

<p>Today is a time to catch our breath  Whatever we have been  Doing  Making  Working  Creating...</p> <p>Today is a time to catch our breath.</p> <p>No matter how necessary our work,  How important to the world  How urgent we continue it;</p>	<p>No matter how joyful our work,  How fully and profoundly human;  No matter how flawed our work,  How urgent we set it right;  No matter how hard we have worked to gather  Our modest fame,  Our honorable livelihood,  Our reasonable power.</p> <p>Today we pause to catch our breath.  Today we pause to share whatever we have gathered.</p> <p style="text-align: right;">Marcia Prager</p>
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<p>How beautiful is your  temporariness  <i>Ya'akov</i>,  And the places where  Eternity dwells within  you, <i>Yisrael!</i></p>	<p><i>Ma toe-vu o'ha lecha  Ya'akov  mishk'notehchah  Yisrael.</i></p>	<p style="text-align: center;">מה טבו אהליך יַעֲקֹב,  מִשְׁכְּנוֹתֶיךָ יִשְׂרָאֵל.</p> <p style="text-align: right;">Translation and transliteration by Herb Levy</p>
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<p>Blessed is the One  who removes sleep  from my eyes and  slumber from my  eyelids.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim  Ha'mah'ahveer shayni  may'ay'ni ut'numan  may'ah'pahpie.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  הַמַּעֲבִיר שְׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפִי:</p>
<p>Blessed is the One  who removes our  blindnesses.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim po'kay'akh  eevreem.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  פוֹקֵחַ עֵוְרִים:</p>
<p>Blessed is the One  who frees the  enslaved.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim mah'tear  ah'soo'reem.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  מִתִּיר אֲסוּרִים:</p>
<p>Blessed are you,  <b>THE IMAGELESS</b>,  who made me in your  image.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim  sheh'ah'sa'nee  b'tsalmo.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  שֹׁעֲשֵׂנִי בְּצַלְמוֹ:</p>
<p>Blessed is the One  who made us free.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim  sheh'ah'sanu b'nai  khoreen.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  שֹׁעֲשֵׂנוּ בְּנֵי חוֹרֵין:</p>
<p>Blessed is the One  who gives us  strength.</p>	<p>Barukh atah Adonay  Elohenu khay  ha'olamim hanotane  l'yah'afe co'akh.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים  הַנוֹתֵן לַיָּעֹף כֹּחַ:</p>

G!d, the soul you have given me is pure.	Elohi neshamah sheh'nah'tah'tah bee t'horah hee.	אֱלֹהִי, נִשְׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא.
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I lift my eyes up to the hills. From where does my help come? My help is from the The Unseen One, the maker of the heavens and the Earth.	<i>Esa eynay el heharim me'ayin yavo ezri Ezri ma'im adoni oseh shamayim va'aretz</i>	אֲשָׂא עֵינַי אֶל הַהָרִים מֵאֵין יָבֵא עֲזָרִי עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ
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Hallelu/Yah! Call out to Yah in Heaven's holy place! Boom out to Yah across the firmament! Shout out for Yah, for all God's mighty deeds! Cry out for Yah, as loud as God is great! Blast out for Yah with piercing shofar note! Pluck out for Yah with lute and violin! Throb out for Yah with drum and writhing dance! Sing out for Yah with strings and husky flute! Ring out for Yah with cymbals that resound! Clang out for Yah with cymbals that rebound! Let every living thing Yah's praises sing, Hallelu/Yah! Let every living thing Yah's praises sing, Hallelu/Yah!	<i>Halleluyah halelu el bekodsho. Halleluhu beerkey'ah oozoe Halleluhu beeg'voo'roe'tov Halleluhu k'rove goud'loe Halleluhu betay'kah shofar Halleluhu b'nayvale v'khee'noor Halleluhu b'tofe oo'mah'khole Halleluhu b'mean'neem v'oo'gahv Halleluhu b'tseal'tsah'lay shah'mah Halleluhu b'tseal'tsah'lay t'roo'ah Kole ha'neshamah t'hallel yah Halleluyah. Kole ha'neshamah t'hallel yah Halleluyah.</i>	הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֶזוֹ הַלְלוּהוּ בְּגִבוֹרָתוֹ, הַלְלוּהוּ כְּרֹב גְּדֻלוֹ: הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וְכִנּוֹר: הַלְלוּהוּ בְּתוֹף וּמְחוֹל, הַלְלוּהוּ בְּמִנִּים וְעִגְב: הַלְלוּהוּ בְּצִלְצְלֵי שְׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה: כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ. כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ.
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### The Long Way Home

