each: You are the source of my life.
 You separate essence from mud.
 You honor my soul.
 You bring rivers from the mountain springs.
 You brighten my eyes.
 The wine you offer takes me out of myself into the self we share. Doing that is religion.

21. Vahashevota (Shir Yaakov)

וְהִשְׁבַּת אֵל לְבַבְךָ
 כִּי יְהוָה הוּא הָאֱלֹהִים

וְנֹאמַר: וְהָיָה יי
 לְמַלְךְ עַל כָּל הָאָרֶץ
 בַּיּוֹם הַהוּא
 יְהִיָּה יי אֶחָד
 וְשִׁמוֹ אֶחָד

Va·ha·shei·vo·ta el le·va·ve·cha
Ki HA·VA·YAH hu ha·eh·lo·heem

Ve·ne·'e·mar ve·ha·yah HA·VA·YAH
le·me·lech al kol ha·'a·retz
bai·yom ha·hu (bai·yom ha·hu)

yih·yeh HA·VA·YAH e·chad
u·she·mo (u·she·mo u·she·mo) e·chad.

22. O Lord prepare me to be Your sanctuary

Pure and holy tried and true
In thanksgiving I'll be your living
sanctuary for You

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְכָל יוֹשְׁבֵי תְּבֵל
וְאָמְרוּ אָמֵן

Oseh Shalom Bimromav.

Hu Ya'she Shalom Alenu

V'Al Kol Yisrael V'Kol Yoshvei Tevel.

V'Imru Amen.

Maker of Peace on high, Maker of Peace upon us, all Israel and all who dwell on earth. And we say Amen.

23. Mourner's Kaddish

תְּגַדְּלֵנוּ וְיִתְקַדְּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ
אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.

יְתַבְּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקַדְשָׁא - בְּרִיךְ הוּא,

לְעָלְמָא וְלְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחַמְתָּא, דְאִמְרִין בְּעֶלְמָא, וְאָמְרוּ אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,

וְעַל כָּל יוֹשְׁבֵי תְּבֵל, וְאָמְרוּ אָמֵן.

Yit-Gadal v' yit-Kadash Sh'mey Rabbah, b'Almah di V'rah khiR'utey v'yaMlikh

Mal-khutey, b'Chai-yeykhon, uv'Yo-mekhon, uv'Chayei d'chol Beit Yisrael,

ba'Agalah u'viZ'man Kariv, v'imru: Ameyn

Y'hey sh'mey rabbah m'varakh l'olam u'l'almey almah-yah

Yit'Barakh, v'Yish'tabakh, v' yit-Pa'ar, v' yit-Ro-mam, v'yit'Nasey, v'yit'Hadar,
v'yit'Aleh, v'yit'Halal Sh'mey d'Kudsha - B'rikh Hu
l'Eylah u'l'Eylah min kol Birkhata v'Shirata, Tush'b'khatah v'Nekhemata,
da'Amiran b'Al'mah, v'imru: Ameyn Y'hey Shlama Rabba min Sh'maya, v'Chayim
Aleynu v'al kol Yisrael, v'imru: Ameyn Oseh Shalom biM'ro'mav, hu ya'Aaseh
Shalom Aleynu v'al kol Yisrael, v'al kol Yosh-vey Teyveyl, v'imru: Ameyn

24. V'shamru

וְשָׁמְרוּ בְנֵי-יִשְׂרָאֵל, אֶת-הַשְּׁבֻת
T לַעֲשׂוֹת אֶת-הַשְּׁבֻת לְדֹרֹתָם, בְּרִית עוֹלָם
בֵּינֵינוּ, וּבֵין בְּנֵי יִשְׂרָאֵל--אֹת הוּא, לְעֹלָם
כִּי-נִשְׁפֹּט יָמִים, עָשָׂה יי אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי, שָׁבַת וַיִּנְפֹּשׁ

Veshamru bnei Yisrael et hashabat

La'asot et hashabat ledorotam, Brit olam.

Beini uvein bnei Yisrael, Ot hi le'olam,

Ki sheshet yamim, asa Adonai Et hashamaim ve'et ha'aretz,

Uvayom hashvi'i Shavat vayinafash.

Erev Rav Charna Rosensholtz- for her leadership, guidance, and masterful teaching.

