

OR HAMIDBAR

SPIRITUAL JUDAISM IN THE DESERT

1. Hallelu

Hallelu, hallelu, hallelu... halleluyah

Kol han'shamah te halel yah, hallelu, halleluyah;

Every breathing soul shall give praise;

With each and every breath, *halleluiah*.

2. Or Hadash – A New Light

Or hadash al Tzion tair, or hadash al Tzion tair,

v'nizkeh chulanu bim'hairah le'oro

May You shine a new light upon Zion and may we
all soon enjoy its glow.

3. Parshat Eikev - Deuteronomy 11:21

לְמַעַן יִרְבּוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע

ה' לְאַבְתֵּיכֶם לָתֵת לָהֶם כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

So that you and your children may endure, in
the land that the LORD swore to your fathers to
assign to them, as long as there is a heaven
over the earth.

4. Babylonian Talmud, Avodah Zarah 15b

One may not sell to certain people weapons nor the
auxiliary equipment of weapons, and one may not
sharpen weapons for them. And one may not sell
them stocks used for fastening the feet of prisoners,
or iron neck chains, or foot chains, or iron chains.

5. Adapted from Rev. Mel Martinez, Wichita Falls Metropolitan Community Church, TX

Ribono shel olam, Master and Creator of the
Universe, You created us for life, and have
commanded us to sanctify life, yet we distract
ourselves with fear.

The realities of our broken systems and broken
relationships have created such distance
between us that we often forget that we are all
beloved reflections of You, that we have all been
created in Tzelem Elohim, in Your image.

Give us courage and wisdom to stow our weapons
so that they may not be used to add to our misery,
intentionally or accidentally. Remind us of our
belovedness and restore our hope in the goodness
of others. Help us recognize and be moved toward
Your will of love, grace, compassion, and peace.
Alight in us such a love for our neighbor, in the
Mitzvah of V'ahavta l'rei'acha kamocha, that we
allow our own hearts to be changed. Empower us
to regard the stranger most unlike us with a desire
to create safety for them.

In doing so, we embody and give action to your will
toward life. Amen.

6. Hareini

Hareini m'kabel alai, mitzvat haboreh, v'ahavta

l'rei'acha kamocha, l'rei'acha kamocha.

I hereby take upon myself the commandment to
love another as I love myself.

7. In the Lord - Tov L'hodot

Tov l'hodot l'Adonai ulzamer leshimcha Elyon,

lehagid baboker chasdecha ve-emunatcha ba-leylot,
tov l'hodot l'Adonai.

In the Lord, I'll be ever thankful, in the Lord I will
rejoice! Look to God, do not be afraid; lift up your
voices: the Lord is near, lift up your voices: the Lord
is near.

8. Barchu

Bar-chu et Adonai ha-mevorach. Baruch Adonai ha-
mevorach l'olam va'ed.

Praise Adonai, praised, now and forever.

9. Creation - Ham'ariv Aravim

Baruch ata Adonai, hama'ariv aravim.

Praised are You, Lord our God, who consistently
brings about evening after evening.

10. Revelation - Ohev Yisrael

Baruch ata Adonai, Ohev Yisrael.

Praised are You, Lord our God, Lover of Israel,
those who struggle.

11. Sh'ma

Sh'ma Yisrael, Adonai Eloheynu, Adonai Ehad.

Hear, O Israel: The Lord is our God, the Lord is One.

V'ahavta eyt Adonai Elohecha b'chol l'avvacha, u-
v'chol naf-sh'cha, u-v'hol m'odecha. V'ha-yu ha-
d'varim ha-eyleh asher anochi m'tza-v'he ha-yom al
l'va-vecha v'shi-nan-tam l'va-necha v'dibarta bam,
b'shiv-t'cha b'vey-techa, u-v'lechtecha va-derech,
u-v'shochbecha u-v'ku-mecha. U-k'shar-tam l'ot al
ya-decha, v'ha-yu l'totafot beynecha. U-ch'tav-
tam al m'zuzot bey-techa u-vish-arecha.

Love your God with every heartbeat,

with every breath, with every conscious act.

Keep in mind the words I command you today.

Teach them to your children,

talk about them at work; whether you are tired or
you are rested.

