SHALOM ALEYHEM

Welcome among us, messengers of shalom, angels of the Highest One, from deep within us, Majesty of majesties, the blessed Holy One.

Come, then, in shalom, blessing us with shalom, leaving us with holy shalom, from deep within us, Majesty of majesties, the blessed Holy one.

translated by Ruth Jacobs

LEH AH DODI / O, COME, MY FRIEND

O, come, my friend, let’s greet the bride, the Sabbath Presence bring inside.

"Keep" and "Remember" in a sole command the solitary God did us command "I AMI" is one, the Name is one, in name, in splendor, and in praise.

O, come, my friend, let’s greet the bride, the Sabbath Presence bring inside.
We rise and face the entrance to welcome the Shabbat bride.

Варху את יהודה המקדש.
Baruḥ adonay hamvorah le’olam va’ed.
Bless THE INFINITE, the blessed One!

Toward the Sabbath, come, make haste, for she has every blessing’s taste, ordained at first, and long ago, the last thing made, the first in mind.

O, come in peace, O divine crown, with joy, rejoicing, and with mirth, amid the faithful, loved by God, come in, O bride, come in, O bride!

O, come, my friend, let’s greet the bride, the Sabbath Presence bring inside.

Barehū et adonay hamvorah.
Blessed is THE INFINITE, the blessed One, now and forever!
E-li, E-li
she-lo yi-gamer le-olam

ha-chol ve-ha-yam
rish-rush shel ha-ma-yim
be-rak ha-sha-ma-yim
te-filat ha-a-dam

ha-chol ve-ha-yam
rish-rush shel ha-ma-yim
be-rak ha-sha-ma-yim
te-filat ha-a-dam

O God, my God
I pray that these things never end:
The sand and the sea,
The rush of the waters,
The crash of the heavens,
The prayer of the heart.
The sand and the sea,
The rush of the waters,
The crash of the heavens,
The prayers of the heart.
Shema yisra'el adonay eloheynu adonay echad.
Baruḥ shem kevod malḥuto le'olam va'ed.

Ve'ahavta et adonay elohecha
behol levavecha uvhol nafshecha uvhol me'odecha.
Vehayu hadevanim ha'eleh asher anohi metzavecha hayom al levavecha,
Veshinantam levanecha vedibarta bam
beshivtecha beyechecha uvlehteha vadereh uvshoḥbeha
uvkumecha.
Ukhshartam le'ot al yadecha vehayu letorasot beyn eynecha.
Uhtavtam al mezuzot beyechecha uvisharecha.

Listen, Israel: The Eternal is our God, The Eternal One alone!
Blessed be the name and glory of God’s realm forever!

And you must love The One, your God, with your whole heart, with every breath, with all you have. Take these words that I command you now to heart. Teach them intently to your children. Speak them when you sit inside your house or walk upon the road, when you lie down and when you rise. And bind them as a sign upon your hand, and keep them visible before your eyes. Inscribe them on the doorposts of your house and on your gates.
"Who among the mighty can compare to you, WISE ONE?
Who can compare to you, adorned in holiness, awesome in praises, acting wondrously!"

Your children saw you in your majesty, splitting the sea in front of Moses.
"This is my God!" they cried, and said:
"THE HOLY ONE will reign forever!"
And it was said:
"Yes, THE REDEEMING ONE has rescued Jacob, saved him from a power stronger than his own!"

Blessed are you, THE GUARDIAN, Israel's redeeming power!

HASHKIVENU / DIVINE HELP

Help us to lie down, DEAR ONE, our God, in peace, and let us rise again, our sovereign, to life. Spread over us the shelter of your peace. Decree for us a worthy daily lot, and redeem us for the sake of your great name, and enfold us in the wings of your protection, for you are our redeeming guardian. Truly, a sovereign, gracious, and compassionate God are you. Guard our going forth each day for life and peace, now and always. Spread over us the shelter of your peace.

