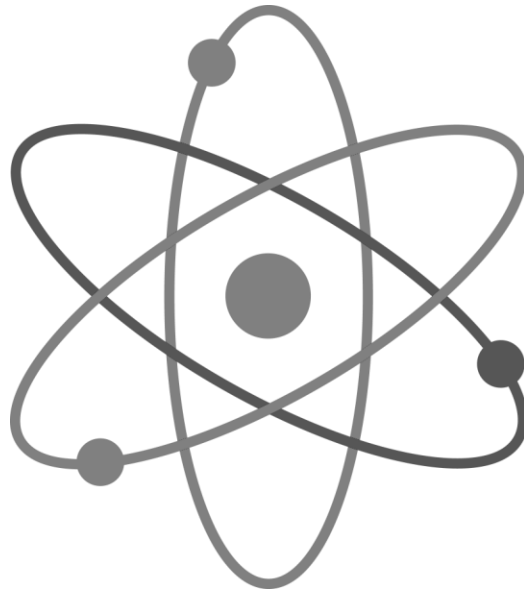


SHABBAT OF THE UNIVERSE



CREATED BY RABBI AHUVA 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!

הַלְלוּ!
כָּל הַנְּשָׁמָה תְּהַלֵּל יְיָ
הַלְלוּיָהּ!

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)

HI-NEI MAH TOV

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

הִנֵּה מַה טוֹב וּמַה נְעִים
שֵׁבֶת אַחִים גַּם 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-sheer kid-sha-nu b'-mitz-vo-tav
V'-tzi-va-nu l'-had-lik ner shel Sha-bat.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*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.*

SITCHA SHARING

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

SHEHECHEYANU

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.

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁהַחֵינּוּ וְקִיַּמְנוּ
וְהִגִּיעַנוּ לַזְמַן 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.

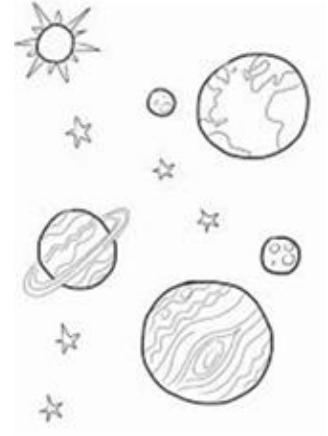
(Rabbi Rachel Barenblat)

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)

L'CHA DODI

Refrain

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

לָכָה דוֹדִי לְקִרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה .

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 וְזָכוֹר בְּדַבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֶל הַמִּיחָד,
יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְיֶה.

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.

לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָּה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסֻכָּה,
סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה.

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.

הִתְעוֹרְרִי הִתְעוֹרְרִי,
כִּי בָּא אוֹרֶךְ קוֹמֵי אוֹרִי,
עוֹרִי עוֹרִי שִׁיר דְּבִרִי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

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!

בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בְּעָלָה,
גַּם בְּשִׂמְחָה וּבְצִחָה,
תּוֹךְ אֲמוּנֵי עַם סִגְלָה,
בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.

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.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*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)

ONENESS

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 שֵׁם
כְּבוֹד מְלָכוּתוֹ
לְעוֹלָם וָעֶד.

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

VAVAVTA

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-sheer 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-sheer 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.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ,
וּבְכָל נַפְשְׁךָ, וּבְכָל מַאֲדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ.

וְשָׁנַנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָּם,
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְחֶתְךָ בְּדֶרֶךְ,
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.

וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת כָּל מִצְוֹתַי
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרָיִם,
לְהָיוֹת לָכֶם לֵאלֹהִים,
אֲנִי יְיָ אֱלֹהֵיכֶם.

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)

מי CHAMOCRA

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 כְּמִכָּה בְּאֵלִים יְיָ? מִי כְּמִכָּה
נֶאֱדָר בְּקֹדֶשׁ, נֹרָא תְהִלָּת, עֲשֵׂה
פֶּלֶא.

מְלָכֻתְךָ רָאוּ בְנֶיךָ, בּוֹקֵעַ יָם לִפְנֵי
מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְנֶאֱמָרוּ:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

*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'SHAMIRU

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.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת
אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
כִּי שִׁשֶּׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

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 AMIDAH

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.

