



# Shabbat Shalom

## An Adventure of Song and Prayer

*Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.*

*- John Muir*

On the seventh day, we celebrate time rather than space. Six days we live under the tyranny of things of space; on the seventh day we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time. To turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

[illegible]

Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands, and stick together. Be aware of wonder.

[illegible][illegible][illegible][illegible][illegible]



**We're so glad you are here.  
Please sing with us!**

## Bim Bam

Bim, bam, bim bim-bim bam,  
Bim bim-bim-bim bim bam.  
Shabbat shalom, Shabbat shalom,  
Shabbat Shabbat-Shabbat-Shabbat shalom.

בִּים בָּם בִּים בִּים בִּים בָּם.  
בִּים בִּים בִּים בִּים בִּים בָּם:  
שַׁבַּת שְׁלוֹם. שַׁבַּת שְׁלוֹם.  
שַׁבַּת שַׁבַּת שַׁבַּת שַׁבַּת שְׁלוֹם:



## Hinei Mah Tov

Hinei mah tov umah naim  
shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם-יַחַד.

How good it is, and how pleasant when we sit together in peace. (Psalm 133:1)



## Hal'luyah

Halelu, halelu, halelu, halelu, halelu, halelu. (2x)  
Kol haneshama, t'ha'lel'ya, halelu, halleluyah! (2x)

הַלְלוּ. הַלְלוּ. הַלְלוּ. הַלְלוּ. הַלְלוּ. הַלְלוּ.  
כָּל הַנְּשָׁמָה תְּהַלֵּל יְיָ. הַלְלוּ. הַלְלוּ יְיָ.

Give praise, let every breath praise!



## Words of Welcome



## Hinei Mah Tov (Rich Recht's melody)

Hinei mah tov umah naim  
shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם-יַחַד.



*This prayer sequence invites us to fully "arrive" in the present moment.*

*We all have thoughts and concerns tethering us to the mundane world. Try to let "it" go for just an hour. Allow yourself to enter into this holy Shabbat space, to rest and recuperate within the "oasis of time."*

*This holy time is your gift, a sacred inheritance passed to you by your ancestors. Allow the songs and prayers of our People to wash over you, soothing and connecting you. The concerns of the world will still be there when this hour is complete. The world will be the same - will you?*



## Shalom Aleichem

*We often begin this prayer in silence, privately reviewing the week that has passed.  
Then, we join together in a niggun – a wordless melody – to the tune of Shalom Aleichem.  
Finally, our voices join together in the words below.*

Shalom aleichem, mal'achei hashareit,  
Mal'achei elyon.  
MiMelech, Mal'chei ham'lachim  
HaKadosh, Baruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת.  
מַלְאָכֵי עֲלִיּוֹן:  
מִמֶּלֶךְ, מֶלֶכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא:

Bo'achem l'shalom, mal'achei hashalom,  
Mal'achei elyon.  
MiMelech, Mal'chei ham'lachim  
HaKadosh, Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם.  
מַלְאָכֵי עֲלִיּוֹן:  
מִמֶּלֶךְ, מֶלֶכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא:

Bar'chuni l'shalom, mal'achei hashalom,  
Mal'achei elyon.  
MiMelech, Mal'chei ham'lachim  
HaKadosh, Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם.  
מַלְאָכֵי עֲלִיּוֹן:

Tzeitchem l'shalom, mal'achei hashalom,  
Mal'achei elyon.  
MiMelech, Mal'chei ham'lachim  
HaKadosh, Baruch Hu.

מִמֶּלֶךְ, מֶלֶכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא:

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם.  
מַלְאָכֵי עֲלִיּוֹן:  
מִמֶּלֶךְ, מֶלֶכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא:

*These prayers are about welcoming Shabbat. More than that, they are about welcoming ourselves into  
Shabbat. Today is the day to be our best selves.  
Rather than becoming the people we want to be, today we are them.*



## Readings of Welcome

### Option 1:

There are days when we seek things for ourselves and measure failure by what we do not gain.

On Shabbat, we seek not to acquire but to share.

There are days when we exploit nature as if it were a horn of plenty that can never be exhausted,

On Shabbat, we stand in wonder before the mysteries of creation.

There are days when we act as if we cared nothing for the rights of others. (con't...)



On Shabbat, we remember that justice is our duty and better world our goal.

So, we embrace Shabbat: Day of rest, day of wonder, day of peace.

--Harvey Fields



**Option 2:**

Each of us enters this sanctuary with a different need.

Some hearts are overflowing with the happiness of love and the joy life. They are eager to greet the day, to make the world a better place. We rejoice with them.

Some hearts are full of gratitude. They are recovering from illness or have escaped misfortune. We give thanks alongside them.

Some hearts ache with sorrow. Disappointments weigh heavily on them. Families have been broken; loved ones lie on a bed of pain; death has taken a cherished loved one. May our presence and caring bring them comfort.

Some hearts are embittered: ideals are betrayed and mocked, answers sought in vain, life has lost its meaning and value. May the knowledge that we too are searching restore their hope and give them courage to believe that not all is emptiness.

