Beyt Tikkun

MAKING PRAYER REVOLUTIONARY
AND SPIRITUAL PRACTICE MEANINGFUL

High Holiday Supplement

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Land Acknowledgement

I acknowledge that we walk upon the traditional grounds of Indigenous Peoples and recognize their wisdom, history, spirituality, culture, and stewardship of the land, water, and all creation.

I acknowledge that our sacred gathering is being held on the traditional lands of the Indigenous People of Confederated Villages of Lisjan, and pay my respect to elders past, present, and future.

I am grateful to all Indigenous groups for their commitment to protect the earth and its resources.

I commit to love, reconcile, partner, and enhance harmonious relationships with all Indigenous Peoples.

I commit to engage in concrete actions to achieve true justice and tikkun (a healing and repair) of past and present harms for all Indigenous Peoples. One concrete way to do this is to participate in efforts to return resources to the indigenous communities on whose land we all live.

And may this be so. Let us say Amen.

Min HaMeytzar

Min HaMeytzar Karati Yah, anani bamerchav Yah . . .

From the narrow place, I call out to Yah, the Divine answers from the wide expanse . . .

Birkhot HaShachar / Morning Blessings

Barukh atah Adonai, Eloheynu melekh ha'olam, asher natan lasekhvi vinah, l'havchin beyn yom u'veyn laila.

Blessed are you, Adonai, Loving Transformative Power of the Universe, who awakens our consciousness to see beyond our inner selves.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, she'astani b'tzalma.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who has made me in your image giving me the capacity to partner with you to transform the world.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, she'astani Yisrael.

Blessed are you, Shekhina, Indwelling Spirit of the Universe who has given our people responsibility to love the stranger and pursue justice for all.

Barukh atah Adonai, Eloheynu melekh ha'olam, she'asani bat/ben chorin.

Blessed are you, Adonai, Transformative Power of the Universe, who has made me free so I can help others become more truly free as well.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, pokachat ivrim.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who opens the eyes of the blind and helps us see what we must do.

Barukh atah Adonai, Eloheynu melekh ha'olam, malbish arumim.

Blessed are you, Adonai, Transformative Power of the Universe, who calls us to provide resources to those in need.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, matirah asurim.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who releases the imprisoned and releases us from our own prisons of fear so we can our complicity in the genocide of Palestinians and partner with them to support our shared liberation.

Barukh atah Adonai, Eloheynu melekh ha'olam, zokeif k'fufim.

Blessed are you, Adonai, Transformative Power of the Universe, who moves us beyond our constricted limitations, giving us the capacity to stretch beyond our comfort zones.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, roka'at ha'aretz al ha'mayim.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who stretches earth over the waters and gives us a solid foundation in times of uncertainty.

Barukh atah Adonai, Eloheynu melekh ha'olam, she'asah li kol tzorki.

Blessed are you, Adonai, Transformative Power of the Universe, who creates abundantly and rouses us to meet others' needs.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, ham'china mitzadey gahver.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who guides our karmic path, and calls us to pray with our feet.

Barukh atah Adonai, Eloheynu melekh ha'olam, ozer Yisrael big'vurah.

Blessed are you Adonai, Transformative Power of the Universe, who girds all God-wrestlers with the strength to speak truth to power, and challenge injustice.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, oteret Yisrael b'tifarah.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who crowns me with the capacity to see beauty in the world and in all beings.

Barukh atah Adonai, Eloheynu melekh ha'olam, ha'noten la'ya'ef ko'ach.

Blessed are you Adonai, Transformative Power of the Universe, who gives strength to the weary so we can recommit and return again and again to work for peace and justice.

Brukhah at Yah Shekhina, ru'ach chey ha'olamim, hama'avir sheyna mey'eynay, ut'numa mey-afapay.

Blessed are you, Shekhina, Indwelling Spirit of the Universe, who wipes away our cynicism and lifts us up to see the Oneness of all.

(Rabbi Cat Zavis)

Ashreynu

How truly fortunate we are.
Love governs our world.
Who are we?
How have we lived our lives?
Have we spoken truth?
Sought justice?
Have we used our talents and gifts for good?

We are but specks of dust in the face of You, Cosmic Consciousness.
Really, aren't our lives unimpressive?
And those with so much fame or money, how foolish!
The wise ones, are they truly profound?
The discerning ones, do they see the whole?

And still, we are awesome and special!
We can transform.
You help us move beyond our constricted limitations.
Overcome our traumas.

Our ancestors are perfectly imperfect
Unhealed healers.
As are we.
And still, we all continue to strive to be close to You.
We yearn to actualize your Goodness on earth.

How truly fortunate we are.
How great our inheritance.
Ashreynu!