AMIDAH

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.*

אֲדֹנָי שְׁפֹתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתֶךָ.

(Psalms 51:1)

RVOT

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.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה,
וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקֹנֶה הַכֹּל, וְזוֹכֵר חֲסִדֵי
אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְאוּלָּה לְבָנָי
בְּיָהֳמָם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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.

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

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.

SHUMOT

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-yeh 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-yeh ha-kol.

אתה גבור לעולם אדני,
מחיה הכל אתה, רב להושיע.

מכלל חיים בחסד, מחיה הכל
ברחמים רבים, סומך נופלים,
ורופא חולים, ומתיר אסורים,
ומקים אמונתו לישיני עפר, מי
כמוך בעל גבורות ומי דומה לך,
מלך ממית ומחיה ומצמיח
ישועה.

ונאמן אתה להחיות הכל. ברוך
אתה יי, מחיה הכל.

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.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ
תְּשִׁים לְעוֹלָם,

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

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל שְׁלוֹם.

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 בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.

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, הַמְּבָרֵךְ אֶת עַמּוֹ
יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים בְּשְׁלוֹם.

*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 MITZIYON

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

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,
וּדְבַר יְיָ מִירוּשָׁלַיִם.

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

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.

*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.

גָּדְלוּ לַיְי אֱתֵי,
וְנִרְוַמְמָה שְׁמוֹ יַחַדּוּ

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

HAKAFAH (TORAH PROCESSION)

L'CHA 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

לָךְ יְיָ הַגְדֵּלָה וְהַגְבוּרָה וְהַתְּפָאֶרֶת
וְהַנִּצָּח וְהַהוֹד, כִּי כָל בְּשָׁמַיִם
וּבָאָרֶץ, לָךְ יְיָ הַמְּמֹלָכָה, וְהַמְתִּנְשָׂא
לְכָל לְרֹאשׁ.

*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'TAHEIR LIBEINU

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

וְטַהֵר לִבֵּנוּ
לְעִבְדֶּךָ בְּאֵמֶת.

Purify our hearts to serve You in truth.

ROMEMU

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 .

רוֹמְמוּ יְיָ אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לְהַר קֹדֶשׁ
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 & ALIYAH 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.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Ba-ruch at-ah A-do-nai
Eh-lo-hei-nu me-lech ha-oh-lam
Ah-sheer 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.

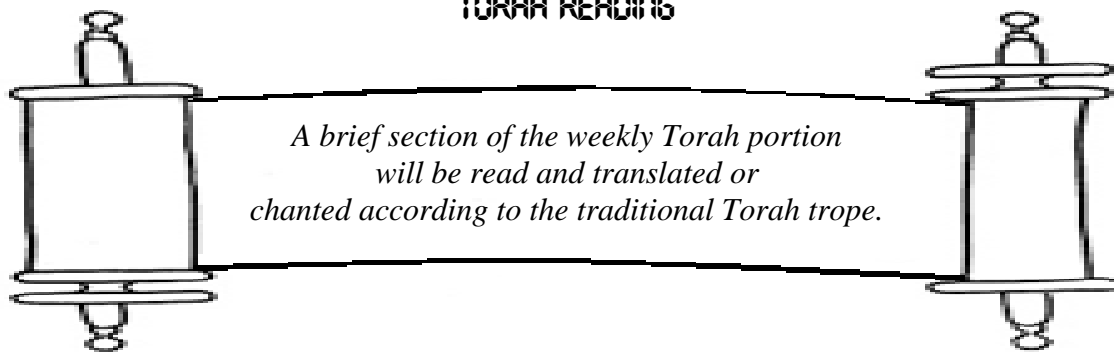
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן
לָנוּ אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה.

Blessor: Bless Adonai, the One to be blessed.

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

Blessor: 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-sheer 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.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם
נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה.

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.

מי שֶׁבֵּירַח

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

מִי שֶׁבֵּירַח אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

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.*

מִי שֶׁבֵּירַח אִמּוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִבּוֹתֵינוּ

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.)

וְזוֹת הַתּוֹרָה

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

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל
עַל פִּי יְיָ בְּיַד מֹשֶׁה.

