

Bet Ha'am Contemplative Worship Service
co-led by Jane Sloven & Sharon Newman

Nishmat Kol Chai ~melody by Joey Weisenberg

נִשְׁמַת כּוֹל חַי תְּבָרַךְ אֶת שְׁמֶךָ יי אֱלֹהֵינוּ כָּל עֲצָמוֹתַי תִּמְרְנָה יי מִי כְמוֹךָ

*Nishmat Kol Chai T'va-reich et shim-cha Adonai, Eloheinu
Kol atz-mo-tai to-mar-nah, Adonai mi-cha-mo-cha.*

The Soul of all Living Shall bless your Name

All my bones shall say Adonai, Who is like You?

Only Now by Stuart Kestenbaum

Only now
do you realize
how quickly
everything

passes
how we
are here for
a blink of God's eye
how the light passes
by us and through us

how the world
began with a breath
and a cry
earth and sky.”

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Lach Amar Libi

~Melody by Nava Tehila

לָה אָמַר לְבִי בְקִשׁוּ פָנַי אֶת-פְּנֵיךָ יְהוָה אֲבִיבֶשׁ:

Lach Amar libi

Bakshu fanai, Bakshu fanai

Et panayich Havayah Avakeish

You, Called to my heart

Come seek My face, Come seek my grace

For Your Love Source of All I will seek

Holding the Light for Kait Rhoads

Gather up whatever is
glittering in the gutter,
whatever has tumbled
in the waves or fallen
in flames out of the sky,

for it's not only our
hearts that are broken,
but the heart
of the world as well.
Stitch it back together.

Make a place where
the day speaks to the night
and the earth speaks to the sky.
Whether we created God
or God created us

it all comes down to this:
In our imperfect world
we are meant to repair
and stitch together
what beauty there is, stitch it
with compassion and wire.
See how everything
we have made gathers
the light inside itself
and overflows?
A blessing.

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Shema ~melody by Debbie Friedman

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shema Yisrael Adonai Eloheinu, Adonai Echad.

בָּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch Shem K'vod Malchuto Le'olam Va'ed.

Open My Eyes ~ melody by J. Silver

Open my eyes to truth, open my hands to give freely.

Open my lips to good words, to pure words, open my heart to love.

Adonai s'fa-tai tif-tach U'fi ya-gid t'hi-la-te-cha

Open my lips to good words, to pure words, open my heart to love.

Guided Meditation

Shiviti Havayah ~melody by Nava Tehila

שׁוֹיִתִּי יְהוָה לְנֶגְדִי תָמִיד:

יְהוָה אֶהְבֶּה

Shiviti Havaya L'Negdi Tamid

Havaya Havayah Havayah Ahavah Ahavah Ahavah

I see God's Face Before Me In All Things

The One Who Is Love

Guided Preparation followed by prayers for healing.

אָנָה אֵל נָא רַפָּא נָא לָהּ:

Ana El na R'fanala

Please, God, please heal her.

~Numbers 12:13 - Melody by Nava Tehila with permission

Heal Us Now. ~melody by Cantor Leon Sher

רפאנ

רַפְּאֵנוּ יְיָ וְנִרְפָּא

הוֹשִׁיעֵנוּ וְנִגְוֵשְׁעָה

אֵל קָרוֹב לְכֹל קִרְאָיו

אֵךְ קָרוֹב לִירְאָיו יִשְׁעוּ

Refa-einu Adonai v'nei rafeh

Ho-shienu v'niva-shei-ah

El Karov l'chol korav

Ach karov li-rei'av yish-oh

We pray for healing of the body

We pray for healing of the soul

For strength or flesh and mind and spirit

We pray to once again be whole.

אֵל נָא רַפָּא נָא

El na r'fa-na,

oh please heal us now.

רַפּוּאֵת הַנֶּפֶשׁ וְרַפּוּאֵת הַגּוּף

רַפּוּאָה שְׁלֵמָה

R'fu-at ha ne-fesh, ur'fu at ha guf

r'fu-ah sh'lei-mah

Heal us now, heal us now.