(Translation by Rabbi Cat Zavis)

Interpretative Nishmat

By, Marge Piercy

When the night slides under with the last dimming star
and the red sky lightens between the trees,
and the heron glides tipping heavy wings in the river,
when crows stir and cry out their harsh joy,
and swift creatures of the night run toward their burrows,
and the deer raises her head and sniffs the freshening air,
and the shadows grow more distinct and then shorten,
then we rise into the day still clean as snow.

The cat washes its paws and greets the day with gratitude.
Leviathan salutes breaching with a column of steam.
The hawk turning in the sky cries out a prayer like a knife.
We must wonder at the sky now thin as speckled eggshell,
that now piles up its boulders of storm to crash down,
that now hangs a furry grey belly into the street.

Every day we find a new sky and a new earth
With which we are trusted like a perfect toy.
We are given the salty river of our blood
Winding through us, to remember the sea and our
kindred under the waves, the hot pulsing that knocks
in our throats to consider our cousins in the grass
and trees, all bright scattered rivulets of life.

We are given the wind within us, the breath
to shape into words that steal time, that touch
like hands and pierce like bullets, that waken
truth and deceit, sorrow and pity and joy
that waste precious air in complaints, in lies,
in floating traps for power on the dirty air
Yet holy breath still stretches our lungs to sing.

We are given the body, that momentary kibbutz
of elements that have belonged to frog and polar
bear, corn and oak tree, volcano and glacier.
We are lent for a time these minerals in water
and a morning every day, a morning to wake up,
rejoice and praise life in our spines, our throats,
our knees, our genitals, our brains, our tongues.

We are given fire to see against the dark,
to think, to read, to study how we are to live,
to bank in ourselves against defeat and despair
that cool and muddy our resolves, that make us forget
what we saw we must do. We are given passion
that rise like the sun in our minds with the new day
and burn the debris of habit and greed and fear.

We stand in the midst of the burning world
primed to burn with compassionate love and justice,
to turn inward and find holy fire at the core,
to turn outward and see the world that is all
of one flesh with us, see under the trash, through
the smog, the furry bee in the apple blossom,
the trout leaping, the candles our ancestors lit for us.

Fill us as the tide rustles the reeds in the marsh.
Fill us as the rushing water overflows the pitcher.
Fill us as the light fills a room with its dancing.
Let the little quarrels of the bones and the snarling
of the lesser appetites, and the whining of the ego cease.
Let silence still us, so you may us your shining,
And we can out of that stillness rise and praise.

Shochein Ad

Shochein ad, marom v'kadosh sh'mo.
V'katuv, ran'nu tzadikim b'Adonai, lei’sharim navah t'hilah.
B’fi y'sharim titromam, uv'divrei tzadikim titbarach,

Shochein ad, marom v'kadosh sh'mo.
u’vilshon chasidim titkadash,
U’v'kerev k'doshim tithalal,

Shochein ad, marom v'kadosh sh'mo.

Shochein ad, marom v'kadosh sh'mo.
Uv'makhalot ri-v’vot am'cha beit yisra-eil
B'rinah yitpa-eir shimcha b'chol dor vador

Shochein ad, marom v'kadosh sh'mo.
Shochein ad, marom v'kadosh sh'mo.

Imagine HaMalakh Ruling the World: Call and Response Prayer

Left Side: Let us imagine the world is guided by HaMalach, the Divine pathfinder.
Right Side: The Divine pathfinder guides us and breathes life into all.

Left Side: Imagine a Cosmic Consciousness, a loving energy that whispers within us.
Right Side: It gives us the power to transform ourselves and the world.

Left Side: For these next moments, let yourself be free from patterns that harm life.
Right Side: I am free. I am held. I am changing.

Left Side: Feel the energy of transformation, of infinite possibility—YHVH flowing through you.
Right Side: I am swept into change. I am not static. I am alive.

Left Side: And imagine this pathfinder taking the reins of the world.
Right Side: Repairing what is broken. Guiding what is lost. Inspiring what is possible.

Left Side: We cannot do this alone.
Right Side: We are held. We are guided. We are empowered.

Everyone: We open ourselves to Divine inspiration. We open ourselves to change.

(Rabbi Cat Zavis)

Ve’asu li mikdash

Ve’asu li mikdash ve’shachanti betocham
Ve’asu li mikdash ve’shachanti betocham
Make sacred space for us to dwell and we will be with you
Make sacred space for us to dwell and we will be with you

Morning Celebration of the Universe

As We Bless the Source of Life / Bar'khu

As we Bless the Source of Life, so we are blessed
And our blessings give us strength, and make our visions clear
And our blessings give us peace, and the courage to dare
As we Bless the Source of Life, so we are blessed
(words by Faith Rogow)

Barkhu et Adonai Ham'vorakh
Let us all praise the One who showers us with blessing.
Barukh Adonai Hamvorakh Le'olam Va'ed
How blessed is the One who bestows blessing forever and ever!

