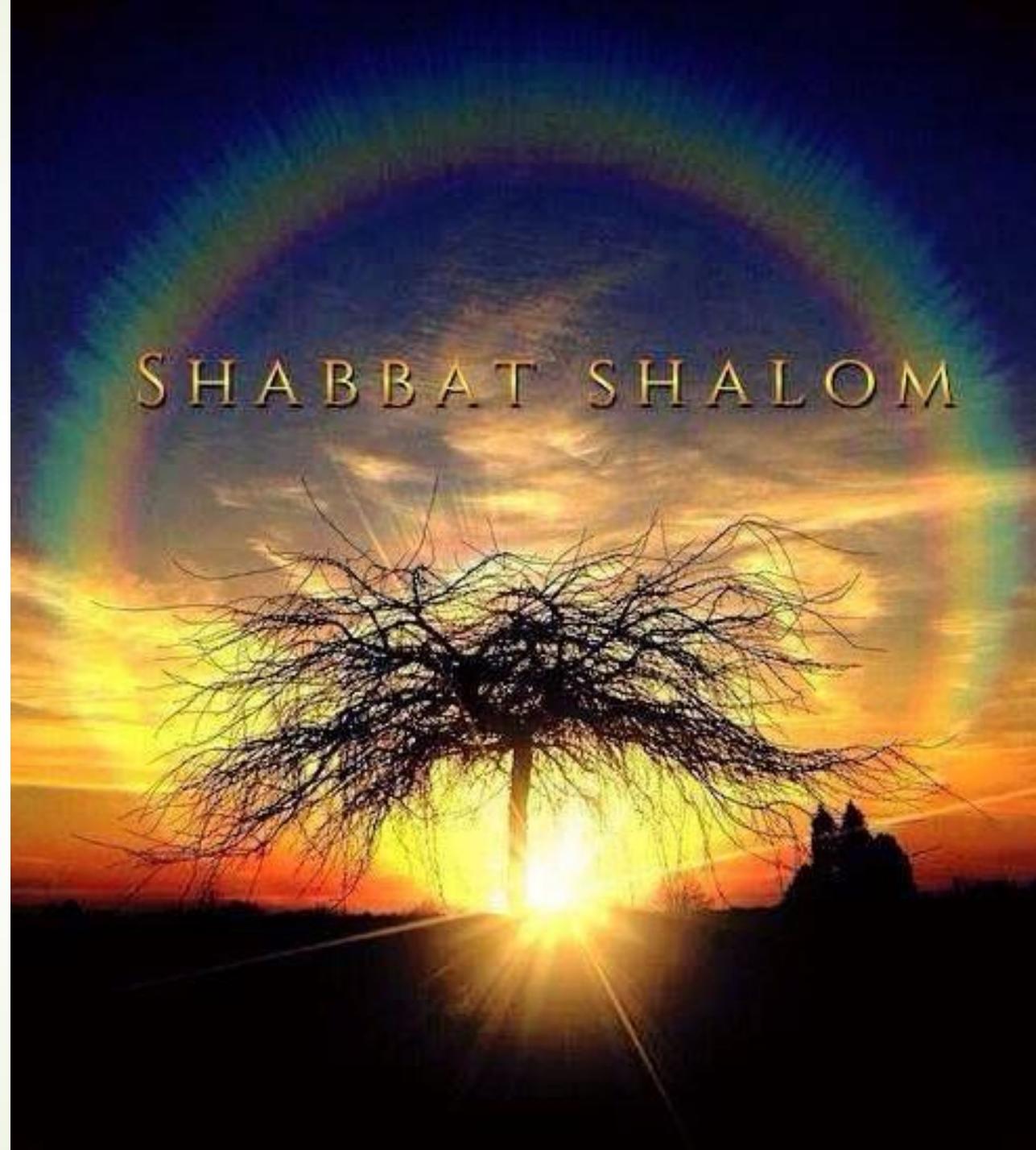
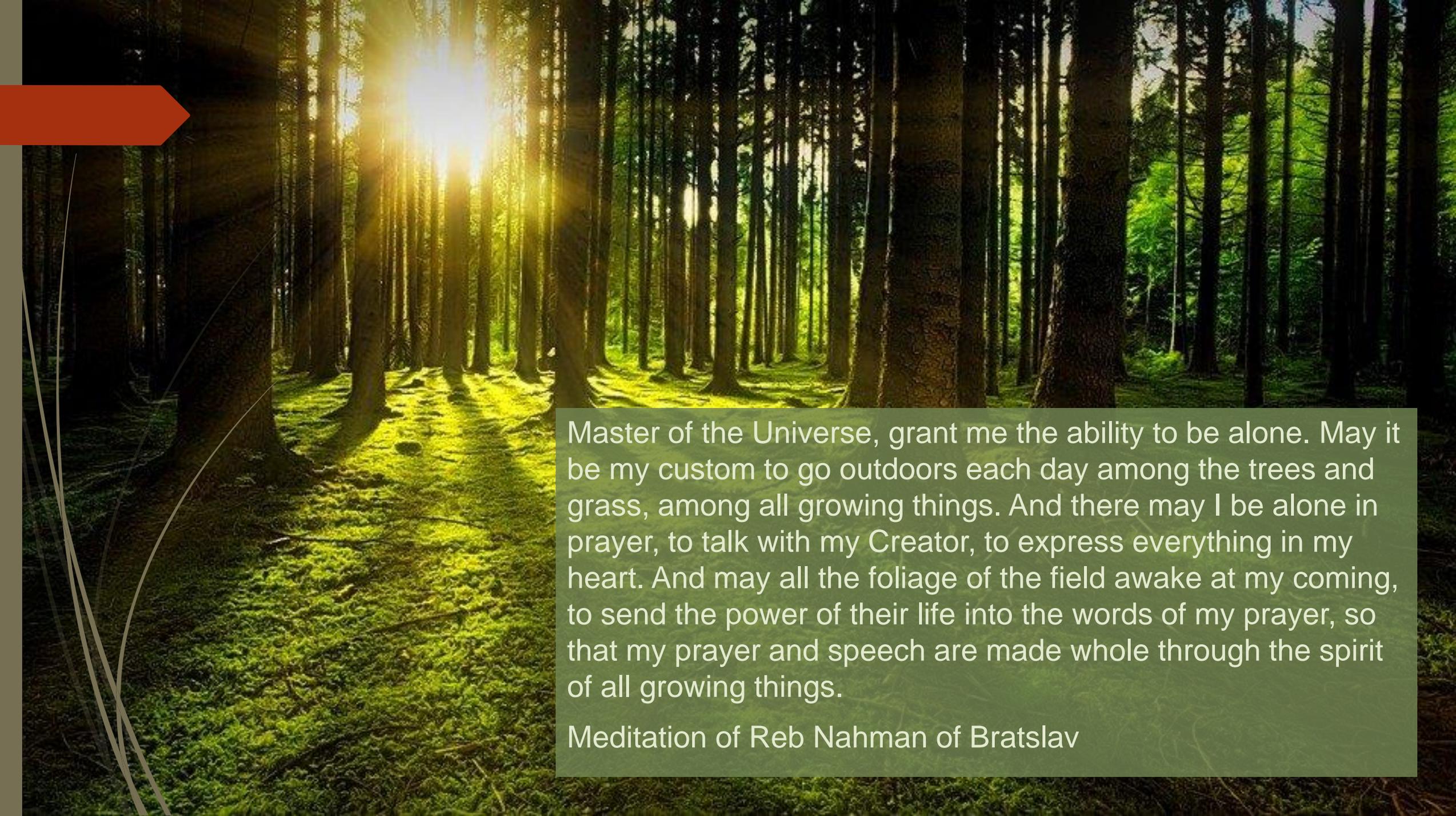