Some spirits hunger:

They long for friendship; they crave understanding; they yearn for warmth. May we in our common need and striving, gain strength from one another, as we share our joys, lighten each other's burdens and pray for the welfare of our community.

--adapted from Chaim Stern



**Option 3:**

May the door of this synagogue be wide enough to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden, thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness and harshness.

May this synagogue be, for all who enter, the doorway to a richer and more meaningful life.





# Ma Gadlu

May be sung as a round with part 1 and part 2. Or sing part 1 together, and then part 2 as a call and response.

## Part 1:

**Ma Gadlu Ma'asecha Yah,  
M'od Amku Mach-sh'votcha**

## Part 2:

**Halleluyah: Halleluyah! (4x)**

How vast are Your works Adonai, how very profound Your designs. (Psalm 92:6)



*Frequently, we don't light candles at our services because of the fire danger and the wind. How can you kindle an inner light this Shabbat? How can you bring the light of Shabbat into your weekend?*

## Candle Blessing

**Baruch Atah Adonai, Eloheinu  
Melech ha-olam,  
asher kid'shanu b'mitz'votav  
v'tzivanu  
I'hadlik neir shel Shabbat.**

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

You! Bring light into the world.



## Y'did Nefesh

**Y'did nefesh Av HaRachaman, (2x)  
M'shoch av'd'cha, el r'tzon'cha,  
M'shoch av'd'cha, ya-lai-lai-lai-lai-lai  
el r'tzon'cha.**

יְדִיד נֶפֶשׁ אָב הַרַחֲמָן.  
מֵשׁוֹךְ עֲבֹדָה, אֶל רְצוֹנָה.  
יְרוּז עֲבֹדָה, כְּמוֹ אֵיל  
יִשְׁתַּחֲוֶה לִי  
אֶל מוֹל הַדֶּרֶךְ:

**Yarutz avdecha, k'mo ayal  
Yish'tachaveh, ya-lai-lai-lai-lai-lai-lai-lai-lai-lai  
El mul hadar'cha.**

How splendid is your light, which worlds do reflect!  
My soul is worn from craving for your love's delight.



## Mah Yafeh Hayom

**Mah Yafeh Hayom, Shabbat shalom  
Mah Yafeh Hayom, Shabbat shalom!**

מַה-יָּפֶה הַיּוֹם, שַׁבָּת שְׁלוֹם.  
שַׁבָּת, שַׁבָּת שְׁלוֹם  
שַׁבָּת שְׁלוֹם

**Shabbat, Shabbat Shalom (3x)  
Shabbat Shalom.**

How beautiful is this day of Sabbath peace.





Our ancestors used to walk into the mountains of S'fat to greet the approaching Sabbath.  
 As we "sing in" the Sabbath, what else do we greet?  
 What is the wind blowing in tonight? What are you ready to welcome and take in?  
 What is the wind blowing out tonight? What can you hand over to be carried away?



## L'chah Dodi Version #1

L'chah dodi, likrat kalah, likrat kalah  
 P'nei Shabbat n'kab'lah, n'kab'lah.  
 Shabbat shalom, Shabbat shalom  
 Shabbat shalom u-m'vo-varch. (2x)

Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.  
 -- Mark Twain

## L'chah Dodi Version #2

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

לְכָה דוּדִי לְקִרְאָת כָּלָה. פְּנֵי שַׁבָּת נִקְבְּלָה:

Shamor v'zachor b'dibur echad,  
 Hish'mi-anu El ham'yuchad,  
 Adonai echad, ush'mo echad,  
 L'sheim ul'tif'eret v'lit'hilah.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד.  
 הִשְׁמִיעֵנוּ אֶל הַמְיֻחָד.  
 יי אֶחָד, וּשְׁמוֹ אֶחָד.  
 לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה:

Lik'rat Shabbat l'chu v'neil'chah,  
 Ki hi m'kor hab'rachah,  
 Meirosh mikedem n'suchah,  
 Sof ma-aseh b'machashavah  
 t'chilah.

לְקִרְאָת שַׁבָּת לְכוּ וְנִלְכָה.  
 כִּי הִיא מְקוֹר הַבְּרָכָה.  
 מֵרֵאשׁ מִקֵּדָם נִסּוּכָה.  
 סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה:

Hitor'ri, hitor'ri,  
 Ki va oreich! Kumi ori  
 Uri uri, shir dabeiri;  
 K'vod Adonai alayich nig'lah.

הִתְעוֹרְרִי הִתְעוֹרְרִי.  
 כִּי בָּא אוֹרֵךְ! קוּמִי אוֹרִי.  
 עוֹרִי עוֹרִי שִׁיר דַּבְּרִי.  
 כְּבוֹד יְיָ עָלֶיךָ נִגְלָה:

*We rise and face the entrance to welcome the Sabbath Bride*

Bo-i v'shalom, ateret ba'lah;  
 Gam b'simchah uv'tzoholah  
 Toch emunei am s'gulah,  
 Bo-i chalah! Bo-i chalah!