Blessed are you, COMPASSIONATE ONE, who spreads your canopy of peace over all your people Israel and over Jerusalem.
VESHAMERU / OBSERVING SHABBAT

Let Israel's descendants keep Shabbat, making Shabbat throughout all their generations, as an eternal bond. Between me and Israel's descendants shall it be a sign eternally. For in six days THE FASHIONER OF ALL made skies and earth, and on the seventh day God ceased and drew a breath of rest.

(When Shabbat coincides with a festival, add:
Moses proclaimed the Festivals of THE ENDURING ONE to the children of Israel.)

AMIDAH

Open my lips, Beloved One, and let my mouth declare your praise.

Baruh atah Adonay eloheyenu veylohey avoteynu ve'imoteynu elohey avraham elohey sarah
elohey yitzhak elohey rivkah
ełohey yaakov elohey rachel
ełohey lea'

Blessed are you, THE ANCIENT ONE
God of Abraham
God of Isaac
God of Jacob
God of Sarah
God of Rebekah
God of Rachel
and God of Leah;
great, heroic, awesome God, supreme divinity, imparting deeds of kindness, begetter of all; mindful of the loyalty of Israel's ancestors, bringing, with love, redemption to their children's children for the sake of the divine name.

You are forever powerful, ALMIGHTY ONE, abundant in your saving acts.

In summer: You send down the dew.

In winter: You cause the wind to blow and rain to fall.

In loyalty you sustain the living, nurturing the life of every living thing, upholding those who fall, healing the sick, freeing the captive, and remaining faithful to all life held dormant in the earth.

Who can compare to you, almighty God, who can resemble you, the source of life and death, who makes salvation grow?

Faithful are you in giving life to every living thing. Blessed are you, THE FOUNT OF LIFE, who gives and renews life.

2. GEVUROT / DIVINE POWER

Atah gibor le'olam adonay rav lehoshi'a.

In summer: Morid hatal.
In winter: Mashiv haru'ah umorid hagashem.

Meh алкאל hayim behesed mehayey kol hay berahaminim rabim so'meh noslim verofey holim umatiir asurim umkayem emunato lisheney afar. Mi hamo'ah ba'al gevurot umi domeh lah melekh memit umhayekh umatzemi'ah yeshu'ah.

Vene'eman atah lehahayot kol hay. Baru'h atah adonay mehayey kol hay.
7. BIRKAT HASHALOM / BLESSING FOR PEACE

Grant abundant peace eternally for Israel, your people. For you are the sovereign source of all peace. So, may it be a good thing in your eyes to bless your people Israel, and all who dwell on earth, in every time and hour, with your peace.

(On Shabbat Shuvah add: In the book of life, blessing, peace, and proper sustenance, may we be remembered and inscribed, we and all your people, the house of Israel, for a good life and for peace.)

Blessed are you, COMPASSIONATE ONE, maker of peace.

The Amidah traditionally concludes with bowing and taking three steps back.

Shalom rav al yisra’el ame’ha tasim le’olam.
Ki atah hu mele’ha adon lehol hashalom.
Vetrov be’yeneh levarsh et ame’ha yisra’el
ve’et kol yoshvev tevel
behol et uhol sha’ah bishlome’ha.

On Shabbat Shuvah add:

(Usefer hayim berahah veshalom ufarnaasah tovah
nizaher venikatev lefaneh
anahau vehol ame’ha beyt yisra’el
le’hayim tovim ushalom.)

Baruh atah adonay osey hashalom.

The Amidah traditionally concludes with bowing and taking three steps back.
With the permission of this company:

Blessed are you, THE BOUNDLESS ONE, our God, sovereign of all worlds, who creates the fruit of the vine.