“First, plant the
sapling. Then,
go meet the
Redeemer.”

Mt Sinai Congregation

Shabbat Service April 23rd, 2021





Master of the Universe, grant me the ability to be alone. May it be my custom to go outdoors each day among the trees and grass, among all growing things. And there may I be alone in prayer, to talk with my Creator, to express everything in my heart. And may all the foliage of the field awake at my coming, to send the power of their life into the words of my prayer, so that my prayer and speech are made whole through the spirit of all growing things.

Meditation of Reb Nahman of Bratslav



Shalom Aleichem

Peace be with you
ministering angels
messengers of the Most High.
Messengers of the King of Kings
the Holy One, Blessed be He.

Come in peace
messengers of peace
messengers of the Most High.
Messengers of the King of Kings
the Holy One, Blessed be He.

Bless me with peace
messengers of peace
messengers of the Most High.
Messengers of the King of Kings
the Holy One, Blessed be He.

Go in peace
messengers of peace
messengers of the Most High.
Messengers of the King of Kings
the Holy One, Blessed be He.

Shalom aleichem
mal'achei hasharet
mal'achei elyon.
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bo'achem leshalom
mal'achei hashalom
mal'achei elyon
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bar'chuni leshalom
mal'achei hashalom
mal'achei elyon
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Tzetchem leshalom
mal'achei hashalom
mal'achei elyon
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Candle Lighting

Baruch atah, Adonai
Eloheinu, Melech Haolam,
asher kidshanu b'mitzvotav,
v'tzivanu l'hadlik
neir shel Shabbat

Blessed are You, Adonai our
God, Sovereign of the
universe, who hallows us with
mitzvot, commanding us to
kindle the light of Shabbat.

