

JEWISH CUSTOMS AND TRADITIONS

ALIYAH: A person who is honored with an Aliyah recites a blessing before the reading and another after the reading of a portion of the Torah.

BAT: literally, "Daughter of the Commandment." When a girl reaches the age of 12 or 13, Jewish law considers her to be a mature adult, and she is given the privilege of participating in the Shabbat service. This is her way of declaring her loyalty to the Jewish community and way of life.

BIMA: The "stage" from which the service is conducted.

D'VAR TORAH: Literally this means "words of Torah"; speech.

HAVDALAH: Havdalah means "separation," and it is the name of the special ritual which formally ends Shabbat, "separating" it from the beginning of the new week.

KIPPAH: The Kippah (or "yarmulke") is a skullcap which is worn to cover one's head as a sign of reverence and respect.

SIDDUR: Siddur means "order" and this evening refers to this prayer book used for the service.

TALLIT: The Tallit is the prayer shawl worn over the shoulders. The fringes ("tzitzit" in Hebrew) at the ends of the shawl's four corners remind us of God's commandments and of our obligation to observe them.

TORAH: The Torah consists of the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. These are referred to as the Five Books of Moses, or the Chumash (which comes from the word "five" in Hebrew). The Torah is the basis for the Jewish way of life. The Torah scroll is written in black ink on parchment by the hand of a highly skilled scribe. The Torah is divided into consecutive weekly portions so that the entire five books are completed in a year. Each section is read concurrently in every synagogue all over the world in accordance with the Jewish calendar. We call the Torah the "Tree of Life."

YAD: Yad means "hand" and refers to the pointer that the Torah reader uses so as not to touch the actual words on the parchment of the Torah.

SAMPLE

ORIGIN OF BAT MITZVAH

No reference to the age of 13 as the age of Bat Mitzvah is found in the Bible. The origin of this celebration is not known exactly. However, the Midrash and Talmud provide the first mention that the age of 13 is the age of Bat Mitzvah. The Talmudic tractate Avot has a passage referring to age 13 as a special age.

This reference, 1900 years old, is the first time the age 13 is mentioned in conjunction with observance of the commandments. This may be why a girl who reaches her 13th year becomes a "Bat Mitzvah." "Bat" is Aramaic for "bat," the Hebrew word for "daughter," and "mitzvah" is the Hebrew word for "commandment."

In the old days, in Jerusalem, it was the custom for the father to bring the Bat Mitzvah before the Temple priest or other Elder to receive a blessing and a prayer that "she may be granted a portion in the Torah and that she may live a life filled with good deeds," according to the Talmudic tractate Soferim.

Unlike some other cultures of that time, Judaism did not focus on a test of physical endurance or pain to mark the passage from childhood into adulthood.

In the Bat Mitzvah ceremony, the young person is given an aliyah (Hebrew for "going up") - the opportunity to come to the Torah and recite the blessings - and often, the additional privilege of chanting the portion of the Torah for that day. The young person's first chanting of the blessings, the Torah and her interpretation of that portion are the highlights of the Bat Mitzvah ceremony.

SAMPLE

REFLECTION - ALBERT EINSTEIN ON LIFE

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 each other, 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 with a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon the labors of others, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received and am still receiving.

SAMPLE



"Days are scrolls.
Write on them
What you want
to be remembered."

-Bahya, Hovot HaLevavot

Hinei Ma Tov
הִנֵּה מַה טוֹב וְיָמָּה
נִעִים שָׁבֶת אֲחִים יַבְּרָכֶם .

Hi nei ma tov u ma na im
sheh vet a chim gam ya chad.

How good it is, and how pleasant,
when we dwell together in unity.

A WISH FOR YOU

If there could be only one thing in life for me to teach you,
I would teach you to love...

To respect others so that you may find respect in yourself.

To learn the value of giving, so that if ever there comes a
time in your life that someone really needs, you will give.

To act in a manner that you would wish to be treated

To be proud of yourself.

To laugh and smile as much as you can, in order to help
bring joy back to the world.

To have faith in others, to be understanding.

To stand tall in this world and to learn to depend on yourself.

To only take from this earth those things which you really
need, so there will be enough for others.

To not depend on money or material things for your
happiness, but to learn to appreciate the people who love
you, the simple beauty that God gave you and to find
peace and security within yourself.

