



## Virtual Kehillah

Sunday, March 22, 2020, 10:00 am

via ZOOM: <https://zoom.us/j/789798493>

Facilitated by Bekkah Gold, Moreh Jack Klebanow, and Cantor Gaby Schwartz!  
*Hebrew, transliteration, and translation are located below for each of the tefillot!*

*Try to follow along!*

10:00 am *Bruchim Haba'im!* (Welcome!) ברוכים הבאים!

10:05 am *Tefillot* (Prayers) Begin

**Look for Moreh Jack on your screen!**

### **מודה/מודה אני - Modeh/Modah Ani**

מודה/מודה אני לפניך מלך חי וקים, שהחזרת בי נשמתִי בחמלה. רבה אמונתך.

*Modeh/Modah ani l'fanecha melech chai v'kayam. Shehechezarta bi nishmati b'chemla, rabah emunatecha.*

I give thanks before You, living and eternal King. For You have returned my soul within me with compassion, abundant is Your faithfulness.

**We will be skipping Mah Tovu today, but it is here for you to practice!**

*Mah Tovu* - מה טובו -  
מה טובו אלהיך יעקב משכנותיך ישראל

*Mah tovu ohaleicha ya'akov mishkenoteicha yisrael.*

How good are your tents, O Jacob, your dwelling places, O Israel!

**Look for Cantor Gaby on your screen!**

# הִנֵּה מַה טוֹב - *Hinei Ma Tov*

הִנֵּה מַה טוֹב וַיְמַה נְעִים שְׁבֵת אַחִים גַּם יַחַד

*Hineh Mah tov umah na'im shevet achim gam yachad.*

## From Psalm 133

Behold how good and how pleasing for brothers (people) to sit together in unity.

**Look for Moreh Jack on your screen!**

## אַשְׁרֵי - *Ashrei*

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ. עוֹד יִהְיֶה לְךָ סֵלָה:  
אַשְׁרֵי הָעַם שֶׁכָּכָה לוֹ. אַשְׁרֵי הָעַם שֶׁה' אֱלֹהָיו

Psalm 84:5

Happy are they that dwell in Your house, they are ever praising You. Selah.

Psalm 144:15

Happy is the people that is in such a case. Happy is the people whose God is the Lord.

**We probably won't have time for Halleluyah today, but it is here for you to practice!**

## הַלְלוּיָהּ - *Halleluyah*

הַלְלוּיָהּ. הַלְלוּ אֵל בְּקֹדֶשׁוֹ. הַלְלוּהוּ בְּרִקְיעַ עִזּוֹ:  
הַלְלוּהוּ בְּגִבּוֹרֹתָיו. הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:  
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר. הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:  
הַלְלוּהוּ בְּתֹף וּמַחּוֹל. הַלְלוּהוּ בְּמִנִּים וְעִגְב:  
הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:  
כָּל הַנְּשָׁמָה תִּהְלֵל יְהוָה. הַלְלוּיָהּ: כָּל הַנְּשָׁמָה תִּהְלֵל יְהוָה. הַלְלוּיָהּ

*Hallelyah. Hallelu El Bekodsho Halleluhu Birkia Uzo*

*Halleluhu Bigvurotav, Halleluhu Kerov Gudlo.*

*Halleluhu Beteika Shofar, Halleluhu Beneivel Vechinor.*

*Halleluhu Betoph U'Machol, Halleluhu Beminim Veugav.*

*Halleluhu Betziltzilei Shama, Halleluhu Betziltzilei Teruah.*

*Kol Haneshama Tehallel Yah Halleluyah, Kol Haneshama Tehallel Yah Halleluyah*

*Halleluyah.*

Praise God in God's sanctuary; praise God in the firmament of God's power.

Praise God for God's mighty acts; praise God according to God's abundant greatness.

Praise God with the blast of the horn; praise God with the psaltery and harp.

Praise God with the timbrel and dance; praise God with stringed instruments and the pipe.

Praise God with the loud-sounding cymbals; praise God with the clanging cymbals.

Let everything that has breath praise the Lord. Halleluyah.

Here's one we did last week and we're doing again today... Look for Moreh Jack!