הוֹשִׁיעָה אֶת־עַמֶּךָ
וּבְרַךְ אֶת־נַחְלָתְךָ
וְרַעַם וְנִשְׂאִים עַד־הָעוֹלָם
מִי נְשַׁבְּרַךְ אַבּוֹתֵינוּ
מִי נְשַׁבְּרַךְ אַמּוֹתֵינוּ
אָנָּה יְיָ הוֹשִׁיעָה נָּא

Ho-shia et amecha
U-va-rech et nach'la'techa
Ureim v'naseim ad ha-olam
Misheberach avoteinu
Misheberach imoteinu
Ana Adonai hosh-ia nah
We pray for healing of our people
We pray for healing of the land
And peace for every race and nation
Every child, every person, everyone.

El na r'fa-nah, oh please heal us now
R'fu-at ha nefesh, ur'fu at ha guf r'fuah sh'lei-mah
Heal us now, heal us now

Kol Ha'olam Kulo ~melody by Rabbi Baruch Chait

כָּל הָעוֹלָם כְּלוֹ
גֶּשֶׁר צָר מְאֹד
וְהַעֲקָר לֹא לִפְחָד כָּלֵל

*Kol ha'olam kulo
Gesher tzar me'od
Veha'ikar lo lifached k'lal.*

*All the world is just a narrow bridge, just a narrow bridge, just a narrow bridge,
And above all, above all, is not to fear, not to fear at all.*

Grief Arrives In Its Own Time by Stuart Kestenbaum

It doesn't announce itself or knock
on the door of your heart. Suddenly

it's right behind you
looking with great pity
at the back of your neck
and your shoulders on which

it spends days placing a burden
and lifting it. Grief arrives

in its own sweet time, *sweet*
because it lets you know that

you are alive, *time* because
what you are holding becomes
the only day there is: the sun stops
moving, the sky grows utterly quiet
and impossibly blue. Behind the blue
are the stars we can't see and beyond

the stars either dark or light,
both of which are endless.

Stuart Kestenbaum, From *Prayers and
Run-on Sentences* (Deerbrook Editions 2007)

Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵי רַבָּא
בְּעֵלְמָא דִּי בְּרָא כְרוּתֵיהּ
וְיִמְלִיךְ מְלְכוּתֵיהּ
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמְן קָרַב. וְאָמְרוּ: אָמֵן

YITGADAL v'yitkadash sh'mei raba.
B'alma di v'ra chirutei,

v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv. V'im'ru: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ
לְעֵלָם וּלְעַלְמֵי עַלְמֵיָא
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְוִשָׁא בְרִיךְ הוּא
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאַמִּירָן בְּעֵלְמָא. וְאַמְרוּ: אָמֵן

Y'hei sh'mei raba m'varach
l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei,
v'yit'hadar v'hitaleh v'yit'halal
sh'mei d'Kud'sha B'rich Hu,
l'eila min kol birchata v'shirata,
tushb'chata v'nechemata,
daamiran b'alma. V'imru: Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמֵיָא
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְאַמְרוּ: אָמֵן

Y'hei sh'lama raba min sh'maya,
v'chayim aleinu v'al kol Yisrael.
V'imru: Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן

Oseh shalom bimromav,
Hu yaaseh shalom aleinu,
v'al kol Yisrael.
v'al kol yosvei teveil
V'imru: Amen.

May the One who creates harmony on high, bring peace to us and to all Israel. To which we say Amen.

Ana B'Koach ~Melody by Joey Weisenberg

אֲנִי בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צָרוֹתַי.
קַבֵּל רִנַּת עַמְּךָ, שֶׁגִּבְנוּ טְהָרְנוּ נוֹרָא.

Ana b'coach g'dulat y'mincha tatir tz'rurah
Kabeil rinat macho sagveinu tahareiunu nora

Release all those in captivity, we beseech You, Almighty One whose power sets us free. Accept the singing of all Your people who praise and glorify you alone.

Pitchu Li ~ melody by Shlomo Carlebach

פְּתַחוּ לִי שַׁעֲרֵי צְדָק אֲבֹא בָם אֲנִי יְהוָה

Pit-chu li sha-rei tze-dek; avo-vam, o-dei yah
Open up for me the gates of justice, I will enter them, I will give thanks to God.

Benediction by Stuart Kestenbaum

Heaven knows
where you'll go
once you
get started,
only that
the rain
will wake
your heart
and something
will sprout
within you, something
you can't
name and the earth
of your body
will welcome
it home.

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