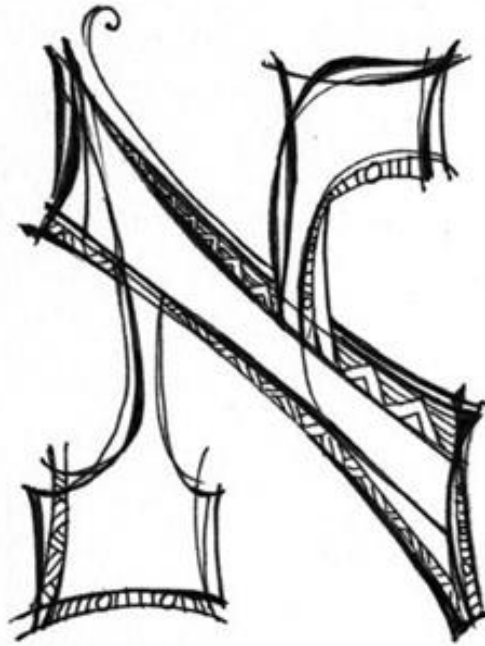


Shabbat of Mindfulness



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A dynamic sacred community grounded in Reform Judaism

Opening Reflection

Mindfulness is simply being aware
Of what is happening right now, without wishing it were different;
Enjoying the pleasant, without holding on when it changes (which it will);
Being with the unpleasant, without fearing it will always be this way (which it won't).

(James Baraz)

Mah Yafeh Hayom

Mah yah-feh ha-yom
Sha-bat sha-lom

מַה יָּפֶה הַיּוֹם
שַׁבַּת שְׁלוֹם

How beautiful is this day! Shabbat Shalom.

In this moment, there is plenty of time.
In this moment, you are precisely as you should be.
In this moment, there is infinite possibility.

(Victoria Moran)

Hinei Mah Tov

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

הִנֵּה מַה טוֹב וּמַה נְּעִים
שֶׁבֶת אַחִים גַּם יַחַד

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

(Psalms 133:1)

Reflections before Candle Lighting

Just as the light of a single candle
Can dispel the darkness of a thousand years,
The moment we light a single candle of wisdom,
No matter how long or deep our confusion,
Ignorance is dispelled.

(Joseph Goldstein)

Thousands of candles can be lighted
From a single candle,
And the life of the candle will not be shortened.
Happiness never decreases by being shared.

(Siddhartha Gautama)

On this Shabbat, may we share our light, our wisdom, and our joy with the world.



Lighting the Shabbat Candles

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.

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

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

Simcha 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 יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁהַחַיְנוּ 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.*

“If you concentrate on finding whatever is good in every situation,
You will discover that your life will suddenly be filled with gratitude,
A feeling that nurtures the soul.”

(Rabbi Harold Kushner)

“The only way to live is by accepting each minute as an unrepeatable miracle.”

(Jack Kornfield)

Meeting this Moment

May I meet this moment fully.
May I meet it as a friend.
May I feel contented and safe.
May I feel protected and pleased.
May my physical body support me with strength.
May my life unfold smoothly with ease.

(Sylvia Boorstein)

Cultivating Goodness in Thought and Actions

The thought manifests as the word;
The word manifests as the deed;
The deed develops into habit;
And habit hardens into character.

So watch the thought and its ways with care,
And let it spring from love
Born out of concern for all beings.

(Siddhartha Gautama)

Do not think lightly of evil, saying:
“It will not come to me.”
A drop at a time is the water pot filled.
Likewise, little by little
The fool is filled with evil.

Do not think lightly of good, saying:
“It will not come to me.”
A drop at a time is the water pot filled.
Likewise, little by little
The wise one is filled with good.

Mitzvah Goreret Mitzvah

Mitz-vah go-re-ret mitz-vah
A-vei-rah go-re-ret a-vei-rah
Mitz-vah
Go-re-ret mitz-vah (2x)
Ya la la la la
Li-h'-yot tza-dik zeh tov
Li-h'-yot tza-dik (mah zeh) tov m'-od

מִצְוָה גּוֹרֶרֶת מִצְוָה
עֲבֵרָה גּוֹרֶרֶת עֲבֵרָה
לְהֵיוֹת צַדִּיק זֶה טוֹב
(מַה זֶּה) טוֹב מְאֹד

*One mitzvah leads to another.
One transgression leads to another.
It is good to be righteous.
(What is it?) It is very good.*

(Ben Azzai in Pirkei Avot 4:2)

L'cha Dodi

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

לָכָה דּוֹדִי לְקִרְאת כַּלָּה,
פְּנֵי שַׁבַּת נִקְבְּלָה.

