

Welcome and Opening

Beginnings

We begin our service with a niggun, a melody without words that is sung.

Leader: We join together today, to acknowledge that within ourselves there is something deep inside that moves us towards one another; for comfort, support, sharing and solace. Many of us move through our days separate from one another, but at this moment we have chosen to meet at a common juncture; our paths cross. This moment is a blessing for each of us.

Together: Each of us enters the act of praying from a different path. Some of us walk in reluctantly, alienated from a tradition, a text, a language that never seemed to be about us. Some of us creep in with our heads bowed, uncertain, insecure, unsure about a tradition, a text, a language we don't understand. Some of us breeze in, comfortable with warm nostalgic memories of a grandfather or grandmother who kept us warm.

Leader: Prayer puts into words my fears and my hopes. Prayer is a poetic reminder of where I want my soul to live. It reflects the yearnings of my deepest desires. It asks me to turn past myself for help and support. It is a metaphor of the thoughts I might not otherwise express. I pray to engage in conversation and communion with God, to connect with the world of the spirit. I pray for courage, strength, understanding, and generosity of spirit. I pray for quiet and peace in my soul.

Rabbi Karyn Kedar - *God Whispers*



LIGHT THESE LIGHTS (Oh Hear my Prayer): Debbie Friedman

Oh hear my prayer
I sing to You.
Be gracious to the ones I love
And bless them with goodness and mercy and peace
Oh hear my prayer to You.

Let us light these lights and see the way to You.
And let us say Amen.

קַבְּלַת פָּנִים

KABBALAT PANIM — WELCOMING

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

BARUCH¹atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

For Kabbalat Shabbat, turn to page 130.

Shabbat Candle Blessing—The mitzvah of kindling Shabbat lights in the home is an early rabbinic practice (*M. Shabbat 2:1ff.*) The Shabbat candle blessing is first recorded in the ninth-century prayerbook, *Seder Rav Amram*. Lighting Shabbat candles as part of the synagogue service is an innovation of Reform Judaism.

מזמור צ"ה-צ"ט, כ"ט
לכה דודי
מזמור צ"ב-צ"ג
שלום עליכם

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

SHALOM aleichem, malachei hashareit,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בְּרָכוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Bless me with peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

For Shabbat Evening I, turn to pages 144-145.
For Shabbat Evening II, turn to page 263.

שְׁלוֹם עֲלֵיכֶם Shalom Aleichem — A 17th century Shabbat table-song (זמירה z'mirah), probably composed under the influence of Lurianic Kabbalah, alludes to Shabbat 119b, which states that two angels accompany each person home from the synagogue as Shabbat begins.

...God is known
not alone
but in relationship.
Not as a separate, lonely power
but through our kinship, our
friendship,
through our healing and binding
and raising up of each other.
To know God is to know others
to love God is to love others,
to hear God is to hear others.
I seek God in connection,
in the nexus of community.
I pray and celebrate the betweenness
which binds and holds us together.

Excerpts taken from *Betweenness*, Rabbi H.M. Schulweis

Please rise

שְׁמַע וּבְרָכוּתֶיהָ

SH'MA UVIRCHOTEHA — SH'MA AND ITS BLESSINGS

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

I'olam va-ed!

בְּרַכּוּ אֶת יְיָ הַמְבָרָךְ!
בְּרוּךְ יְיָ הַמְבָרָךְ
לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!
Praised be Adonai to whom praise is due,
now and forever!

prayer before Sh'ma

Listen!

Because I know you will hear
As I praise You,
As I wonder at this season
That you have brought,
Beginning, even here, to send its
Warmth of renewal over cold earth.

Listen!

Because I know You will hear me
As I fear this unknown I must enter,
Surrendering myself and my mastery,
If only for a little while.

Listen!

Because I know You are there,
Warming me,
Renewing me,
Bringing me through this time
Into a place of health and vigor.

Open up our eyes, teach us how to live,
Fill our hearts with joy and all the love You have to give
Gather us in peace as You lead us to Your Name
And we will know that You are One. We will know that You are One.

שמע ישראל: יהוה אלהינו, יהוה אחד!