Yotzer Or

Brukhah at Yah Shekhinah, Ruach Chey ha'olamim, Yotzeret or u'Voreyt choshekh, Osah shalom, uvoreyt et hakol.
Blessed are You, Ruling Spirit of the Universe, forming light, creating darkness, making peace, creating the whole.

We are Grateful

We are grateful to you Goddess for creating this amazing universe
with 100 billion galaxies but the milky-way would have been plenty for us.
And we are grateful for the sun,
ha'shemesh ha'zorakhat al p'ney ha-aretz,
giving us light and giving us warmth,
that makes it possible for life to develop in miraculous ways.
And we are grateful for the light
that makes it possible for us to see the beauty around us ...
[the sun, the trees, ... Call out the beauty you see].

The Sun, The Sun, we're grateful to you.

And we are grateful for photosynthesis, that gives us delicious foods that nourish our bodies;
And we are grateful to you Goddess for renewing every day the events of creation.

Hameh'khadeshet b'tuva b'khol yom tamid ma-asey b'reysheet.

Or hadash al tzion v'al kol ha'olam ta'ir, v'nizkeh khulano m'heyra l'oro.
B'rukha at Yah Shekhinah, yotzeret ha'me'orot.

Ahava Raba

Ahava raba ahavtanu, Adonai Eloheynu, chemlah g'dolah viteyra, chamalta aleynu,
Avinu malkeynu, ba'avur horeynu, she'bat-chu v'kha she'bat-chu v'kha, horeynu moreynu. Va't'lamdeym chukei chayim, keyn t'chaneynu ut'lamdeynu,
Avinu ha'av ha-rachaman, ham'ra-cheym racheim aleynu. V'teyn b'libeynu l'haveen,
L'haveen ul'haskeel lish'moa, lil'mod u'lelameyd, lishmor v'la'asot.

Ul'kayeym et kol div'rey, Talmud Toratekha b'ahava.

V'ha-eyr ey-ney-nu, b'Tora-tekha, v'da-beyk li-bey-nu b'mitz-vo-tekha,
V'ya-cheid l'va-veinu, l'ahavah ul'yir-ah et Sh'meh-kha.
V'lo ney-vosh, l'olam va'ed, v'lo ney-vosh, l'olam va'ed.

Enlighten our eyes, to Your Torah,
Let our hearts cleave to Your mitzvot.
And unify ... our consciousness ... to love and to be in awe of You.
We will not be embarrassed (no way!), to declare the possibility, of a world based on love, kindness, and generosity,
Social and economic justice, environmental sanity,
Evolution of the consciousness of all humanity. Ya la la...

Brukha At Shekhina,
Ha'bocheret b'ama Yisrael, b'ama Yishmael, uv'khol yoshvey tey'veyl b'ahava.

Shema

Sh'ma Yisra'eyll, Adonay Eloheynu, Adonay Echad
Sh'ma Yisra'eyl, Shekhina Eloteynu, Shekhina Achat
[Silent on Rosh Hashanah; Outloud on Yom Kippur] Barukh Shem K'vod Malkhuto Le'olam Va'ed

V'ahavta

V'ahavta et Adonai Elohekha, b'khol levav'kha, uv'khol naf'she-kha, uv'khol m'odekha.
Vehayu ha-de'varim ha-eyleh asher Anokhi me-tzav'kha hayom al levavekha.
Ve'shinantam levanekha, vedibarta bahm, beshiv'te-kha b'vey'tekha, uv'lekh'tekha vaderekh, uv'shokh'bekha uv'ku-mekha. Uk'shar'tam le'ot al yah-dekha, vehayu letotafot beyn ey-neh'kha. Ukh-tav-tahm al mezuzot bey-tekha uvish-arekha.

And you must love YHVH, the Transformative and Healing Power of the Universe, with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will 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 morning with devotion. Bind them as t'fillin on your forehead and arm, as symbols of thoughts and acts sacred to Me. Write them on the mezuzot at the entrances to your home and doorways, as a sign that all people may discover Me as they enter your home and your life.

You Shall Love: V'Ahavta for Palestinian Liberation
An Invocation for Growing the Love that is Already There

You shall LOVE Palestinian Liberation

With all your being, With all your heart, With all your might.

You shall speak of your love of Palestinian Liberation

When you lie down & when you RISE UP

When you are in the company of those who are eager to listen

And those who are uncomfortable

You shall speak of this love with your children & your elders & your lovers

with your colleagues & your neighbors & your Rabbis & your students & your boss

Your love shall be contagious, filling the heart of your community

Until it bursts open And together, in the depths of the void of our broken heart

We shall speak, because the world is created through speech and our words are seeds

and we are helping to seed Palestinian Liberation Right. Now.

And because listening is the part of love that precedes speech,

You shall listen to the Torah of Palestinian Liberation

You shall SHMA with the ears of your heart To the voices of Palestinians

You shall listen And the truth will shatter you And you shall be transformed Because it is THAT kind of love

And because seeing is part of love, You shall look with the eyes of your soul

Towards the genocide in Gaza, the pogroms in Sheikh Jarrah, the terror in the West Bank

You shall see the ongoing Nakba and you shall not look away, for you shall be filled with rage

Because rage is also part of love.

