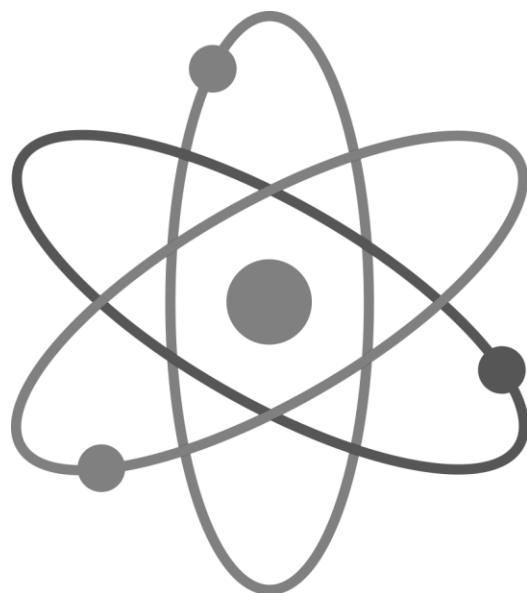


SHABBAT OF THE UNIVERSE



CREATED BY RABBI RUVVA ZACHES

CONGREGATION OR AMI
9400 HUGUENOT ROAD
RICHMOND, VA 23235

A DYNAMIC SACRED COMMUNITY GROUNDED IN REFORM JUDAISM

OPENING REFLECTION

Science is not only compatible with spirituality;
It is a profound source of spirituality.

(Carl Sagan)

KOL HANESHAMA

Ha-l'-lu! (12x)
Kol ha-n'-sha-ma t'-ha-leil yah.
Ha-l'-lu-yah!

הָלְלָיו!
כָל הַגְּשָׁמָה תְהִלֵּל יְהָ
הָלְלוּיָה!

Let all that breathes praise God. Hallelujah!

(Psalm 150)

ENGLISH READING

I am thankful for this life, this body, and this universe.
The more I learn about all of these things, the more I am in awe
Of the complexity and interconnectedness of all that exists.
As atoms and molecules come together
In such diverse and perfect combinations
To create this universe and all that is in it,
So too do we come together now
To create this sacred community and appreciate
Each diverse and complex individual within it.

(Rabbi Ahuva Zaches)

חֵן מֵה טֹב וְמֵה נָעֵם

Hi-nei mah tov u-mah na-im,
She-vet a-chim gam ya-chad.

חֵן מֵה טֹב וְמֵה נָעֵם
שְׁבַת אֶחָים גַם יַחַד.

How good and how pleasant it is when we all come together in unity.

(Psalms 133:1)

OUR CONNECTION TO THE STARS

The nitrogen in our DNA,
The calcium in our teeth,
The iron in our blood,
The carbon in our apple pies
Were made in the interiors of collapsing stars.
We are made of starstuff.

(Carl Sagan)

READING BEFORE CANDLE LIGHTING

All the stars are hidden
And the moon is dark tonight.
In the wide expanse of heaven,
North to south—
Not a ray of light.

Light a bright candle
In my heart's shadowed tent,
And through the wide expanse of heaven
The light will shine.

Where there is sadness, let us offer love;
Where there is fear, let us reach for hope.
On this Sabbath eve,
May we bring light to one another.

(Leah Goldberg)

CANDLE LIGHTING

Ba-ruch at-ah A-do-nai
Eh-lo-hei-nu me-lech ha-oh-lam,
Ah-sher kid-sha-nu b'-mitz-vo-tav
V'-tzi-va-nu l'-had-lik ner shel Sha-bat.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קָדַשְׁנוּ בְמִצְוֹתָיו וְצִוּנוּ
לְהַדְלִיק נֵר שֶׁל שְׁבָתָה.

*Blessed is Adonai, our God and Power of the Universe, who has given us the opportunity
to make our lives sacred through mitzvot, including the mitzvah of lighting the Shabbat candles.*

SIMCHA SHARING

(Anyone present can share exciting news or anything they are grateful for this week.)

SHEHECHYANU

Ba-ruch at-ah A-do-nai
Eh-lo-hei-nu me-lech ha-oh-lam,
She-heh-che-ya-nu v'-ki-y'-mah-nu
V'-hi-gi-ah-nu laz-man ha-zeh.

ברוך אתה ייְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהָחִינוּ וְקִימָנוּ
וְהִגִּיעָנוּ לַזָּמָן הַזֶּה.

Blessed is Adonai, our God and Power of the Universe, who has given us the gift of life, sustained us, and enabled us to reach this moment.

THE MAGNIFICENCE OF THE UNIVERSE

How is it that hardly any major religion has looked at science and concluded, “This is better than we thought! The Universe is much bigger than our prophets said, grander, more subtle, more elegant?”

Instead they say, “No, no, no! My god is a little god, and I want him to stay that way.” A religion, old or new, that stressed the magnificence of the Universe as revealed by modern science might be able to draw forth reserves of reverence and awe hardly tapped by the conventional faiths.

(Carl Sagan)

INTERPRETATION OF PSALM 118

There are more galaxies than I can imagine.
We are made from the same stuff as the stars.
What burns in me: a spark
From the fire that sustains all creation.
And when I say I love you, I mean
You expand my heart to encompass the universe.
Open the door of my heart:
I have feathered my nest with gratitude.
This is the door to who we really are.
Will you walk through?
Today is the only day there is.
Be glad with me.

(Rabbi Rachel Barenblat)

IN PRAISE: A MEDITATION ON GENESIS 1 AND 2

Hail the hand that scattered space with stars,
Wrapped whirling world in bright blue blanket, air,
Made worlds within worlds, elements in earth,
Souls within skins, every one a teeming universe,
Every tree a system of semantics, and pushed
Beyond probability to place consciousness
On this cooling crust of burning rock.

Oh praise that hand, mind, heart, soul, power or force
That so enclosed, separated, limited planets, trees, humans
Yet breaks all bounds and borders
To lavish on us light, love, life
This trembling glory.

