

NM JEWISH STORYTELLING FESTIVAL  
SHABBAT SERVICE

Saturday, November 5, 2022

10:00 am

Reb Shlomo Carlebach says, "A prayer for peace: Because of my brothers and sisters, not just me, but for the whole world, let there be peace!"

לְמַעַן—אֲחֵי וְרַעֵי אֲדַבְרָה—נָא שְׁלוֹם בָּךְ.

**Lma-an ah-chai vray-eye, ah-dabrah na shalom bach**

Because of my brothers and friends. Because of my sisters and friends, Please let me ask, please let me say "Peace to you."

לְמַעַן בַּיִת—יְהוָה אֱלֹהֵינוּ אֲבַקֶּשׁה טוֹב לָךְ.

**Lma-an bayt Adonai Elohaynu avak-shah tov lach.**

This is the house, the house of the LORD, I wish the best for you.

**Blessing for putting on tallit:**

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

**Baruch Atah Adonai Elohaynu Melech ha-olam**

You abound in blessing, ADONAI our GOD, SOURCE of all creation,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת

**asher kidshanu bmitzvotav vtzivanu lhitatayf batzeetiz.**

for giving us ways to join ourselves to You, and for teaching us to wrap ourselves in the tallit.

**Modeh Anee (I give thanks):**

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, מוֹדָה

(men say **Mo-deh** women say **Mo-dah**, non-binary say **Mod-eh-a**) anee lfa-nekha

**Melech chai vkayam.**

I offer thanks to You, SOVEREIGN, LIFE of ETERNITY.

שְׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֲמוּנָתְךָ

**Shheh-khe-zarta bee nishma-tee bkhem-lah, rabbah emuna-tekha.**

You have mercifully restored my soul within me. Your faithfulness is great.

**Elohai Neshama:**

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא

**Elohai nshamah shena-tata bee thorah hee**

**Morning Blessings:**

**בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

**אֲשֶׁר נָתַן לְשִׁכּוֹי בִּינָה, לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה...**

**B'ruchah Ata Adonai (or Yah other Name) Elohaynu Melech/Ruach ha-olam**

**asher natan la-sech-vee vinah Ihav-cheen bayn yom oo-vayn lye-lah.**

Blessed are You SOURCE OF DISTINCTION, LIFE OF THE DIMENSIONS

Who gives the rooster understanding to distinguish day from night.

**שְׁעֵשְׂנִי בְּצִלְמוֹ Baruch Atah Adonai Elohaynu Melech ha-olam she-asanee**

**Yisra-ayl.**

Blessed are You ETERNAL our GOD, RULER OF THE UNIVERSE Who made me part of Israel

**זוֹקֵף כְּפוּפִים... Baruch Atah Adonai Elohaynu Melech ha-olam zokayf**

**kfufeem.**

Blessed are You SOURCE OF HEALING, our GOD, RULER OF THE UNIVERSE Who

straightens the bent.

**מַתִּיר אֲסוּרִים... Bruchah At Yah Chay ha-olameem mateer asureem.**

Blessed are You BOUNDLESS ONE, Life of the Worlds Who frees the bound.

**פּוֹקֵחַ עֵוְרִים... B'ruchah At Yah Chay ha-olameem pokayach ivreem.**

Blessed are You SOURCE OF VISION, Life of the Worlds Who opens the eyes of the blind.

**רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם... B'ruchah At Yah Chay ha-olameem roka ha-aretz al hamayim.**

Blessed are You OPEN ONE, Life of the Worlds Who spreads out the earth over the waters.

**גִּבֹּרֵת or הַמַּכִּין מְצַעְדֵי גִבּוֹר**

**Baruch Atah Adonai Elohaynu Melech ha-olam ha-maycheen mitza-day**

Blessed are You HEROIC ONE, our GOD, RULER OF THE UNIVERSE Who makes Urm my steps strong.

**שֶׁעָשָׂה לִי כָּל צְרָכָי... B'ruchah At Yah Chay ha-olameem she-asah lee kol tzorkee.**

Blessed are You GREAT PROVIDER, Life of the Worlds Who provides for all my needs.

**עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה... Bruchah At Yah Chay ha-olameem otayr yisra-ayl btifarah.**

Blessed are You GREAT BEAUTY, Life of the Worlds Who crowns our people with beauty.

**הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי... Bruchah At Yah Chay ha-olameem ha-ma-aveer shaynah may-aynai oot-numah may-afapai.**

Blessed are You AWAKENED ONE, LIFE OF THE WORLDS

Who removes sleep from my eyes and slumber from my eyelids.