Sh'ma Yis-ra-el: Adonai Eh-lo-hei-nu, Adonai Eh-chod!

ברוך שם כבוד מלכותו לעולם ועד!

Ba-ruch shem k'vod mal-chu-to l'o-lam va-ed!

Be seated

*So you shall love what is holy
with all your courage, with all your passion,
with all your strength..
Let the words that have come down
shine in our words and our actions.
We must teach our children
to know and understand them.
We must speak about what is good and holy
within our homes,
when we are working, when we are at play,
when we lie down, and when we get up.
Let the work of your hands speak them,
let your eyes shine and see with their knowledge.
Let them run in your blood
and glow from your doors and windows.
We should love ourselves, for we are of God.
We should love our neighbors as ourselves.
We should love the stranger,
for we were once strangers in the land of Egypt
and have been strangers in all the lands
of the world since.*

*Let love fill our hearts with its clear precious water
for all living with whom we share the water of life.
Heaven and earth observe how we cherish
or spoil our world.*

*Heaven and earth watch whether
we choose life or choose death.
We must choose life so that we
and our children's children may live.
We must love the source of being and the power of life.
Be quiet and listen to the still small voice within
that speaks in love.
Open to it, hear it, heed it and work for life.
Let us remember and strive to be good.
Let us remember to find what is holy within and without. (Marge Piercy)*



♫ THE JOURNEY SONG

Where does the journey begin
Where will we go
Hours pass, the answers might change
As we keep moving along

Stand at the shores of the sea
Fearful, we want to turn back
The sea parts, our eyes fill with wonder
As we go along on our journey

Where does the journey begin
Where will we go
Days pass, the answers can change
As we keep moving along

Stepping into the unknown
Hear the echo of Miriam's song
We awaken, retelling our stories
As we go along on our journey

Where does the journey begin
Where will we go
Years pass, the answers have changed
As we keep moving along

Cross the sea, it's the time
To sing a song, we are free
Dance with your timbrel in hand
There's no turning back from this journey

mi chamodha

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh,

nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,

bokei-a yam lifnei Moshe uMiryam.

Zeh Eli, anu v'amru,

Adonai yimloch l'olam va-ed!

מִי־כְמוֹכָה בָּאֱלִים, יְיָ!

מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ,

נֹרָא תְהִלָּתְךָ, עֲשֵׂה פֶלֶא!

מַלְכוּתְךָ רָאוּ בְנֵי־יִשְׂרָאֵל,

בִּזְקַע יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.

זֶה אֱלֹהֵינוּ וְנֹאמְרוּ,

יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

WHO IS LIKE YOU, O God,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, working wonders?

Your children witnessed Your sovereignty,
the sea splitting before Moses and Miriam.
"This is our God!" they cried.
"Adonai will reign forever and ever!"

✓ Before The Tefillah

Meditation

O My God
My soul's compassion
My heart's precious friend
I turn to You.
I need to close out the noise
To rise above the noise
The noise that interrupts---
The noise that separates---
The noise that isolates.
I need to hear You again.
In the silence of my innermost being.
In the fragments of my yearned-for wholeness,
I hear whispers of Your presence—
Echoes of the past when You were with me
When I felt Your nearness
When together we walked—
When you held me close, embraced me in Your love,
laughted with me in my joy.
I yearn to hear You again.

In Your oneness, I find Healing.
In the promise of Your love, I am soothed.
In Your wholeness, I too can become whole again.

Please listen to my call—
 help me find the words
 help me find the strength within
 help me shape my mouth, my voice, my heart
so that I can direct my spirit and find You in prayer
in words only my heart can speak
In songs only my soul can sing
Lifting my eyes and heart to You.
Adonai S'fatai Tiftach---open my lips, precious God,
so that I can speak with You again.

(Rabbi Sheldon Zimmerman)

תפלה

T'FILAH

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

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

ADONAI, open up my lips,
that my mouth may declare Your praise.