(Ruth Brin)



EXERCISE IN HUMILITY

Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Our posturing, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.

(Carl Sagan)

בָּהַדָּדִי

Refrain

L'-chah do-di lik-rat ka-lah,
p'-nei sha-bat n'-ka-b'-lah.

לְכָה דֹזִי לְקַרְאַת בָּלָה,
פָנִי שְׁבָת נִקְבָּלָה.

Verse 1

Sha-mor v'-za-chor b'-di-bur e-chad,
Hish-mi-ah-nu el ha-m'-yu-chad,
A-do-nai e-chad, u-sh'-mo e-chad,
L'-sheim ul-tif-eh-ret v'-lit-hi-lah.

שְׁמֹר וְזָכֵר בְּדָבָר אֶחָד,
הַשְׁמִיעָנוּ אֶל הַמִּיחָד,
יְיָ אֶחָד וְשַׁמּוֹ אֶחָד,
לִשְׁם וְלִתְפָאָרָת וְלִתְהָלָה.

Verse 2

Lik-rat sha-bat l'-chu v'-neil-chah,
Ki hi m'-kor ha-b'-ra-chah,
Mei-rosh mi-keh-dem n'-su-chah,
Sof ma-ah-seh b'-ma-cha-sha-vah t'-chi-lah.

לְקַרְאַת שְׁבָת לְכָיו וּגְלָכָה,
כִּי הִיא מִקּוֹר הַבָּרָכָה,
מִרְאֵשׁ מִקְדָּם נִסּוּכָה,
סֹוףּ מַעֲשָׂה בִּמְחַשְּׁבָה תְּחִלָּה.

Verse 3

Hit-or'-ri, hit-or'-ri,
Ki va oh-reich, ku-mi oh-ri
U-ri u-ri, shir da-bei-ri;
K'-vod A-do-nai a-la-yich nig-lah.

הַתְעוּרֵי הַתְעוּרֵי,
כִּי בָא אָוֶרֶךְ קֹוְמֵי אָוֶרֶךְ,
עֹוְרֵי עֹוְרֵי שִׁיר דְבָרֵי,
כְבָוד יְיָ עַלְיֵךְ נְגָלָה.

Verse 4

Bo-i v'-sha-lom, ah-teh-ret ba'-lah;
Gam b'-sim-chah uv'-tzo-ho-lah
Toch eh-mu-nei am s'-gu-lah,
Bo-i cha-lah! Bo-i cha-lah!

בּוֹאֵי בְּשָׁלוּם עַטְרָת בָּעֵלָה,
גַם בְּשִׁמְחָה וּבְאַהֲלָה,
תֹזֵךְ אָמֵנֵי עַם סְגָלָה,
בּוֹאֵי בָּלָה, בּוֹאֵי בָּלָה.

Come, my beloved, with a chorus of praise. Welcome the Sabbath Bride, Queen of the days.

*“Keep and Remember” said in one single utterance. Adonai the One, made us hear:
One is the name of God, One is Adonai! Reflected in fame, in glory, and in praise!*

*To welcome the Sabbath, we joyously hurry; It is forever a fountain of blessing—
In God’s primordial planning, it came last of all days, But even then was the crown of creation.*

*Awake! Awake! The new light is shining! With that radiance, the world will glow;
Sing! For darkness is hidden by joyful praise.*

*Enter in peace, O Crown of Your husband; enter in gladness and in joy!
Come to the people that keeps its faith. Enter, O bride! Enter, O bride!*

UNDERLYING UNITY

Oneness is grounded in scientific reality.
We are made of the same stuff as all of creation.
Everything that is, was, or will be
Started off together as one infinitesimal point:
The cosmic seed.

Life has since branched out, but this should not blind us to its underlying unity.

Said the Neshkizer Rebbe:
To everyone one of us, creation comes as a new thing, again and again,
And so we are bound to acknowledge the Creator again and again.

BARECHU

Ba-r'-chu et A-do-nai ha-m'-vo-rach
Ba-ruch A-do-nai ha-m'-vo-rach
L'-oh-lam va-ed.

ברכוי אתה יי' המברך.
ברוך יי' המברך לעולם ועד.

*Blessed is the One who is to be blessed.
Blessed is the One who is to be blessed now and forever!*

THE DESIGN OF A BEING

Gravity explains the motions of the planets,
But it cannot explain who sets the planets in motion...

Blind metaphysical necessity,
Which is certainly the same always and everywhere,
Could produce no variety of things.
All that diversity of natural things
Which we find suited to different times and places
Could arise from nothing but
The ideas and will of a Being, necessarily existing.

(Isaac Newton)

GOD'S BLUEPRINT

Science is the slow revelation of God's blueprint.

(Hattie Gerst)

ONERESS

Oneness that exploded into cosmos,
 Spun the double helix
 Over eons of evolution,
Made all things beautiful in their time,
 Gave me intellect and initiative
 To envision Oneness:

A single chain of life
A single human family
And myself one part—
Responsible and responsive,
Member of a people
Who dreamed of Oneness,
Worked and suffered for its sake,
And still lives in service to that Unity:
This I honor. This I hold sacred.

SHEMA

Sh'-ma yis-ra-eil:
A-do-nai eh-lo-hei-nu,
A-do-nai e-chad.

שְׁמַע יִשְׂרָאֵל,
יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Ba-ruch sheim
K'-vod mal-chu-to
L'-oh-lam va-ed.

בָּרוּךְ שָׁם
כִּבְוד מֶלֶכְתָּנוּ
לְעוֹלָם וְעַד.

*Hear, O Israel: the Eternal One is our God, the Eternal One alone.
Blessed is God's glorious majesty forever and ever.*

V'-a-hav-ta eit A-do-nai eh-lo-he-cha
 B'-chol l'-vav'-cha uv'-chol naf-sh'-cha,
 Uv'-chol m'-oh-deh-cha.