Blessed are you, THE SOURCE OF LIFE, our God, sovereign of all worlds, who has set us apart with your mitzvot and taken pleasure in us, and the holy Shabbat with love and favor made our possession, a remembrance of the work of Creation. For it is the first of all the holy days proclaimed, a symbol of the Exodus from Egypt. For you have called to us and set us apart to serve you, and given us to keep in love and favor, your holy Shabbat. Blessed are you, THE SOURCE OF WONDER, who sets apart Shabbat.

SHEHECHEYANU

You abound in blessings, Eternal One,
Source of all creation,
who has kept us in life, sustained us,
and enabled us to reach this happy occasion.

Baruch ata Adonai Elheynu melekh ha-olam shehecheheyenu v'kee-yemanu v'hee-geeyanu lazman hazah.
We rise for Aleynu.

It is customary to bow at korim ("bend the knee").

And so, we bend the knee and bow, acknowledging the sovereign who rules above all those who rule, the blessed Holy One, who stretched out the heavens and founded the earth, whose realm embraces heaven's heights, whose mighty presence stalks celestial ramparts. This is our God; there is none else besides, as it is written in the Torah: "You shall know this day, and bring it home inside your heart, that THE SUPREME ONE is God in the heavens above and on the earth below. There is no other God."

And it is written:
THE EVERLASTING ONE will reign as sovereign over all the earth.
On that day shall THE MANY-NAMED be one, God's name be one!"
And then all that has divided as will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again.

KADDOISH YATOM

Reader: Yitgadal veyiktadash shemey raba
be'alma divra biruyey veyamlih malhutey
behayeyon uvyomneyon uvhayey dehol beyt yisra'el
ba'agala u'vizman kariv ve'imru amen.

Congregation: Yehey shemey raba mevarah le'alam ulalmey almayah.

Reader: Yitbanah veyishtabah veyitpa'ar veyitromam veyitnasay
veyit-hadar veyitaleh veyit-halal shemey dekudsha berih hu
le'ela (On Shabbat Shemah add: le'ela) min kol birchata ve'hirata
tushbehata vanehemata da'amiran be'alma ve'imru amen.

Yehey shelama raba min shemaya ve'hayim aleynu ve'al kol yisra'el ve'imru amen.

Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol yisra'el ve'al kol yoshvey tevel ve'imru amen.
What we have once enjoyed we can never lose
A sunset, a mountain bathed in moonlight,
the ocean in calm and in storm
We see these, love their beauty,
hold the vision in our hearts.
All that we love deeply becomes a part of us.

Helen Keller

We Live
We live at any moment with our
total past
We hate with all our past hatreds.
We love with all our past loves.
Every sunset we have ever seen has
formed our sense of the
beautiful.
Every bar of music we have listened
to is included in our response
to the melody which now rings
in our ears.
That is why it is so important that
we be cautious in what we make
of each day.
It will stay with us always

There were women who sat in the market
selling beets and cabbages so their men could study.
They were Jews.

There were men of Yemen, great swordsmen,
guards of the king: they were Jews.

There are dark women of India, wearing saris,
black farmers from Ethiopia, children with slanted eyes.
All Jews.

There are dressmakers and sculptors, thieves
and philanthropists, scholars and nurses,
beggars and generals.

There are women who follow every rule of Kashrut and
men who know none of the rules, yet all of us are Jews.

Though we are not alike in mind or body,
somewhere in the depths of our souls
we know we are the children of one people.

We share history, a hope, and some prayers:
We speak many languages:
We have heard one Voice:

All of us stood together at Sinai
When our past and our future
Exploded in thunder and flame before us.

Ruth Brin
Kol haneshama tehallel Yeh, Halleluya
Let every living soul praise Adonai

Zeh hayom asah Adonai
Nagila v'nismecha vo.

This is the day the Lord has made;
let us rejoice and be glad in it.

Hiney Ma Tov

Hiney ma tov u'ma nayim
Shevet achim gam yachad

Behold, how good and how pleasant
it is for people
to dwell together in unity.

