

TIKKUN OLAM VANEFESH

Hinei Mah Tov

הִנֵּה מַה-טוֹב וּמַה-נְּעִים לְשִׁבַּת אַחִים גַּם-יָחַד

Hinei mah tov umah na'im shevet ahim gam yahad

[How good and how pleasant for companions to sit together]

EACH OF US HAS A NAME

Each of us has a name

given by God

and given by our parents

Each of us has a name

given by our stature and our smile

and given by what we wear

Each of us has a name

given by the mountains

and given by our walls

Each of us has a name

given by the stars

and given by our neighbors

Each of us has a name

given by our sins

and given by our longing

Each of us has a name

given by our enemies

and given by our love

Each of us has a name

given by our celebrations

and given by our work

Each of us has a name

given by the seasons

and given by our blindness

Each of us has a name

given by the sea

and given by

our death.

-Zelda, transl. by Marcia Falk

Hinei Mah Tov

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[How good and how pleasant for companions to sit together]

L'ha Dodi

לְכֶה דוּדֵי לְקַרְאֵת כְּלָהּ. פְּנֵי שִׁבַּת נִקְבְּלָהּ: שִׁבַּת שְׁלוֹם וּמְבֹרָךְ

L'ha dodi likrat kalah p'nei shabbat n'kalah. Shabbat Shalom um'vorah

[My beloved, let us go to greet the bride; We shall receive the presence of Shabbat. A peaceful and blessed Shabbat].

Recognize
 that the very molecules that make up your body,
 the atoms that construct the molecules, are traceable
 to the crucibles that were once the centers
 of high mass stars
 that exploded their chemically rich guts
 into the galaxy, enriching
 pristine gas clouds
 with the chemistry of life.
 So that we are all connected
 to each other biologically,
 to the earth chemically
 and to the rest of the universe atomically.
 On a molecular level, there are no boundaries and distinctions –
 what was once this tree may now be my hand;
 what once this heart may now be that bird.
 All is a living, breathing circle.

(adapted from Neil De Grasse Tyson and Rabbi Elyse Wechterman)

a meditation – holding hands. - we are physical beings that are wondrous..., that house pure, divine souls..., that will fall apart ... and eventually die. Every one of us. Feel the wonder of your neighbor's hand.

Roll Into Dark

Hebrew words from the Siddur, English and tune: Rabbi Noam Katz

Roll into dark
 Roll into light
 Night becomes day
 Day turns to night

*borei yom valailah
 golel or mipnei hosheh (x2)
 v'hosheh mipnei or*

בּוֹרֵא יוֹם וְלַיְלָה,
 גּוֹלֵל אוֹר מִפְּנֵי הַשֶּׁשׁ (x2),
 וְהוֹשֵׁה מִפְּנֵי אוֹר

[creating day and night, rolling light from darkness and darkness from light]

We are loved by an unending love.
 We are embraced by arms that find us
 Even when we are hidden from ourselves
 We are supported by hands that uplift us
 Even in the midst of a fall
 We are urged on by eyes that meet us
 Even when we are too weak for meeting
 We are loved by an unending love
 Embraced, touched, soothed, and counseled...
 Ours are the arms, the fingers, the voices:
 Ours are the hands, the eyes, the smiles;
 We are loved by an unending love.

-Rabbi Rami Shapiro

face meditation: by our faces/presences, we reveal and command and are commanded.
Look at the faces around the circle, faces that reflect the divine image, faces that reflect the experience of love and the experience of loss.

הָרִינִי אֶקְבֵּל עָלַי אֶת מִצְוֹת הַבּוֹרֵא: וְאֶהְבֶּתָּ לְרֵעֶךָ כְּמוֹךָ.
hareni akabel alai et mitsvat haborei v'ahavta l're'aha kamoha (l're'aha kamoha)
[Behold I take upon myself the Creator's command: Love your neighbor as yourself.]

In the center of our circle is an open PLACE that binds us as one

Sh'ma Yisra'el Adonai Elohenu Adonai Ehad
(Baruh shem k'vod malhuto l'olam va'ed)

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
(בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד)

Listen, Israel! the Source of All, our God! the Source of All is One!
(How eternally full of blessing is the name of Its glorious sovereignty)

[Shma option 1 – from Rabbi Arthur Waskow]

Sh'sh'sh'ma Yisra'el –
Hush'sh'sh and Listen, You Godwrestlers –
Pause from your wrestling and hush'sh'sh
To hear —
YHWH/ Yahhhhhh.
Hear in the stillness the still silent voice,
The silent breathing that intertwines life;

YHWH/ Yahhhh elohenu
Breath of life is our God,
What unites all the varied
forces creating
all worlds into one-ness,
Each breath unique,
And all unified.

