Opening Song

Ozi v'zimrat Yah

Ozi v'zimrat Yah, vay'hi li lishuah (repeat)

Translation: My Strength (balanced) with the Song of God will be my salvation

By Shefa Gold

Opening

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.

Opening

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.

Opening

Leader:

Prayer puts into words my fears and 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.

Candle Blessing – Page 120 / 2

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

BARUCH atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat. בְּרוּדָ אַתָּה, יְיָ אֶלֹהֵינוּ, מֶלֶדְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו, וְצָוְנוּ 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.

Shalom Aleichem – Page 142 / 24

SHALOM aleichem, malachei hashareit, malachei elyon, mimelech malchei ham'lachim, HaKadosh Baruch Hu.

Bo-achem l'shalom, malachei hashalom, malachei elyon, mimelech malchei ham'lachim, HaKadosh Baruch Hu.

Bar'chuni l'shalom, malachei hashalom, malachei elyon, mimelech malchei ham'lachim, HaKadosh Baruch Hu.

Tzeit'chem l'shalom, malachei hashalom, malachei elyon,

mimelech malchei ham'lachim,

HaKadosh Baruch Hu.

עַלּו**ּם** עַלִיכֶם, מַלְאֲבֵי הַשָּׁרֵת, מַלְאֲבֵי עֶלְיוֹן, מִמֶּלֶדְ מַלְבֵי הַמְּלָכִים, הַקָּדוֹש בָּרוּדְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן, מִמֶּלֶדְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹש בָּרוּדְ הוּא.

בָּרְכְוּנִי לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן, מִמֶּלֶדְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּדְ הוּא.

צַאתְכָם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן, מִמֶּלֶדְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹש בָּרוּדְ הוּא.

- 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 hold us together.

Excerpts taken from Betweenness, Rabbi H.M. Schulweis

PLEASE RISE Barchu – Page 146 / 28

BAR'CHU et Adonai ham'vorach! Baruch Adonai ham'vorach l'olam va-ed! **בְּרְכוּ** אֶת יְיָ הַמְבֹרָדְיִ בְּרוּדְ יְיָ הַמְבֹרָדְ לְעוֹלָם וָעֶדי

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.

Shema – Page 152 / 34



שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָדי

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad! Hear, O Israel, Adonai is our God, Adonai is One!

בָּרוּדְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed. Blessed is God's glorious majesty forever and ever. 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.

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 Chamochah – Page 158 / 40

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־כָּמְׂכָה בָּאֵלִם, יְיָי מִי כָּמְכָה נֶאְדָר בַּקּוֹדֶשׁ, נוֹרָא תְהַלֹת, עְשֵׁה כֶּלֶאי

מַלְכוּתְדָ רָאוּ בָנֶידָּ, בּוֹקַעַ יָם לִפְנֵי משֶׁה וּמִרְיָם. זֶה אֵלִי, עָנוּ וְאָמְרוּ, יְיָ יִמְלֹדְ לְעֹלָם וָעֶדי

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!"

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, laughed 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 our 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.

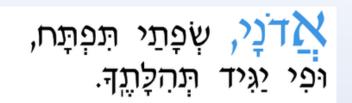
Adonai S'fatai Tiftach — open my lips, precious God, so that I can speak with You again.

(Rabbi Sheldon Zimmerman)

Avot v'imahot – Page 164/46

ADONAI, s'fatai tiftach,

ufi yagid t'hilatecha.



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

Avot v'imahot – Page 166/48

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.

Melech ozeir umoshia umagen. Baruch atah, Adonai, magein Avraham v'ezrat Sarah. רוּדָ אַתָּה, יְיָ אֶלֹהֵינוּ וַאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי וִצְחָק וֵאלֹהֵי יַעֲקֹב, אֶלֹהֵי שָׁרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רְחֵל וֵאלֹהֵי לֵאָה. הָאֵל הַנְּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חַסְדִים טוֹבִים וְקוֹנֵה הַכּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמָּהוֹת, וּמֵבִיא גְּאֵלָה לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

> מֶלֶדְ עוֹזֵר וּמוֹשִׁיעַ וּמָגַן. בַּרוּדְ אַתָּה, יְיָ, מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה.

Page 168 / 50

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

> *WINTER — Mashiv haruach umorid hagashem. *SUMMER — Morid hatal.

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

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

, אָדנָי, אָדנָי, אָדנָי, אָדנָי, מחיה הַכֹּל (מֵתִים) אַתַּה, רֵב לְהוֹשֵׁיעַ. . שַּׁשִׁיב הָרִוּחַ וּמוֹרִיד הַגָּשֶׁם. WINTER* Summer* – מוריד הטל. מְכַלְכֵּל חַיִּים בְּחֵסֶד, מחיה הכל (מתים) בְּרַחֵמִים רַבִּים, סוֹמֵדְ נוֹפִלִים, וָרוֹפֵא חוֹלִים, וּמַתּיר אָסוּרִים, וּמִקַיָּם אֱמוּנַתוֹ לִישֶׁנֵי עַפָר. מִי כַמִוּך בַּעַל גָּבוּרוֹת וּמִי דְּוֹמֵה לַדְּ, מֵלֵדְ מֵמִית וּמִחַיֶּה וּמַצְמִיחַ ישוּעָה.