To you, Reed, I hope I have taught all of these things,
for they are love.

SAMPLE

KIDDUSH

As we share the wine together, we affirm the sweetness
in life, reaching out for one another to discover common
bonds that make a strong and peaceful future.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגֶּפֶן.

*Baruch atah, Adonai, Eloheinu
Melach haolam, borei p'ri hagafen.*

We praise you, Eternal God, Sovereign of the universe,
Creator of the fruit of the vine.

SAMPLE

HA MOTZI

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Barukh atah Adonai Elohaynu melekh ha-olam
ha-motzi lechem min ha-aretz.*

Blessed are You, Lord, our God, King of the Universe
who brings forth bread from the earth.

SHEHECHEYANU

Ba-ruch A-tah Ado-nai

Eloheinu me-lech ha-o-lam,

she-he-che-ya-nu v'ki-y-ma-nu

v'hi-gi-va-nu laz-man ha-zeh

We praise You, Eternal God. Sovereign of the universe, for giving us life, for sustaining us, and for bringing us to this time.

בְּרוּךְ אַתָּה יי

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שְׁהַחֵינּוּ וְקִיַּמְנוּ

וְהִגִּיעַנוּ לַזְמַן הַזֶּה.

I SEE CHILDREN AS KITES

You spend a lifetime trying to get them off the ground.

You run with them until you're both breathless.

They crash. they hit the rooftop, you patch and comfort, and adjust and they'll fly.

Finally, they are airborne

They need more string, and you keep letting it out.

But with each twist of the ball of twine, there is a sadness that goes with joy.

The kite becomes more distant, and you know that it won't be long before the beautiful creature will snap the lifeline that binds you together, and will soar as it's meant to soar... free and alone.

Only then will you know that you have done your job.

There are only two lasting gifts we can give our children:

One of these is roots...

The other is wings.

~Erma L. Bombeck

TALLIT BLESSING

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵית.

*Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam A-sher
Ki-de-sha-nu B'mitz-vo-tav V'tzi-va-nu L'hit-a-teif Ba-Tzi-tzit.*

We praise You, Eternal God, Sovereign of the universe: You hallow us with Your Mitzvot and teach us to wrap ourselves in the fringed Tallit.

SHEHECHEYANU

*Ba-ruch A-tah Ado-nai בְּרוּךְ אַתָּה יי
Eloheinu me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
she-he-che-ya-nu v'ki-yi-ma-nu שְׁהַחֲיֵנוּ וְקִיַּמְנוּ
v'hi-gi'anu laz-man ha-zeh. וְהַגִּיעָנוּ לְזִמְנוֹ הַזֶּה.*

We praise You, Eternal God
Sovereign of the universe,
for giving us life, for sustaining us,
and for bringing us to this time.

BAT MITZVAH PRAYER

As we watch you growing, we smile through our tears
Sometimes we wish you'd stay forever small
But then we see you blossom, and we befriend
the passing years
We love you now, we'll love you then - we love to see it all
So we lift our voices to offer you this prayer
For every step along the road, we will be there.

Into our hands, O God, You have placed Your Torah, to be held high by parents and children, and taught by one generation to the next. Whatever has befallen us, our people have remained steadfast in loyalty to the Torah. It was carried into exile in the arms of parents so that their children might not be deprived of their birthright.

And now we pray that you, may always be worthy of this inheritance. Take its teaching into your hearts, and in turn pass it on to your children and to those who come after you. May you live your life searching for wisdom and truth, and working for justice and peace. Thus will you be among those who labor to bring nearer the day when all God's children shall be one.

יְבָרַכְךָ יי וְיִשְׁמְרֶךָ: *Ye'varech'echa Adonoy ve-yish'merecha.*
יְאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ: *Ya'eir Adonoy panav eilecha viy-chuneka.*
יִשָּׂא יי פָּנָיו אֵלֶיךָ *Yisa Adonoy panav eilecha,*
וְיָשֵׂם לְךָ שָׁלוֹם: *ve-yasam lecha shalom.*

May God bless you and watch over you.
May God shine His face toward you and show you favor.
May God be favorably disposed toward you,
and may He grant you peace.