**Story:**

“The Artist’s Journey” Peninnah Schram

**Psalm 150:** (translation by R. Zalman Schachter-Shalomi)

הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֶזְוֹ

**Halleluyah, hallu, ayl bkodsho, halluhu, birkee-a oo-zo.** Halleluyah, Praise YAH in Gods holiness. Halleluyah, Praise YAH in Gods firm strength

הַלְלוּהוּ בְּגִבּוֹרָתוֹ, הַלְלוּהוּ כְּרֹב גְּדֻלוֹ

**Halluhu, big-voo-rotav, halluhu, krov gudlo.**

Halleluyah, Praise YAH in Gods might

Halleluyah, Praise YAH according to Gods many graces

הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וְכַנּוֹר

**Halluhu, btayka shofar, halluhu, bnayvel vchinor.**

Halleluyah, Praise YAH with the blast of the Shofar Halleluyah, Praise YAH with strings and harps

הַלְלוּהוּ בְּתֶף וּמַחֲוֹל, הַלְלוּהוּ בְּמִנִּים וְעֶגְב

**Halluhu, btof umachol, halluhu, bmineem vugav.**

Halleluyah, Praise YAH with drum and dance

Halleluyah, Praise YAH with every instrument with every organ

הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

**Halluhu, btzil-tzlay shama, halluhu, btzil-tzlay truah.**

Halleluyah, Praise YAH with the ringing sound

Halleluyah, Praise YAH with the clanging sound

כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ הַלְלוּיָהּ

**Kol hanshamah, Halleluyah, thalayl Yah, Halleluyah.**

Halleluyah, Praise YAH with every breath. Halleluyah

**Bar’chu:**

בְּרַכּוּ אֶת יְהוָה הַמְּבָרֵךְ

*Bar’chu et Adonai ha-m’vorach*

We bless the Source of Blessing Who is to be blessed

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד

*Baruch Adonai ha-m’vorach l’olam va-ed*

Blessed is the Source of Blessing forever and ever

**Shema/V'ahavtah:**

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

*Shema Yisra-ayl, Adonai Elohaynu, Adonai echad*  
Listen oh Israel! The Eternal is our God, the Eternal is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

*(Baruch shem kavod malchuto l'olam va-ed)*

**V'ahavta:**

וְאֶהְבֶּתְךָ אֵת יְיָ אֱלֹהֶיךָ, בְּכֹל-לְבָבְךָ, וּבְכֹל-נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ. וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ: וְשִׁנְנָתָם לְבִנְיָךָ,  
וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם  
לְאוֹת עַל-יְדֶךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ, וּכְתִבְתָּם עַל מְזוֹזֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

*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'tzavcha 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. Ukshartam l'ot al yadecha  
v'hayu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish' arecha.*

Let these words by which I join myself to you this day enter your heart.  
Pattern your days on them so that your children may discover Torah within you.  
Make your life into a voice of God both in your stillness and in your movement.  
Renew these words each evening and each morning in devotion.  
Bind them as a hand signal and as t'fillin between your eyes  
as symbols of acts and thoughts consecrated to Me.  
Write them in mezuzzot at the entrance of your home as a sign  
that all people may discover Me as they enter your home and your life.  
(R. Burt Jacobson)

**Mi Chamocha (Interpretive):** English lyrics by Donald King Marrow, Melody blend  
inspired by Rabbi Angela Buchdahl and Cantor Daniel Mutlu of Central Synagogue

Rise and shine, and give God the glory, glory  
Rise and shine, and give God the glory, glory  
Rise and shine, and give God the glory, glory, children of the Lord

The Lord said to Noah, "There's going to be a floody, floody"  
Lord said to Noah, "There's going to be a floody, floody"  
Get those children out of the muddy, muddy, children of the Lord

מִי־כֹמְכָה בְּאֵלִים יְהוָה  
מִי־כֹמְכָה נֹאדָר בְּקֹדֶשׁ  
נֹרָא תֵהִלְתָּ עֲשֵׂה פֶלֶא  
בְּנֵי יִשְׂרָאֵל

*Mi kamocho ba-elim Adonai  
Mi Kamocho nedar ba-kodesh  
Nora tehillot oseh fele*