You shall withhold your dollars You shall mobilize your institutions You shall lay your body down You shall flood social media You shall march You shall weep You shall scream You shall pray You shall sing You shall dance You shall rest You shall release You shall boycott You shall divest call your parents You shall call for sanctions call your congresspeople

Call on Gxd

You shall transform harm into healing

You shall dream of a world without borders & prisons & militarism & settler-colonies

YOU shall LOVE Palestinian Liberation like you love Gxd, because we are ALL part of Gxd

You shall LOVE Palestinian Liberation as if it is your own, because IT IS your own

Because until all of us are free, none of us are free

Because just when we thought we were freeing Palestine, we realized Palestine is freeing us

You shall LOVE Palestinian Liberation because you shall love Jewish Liberation

Because you shall love liberation for all peoples

Because you shall include yourself when you say ALL

You shall LOVE Palestinian Liberation because loving Palestinian Liberation is the

Most. Jewish. Thing you can possibly do

And the world is aching for us to remember who we are

And our Love is aching for Liberation

And the Time is NOW.

You Shall. You Do. You Will. You Are. You Bless. You Keep. You Shall.

Amein V' Amein. Ken Y'hi Ratzon. May It Be So

(Kohenet Elana June Margolis)

Ahava V'Rachamim

Ahava v'rachamin, tzedek v'shalom (repeating chant)
Love and compassion, justice and peace

V'haya Eem Shamo'a Tishm'oo

And it will come to pass . . . If you love the Transformative Power of the Universe (YHVH) with all your heart, with all your soul, and with all your passions, and using that energy, build a world based on these teachings/mitzvot: A world of love of the stranger/the other, kindness, generosity and care, peace, compassion and nonviolence, social, economic and environmental justice, and ecological sensitivity, then the world will work. The sun will shine, the rain will fall appropriate to its season, the earth will give forth her produce and you and your animals will eat and be satisfied.

But be careful . . . watch out . . . because if you don't build a world based on these teachings/mitzvot and instead build a world based on selfishness and greed, consuming and producing without care for the well-being of the planet or its inhabitants, constantly chasing and hoarding after more money, power, fame, or land, building walls that separate, voting rights for some and not others, economic systems that benefit the few on the backs of the many, then the world will not work. Just as the social, economic, and political systems become unbalanced, so too will the ecological and environmental systems and foundations of the earth and universe become unbalanced. The sun will not shine, the rain will not fall appropriate to its season, the earth will not give forth her produce, there will be a series of environmental catastrophes; we should call them plagues: cities and nations alike will be consumed from bursting waters, fires will spread throughout the lands, glaciers will melt, lands will become parched. And eventually you and your animals too will be wiped off the face of the earth in one of these catastrophic plagues.

So . . . teach this to your children; talk about it in public, even when your voice cracks and your knees shake; talk about it in your home with friends and family, even if they think you're being too serious; talk about it when you walk by the way so that strangers hear this message. Why? Because this, *this* is the greatest spiritual need and calling of our time. Talk about it when you go to sleep at night and when you get up in the morning because you'll forget and want to hide from this message. Bind it for a sign upon your arm so it seeps into your heart and guides your actions and a sign upon your third eye so it seeps deep into your unconscious permeating every cell and pore of your being. Write it for a sign upon your doorposts and upon your gates so that you remember and all those who come into your home know the values by which you live. If you do these things, and build a loving and just world, then you and your children, and all children will have a long life on this earth that God promised you.

God spoke to Moses and said, Put tzitzit in the corners of your garments, include a blue thread in your tzitzit to awaken you out of your complacency. Look at your tzitzit, not only as reminders of these mitzvot, but to inspire you to actually perform these mitzvot so you do not chase after the idols of your day – money, power, fame, and land. I, Yud Hey Vav Hey, the Transformative Power of the Universe brought you out of the narrow consciousness of constriction. I showed you that systems and structures of oppression are not fundamental to the universe itself and therefore can (and must) be overturned by you human beings. I am that force in truth.

(Original by R'Michael Lerner; adapted/expanded by R'Cat Aavis)

Ani Adonai Eloheychem, asher hotzeyti etchem, me-eretz mitzrayim, lihyot lachem, l'eylohim. Ani Adonai eloheychem emet.