THE IMPORTANCE OF A SISTER

A sister is someone who loves you from the heart,
No matter how much you argue you cannot be drawn apart.
She is a joy that cannot be taken away,
Once she enters your life, she is there to stay.

A friend who helps you through difficult times,
Her comforting words are worth much more than dimes.
A partner who fills your life with laughs and smile,
These memories last for miles and miles.

When she is by your side, the world is filled with life,
When she is not around, your days are full of strife.
A sister is a blessing, who fills your heart with love,
She flies with you in life with the beauty of a dove.

A companion to whom you can express your feelings,
She doesn't let you get bored at family dealings.
Whether you are having your ups or downs,
She always helps you with a smile and never frowns.

With a sister you cannot have a grudge,
She is as sweet as chocolate and as smooth as fudge.
Having a sister is not just a trend,
It is knowing you can always turn to her, your best friend.

LIVE EACH DAY

Live each day to the fullest.
Get the most from each hour, each day,
And each age of your life.
Then you can look forward with confidence
And back without regrets.
Be yourself - and be your best self.
Dare to be different and to follow your own star.
Enjoy what is beautiful.
Love with all your heart and soul.
Believe that those you love, love you.
Disregard what the world owes you,
And concentrate on what you owe the world.
When you are faced with a decision,
Make that decision as wisely as possible, then forget it.
The moment of absolute certainty never arises.
There is inside you all the potential
To be whatever you want it to be
All the energy to do whatever you want it to do.
Imagine yourself as you would like to be,
Doing what you want to do,
And each day take one step toward your dream.
Hold onto your dream
One morning you will awake to find
That you are the person you dreamed of...
Doing what you wanted to do simply because you
Had the courage to believe in your potential,
And to hold on to your dream.

MA TOVU

*Matovu o'halecha Ya'akov
Mishkenotecha Yisrael.*

מה טובו אהלֵיךָ יַעֲקֹב,
מִשְׁכַּנְתֵּיךָ יִשְׂרָאֵל:

How beautiful your tents, O Jacob, your dwellings, O Israel.
With Your great Love, O God, I have come into Your House to
worship. O God, I love Your House. (*Numbers 24:5*)

Give of yourself, give as much as you can. And you
can always, always give something, even if it is only
kindness! If everyone were to do this and not be as
mean with a kindly word, then there would be much
more justice and love in the world. Give and you
shall receive much more than you would have ever
thought possible. Give, give again and again, don't
lose courage, keep it up and go on giving. No one has
ever become poor from giving!

Anne Frank

PRAYER FOR SOCIAL JUSTICE

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתַי, וְצִוָּנוּ לְרִדּוֹף צְדָקָה.

*Baruch atah Adonai, Eloheinu melech haolam, asher
kid'shanu b'mitzvotav v'tzivanu lirdof tzedek.*

We praise You, Eternal God, Sovereign of the universe, who
calls us to holiness through mitzvot, commanding us to
pursue social justice.

MOURNER'S KADDISH

קָדִישׁ יְתוֹם

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעַלְמָא דִּי בְרָא, בְּרַעוּתָהּ,
וְנִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית
יִשְׂרָאֵל,
בְּעַגְלָא וּבְזִמּוֹן קָרִיב, וְאִמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא לְעָלְמֵי מִן
כָּל-בְּרַכְתָּא וְשִׁירָתָא, תַּשְׁבַּחְתָּא וְנִחְסְתָּא, דְאִמְרוּ
בְּעַלְמָא, וְאִמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל, וְאִמְרוּ אָמֵן

*Yit-ga-dal v'yit-ka-dash sh'mei ra-bab b'al-ma div-ra
chi-ru-tei, v'yam-lich mal-chu-tei b'cha-yei-chon
uv'yo-mei-chon uv'cha-yei d'chol beit Yisrael, ba-a-ga-la
u-viz-man ka-riv, v'im-ru: A-mein.*

Y'hei sh'mei ra-ba m'va-rach l'a-lam ul'al-mei al-ma-ya.

*Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar
v'yit-ro-mam v'yit-na-sei,
v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'kud-sha, b'rich hu,
l'ei-la min kol bir-cha-ta v'shi-ra-ta, tush'b'cha-ta
v'ne-che-ma-ta, da-a-mi-ran b'al-ma, v'im-ru: A-mein.*

*Y'hei sh'la-ma ra-ba min sh'ma-ya v'cha-yim
a-lei-nu v'al kol Yisrael, v'im-ru: A-mein.
O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom
a-lei-nu v'al kol Yisrael, v'im-ru: A-mein.*

MI SHEBEIRACH

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

*Mi shebeirach avoteinu
M'kor ha-bracha l'moteinu*

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.

מִי שֶׁבֵּרַךְ אֲמוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Mi shebeirach imoteinu
M'kor ha-bracha l'avoteinu*

Bless those in need of healing
With *r'fu-a sh'lei-ma*
The renewal of body
The renewal of spirit,
And let us say, Amen.

LIFE JUST ISN'T (Author Unknown)

Life isn't about keeping score. It's not about how many people call you and it's not about who you've dated, are dating or haven't dated at all. It isn't about who you've kissed, what sport you play, or which guy or girl likes you. It's not about your shoes or your hair or the color of your skin or where you live or got to school. In fact, it's not about grades, money, clothes, or colleges that accept you or not. Life isn't about if you have lots of friends, or if you are alone, and it's not about how accepted or unaccepted you are. Life just isn't about that.

But life is about who you love and who you hurt. It's about how you feel about yourself. It's about trust, happiness, and compassion. It's about sticking up for your friends and replacing inner hate with love. Life is about avoiding jealousy, overcoming ignorance and building confidence. It's about what you say and what you mean. It's about seeing people for who they are and not what they have. Most of all, it is about choosing to use your life to touch someone else's in a way that could never have been achieved otherwise. These choices are what life's about.

BARCHU

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.
Bar-chu et Adonai hah-m'vorach.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.
Bah-ruch Adonai hah-m'vorach l'oh-lahm vah-ed.

Praise Adonai to whom our praise is due. Now and forever!

CARPE DIEM—SEIZE THE DAY

It is a tragic waste...

to see the sun and not bask in it,
to feel the spring rain and not walk in it,
to look at a painting and not really see it,
to start a book and not finish it,
to be inspired by a worthy project and not share in it.

This the day that God has made;
let us rejoice and be glad therein. (*Psalms 118:24*)

MI CHA MOCHA

מיכמכה

*Mi cha'mo'cha ba'ei'lim,
Adonai?*

מי-כמכה בְּאֵלִים, יְיָ?
מִי כְּמִכָּה,
נֶאֱדָר בְּקִדְשׁ, נוֹרָא תְהִלָּתְךָ,
עֲשֵׂה פְלֵאָה?

*Mi ka'mo'cha, ne'dar ba'ko'desh,
no'ra t'hi'lot, o sei fe'leh?*

Who is like You, Eternal One, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

BE

Be understanding to your enemies.
Be loyal to your friends.

Be strong enough to face the world each day.
Be weak enough to know you cannot do everything alone.

Be generous to those who need your help.
Be frugal with what you need yourself.

Be wise enough to know that you do not know everything.
Be foolish enough to believe in miracles.

Be willing to share your joys.
Be willing to share the sorrows of others.

Be a leader when you see a worthy path that others have missed.
Be a follower when you have confidence in another leader's vision.

Be first to congratulate an opponent who succeeds.
Be last to criticize a colleague who fails.

Be attentive to where your next step will fall, so that you will not stumble.
Be mindful of your final destination, to navigate your own true way.

Be loving to those who love you.
Be loving to those who do not love you, and they may change.

Above all, be yourself

RAISING THE TORAH

הגבהה

וזאת התורה אשר-שם משה לפני בני ישראל,
על-פי יי ביד-משה.

*V'zot ha-to-ra a-sher sam Mo-she lif-nei b'nei Yis-ra-eil, al pi
Adonai b'yad Mo-she.*

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

RETURNING THE TORAH

הכנסת ספר תורה

יהללו את-שם יהוה, כי-נשגב שמו וְגָבַהּ.

Y'ha-l'lu et shem Adonai ki nis-gav sh'mo l'va-do.

Let us praise the Eternal God, whose name alone is exalted.

הודו על-ארץ וְשָׁמַיִם, וְיִרְם קֶרֶן לְעַמּוֹ,
תְּהַלֵּה לְכָל-חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל, עִם-קִרְבּוֹ, הַלְלוּיָהּ!