בָּרוּךְ אַתָּה,
יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתֶיךָ, וְצִוִּינוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.



Trees

BY JOYCE KILMER

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

L'cha Dodi

L'cha dodi likrat kalah,
p'nei Shabbat n'kab'lah.

Beloved, come to meet the bride; beloved come to greet Shabbat.

Shamor v'zachor b'dibur echad,
hishmianu El ham'yuchad,
Adonai echad ush'mo echad,
l'shem ul'tiferet v'lit'hilah.

“Keep” and “remember”: a single command the Only God caused us to hear; the
Eternal is One, God's Name is One; glory and praise are God's.

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

שְׁמֹר וּזְכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנו אֵל הַמְּיֻחָד,
יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.



L'cha dodi likrat kalah,
p'nei Shabbat n'kab'lah.

Beloved, come to meet the bride; beloved come to greet Shabbat.

Likrat Shabbat l'chu v'neilcha,
ki hi m'kor hab'rachah,
meirosh mikedem n'suchah,
sof maaseh b'machashava t'chilah.

Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as
from the start: the last of days, for which the first was made.

לְכָה דוּדִי לְקַרְאֵת פִּלָּה,
פְּנֵי שַׁבָּת נְקַבְּלָה.

לְקַרְאֵת שַׁבָּת לְכוּ וְנִלְכָה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסוּכָה,
סוֹף מֵעֲשֵׂה בְּמַחֲשָׁבָה
תְּחִלָּה.

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.

Beloved, come to meet the bride; beloved come to greet Shabbat.

הִתְעוֹרְרִי, הִתְעוֹרְרִי,
כִּי בָּא אֲוֵרָה, קוֹמִי אֲוֵרִי,
עוֹרִי עוֹרִי, שִׁיר דְּבַרִּי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Hitor'ri, hitor'ri,
ki va oreich, kumi ori,
uri uri, shir daberi,
k'vod Adonai alayich niglah.

Awake, awake, your light has come! Arise, shine, awake and sing:
the Eternal's glory dawns upon you.

לְכָה דוּדֵי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבַּת נִקְבְּלָה.

L'cha dodi likrat kalah,
p'nei Shabbat n'kab'lah.

Beloved, come to meet the bride; beloved come to greet Shabbat.

בּוֹאֵי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצִהְלָה,
תּוֹךְ אֲמוֹנֵי עַם סְגֻלָּה,
בּוֹאֵי כַלָּה, בּוֹאֵי כַלָּה.

Bo-i v'shalom ateret ba'lah,
gam b'simchah uv'tzoholah,
toch emunei am s'gulah,
bo-i chalah, bo-i chalah.

Enter in peace, O crown of your husband; enter in gladness, enter in joy. Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

Psalm 92 – Tzadik Katamar

Tsadik katamar yifrach

Ke'erez bal'vanon yisgeh

She-tulim be-veit Adonai
B'chatsrot Eloheinu yafri-chu

Od yenuvun b'seyvah
d'sheinim v'ra-ananim yih-yu

L'ha-gid ki yashar Adonai,
Tsur, v'lo av-latah bo.

צָדִיק כַּתְמָר יִפְרַח
כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגֶּה.
שְׁתוּלִים בְּבַיִת יְיָ
בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.
עוֹד יִנוּבוּן בְּשִׁיבָה
דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ.
לְהַגִּיד כִּי יָשָׁר יְיָ
צוּרִי וְלֹא עוֹלָתָהּ בּוֹ

The righteous man shall flourish like the palm tree
He shall thrive like a cedar in Lebanon.
Rooted in the house of the Lord
In the courtyards of our G-d
They shall bring forth fruit in our old age
they'll be ever fresh and green,
Proclaiming that the Lord is just,
my Rock, in whom there is no wrong.

Readers' Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ
שְׁמֵיהּ רַבָּא
בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיַמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעַגְלָא וּבְזַמַּן קַרִיב,
וְאָמְרוּ: אָמֵן.

יְהִי שְׁמֵיהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי עַלְמַיָּא.

Yitgadal v'yitkadash
sh'meih raba
b'alma di vra chiruteih,
v'yamlich malchuteih

b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv,
v'imru: Amen.

Y'hei sh'meih raba m'varach
l'alam ul'almei almaya.

