

*Shana Tova from Rabbi Chaya Gusfield and Buddhist Teacher Eve Decker
2021-5782*

- ♥ *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)
שלום עליכם, שלום עליכם
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. Ani l'dodi, v'dodi li-Song of Songs 6:3

אני לדודי ודודי לי Ani l'dodi, v'dodi li
I am my beloved's and my
beloved is mine

5. Psalm 118:5-6-Min Hameytzar

מִן־הַמַּצָּר קָרָאתִי יְהוָה עֲנֵנִי בְּמַרְחָב 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
הוא יְבַרְךָ וְיִרְפֵּא 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
הוא יְבַרְךָ וְיִרְפֵּא 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: יִשְׁמֹר אֶת-נַפְשְׁךָ
יְהוָה יִשְׁמֹר-צֵאתְךָ 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.