## אל אָדוֹן - *El Adon*

אֵל אָדוֹן עַל כָּל הַמַּעֲשִׂים. בְּרוּךְ וּמְבָרָךְ בְּפִי כָל נִשְׁמָה.  
גָּדְלוֹ וְטוֹבוֹ לְפָנָי עוֹלָם. דַּעַת וְתְבוּנָה סוֹבְבִים הוֹדוּ:  
הַמְתַּגָּאָה עַל חַיּוֹת הַקֶּדֶשׁ. וְנִהְדָּר בְּכָבוֹד עַל הַמַּרְכָּבָה.  
זְכוּת וּמִישׁוֹר לְפָנָי כְּסָאוֹ. חֶסֶד וְרַחֲמִים מְלֵא כְבוֹדוֹ:  
טוֹבִים מְאֹד שְׂבָרָא אֱלֹהֵינוּ. יִצְרָם בְּדַעַת בְּבִינָה וּבְהַשְׁפֵּל.  
כַּח וּגְבוּרָה נִתַּן בְּהֵם. לְהַיּוֹת מוֹשְׁלִים בְּקֶרֶב תִּבְלִ:  
מְלֵאִים זֵיו וּמְפִיקִים נוֹגֵה. נֶאֱהָ זֵיוֹם בְּכָל הָעוֹלָם.  
שִׂמְחִים בְּצִאתָם וְשָׂשִׂים בְּבוֹאָם. עֲשִׂים בְּאֵימָה רָצוֹן קוֹנָם:  
פָּאָר וְכָבוֹד נוֹתְנִים לְשִׁמּוֹ. צִהְלָה וְרִנָּה לְזִכְרֵ מַלְכוּתוֹ.  
קָרָא לְשִׁמְשׁ וַיִּזְרַח אֹר. רָאָה וְהִתְקִין צוּרֵת הַלְבָנָה.  
שָׁבַח נוֹתְנִים לוֹ כָּל צְבָא מְרוֹם.  
תַּפְאֶרֶת וּגְדֻלָּה שְׂרָפִים וְאוֹפָנִים וְחַיּוֹת הַקֶּדֶשׁ:

{א} El adon al kol hama'asim.  
{ב} Baruch um'vorach befi kol neshama.  
{ג} Godlo ve'tuvo lefnei (maleh) olam,  
{ד} da'at u'tvuna sovevim hodo (oto).  
{ה} Hamitgaeh al chayot hakodesh,  
{ו} venedar bechavod al hemerkavah.  
{ז} Zechut umishor lifnei kiso,  
{ח} chesed ve'rachamim lifnei kvodo.  
{ט} Tovim meorot shebara eloheinu,  
{י} yetzaram beda'at, bevinah uvhaskel.  
{כ} Koach u'gvurah natan bahem,  
{ל} lihiyot moshlim bekerev tevel.  
{מ} Mele'eim ziv, umfikim noga.  
{נ} Naeh zivam bechol haalam.  
{ס} Semechim betzetam, vesasim bevoam,  
{ע} osim be'eimah retzon konam.  
{פ} Pe'er ve'chabod notnim lishmo.  
{צ} Tsoholah verinah lezecher malchuto.  
{ק} Karah le'shemesh vayizrach or,  
{ר} ra'ah vehitkin tzurat halvanah.  
{ש} Shevach notnim lo kol tzevah marom.  
{ת} Tiferet u'gedulah serafim ve'ofanim  
ve'chayot hakodesh.

{א} A gentle Lord of all that is  
{ב} Blessed and loved by each soul alive.  
{ג} Great and good You fill all space.  
{ד} Delight there is in knowing You.  
{ה} How You transcend all holy life  
{ו} Which bears You high above any throne  
{ז} Zekhut and equity radiate from You  
{ח} Hesed and compassion the worlds reflect.  
{ט} The stars and the planets You made to give  
light  
{י} You formed them all conscious, all worthy and  
wise  
{כ} Knowledge and power You gave them to shine  
{ל} Like powerful assistants they serve You in  
space.  
{מ} Much light and energy they radiate forth  
{נ} No place is untouched by their gentle rays  
{ס} So joyful their path is, so happy their course  
{ע} En route to fulfill their Creator's command.  
{פ} Praising Your glory, they honor Your name  
{צ} Singing Your Majesty's anthem of joy.  
{ק} Quietly suns shine to answer Your call  
{ר} Reflections of moonlight change size at Your  
word.  
{ש} Seraphim, angels, and all heavenly hosts  
{ת} They praise You in concert with Sfirot on high

## IT'S PARSHA TIME WITH MOREH JACK!



Let's turn to Cantor Gaby for Shema/V'ahavta!

### **Shema - שְׁמַע**

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד -

*Sh'ma Yis'ra'eil Adonai Eloheinu Adonai echad.  
(Barukh sheim k'vod malkhuto l'olam va'ed.)*

Hear, O Israel: the Lord our God, the Lord is One. (Deuteronomy 6:4)  
(Blessed be His name, whose glorious kingdom is for ever and ever.)