Al Shlosha D'varim
Al shlosha d'varim
ha-olam omed;
Al ha-Torah
V'el ha-avodah
V'al g'millat chasadim.

The world stands on three things:
On the Torah,
On work,
And on deeds of lovingkindness.

Kol Ha'olam Kulo

Kol ha'olam kulo
gesher tsar me'od
veha'ikar lo lefached klal.

The entire world is a very narrow bridge.
The essential thing is to have no fear at all.

Ma Yafeh Hayom

Ma yafeh hayom Shabbat shalom.

How wonderful today is!
Shabbat Shalom
MI SHEBEIRACH

Mi shebeirach avoteinu
M'kor hab'racha l'imoteinu

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.
May you find happiness in the small spaces.  
Joy in the staying put.  No highways,  
no office buildings, no overcrowded subways.

May you find peace in your own kitchen.  
May your four walls feel like a sanctuary  
A haven from a noisy world.

May you take pleasure in a bad pun, a bowl of popcorn.  Laughing with the people closest to you.  
Patting the grateful dog.  The clever cat.

May you discover the delight of writing letters on paper.  
In baking cookies. In the birds visiting your early spring garden.

May you find yourself fully in the present moment.  
Where all of life is happening right now.  
And worries about the future don’t exist.

May you invent ways to help people who need you.  
Because times like this were made to remind us that we are all the same.

Even as you wrap yourself in a blanket of solitude,  
may you discover the secrets of the universe from your spot on the couch.

And may you be so well loved that others will rejoice when you are finally able to run into their arms once again.  

Were you thinking that those were the words, those upright lines?  Those curves, angles, dots?

No, those are not the words; the substantial words are in the ground and sea.  
They are in the air, they are in you.

And the people stayed home.  
And read books, and listened,  
and rested, and exercised,  
and made art, and played games,  
and learned new ways of being,  
and were still. And listened more deeply.  
Some meditated, some prayed, some danced.  
Some met their shadows.  
And the people began to think differently.

And the people healed.  
And when the danger passed,  
and the people joined together again,  
they grieved their losses,  
and made new choices,  
and dreamed new images,  
and created new ways to live  
and heal the earth fully,  
as they had been healed.  

A Poem of Hope  
Here where all seems lost  
We witness selfless actions from  
brave doctors and nurses, grocery store cashiers, truck drivers, police and others

Spring feels close and trees bring hope of new beginnings where once bare limbs reminded us of winters past  
nature reminds us all must pass and new life springs forth when all seems lost

Joyce Bartlett  
Kitty O’Meara  
Jane
If everyone we love was healthy at the start of this plague, Dayenu.
If we have a warm home to be in during isolation, Dayenu.
If we have enough food to eat in our homes, Dayenu.
If we are able to see sunny skies that brighten our days, Dayenu.
If we are able to go outdoors to take walks, Dayenu.
If we have technology to connect and educate us and our children, and our children’s children, Dayenu.
If we have governors who are working hard to keep the citizens of their states safe, Dayenu.
If there are skilled medical professionals willing to work hard to help the sick, Dayenu.
If there are committed workers who help to provide us with food and supplies at our stores and pharmacies, Dayenu.
If there are brilliant scientists working on vaccines and a cure, Dayenu.
If everyone we love is healthy at the end of this plague, Dayenu.

Anonymous

What would it mean to live in a city whose people were changing each other’s despair into hope? You yourself must change it.

What would it feel like to know your country was changing? You yourself must change it.

Though your life feels arduous, new, unmapped and strange – what would it mean to stand on the first page of the end of despair?

Adrienne Rich

No one ever told me the coming of the Messiah could be an inward thing;
No one ever told me a change of heart may be as quiet as new-fallen snow.
No one ever told me that redemption was as simple as springtime and as wonderful as birds returning after a long winter, rose-breasted grosbeaks singing in the swaying branches of a newly budded tree.
No one ever told me that salvation might be like a fresh spring wind blowing away the dried withered leaves of another year, carrying the scent of flowers, the promise of fruition.