*Ho-do al e-retz v'sha-ma-yim, va-ya-ren l'a-mo,
t'hi-la l'choi cha-si-davm liv-nei Yisrael, am k'ro-vo, hal-lu-ya!*

Your splendor covers heaven and earth;
You are the strength of Your people,
making glorious Your faithful ones,
Israel, a people close to You. Halleluyah!

BE YOURSELF

As you set out on life's road
The most important thing you can do
Is to always be true to you.

Remember that we are who we allow ourselves to become
And to always be yourself and not who others want to see

Never give up on your hopes and dreams
Every day you are closer to making those dreams come true

Your beautiful smile shows who you are
A kind heart, a loyal friend and wise beyond your years

We are all perfectly imperfect
That is what makes each of us special

You, Reed are extraordinary
You will do remarkable things whatever they may be

Be generous, be strong, be loving, believe in miracles
And above all, be yourself.

The **SHEMA** is one of the most important and famous prayers in Jewish liturgy. Traditionally, it is recited in whatever position, standing or sitting, the worshipper is already in, since the verse says "You shall speak of them when you lie down and when you rise up." It is also customary to recite the Shema with one's eyes closed to block out any outside disturbances and allow for the utmost concentration.

שמע ישראל, יי אלהינו, יי אחד!

Sh'ma Yis-ra-eil: Adonai Eloheinu, Adonai E-chad!

Hear, O Israel: the Eternal One is our God,
the Eternal God alone!

ברוך שם כבוד מלכותו לעולם ועד!

Ba-ruch' shem e-vod' ml-ku-to' le-o-lam va-ed'
Blessed is God's glorious majesty for ever and ever!

ואהבת את יי אלהיך, בכל לבבך, ובכל נפשך, ובכל מאדך. והיו הדברים האלה, אשר אנכי מצוה היום, על לבבך. ושננתם לבניך, ודברת בם, בשבתך בביתך, ובליכתך בדרךך, ובשכבך, ובקומך. וקשרתם לאות על ידך, והיו לטטפת בין עיניך. וכתבתם על מזוזות ביתך ובשעריך.

V'ahavta et Adonai Elohecha, b'chol l'avvacha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi m'tzav'cha hayom al l'avvecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha v'hayu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.

Let us encounter all the world with appreciative and insightful love, deep and healing love, liberating and joyful love. Let us rejoice in love and in the fertility it brings to the human experience. Love expands our abilities to explore and express ourselves. Love deepens our feelings of connectedness and individuality. Love helps us reach across the boundaries of ego, class, creed, ethnicity, & nation. Love heightens our senses of meaning, beauty, and wonder. Let us love all the world with all our heart, with all our soul, and with all our might.