Timber

Abby Caplin

the autumn maple dresses
for Halloween
the noble fir drapes her shoulders
with winter snow
the fig secrets her sweet green-purple
velvet-skinned knobs among
the blood-red and wild blackberries
and the redwood stands
as a clothesline for spiders
hanging sticky bibs
for blind moths and unlucky flies—

then the day comes when police
close a downhill highway
a nurse on her way to work
her life snapped off
by a pine falling onto her car
or those kids asleep in their
yellow pup tent crushed near Yosemite
was it too much for you then
the beauty too heavy to be held
or was it payback for our sins?
life-givers and life-takers
we too are experts at chopping down

your children aren't we
        skinning and stacking
their bodies on long trucks bound
        for sawmills to make our chairs
coffins cutting boards guitars
        decks and frames for our windows
whether to savor the view dreaming
        of mineral rights
or timber prices or higher
        resale values from which to watch
the sun setting over
        your short-lived beautiful woodlands

Returning to Muir Woods on the Day of Atonement

Abby Caplin

I savor the cinnamon redwoods,
jangles of ferns, parades of oyster
mushrooms, their jaunty parasols
jutting from trunks of collapsed giants.
Parents with kids in strollers
follow the trail beside the creek, where the sun
is a wrinkled globe in the burbling
half-dry bed. Farther down, bay laurels
usher me toward the Holy of Holies,
Cathedral Grove, where the swish
and squeak of my backpack
is a washboard keeping rhythm
with muffled steps. Alone now,
I stop moving,
listen to know how the forest
sounds when I am not here—
the heartbeat of filtered light, glissade
of banana slugs, delicate sighs
of sorrel, whispers of Miwok ancestors
in the blackened hollows.
Here, a survivor tree hangs on—
twisted roots half exposed to air
along a small rise, yet anchored
and fed by the others. Its protective burl
glares at me, as angry and betrayed
as the face of Moses I once saw

in a pat of butter, no doubt unnerved
by the warming world, wasp invasions,
and heavy diapers dropped
at its feet. Sheltered here,
I stand small in the circle
of living Torahs, caught in a cyclone
of human atrocities, force myself
to count them aloud,
each personal and collective toss
of garbage or killing grenade
that roots out life,
until my throat shreds
like last year's promises.

Pitchu Li

Pitchu Li sha'arey tzedek avo vam, odeh Yah.
Zeh hasha-ar L'YHVH, tzadikim yavo-u vo.

> Open to me the gates of righteousness,
> I will enter therein and praise Yah.
> This is the gateway to YHVH,
> The righteous enter herein.

L'takeyn Olam b'malkhut shaddai

L'takeyn olam b'malkhut shaddai
We heal the world, we repair the world,
we transform the world with justice and love

Oseh shalom bimromav

Oseh shalom bimromav
Hu Ya'aseh shalom aleinu
Ve'al kol Yisrael v'Yishmael
Ve'al kol yosh'vey tey'vel

Ya'aseh shalom
Ya'aseh Shalom
Shalom aleynu
V'al kol ha'olam

Lo Yisa Goy

Lo yisa goy el goy cherev, v'lo yilmedu od milchama
And everyone beneath their vine and fig tree,
Shall live in peace and unafraid.
And into ploughshares beat their swords,
Nations shall learn war no more.

Sholem Zol Zayn

Yai-Bai-Bai…

Sholem Sholem Sholem Sholem Sholem
Zol Shoyn Zayn Sholem
Sholem Zol Zayn
Sholem Zol Zayn
Sholem oyf der gantser velt

Sholem Zol Zayn
Sholem Zol Zayn
Sholem oyf der gantser velt

Freilach Freilach Freilach Freilach Freilach
Zol Shoyn Zayn Freilach
Freilach Zol Zayn
Freilach Zol Zayn
Freilach oyf der gantser velt

Freilach Zol Zayn
Freilach Zol Zayn
Freilach oyf der gantser velt

Yontif Yontif Yontif Yontif Yontif
Zol Shoyn Zayn Yontif
Yontif Zol Zayn
Yontif Zol Zayn
Yontif oyf der gantser velt

Zol Shoyn Zayn Yontif
Yontif Zol Zayn
Yontif Zol Zayn
Yontif oyf der gantser velt

Peace!
A Holiday! A Celebration!
Let it be, let it be a celebration!
Peace! Peace!
Let there be, let there be peace throughout the world!

Prayer After Amidah

Let these words and prayers be real.
Let them pierce my heart and soul.
Let them awaken me from my slumber.
Let them wipe away my cynicism.
Let them give me courage to speak and act.
Let my spirit be still and sure.

May these words and prayers uplift me.
May they comfort me in times of despair.
May they bring me into closer connection with You.
May they remind me to see the Divine in the 'other.'
May they guide me to be loving and courageous.

Bring down truth, justice, and peace from above
So it manifests in our world.
Let me partner with you in the Tikkuning of the world.

(Rabbi Cat Zavis)

Source of Time and Space, Avinu Malkeynu

Help us attune with You.
Open our minds.
Expand our consciousness.
Show us what we must do.

May the beauty of Divine power be with us now.
May Divine beauty guide the works of our hands.
May our handiwork reflect our connection with the Divine.

Remind us security comes through solidarity.
And safety through love.
Help us overcome our fears.
And embrace others.