V'-ha-yu ha-d'-va-rim ha-ei-leh
 A-sher A-no-chi m'-tzav-cha ha-yom
 Al l'-va-veh-cha.

V'-shi-nan-tam l'-va-neh-cha
 V'-di-bar-ta bam,
 B'-shiv-t'-cha b'-vei-teh-cha
 Uv'-lech-t'cha va-de-rech
 Uv'-shoch-b'-cha uv-ku-meh-cha

Uk-shar-tam l'-ot al ya-deh-cha
 V'-ha-yu l'-to-ta-fot bein ei-neh-cha.
 Uch-tav-tam al m'-zu-zot bei-teh-cha
 U-vish-ah-re-cha.

L'-ma-an tiz-k'-ru va-ah-si-tem
 Et kol mitz-vo-tai.
 Vih'-yi-tem k'-do-shim lei-lo-hei-chem.
 Ah-ni A-do-nai eh-lo-hei-chem
 A-sher ho-tzei-ti et-chem
 Mei-eh-retz mitz-ra-yim
 Lih'-yot la-chem lei-lo-him.
 Ah-ni A-do-nai eh-lo-hei-chem.

וְאֶחָד תָּהִית אֶת יְהוָה אֱלֹהֵינוּ, בְּכָל לְבָבֶךָ,
 וּבְכָל נְפָשֶׁךָ, וּבְכָל מַאֲדָךָ.

וְהִי מְדָבָרִים הָאֶלְקָנָה,
 אֲשֶׁר אָנֹכִי מְצֻוָּה הַיּוֹם, עַל לְבָבֶךָ.

וְשִׁנְנְתָם לְבָנִיךְ, וְדִבְרָתָם
 בְּשִׁבְתָּךְ בַּבָּיְתָךְ, וּבְלִכְתָּךְ בְּדֶרֶךְ,
 וּבְשִׁכְבָּךְ, וּבְקִוּמָךְ.

וְקִשְׁרָתָם לְאַזְעֵת עַל יְדֵיכֶךָ,
 וְהִי לְטַطְפָת בֵּין עִינֵיכֶךָ.
 וְכִתְבָתָם עַל מִזְזֹת בַּיִתְךָ
 וּבְשִׁעְרֵיךְ.

לְמַעַן תִּזְמְרוּ וּעַשְׂיִתֶם
 אֶת כָּל מִצְוֹתֵי
 וְחִיִּתְם קָדְשִׁים לְאֱלֹהִיכֶם.
 אַנְיִי יְהוָה אֱלֹהִיכֶם,
 אֲשֶׁר הַזָּאתִי אֶתְכֶם
 מִאָרֶץ מִצְרָיִם,
 לְחִיּוֹת לְכֶם לְאֱלֹהִים,
 אַנְיִי יְהוָה אֱלֹהִיכֶם.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. All these words, which I command you on this day, shall be upon your heart. And you shall teach them diligently to your children. You shall speak of them when you sit in your house, when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand. And they shall be for frontlets between your eyes. You shall write them on the doorposts of your house and upon your gates. (Deuteronomy 6:5-9)

So that you will remember and do all My commandments and be holy to your God. I am Adonai your God who led you out of Egypt to be your God. I am Adonai your God (Numbers 15:40-41).

METAPHORS FOR GOD

When men were children,
They thought of God as a father;
When men were slaves,
They thought of God as a master;
When men were subjects,
They thought of God as a king.

But I am a woman, not a slave, not a subject,
Not a child who longs for God as father or mother.
I might imagine God as teacher or friend,
But those images, like king, master, father or mother, are too small for me now.

God is the force of motion and light in the universe;
God is the strength of life on our planet;
God is the power moving us to do good;
God is the source of love springing up in us.
God is far beyond what we can comprehend.

(Ruth Brin)

PARTNERS IN CREATION

Beloved Friend
Who calls us conscious,
Reminds us of our own strength,
Invites us to grow,
Empowers us to act.

Cosmic mysteries are Yours,
But the earth is ours
To tend and heal as best we can.
Beloved Partner in creation,
We join our strength with Yours
To make You real and true.

(Based on Psalm 115:16)

Mi Chamocha

Mi cha-mo-chah ba-ei-lim A-do-nai?
Mi ka-mo-chah, ne'-dar ba-ko-desh,
No-ra t'-hi-lot, oh-seh fe-leh?

Mal-chu-t'-cha ra-u va-neh-cha,
Bo-kei-a Yam lif-nei Mo-sheh u-Mir-yam;
Zeh Ei-li! a-nu v'-am-ru:
A-do-nai yim-loch l'-oh-lam va-ed!

מי כמוכה באלים יי? מי כמוכה
נִאָדָר בְּקָדְשׁוֹ, נֹרָא תְּהִלָּתְוָה, עֲשָׂה
פָּלָא.

מֶלֶכְוִתְךָ רָאוּ בְּגִינִּיךְ, בְּזָקָעָ יָם לִפְנֵי
מִשְׁׁה וּמִרְאִים, זֶה אֵלִי עָנוּ וְאָמְרוּ:
יְהִי מֶלֶךְ לְעוֹלָם וְעַד.

*Who is like You, Adonai, among the things that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, and doing wonders? (Exodus 15:11)*

*Your children witnessed Your sovereignty splitting the sea before Moses and Miriam. “This is my God!”
They responded, “Adonai will rule forever and ever!” (Exodus 15:11,18)*

Inertia

An object at rest will remain at rest unless acted on by an unbalanced force.
An object in motion continues in motion with the same speed and in the same direction
Unless acted upon by an unbalanced force.

(Isaac Newton)

V'Shamru

V'-sham-ru v'-nei yis-ra-el et ha-sha-bat, la-ah-
Sot et ha-sha-bat l'-do-ro-tam b'-rit oh-lam.