*B'nai Yis-ra-el!*

So Noah, he built him, he built him an arky, arky  
Noah, he built him, he built him an arky, arky  
He made it out of hickory barky, barky, children of the Lord  
The animals, the animals, they came in by twosies, twosies  
Animals, the animals, they came in by twosies, twosies  
Elephants and kangaroosies, roosies, children of the Lord

(Repeat English Rise and Shine and Hebrew Mi Chamocha)

It rained and poured for 40 daysies, daysies  
Rained and poured for 40 daysies, daysies  
Nearly drove those animals crazies, crazies, children of the Lord  
The sun came out and dried up the landy, landy  
Sun came out and dried up the landy, landy  
Everything was fine and dandy, dandy, children of the Lord

(Repeat English Rise and Shine and Hebrew Mi Chamocha)

## Story: "Jacob the Sabbath Lover" Maggidah Batya Podos

### **Amida (Interpretive Liturgy):**

אֲדַנִּי שְׂפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ

**Adonai, sfatai tif-tach oo-fee yageed thilatecha**

Open up my lips O Yah that I may sing Your praise

***The Ancestors: Avot v'Imahote***

**Baruch atah Adonai**

**אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ**

**Elohaynu vaylo-hay avo-taynu vimo-taynu** our GOD, GOD of our fathers and mothers,

**אֱלֹהֵי אַבְרָהָם וְשָׂרָה, אֱלֹהֵי יִצְחָק וְרִבְקָה, וְאֱלֹהֵי יַעֲקֹב רָחֵל וְלֵאָה**

**Elohay Avraham vSarah, Elohay Yitzchak vRivkah, vaylohay Yaakov, Rachel, vLayah**

GOD of Abraham & Sarah, God of Isaac & Rebecca, GOD of Jacob, Rachel & Leah.

(excerpts from AMIDA by Marge Piercy)

We rise to speak

a web of bodies aligned like notes of music

Bless what brought us through the sea and the fire;

we are caught in history like whales in polar ice.

Yet You have taught us to push against the walls,

to reach out and pull each other along...

if there is no way around, to go on,

to utter ourselves with every breath

against the constriction of fear, to know

ourselves as the body born from Abraham

and Sarah...

carrying their memories inside us

to live again in our lives

Isaac and Rebecca, Rachel, Jacob, Leah.

We say words shaped by ancient use like steps worn into rock.

***Divine Might: Gevurot***

**אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ**

**Atah gibor lolam, Adonai, mchayay may-teem Atah, rav lhosheea**

Eternal is your might, ADONAI. You are the REINCARNATOR of the dead. Great is Your salvation.

*Fall & Winter. Chanted from Shemini Atzeret to Pesach*

**מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם**

**Masheev haru-ach oo-moreed ha-gashem**

Cause the wind to blow and the rain to fall.

(Marge Piercy)

**Bless** the teaching of how to open in love so all the doors and windows of the body swing open

On rusty hinges

**Bless** what stirs us in compassion...

**Bless** the gift of memory that breaks unbidden, released from a flower or a cup of tea so the dead move like rain through the room

**Bless** what forces us to invent good every morning

**בְּרוּךְ אַתָּה יְהוָה, מְחַיֵּה הַמֵּתִים**

**Baruch Atah Adonai mcha-yay ha-may-teem**

Blessed are You ADONAI Who brings the dead to life. D hatima

*Holiness: Kedushah*

**אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכֹל יוֹם יְהִלְלוּךָ, סְלָה**

**Atah kadosh vshimcha kadosh oo-kdosheem bchol yom yha-llucha selah.**

You are holy, Your Name is holy, and holy ones praise You daily. Selah.

**בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ**

**Baruch Atah Adonai ha-Ayl hakadosh.**

Blessed are You ADONAI, the ALMIGHTY, the HOLY ONE

(Marge Piercy)

All living are one and Holy

Holy is the hand that works for peace and justice

Holy is the mouth that speaks for goodness

Holy is the foot that walks towards mercy

Let us lift each other on our shoulders and carry each other along

Let Holiness move inside us

Praise the light that shines before us, through us, after us

**Kadosh, kadosh, kadosh Adonai Tzvaote, mloe chol ha-aretz kvodoe**

**Baruch kvod Adonai mimkomo**

You implanted in the hearts of individuals and society the desire to rest one day in the week.

Happy are we, we delight in our portion, we take pleasure in our lot,

We pray that all the weary ones

may also share the rest.

Then all of us will be filled

with Your goodness to ecstasy

It was that Seventh one that You took delight in and sanctified

**בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת**  
**Baruch Atah Adonai mkadaysh ha-Shabbat**  
Blessed is the TIMELESS ONE who hallows Shabbat.