Aleph Rabbinic Student Gabrielle Pescador- for bringing her wisdom and learning.

Jenny Schiff-for all things Zoom.

NK staff for their tireless work for our community, Dena Gitterman (Executive Director), Broke Fisher (Director of Family Life and School Director), Keenan Bloom and Jenny Schiff (Executive Assistants)

Shomrei Ruach- for their keeping of the spiritual flame.

NK Board of directors- for their service that allows NK to continue to provide expansive, wholesome, community oriented Judaism.

By Michael Lerner, inspired by Reb Zalman

Every night before going to sleep or every morning before engaging in your various tasks, projects or interactions with others, review your life, recall who you feel has hurt or betrayed you and toward whom you are still holding resentment or anger. Then, find a place to say this out loud:

YOU, my ETERNAL FRIEND, Yud Hey Vav Hey, Shechinah, Adonai (or whatever name you give to the God or the spiritual energy of the universe), THE POWER OF TRANSFORMATION AND HEALING IN THE UNIVERSE, WITNESS now that:

I forgive anyone who hurt or upset me or who offended me

.....by damaging my body, my property, my reputation, hurting my feelings, shaming me, undermining my friendships or hurting my income or scaring me or making me angry or damaging people that I love — whether by accident or purposely — with words, deeds, thoughts, or attitudes. **I will continue to fight against social and economic institutions that oppress me or others, or hurt the earth's life-support system, but I will not do so with hatred in my heart but only love for those who have been wounded and empathy for those who have acted unjustly or destructively..**

I think particularly of _____ (fill in here anyone in your life who may have done some of the above). I forgive (name each person) and every person who has hurt or upset me, whether or not I can remember them at this moment.

May no one be punished because of me. May no one suffer from karmic consequences for hurting or upsetting me.

Help me, Eternal Friend, the spiritual energy of the universe, to keep from offending You and others. Whatever sins I have committed, blot out, please, in Your abundant kindness, and spare me suffering or harmful illnesses. Help me become aware of the ways I may have unintentionally or intentionally hurt others, and please give me guidance and strength to rectify those hurts — and to develop the sensitivity to not continue acting in a hurtful way.

Let me forgive others — let me forgive myself — but also let me change in ways that make it easy for me to avoid paths of hurtfulness to others.

I seek peace, let me BE peace. ***I seek justice, let me be just. ***I seek a world of kindness, let me be kind. ***I seek a world of generosity, let me be generous with all that I have and to everyone I encounter in my life and to those whom I do not encounter but who need my help. ***I seek a world of sharing, let me share all that I have. ***I seek a world of love — let me be loving beyond all reason, beyond all normal expectation, beyond all societal frameworks that tell me how much love is “normal,” — beyond all fear that giving too much love will leave me with too little. Let me be overflowing with love toward others.

And let me be open, aware, sensitive and receptive to all the love that is already coming to me: *** the love of people I know, ***the love of the universe that that pours through all being and sustains life on this planet (also known as the love of God/dess for all Her creatures*** the love that is part of the human condition—the accumulated love of past generations that flows through and is embodied in the language, music, literature, art, agriculture & recipes for cooking or preparing food, technology, religions, agriculture, and family heritages that have been passed on to me and to us. Let me pass that love on to the next generations in an even fuller and more conscious way.

I commit to act lovingly in all my interactions, and to use some of my energy to participate in activities aimed at tikkun: transforming and healing our society and saving human and animal life on the planet. So this week or next I will _____ (fill in something concrete you will do to bring any part of the intentions you have just expressed come to fruition or at least start the path toward becoming the kind of person you really want to be).

Source of goodness and love in the universe, let me be alive to all the goodness that surrounds me. And let that awareness of the goodness and love of the universe be my shield and protector. And let it give me the energy I need to engage in the struggles that must take place to transform our economic, religious, and political systems, our media and our educational systems, our science and our technology, our legal system and our government, and all other practices and institutions including my own profession and work place, so that they reward and give sustenance to (rather than undermine) our capacities for love, kindness, generosity, and compassion. And let me bring to these struggles a spirit of generosity, love, forgiveness, and open-heartedness.

Hear the words of my mouth and may the meditations of my heart find acceptance before You, Eternal Friend, who protects and frees me. Amen.