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה.  
 גַּם בְּשִׂמְחָה וּבְצִהְלָה.  
 תּוֹךְ אֲמוּנֵי עַם סִגְלָה.  
 בּוֹאִי כָלָה. בּוֹאִי כָלָה

Translation Summary: My beloved, come greet the Sabbath Bride. Arise! Awake! Sing out!





# Shiru L'Adonai *Psalm 96*

Shiru l'Adonai, kol ha-aretz,  
Shiru l'Adonai, shir chadash. (repeat)

שִׁירוּ לַיְי כָּל הָאָרֶץ  
שִׁירוּ לַיְי שִׁיר חֲדָשׁ

*Harmony sung during repeat:*

**Shiru shiru l'Adonai,  
Shiru shiru l'Adonai!**

**Sing unto God all the earth a new song.  
I will sing unto God a new song.  
Sing unto God and we'll all sing along.  
All the earth a new song unto God.**

*The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.  
---Anne Frank*

Shiru l'Adonai, kol ha-aretz,  
Shiru l'Adonai, shir chadash.



## Reader's Kaddish

Yit'gadal v'yit'kadash sh'meih raba:  
B'alma di-v'ra chi'rutei,  
V'yam'lich mal'chutei,  
b'chayeichon Uv'yomeichon uv'chaye  
d'chol-beit Yisrael,  
Ba-agala uviz'man kariv, v'im'ru: **Amen.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא:  
בְּעֻלְמָא דִּי-בְרָא כְרַעוּתֵהּ.  
וְיִמְלִיךְ מַלְכוּתֵהּ. בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל.  
בְּעֻלְגָּלָא וּבְזִמְנָן קָרִיב וְאָמְרוּ: אָמֵן

**Y'hei sh'meih raba m'varach  
l'alam ul'al'mei al'maya. Yit'barach.**

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

Yit'barach v'yish'tabach v'yit'pa-ar  
V'yit'romam v'yit'nasei,  
V'yit'hadar v'yitaleh v'yit'halal sh'meih  
d'kud'sha,  
B'rich hu,  
l'eila min-kol-bir'chata v'shirata,  
Tush'b'chata v'nechemata da-amiran  
b'al'ma  
V'imru: **Amen.**

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרַמֵּם וְיִתְנַשֵּׂא.  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלֵּל שְׁמֵהּ דְקוּדְשָׁא  
בְּרִיךְ הוּא. לְעֵלָא מִן-כָּל-בְּרַכָּתָא וְשִׁירָתָא.  
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאִמְרֵן בְּעֻלְמָא.  
וְאָמְרוּ: אָמֵן



## Optional Reading:

This is an hour of change. Within it we stand uncertain on the boarder of light.  
Shall we draw back or cross over? Where shall our hearts turn?  
Shall we draw back, my brother, my sister, or cross over?  
This is the hour of change, and within it, we stand quietly on the border of light.  
What lies before us?  
Shall we draw back, my brother, my sister, or cross over?





*The Barchu is the "Call to Worship." Why is the Call to Worship placed so far into the service?  
Because realistically, it takes us this long to truly "arrive."*

*The Barchu beckons us to "show up" and "be here now." It reminds us that if our minds and hearts still linger elsewhere, the time has come to arrive here with the fullness of our being.*

Please Rise



## Bar'chu

Ya-lai-lai, lai-lai lai lai, etc.

Bar'chu et Adonai ham'vorach!

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

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

Ya-lai-lai, lai-lai lai lai, etc.



*Ma-ariv Arvaim is a nightly prayer reminding us to give thanks for the beauty of the natural world. Look around you. What things in nature do you see, smell, hear and feel? What can you notice that you might not have noticed had you not taken this time to do so?*



## Ma-ariv Aravim

Baruch Atah Adonai, Eloheinu Melech  
ha-olam,  
Asher bid'varo ma-ariv aravim,  
B'choch'mah potei-ach sh'arim,  
Uvit'vunah m'shaneh itim,  
Umachalif et-haz'manim, um'sadeir et-  
hakochavim, B'mishm'roteihem baraki-a  
kir'tzono.

Borei yom valai'lah,  
Goleil or mip'nei choshech v'choshech  
mip'nei or, Uma-avir yom umeivi lai'lah,  
mav'dil bein yom uvein lail'ah, Adonai  
tz'va-ot sh'mo.  
El chai v'kayam, tamid yim'loch aleinu  
l'olam va-ed.  
Baruch Atah, Adonai, hama-ariv aravim.



בָּרְכוּ אֶת־יְיָ הַמְבָרֵךְ!  
בְּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד!

*Look up at the stars and not down at your feet. Try to  
make sense of what you see and wonder about what  
makes the universe exist. Be curious.*

---Stephen Hawking

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֲרָבִים,  
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,  
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
וּמַחְלִיף אֶת־הַזְּמַנִּים, וּמַסְדֵּר אֶת־הַכּוֹכָבִים,  
בְּמִשְׁמְרוֹתֵיהֶם בִּרְקִיעַ כְּרִצּוֹנוֹ:

בּוֹרֵא יוֹם וּלְיָלָה  
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר,  
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה,  
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ:  
אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד:  
בְּרוּךְ אַתָּה יְיָ הַמַּעְרִיב עֲרָבִים:



## Ahavat Olam

Ahavat olam beit Yisrael  
Am'cha ahav'ta, am'cha ahav'ta:  
Torah umitzvot, chukim umish'patim  
Otanu limad'ta, otanu limad'ta.