<p>In the middle of the Garden of Eden stands the Tree of Life roots and branches Nourished and sustained by Mayim Chayim Living Waters. We who tasted the Tree of Knowledge, Good and Evil, left the Garden, pursuing illusions of duality, like children searching for the rules of the game. And now that we have learned that thoughts are endless</p>	<p>and desires insatiable we yearn for the comfort of the Infinite One who embraces all differences in a bouquet of beauty. To re-enter the Garden we must pass through the sword of truth surrendering our will to be right. Then we glimpse Her radiance breathe Her sweet blossoms taste Her satisfying fruit and discover that what we seek on the outside dwells within. Home is the heart of self-love</p> <p style="text-align: right; font-size: small;">Siddur Kol Koreh</p>
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All that breathes blesses the Name, the sound of breath.	Nish'mat kol khai t'va'rekh et shimkha Adonai Elohenu	<p>נְשִׁמַת כָּל חַי תִּבְרַךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ</p> <p style="text-align: right; font-size: small;">Translation and transliteration by Herb Levy</p>
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Blessed is the Face of G'd the faces of All.	Barchu et Yah ha'm'vorach	<p>בְּרַכּוּ אֶת יְהוָה הַמְבָרָךְ:</p>
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Blessed Holiness in All Things	Baruch Yah ha'm'vorach l'olam va- ed!	<p>בְּרוּךְ יְהוָה הַמְבָרָךְ לְעוֹלָם וָעֶד</p> <p style="text-align: right; font-size: small;">Translation and transliteration by Herb Levy</p>
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### Psalm 16

<p>Lift from me this mask of separation Awaken me to Life's grand pattern Protect me as I seek your refuge I so fear the letting go that is our embracing. No words can depict You, All words drive me from You. No thoughts, no theories-idols all! Only when my mind is clear can my heart be filled with the Wonder of You. I would know You if I could but stand still, but I wobble and doubt and cannot believe</p>	<p>that I can be that which I already am. At night I am instructed in drifting thought and twisted dream the Way is shown. You are beside me always, I shall not stumble, for even a fall is a journey and no journey is in vain if I would but take it up wholeheartedly. Help my heart be joyous, my soul exult. I dwell secure in You.</p> <p style="text-align: right; font-size: small;">Rami Shapiro</p>
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With an abounding love, you love us	Ahavah rabah ahavtanu	<p>אַהֲבָה רַבָּה אֶהְבֵּתֵנוּ</p>
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<p>I now prepare to unify my whole self, heart, mind, consciousness, body, passions (with this holy community) with the Jewish people everywhere with all people everywhere with all life and being to commune with the Source of all being.</p> <p>May I find the words, the movements, that will put me in touch with the great light of God.</p>	<p>May the rungs of insight and feeling that I reach in my devotion Flow from me to others (here with me now) and fill all my actions in the world.</p> <p>May the beauty of God rest on us. May God establish the works of our hands and may the works of our hands establish God</p> <p style="text-align: right;">Burt Jacobson</p>
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<p>Look, Smell, Taste, Touch, Listen: All that you experience is G!d, the Wonder of Oneness!</p>	<p>Shema ha'kole adonay eloheyenu adonay echad.</p>	<p>שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:</p>
<p>Blessed be every Name, which is God's name, the Majesty of Infinite Beingness!</p>	<p><i>Baruch shem kevod malchuto le'olam va'ed.</i></p>	<p>בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד.</p>

<p>You fell in love with Yah, the Interbreathing of all things, with all your passion and with every fiber of your being. Let the <i>Shema</i> nest in your heart and sanctify you as a mirror of the Love between Yah and <i>Shekinah</i>, the intimate connection between the External and the Internal. Renew these vows by your every thought and action. Sometimes you will lose the Consciousness of the Connection of All Things. Symbols help as reminders of the Oneness of All.</p>	<p>Ve'ahavta et Adonay Elohecha bekole levecha uvechole nafshecha uvechole me'odecha. Vaha'yu hadevarim ha'eleh asher anochi metzavecha hayome al levahvehcha. Vishinamtam levanecha vedibarta bam beshivtecha beveytecha evelechtechta vahderek ooveshochbecha oovekumecha. Ookeshartam le'ot al yadecha vehayu letotafote beyn eynehcha ooketavtam al mezuzot beytecha oovisharecha</p>	<p>וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ, וְכִתְבָתָם עַל מְזוֹזַת בֵּיתְךָ וּבְשַׁעֲרֶיךָ:</p> <p style="text-align: right;">Translation and transliteration by Herb Levy</p>
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<p>How can anyone be as great as the Whole! Whose holiness, praiseworthiness and wondrous actions equal everyone's?</p>	<p>Mi chamokah ba'elim Adonay. Mi chamokah nedor bakodesh, Nora tehilot osey feleh.</p>	<p>מִי כַמֹּכָה בְּאֵלִים יְהוָה מִי כַמֹּכָה נֹאדָר בְּקֹדֶשׁ, נֹרָא תְהִילֹת, עֲשֵׂה פְלֵא:  Translation/transliteration by Herb Levy</p>
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### עֲמִידָה Amidah