Teach us to treasure our days.
Teach us to live in integrity.
Help us walk in Your path.
Help us see You in all.

May Your house
be a house of prayer
for all peoples.
On that day,
You will be known as One
and we will know all as One.

(Rabbi Cat Zavis)

Shekhinah Blessing

Hear our wails Shekhinah.

Help us, Shekhinah, find our paths—to our own souls, to each other's souls.

Help us overcome our differences
and see the divinity in one another.

Help us stand tall, be brave, be strong, be compassionate
on our journey through this world.

Give us the strength to forgive—ourselves, each other—
and to do what is necessary to bring forth justice.

Help us maintain fortitude
to wash away the conditioning that blinds us,
that impedes our capacity to see the light in each other,
and the light within ourselves.

Help us deepen connection and love,
to learn new ways of being, of relating, of opening our hearts
until the waters flow forth,
giving birth to new life, to new possibilities.

Please, YHVH, answer the cries of the most vulnerable among us.

Guide us, for we are lost, lonely, and afraid in the desert, often unable to see the waters of life that redeem and save.

Ayeka Poem

Abby Caplin

nightmare
so I can get some sleep. They don't sleep
in Gaza, where quadcopters broadcast
recordings of babies crying, women screaming,
aiming their payloads as men run
to help. People gauge the distance
between window and rising clouds
of concrete and human debris, hoping they won't
wake up dead.
Sleep-deprived, food-deprived,
sleepwalking to fake food
distribution centers, an unending journey
to their final destination, their final
solution. Oh dear God,
my dear friend, *Ayeka*? Where are you?
Why didn't you stop it?
Theresienstadt, Theresienstadt.
Gaza, Gaza. Gaza. Gaza.

Un'taneh Tokef

Who by the silence of good people?
Who by having the courage to speak up?
Who by the fired gun and the explosive bullet?
Who by the stampede of a hateful crowd?
Who by the severing hate of the political sword?
Who by the hunger of love denied?
Who by the dried out words of a parched theology?
Who by the constant sound of hateful words that leads to suicide?
Who by the spread of disease from neglected medical care?
Who by the quaking of a body collapsed?
Who by the last gasp of asking for help?
Who will find the comfort of love and wake up to morning coffee?
Who will wander the streets aimlessly looking for rest?
Who will be chased by prejudice in their neighborhood?
Who will be kidnapped for the color of their skin or the language they speak?
Who will find their wholeness in body and spirit?
Who will be chased in their mid-day errands?

Who will have inner peace?
Who will be shunned at work and home?
Who will lose a job and beg their friends for a loan?
Who will keep a job and pay their rent?
Who will be tormented by no healing?
Who will be elevated as a role model?

(Rabbi Eric Weiss)

The Stakes Before Us

On Rosh Hashanah it is written, and on Yom Kippur it is sealed.
What is the fate of the State of Israel and the United States in the year to come?
How many will die? How many will take the lives of others?

How many will continue to turn a blind eye to genocide and ethnic cleansing?

How many olive trees bulldozed?

How many schools, hospitals, and homes destroyed?

How many Palestinians killed? How many kidnapped?

How many Palestinian herds stolen and killed?

How many will participate in pogroms? How many in protests?

How many will refuse to serve in the IOF? How many will gleefully sign-up?

How many lies will be told? How much trauma weaponized to justify the slaughter and genocide of Palestinians?

For how long will Israel and the US sow seeds of war rather than bridges of justice and peace?

How many will stand up and say: *Never Again for Anyone*?

Communal Prayer: We Have a Choice

We have a choice.

Either we can be a religion and a people that confronts its past with honesty and integrity, engages in teshuva, and corrects the wrongs of the past through just acts, including reparations. Or we can be a religion and people that weaponizes Jewish trauma and victimization to justify ethnic cleansing and genocide of Palestinians.
Return, repair, restore.

Either we can be a religion and people that choose to be in solidarity with oppressed and demeaned others and hold all life equally precious. Or we can be a religion and people that prioritizes Jewish exceptionalism and suffering above others.
All life is sacred.

Either we can be a religion and people that believe our well-being is dependent upon the well-being of others. Or we can be a religion and people that embrace imperial power and might.
Our freedom is bound together.

Either we can be a religion that lives and dies by the sword, sacrificing children in the name of Zionism, nationalism, and even Judaism. A religion of death. Or we can be a religion and people that chooses life, not only for Jews but for Palestinians and for all peoples.
We choose life for all.

May we choose—to be inscribed in the book of life through justice and compassion, not to write ourselves into the ledger of violence and death.
May our choice be life, and may that life be for all peoples.

We choose life. **We choose life.**
Life through justice. **Life through justice.**
Life through compassion. **Life through compassion.**
Life for all peoples. **Life for all peoples.**

(Rabbi Cat Zavis)

We Are Sending You Light - Ana El Na R’fa Na La

We are sending you light, to heal you, to hold you,
We are sending you light, to hold you in love.