Al ken Adonai Eloheinu,  
Beshoch'beinu uv'kumeinu  
Nasiach b'chukecha,  
V'nis'mach b'divrei toratecha  
Uv'mitz'votcha l'olam vaed.

Ki heim chayeinu, v'orech yameinu, Uvahem  
neh'geh yomam valai'lah,  
Neh'geh yomam valai'lah.

V'ahavat'cha al-tasir  
Mimenu l'olamim!  
Baruch Atah Adonai, ohev amo Yisrael.  
Ohev amo Yisrael.

◆◆  
**Please rise**

## Sh'ma

Sh'ma Yisrael: Adonai Eloheinu,  
Adonai echad.  
Baruch sheim k'vod mal'chuto  
l'olam va-ed.

*Hear, O Israel: the Eternal One is our God, the Eternal One alone.  
(Deuteronomy 6:4)  
Blessed is God's glorious majesty forever and ever.*

◆◆  
**Please be seated**

*The V'ahavtah offers this teaching:  
Judaism is not intended to dwell exclusively in the  
synagogue or home. Rather, Judaism is meant to  
thrive in, and bring meaning to, the daily tasks of our  
days, as we go on our way and when we come home  
again.*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהֲבַת:  
וּמִצְוֹת. חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת:  
תּוֹרָה  
עַל כֵּן יְיָ אֱלֹהֵינוּ. בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ  
נִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ  
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד: כִּי הֵם חַיֵּינוּ  
וְאַרְךָ יָמֵינוּ. וּבָהֶם נִהְגָּה יוֹמָם וְלַיְלָה:  
וְאָהֲבָתְךָ אֶל-תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים!  
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

*One day, Honi was journeying on the road and he  
saw a man planting a carob tree.  
He asked him, "How long does it take for this tree to  
bear fruit?"  
The man replied, "Seventy years."  
Honi asked, "Do you think you will live another  
seventy years?"  
The man replied, "When I came into the world, I  
found carob trees. Much as my parents planted  
these for me, so I plant these for my children. "*

--Talmud Bavli Ta'anit 23a

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

*I only went out for a walk and finally concluded to stay  
out till sundown, for going out, I found, was really going  
in.*

-John Muir





## V'ahavta

V'ahavta eit Adonai Elohecha  
b'chol l'vav'cha uv'chol naf'sh'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'shiv't'cha b'veitecha  
uv'lecht'cha vaderech  
Uv'shoch'b'cha uv'kumecha.  
Uk'shartam l'ot al yadecha  
V'hayu l'totafot bein einecha.  
Uch'tav'tam al m'zuzot beitecha  
uvish'arecha.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ  
בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְּךָ.  
וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָּם.  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ בַּדֶּרֶךְ  
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.  
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.  
וְכָתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.

L'ma-an tizk'ru va-asitem et kol mitz'votai  
Vih'yitem k'doshim l'Eloheichem. Ani  
Adonai Eloheichem asher hotzeiti et'chem  
me'eretz Mitz'rayim Lih'yot lachem  
l'Elohim. Ani Adonai Eloheichem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי  
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לִהְיוֹת לָכֶם לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם:

You shall love your Eternal God with all your heart, with all your soul, and with all your might. And all these words, which I command you on this day, shall be upon your heart. And you shall teach them diligently to your children. And 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. And 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 your Eternal God who led you out of Egypt to be your God. I am your Eternal God. (Numbers 15:40-41).



## Mi Chamocha

Yai lai lai etc.

Mi chamochah ba-eilim Adonai?  
Mi-kamochah, ne'dar bakodesh,  
Nora t'hilot, oseh feleh?  
Nora t'hilot, oseh feleh?

*Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.*

--John Muir

מִי-כַמּוֹכָה בָּאֵלִים, יְיָ? מִי כַמּוֹכָה,  
נִאֲדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת. עֹשֶׂה פֶלֶא?



Malchutcha ra'u vanecha,  
bokei'a yam lifnei Mosheh;  
Zeh Eili, anu v'am'ru  
Zeh Eili, anu v'am'ru:

מְלִכּוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה:  
זֶה אֵלֵי עָנּוּ וְאָמְרוּ  
זֶה אֵלֵי עָנּוּ וְאָמְרוּ:

Adonai yim'loch, l'olam va'ed!  
Adonai yim'loch, l'olam va'ed

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד

Yai lai lai lai etc.



*The world is big, and I want to have a good look  
at it before it gets dark."  
-- John Muir*

## Hashkiveinu

Uf'ros aleinu sukkat,  
sukkat sh'lomecha.  
Uf'ros aleinu sukkat,  
sukkat sh'lomecha.