Listen, You Godwrestlers –
No one people alone
Owns this Unify-force;
YHWH / Yahh is One.

So at the gates of your cities,
where your own culture ends,
and another begins,
And you halt there in fear –
“Here we speak the same language
“But out there is barbaric,
“They may kill without speaking—“
Then pause in the gateway to write on its walls
And to chant in its passage:
“Each gate is unique in the world that is One.”

If you hush'sh'sh and then listen,
yes hush'sh'sh and then listen
to the teachings of YHWH/ Yahh,
the One Breath of Life,
that the world is One,
all its parts intertwined,
then the rains will fall
Time by time, time by time;
The rivers will run,
the heavens will smile,
the good earth will fruitfully feed you.

But – if you chop the Breath into parts
and choose parts to worship –
gods of race or of nation
gods of wealth and of power,
gods of greed and addiction;
If you Do and you Make,
and Produce without pausing;
If you Do without Being —

Then the rain will not fall —
or will turn to sharp acid —
The rivers won't run —
or flood homes and cities;
The heavens themselves
will take arms against you:
the ozone will fail you,
the oil that you burn
will scorch your whole planet —
and from the good earth
that the Breath of Life gives you,
you will vanish — yes, perish.

So on the edges of your Self,
On the corners of your clothing,
take care to weave fringes —
threads of connection.
So you end not with sharpness,
A fence or a wall,
But with sacred mixing
of cloth and of air —
A fringe that is fuzzy,
part yours and part God's:
They bind us together,
Make One from our one-ness.
Good fringes/ good neighbors.

[Shma option 2 – from Marcia Falk]

Hear, O Israel---The divine abounds everywhere
And dwells in everything: the many are One.

Loving life and its mysterious source with all our heart and all our spirit,
All our senses and strength, we take upon ourselves and into ourselves these promises:
To care for the earth and those who live upon it,
To pursue justice and peace,
To love kindness and compassion.
We will teach this to our children throughout the passage of the day---
As we dwell in our homes and as we go on our journeys,
From the time we rise until we fall asleep
And may our actions be faithful to our words
That our children's children may live to know:
Truth and kindness have embraced,
Peace and justice have kissed and are one.

We tell the story of the Exodus from Egypt because Egypt is not only one physical place. The Exodus was not just one moment in time. We step into this story because it is both our story and the story of all people who have experienced oppression and liberation. When we recall the story of our oppression, we resolve to fight oppression everywhere. When we recall the story of our liberation, we renew our dream of freedom everywhere. Tonight, we raise our voices as individuals and members of this community committed to marching together out of Egypt.

-A Night of Questions ("Introduction to the Seder")

Miriam's well

As we come out of Egypt, Miriam calls on us to sing. On our march through the wilderness to the promised land of freedom and justice and peace, she offers us a well of healing waters. You're invited to wash your hands in Miriam's well if you wish. We do not wash out hands of responsibility. As Heschel taught, in a democracy, "some of us are guilty; all of us are responsible." But we wash our hands of enslavement to our traumas. We wash our hands to purify our intents and our deeds. We free our hands to work for tikkun olam, the healing of the world.

Ain't gonna let nobody (following repetitions:, my fears, ... [add others, as appropriate])
Turn me around! Turn me around! Turn me around!
Ain't gonna let nobody turn me around
I'm gonna keep on a - walkin' keep on a - talkin'
Marchin' down to freedom's land!

מי כְּמֹכָה בְּאֵלִים יְיָ, מִי כְּמֹכָה נֹאדָר בְּקֹדֶשׁ, נוֹרָא תְהִילֹת, עֲשֵׂה פְלֵא :
מְלֹכוּתָהּ רָאוּ בְּנֵיהֶּ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה, זֶה אֵלֵי עָנוּ וְאָמְרוּ: יְיָ מְלוֹךְ לְעוֹלָם וָעֶד.
mi hamoha ba'elim adonai? mi kamoha nedar bakodesh? nora t'hilot oseh feleh.
malhut 'ha ra'u vaneha boke'a yam lifnei mosheh. zeh eli anu v'amru. Adonai yimloh l'olam va'ed.
[Who is like you among the powerful, Oh LIBERATING? Who is mighty like you among the hallowed,
revered in praise-song, performing wonders? Your children saw your sovereignty splitting the sea before
Moses. "This is my God!" they said, and proclaimed: "ONE ETERNAL will reign forever!]