Bei-ni u-vein b'-nei yis-ra-el ot hi l'-oh-lam.
Ki shei-shet ya-mim ah-sah A-do-nai
Et ha-sha-ma-yim v'-et ha-ah-retz.
U-va-yom ha-sh-vi-i sha-vat va-yi-na-fash.

וְשִׁמְרָוּ בְּנֵי יִשְׂרָאֵל אֶת הַשְׁבָּתָה, לְעֹשֹׂת
אֶת הַשְׁבָּתָה לְדוֹתָם בְּרִית עוֹלָם.

בֵּיןִי וּבֵיןִ בְּנֵי יִשְׂרָאֵל אֶזְרָאֵל אֶת הַשְׁבָּתָה לְעוֹלָם,
כִּי שְׁשַׁת יְמִים עֲשָׂה יְהָה יְהָה אֶת הַשְׁמִים
וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְׁבִּיעִי שְׁבָת וְיִנְפְּשָׁ.

The children of Israel shall keep the Shabbat, observing Shabbat as an eternal covenant for all generations. It is a sign forever between Me and the people of Israel, for the Eternal One made the heavens and earth in six days, but on the seventh day, God rested and was refreshed. (Exodus 31:16 -17)

REFLECTION BEFORE THE RITI'ORAH

A rabbi tells his students that we can learn valuable lessons from everything God put on the earth. One student challenges the rabbi. "What can we learn from atheism?" The rabbi replies, "We can learn a great deal from atheism. When you see your brother or sister in trouble, do not say 'God will take care of you.' Act as if there is no God, and everything is in your hands."

And so we say: Pray as if everything depends upon God, but act as if everything depends upon you.

RTI'ORAH

A-do-nai, s'-fa-tai tif-tach,
U-fi ya-gid
T'-hi-la-teh-cha.

*Adonai, open up my lips,
that my mouth may
declare Your glory.*

אָדָנִי שְׁפַתִּי תִּפְתַּח
וְפִי יְגִיד תְּהַלֵּתָךְ.

(Psalms 51:1)

RU'OT

Ba-ruch ah-tah A-do-nai, eh-lo-hei-nu
Vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu,
Eh-lo-hei av-ra-ham, eh-lo-hei yitz-chak,
Vei-lo-hei ya-a-kov. eh-lo-hei sa-rah,
Eh-lo-hei riv-kah, eh-lo-hei le-ah, vei-lo-hei
Ra-chel. Ha-el ha-ga-dol ha-gi-bor
V'-ha-no-ra, el el-yon. Go-meil *cha-sa-dim*
To-vim, v'-ko-neih ha-kol, v'-zo-cheir
Chas-dei ah-vot v'-i-ma-hot, u-mei-vi
G'-u-lah liv-nei v'-nei-hem, l'-ma-an
Sh'-mo b'-a-ha-va.

Me-lech o-zeir u-mo-shi-a u-ma-gein.
Ba-ruch ah-tah A-do-nai, ma-gein
Av-ra-ha-m v'-ez-rat sa-rah.

בָּרוּךְ אָתָה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵינוּ
אֲבוֹתֵינוּ וְאָמוֹתֵינוּ, אֱלֹהֵי אֶבְרָהָם
אֱלֹהֵי צִחְקָה, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי
שָׁרָה, אֱלֹהֵי רְبָקָה, אֱלֹהֵי לֵאָה,
וְאֱלֹהֵי רְחָל. הָאָל הַגָּדוֹל הַגָּבוֹר
וְהַנּוֹרָא, אֵל עַלְיוֹן, גּוֹמֵל חָסְדִים
טוֹבִים, וְקִנְהָה הַפְּלָל, וּזְכֵר מָסְדִים
אֲבוֹת וְאָמְהוֹת, וּמְבֵיא גָּוֹלָה לְבָנֵינוּ
בְּנֵינוּם, לְמַעַן שְׁמוֹ בָּאַתְּבָה.

מֶלֶךְ עֹזֵר וּמֹשִׁיעֵן וּמַגָּן. בָּרוּךְ
אָתָה יְיָ, מֶגֶן אֶבְרָהָם וּעֲזָרָת שָׁרָה.

Praised be our God, and the God of our ancestors, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah and God of Rachel. Great, mighty, awesome and supreme over all, God bestows love and kindness on all, remembers the devotion of our ancestors and, in love, brings redemption to their children's children for the sake of God's name. Our Ruler and Helper, Redeemer and Protector – we praise You, Adonai our God, Shield of Abraham and Protector of Sarah.

בְּנִירוֹת

Ah-tah gi-bor l'-oh-lam, A-do-nai,
M'-chai-yeih ha-kol ah-tah, rav l'-ho-shi-a.

M'-chal-keil chai-yim b'-che-sed,
M'-chai-yeih ha-kol b'-ra-cha-mim ra-bim,
So-meich nof-lim, v'-ro-fei cho-lim, u-ma-tir
A-su-rim, um'-kai-yeim eh-mu-na-to
Li-shei-nei a-far. Mi cha-mo-cha ba-al
G'-vu-rot, u-mi do-meh lach, Me-lech
Mei-mit um'-chai-yeah u-matz-mi-ach
Y'-shu-ah?

V'-ne-eh-man ah-tah l'-ha-cha-yot ha-kol.
Ba-ruch ah-tah A-do-nai, m'-chai-yeah ha-kol.

אתה גבור לעוזם אָדָנִי,
מחיה הפל אתה, רב להושיע.

מכלבל חיים בחסד, מחיה הפל
ברחמים רבים, סומך נופלים
ורופא חולים, ומתייר אסירים,
ומקיים אמונה לישני עפר, מי
כמוש בעל גבורות וממי דומה לך,
מלך מימות ומחיה ומצמים
ישועה.

ונאנו אתה להחיות הפל. ברוך
אתה יי', מחיה הפל.

You are eternally mighty, Adonai. You give life to all. You sustain life through love and great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, Sovereign of life, who causes deliverance to spring up and faithfully gives life to all? Blessed are You, Adonai, who gives life to all.