"Please rise"

BARUCH atah, Adonai, Eloheinu
v'Elohei avoteinu v'imoteinu, Elohei
Avraham, Elohei Yitzchak v'Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v'Elohei Leah. Ha-El hagadol
hagibor v'hanora, El elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir
chasdei avot v'imahot, umeivi g'ulah
liv'nei v'neihem l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH — Zochreinu l'chayim,
Melech chafeitz bachayim,
v'chotveinu b'sefer hachayim,
l'maancha Elohim chayim.

Melech ozeir umoshia umagein.
Baruch atah, Adonai,
magein Avraham v'eizat Sarah.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל
חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, זוֹכֵר
חֲסֵדֵי אֲבוֹת וְאִמּוֹת, וְמַבִּיא גְּאֻלָּה
לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

*SHABBAT SHUVAH — זָכְרֵנוּ לְחַיִּים,
מֶלֶךְ חַפֵּץ בְּחַיִּים,
וְזוֹכֵרֵנוּ בְּסֵפֶר הַחַיִּים,
לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בָּרוּךְ אַתָּה, יְיָ,
מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה.

SOURCE OF ALL BEING, we turn to You as did our people in ancient days.
They beheld you in the heavens, they felt You in their hearts,
they sought You in their lives. Their quest is ours.

Help us to see the wonder of being.

Give us the courage to search for truth.

Teach us the path to a better life.

So shall we, by our lives and our labors,

bring nearer the world we envision,

one of justice, freedom and peace.

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
and inscribe us in the Book of Life for Your sake, Living God.

ATAH gibor l'olam, Adonai,
m'chayeh hakol (meitim) atah,
rav l'hoshia.

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,
רַב לְהוֹשִׁיעַ.

*WINTER — Mashiv haruach umorid hagashem.

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

*SUMMER — Morid hatal.

מוריד חטל. — SUMMER*

M'chalkeil chayim b'chesed,
m'chayeh hakol (meitim)
b'rachamim rabim, someich noflim,
v'rofei cholim, umatir asurim,
um'kaycim emunato lisheinei afar.
Mi chamoach baal g'vurot
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמָה לָךְ, מֶלֶךְ מָמִית
וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

V'ne-eman atah l'hachayot hakol (meitim).
Baruch atah, Adonai,
m'chayeh hakol (hameitim).

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).
בָּרוּךְ אַתָּה, יְיָ,
מְחַיֶּה הַכֹּל (הַמֵּתִים).

YOU ARE the Open Door
that beckons me in;
peeking around the door frame,
I begin to enter into Your glory.
You move me forward, O Eternal,
to step beyond self-made boundaries:
lift my foot over the threshold
that I might abide with You.
In the house of the Eternal,

ATAH kadosh v'shimcha kadosh
uk'doshim b'chol yom
y'hal'lucha, selah.*
Baruch atah Adonai, Ha-El hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכָל יוֹם
יְחַלְלֶיךָ סֵלָה.*
בָּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

YOU ARE HOLY, Your Name is holy,
and those who are holy praise You every day.*
Blessed are You, Adonai, the Holy God.
בָּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.
Baruch atah, Adonai, Ha-El hakadosh.

You may be seated

SHALOM from Tangents by Rabbi Rami Shapiro

Peace, shalom

is not

the absence of difficulties

but

the handling of difficulties

without loss of balance.

Shalom is not the absence of tension

but the acceptance of it as part of the Way.

Shalom is not the absence of war

but the careful waging of war

without losing one's balance.

Shalom, is not passive non-violence,

but active confrontation with truth.

Shalom is the ability to see the grain of life

and act in accord with it;

to discover that effortless effort,

action in tune with the Way of the universe,

is the secret of both peace and power.

SHALOM RAV al Yisrael amcha

tasim l'olam,

ki atah hu Melech Adon

l'chol hashalom.

V'tov b'einecha l'vareich

et amcha Yisrael

b'chol eir uv'chol shaah bish'lomecha.

SHABBAT SHUVAH — B'sefer chayim,

b'rachah, v'shalom, ufarnasah tovah,

nizacheir v'nikateiv l'fanecha,

anachnu v'chol amcha beit Yisrael,

l'chayim tovim ul'shalom.