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 בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֶל הַמִּיחָד,
יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתַפְאֶרֶת וּלְתִהְלָה.

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.

לְקִרְאת שַׁבַּת לָכוּ וְנִלְכָּה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסֻכָּה,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

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 עֲלֶיךָ נִגְלָה.

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 בִּיעָלָה,
גַּם בְּשִׂמְחָה וּבִצְהָלָה,
תּוֹךְ אֲמוּנִי עִם סִגְלָה,
בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.

Come, my beloved, to greet the bride; let us welcome the Sabbath!

*The only God caused us to hear the words “keep” and “remember” within the same utterance;
The Eternal is One and God’s name is One. Glory and praise are God’s.*

*Come, with me to meet Shabbat, forever a fountain of blessing.
It flows still, as it did in the beginning. Shabbat comes last in time, but first in thought.*

*Wake up! Wake up! For your light has come. Rise up, my light! Awake! Awake!
Sing as Adonai’s glory is revealed to you.*

*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!*

Meditation

Close your eyes and just listen.

Let the sounds that come and go, whether far or near, be like clouds in the vast sky of your own awareness.

Notice how the sounds appear and disappear without resistance.

After you rest in this open awareness for a time,

Notice how thoughts and images also arise in your mind and then vanish like the sounds.

Let the thoughts and images come and go without struggle or resistance.

Pleasant and unpleasant thoughts, pictures, words, and feelings move unrestricted in the space of mind.

Problems, possibilities, joys, and sorrows come and go like clouds in the clear sky of mind.

After a time, let this spacious awareness notice the body.

Become aware of how the sensations of breath and body float and change in the same open sky of awareness.

The breath breathes itself. It moves like a breeze.

As breath enters the body, you will sense that the body is not solid.

It is experienced as areas of hardness and softness, pressure and tingling, warm and cool sensation,

All floating in the space of the mind's awareness.

Let the breath move like a breeze. Rest in this openness.

Let sensations float and change.

Allow all thoughts and images, feelings and sounds to come and go

Like clouds in the clear open space of awareness.

Finally, pay attention to awareness itself.

Notice how the open space of awareness is naturally clear, transparent, timeless, and without conflict,

Allowing all things, but not limited by them.

Spiritual Practice

A famous Zen master actually described spiritual practice as “one mistake after another,” which is to say, one opportunity after another to learn. It is from “difficulties, mistakes, and errors” that we actually learn. To live life is to make a succession of errors. Understanding this can bring us great ease and forgiveness for ourselves and others.

(Jack Kornfield)

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.

Bless Adonai, the Source of Blessing.

Blessed is Adonai, the Source of Blessing, forever and ever.

Ma'ariv Aravim

An old Hasidic rabbi once asked his disciples how they could tell when the night had ended and day begun, for daybreak is the time for certain holy prayers. "Is it when you can see an animal in the distance and tell whether it is a sheep or a dog?" asked one student. "No," answered the rabbi. "Is it when you can clearly see the lines on your own palm?" asked another. "Is it when you can look at a tree in the distance and tell if it is a fig or pear tree?" guessed a third student. "No," answered the rabbi each time. "Then what is it?" the students inquired. "It is when you can look upon the face of any man or woman and see that they are your sister or brother. Until then it is still night."

Ba-ruch a-tah A-do-nai
Ha-ma-a-riv a-ra-vim.

בָּרוּךְ אַתָּה יי
הַמַּעֲרִיב עַרְבִים.

Blessed are You, Adonai our God, who brings on the evening twilight.

Ahavat Olam

Love creates a communion with life. Love expands us, connects us, sweetens us, ennobles us.

Love springs up in tender concern; it blossoms into caring action. It makes beauty out of all we touch.

In any moment we can step beyond our small self and embrace each other as beloved parts of a whole.

Ba-ruch a-tah A-do-nai
O-heiv a-mo yis-ra-eil.

בָּרוּךְ אַתָּה יי
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

The Light of Torah

Four things shine in the world,
A fifth you will not find.
By day the sun shines and by night the moon.
Fire gives light both day and night,
Both here and there.
But of all things that shine,
The Torah is the best.

To-rah oh-ra, To-rah oh-ra
Ha-l'-lu-yah!

תּוֹרָה אוֹרָה
הַלְלוּיָהּ!

The Torah is a light. Hallelujah!

Interconnectedness

Far from making me feel different and special,
My spiritual experiences made me feel the same, ordinary, and interconnected.
If I felt more spiritual, everyone else felt more spiritual as well.