(QUIET MOMENT FOR PERSONAL PRAYER OR REFLECTION)

Statistically, the probability of any one of us being here is so small that you'd think the mere fact of existing would keep us all in a contented dazzlement of surprise. We are alive against the stupendous odds of genetics, infinitely outnumbered by all the alternatives who might, except for luck, be in our places...

We violate probability, by our nature. To be able to do this systematically, and in such wild varieties of form, from viruses to whales, is extremely unlikely; to have sustained the effort successfully for several billion years of our existence, without drifting back into randomness, was nearly a mathematical impossibility.

Add to this the biological improbability that makes each member of our own species unique. Everyone is one in 3 billion at the moment, which describes the odds. Each of us is a self contained, free-standing individual, labeled by specific protein configurations at the surfaces of cells, identifiable by whorls of fingertip skin, maybe even by special medleys of fragrance. You'd think we'd never stop dancing.

(Lewis Thomas)

SHALOM RAV

Sha-lom rav al yis-ra-el am-cha
Ta-sim l'-oh-lam.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְקָה
תְּשִׁים לְעוֹלָם,

Ki a-tah hu me-lech a-don
L'-chol ha-sha-lom.

כִּי אַתָּה הוּא מֶלֶךְ אֱדוֹן לְכָל שָׁלוֹם.

V'-tov b'-ei-ne-cha l'-va-reich et
Am-cha yis-ra-el b'-chol eit uv'-chol sha-ah
Bish-lo-me-cha.

וְטוֹב בְּעִינֵיכֶם לְבָרֵךְ אֶת עַמְקָה יִשְׂרָאֵל
בְּכָל עַת וּבְכָל שָׁעה בְּשָׁלוֹמָךְ.

Ba-ruch a-tah A-do-nai,
Ha-m'-va-reich et a-mo yis-ra-el
V'-et kol ha-a-mim ba-shalom.

בָּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמְוֹד
יִשְׂרָאֵל וְאֶת כָּל הָעָם בְּשָׁלוֹם.

*Grant an abundance of peace upon Your people Israel, for You are Force of peace.
May it be good in Your eyes to bless Your people Israel at all times, at every hour with Your peace!*

Blessed are You Eternal One, who blesses Israel and all peoples with peace.

ABBREVIATED TORAH SERVICE

(Open the Ark and remove the Torah scroll.)

KI MITZION

Ki mi-tzi-yon tei-tzei to-rah,
Ud'-var A-do-nai mi-ru-sha-la-yim.

כִּי מֵצִיאוֹן תְּצַאת תֹּרַה,
וְדָבָר יְיָ מִירוּשָׁלָם.

Ba-ruch she-na-tan to-rah
L'-a-mo yis-ra-el bik-du-sha-to.

בָּרוּךְ שָׁנְטוֹן תֹּרַה
לְעַמּוֹד יִשְׂרָאֵל בְּקָדְשָׁתוֹ.

*The Torah shall come forth from Zion, and the word of Adonai from Jerusalem. (Isaiah 2:3)
Blessed is Adonai who has given the Torah to Israel in holiness.*

GADLU

Gad-lu la-ah-do-nai i-ti,
Un-ro-m'-ma sh-mo yach-dav.

גָּדוֹלָו לִי אָתִי,
וְגָרוּמָמָה שָׁמוֹ יִחְדָּו.

*Exalt God with me, and we shall elevate God's name together.
(Psalm 34:4)*

HAKARAH (TORAH PROCESSION)

ALCHA ADONAI

L'-cha A-do-nai ha-g'-du-lah
V'-ha-g'-vu-rah v'-ha-tif-eh-ret
V'-ha-nei-tzach v'-ha-hod, ki chol
Va-sha-ma-yim u-va-ah-retz, l'-cha
A-do-nai, ha-mam-la-cha
V'-ha-mit-na-sei l'-chol l'-rosh

לְךָ יְיָ הַגָּדְלָה וְהַגְּבוּרָה וְהַתְּפִאָרָת
וְהַגִּיצָח וְהַהּוֹד, כִּי כָל בָּשָׂמִים
וּבָאָרֶץ, לְךָ יְיָ מֶלֶךְ, וְמֶלֶךְ נֶשֶׁא
לְכָל לְרָאשׁ.

*Yours, Adonai, are greatness, might, splendor, triumph, and majesty –
yes, all that is in heaven and on earth; to You, Adonai, belong sovereignty and preeminence above all.
(1 Chronicles 29:11)*

V'TAHIR LIBENU

V'-ta-heir li-bei-nu
L'-ov-d'-cha be-eh-met

וַתְּהִרְא לְבָנָנו
לְעַבְדָך בְּאָמָת.

Purify our hearts to serve You in truth.

ROTEMU

Ro-m'-mu A-do-nai eh-lo-hei-nu
V'-hish-ta-cha-vu l'-har kod-sho
Ki ka-dosh A-do-nai eh-lo-hei-nu .

רֹזְמָמוֹ יְיָ אֱלֹהֵינוּ
וְהַשְׁפְּחוֹתָו לְהָר קָדוֹשׁ
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

Exalt Adonai our God and bow down toward God's holy mountain, for Adonai our God is holy.

(Psalms 99:5)

TORAH READING & ALYAHAH BLESSINGS

Blessing before the Torah Reading:

Ba-r'-chu et A-do-nai ha-m'-vo-rach

Ba-ruch A-do-nai ha-m'-vo-rach

L'-oh-lam va-ed.

ברכו את יי' המברך.

ברוך יי' המברך לעולם ועד.

Ba-ruch at-ah A-do-nai

Eh-lo-hei-nu me-lech ha-oh-lam

Ah-sher ba-char ba-nu mi-kol ha-ah-mim

V'-na-tan la-nu et to-ra-to.

Ba-ruch at-ah A-do-nai, no-tein ha-to-rah.