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

אַל שְׁלוֹשָׁה דְּבָרִים

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

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד : עַל
הַתּוֹרָה וְעַל הָעֲבוֹדָה וְעַל גְּמִילוּת
חֲסָדִים

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

ETZ CHAYIM HI

Eitz *cha*-yim hi la-ma-*cha*-zi-kim 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
ותמכיה מאשר.
דרכיה דרכי נועם
וכל נתיבותיה שלום.
השיבנו יי אלהינו ונשובה,
חדש ימינו כקדם.

*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)*

D'VAR 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.

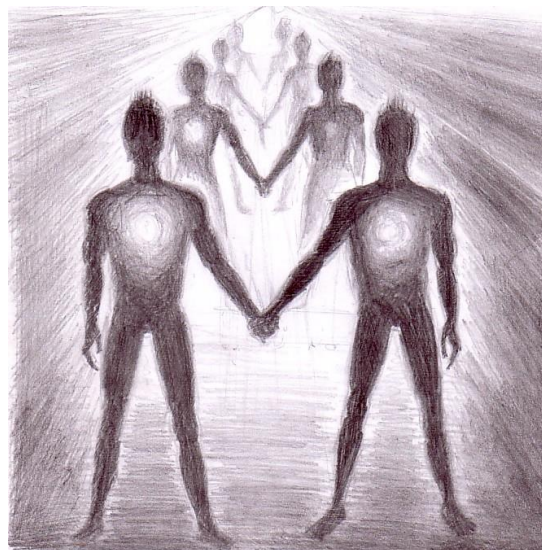
עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵית
 גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ
 כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ
 כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׂם
 חֻלְקָנוּ כִּהֶם, וְגָרְלָנוּ כָּכָל הַמוֹנָם.
 וְאֶנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
 וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
 הַקָּדוֹשׁ 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.

וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל
 כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
 יְהִיָּה יְיָ 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

זִכְרוֹנָם לְבִרְכָּה

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

MOURNER'S KADDISH

Yit'-ga-dal v'-yit'-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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
 בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵהּ,
 וְיִמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּינוּ
 וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
 יִשְׂרָאֵל, בְּעֲגָלָא וּבְזֶמַּן קָרִיב,
 וְאָמְרוּ אָמֵן.

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם
 וּלְעָלְמֵי עָלְמַיָּא.

Yit-ba-rach v'-yish-ta-bach v'-yit-pa-ar
 V'-yit-ro-mam v'-yit-na-sei v'-yit-ha-dar
 V'-yit-aleh v'-yit-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.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
 וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא
 בְּרִיךְ הוּא, לְעֵלָא מְכַל בְּרַכְתָּא
 וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,
 דְּאָמְרִין בְּעֲלָמָא, וְאָמְרוּ אָמֵן.

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.

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

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 שְׁלוֹם בְּמִרוֹמָיו, הוּא
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
 יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

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 בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
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 YAVO SHALOM ALEINU

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 עָלֵינוּ
וְעַל כּוֹלָם.
סָאָלָם
עָלֵינוּ 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 יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

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

(Isaiah 2:4)

EI LI, EI LI

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.

אֱלֹהֵי אֱלֹהֵי,
שֶׁלֹא יִגְמַר לְעוֹלָם:
הַחֹל וְהַיָּם,
רִשְׁרוּשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם,
תְּפִילַת הָאָדָם.

(Hannah Senesh)

ADON OLAMI

Chorus:

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

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטָרֶם כָּל יָצִיר נִבְרָא:
לַעֲת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא:

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.

וְאַחֲרֵי כָכָלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹה,
וְהוּא יִהְיֶה, בְּתַפְאָרָה.

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.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תְכֵלִית,
וְלוֹ הַעוֹז וְהַמְשִׁרָה.

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

וְהוּא אֵלִי וְחִי גֵאֲלִי,
וְצוּר חֲבִלִי בַּעֲת צָרָה.
וְהוּא נָסִי וּמְנוֹס לִי
מִנֶּת כּוֹסִי בְּיוֹם אֶקְרָא.

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

בְּיָדוֹ אֶפְקִיד רוּחִי,
בַּעֲת אִישׁוֹן וְאַעִּירָה.
וְעַם רוּחִי גְוִיָּתִי,
יֵי לִי 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.