### **WHO KNOWS THE HAND MOTIONS?!**

### **V'ahavta - וְאַהֲבַתְּ**

וְאַהֲבַתְּ אֶת ה' אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם עַל לִבְבְּךָ: וְשָׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ  
וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקִשְׁרָתָם לְאוֹת עַל יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:  
וְכִתְבָתָם עַל מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

*V'ahav'ta eit Adonai Elohekha b'khol l'vav'kha uv'khol naf'sh'kha uv'khol m'odekha. V'hayu had'varim ha'eileh asher anokhi m'tzav'kha hayom al l'vavekha. V'shinan'tam l'vanekha v'dibar'ta bam b'shiv't'kha b'veitekha uv'lekh't'kha vaderekh uv'shakh'b'kha uv'kumekha Uk'shar'tam l'ot al yadekha v'hayu l'totafot bein einekha. Ukh'tav'tam al m'zuzot beitekha uvish'arekha.*

And you shalt love the Lord your God with all your heart, and with all your soul, and with all your might. And these words, which I command you today, shall be upon your heart: and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 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 upon the doorposts of your house, and upon your gates. (Deuteronomy 6:5-9)

**Let's take a moment of silence in place of the Amidah, just to reflect. Take a moment to breathe and be with yourself and your family, and remember that we are all connected, individual links in a larger chain. We are part of something bigger than ourselves and our community too. We can connect to others in different ways than we ever expected and we are capable of more than we know.**

**What are the blessings in your life today?  
Think about them with words, and then just feel them.**

**We will come back together for Aleinu with Gaby  
and then Oseh Shalom with Jack!**

## עלינו - Aleinu

עלינו לשבח לאדון הכל. לתת גדלה ליוצר בראשית. שלא עשנו כגויי הארצות. ולא שמנו כמשפחות האדמה. שלא שם חלקנו כהם וגורלנו ככל המונם: שהם משתחוים להבל וריק ומתפללים אל אל לא יושיע: ואנחנו כורעים ומשתחוים ומודים לפני מלך מלכי המלכים הקדוש ברוך הוא: שהוא נוטה שמים ויוסד ארץ. ומושב יקרו בשמים ממעל. ושכינת עזו בגבהי מרומים: הוא אלהינו אין עוד. אמת מלכנו. אפס זולתו. כפתוב בתורתו. וידעת היום והשבת אל לבבך. כי ה' הוא האלהים בשמים ממעל ועל הארץ מתחת. אין עוד כפתוב בתורתך. ה' ימלך לעולם ועד: ונאמר. והיה ה' למלך על כל הארץ. ביום ההוא יהיה ה' אחד ושמו אחד

*Aleinu leshabeach la-Adon haKol, laTet g'dulah l'yotzer b'reshit. She'lo asanu k'goyei haAratzot, ve'lo samanu k'mishpachot haAdama. She'lo sam chelkeinu kahem veGoraleinu k'chol hamonam. VaAnachnu korim uMistachavim uModim. Lifnei Melech Malchei haM'lachim haKadosh Baruch Hu. She hu note shamaim veYosed aretz uMoshav yekarov bashamaim mima'al. Ush'chinat uzo b'govhei m'romim. Hu Eloheinu ein od emet Malkenu efes zulato. KaKatuv B'Torato v'yadata hayom vahashevotah el levav'cha. Ki Adonai Hu HaElohim BaShamaim MiMaal VeAlHaaretz Mitachat Ein Od... Vene'emar: vehayah adonai lemelech al kol ha'aretz, bayom hahu yiheyeh adonai echad u'shemo echad.*

It is our duty to praise the Lord of all things, to ascribe greatness to him who formed the world in the beginning, since he hath not made us like the nations of other lands, and hath not placed us like other families of the earth, since he hath not assigned unto us a portion as unto them, nor a lot as unto all their multitude. For we bend the knee and offer worship and thanks before the supreme King of kings, the Holy One, blessed be he, who stretched forth the heavens and laid the foundations of the earth, the seat of whose glory is in the heavens above, and the abode of whose might is in the loftiest heights. He is our God; there is none else an truth he is our King; there is none besides him; as it is written in his Law, And thou shalt know this day, and lay it to thine heart, that the Lord he is God in heaven above and upon the earth beneath: there is none else... And it is said, And the Lord shall be king over all the earth: in that day shall the Lord be One, and his name One.

**Big thanks to Gaby! Let's end with Jack with Oseh Shalom!**

**עושה שלום - Oseh Shalom**

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ.  
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן

*Oseh shalom bimromav  
Hu ya'aseh shalom aleinu  
V'al kol Yisrael  
V'imru: amen.*

May the one who creates peace on high bring peace to us and to all Israel. And we say: Amen.

***Todah Rabah v'Lihitraot!***  
**Thank You & See You Soon!**