Ruth Brin

May you be filled with love and kindness.
May you be safe from inner and outer dangers.
May you be vibrantly healthy in mind, body and spirit.
May you be at ease and at peace.
May you receive this light and be a light to the world.

Metta Meditation

Instructions for living a life:
Pay attention. Be astonished. Tell about it.

Mary Oliver

We live in two worlds: the one that is, and the one that might be.
Nothing is ordained for us: neither delight nor defeat, neither peace nor war.
Life flows and we must freely choose.
We can, if we will, change the world that is, into the world that may come to be.

Chaim Stern
I tell you this to break your heart,  
by which I mean only that it break open  
and never close again to the rest of the world.

Tell me, what is it you plan to do with your  
one wild and precious life?

Listen, are you breathing just a little,  
and calling it a life?  

Mary Oliver

To look at anything,  
If you would know that thing,  
You must look at it long.  
To look at this green and say:  
"I have seen Spring in these  
Woods," will not do – you must  
Be the thing you see.

You must be the dark snakes of  
Stems and ferny plumes of leaves.  
You must enter in  
To the small silences between  
The leaves.  
You must take your time  
And touch the very peace  
They issue from.  

John Moffit

For What It’s Worth

There’s something happening here  
What it is, ain’t exactly clear  
There’s a man with a gun over there  
Telling me I got to beware  
I think it’s time we stop,  
children, what’s that sound?  
Everybody look what’s going down

Stephen Stills

Oh, that is a matter for conjecture,  
for argument pro and con, for research,  
supposition, dialectic! I can hardly remember how.

Unlike Livingstone, on the verge of Africa,  
I have no maps on hand, no globe  
of the terrestrial or the celestial spheres,  
no chart of mountains, lakes, no sextant,  
no artificial horizon. If ever I possessed  
a compass, it has long since disappeared.

There must be, however, some reasonable  
explanation for my presence here.  
Some step started me toward this point,  
as opposed to all other points on the habitable globe.  
I must consider; I must discover it.  

Ruth Limmer
When it's over, I want to say:
all my life I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.

When it is over, I don't want to wonder if I have made
of my life something particular and real. I don't want
to find myself sighing and frightened, or full of argument.

I don't want to end up simply having visited this world.

Mary Oliver

Help me find the way to that sacred sanctuary within myself, to that
precious center of my existence.

Help me discover my place in the world – that space which belongs
unconditionally to me.

I've wandered for so long. Help me find my way home.

Hasidic

To My Children In The Fourth Week Of The Pandemic

I am sorry you cannot play with your friends; can't touch the swings, the
monkey bars, the slide;

can't have a birthday party when you turn eight next week;
can't go to school, can't visit your grandparents, your little cousins, in the
fourth week of this new regime.

I hear myself say no, no, no and realize that, in normal times, to
withhold these simple joys from you would be cruel – but these are not
normal times; here is my wish as your mother: that one day, when you are
grown, you will understand these days are filled with the “no” of love, which
opens the door to a million days of “yes.”

Alicia Jo Rabins

To Be Of Use

The people I love the best jump into work head first
without dallying in the shallows and swim off
with sure strokes almost out of sight.

They seem to become natives of that element,
the black sleek heads of seals bouncing
like half-submerged balls.

I love people who harness themselves,
an ox to a heavy cart, who pull like water buffalo,
with massive patience, who strain in the mud
and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge in the task,
who go into the fields to harvest and work in a row
and pass the bags along, who are not parlor generals
and field deserters, but move in a common rhythm
when the food must come in or the fire be put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done has a shape
that satisfies, clean and evident. Greek amphoras
for wine or oil, Hopi vases that held corn
are put in museums, but you know they were made
to be used. The pitcher cries for water to carry
and a person for work that is real.