אָנָּא אֵל נָא רְפָא נָא לָהּ, אָנָּא אֵל נָא רְפָא נָא לָהּ
Ana Eyl Na, R’fa Na La, Ana Eyl Na, R’fa Na La

No matter where you go, no matter where you’ve been.
You’ll never walk alone, we feel you deep within.

מִי שֶׁבֵּרַךְ הוֹרֵינוּ, אַבְרָהָם יִצְחָק וְיַעֲקֹב
Mi shebeyrakh horeynu, Avraham Yitzhchak v’Yakov
שָׂרָה רִבְקָה לֵאָה רָחֵל בִּלְהָה וְזִלְפָּה
Sara, Rivka, Leah, Rahchel, Bilha, v’Zilpa.

הַמָּקוֹר יְבָרֵךְ, וְיִרְפֵּא אֶת הַחוֹלִים
Hamakor yevareykh, virapey et hahcholim
וְיִשְׁלַח רְפוּאָה שְׁלֵמָה, לַנֶּפֶשׁ וְלַגּוּף
V’yishlahkh refu’ah shleyma, lanefesh velaguf.

We are sending you light, to heal you, to hold you,
We are sending you light, to hold you in love.

אָנָּא אֵל נָא רְפָא נָא לָהּ, אָנָּא אֵל נָא רְפָא נָא לָהּ
Ana Eyl Na, R’fa Na La, Ana Eyl Na, R’fa Na La

Please, good God, bring healing.
May the Source of blessings for our ancestors, Abraham, Isaac, Jacob, Sarah, Rebecca, Leah, Rachel Bilha, and Zilpah, bless and heal those in need of healing with a complete and whole healing of the spirit and the body.

(Adapted by Ami Goodman from ‘I Am Sending You Light’ by Melanie DeMore)

Ani Ma’amin

Ani ma'amin, ani ma’amin, ani ma’amin, Be’emunah shleymah B’vi’aht, tzedek v’shalom, B’vi’aht tzedek v’shalom, Ani ma’amin.
Ve’ahf al pi sh'yit’mamey’hah, Eh’vod lehavi tikkun olam.

I believe, with complete faith, In the coming of justice and peace, I believe.

And even if it be delayed, I will work to bring about the repair of the world.

We Rise

We rise, humbly hearted. Rise, won't be divided. Rise, with Spirit to guide us. Rise!

In hope, in prayer, we find ourselves here,
In hope, in prayer, we're right here!

We rise, all of the children. Rise, elders with wisdom. Rise, ancestors surround us. Rise!

In hope, in prayer, we find ourselves here,
In hope, in prayer, we're right here!

We rise, up from the wreckage. Rise, with tears & with courage. Rise, fighting for life,
We Rise!

In hope, in prayer, we find ourselves here,
In hope, in prayer, we're right here!

We rise, for Palestinians, rise for all the captives, rise for all the immigrants
We Rise!

In hope, in prayer, we find ourselves here,
In hope, in prayer, we're right here!

We Rise!
In hope, in prayer, we find ourselves here,
In hope, in prayer, we're right here!

(Batya Levine)

Ahava Be'Libeynu

Ahava be'libeynu, nirdof tzedek v'shalom.
Ahava be'libeynu, n'takeyn et ha'olam.
Ra-hamim be'libeynu, nirdof tzedek v'shalom.
Ra-hamim be'libeynu, n'takeyn et ha'olam.
With love in our hearts, we'll seek justice and peace.
With love in our hearts, we will heal and transform the world.

With compassion in our hearts, we'll seek justice and peace.
With compassion in our hearts, we will heal and transform the world.
(words: Cat Zavis, melody: R. Shefa Gold)

Ufros Aleynu

Ufros Aleynu, sukkat, sukkat shlomecha.
Cover us, embrace us, with your sukkah, your sukkah of peace.

Hallelu Adir

Hallelujah, hallelujah hallelu et shem adonai

Living Earth

If all the world were peaceful now, and forevermore.
Peaceful at the surface, and peaceful at the core.
All the joy within my heart would be so free to soar.
And we're living on a living planet, circling a living star.
I don't know where we're going, but I know we're going far.
We can change the universe, by being the best we are.
And we're living on a living planet, circling a living star.

If Mother Earth were honored now, and forevermore.
Honored at the surface, and honored at the core.
All the joy within my heart, would be so free to soar.
And we're living on a living planet, circling a living star.
I don't know where we're going, but I know we've gone too far.
And we must heal this planet, by being the best we are.
Work for tikkun of our living planet, circling a living star.
(Jay Mankita*)*

Ayeka Song

Meh asita
Kol d'mey achikha
Tzo'akim eyly min ha'adamah
Ayeka, ayeh achicka
Ayeka

From the ground I
Hear them calling

Your brother's blood
What can grow here
What have we done?