REED'S TORAH PORTION

GENESIS

Chapter 28, Verses 10-15

- י** וַיֵּצֵא יַעֲקֹב, מִבְּעַר שְׁבַע; וַיֵּלֶךְ, חֶרְנָה. **10** And Jacob went out from Beer-sheba, and went toward Haran.
- יא** וַיִּפְגַּע בְּמָקוֹם וַיְלִן שָׁם, כִּי-בָא הַשָּׁמֶשׁ, וַיִּקַּח מֵאֲבְנֵי הַמָּקוֹם, וַיִּשֶׂם מֵרָאשֵׁיתוֹ; וַיִּשְׁכַּב, בְּמָקוֹם הַהוּא. **11** And he lighted upon the place, and tarried there all night, because the sun was set; and he took one of the stones of the place, and put it under his head, and lay down in that place to sleep.
- יב** וַיִּחְלֶם, וְהִנֵּה סֹלֶם מֻצָּב אֶרֶצָה, וְרֹאשׁוֹ מַגִּיעַ הַשָּׁמַיְמָה; וְהִנֵּה מַלְאָכֵי אֱלֹהִים, עֹלִים וְיֹרְדִים בּוֹ. **12** And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on it.
- יג** וְהִנֵּה יְהוָה נֹצֵב עָלָיו, וַיֹּאמֶר, אֲנִי יְהוָה אֱלֹהֵי אַבְרָהָם אָבִיךָ, וְאֱלֹהֵי יִצְחָק; הָאָרֶץ, אֲשֶׁר אַתָּה שֹׁכֵב עָלֶיהָ--לְךָ אֶתְנַנָּהּ, וְלִנְרָעָהּ. **13** And, behold, the LORD stood beside him, and said: 'I am the LORD, the God of Abraham thy father, and the God of Isaac. The land whereon thou liest, to thee will I give it, and to thy seed.'
- יד** וְהָיָה וַיִּרְעַף כַּעֲפַר הָאָרֶץ, וַיִּפְרֹצַת יָמָה וּמִקְדָּמָה וּצְפוֹנָה וְנִגְבָּהּ; וַנִּבְרְכוּ בָּהּ כָּל-מִשְׁפְּחוֹת הָאֲדָמָה, וַיְבָרְעָהּ. **14** And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south. And in thee and in thy seed shall all the families of the earth be blessed.
- טו** וְהִנֵּה אֲנִכִי עִמָּךְ, וַיִּשְׁמְרֵתִיךָ בְּכָל אֶשֶׁר-תֵּלֵךְ, וְהִשְׁבַּתִּיךָ, אֶל-הָאֲדָמָה הַזֹּאת: כִּי, לֹא אֶעֱזָבְךָ, עַד אֲשֶׁר אֶם-עָשִׂיתִי, אֵת אֲשֶׁר-דִּבַּרְתִּי לְךָ. **15** And, behold, I am with thee, and will keep thee whithersoever thou goest, and will bring thee back into this land; for I will not leave thee, until I have done that which I have spoken to thee of.'

D'VAR TORAH

TORAH BLESSINGS

BEFORE EACH SECTION OF TORAH READING:

Reader:

בָּרְכוּ אֶת־יְיָ הַמְּבֹרָךְ!

Congregation responds:

בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

Reader:

בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

Reader:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר־בָּנוּ כְּכֹל הָעַמִּים, וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ.
בָּרוּךְ אַתָּה יְיָ, מוֹתֵן הַתּוֹרָה.

Reader: Bar'chu et Adonai ha-m'vo-rach.

Congregation: Ba-ruch a-ta Adonai ha-m'vo-rach l'o-lam va-ed.

Reader: Ba-ruch a-ta Adonai ha-m'vo-rach l'o-lam va-ed

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam,

a-sher ba-char ba-nu mi-kol ha-a-mim,

v'na-tan la-nu et Torah-toh.

Ba-ruch a-ta Adonai, no-tein ha-Torah.

Praise the One to whom our praise is due.

Praised be the One to whom our praise is due, now and forever.

We praise You, Eternal God, Sovereign of the universe: You have called us to Your service by giving us the Torah. We praise You, O God, Giver of the Torah.

AFTER THE TORAH READING:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן־לָנוּ תּוֹרָה

אֱמֶת, וְחַיֵּי עוֹלָם נִטַע בְּתוֹכָנוּ. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu me-lech ha-o-lam,

a-sher na-tan la-nu Toh-rat eh-met,

v'cha-yei o-lam na-ta b'toh-chei-nu.

Ba-ruch a-ta Adonai, no-tein ha-Torah.

We praise You, Eternal God, Sovereign of the universe: You have given us a Torah of truth, implanting within us eternal life. We praise You, O God, Giver of the Torah.

A Journey of One Inch

The world cannot be discovered by a journey of miles,
No matter how long.

But only by an inward journey,
A journey of one inch,
Very arduous,
Humbling,
And joyful.

And through which,
We arrive at the ground at our own feet,
And learn to be at home.

Wendell Berry

AMIDAH

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חַסְדִּים
טוֹבִים וְקוֹנֵה הַכֶּלֶל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ בְּאַהֲבָה.
מִלֶּךְ עוֹזֵר וּמוֹשֵׁעַ וּמַגִּן
בְּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם וְיִצְחָק וְרַחֵל וְשָׂרָה.

*Ba-ruch a-ta Adonai, Eh-lo--hei nu vei-lo-hei a-vo-tei-nu
v'i-mo-tei-nu:*

Eh-lo-hei Av-ra-ham, eh-lo-hei Yitz-chak, vei-lo-hei Ya-a-kov.

