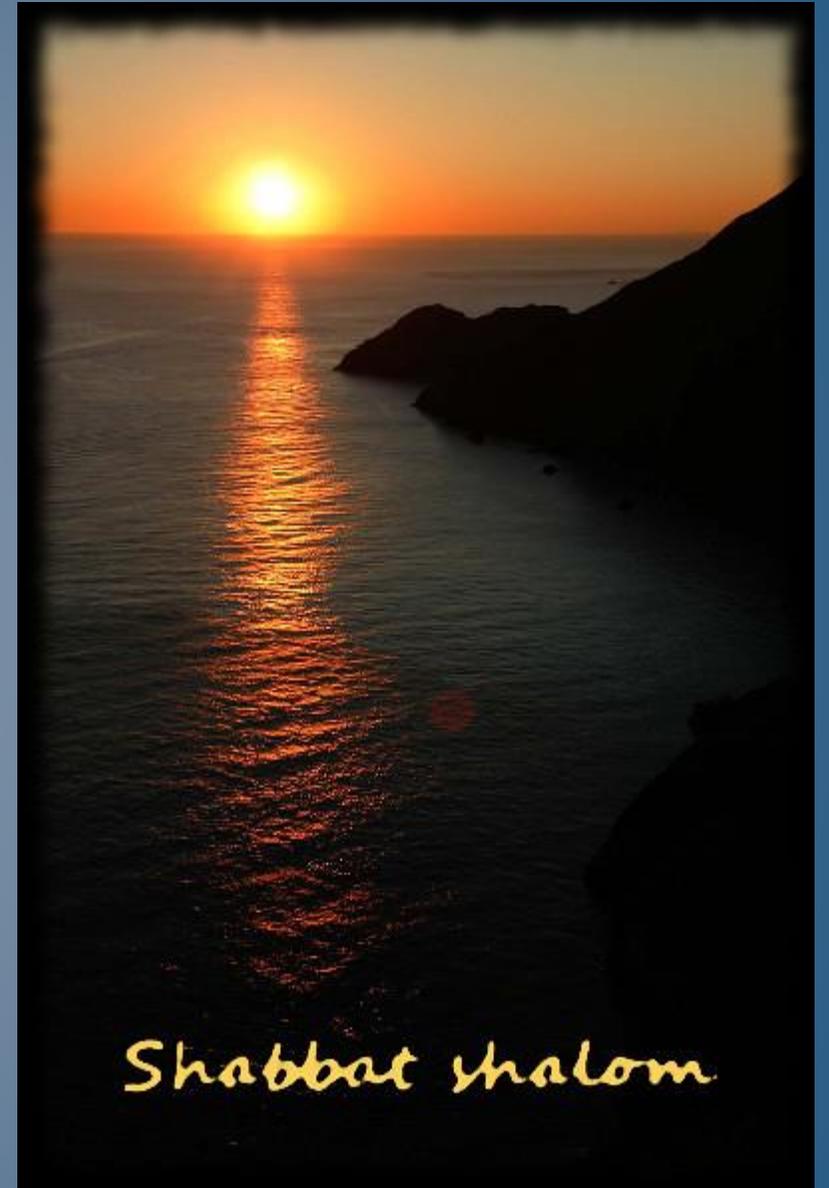


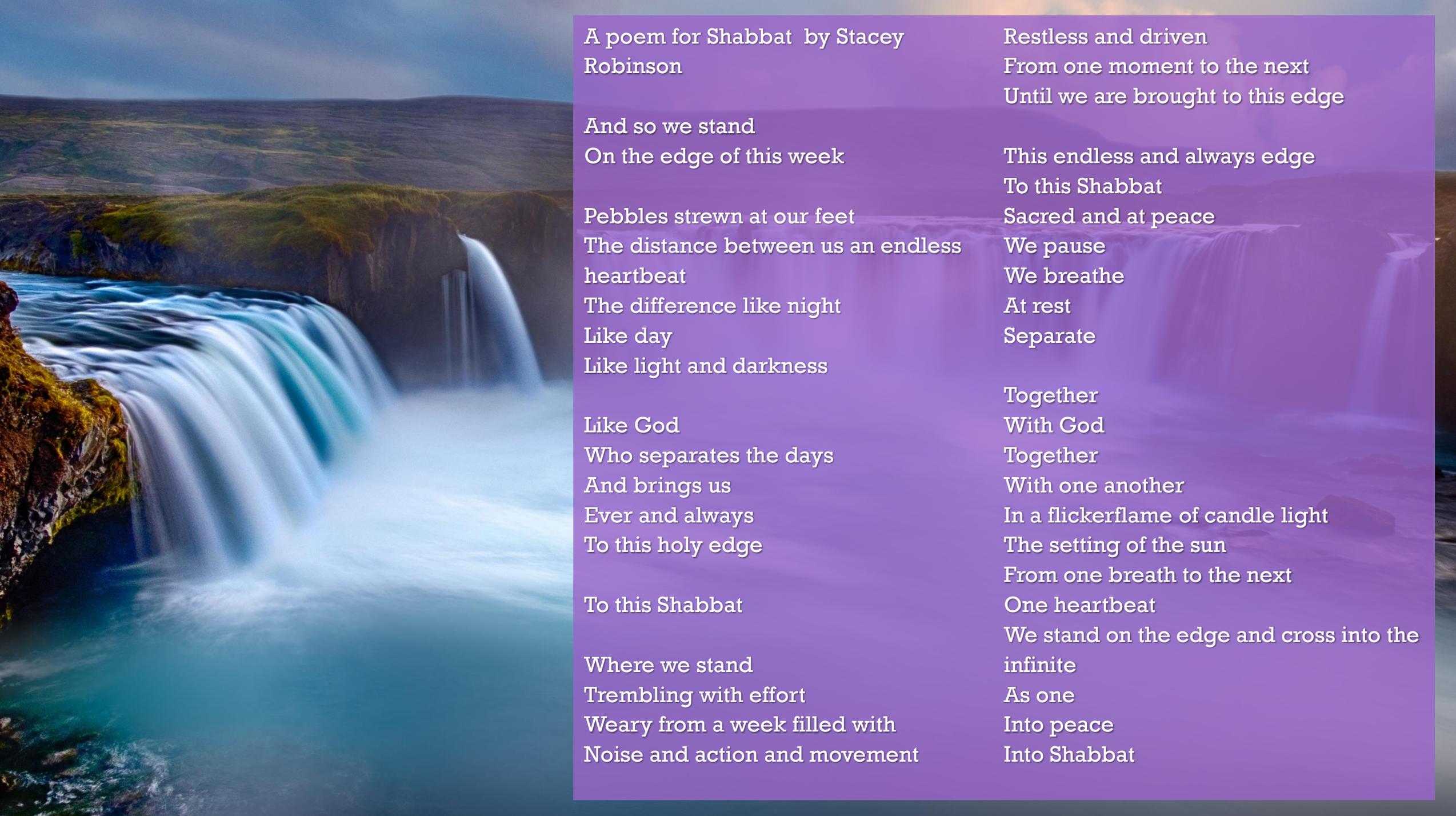


**“All that you  
do – do only  
out of love**

**~Sifre**

Mt Sinai Congregation  
Shabbat Service June 11<sup>th</sup>, 2021





A poem for Shabbat by Stacey  
Robinson

And so we stand  
On the edge of this week

Pebbles strewn at our feet  
The distance between us an endless  
heartbeat  
The difference like night  
Like day  
Like light and darkness

Like God  
Who separates the days  
And brings us  
Ever and always  
To this holy edge

To this Shabbat

Where we stand  
Trembling with effort  
Weary from a week filled with  
Noise and action and movement

Restless and driven  
From one moment to the next  
Until we are brought to this edge

This endless and always edge  
To this Shabbat  
Sacred and at peace

We pause  
We breathe  
At rest  
Separate

Together  
With God  
Together  
With one another  
In a flickerflame of candle light  
The setting of the sun  
From one breath to the next  
One heartbeat  
We stand on the edge and cross into the  
infinite  
As one  
Into peace  
Into Shabbat

# 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



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

Baruch atah, Adonai

Eloheinu, Melech Haolam,  
asher kidshanu b'mitzvotav,  
v'tzivanu l'hadlik

neir shel Shabbat

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

# Everything Is Waiting for You

Written by David Whyte

Put down the weight of your aloneness and ease into the conversation. The kettle is singing even as it pours you a drink, the cooking pots have left their arrogant aloofness and seen the good in you at last. All the birds and creatures of the world are unutterably themselves. Everything is waiting for you.