Readers' Kaddish

יְתַבְרַךְ וַיְשַׁתַּבַּח,
וַיִּתְפָּאֵר וַיִּתְרוֹמַם
וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלַּל

שְׁמֵיהּ דְּקֻדְשָׁא
בְּרִיךְ הוּא,

לְעֵילָא מִן כּוֹל בִּרְכָתָא
וְשִׁירָתָא, תְּשֻׁבָּתָא
וְנַחֲמָתָא, דְּאַמְיָרוֹן
בְּעֵלְמָא, וְאַמְרוּ אָמֵן:

Yitbarach v'yishtabach
v'yitpaar v'yitromam
v'yitnasei, v'yit'hadar
v'yitaleh v'yit'halal

sh'meih d'kudsha
b'rich hu,

l'eila min kol birchata
v'shirata, tushb'chata,
v'nechemata, daamiran
b'alma, v'imru: Amen.



Bar'chu

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va-ed!

Every Tree Was Once a Seed

By Cathy Ostroff

Every tree was once a seed
that waited.

A seed knows how to wait.
A cherry tree will wait for a hundred years.
A lotus seed may wait a thousand years
for a chance to become a tree.

Most seeds hope for an opportunity
that will never come,
to shed their hard coats
and take root.

What does it take to pare away the husks
of our own hardness?
To put away resentment, selfishness, arrogance?

In spite of doubt and stubbornness,
someone believed in us, nourished us.
So whatever keeps us tethered to obstacles,
let go, focus, begin again,
ready to pray.

Life holds the possibility
of inner transcendence,
moments of love and awe
so powerful that they call upon us
to redirect the course of our lives: to ascend the
holy ladder and
know the divine.



The Sun and I, by Rohl Fishman
Translated by Barnett Zumoff

I am sunned through
and sunned out
and finished with sunning.
Open me up,
and from my innards
will spurt
the hot core of sun.
I ingest so much sun
that I laugh and radiate back to the sun
burning hot signals.
Every corner of me is lit up,
but I am not afraid.
Full of sun,
it's all the same to me
whether I shine
or am shined upon!

בְּרוּךְ אַתָּה יי,
הַמַּעֲרִיב עֶרְבִים.

Ma'ariv Aravim



Blessed are You, Adonai our
God, Ruler of the universe, who
speaks the evening into being.



Honi the circle maker saw an old man planting a carob tree, and said to him: “How long does it take for this tree to bear fruit?” He answered: “Seventy years.” “Are you certain you will live for another seventy years?” The man replied: “I found ready-grown carob trees in the world; as my forefathers planted these for me, so I too plant these for my children.”

– Babylonian Talmud, Ta’anit 23

שמע ישראל יהוה אלהינו יהוה אחד

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yisrael Adonai Eloheinu Adonai Echad.

Baruch shem k'vod malchuto l'olam va-ed.

Hear O Israel, Adonai is our God, Adonai is One!

Blessed is God's glorious majesty forever and ever.

V'ahavta

V'ahavta et Adonai Elohecha,
b'chol l'vav'cha,
uv'chol nafsh'cha,
uv'chol m'odecha.

V'hayu had'varim ha-eileh
asher anochi m'tzav'cha
hayom al l'vavecha.

V'shinantam l'vanecha,
v'dibarta bam
b'shivt'cha b'veitecha,
uv'lecht'cha vaderech
uv'shochb'cha uv'kumecha.

וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל-לִבְבְּךָ,
וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם, עַל-לִבְבְּךָ.

וּשְׁנַנְתֶּם לְבַנְיָךְ,
וּדְבַרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלֶכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.

Uk'shartam l'ot al yadecha
v'hayu l'totafot bein einecha.
Uch'tavtam al m'zuzot
beitecha uvish'arecha.

L'maan tizk'ru,
vaasitem et kol mitzvotai
vih'yitem k'doshim
l'Eloheichem.

Ani Adonai Eloheichem,
asher hotzeiti et-chem
mei-eretz Mitzrayim
lih'yot lachem l'Elohim
Ani Adonai Eloheichem.

וְקִשְׂרֹתֵם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתֶּם עַל מְזוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ,
וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי
וְהִייתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם.

אֲנִי יְיָ אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם
לֵהֵיוֹת לָכֶם לֵאלֹהִים
אֲנִי יְיָ אֱלֹהֵיכֶם.

Who is like you?

Mi chamochah ba-eilim, Adonai!
Mi kamochah nedar bakodesh,
nora t'hilot, oseih fele!