From the soil I
Hear them crying
Your sister's blood
What can grow here
What have we done?
Ayeka, ayeh achicha
Ayeka

From the ground I
Hear them calling
Your sibling's blood
What can grow here
What have we done?

From the soil I
Hear them crying
Our family's blood
What can grow here
What have we done?
Ayeka, ayeh achicha
Ayeka

(Aly Halpert)

Next Year in a World of Peace - L'Shanah Ha'Ba'ah

L'shanah haba'ah b'olam shel tzedek, L'shanah haba'ah b'olam shel ahavah,
L'shanah haba'ah b'haganat hateh'va, L'shanah haba'ah b'shalom v'rey'ut.

May the coming year be a year of justice, May the coming year be a
year of love. May the coming year bring environmental sanity,
May the coming year be filled with peace for all the world!

The Circle Game

Yesterday a child came out to wonder
Caught a dragonfly inside a jar
Fearful when the sky was full of thunder

And tearful at the falling of a star

Then the child moved ten times round the seasons
Skated over ten clear frozen streams
Words like when you're older must appease him
And promises of someday make his dreams

And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look
Behind from where we came
And go round and round and round
In the circle game

Sixteen springs and sixteen summers gone now
Cartwheels turn to car wheels thru the town
And they tell him take your time it won't be long now
Till you drag your feet to slow the circles down

And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look
Behind from where we came
And go round and round and round
In the circle game

So the years spin by and now the boy is twenty
Though his dreams have lost some grandeur coming true
There'll be new dreams maybe better dreams and plenty
Before the last revolving year is through

And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look
Behind from where we came
And go round and round and round
In the circle game

(Joni Mitchell)

Prayer after Yizkor Reflections/Memories

May those who I grieve today be bound in the bonds of eternal life.
May their memories live within me and uplift and nourish me.

To honor their memories, I commit to engaging in one action to contribute to the healing and repair of our world [identify the action you will take].

I commit to cherishing my relationships and to telling those I cherish how much I value them in my life.

I commit to bring more love and joy into my life and into the lives of others.

(Rabbi Cat Zavis)

Return Again

Return again, return again, return to the land of your soul.
Return again, return again, return to the land of your soul.
Return to who you are, return to what you are,
Return to where you are, born and reborn again.
Return again, return again, return to the land of your soul.

(R. Shlomo Carlebach, z”l)

One Thing I Ask - Achat Sha-alti

Achat sha-alti mey-eyt Yah, otah avakeysh.
Achat sha-alti mey-eyt Yah, otah avakeysh.
Shivti beveyt Yah, kol yemey chay-yai,
Lachazot beno-am beno-am Yah, ul’vakeyr b’hey-chalo
Lachazot beno-am beno-am Yah, ul’vakeyr b’hey-chalo
One thing I ask yes just one "little thing" I ask Yud Hey Vav Hey
One thing I ask yes just one "little thing" I ask Yud Hey Vav Hey
To dwell in the house of my God, all the days of my life.
To taste in the goodness and kindness and love
that the God of the universe sustains.
To be God's real image, to be love and peace,
to be kindness and gentleness and joy!

Psalm 23

YHVH, the Loving Transformative Power of the Universe,
is my shepherd
my guardian

I shall not fear.

Your energy causes me to lie down in green pastures
out beyond ideas of us versus them.
Guiding me to restful waters.

Your compassion renews my soul's life.

Your call for righteousness encircles me
and guides me on pathways of justice
to what ought to be
for the sake of Transformation

Though I walk in the valley of the shadow of death
I fear no evil for You are with me.
Your rod and Your staff
like a grounding stick
they comfort me and give me strength.

You spread before me a table
in front of my enemies
those I'm bound up with
so we can break bread together.
You anoint my head with oil,
comforting me.
My cup overflows.

Let only that which is life giving
and loving kindness
pursue me
all the days of my life.
And I shall dwell in Your house
for many long years.

(Rabbi Cat Zavis)

Our Source and Our Deep Inner Guide

Our Source and deep inner guide, we have let ourselves move from the truth.
O Mother, our guide on the way, let our darkness be filled with light.
O Father, our nurturing guide, help us to find inner peace.

Our Source and our deep inner guide, may we find you in all things.
O Mother, our nurturing guide, please let us learn to be healed.
O Father, our guide on the way, help us to heal our world.

Our Source and our deep inner guide, we know we are infinite being.
O Father, our nurturing guide, we know too that we are but dust.
O Mother, our guide on the way, please make Your Self known through us.

Our Source and our deep inner guide, forgive us for the harm we cause.
O Father, our guide on the way, renew for us now a good year.
O Mother, our nurturing guide, may we open to compassion within

Ashrei Yoshvei Veitekha

Ashrei yoshvei veitekha
Od yehalelukha selah
I sing for you
I sing for what is holy and is true
I sing for all creation, for life and liberation
everyday anew