## 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.

שָׁמֹר 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 דוּדֵי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נְקַבְּלָה.

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

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

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

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

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

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

הִתְעוֹרְרִי, הִתְעוֹרְרִי,  
כִּי בָּא אֲוִרָה, קוּמִי אֲוִרִי,  
עוֹרִי עוֹרִי, שִׁיר דַּבְּרִי,  
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

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

לְכָה דוּדֵי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבַּת נִקְבְּלָה.

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

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

בּוֹאֵי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה,  
גַּם בְּשִׂמְחָה וּבְצִהְלָה,  
תּוֹךְ אֲמוּנֵי עַם סִגְלָה,  
בּוֹאֵי כַּלָּה, בּוֹאֵי כַּלָּה.

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  
בְחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.  
עוֹד יִנּוּבוּן 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 וַיִּתְקַדַּשׁ  
שְׁמֵהּ רַבָּא  
בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ,  
וַיְמַלִּיךְ מַלְכוּתָהּ

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ:  
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Yitgadal v'yitkodash  
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.

יְתַבְרַךְ וַיִּשְׁתַּבַּח,  
וַיִּתְפָּאֵר וַיִּתְרוֹמַם  
וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר  
וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא  
בְרִיךְ הוּא,

לְעֵילָא מִן כּוֹל בִּרְכָתָא  
וְשִׁירָתָא, תּוֹשְׁבְחָתָא  
וְנַחֲמָתָא, דְאַמְיָרוּ  
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!**



# BLESSING THE BOATS

BY LUCILLE CLIFTON

(at St. Mary's)

may the tide  
that is entering even now  
the lip of our understanding  
carry you out  
beyond the face of fear  
may you kiss  
the wind then turn from it  
certain that it will  
love your back may you  
open your eyes to water  
water waving forever  
and may you in your innocence  
sail through this to that

# MA'ARIV ARAVIM

בְּרוּךְ אַתָּה יי,  
הַמְעַרֵב עֶרְבִים.

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

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!

*A religious search is a lonely labor. It is like a flight over an ocean or a desert. Its main preoccupation is not the collecting of interesting episodes as one floats along, but the keeping of one's wings aloft and the reading of one's course by constant sun and steadfast stars. And at the end one's concern is to leave a few words of guidance, if one can, for other voyagers soon to take off upon a like adventure.*

*~ William L. Sullivan*



שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

בָּרוּךְ 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.

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

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

וְשִׁנַּנְתֶּם לְבַנְיָהּ,  
וְדַבַּרְתָּ בָּם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
וּבְלַכְתְּךָ 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.

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.  
וְכִתַּבְתֶּם עַל מְזוֹזֹת  
בֵּיתְךָ וּבִשְׁעָרֶיךָ.

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

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

# WHO IS LIKE YOU?

Mi chamochoh ba-eilim, Adonai!  
Mi kamochoh 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, יי!  
מִי כַמְכָּה נֶאֱדָר בַּקֹּדֶשׁ,  
נֹרָא תְהִילֹת, עֹשֶׂה פִּלְא!

מַלְכוּתְךָ רָאוּ בְּנֵי־יִשְׂרָאֵל,  
בֹּקַעַיִם לְפָנֵי מֹשֶׁה  
וּמִרְיָם.  
זֶה אֱלֹהֵינוּ וְאֵמְרוּ,  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

## The Salve Which is Shabbat

By Suzanne Sabransky

It is a covenant as old as our people  
A promise carried throughout the ages  
"HaShem will keep those who keep Shabbat."

And yet, today, we struggle to find peace of  
mind

We struggle to find the inner calm of Shabbat  
We struggle to feel the love of the Shechina

We have gained solace in the arms of  
community

Coming together on Friday and Saturday  
Sharing the prayers of one another

The humanity of joining together  
Is now absent from our lives  
Leaving us to yearn for the hugs and smiles

The salve of Shabbat remains despite social  
distancing

The words of the Shema still define our being  
The lessons of Torah are still a Tree of Life

Though our world has been turned upside down  
HaShem still provides Sukkat Shalom  
The shelter and peace of the day of rest

Shabbat cares for us as we celebrate Shabbat  
We care for Shabbat as it celebrates us  
Shabbat is our connection to each other in all  
times.