וּפְרוֹשׁ עָלֵינוּ סֻכַּת שְׁלוֹמְךָ:  
Spread over us a shelter of Your peace.

Yai lai lai lai (clap)  
Yai lai lai lai (clap)  
Yai lai lai lai lai lai lai lai lai!(clap)

*Help me withdraw for a while  
from the flight of time.  
Contain the retreat of the hours and days  
from the grasp of frantic life.*

Yai lai lai lai (clap)  
Yai lai lai lai (clap)  
Yai lai lai lai lai lai lai lai lai.

*Let me learn to pause, if only for this day.  
Let me find peace on this day.  
Let me enter into a quiet world this day.  
On this day, Shabbat, abide.  
- David Polish*

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## Drash (sermon)



**Try This: Don't stand up yet.**

*We are going to take our time, repeating the introductory to the Amidah 5-7 times, possibly more! We will start quietly, building intensity with each repetition. When we have reached the height of our sound and power, we will decrescendo, ending the last repetition quietly.*

*Stand up any time during those introductory repeats.*

## AMIDAH

Ana na na na na na Adonai,  
Ana na na na na s'fatai tiftach,  
Ana na na na na ufi yagid  
Ufi yagid t'hilatecha.

אֲדֹנָי, שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Repeat

**Eternal God, open my lips, that my mouth may declare Your glory  
(Psalm 51:17).**



## 1. Avot v'Imahot

Baruch atah Adonai, Eloheinu v'Elohei  
avoteinu v'Imoteinu,  
Elohei Avraham, Elohei Yitzchak,  
V'Elohei Ya-akov.  
Elohei Sarah, Elohei Rivkah,  
Elohei Leah, v'Elohei Rachel.  
Ha-El hagadol hagibor v'hanora,  
El elyon.  
Gomeil chasadim Tovim,  
v'koneih hakol,  
v'zocheir chasdei avot V'imahot, umeivi  
g'ulah liv'nei v'neihem,  
l'ma-an sh'mo b'ahava.  
Melech ozeir umoshia umagein.  
Baruch Atah Adonai,  
magen Avraham v'ezrat Sarah.

ברוך אתה יי, אלהינו ואלהי אבותינו  
ואמותינו אלהי אברהם, אלהי יצחק,  
ואלהי יעקב: אלהי שרה, אלהי רבקה,  
אלהי לאה, ואלהי רחל: האל הגדול  
הגבור והנורא, אל עליון: גומל חסדים  
טובים וקונה הכל, וזוכר חסדי אבות  
ואמהות, ומביא גאולה לבני בניהם.  
למען שמו באהבה:  
מלך עוזר ומושיע ומגן:  
ברוך אתה יי, מגן אברהם ועזרת שרה:

## 2. G'vurot

Atah gibor l'olam, Adonai, m'chayeh  
hakol atah,  
rav l'hoshi-a.  
M'chalkel chayim b'chesed,  
m'chayeh hakol b'rachamim rabim.  
Somech noflim, v'rofe cholim, umatir  
asurim, Um'kayeim emunato  
lisheinei afar. Mi chamocha ba-al  
g'vurot, umi domeh lach,  
Melech meimit um'chayeh  
umatzmiach y'shuah?  
V'ne-eman atah l'hachayot hakol.  
Baruch Atah Adonai, m'chayeh  
hakol.

אתה גבור לעולם, אדני, מחיה הכל אתה.  
רב להושיע: מכלל חיים בחסד.  
מחיה הכל ברחמים רבים:  
סומך נופלים, ורופא חולים, ומתיר אסורים.  
ומקים אמונתו לישני עפר:  
מי כמותך בעל גבורות, ומי דומה לך.  
מלך ממית ומחיה ומצמיח ישועה?  
ונאמן אתה להחיות הכל:  
ברוך אתה יי, מחיה הכל:

The theme of this segment is holiness. In Judaism, "Holy"  
is defined as that which is set apart. What is holy in your  
life? How do you make it holy?

## 3. K'dushat HaShem

Atah kadosh v'shimcha kadosh  
Uk'doshim b'chol-yom  
y'hal'lucha, Selah!  
Baruch Atah Adonai, ha-El  
hakadosh.

אתה קדוש ושמך קדוש  
וקדושים בכל-יום יהללוך, סלה!  
ברוך אתה יי, האל הקדוש:



*Whenever Jews pray, we end with a prayer for peace and at that point we take three steps backward. To make peace you have to make space for someone else. You have to give up a little of your dream for the sake of someone else's dream.*

*--Rabbi Lord Jonathon Sacks*

### **Please be seated**



*We pause for silent reflection. Inspirational readings can be found on the inside cover and the last page.*

## **Yih'yu L'ratzon**

Y'hiyu l'ratzon im'rei-fi, im'rei-fi.

V'hegyon libi l'fanecha,

Adonai, tzuri, Adonai,

Tzuri v'go-ali, v'go-ali.

יְהִיּוּ לְרָצוֹן אִמְרֵי-פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ.