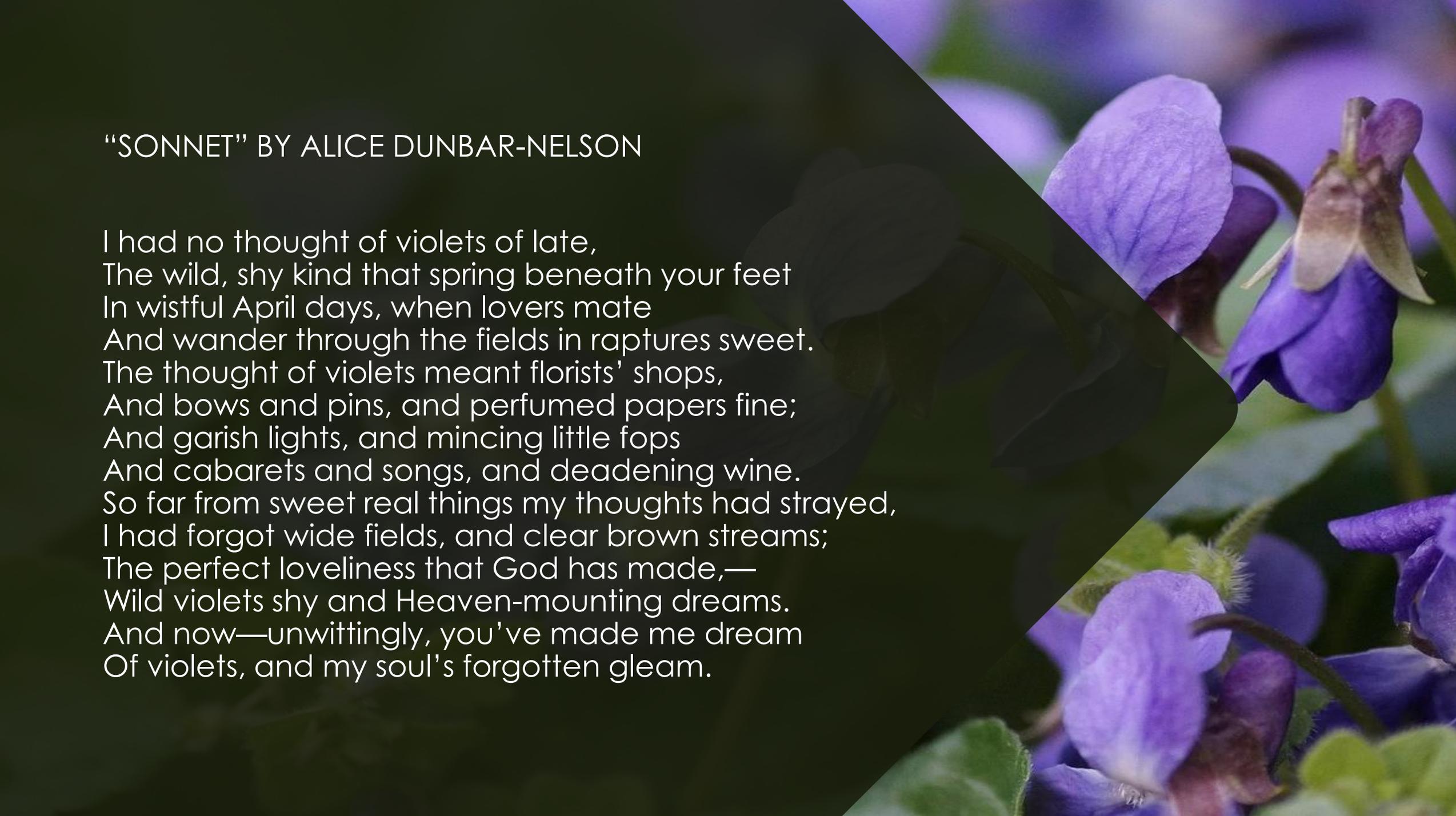
Malchut'cha ra-u vanecha,
bokei-a yam lifnei Moshe uMiryam.
Zeh Eli, anu v'amru,
Adonai yimloch l'olam va-ed!

Who is like You, O God, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, working wonders? Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam. "This is our God!" they cried. "Adonai will reign forever and ever!"

מִי־כַמְכָּה בְּאֱלִים, יְיָ!
מִי כַמְכָּה נֶאֱדָר בְּקֹדֶשׁ,
נֹרָא תְהִילֹת, עֹשֶׂה פִלְא!

מַלְכוּתְךָ רָאוּ בְנֵיךָ,
בֹקַעַיִם לְפָנֵי מֹשֶׁה
וּמִרְיָם.

זֶה אֱלֹהֵינוּ וְאָמְרוּ,
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!



“SONNET” BY ALICE DUNBAR-NELSON

I had no thought of violets of late,
The wild, shy kind that spring beneath your feet
In wistful April days, when lovers mate
And wander through the fields in raptures sweet.
The thought of violets meant florists' shops,
And bows and pins, and perfumed papers fine;
And garish lights, and mincing little fops
And cabarets and songs, and deadening wine.
So far from sweet real things my thoughts had strayed,
I had forgot wide fields, and clear brown streams;
The perfect loveliness that God has made,—
Wild violets shy and Heaven-mounting dreams.
And now—unwittingly, you've made me dream
Of violets, and my soul's forgotten gleam.