ברוך אתה יי' אלהינו מלך העולם,
אשר בחר בנו מכל העמים ונגנו
לנו את תורה. ברוך אתה יי', נו"ן
התורה.

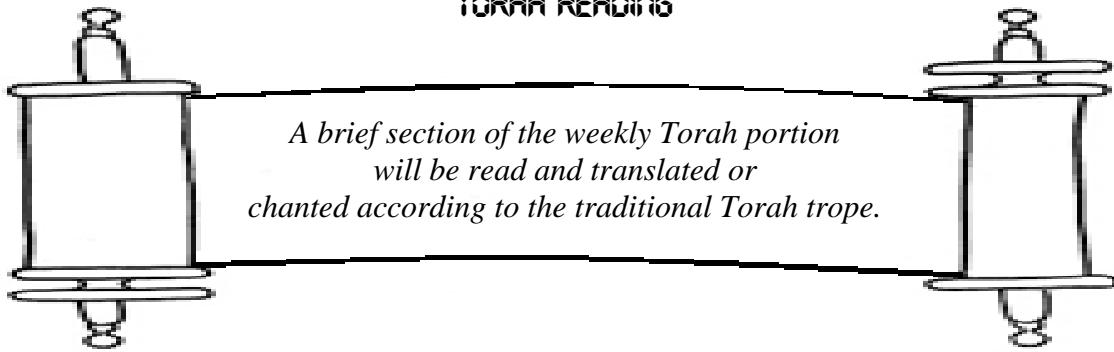
Blessing: Bless Adonai, the One to be blessed.

Congregation: Blessed is Adonai, the One to be blessed forever and ever.

Blessing: Blessed is Adonai, the One to be blessed forever and ever. Blessed are You, Adonai our God, Power of the universe who has chosen us from among all peoples to receive this Torah.

Blessed are You, Adonai, Giver of the Torah.

TORAH READING



Blessing after the Torah Reading:

Ba-ruch at-ah A-do-nai

Eh-lo-hei-nu me-lech ha-oh-lam,

Ah-sher na-tan la-nu to-rat eh-met

V'-cha-yei oh-lam na-ta b'-to-chei-nu.

Ba-ruch at-ah A-do-nai, no-tein ha-to-rah.

ברוך אתה יי' אלהינו מלך העולם,
אשר נטנו לנו תורה אמת, וחיי עולם
נטע בתוכנו. ברוך אתה יי', נו"ן
התורה.

Blessed are You, Adonai our God, Power of the universe, who has given us a Torah of truth and implanted eternal life within us. Blessed are You, Adonai, Giver of the Torah.

Mi SHEBERACH

*Mi she-bei-rach a-vo-tei-nu
M'-kor hab-ra-chah l'-i-mo-tei-nu.*

מֵי שִׁבְרָךְ אֲבוֹתֵנוּ
מִקּוֹר חֶבְרָכה לְאָמוֹתֵנוּ

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 she-bei-rach i-mo-tei-nu
M'-kor hab-ra-chah l'-a-vo-tei-nu.*

מֵי שִׁבְרָךְ אָמוֹתֵנוּ
מִקּוֹר חֶבְרָכה לְאָבוֹתֵינוּ

Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit, and let us say, Amen.

RETURNING THE TORAH TO THE ARK

(Invite up the Torah lifter and Torah dresser.)

V'ZOT HA'TORAH

V'-zot ha-to-rah ah-sher sam mo-she
Lif-nei b'-nei yis-ra-el,
Al pi A-do-nai b'yad mo-she.

וזאת התורה אשר שם משה
לפניהם בני ישראל
על פיו ייְהוָה ביד משה.

*This is the Torah that Moses gave to the Children of Israel by the word of God through Moses.
(Deuteronomy 4:44)*

AL SHLOSHA D'VARIM

Al sh-lo-sha d'-va-rim ha-oh-lam o-meid:
Al ha-to-rah v'-al ha-a-vo-dah v'-al g'-mi-lut
Cha-sa-dim

על שלשה דברים העולם עומד: על
התורה ועל העבודה ועל גמилות
חסדים

*The world stands upon three pillars: the Torah, sacred work, and acts of love and kindness.
(Pirkei Avot 1:2)*

ETZ CHAIM הַ

Eitz cha-yim hi la-ma-cha-zim bah
V'-to-m'-che-ha m'-u-shar.
D'-ra-che-ha dar-chei no-am
V'-chol n'-ti-vo-te-ha sha-lom.
Ha-shi-vei-nu A-do-nai
Ei-leh-cha v'-na-shu-va.
Cha-deish ya-mei-un k'-ke-dem.

עץ חיים היא למחזיקים בה
וtmp; מאשר.
דרכיה דרכי נעם
וכל נתיבותיה שלום.
השיבנו יי אלייך ונשובה,
חידש ימינו בקדם.

*It is a tree of life to those who hold fast to it, and all of its supporters are happy.
Its ways are ways of pleasantness, and all of its paths lead to peace.
Cause us to return to You, O God, and we shall return to You. Renew our days as in days of old.
(Proverbs 4:2, 3:18, 3:17 and Lamentations 5:21)*

DVAR TORAH OR DISCUSSION

ANNOUNCEMENTS

REFLECTION ON DIFFERENCE

Why am I different from all others?
I cried in my loneliness.
And a thousand children's voices piped,
Why are we different from all other people?

But there are no two stones alike
In all the universe of pebbles.
No two leaves on any tree are just the same,
Nor animals, nor birds, nor people.

Difference is the mark of the hand of the Creator
And evolution is God's handiwork.
Each of us is meant to be ourselves
And each people great in its own way.
Let us have courage to be thankful for our differences,
Let us pray for strength to accept our obligations.