יְיָ, צוּרִי וְגֹאֲלִי:

May the words of my mouth and the meditations of my heart be acceptable to You,  
O God, my Rock and my Redeemer. (Psalms 19:15)

## **Shalom Rav**

**Chorus:**

Shalom rav al-Yisrael am'cha

tasim l'olam.

Shalom rav al-Yisrael am'cha

tasim l'olam.

שְׁלוֹם רַב עַל-יִשְׂרָאֵל עַמֶּךָ תְּשִׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל-הַשָּׁלוֹם:

וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת-עַמֶּךָ יִשְׂרָאֵל

בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשִׁלּוֹמְךָ:

**Verse 1:**

Ki Atah hu Melech Adon l'chol-hashalom.

Ki Atah hu Melech Adon l'chol-hashalom.

**Chorus**

**Verse 2:**

V'tov b'einecha l'vareich et-am'cha Yisrael

B'chol-eit uv'chol-sha'ah bish'lomecha.

**Chorus**



## **Oseh Shalom**

Oseh shalom bim'romav,

hu ya-aseh shalom aleinu

v'al-kol-Yisrael, v'imru, imru:

Amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם

עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:

Ya-aseh shalom, ya-aseh shalom

shalom aleinu v'alkol Yisrael!

May the Maker of peace in the high places make peace descend upon us and upon all Israel.

*How wonderful it is that nobody  
needs to wait a single moment before  
starting to improve the world.*

*--Anne Frank*



# Last Night I Had the Strangest Dream

Last night I had the strangest dream  
I ever dreamed before,  
I dreamed the world had all agreed  
To put an end to war  
I dreamed I saw a mighty room  
The room was filled with men  
And the paper they were signing said  
They'd never fight again  
And when the papers all were signed  
And a million copies made  
They all joined hands and bowed their heads  
And grateful prayers were prayed.

And the people in the streets below  
Were dancing round and round  
And guns and swords and uniforms  
Were scattered on the ground  
Last night I had the strangest dream  
I ever dreamed before  
I dreamed the world had all agreed  
To put an end to war...  
-- Ed McCurdy

*I keep my ideals, because in spite of everything I still believe that people are really good at heart.*

*-Anne Frank*

◆◆  
Please rise

## Aleinu

Aleinu l'shabei-ach la-adon hakol,  
lateit g'dulah l'yotzer b'reishit, shelo  
asanu k'goyei ha-aratzot, velo  
samanu k'mishp'chot ha-adamah;  
shelo sam chelkeinu kahem,  
v'goraleinu k'chol-hamonam.

עֲלֵינוּ לְשִׁבְחָהּ לַאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּהּ לְיוֹצֵר  
בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא  
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה: שֶׁלֹּא שָׂם  
חֶלְקֵנוּ בָהֶם, וְגִזְרֵנוּ כְּכָל-הַמּוֹנֵם:  
וְאֵנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִּים וּמוֹדִים לִפְנֵי  
מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

Va-Anachnu kor'im umish'tachavim  
umodim lif'nei Melech Mal'chei  
haM'lachim, haKadosh Baruch Hu.

V'ne-emar: v'hayah Adonai l'melech  
al-kol-ha-aretz;  
bayom hahu yih'yeh Adonai echad,  
ush'mo echad!

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל-כָּל-הָאֲרֶץ:  
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד!

*Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to divine a purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of others... Above all, for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy.*

*--Albert Einstein, Living Philosophies (adapted)*







## Mourner's Kaddish

*It customary in our congregation to share the names of loved ones who have passed away recently or at this time in years past. As the Rabbi's hand passes across the community, indicate with a wave and she will pause for you to say your loved one's name and their relationship to you. The purpose of this custom is to enable us to give each other condolences and inquire about our loved ones.*

**Yit'gadal v'yit'kadash sh'meih raba.  
B'alma di-v'ra chir'uteih, v'yam'lich  
mal'chuteih B'chayeichon  
uv'yomeichon uv'chayei d'chol beit  
Yisrael, ba-agala uviz'man kariv,  
v'im'ru: Amen.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא:  
בְּעָלְמָא דִּי-בְרָא כְרַעוּתֵיהּ. וְיִמְלִיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית  
יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמָּן קָרִיב, וְאָמְרוּ: אָמֵן:  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמָיָא:

**Y'hei sh'meih raba m'vorach l'alam  
ul'almei al'maya.**

**Yit'barach v'yish'tabach v'yit'pa-ar  
v'yit'romam V'yit'nasei v'yit'hadar  
v'yit'aleh v'yit'halal sh'meih  
D'kud'sha, B'rich Hu, l'eila min-kol-  
bir'chata V'shirata tush'b'chata  
v'nechemata da-amiran  
B'alma, v'imru: Amen.  
Y'hei sh'lama raba min-sh'maya  
v'chayim aleinu  
V'al-kol-Yisrael, v'im'ru: Amen.  
Oseh shalom bim'romav, Hu ya-aseh  
shalom  
Aleinu v'al-kol-Yisrael, v'imru: Amen**