Marge Piercy
Working Together

We shape our self to fit this world
and by the world are shaped again.
The visible and the invisible
working together in common cause
to produce the miraculous.
I am thinking of the way the intangible air
travels at speed round a shaped wing
and easily holds our weight.
So may we, in this life, trust
to those elements we have yet to see
or imagine, and look for the true
shape of our own self, by forming it well
to the great intangibles about us.

David Whyte

Shoulder

A man crosses the street in the rain, stepping gently, looking two times north and south, because his son is asleep on his shoulder.

No car must splash him. No car must drive too near to his shadow.

This man carries the world’s most sensitive cargo but he’s not marked. Nowhere does his jacket say FRAGILE, HANDLE WITH CARE.

His ear fills up with breathing. He hears the hum of a boy’s dream deep inside him.

We’re not going to be able to live in this world if we’re not willing to do what he’s doing with one another.

The road will only be wide. The rain will never stop falling.

Naomi Shihab Nye
My Soul Has A Hat

I counted my years and realized that I have less time to live, than I have lived so far.

I no longer have the patience to endure absurd people who, despite their chronological age, have not grown up.

My time is too short, my spirit is in a hurry. I want to live with good humans, very realistic people who know how to laugh at their mistakes, and who are not inflated by their own triumphs and who take responsibility for their actions. So, human dignity is defended and we live in truth and honesty.

I want to surround myself with people who know how to touch the hearts of those who have learned from the hard strokes of life, while offering sweet touches of the soul.

Yes, I’m in a hurry. I’m in a hurry to live with the intensity that only maturity can give. I do not intend to waste more time. My goal is to reach the end satisfied and at peace with my loved ones and my conscience.

We have two lives and the second one begins when you realize you only have one.  

Mario de Andrade

In Toledo we sat at a small round table beside a rose garden and the synagogue, our children grouchy from the long walk and the heat.

Why does this Jewish Quarter have no Jews?

“I wish I could show you more,” Moises says as he walks me to a far corner of the Alcazar courtyard, through a narrow opening, and we arrive on the uneven cobblestones of the Barrio of Santa Cruz, the Juderia—the Jewish Quarter—“the former Jewish Quarter,” Moises emphasizes—“I don’t show you what isn’t there:

the kosher butcher, the mikveh, the synagogue where I’d introduce you to the rabbi and we would daven together and chant lecha dodi in our strange Sephardic melodies.”

Instead, we pass through La Carne Gate, walk past the busy Plaza Saint Maria Blanco where tourists sip espressos and he shows me remnants of the wall Alphonso X built for the Jews “for their own protection. Evidence claims they’d been there since the 3rd Century, though legend insists they arrived before the crucifixion so they wouldn’t be blamed and they’d point, even further back, to the Book of Obediah: and the captivity of Jerusalem which is in Sepharad.”

We proceed through narrow alleys shaded by fully-fruited orange trees, past the open-roofed patios, the gardens behind fences, pausing at the only remaining former synagogue that became a church, became a hospital, became a church again.  

Philip Terman
People are illogical, unreasonable, and self-centered. Be courteous to them anyway.

If you do good, people will accuse you of selfish ulterior motives. Do good anyway.

If you are successful, you will win false friends and true enemies. Succeed anyway.

The good you do today may be forgotten tomorrow. Do good anyway.

Honesty and frankness make you vulnerable. Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.

People favor underdogs but often follow top dogs. Fight for underdogs anyway.

What you spend years building may be destroyed overnight. Build anyway.

People really need help but may attack you if you do help them. Help people anyway.

Give the world the best you have and you may get kicked in the teeth. Give the world the best you have anyway.

---

Kent Keith

May we all survive to another birthday. May we breathe the miracle of fresh air.

May we greet the sun each morning and rejoice in being alive.

May we honor every moment as a chance to begin anew.

May we root our faith in richer soil than worry.

May we let separation knit us close.