(Ruth Brin)

ALEINU

A-lei-nu l'-sha-bei-ach la-a-don ha-kol,
 La-teit g'-du-lah l'-yo-tzer b'-rei-sheet,
 She-lo a-sa-nu k'-goy-yei ha-a-ra-tzot,
 V'-lo sa-ma-nu k'-mish-p'-chot
 Ha-a-da-mah; she-lo sam chel-kei-nu
 Ka-hem, v'-go-ra-lei-nu k'-chol
 Ha-mo-nam. Va-a-nach-nu kor-im
 U-mish-ta-cha-vim u-mo-dim lif-nei
 Me-lech mal'-chei ha-m'-la-chim,
 Ha-ka-dosh ba-ruch hu.

עָלֵינוּ לִשְׁבָח לְאַדוֹן הַכָּל, לְתִתְגַּדְלָה לִיּוֹצָר בִּרְאָשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגֹויִי הָאָרֶץ, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָם, שֶׁלֹּא שָׁם חָלַקְנוּ בָּהֶם, וְגַרְלַלְנוּ בְּכָל הַמּוֹנוֹם. וְאֶנְחַנוּ כּוֹרְעִים וּמְשַׁתְּחִוִּים וּמוֹדִים, לִפְנֵי מֶלֶךְ מֶלֶכִים הַמְּלֻכִים, מָקוֹדֶשׁ בָּרוּךְ הוּא.

V'-ne-eh-mar: v'-ha-yah A-do-nai
 L'-melech al kol ha-a-retz; ba-yom
 Ha-hu yih-yeh A-do-nai e-chad, ush'-mo
 E-chad.

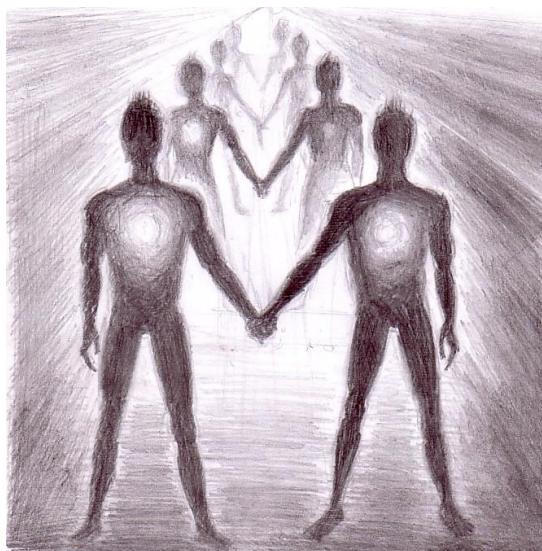
וְנִאֵמֶר, וְהִיא יִי לְמֶלֶךְ עַל
 כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
 ?הִיא יִי אֶחָד, וּשְׁמוֹ אֶחָד.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

Thus it has been said, Adonai will be Sovereign over all the earth.

One that day, Adonai will be one, and God's name will be one.

(Zechariah 14:9)



THERE ARE STARS

There are stars up above
So far away we only see their light
Long, long after the star itself is gone.
And so it is with people we loved—
Their memories keep shining ever brightly
Though their time with us is done.
But the stars that light up the darkest night,
These are the lights that guide us.
As we live our days, these are the ways
We remember.

(Hannah Senesh)



AN AFTERLIFE

Personally, I would be delighted
If there were a life after death,
Especially if it permitted me to continue
To learn about this world and others,
If it gave me a chance to discover how history turns out.

(Carl Sagan)

READING OF THE NAMES

זיכרונם לברכה

Zich-ro-nam liv-ra-chah.
May their memories be a blessing.

MOURNER'S KADDISH

Yit'-ga-dal v'-yt'-ka-dash sh'-meih
 Ra-ba. b'-al-ma di-v'-ra chir-u-teih,
 V'-yam-lich mal-chu-teih b'-chai-yei-chon
 Uv-yo-mei-chon uv-chai-yei d'-chol beit
 Yis-ra-eil, ba-a-ga-la u-viz-man ka-riv,
 V'-im-ru: a-mein.

Y'-hei sh'-meih ra-ba m'-vo-rach l'-a-lam
 Ul'-al-mei al-ma-ya.

Yit-ba-rach v'-yish-ta-bach v'-yt-pa-ar
 V'-yt-ro-mam v'-yt-na-sei v'-yt-ha-dar
 V'-yt-aleh v'-yt-ha-lal sh'-meih
 D'-kud-sha, b'-rich hu, l'-ei-la mi-kol
 Bir-cha-ta v'-shi-ra-ta tush-b'-cha-ta
 V'-ne-che-ma-ta da-a-mi-ran b'-al-ma,
 V'-im-ru: a-mein.

Y'-hei sh'-la-ma ra-ba min sh'-mai-ya
 V'-chai-yim a-lei-nu v'-al kol yis-ra-eil,
 V'-im-ru: a-mein.

Oh-seh sha-lom bim-ro-mav, hu ya-a-seh
 Sha-lom ah-lei-nu v'-al kol yis-ra-eil,
 V'-im-ru: a-mein

וַיְתַגֵּדֶל וַיְתַקְדִּשׁ שְׁמָה רְبָא.
 בָּעֵלֶמֶא דַי בָּרָא כְּרוּוֹתָה,
 וַיְמַלֵּךְ מֶלֶכְוָתָה בְּחִיכִיכָּו
 וַיְבּוּמִיכָּו וַיְבִחִי דְּכָל בֵּית
 יִשְׂרָאֵל, בְּעַגְלָא וּבְזָמָן קָרִיב,
 וְאִמְרוּ אָמָן.

יְהָא שְׁמָה רְבָא מְבָרֵךְ לְעַלְםָן
 וְלְעַלְמָי עַלְמִיא.

וַיְתַבְּרֵךְ וַיְשַׁטְּבֵחַ וַיְתַפְּאֵר
 וַיְתַרְוּםַ וַיְתַנְשֵׁא וַיְתַהְדֵּר
 וַיְתַעַלֵּה וַיְתַהְלֵל שְׁמָה דְּקָדְשָׁא
 בְּרִיךְ הוּא, לְעַלָּא מֶכֶל בְּרִכְתָּא
 וְשִׁירְתָּא תְּשִׁבְחָתָא וְנִחְמָתָא,
 דָּאִמְרוּ בָּעֵלֶמֶא, וְאִמְרוּ אָמָן.