הַשְּׂכִיבֵנוּ, יְיָ אֱלֹהֵינוּ,  
לְשָׁלוֹם, וְהַעֲמִידֵנוּ  
שׁוֹמְרֵנוּ לְחַיִּים,  
וּפְרֹשׂ עָלֵינוּ סִפְתָּ שָׁלֵם

## HASHKIVEINU

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.

## One Art

BY ELIZABETH BISHOP

The art of losing isn't hard to master;  
so many things seem filled with the intent  
to be lost that their loss is no disaster.

Lose something every day. Accept the  
fluster  
of lost door keys, the hour badly spent.  
The art of losing isn't hard to master.

Then practice losing farther, losing faster:  
places, and names, and where it was you  
meant  
to travel. None of these will bring disaster.

I lost my mother's watch. And look! my last,  
or

next-to-last, of three loved houses went.

The art of losing isn't hard to master.

I lost two cities, lovely ones. And, vaster,  
some realms I owned, two rivers, a  
continent.

I miss them, but it wasn't a disaster.

—Even losing you (the joking voice, a  
gesture

I love) I shan't have lied. It's evident  
the art of losing's not too hard to master  
though it may look like (Write it!) like  
disaster.

אֲדֹנָי, שִׁפְתַי תִּפְתַּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

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

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

**AMIDAH**

# 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 עֶלְיוֹן,  
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.

Melech ozeir  
u'moshia u'magen.

Baruch atah Adonai,  
magein Avraham  
v'ezrat Sarah.

מֶלֶךְ עֹזֵר  
וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה, יְיָ,  
מִגֵּן אַבְרָהָם  
וְעֶזְרַת 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 (מֵתִים)  
אַתָּה, רַב לְהוֹשִׁיעַ.

מוֹרִיד הַטַּל.

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

um'kayeim emunato

lisheinei afar.

Mi chamochah 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 עָפָר.

מִי כְמוֹךָ בַעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ,

מֶלֶךְ מֵמִית וּמַחְיֶה

וּמַצְמִיחַ יְשׁוּעָה.

וּנְאֻמָּן אַתָּה

לְהַחְיֹת הַכֹּל (מֵיַתִּים).

בָּרוּךְ אַתָּה, יְיָ,

מַחְיֶה הַכֹּל (הַמֵּיַתִּים).

# 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 hear the faint sound of oars in the silence as a rowboat comes slowly out and then goes back is truly worth all the years of sorrow that are to come.”