<p>May the one who creates harmony above make peace for us and for all Israel, and for all who dwell on earth. And say: Amen.</p>	<p>Oseh shalom bimromav hu ya'aseh shalomaleyenu ve'al kol Yisrael ve'al kol yoshvey tavale ve'imru amen.</p>	<p>עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ אָמֵן:</p>
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<p> May God bless you and guard you. May God shine his faces upon you and grace you. May God lift up her faces to you and give you peace.</p> <p>May you be filled with the Divine Flow and may its essence transform you so that you are protected from your habits of distortion May the fierce and loving light of God shine through all illusions of self, dissolving the walls that seem to keep out the miracle of grace.</p> <p>May the face of God that is hidden in everything remove its mask and reveal the truth of inter-connectedness. And may the love that shines through the face-of-all-things give you peace. Shefa Gold.</p>	<p>Y'va'reh'cha'chah Adonay v'yeesh'ma'reh'cha. (Kane yehi ratzone) Ya'are Adonay pahnov alechah vee'koo'neh'ka. (Kane yehi ratzone) Yeesah Adonay panov alechah v'yasame lechah shalom. (Kane yehi ratzone)</p>	<p> יְבָרְכֶךָ יְיָ וַיְשַׁמְרֶךָ. (כֵּן יְהִי רְצוֹן) יְאֵר יְיָ פָּנָיו אֱלֹהֶיךָ וַיַּחֲנֶנֶךָ. (כֵּן יְהִי רְצוֹן) יִשָּׂא יְיָ פָּנָיו אֱלֹהֶיךָ וַיִּשְׂם לְךָ שְׁלוֹם. (כֵּן יְהִי רְצוֹן)</p>
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**Let me just say thanks**

<p>Let me pause working for What If and for this moment Surrender to What Is. Let my Magen David be my Dreamcatcher, the shield that protects me from never stopping until it's all right. It's all right. Let it hold my dreams on my chest, close to my heart.</p>	<p>Let me notice that as I celebrate receiving the gift of the Torah my grandsons made an unscheduled visit to remind me that Torah's more than parchment, more than a parsha to wrestle with. Let my Anger and my Fear fuel my Compassion as I remember that even though my Work isn't finished that doesn't mean that I haven't already harvested thanks to the Work I've done.</p> <p style="text-align: right;">Herb Levy</p>
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**Torah Discussion-Chukat**

