

## *Shana Tova from Rabbi Chaya Gusfield and Buddhist Teacher Eve Decker*

- ♥ *We enter the Power and Essence of Rosh Hashanah with spiritual tools that include meditation, music, reflection and sharing.*
- ♥ *We dip into the ancient teachings and tradition of Judaism and receive inspiring offerings from the Buddhist tradition that connect deeply to the themes that Rosh Hashanah invites us to explore.*
- ♥ *Please feel free during our service to stand, sit, lie down, dance, or generally make yourself comfortable throughout our morning together.*
- ♥ *Please remain muted until invited to do otherwise.*

### **1. I Have Arrived**

*Music by Betsy Rose, Lyrics by Thich Nhat Hahn*

I have arrived, I am home, in the here and in the  
now (x2),  
I am solid, I am free (x2)  
In the Ultimate I dwell (x2)

### **2. Entering In**

*Music and lyrics by Rabbi Shefa Gold*

Entering in, Settling down, Opening up,  
Gathering Round (2x)  
שְׁלוֹם עֲלֵיכֶם, שְׁלוֹם עֲלֵיכֶם  
Shalom Aleichem, Aleichem Shalom (2x)

### **3. In Breath Out Breath**

*Words by Thich Nhat Hahn; music by Nina Wise*

In breath, out breath, deep breath,  
slow breath  
Calm breath, ease breath, smile breath,  
release breath  
Present moment, wonderful moment

### **4. Hineini/Hineinu**

*Here I Am/Here We Are*

### **5. Psalm 118:5-6-Min Hameytzar**

מִן־הַמֵּצָר קָרָאתִי יְהוָה עֲנֵנִי בְּמִרְחַב יְהוָה:

יְהוָה לִי לֹא אִירָא מִה־יַּעֲשֶׂה לִי אָדָם:

Min hameytzar karati Yah, anani va mer'chav  
Yah (x2)  
Adonai li, lo ira, ma ya'aseh li adam. (x2)

*I have called to Yah from the narrows. Yah,  
answer me from spaciousness!  
The One is with me; I have no fear. What can a  
human being do to me?*

### **6. Am I Awake? By Noah Aronson**

Am I awake? Am I prepared?  
Are you listening to my prayer?  
Can you hear my voice? Can you  
understand? Am I awake? Am I prepared?

## 7. Healing Prayer – Misheberach

*by Lisabeth Kaplan z"l*

**Mi shebeyrach avoteinu v imoteinu**

**Hu y'varech vi'rapeh et hacholim**

מי שְׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

הוּא יְבָרַךְ וְיִרְפֶּא אֶת הַחֹלִים

Grant the ones, fighting illness,

time without the pain

Help the ones, in despair,

know some joy again

**Mi shebeyrach avoteinu v imoteinu**

**Hu y'varech vi'rapeh et hacholim**

מי שְׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

הוּא יְבָרַךְ וְיִרְפֶּא אֶת הַחֹלִים

Bless me too, that I may be, a source of

strength, for those in need

When I fall, help me hear,

the prayer of healing

Someone is singing, just for me

**Mi shebeyrach avoteinu v imoteinu**

מי שְׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

May we all be blessed, with hope

and health and love

## 8. I Am Sending You Light

*by Melanie Demore*

I am sending you light to heal you,

to hold you;

I am sending you light, to hold you in love

## 9. May You Be Protected

*Last Lines of Psalm 121*

May you be protected, from all harm

In your body and your soul

As you go out

And as you come in

We walk beside you

Now and forever more

Adonai yishmorcha, mikol ra. Yishmor et

nafshecha (x2)

Adonai yishmor tzetecha uvo'echa. Me ata

v'ad olam (x2)

יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע: יִשְׁמַר אֶת-נַפְשְׁךָ

יְהוָה יִשְׁמַר-צִאתְךָ וּבֹאֶךָ -- מֵעַתָּה וְעַד-עוֹלָם

## 10. Rebbe Nachmans' Prayer (adapted)

Ribbono Shel Olam (The Great One of the World), grant me the ability to be alone,

May it be my custom to go outdoors each day among the trees and grasses,

Among all growing things,

**There to be alone and enter into prayer.**

**There may I express all that is in my heart,**

**With the One (Oneness) to whom I belong.**

May all grasses, trees and plants

Awake at my coming to send the powers of their life into the words of my prayer,

Making whole my heart and my speech through the life and spirit of growing things,

Which are made as one

by their transcendent Source.