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַומֵּם:  
וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלֵּל שְׁמֵהּ  
דְּקוּדְשָׁא, בְּרִיךְ הוּא, לְעֵלָא מִן-כָּל-בְּרִכְתָּא  
וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירָן  
בְּעָלְמָא, וְאָמְרוּ: אָמֵן:  
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים עָלֵינוּ  
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:  
עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:

*There are stars whose light only reaches us long after they have turned to dust and memory.*

*There are people whose remembrance gives light long after they have passed from this world. Their memory shines to light our path when we must travel the darkest road.*

## Announcements

**Please return your prayerbooks as you exit. We need them for our next service.  
We would be happy to send you an electronic copy. Just email us and ask.**

*Kids and teens are invited to join the Rabbi on the bimah.*







## Kiddush

Baruch ata Adonai,  
Eloheinu melech haolam, borei p'ri  
hagafen.  
Baruch ata Adonai, Eloheinu melech  
ha-olam, asher kid'shanu  
b'mitzvotav v'ratza vanu, v'shabbat  
kod'sho b'ahava uv'ratzon  
hinchilanu,  
zikaron l'ma'asei v'reisheet.  
Ki hu yom t'chila l'mikra'ei kodesh,  
zeicher litziat mitzrayim.  
Ki vanu vacharta v'otanu kidashta  
mikol ha'amim, v'shabbat kod'sh'cha  
b'ahava uv'ratzon hin'chaltanu.  
Baruch ata Adonai, m'kadeish  
hashabbat.

ברוך אתה יי אלהינו מלך העולם, בורא פרי  
הגפן: ברוך אתה יי אלהינו מלך העולם, אשר  
קדשנו במצותיו ורצה בנו, ושבית קדשו באהבה  
וברצון הנחילנו, ופרון למעשה בראשית: כי הוא  
יום תחלה למקראי קדש, זכר ליציאת מצרים:  
כי-בנו בחרת ואותנו קדשת מכל-העמים, ושבית  
קדשך באהבה וברצון הנחלתנו: ברוך אתה יי  
מקדש השבת.

*May you live to see your world fulfilled  
May your destiny be for worlds still to come,  
And may you trust in generations past and yet to be.  
May your heart be filled with intuition  
and your words be filled with insight.  
May songs of praise ever be upon your tongue and your  
vision be a straight path before you. May your eyes shine  
with the light of holy words and your face reflect the  
brightness of the heavens.*

--Talmud, Berachot 17A

## Blessing of the Children

## Hamotzi

Baruch ata Adonai, Eloheinu melech  
haolam, hamotzi  
lechem min ha'aretz.

ברוך אתה יי אלהינו מלך העולם, המוציא  
לחם מן הארץ:

*Praised be our Eternal God, Ruler of the universe  
who brings forth the bread from the earth.*

## Closing Song Choices:

### Sabbath Prayer

May the Lord protect and defend you.  
May God always shield you from shame.  
May you come to be  
In Israel a shining name.

May you be like Ruth and like Esther.  
May you be deserving of praise.  
Strengthen them, Oh Lord,  
And keep them from all dangerous ways.

May God bless you and grant you long  
lives.

(May the Lord fulfill our Sabbath prayer  
for you.)

May God make you good mothers and  
wives.

(May He send you husbands who will  
care for you.)

May the Lord protect and defend you.  
May the Lord preserve you from pain.  
Favor them, Oh Lord, with happiness and  
peace.

Oh, hear our Sabbath prayer. Amen.

--Jerry Block & Sheldon Harnick



## Ein Keloheinu

Ein keloheinu, ein kadoneinu,  
Ein k'malkeinu, ein k'moshianu.

Mi cheloheinu? Mi chadoneinu?  
Mi ch'malkeinu? Mi ch'moshianu?

Nodeh leloheinu, nodeh ladoneinu,  
Nodeh l'malkeinu, nodeh l'moshianu.

Baruch eloheinu, baruch adoneinu,  
Baruch malkeinu, baruch moshianu.

Ata hu eloheinu, ata hu adoneinu,  
Ata hu malkeinu, ata hu moshianu.

There is none like our God, there is none like our Ruler,  
there is none like our Sovereign, there is none like our Savior.  
Who is like our God? Who is like our Ruler?  
Who is like our Sovereign? Who is like our Savior?  
We will give thanks to our God, we will give thanks to our Ruler,  
we will give thanks to our Sovereign, we will give thanks to our Savior.  
Blessed is our God, blessed is our Ruler,  
blessed is our Sovereign, blessed is our Savior.  
You are our God, You are our Ruler,  
You are our Sovereign, You are our Savior.