**The Way it Is**

<p>One morning you might wake up to realize that the knot in your stomach had loosened itself and slipped away, and that the pit of unfulfilled longing in your heart had gradually, and without your really noticing, been filled in—patched like a pothole, not quite the same as it was, but good enough.</p>	<p>And in that moment it might occur to you that your life, though not the way you planned it, and maybe not even entirely the way you wanted it, is nonetheless— persistently, abundantly, miraculously— exactly the way it is.</p> <p style="text-align: right;">Lynn Ungar</p>
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<p>Torah is a Tree of Life to those whose actions are rooted in harmony with the All. Its ways balance the small with the whole and restore peace. Remind us of the Preciousness of All. Renew us, as is the way of the Cycle of Life!</p>	<p>Atze khaim hee lah'mah'kchah'zee'keem bah, v'tome'kkeh'hah m'oo'shar. D'rah'kkeh'hah. Dahr'khay'no'am v'khole n'tee'voe'teh'hah shalom. Hasheevanu Adonay alecha v'nahshoovah khadashe yamaynu k'kedem.</p>	<p>עַץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ, וְתַמְכֶיהָ מֵאֲשֶׁר: דְּרָכֶיהָ דְרָכֵי נֶעֱם, וְכֹל נְתִיבוֹתֶיהָ שְׁלוֹם. הַשִּׁיבֵנו יְיָ, אֱלֹהֵינוּ וְנִשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם.</p> <p style="text-align: right;">Translation/transliteration by Herb Levy</p>
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<p>Once upon a time, in the Rocky top West, we prayed, sang, smiled, laughed, and cried with our friends and neighbors in lovely spaces called Jewish Renewal Shuls. Then the plagues came. Plagues of dark leadership, angry consumerism, ORANGE BLIGHT, and relentless greed. And then the winter came. And Death abated; and dark leadership flipped to grey/ blue Joy. And Orange changed AND MELTED into laughter: and the people of The Blue Green Planet were granted the possibility, once again, of flying in the face of malevolent indifference, and nurturing their youths in their pursuit of perfection. And everywhere was called EDEN ONCE AGAIN.</p> <p style="text-align: right;">Jack Gabriel</p>	<p>Aleynu leshabe'ah la'adon hakol  Letet gedulah leyotzer bereshit  shenatan lanu torat emet  vekhayey olam nata betohenu</p> <p>Va'anachnu korim,  u'mishtakhavim,  u'modim, lifnei melekh, malkhei  ham'lakhim, hakadosh barukh  Hu.</p> <p>She'hu noteh shamayim,  ve'yoseid aretz,  u' moshav yikaro bashamayim  mi-ma'al,  u'sh'khinat u-zo be'gavhei  me'romim. Hu Eloheinu, ein od.</p> <p>Emet malkeinu, efes zulato.  Kakatuv be'torato,  ve'yadata hayom, ve'yadata  hayom  ve'hashevota Eil le'vavekha.  Ki Adonai, Hu ha-Elohim,  bashamayim mi-ma'al,  ve'al ha'aretz, ve'al ha'aretz mi-  takhat. Ein od. Ein od.</p> <p>V' nehehmar, v'hawyaw Adoenoy  l'melek ol  kole ha'ahretz. B'yome hahoo,  b'yome hahoo,  yee-heh-yeah Ahdoenoy ehkhad,  oo'shmoe, oo'shmoe, oo'shmoe  ehkhad.</p>	<p>עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  שָׁנַתָּנוּ לָנוּ תוֹרַת אֱמֶת  וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ;  וְאִנְחָנוּ כּוֹרְעִים וּמְשִׁתַּחֲוִים  וּמוֹדִים, לִפְנֵי מַלְאָךְ, מַלְכֵי  הַמַּלְאָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ,  וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,  וּשְׁכִינַת עֶזוֹ בְּגִבְהֵי מְרוֹמִים,  הוּא אֱלֹהֵינוּ אֵין עוֹד.  אֱמֶת מַלְכֵנוּ אֶפֶס זֹולָתוֹ,  כְּכַתוּב בְּתוֹרָתוֹ:  וַיִּדְעַתְּ הַיּוֹם  וְהִשְׁבַּתְּ אֶל לִבְבְּךָ,  כִּי יְיָ הוּא הָאֱלֹהִים  בְּשָׁמַיִם מִמַּעַל  וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד:  וְנֹאמַר: וְהָיָה יְיָ לְמַלְאָךְ עַל  כָּל הָאֶרֶץ: בַּיּוֹם הַהוּא  יְהִיָּה יְיָ אֶחָד וְשִׁמוֹ אֶחָד.</p>
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<p>We are the ocean,  But for a short time  We are the wave.  Honor the ride.</p> <p>We are the air.  But for a short time  We are the wind.  Honor the gust.</p> <p>We are fire,  But for a short time  We flame.  Honor the spark.</p>	<p>We are the earth.  But for a short time  We flower.  Honor the bloom.</p> <p>We are a small piece of the One,  But for a short time  We are.  Cherish that time.</p> <p style="text-align: right;">Herb Levy</p>
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Kaddish

<p>The great essence will flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is we praise is quite beyond the grasp of all these words &amp; symbols that point us towards it. We know, and yet we do not know. May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within and between us, and to all who dwell on this earth, and let us say, Amen.</p> <p style="text-align: right;">Burt Jacobson</p>	<p>Yitgadal v'yit'kadash shemay rabah. Be'alma divra chirutey veyamleech malchutey Bekhayaychone uvyomaycone uvkhahyay dekhole beyt yisrael Ba'agalah uvizman kariv ve'imru amen. Yehey shemey raba mevarak le-alam ulalmey almaya. Yitbarak veyishtabakh veyitpa'ar veyitromam veyitnasey veyit-hadar v'yeet'ah'leh veyithahlal shemey dekudsha bereek hu. Le'ela meekol birkhata veshirata tushbekhata venekhemata da- amiran be'alma ve'imru amen. Yehay sh'lamah rahbah meen sh'may'yah v'khaim aleynu v'al kal Yisrael ve'imru amen. Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol Yisrael ve'al kol Yishmael ve'al kol yoshvey tavale ve'imru amen.</p>	<p>יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ, וְיִמְלִיךְ מַלְכוּתְהָ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְא מְכָל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְּאִמְיָרָן בְּעֵלְמָא, וְאִמְרוּ אָמֵן: יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן: עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יִשְׁמַאֵל וְעַל כָּל יוֹשְׁבֵי תַבֵּל וְאִמְרוּ אָמֵן:</p>
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<p>What a beautiful day. Good Shabbos!</p>	<p><i>Mah ya-feh ha-yom Shabbat shalom!</i></p>	<p>מָה יָפָה הַיּוֹם שַׁבָּת שְׁלוֹם</p>
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