יְהָא שָׁלֶמֶא רְבָא מִן שְׁמִיא,
 וּמִים עַלְיָנוּ וְעַל כָּל יִשְׂרָאֵל,
 וְאִמְרוּ אָמָן.

עֲשֵׂה שָׁלוֹם בְּמַרְוְמִיו, הוּא
 יְעֲשֵׂה שָׁלוֹם עַלְיָנוּ וְעַל כָּל
 יִשְׂרָאֵל, וְאִמְרוּ אָמָן.

Let the glory of God be extolled and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen.

Let God's great name be praised for ever and ever. Beyond all praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: Amen.

For us and for all Israel, may the blessing of peace and the promise of life come true, and let us say: Amen.

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

OSEH SHALOM

Oh-seh sha-lom bim-ro-mav
Hu ya-a-seh sha-lom ah-lei-nu
V'-al kol yis-ra-eil, v'-im-ru: A-mein.

עֲשֵׂה שָׁלוֹם בְּמִרוּמֵי
הָוּא יָעַשֵּׂה שָׁלוֹם עַלְינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

May the One who makes peace in the heavens above cause peace to descend upon us and upon Israel and all of the world. And let us say: Amen.

OD YIVO SHALOM RLEINU

Od ya-vo sha-lom ah-lei-nu
V'-al ku-lam
Sa-laam
A-lei-nu v'-al kol ha-oh-lam.

עוֹד יָבוֹא שָׁלוֹם עַלְינוּ
וְעַל כָּלָם.
עַלְינוּ וְעַל כָּל הָעוֹלָם.

Peace will surely come to us, to everyone. Salaam, for us and for the entire world.

LO YISA GOY

Lo yi-sa goy el goy che-rev,
V'-lo yil-m'-du od mil-cha-mah.

לֹא יִשְׂא גּוֹי אֶל גּוֹי חֶרֶב
וְלֹא יַלְמְדוּ עוֹד מִלְחָמָה.

Nation shall not lift sword against nation, nor ever again shall they learn for war.

(Isaiah 2:4)

EI, EI

O God, my God, I pray that
These things never end:
The sand and the sea, the
Rush of the waters,
The crash of the heavens,
The prayer of the heart.

Ei-li, Ei-li
She-lo yi-ga-mer l'-oh-lam:
Ha-chol v'-ha-yam
Rish-rush shel ha-ma-yim
B'-rak ha-sha-ma-yim
T'-fi-lat ha-a-dam.

אֵלִי אֵלִי,
שֶׁלֹּא יִגְמַר לְעוֹלָם:
הַחֹל וְהַיִם,
רִשְׁרוֹשׁ שֶׁל הַמִּים,
בָּרָק הַשָּׁמַיִם,
תִּפְלִית הָאָדָם.

(Hannah Senesh)

ADON OLAM

Chorus:

A-don o-lam a-sher ma-lach,
 B'-te-rem kol y'-tzir niv-ra;
 L'beit na-a-sa v'chef-tzo kol,
 A-zai me-lech sh'-mo nik-ra.

V'a-cha-rei kich-lot ha-kol,
 L'-va-do yim-loch no-ra;
 V'-hu ha-ya v'-hu ho-veh,
 V'-hu yi-h'-yeh b'-tif-a-rah.

V'-hu e-chad, v'-ein shei-ni,
 L'-ham-shil lo, l'-hach-bi-ra,
 B'-li rei-sheet, b'li tach-lit,
 V'-lo ha-oz v'-ha-mis-ra.

V'-hu Ei-li, v'chai go-a-li,
 V'-tzur chev-li b'-beit tza-ra,
 V'-hu ni-si, u-ma-nos li,
 M'-nat ko-si b'-yom ek-ra.

B'-ya-do af-kid ru-chi,
 B'-beit i-shan v'-a-i-ra,
 V'-im ru-chi g'-vi-ya-ti;
 A-do-nai li, v'-lo i-ra.

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,
 בְּטַרְם כָּל יִצְרָא נִבְרָא:
 לְעֵת נָעָשָׂה בְּחִפְצָו כָּל,
 אָזִי מֶלֶךְ שְׁמוֹ נִקְרָא:

וְאַחֲרֵי פְּכָלֹת הַפְּלָל,
 לְבָדוֹ יִמְלֹךְ נֹורָא.
 וְהָוָא קִיה, וְהָוָא הָזָה,
 וְהָוָא יְהִיה, בְּתִפְאָרָה.

וְהָוָא אֶחָד וְאֵין שְׁנִי,
 לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
 בְּלִי רָאשִׁית בְּלִי תְּכִלִּת,
 וּלוֹ הָעֹז וְהַמְשָׁרָה.

וְהָוָא אֵלִי וְחֵי גָּאֵלִי,
 וְצֹר חֲבֵלִי בְּעֵת צְרָה.
 וְהָוָא נָסִי וּמְנוֹס לִי
 מִנְתָּכְסִי בַּיּוֹם אֶקְרָא.

בְּיַדְךָ אַפְקִיד רֹוחִי,
 בְּעֵת אִישָׁוּ וְאַעֲירָה.
 וְעַם רֹוחִי גּוֹיִתִי,
 יְהָלִי וְלֹא אִירָא.

Lord of the Universe, who reigned before any being had been created; when all was done according to God's will, You were called Ruler. And after all has ceased to be, will God reign in solitary majesty; God was, is, and will be in glory. God is One; none other can compare to or consort with You; God is without beginning, without end; God alone is power and dominion. This is my God, a living Redeemer, my Rock in time of trouble and distress. God is my banner and my refuge, my benefactor when I call out. Into God's hands I entrust my spirit, when I sleep and when I wake; and with my spirit, my body also. God is with me, I shall not fear.