Shalom

An Arab shepherd is searching for a kid on Mount Zion,
and on the opposite mount, I am searching for my little son.
An Arab shepherd and a Jewish father
in their momentary failure.
Our two voices meet above
the Sultan's pool in the valley between.
The two of us want the son and the kid
not to enter the process
of the terrible Had Gadya machine
Afterwards, we found them among the bushes,
and our voices returned to us, crying and laughing within.
The search for a kid or a son
has always been
the beginning of a new religion in these mountains.

-Yehuda Amichai, translated by Chana Bloch

ufros alenu sukat sh'lomeha

[Spread over us the shelter of your Peace]

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמָהּ

Sharing the Torah in our lives

Merger Poem

-Judy Chicago

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 all genders will be gentle
And then all genders 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 all will cherish life's creatures
And then everywhere will be called Eden once again

קדיש יתום MOURNERS' KADDISH

*Yitgadal v'yitkadash sh'mei rabbah (amen)
b'alma divra hirutei v'yamliv malhutei b'hayeihon
uvyomeihon uvhayei d'hol bet yisra'el ba'agalah
uvizman kariv v'imru amen.*

***Y'hei shmei rabbah m'varah l'alam ul'almei
almaya!***

*Yitbarah v'yishtabah v'yitpa'ar v'yitromam v'yitnasei
v'yit'hadar v'yit'aleh v'yithalal sh'mei d'Kudsha Brih
Hu l'eilah min kol birhata v'shirata tushb'hata
v'nehemata da'amiran b'alma v'imru amen.*

*Y'hey shlama rabba min sh'maya v'hayim aleinu v'al
kol Yisrael v'imru amen.*

*Oseh shalom bimromav hu ya'aseh shalom aleynu v'al
kol yisrael v'al kol yoshvei tevel, v'imru amen.*

יתגדל ויתקדש שמה רבא. (אמן)

בעלמא די ברא כרעותיה, ונמליד מלכותיה בסייכון
וביומיוכון ובחיי דכל בית ישראל. בעגלא ובזמן קריב
ואמרו אמן :

יהא שמה רבא מברך לעלם ולעלמי עלמיא:

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתקדר ויתעלה
ויתהלל שמה דקדושא בריה הוא לעלא מן כל ברכתא
ושיבתא תשבחתא ונחמתא, דאמירן בעלמא, ואמרו אמן:
יהא שלמא רבא מן שמיא וסיים עלינו ועל כל ישראל,
ואמרו אמן:

עשה שלום במרומיו הוא יעשה שלום עלינו ועל כל-
ישראל, ועל כל- יושבי תבל, ואמרו אמן:

May Its great Name become great and holy (amen)

in the world that It created, as is Its will, and may It establish Divine Sovereignty in your lives and in your days
and in the lives of the entire house of Israel, speedily, in the coming time, and say ye:

Amen. May Its great name be blessed for ever and ever!

May the Name of the Holy **Blessed One** become blessed and praised and splendid and exalted and raised up
and beautiful, supreme and sung about. Beyond, all blessings and songs, praises and comforting phrases that
we say in this world, and say ye: **Amen**

Let there be great peace out of the blue, and life, for us and for all Israel, and say ye: **Amen**

The One that makes peace in the cosmos, that One will make peace for us and for all Israel and for all who
dwell on earth, and say ye: **Amen**

Closing Songs:

אמן Amen

T'fillat Haderech - Debbie Friedman

May we be blessed as we go on our way
May we be guided in peace
May we be blessed with health and joy
May this our blessing, amen.
Amen, amen, may this be our blessing, amen

May we be sheltered by wings of peace
May we be kept in safety and in love
May grace and compassion
find their way to every heart
May this be our blessing, amen.
Amen, amen, may this be our blessing, amen

Circle Chant -Linda Hirschhorn:

Circle round for freedom,
circle round for peace.
For all of us imprisoned,
circle for release.
Circle for the planet,
circle for each soul.
For the children of our children,
keep the circle whole.

פל העולם פלו גשר צר מאד והעקר לא לפחד פלל
*Kol ha'olam kulo gesher tsar m'od
v'ha'ikar lo l'fahed klal*

[The whole, entire world is a very narrow bridge
And the main thing is not to be afraid.]

-Rebbe Nahman

C C7 F - /C C7 F G / C C7 F - (Dm)/ F G C -
F- G- / E7 - Am - /F - G - C --- /