Baruch atah, Adonai, oseih hashalom.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ

תְּנִשִּׁים לְעוֹלָם,

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן

לְכָל הַשְׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

SHABBAT SHUVAH — בְּסֵפֶר חַיִּים,

בְּרָכָה וְשָׁלוֹם וּפִרְנָסָה טוֹבָה,

נִזְכָּר וְנִקְטָב לְפָנֶיךָ,

אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,

לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

בָּרוּךְ אַתָּה, יְיָ, עוֹשֵׂה הַשְׁלוֹם.

בָּרוּךְ אַתָּה, יְיָ,

הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

שְׁלוֹם

Shalom

GRANT US PEACE, Your most precious gift, O Eternal Source of peace.

And give us the will to proclaim its message to all the peoples of the earth.

Bless our country as a safeguard of peace, its advocate among the nations.

May contentment reign within our borders, health and happiness within our homes.

Strengthen the bonds of friendship and fellowship

among all the inhabitants of our world.

Plant virtue in every soul,

and may the love of Your Name hallow every home and every heart.

Praised are You, Adonai, who blesses Your people with peace.

1

COURAGE

Adonai, bless me with courage

Help me gain strength from You

Life has a way of handing us surprises

that take an amazing amount of courage to overcome

Create in me a clear and steady focus

a heart that is filled with the awareness that

Adonai is with me

on the sunniest day and on the darkest night

I will be whatever life demands of me

Courage is my knowledge of You.

בָּרוּךְ אַתָּה יי, שׁוֹמֵעַ תְּפִלָּה.

Baruch atah Adonai, sho-mei-a t'fi-lah.

Praise be the Eternal One,

who hearkens to prayer.

Rabbi Chaim Stern

2.

What We Can Pray For

We can't ask for lives free of problems...We can't ask God to make us and those we love immune to disease...We can't ask God to weave a magic spell around us so that bad things will happen only to other people, and never to us...But people who pray for courage, for strength to bear the unbearable, for the grace to remember what they have left instead of what they have lost, very often find their prayers answered. They discover that they have more strength, more courage than they ever knew themselves to have.

We cannot escape suffering, but we may find God in spite of it, and even within it.

3.

Grant Me The Ability To Be Alone

Master of the universe, grant me the ability to be alone:

May it be my custom to go outdoors each day,
among the trees and grasses, among all
growing things, there to be alone and enter into prayer.
There may I express all that is in my heart,
talking with You, to whom I belong.
And may all grasses, trees and plants
awake at my coming.
Send the power of their life into my prayer,
making whole my heart and my speech
through the life and spirit of growing things,
made whole by their transcendent Source.

Rabbi Nachman of Bratslav



OSEH SHALOM

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kol Yis-ra-eil, v'im-ru: A-mein.

May the One who causes peace to reign in the high heaven let peace descend on us,
on all Israel, and all the world.

Prayers for Healing

Leader: As we continue the service a basket will be passed around. This basket contains the thought or wish each of you wrote down earlier. We ask you to take one and we will read them before the Mi Shebeirach is sung.

Responsive Reading:

Reader: When Miriam was sick her brother Moses prayed: "O God, heal her please!"

We pray for those who are now ill. Source of life we pray:

Together: Heal them

Reader: We pray for all to be whole in body and spirit

Together: Bless them

Reader: Grant courage to those whose bodies, holy proof of your creative goodness are violated by illness or pain

Together: Encourage them

Reader: Grant strength and compassion to families and friends who give their loving care and support and help to overcome despair.

Together: Strengthen them

Reader: Grant wisdom to those who probe the deepest complexities of Your world as they labor in search of treatments and cures.

Together: Inspire them

Reader: Grant clarity of vision and strength of purpose to the leaders of our institutions and our government. May they be moved to act with justice and compassion and find the courage to overcome hatred and fear.

Together: Guide them

Reader: Grant insight to us, that we may understand that whenever death comes we must accept it but that before it comes, we must resist it, by cherishing life and by making our life worthy as long as we live.

Together: Bless and heal us all.