## Adon Olam

Adon olam, asher malach  
b'terem kol-y'tzir niv'ra,  
l'eit na'asah b'cheftzo kol,  
azai melech sh'mo nikra.  
V'acharei kich'lot hakol,  
l'vado yimloch nora;  
v'hu hayah, v'hu hoveh,  
v'hu yih'yeh b'tifarah.  
V'hu echad, v'ein sheini  
l'hamshil lo, l'hach'bira,  
B'li reisheet, b'li tach'lit,  
v'lo ha'oz v'hamis'ra.  
V'hu Eili, v'chai go'ali,  
v'tzir chev'li v'eit tzara,  
V'hu nisi umanos li,  
m'nat kosi b'yom ek'ra.  
B'yado af'kid ruchy,  
b'eit ishan v'aira,  
V'im ruchy g'viyati,  
Adonai li, v'lo ira.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ בְּטֶרֶם כָּל יִצִּיר וְנִבְרָא:  
לֵעֵת נִעְשָׂה בְּחֶפְצוֹ כָּל אֲזִי מְלֶכֶךְ שְׁמוֹ נִקְרָא:

וְאַחֲרֵי כִכְלוֹת הַכֹּל לְבִדּוֹ יִמְלֹךְ נֹרָא:  
וְהוּא הָיָה וְהוּא הוֹה וְהוּא יִהְיֶה בְּתַפְאָרָה:

וְהוּא אֶחָד וְאֵין שְ�נִי לְהַמְשָׁל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵשִׁית בְּלִי תַכְלִית וְלֹא הָעֵז וְהַמְשָׁרָה:

וְהוּא אֵלִי וְחַי גִּאֲלִי וְצוֹר חֲבִלִי בְּעֵת צָרָה.  
וְהוּא גִּסִּי וּמִנּוּס לִי מִנֵּת כּוֹסֵי בְיוֹם אֶקְרָא:

בְּיָדוֹ אֶפְקִיד רוּחִי בְּעֵת אִישָׁת וְאַעֲרָה.  
וְעַם רוּחִי גְוִיָּתִי יִי לִי וְלֹא אִירָא:



## Shehechyanu

Baruch atah Adonai Eloheinu melech ha'olam,  
shehecheyanu v'kimanu v'higianu laz'man  
hazeh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.  
שֶׁהֵחַיֵּנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה:

We give thanks for life, for all that sustains us and for this moment— right now

## Mi Shebeirach

Mi shebeirach Avoteinu M'kor hab'racha L'imoteinu.

מִי שֶׁבִּירַךְ אֲבוֹתֵנוּ מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵנוּ:

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.

Bless those in need of healing with r'fuah sh'leimah,

The renewal of body, the renewal of spirit, and let us say, Amen.

*Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.*

*-Anne Frank*

## Eili Eili

Eili Eili, shelo y'gamer l'olam

Hachol v'hayam, rish-rush shel hamayim

B'rak hashamayim t'filat ha'adam.

אֱלִי אֱלִי, שְׁלֹא יִגְמַר לְעוֹלָם  
הַחֹל וְהַיָּם רִישׁ-רִישׁ שֶׁל הַמַּיִם  
בְּרַק הַשָּׁמַיִם תְּפִלַּת הָאָדָם:

O God, my God, I pray that these things never  
end:

The sand and the sea, the rush of the water,

The crash of the heavens, the prayer of the heart.

## L'chi Lach

L'chi lach, to a land that I will show you

Leich l'cha, to a place you do not know

L'chi lach, on your journey I will bless you

and (you shall be a blessing) 3x l'chi lach

*Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.*

*--Mark Twain*

L'chi lach, and I shall make your name great

Leich l'cha, and all shall praise your name

L'chi lach, to the place that I will show you

(L'sim-chat cha-yim) 3x

l'chi lach

*I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.*

*-John Muir*



*When we try to pick out anything by itself, we find it hitched to everything else in the universe.*  
--John Muir

*The mountains are calling, and I must go.*  
--John Muir

*The clearest way into the Universe is through a forest wilderness.*  
--John Muir

*I don't think of all the misery, but of the beauty that still remains.*  
--Anne Frank

*We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.*  
-- Jawaharlal Nehru first prime minister of independent India

*A Blessing (For birth, bar/bat mitzvah)*

*May your eyes sparkle with the light of the Torah, and your ears hear the music of its words. May the space between each letter of the scrolls bring warmth and comfort to your soul.*

*May the syllables draw holiness from your heart, and may this holiness be gentle and soothing to you and all God's creatures.*

*May your study be passionate, and meanings bear more meanings until Life itself arrays itself to you as a dazzling wedding feast. And may your conversation, even of the commonplace, be a blessing to all who listen to your words and see the Torah glowing in your face.*

--Danny Siegel

*When one tugs at a single thing in nature, he finds it attached to the rest of the world.*  
--John Muir

*The power of imagination makes us infinite.*  
--John Muir

*I must uphold my ideals, for perhaps the time will come when I shall be able to carry them out.*  
--Anne Frank

*Think of all the beauty still left around you and be happy.*  
--Anne Frank

*In every walk with nature one receives far more than he seeks.*  
--John Muir

*Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.*  
--John Muir

*Climb the mountains and get their good tidings.*  
--John Muir

*Whoever is happy will make others happy too.*  
--Anne Frank

*Laziness may appear attractive, but work gives satisfaction.*  
--Anne Frank

*Standing on the parted shores, we still believe what we were taught before ever we stood at Sinai's foot; that wherever we go, it is eternally Egypt; that there is a better place, a promised land; that the winding way to that promise passes through the wilderness. That there is no way to get from here to there except by joining hands, marching*  
- Michael Walzer