May we see faces besides our own in the mirror.

May we recognize all people as kin.

May we cherish them as much as ourselves.

May we stay home to keep them safe.

May we nurture the body that houses our soul.

May we have adequate shelter, food, water, medicine, and rest.

May we share freely from our abundance.

May we resist the temptation to hoard.

May we ask for help without hesitation or shame.

May we draw comfort from the company of animals, flowers, and trees.

May we befriend the sounds of silence.

May we welcome the intimacies of solitude.

May we dive to the depths of our being and bring up blessings we didn’t know we had.

May we be sanctuary for one another.

May we refuse to dwell in the blindness of denial, indifference, or contempt.
May we tame our temper and carry no grudge.

May we empathize even with those we dislike.

May we gift one another with radical attention.

May we listen to one another as if lives depend on it.

May we speak as if our voice will be the last sound ever heard.

May we explore how to touch without touching, how to hold without holding.

May we not be embarrassed by tears and trembling.

May we learn from our children the joy of unstructured time and the solace of routines.

May we reassure our children about the monsters beneath their beds.

May we create new rituals of togetherness.

May we laugh from our bellies.

May we cultivate wonder.

May we help our society to do better than it has done.

May we examine problems from all angles and talk straight as lines.

May we base decisions on collective wisdom rather than contagious fear.

May we invest our trust in those who are experts, not those who pretend.

May we value health over wealth.

May we dedicate our daily work both to those we love and to the common good.

May we sustain those workers whose invisible labor sustains us all.

May we protect those who put themselves at risk to protect us.

May we transform the impossible into the doable.

May we inquire into the welfare of strangers.

May we stand up for those who are scapegoated and targeted by hate.

May we sing porch to porch until all the world is our neighbor.

May we drop expectations of how hard or long this road will be.

May we pace ourselves as we go.

May we each shoulder more of the load so that nobody stumbles beneath it.

May we prepare ourselves for the unknown.

May we follow the light of our brightest prayers.

May we live together into better versions of ourselves.

May we plant the seeds of a new world in what remains of the old one.

May we remember in the dark hours that we’re not alone.

May we let no one die forsaken, in pain, or untouched by kindness.

May we grieve the lost, though we cannot gather.

May we do right by their memory.

May we not waste a minute of the precious time they should have had.

May we love one another as we would be loved.
Avinu Malkenu

We ask for a year of good life.
A year in which we are able to feed our families.
A year of good health, in body and in spirit.
A year in which we find time to pause,
for rest and renewal, and to appreciate all that we have here.

We ask for a year of good life for our world.
A year in which oppression will end.
A year in which wars and hostilities will cease.
A year in which nations are able to make choices that say yes to life, a time of peace.

We affirm that our earth’s security rests
on the justice of adequate housing and food,
on the justice of meaningful education and work,
on the justice of excellent health care for all.

We affirm that our future depends
on an economic order that gives everyone equal access to our earth’s abundance,
on human relationships based on respect,
cooperation and justice, on the importance of speaking out, so that all people can live freely and without fear.

We ask for the strength
to help make these possible,
in our lives, in our communities, and throughout our world.

Wildly Unimaginable Blessings

Let us dream
Wildly unimaginable blessings…
Blessings so unexpected,
Blessings so beyond our hopes for this world,
Blessings so unbelievable in this era,
That their very existence
Uplifts our vision of creation,
Our relationships to each other,
And our yearning for life itself.

Let us dream
Wildly unimaginable blessings…
A complete healing of mind, body, and spirit,
A complete healing for all,
The end of suffering and strife,
The end of plague and disease,
When kindness flows from the river of love,
When goodness flows from the river of grace,
Awakened in the spirit of all beings…

Let us pray
With all our hears
For wildly unimaginable blessings,
To open the gates of the Garden,
Seeing that we haven’t waited,
That we’ve already begun to repair the world.

Alden Solovy