(Julia Cameron)

Oneness

The more we understand the One Idea,
How all of life is interconnected and interdependent,
The more we can act in positive ways for the good of all.

(Laurence Overmire)

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.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel: Adonai is our God, Adonai is one. (Deuteronomy 6:4)
Blessed is God's glorious majesty forever and ever.

The Act of Chanting

Chanting is a simple practice.
When you notice you are thinking about something else during the chant,
Let go of the thought and come back home, to the chant,
To that place where we are expressing our inner purity.

(Sharon Salzberg)

V'ahavta

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-votai 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 מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבְנֶיךָ, וְדִבַּרְתָּ בָם, בְּשֹׁבְתְךָ בְּבֵיתְךָ, וּבִלְכַתְךָ בְּדֶרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקָשַׁרְתָם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרַיִם 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).

Neighborly Love

V'-a-hav-ta l'-rei-a-cha ka-mo-cha

וְאָהַבְתָּ לְרֵעֶךָ כָּמוֹךָ

You shall love your neighbor as you love yourself.

(Leviticus 19:18)

We now see that the only way that we could love ourselves is by loving others,
And the only way that we could truly love others is to love ourselves.
The difference between self-love and love of others is very small, once we really understand.

(Norman Fischer)

Liberation

Nirvana manifests as ease, as love, as connectedness, as generosity, as clarity, as unshakable freedom. This isn't watering down nirvana. This is the reality of liberation that we can experience, sometimes in a moment and sometimes in transformative ways that change our entire life.

(Jack Kornfield)

On My Way

I'm on my way to something
People know by many different names:
Redemption, liberation, freedom, enlightenment, nirvana.

I don't know which word you use,
But I'm on my way,
And something tells me
That you would make
A great companion for this journey.

Will you walk with me,
For at least part of the way?

(Rabbi Ahuva Zaches)

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 כְּמֹכָה בְּאֵלִים יי?
מי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ,
נֹרָא תְּהִלָּת, עֲשֵׂה פֶלֶא.

מְלֻכּוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי
מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְאַמְרוּ:

יי יְמַלֵּךְ 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)*

The Importance of Shabbat

When we get too caught up in the busyness of the world,
We lose connection with one another and with ourselves.

When we let go of our battles
And open our heart to things as they are right now,
Then we come to rest in the present moment.
This is the beginning and the end of spiritual practice.
Only in this moment can we discover that which is timeless.
Only here can we find the love that we seek.

Love in the past is simply memory, and love in the future is fantasy.
Only in the reality of the present, can we love, can we awaken,
Can we find peace and understanding and connection with ourselves and the world.

(Jack Kornfield)

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.

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

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.

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

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)

A Guide's Prayer

May I be a guard for those who need protection, a guide for those on the path,
A boat, a raft, a bridge for those to cross the flood.
May I be a lamp in the darkness, a resting place for the weary, and a medicine for all who are sick.
For as long as heaven and earth endure, may I use my energy to assist all living beings.

Reflection

There are many ways up the mountain, and each of us must choose a path that feels true to our heart.

When we consider our current path, we must look at the values we have chosen to live by.

Where do we put our time, our strength, our creativity, our love?

We must look at our life without sentimentality, exaggeration, or idealism.

Does what we are choosing reflect what we most deeply value?

(Jack Kornfield)

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 תְּהִלָּתְךָ

(Psalms 51:1)

Avot

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-meiv-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.

בְּרוּךְ 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 עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֵה הַכֹּל, וְזוֹכֵר חֲסִידֵי אֲבוֹת וְאִמּוֹת, וְמַבִּיא גְאוּלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאֶהְבָּה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מַגֵּן 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.

G'vurot

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.

מכלכל חיים בחסד, מחיה הכל
ברחמים רבים, סומך נופלים,
ורופא חולים, ומתיר אסורים,
ומקים אמונתו לישגי עפר, מי
כמוך בעל גבורות ומי דומה לך,
מלך ממת 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 Time for Personal Prayer or Reflection)



Quiet the mind, and the soul will speak.

(Ma Jaya Sati Bhagavati)

Prayer of Gratitude

With gratitude I remember
the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth,
all whose joyful exertion blesses my life every day.

With gratitude I remember
the care and labor of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the safety and well-being I have been given.
I offer my gratitude for the blessings of this earth I have been given.
I offer my gratitude for the measure of health I have been given.
I offer my gratitude for the family and friends I have been given.
I offer my gratitude for the community I have been given.
I offer my gratitude for the teachings and lessons I have been given.
I offer my gratitude for the life I have been given.