Hashkiveinu, Adonai Eloheinu,
l'shalom, l'shalom, v'haamideinu
shomreinu l'chayim,
ufros aleinu sukat sh'lomecha,
ufros aleinu sukat sh'lomecha, Amen.

Shelter us, beneath your wings, O Adonai
Guard us from all harmful things, O Adonai
Keep us safe throughout the night
'til we wake with morning's light
Teach us, God, wrong from right, O Adonai
Amen, Amen, Amen, Amen, Amen, Amen.

Hashkiveinu



הַשְּׁכִיבֵנוּ, יְיָ אֱלֹהֵינוּ,
לְשָׁלוֹם, וְהַעֲמִידֵנוּ
שׁוֹמְרֵנוּ לְחַיִּים,
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.



It was a silent night
The lake still as a mirror
And the woods serene
I wandered like a breeze
My soul like the wild vine
Listen
It is the trees
Who tell the future
In whispered songs through the leaves
Who will sing it then
After they are gone?
Hollow places
Will become hallowed ground
Listen now
While they stand
Listen now
While they sing.

Amidah

אֲדֹנָי, שְׁפַתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתֶךָ.

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

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

Amidah

Baruch atah, Adonai

Eloheinu v'Elohei

avoteinu v'imoteinu,

Elohei Avraham, Elohei

Yitzchak v'Elohei Yaakov,

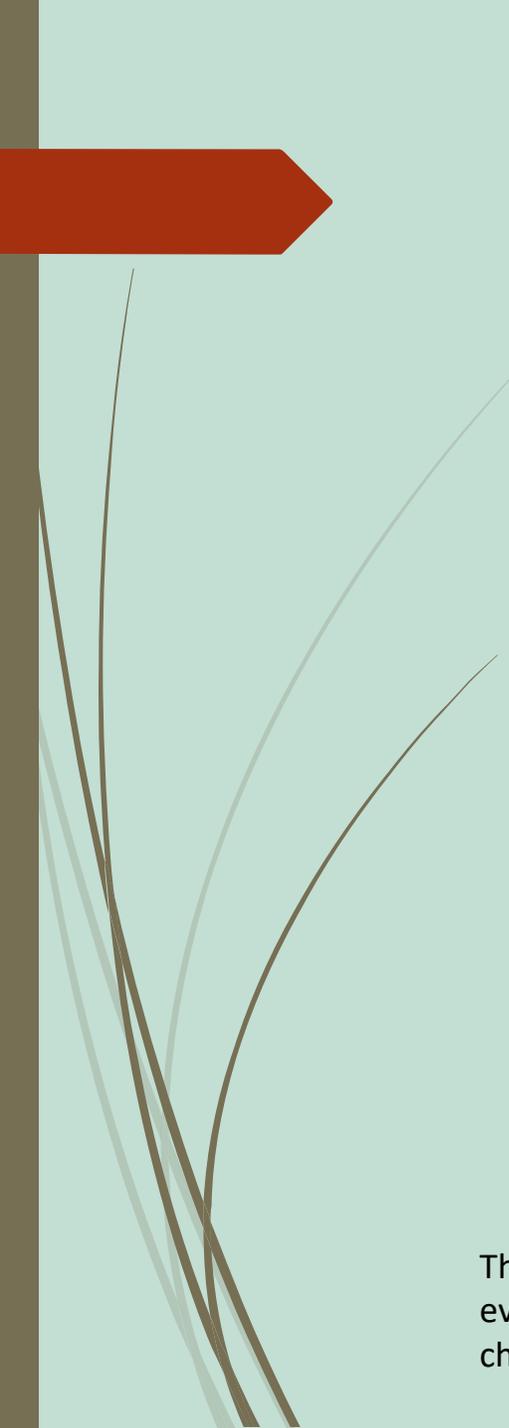
Elohei Sarah, Elohei Rivkah,

Elohei Rachel v'Elohei Leah.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah.



Ha-El hagadol hagibor
v'hanora, El elyon,
gomeil chasadim tovim,
v'koneih hakol, v'zocheir
chasdei avot v'imahot,
umeivi g'ulah livnei v'neihem
l'maan sh'mo b'ahavah.

הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חַסְדִּים טוֹבִים,
וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אָבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

The great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name.



מֶלֶךְ עוֹזֵר
וּמוֹשִׁיעַ וּמַגֵּן.

Melech ozeir
u'moshia u'magen.

Baruch atah Adonai,
magein Avraham
v'ezrat Sarah.

בָּרוּךְ אַתָּה, יי,
מַגֵּן אַבְרָהָם
וְעִזְרַת שָׂרָה.

G'vurot

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

Morid hatal.