MI SHEBEIRACH (Debbie Friedman and Dvora Setel)(SING 2X)

מִי שֶׁבִּירַח אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

Mi she-bei-rach a-vo-tei-nu
M'-kor ha-b'-ra-cha l'-i-mo-tei-nu
May the source of strength who blessed the ones before us
Help us find the courage to make our lives a blessing
And let us say: Amen.

מִי שֶׁבִּירַח אֲמוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi she-bei-rach i-mo-tei-nu
M'-kor ha-b'-ra'cha la-vo-tei-nu
Bless those in need of healing with r'-fu-a sh'-lei-ma
The renewal of body, the renewal of spirit
And let us say: Amen.

Prayer for Those Who Help

May the One who blessed our forbearers be present to those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair, and continue to find within themselves the will to reach out to those in need. And in their love of others, may then know the blessing of community, and the blessing of renewed faith.

The light of God surrounds me.

The love of God enfolds me.

The power of God protects me.

The presence of God watches over me.

Wherever I am - God is.

And all is as it should be.

MOURNER'S KADDISH

NO MATTER WHAT WE HAVE LOST IN OUR LIVES, THERE IS ALWAYS SOMETHING THAT SURVIVES TO START OVER WITH. THERE IS ALWAYS SOME SHARD, SOME SHRED OF HOPE, SOME WAY TO BEGIN AGAIN. LIFE IS FRAGILE AND UNPREDICTABLE, IT DOES NOT ALWAYS GO THE WAY WE'D LIKE IT TO GO. WE ONLY HAVE TO LOOK AS FAR AS OUR OWN LIVES TO KNOW THAT THIS IS TRUE. ALL THAT WE OWN CAN BE TAKEN AWAY IN AN INSTANT. BUT WE HAVE THE POWER TO START OVER, TO TRUST AGAIN, AND TO REBUILD, TO CARRY OUR FAITH IN OUR HEARTS WHEREVER OUR JOURNEY TAKES US. NAOMI LEVY, BEGIN AGAIN

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָּהּ,
וְיִמְלִיךְ מַלְכוּתָּהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֶנְיָא וּבְזַמַּן קָרִיב וְאִמְרוּ אָמֵן :
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא :
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל
בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחֶתָּא וְנַחֲמֶתָּא, דְּאִמְרִינוּ בְּעֶלְמָא,
וְאִמְרוּ אָמֵן :
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן :
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל
יוֹשְׁבֵי תֵבֶל, וְאִמְרוּ אָמֵן :

yit-ga-dal veyit-ka-dash shemeh ra-ba beal-ma dee-vera chi-reu-teh veyam-leeche mal-chu-teh becha-yei-chon u-veyo-
mei-chon u-vecha-yei dechal belt Yis-ra-el ba-a-ga-la u-viz-man ka-reev, veim-ru: a-men yehe shemeh ra-ba meva-
rach lea-lam u-leal-mei al-ma-ya yit-ba-rach Yeyish-ta-bach veyit-pa-ar veyit-ro-mam veyit-na-se veyit-ha-dar veyit-
ha-lal shemeh dekud-sha, bereech hu, lee-la min kol bir-cha-ta yesbec-fa-tn. tush-becha-ta veneh-che-ma-ta da.a-mee-
ran beat-ma,-veim-ru: a-men

yehe shela-ma ra-ba min shema-ya vecha-yim a-lei-nu veal kol Yis-ra-el, veim-ru: a-men

o-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu veal kol Yis-ra-el. veal koi yosh-vei te-vel veim-ru: a-men

PLEASE BE SEATED

Unending Love

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 lift 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 touched by an unending love.
Embraced, touched, soothed, and counseled
ours are the arms, the fingers, the voices;
ours are the eyes, the smiles
We are loved by an unending love.
Blessed are you, Adonai, who loves your people Israel.

Rabbi Rami Shapiro

T'filat Haderech

May we be blessed as we go on our way!
May we be guided in peace!
May we be blessed with health and joy!
May this be our blessing, Amen.

May we be sheltered by the wings of peace!
May we be kept in safety and in love!
May grace and compassion find their way to every soul.
May this be our blessing, Amen.