***Divine Service: Avoda***

**בְּרוּךְ אַתָּה יְהוָה, הַמְּחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן**  
**Baruch Atah Adonai ha-macha-zeer shcheenato Itzi-yon**  
Blessed are You, Holy One, whose Presence resides within us.

***Hoda'ah: Offering Thanks***

For the ever-growing world of creation, filling us with awe and challenging our imaginations:

*Modim anachnu lach. We give our thanks to You.*

For this fragile planet earth, its times and tides, its sunsets and seasons:

*Modim anachnu lach. We give our thanks to You.*

For the joy of human life, its wonders and surprises, its hopes and achievements:

*Modim anachnu lach. We give our thanks to You.*

For human community, our common past and future hope, our unity that goes beyond separations, and our capacity to work for peace:

*Modim anachnu lach. We give our thanks to You.*

For high hopes and noble causes, for faith without extremism, for understanding of different views:

*Modim anachnu lach. We give our thanks to You.*

For all who have struggled and suffered for a fairer world, who have lived their lives in a way that allows others to live in dignity and freedom:

*Modim anachnu lach. We give our thanks to You.*

We pray that we may live not by our fears but by our hopes, not by our words but by our deeds.

**ברוך אתה יי, הטוב שמך ולך נאה להודות**

**Baruch atah Adonai, hatov shimcha ul'cha na-eh l'hodot.**

*Blessed are You, Adonai, Your Name is Goodness and You are worthy of thanksgiving.*

***Prayer for Peace: Birkat Shalom***

**Sim Shalom**

**שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים**  
**Seem shalom tovah oo-vrachah, chayn va-chesed vracha-meem**  
Grant peace, goodness, and blessing, grace, mercy, and compassion



עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל עֲמֶךָ

Alaynu val kol Yisraayl amecha.

Upon us and all of Israel, Your people.

***Leaving the Holy Presence***

May the words of my mouth and the meditations of my heart be acceptable in Your sight, O YAH

**DRASH: The Rabbi's Words**

**TORAH SERVICE**

***Blessings for Torah Study***

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Atah Adonai Elohaynu Melech ha-olam

Blessed are You, Yah our God, Creator of all space/time

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְעִסּוֹק בְּדִבְרֵי תוֹרָה

asher ki-dshanu bmitzvotav vtzivanu la-asoke bdi-vray Torah.

who has sanctified us with mitzvot & commanded us to immerse ourselves in the words of Torah

***Preparing to take Torah from her Ark***

אֵין כָּמוֹךָ בְּאֱלֹהִים אֲדֹנָי וְאֵין כְּמַעֲשֶׂיךָ

Ayn kamocho va-Eloheem Adonai, v'ayn k'ma-ah-secha

There is none like you among the gods, Adonai, and nothing like your creation.

מַלְכוּתְךָ מְלֻכּוֹת כָּל עוֹלָמִים וּמְשַׁלְּתְךָ בְּכָל דּוֹר וָדוֹר

Malchut'cha malchoot kol oh-lameem, oo-memshalt'cha b'chol dor v'dor

Your kingdom is eternal, and your reign extends to every generation.

ה' מְלִיךָ. ה' מְלִיךָ. ה' יְמִלֵךְ לְעוֹלָם וָעֶד

Adonai Melech, Adonai malach, Adonai yimloch, l'olam va-ed

The Holy One of Blessing is, was and will always be our ruler.

ה' עֹז לְעַמּוֹ יִתֵּן. ה' יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם

Adonai oze l'amo yitayn. Adonai y'vraych et amo va'shalom

Yah will bless all people with Shalom!

אֲב הַרְחַמִּים, הַיְטִיבָהּ בְּרָצוֹנְךָ אֶת צִיּוֹן

Av ha-rachameem, hay-teevah vir-tzon'cha et Tziyon

תְּבַנֶּה חוֹמוֹת יְרוּשָׁלַיִם

Tivneh chomote Y'rushalayim

כִּי בָךְ לְבַד בְּטַחְנוּ, מֶלֶךְ אֵל רֹם וְנִשָּׂא אֲדוֹן עוֹלָמִים  
Ki v'cha l'vad ba-tachnu, Melech ayl rom v'nisa, Adon olameem

וַיְהִי בְּנִסְעַת הָאָרֶן וַיֹּאמֶר מֹשֶׁה

Va-y'hee binso'a ha-aron va-yomer Moshe

And it came to pass when the ark would travel that Moses said:

קוּמָה יְהוָה וַיִּפְצוּ אֵיבֶיךָ וַיִּנְסוּ מִשְׁנְאֶיךָ מִפְּנֵיךָ

Kumah Adonai v'ya-futzu oh-y'vechaq v'ua-nusu m'san-echa mi-panecha

Arise, Adonai, and Your enemies will be dispursed and Your foes will flee before You

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה וּדְבַר יְהוָה מִירוּשָׁלַיִם

Kee mitziyon taytzay Torah oo-d'var Adonai mee-roosha-layim

For out of Zion shall go forth the teaching and the world of the Holy One from Jerusalem

בְּרוּךְ שֶׁנָּתַן תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדּוּשְׁתּוֹ

Baruch shena-tan Torah l'amo Yisra-ayl bik-dushato

Blessed is the Holy One who gave the Torah to the people Israel

*The Shema:*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד

Shma Yisraayl Adonai Elohaynu Adonai echad

Hear O Israel, the Eternal is our God, The Eternal is One.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ

Echad Elohaynu gadol Adonaynu kadosh shmo.

One is our God, great is Yah, whose Name is One

גִּדְלוֹ לִיהוָה אֲתִי, וְנִרְוֶמָה שְׁמוֹ יַחְדָּו

Gadlu lAdonai itee oo-nro-mmah shmo yachdav.

Declare God's greatness with me and together we will exhalt God's name

**Story:** Cindy Rivka Marshall: creative midrash: Avram's mother

*Torah Blessings:*

בָּרַךְ אֶת יְהוָה הַמְּבֹרָךְ Ba-rchu et Adonai ha-mvorach.

Blessed is the CREATOR, the SOURCE of blessing.

בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד Baruch Adonai ha-mvorach lolam va-ed.

Blessed is the CREATOR, the SOURCE of blessing forever and ever.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Atah Adonai Elohaynu Melech ha-olam

Blessed are You, HOLY ONE, our God, RULER OF THE UNIVERSE.

**אֲשֶׁר בָּחַר בְּנוֹ עַם כָּל הָעַמִּים**  
asher bachar banu (im kol or mi-kol) ha-ameem

You have chosen (with all or from all) peoples

**וְנָתַן לָנוּ אֶת תּוֹרָתוֹ: בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה**  
vnatan lanu et torato. Baruch Atah Adonai notayn hatorah.

and gives us Torah. Blessed are You, ADONAI, Giver of the Torah.

Aliyot: Gen 12:1-3

Hearing and Receiving messages from you higher self

Aliyot: Gen 12:4-6

Setting forth on a journey (either internal or external)

Aliyot: Gen 12:7-9

Making and creating home where you are

*After the reading:*

**בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

Baruch Atah Adonai Elohaynu Melech ha-olam

Blessed are You, ADONAI, our GOD, RULER OF THE UNIVERSE.

**אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת**

asher natan lanu torat emet

You have given us a Torah of Truth,

**וְחַיֵּי עוֹלָם נִטְעַ בְּתוֹכֵנוּ: בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה**

Vcha-yay olam nata btotchaynu. Baruch Atah Adonai notayn ha-Torah.

and implanted eternal life within us. Blessed are You, ADONAI, Giver of the Torah.

**Mishaberach:** (numbers 12:13, melody by Reb Aryeh Hirshfield z"l)

From deep within the home of my soul, now let the healing, let the healing begin

**Ana ayl na r'fa na la**

Heal our bodies, open our hearts, awaken our minds (1) EHEYEH (2) SHEKHINAH.

**Story:** Cathy Schechter

**Aytz Chayeem Hee:**

**עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתוֹמְכֵיהָ מְאֹד**

Aytz chayeem hee lama-chazee-keem bah, vtoe-mche-ha mooshar

She is a tree of life to those who hold fast to Her, and all Her supporters are happy.

**דְּרָכֶיהָ דְּרָכֵי נֹעַם, וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם**

Dra-che-ha darchay no-am vchol nteevo-teh-ha shalom

Her ways are ways of pleasantness and all Her paths are peace.

**וְנֹאמַר, לְמַלְךְ עַל כָּל הָאָרֶץ**

Vne-emar, vhayah Adonai lmelech ahl kol ha-aretz

And it is said, "The ETERNAL will rule over all the earth.

**בְּיוֹם אֶחָד, וְשֵׁמוֹ אֶחָד**

**Ba-yome hahu yi-hyeh Adonai echad oo-shmo echad."**

On that day HASHEM will be One and the Holy Name will be One.