M'chalkeil chayim b'chesed,
m'chayeih hakol (meitim)
b'rachamim rabim,
someich noflim, v'rofei
cholim, umatir asurim,

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵיַתִּים)
אַתָּה, רַב לְהוֹשִׁיעַ.

מֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵיַתִּים)
בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמַתִּיר אֲסוּרִים,

um'kayeim emunato

lisheinei afar.

Mi chamochoh baal g'vurot

umi domeh lach,

melech meimit um'chayeh

umatzmiach y'shuah.

V'ne-eman atah

l'hachayot hakol (meitim).

Baruch atah, Adonai,

m'chayeih hakol (hameitim).

וּמְקַיֵּם אֱמוּנָתוֹ
לִישְׁנֵי עֶפְרַיִם.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ,
מֶלֶךְ מֵמִית וּמַחְיֶה
וּמַצְמִיחַ יְשׁוּעָה.
וּנְאֻמָּן אַתָּה
לְהַחְיֹת הַכֹּל (מֵתִים).

בָּרוּךְ אַתָּה, יְיָ,
מַחְיֶה הַכֹּל (הַמֵּתִים).

K'dusha

Atah kadosh

v'shimcha kadosh

uk'doshim b'chol yom

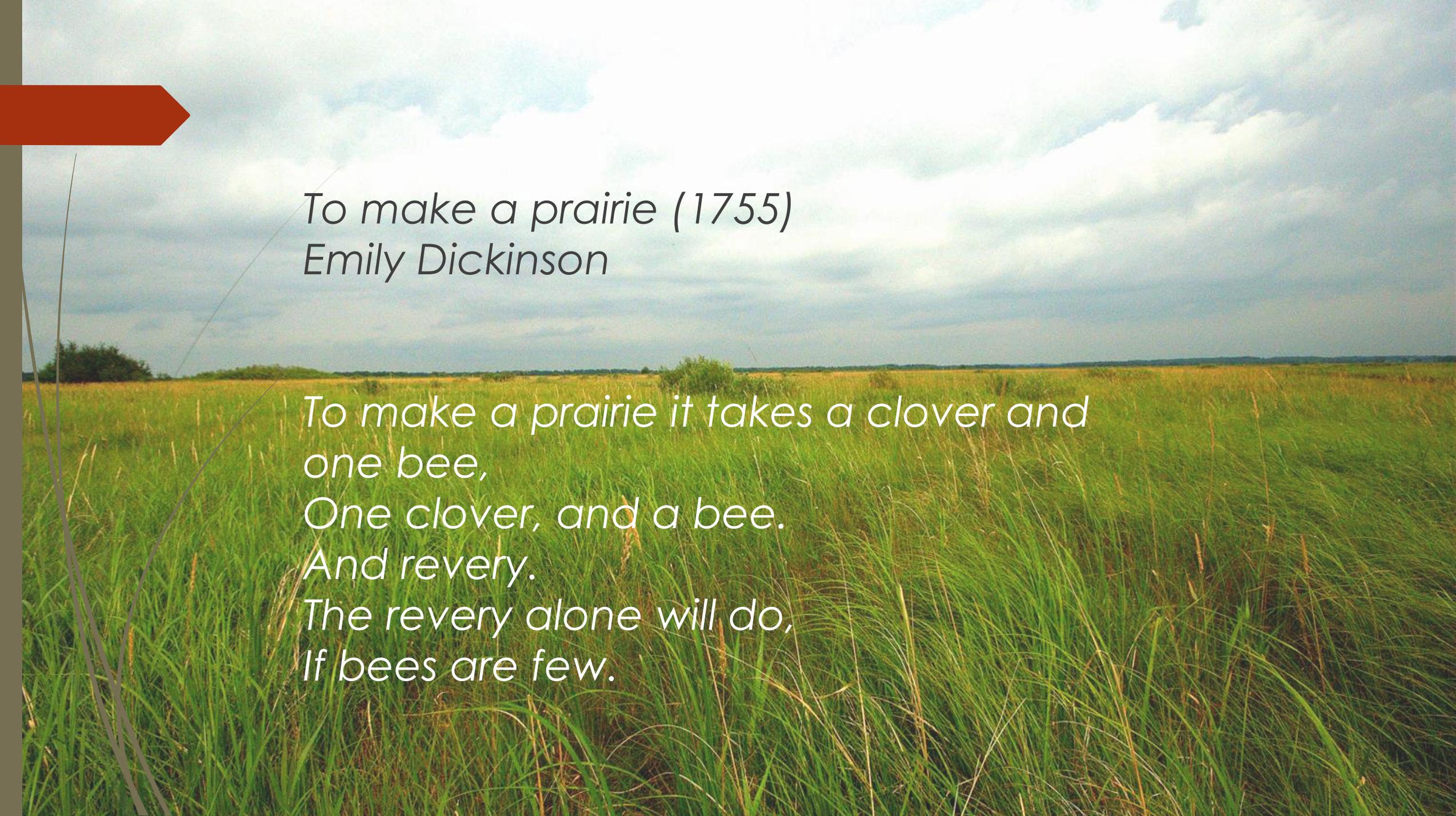
y'hal'lucha, selah.