-Jack Gilbert

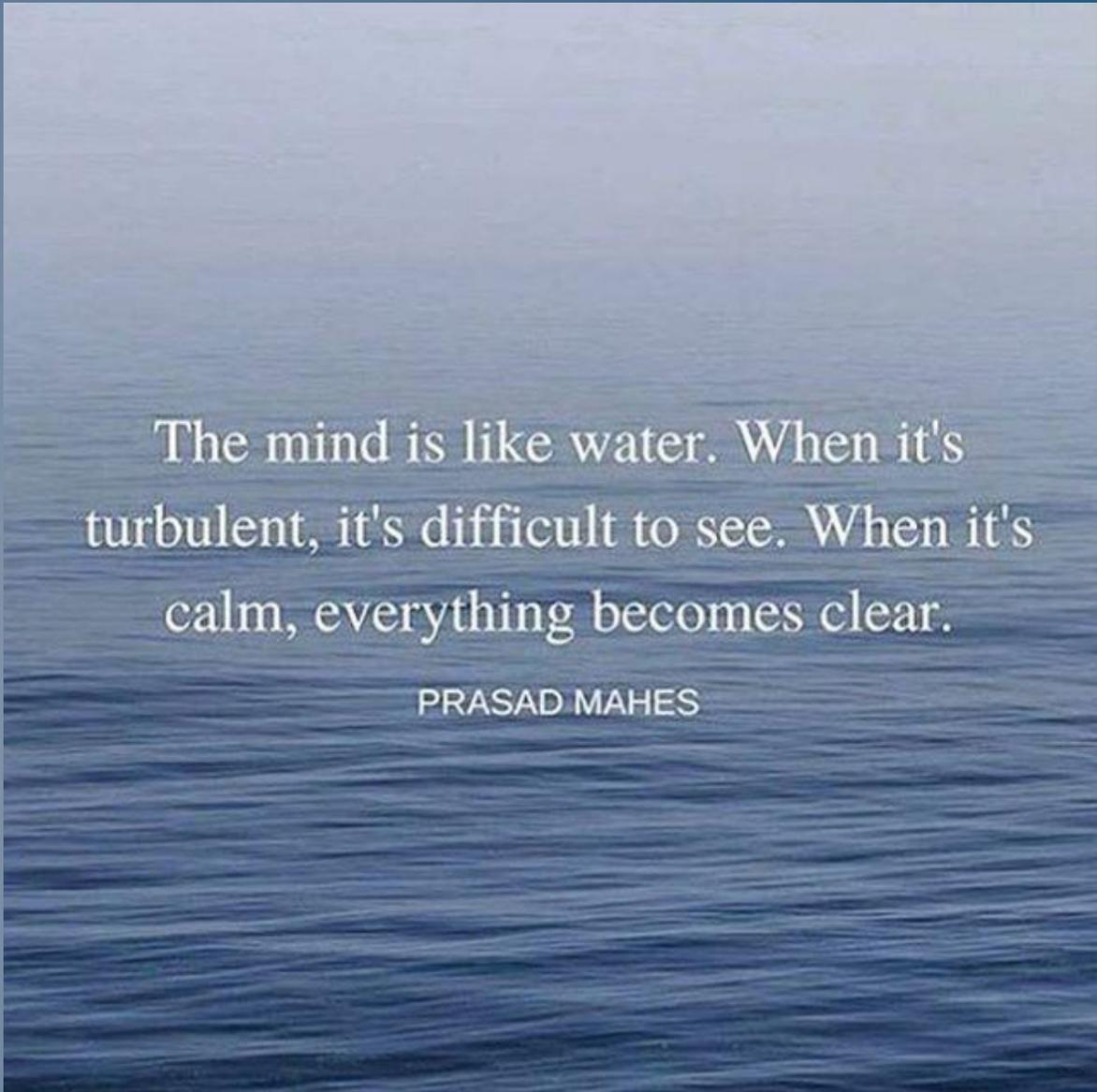


# SHALOM RAV

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.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תַּשִּׁים לְעוֹלָם, כִּי אַתָּה הוּא  
מֶלֶךְ אֲדוֹן לְכֹל הַשָּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
אֶת עַמְּךָ יִשְׂרָאֵל,  
בְּכֹל עֵת וּבְכֹל  
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.



The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear.

PRASAD MAHES

Wading through the  
tides of our thoughts

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 vibrant, lush green forest scene featuring a waterfall cascading into a pool of water. The water is a deep, rich green, and the surrounding foliage is dense and verdant. The waterfall is the central focus, with water flowing over rocks and creating a misty spray at the base. The overall atmosphere is serene and natural.

**SERMON**

**Yearning and Learning**

# HEALING THOUGHTS

Mi Shebeirach avoteinu  
M'kor habrachah l'imoteinu.

מִי שְׁבִירַךְ 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 שְׁבִירַךְ 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