Ba-ruch a-tah A-do-nai,
ha-tov shim-cha u-l'-cha na-eh l'-ho-dot.

ברוך אתה יי,
הטוב שמך ולך נאה להודות.

Blessed are You, Adonai, to whom our thanks are due.

Shalom Rav

Sha-lom rav al yis-ra-el am-cha ta-sim
l'-oh-lam. Ki a-tah hu me-lech a-don
l'-chol ha-sha-lom. 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.

שלום רב על ישראל עמך תשים
לעולם, כי אתה הוא מלך אדון לכל
שלום. וטוב בעיניך לברך את עמך
ישראל בכל עת ובכל שעה בשלומך.

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.

ברוך אתה יי, המברך את עמו
ישראל ואת כל העמים בשלום.

*Grant an abundance of peace upon Your people Israel,
for You are Ruler and Master of all 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.

Torah Service

(Invite children to help open the ark and be part of the Hakafah.)

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

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,
וְדָבַר יְיָ מִירוּשָׁלַיִם.

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

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בִּקְדוּשָׁתוֹ.

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.

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

גָּדְלוּ לַיְיָ אֱתֵי,
וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו

Exalt God with me, and we shall elevate God's name together.

(Psalm 34:4)

Hakafah

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 ba-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 הַגְדָּלָה וְהַגְבוּרָה וְהַתְפָּאָרֶת
וְהַנִּצָּח וְהַהוֹד, כִּי כָל בְּשָׂמִים
וּבְאָרֶץ, לְךָ יְיָ הַמַּמְלָכָה, וְהַמִּתְנַשֵּׂא
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

וְטַהַר לִבֵּנוּ
לְעִבְדְּךָ בְּאֵמֶת.

Purify our hearts to serve You in truth.

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.

*Bless Adonai, the One to be blessed.
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.*

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 בְּתוֹכָנוּ. 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.*

Mi Shebeirach

*Mi shebeirach avoteinu
M'kor habrachah l'imoteinu.*

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ
מִקּוֹר 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 shebeirach imoteinu
M'kor habrachah l'avoteinu.*

מִי שֶׁבִּירַךְ אִמּוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

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 HaTorah

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.

וזאת התורה אשר שם משה
לפני בני ישראל
על פי יי 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 Shloshe 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 גמילות
חסדים

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

Eitz Chaim 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-nu k'-ke-dem.

עץ חיים היא למחזיקים בה
ותמכה מאשר.
דרכיה דרכי נעם
וכל נתיבותיה שלום.
השיבנו יי אליך 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, Story, or Discussion

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, לָתֵת
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ
כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׂמְנוּ
כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׂם
חֻלְקָנוּ כָּהֶם, וְגִרְלָנוּ כָּכָל הַמוֹנִם
וְאֶנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בְּרוּךְ 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 יי לְמֶלֶךְ עַל
כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
יְהִי יי אֶחָד, וְשִׁמוֹ אֶחָד.

*It's on us to praise the Source of everything and return some measure of greatness to the Creator.
We bow in grateful acknowledgement of God, the Power of all powers, the Holy One of Blessing.
And it has been said: The Eternal One shall rule over all the earth; On that day the
Eternal shall be One, and God's name shall be One (Zechariah 14:9).*

Three Things

In the end, just three things matter:
How well we have lived,
How well we have loved,
How well we have learned to let go.

(Jack Kornfield)

Remembering Loved Ones

Zich-ro-nam liv-ra-chah.

זְכוֹרָנָם לְבִרְכָּה

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.

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'-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.

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

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵס
וּלְעַלְמֵי עֻלְמָיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא
בְּרִיךְ הוּא, לְעֵלָא מְכָל בְּרַכְתָּא
וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,
דְּאָמְרִין בְּעֻלְמָא, וְאָמְרוּ אָמֵן.

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

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.

Genuine spiritual practice requires us to learn how to stop the war.

This is a first step, but actually it must be practiced over and over until it becomes our way of being.
The inner stillness of a person who truly “is peace” brings peace to the whole interconnected web of life,
Both inner and outer. To stop the war, we need to begin with ourselves.

(Jack Kornfield)

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 study war.

(Isaiah 2:4)

If we're more accepting, more peaceful, less judgmental, less selfish,
Then the whole world is that much more loving and peaceful, that much less judgmental and selfish.

(Joseph Goldstein)

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.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שְׁלוֹם 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.*

Eili, Eili

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 אֱלֵי,
שֶׁלֹא יִגְמַר לְעוֹלָם:
הַחוֹל וְהַיָּם,
רֶשֶׁרֶשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם,
תְּפִילַת הָאָדָם.