*Eh-lo-hei Sa-ra, Eh-lo-hei Riv-ka, Eh-lo-hei Lei-a-vei-lo-hei
Ra-cheil.*

*Ha-eil ha-ga-dol ha-gi-bor v'ha-no-ra, Eil el-yon, go-meil
cha-sa-dim to-vim, v'ko-nei ha-kol, v'zo-cheir cha-s'dei a-vot
v'i-ma-hot, u-mei-vi g'u-la li-v'nei v'nei-hem, l'ma-an sh'mo,
b'a-ha-va.*

Meh-lech o-zeir u-mo-shi-a u-ma-gein.

Ba-ruch a-ta Adonai, ma-gein Av-ra-ham v'ez-rat Sa-ra.

Praised be our God, the God of our fathers and our mothers,
God of Abraham, God of Isaac, and God of Jacob; God of
Sarah, God of Rebekah, God of Leah and God of Rachel;
great, mighty, and awesome, God supreme.

Ruler of all the living, Your ways are ways of love. You remember
the faithfulness of our ancestors, and in love bring redemption
to their children's children for the sake of Your name. You are
our Sovereign and our Help, our Redeemer and our Shield.
We praise You, Eternal One, Shield of Abraham, Protector of
Sarah.

TORAH SERVICE

Assembled at a mountain,
our people,
still bent from oppression,
found You,
found Your Torah,
found Your truth
and embraced the destiny that has shaped worlds.
Help us still to shape the world
according to Your will;
help us to teach and to learn,
to hear Your word anew,
and to find in it our path
to goodness and truth.

Reader, then repeated by the congregation:

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד!

Sh'ma Yisrael: Adonai Eloheinu, Adonai e-chad!

Hear, O Israel: the Eternal One is our God,
the Eternal God alone!

Reader, then repeated by the congregation:

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ, קְדוֹשׁ שְׂמוֹ.

E'chad Eloheinu, ga-dol Adoneinu, ka-dosh sh'mo.

Our God is One; great and holy is the Eternal One.

Reader only:

גָּדְלוֹ לַיי אֲתִי, וּנְרוֹמְמָה שְׂמוֹ יַחְדָּו.

Gad'lu l'Adonai i-ti, u-n'rom'ma sh'mo yach-dav.

O magnify the Eternal One with me,
and together let us exalt God's name.

TORAH SERVICE

TO BE TWELVE OR THIRTEEN

To be twelve or thirteen is to stand between two worlds: the past of childhood and the promise of adulthood. The teen years are between years; They are a bridge.

The crossing of that bridge is a precarious, even painful experience. The years it takes represent a testing ground for adult life.

When we are young we are dependent on others. As we grow, we must learn to become more independent. If we think too little of our talents, we must train ourselves to respect them. If we are afraid of the future, we must find the ingredients of courage.

Adolescence can be a time of happy excitement when new responsibility becomes a pleasure and new learning becomes the path to maturity.

על שלושה דברים עומד העולם

על התורה ועל העבודה ועל גמילות חסדים

Al sh'lo-sha d'va-rim ha-o-lam o-meid:

Al ha-Torah, v'al ha-a-vo-da, v'al g'mi-lut cha-sa-dim.

The world depends on three things:
On Torah, worship, and loving deeds.

A BLESSING FOR THE FAMILY

A family should be a deeply rooted tree with branches of different strengths, all receiving nourishment from an infinite source.

A family should be where character is formed, values are learned, ethics are created, and society is preserved.

A family should be where all members contribute and share, cooperate and work, and accept their responsibilities toward the good of the family.

A family should be where each can find relief and comfort in grief, pleasure and laughter in joy, and kindness and encouragement in daily living.

A family should be a haven of rest, a sanctuary of peace, and most of all, a harbor of love.

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה זָבָאוֹת מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ

Kadosh, kadosh, kadosh, Adonai tz'vaot, m'lo chol haaretz k'vodo.

Holy, holy, holy are You, Adonai. All of life can be filled with holiness.

REFLECTION

*O-seh sha-lom bim-ro-mav,
hu ya-a-seh sha-lom
a-lei-nu v'al kol Yisrael,
v'mi-ru: A-min.*

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם
עֲלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens cause peace to reign among us, all Israel, and all the world, and let us say: Amen.