Let them guide the work of your hands;

keep them in the forefront of your vision.

Do not leave them at the doorpost of your house, or
outside your gate.

Ani Adonai Eloheichem. I am the Lord your God.

12. Redemption - Go'el Yisrael

Baruch ata Adonai, Go'el Yisrael.

Praised are You, Lord our God, Redeemer of Israel, those who struggle.

13. Sukkot Shlomecha - Shelter of your Peace

U'fros aleinu, su-u-kat, su-u-kat shelomecha.

Baruch atah Adonai hapores sukkat shalom aleinu v'al kol ha'aolam kulo.

Spread over us your shelter of peace.

14. Amidah

Adonai, sefatai tiftah, u'fi yagid tehilatechas

Eternal God, open my lips, that my mouth may declare Your glory.

Silent Prayer

15. Oseh Shalom

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu v'al kol yisrael, v'al kol yoshvei tevel.

May God who ordains harmony in the universe grant peace to us, to all Israel and to all humanity

16. Prayer for Healing

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 hab'rachah 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

17. Aleinu

Aleinu le'shabeiah la'adon hakol, lateit gedulah,

leyotzeir bereshit,, Va'anahnu korim,,

u'mishtachavim, u'modim, , lifnei melech, malchei ham'lachim, hakadosh baruch Hu.

It is our duty to praise the Master of all, to acclaim the greatness of the One who forms all creation.

And we bend our knees, and bow down, and give thanks, before the Ultimate, the Holy One, Praised is God. The Lord is our God, there is no other.

Kakatuv be'toratecha: "Adonai yimloch le'olam va'ed." Ve'ne'emar: "Ve'haya Adonai le'melech al kol ha'aretz, bayom hahu yihyeh Adonai ehad, u'shemo ehad."

19. Mourner's Kaddish

Yit-gadal v'yit-kadash sh'mey raba, b'alma di v'ra hirutey, v'yam-lih mal-hutey b'ha-yey-hon u-v'yomey-hon u-v'ha-yey d'hol beyt yisrael ba-agala u-viz-man kariv, v'imru amen.

Y'hey sh'mey raba m'varah l'alam ul-almey alma-ya. Yit-barah v'yish-tabah v'yit-pa-ar v'yit-romam v'yit-na-sey v'yit-hadar v'yit-aleh v'yit-halal sh'mey d'kud-sha, B'rih hu, l'eyla min kol bir-hata v'shi-rata tush-b'hata v'ne-hemata da-amiran b'alma, v'imru amen. Y'hey sh'lama raba min sh'may-ya v'ha-yim aleynu v'al kol yisrael v'al kol ba'ei olam, v'imru amen.

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu v'al kol yisrael, v'al kol yoshvei tevel, v'imru amen. Magnified and sanctified be God's great name in the world which God has created according to God's will. May God establish God's kingdom soon, in our lifetime. Let us say: Amen.

May God's great name be praised to all eternity.

Hallowed and honored, extolled and exalted, adored and acclaimed be the name of the Holy One, though God is above all praises, hymns, and songs of adoration which human beings can utter. Let us say: Amen.

May God grand abundant peace and life to us all, to Israel and to all people. Let us say: Amen.

May God who ordains harmony in the universe grant peace to us, to all Israel and to all humanity.

Let us say: Amen.

20. Ozi V'zimrat Yah

Ozi v'zimrat yah, vayahi li l'y'shua

My strength is the music of God, and it will be my redemption.

Torah - Study - via Zoom

- **Actively Engaging, Interfaith Study**, Gospel According to John - Thursday, Aug 29, 10:00
- **Wit and Wisdom: The Book of Proverbs** - Beginning Wed. Sep 4, 11:00 (please register)

Avodah - Spiritual Practice

- **Shabbat prayer/study** - Tomorrow, 10:30AM online

G'milut Hasadim - Fixing the World - Gun Safety

- <https://prayersandaction.org/>
- <https://www.timesofisrael.com/grassroots-rabbinical-action-group-fixes-its-sights-on-gun-violence/>
- <https://rac.org/issues/gun-violence-prevention>
- <https://www.myjewishlearning.com/article/hunting-in-judaism/>