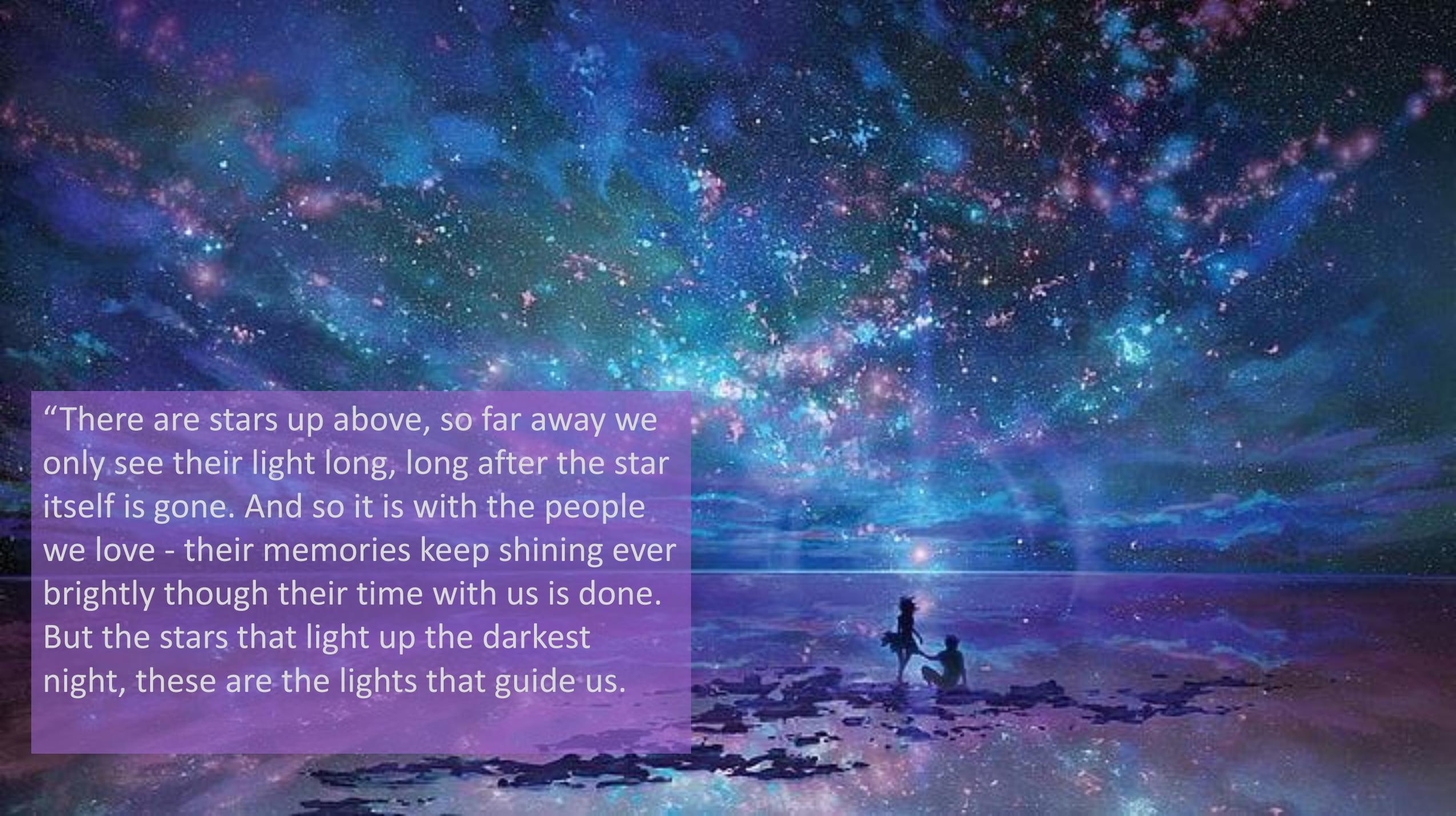
Aleinu l'shabei-ach  
laadon hakol,  
lateit g'dulah  
l'yotzeir b'reishit,  
Shelo asanu k'goyei haaratzot,  
v'lo samanu k'mishp'chot  
haadamah.  
Shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam.

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.

עָלֵינוּ לְשִׁבְחָ  
לְאֲדוֹן הַכֹּל,  
לְתֵת גְּדֻלָּה  
לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹא אֲסָנּוּ כְּגוֹיֵי הָאָרְצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.  
שֶׁלֹא שָׂם חֶלְקֵנוּ כִּהֵם,  
וְגָרְלָנוּ כְּכֹל־הַמּוֹנֵם.

וְאֵנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לְפָנֵי מֶלֶךְ,  
מַלְכֵי הַמַּלְכִּים  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר, וְהָיָה יי  
לְמֶלֶךְ עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יִהְיֶה  
יי אֶחָד, וּשְׁמוֹ אֶחָד.



“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 the people we love - 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.

# 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.  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,  
וְיִמְלִיךְ מַלְכוּתֵיהּ,  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזִמְן קָרִיב.  
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.  
יִתְבָּרַךְ 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 כָּל בִּרְכָתָא  
וְשִׁירָתָא, תְּשִׁבְּחָתָא  
וְנַחֲמָתָא, דְּאִמְרוּן  
בְּעֵלְמָא. וְאִמְרוּ: אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן  
שְׁמַיָּא, וְחַיִּים עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְאִמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו  
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל 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.