וְנֶאֶמָן אַתָּה לְהַחֵיוֹת הַכּּל (מֵתִים). בָּרוּדְ אַתָּה, יְיָ, מְחַיֵּה הַכּל (הַמֵּתִים).

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ATAH kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha, selah.*

Baruch atah Adonai, Ha-El hakadosh.

אַ**תָּה** קָדוֹשׁ וְשִׁמְדָ קָדוֹשׁ וּקְדוֹשִׁים בְּכָל יוֹם יְהַלְלוּדָ פֶּלָה.* בָּרוּדָ אַתָּה, יָיָ, 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. בַרוּדָ אַתָּה, יָיָ, הָאֵל הַקָּדוֹשׁ. Baruch atah, Adonai, Ha-El hakadosh.

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 – Page 178 / 60

Baruch atah, Adonai, הַמְבָרֵדְ אֵתָּה, יְיָ, ham'vareich et amo Yisrael bashalom. הַמְבָרֵדְ אֵת עַמּוֹ יִשְׂרָאֵל בַּשָׁלוֹם.	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 eit uv'chol shaah bishlomecha.	עָשָׁלום רָב עַל יִשְׂרָאַל עַמְדָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶדְ אָדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶידְ לְבָרֵדְ אֶת עַמְדְ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בִּשְׁלוֹמֶךָ.
		בָּרוּדְ אַתָּה, יְיָ

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

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. *Baruch atah Adonai, sho-mei-a t'fi-lah.* Praise be the Eternal One, who hearkens to prayer.

Rabbi Chaim Stern

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.

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

Oseh shalom bimromav,

hu yaaseh shalom aleinu

v'al kol Yisrael, v'imru: Amen.

עשָׁה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us and on all Israel, and let us say: Amen.

PRAYERS FOR HEALING

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:

Heal them

We pray for all to be whole in body and spirit

Bless them

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

Encourage them

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

Strengthen them

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

Inspire them

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.

Guide them

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.

Bless and heal us all.

Mi Shebeirach – Page 371 / 253

Mi shebeirach avoteinu M'kor hab'racha l'imoteinu 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.

Mi shebeirach imoteinu M'kor habrachah l'avoteinu

Bless those in need of healing with r'fuah sh'leimah, 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

Mourner's Kaddish – Page 598 / 294

YITGADAL v'yitkadash sh'mei raba. B'alma di v'ra chirutei. v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, baagala uvizman kariv. V'im'ru: Amen. Y'hei sh'mei raba m'yarach l'alam ul'almei almaya. Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei d'kudsha b'rich Hu, l'eila min kol birchata v'shirata, tushb'chata v'nechemata. daamiran b'alma. V'imru: Amen. Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: Amen. Oseh shalom bimromay, Hu yaaseh shalom aleinu, v'al kol Yisrael, V'imru: Amen.

יתגדל ויתקדש שְׁמֵה רַבָּא. בּעַלִמַא דִּי בְרַא כְרָעוּתֵה, ויַמַלִידָ מַלְכוּתָה, בחייכון וביומיכון וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, ַבַּעַגַלָא וּבִזְמַן קָרִיב. וְאִמְרוּ: אָמֵן. יהא שְׁמֵהּ רַבַּא מִבַרַדְ לְעַלָם וּלְעַלְמֵי עַלְמַיָּא. יתברה וישתבח, ויתפאר ויתרומם ויתנשא, ויתהדר ויתעלה ויתהלל שמה דקדשא בריד הוא, לְעֵלָא מִן כָּל בִּרְכָתָא וִשִׁירַתַא, תשבחתא ונחמתא, דַאַמִירַן בְּעַלִמַא. וָאָמִרוּ: אַמֵן. יָהֵא שְׁלַמַא רַבַּא מָן שְׁמַיָּא, וחיים עלינו ועל כל ישראל. ואמרו: אמן. עשה שלום במרומיו, הוא יעשה שלום עלינו. ועל כַּל יִשְׂרָאֵל. וְאִמְרוּ: אַמֵן.

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.

Closing Song – Dayeinu

Chorus:

Dai, dayeinu, dai dayeinu dai dayeinu, dayeinu dayeinu dayeinu. (2X's)

- 1. Ilu hotzi, hotzianu, hotzianu mimitzrayim, Hotzianu mimitzrayim, dayeinu (**Chorus**)
- 2. Ilu natan, natan lanu, natan lanu et haShabbat, Natan lanu et haShabbat Dayeinu (**Chorus**)
- 3. Ilu natan, natan lanu, natan lanu et haTorah, Natan lanu et haTorah Dayeinu (**Chorus**)

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- 1. If God had just led us out of Egypt, That would have been enough for us.
- 2. If God had just given us the Sabbath, That would have been enough for us.
- 3. If God had just given us the Torah, That would have been enough for us.