**Alternative Alaynu:**

*When this poem was created by Judy Chicago in 1979, and put to music by Rabbi Margot Stein, it was considered inclusive because it included both women and men. Today we recognize that gender can be fluid and that non-binary people have taught us that both gentleness and strength are within us all.*

And then all that has divided us will merge  
And then compassion will be wedded to power  
And then softness will come to a world that is harsh and unkind  
And then both men and women will be gentle  
And then both women and men will be strong  
And then no person will be subject to another's will  
And then all will be rich and free and varied  
And then the greed of some will give way to the needs of many  
And then all will share equally in the Earth's abundance  
And then all will care for the sick and the weak and the old  
And then all will nourish the young  
And then will cherish life's creatures  
And then all will live in harmony with one another and the Earth  
And then everywhere will be called Eden once again.

*And then, and then – all our people will be gentle!*

*And then, and then – all our people will be strong!*

*And then all will be*

*So varied rich and free.*

*Then everywhere will be called*

***Eden once again.***

**Kaddish:**

**יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ**

*Yit-ga-dal v-yuit-ka-dash shmey rabba, b'alma dee vra chirootay*

Magnified an sanctified be G\*d's great Name in the world created according to Divine Will

**וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ**

*Vyam-leech mal-chu-tay, bcha-yay-chone oo-vyomay-chone*

And may the HOLY ONE rule the Kingdom in your lifetime and in your days

**וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזְמַן קָרִיב וְאָמְרוּ אָמֵן**

*Oo-vcha-yay de-chol bayt Yisrael ba-agala oo-viz-man kareev vim-roo, Amen*

And in the lifetime of the entire House of Israel, speedily and in the near future,

and let us say Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עַלְמֵי עַלְמֵי  
*Yhay shmay rabba miva-rach lalam ool-al-may al-maya*  
May G\*d's great Name be blessed forever and for all eternity.

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
*Yitba-rach vyishta-bach vyitpa-ar vyitro-mam vyitna-say*  
Blessed and praised, glorified, exalted, and uplifted,

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא  
*Vyit-hadar vyit-aleh vyitha-lall shmay dk-oo-dsha breech-hu*  
be the Name of the blessed HOLY ONE

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשֻׁבְחָתָא  
*Le-ayla min kol bir-chata vshee-rata toosh-bchata*  
honored, elevated, and extolled above all the blessings, hymns, praises

וְנַחֲמָתָא, דְאִמְרֵן בְּעֵלְמָא, וְאִמְרוּ אָמֵן  
*Vneh-che-mata da-amee-ran balma ve-imru, Amen*  
and consolations which we utter in the world. And let us say Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן  
*Yhay shlama rabba min shmaya vcha-yeem alaynu val kol Yisrael vim-roo Amen*  
May there be abundant peace from heaven and life for us and all Israel, and let us say, Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,  
*Oseh shalom bimro-mav hoo ya-aseh shalom alaynu val kol Yisrael*  
May the ONE who makes peace in the heavens make peace for all of us, and for all of Israel,

וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאִמְרוּ אָמֵן  
*Val kol yoshvay tayvayl, vim-roo Amen*  
and for the whole world, and let us say Amen.

### **The Priestly Blessing:**

יְבָרַכְךָ יְהוָה וְיִשְׁמְרֶךָ  
*Yvare-chcha Adonai vyish-mrecha.*

May the HOLY ONE bless you and watch over you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וְיִחַנֶּנְךָ  
*Ya-ayr Adonai panav ayle-cha veechu-neka*  
May the Holy One surround you with light and be gracious to you.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם.  
*Yisa Adonai panav ayle-cha vayasaym lcha shalom*  
May the Holy One Ull you with light and grant you shalom.

**Olam Chesed Yibaneh** Text:Psalm 89:3; Music and English : Menachem Creditor

Olam chesed yibaneh...yai dai dai (4 times)

I will build this world from love...yai dai dai

And you must build this world from love...yai dai dai  
And when we build this world from love...yai dai dai  
Then God will build this world from love...yai dai dai

## Shabbat Shalom!

### **Kiddush**

*Baruch ata Adonai elohaynu melech ha-olam boray p'ree hagafen*

You abound in blessings Holy One, Source of All, Creator of the fruit of the vine

*Baruch ata Adonai elohaynu melech ha-olam hamotzee lechem min ha-aretz*

You about in blessings Holy One, Source of All, Who brings forth bread from the earth