Baruch atah, Adonai,

Ha-El hakadosh.

אַתָּה קָדוֹשׁ
וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכָל יוֹם
יְהִלְלוּךָ, סֵלָה.

בָּרוּךְ אַתָּה, יי,
הָאֵל הַקָּדוֹשׁ.



To make a prairie (1755)
Emily Dickinson

*To make a prairie it takes a clover and
one bee,
One clover, and a bee.
And revery.
The revery alone will do,
If bees are few.*

Shalom Rav

Shalom rav al Yisrael amcha
tasim l'olam, ki atah hu
Melech Adon l'chol hashalom.
V'tov b'einecha l'vareich
et amcha Yisrael,
b'chol eit uv'chol
shaah bishlomecha.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תְּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא
מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכָל עֵת וּבְכָל
שָׁעָה בְּשִׁלּוֹמֶךָ.

Grant abundant peace to Israel Your people forever, for You are the Sovereign God of all peace. May it be pleasing to You to bless Your people Israel in every season and moment with Your peace.

Moments of fleeting appreciation

clouds

trees

flowers

fruit

air

rock

soil:

the silent
substance
of Earth

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגְיוֹן לִבִּי לְפָנֶיךָ,
יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi
v'hegyon libi l'fanecha,
Adonai tzuri v'go-ali.

May the words of my mouth and the meditations of my heart
be acceptable to You, O God, my Rock and my Redeemer.

A lush green forest with a waterfall cascading into a pool of water. The scene is vibrant and serene, with dense foliage and a clear stream of water. The waterfall is the central focus, with water falling from a rocky ledge into a calm pool below. The surrounding trees and bushes are a rich, varied green, creating a sense of depth and tranquility. The overall atmosphere is peaceful and natural.

Sermon

Yearning and Learning

Healing Thoughts

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.

Aleinu

Aleinu l'shabei-ach
laadon hakol,
lateit g'dulah
l'yotzeir b'reishit,
Shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot
haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.

Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech,
malchei ham'lachim
HaKadosh Baruch Hu.
V'ne-emar, v'hayah Adonai
l'Melech al kol haaretz.
Bayom hahu yih'yeh
Adonai echad ush'mo
echad.

עֲלֵינוּ לְשִׁבְחַ
לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה
לְיוֹצֵר בְּרֵאשִׁית,

שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.
שְׁלֹא שָׂם חֶלְקֵנוּ כִּהֵם,
וְגָרְלָנוּ כְּכֹל־הַמּוֹנֵם.

וְאִנְחָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ,
מַלְכֵי הַמְּלָכִים

הַקָּדוֹשׁ בְּרוּךְ הוּא.
וְנֵאמַר, וְהָיָה יי
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה
יי אֶחָד, וּשְׁמוֹ אֶחָד.



Nothing Gold Can Stay

Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

Mourner's Kaddish

Yitgadal v'yitkadash sh'mei raba.
B'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv.
V'im'ru: Amen.

Y'hei sh'mei raba m'varach
l'alam ul'almei almaya.
Yitbarach v'yishtabach, v'yitpaar
v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal
sh'mei d'Kud'sha b'rich Hu,

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעָלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעָגְלָא וּבְזִמְן קָרִיב.
וְאָמְרוּ: אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,



L'eila min kol birchata
v'shirata, tushb'chata
v'nechemata, daamiran
b'alma. V'imru: Amen.
Y'hei sh'lama raba min
sh'maya, v'chayim aleinu
v'al kol Yisrael.
V'imru: Amen.

Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael,
v'imru: Amen.

May the memories of our loved ones
be forever a blessing.

Amen



לְעֵלָא מִן כּל בְּרַכָּתָא
וְשִׁירָתָא, תְּשִׁבְּחָתָא
וְנַחֲמָתָא, דְּאִמְרוּן
בְּעֵלְמָא. וְאִמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן
שְׁמַיָּא, וְחַיִּים עָלֵינוּ
וְעַל כּל יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כּל יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן.

ELI ELI ~ MY GOD

Halicha L'kesariya ~ Walk to Caesaria

Eli, Eli

My God, My God

Shelo yigamer le'olam:

I pray that these things
never end:

Hachol vehayam

The sand and the sea

Rishrush shel hamayim

The rush of the waters

Berak hashamayim

The crash of the heavens

Tefilat ha'adam.

Prayer of the heart.