

**Shabbat Shelah Lekha  
28th Sivan 5780 \* June 19th, 2020  
Juneteenth**

**Kavanah for Communal Prayer - Eliana Light**

Thank you for being truly here, as we bring in shabbat together.  
May we sing, even if we don't know the melody.  
May we read the words of the siddur, give our own gritudes, or sit in silence.  
May we make this space sacred by raising our voices,  
by opening our hearts,  
by being present as our full selves.  
We are together, no matter where we are.

**On Prayer - Rabbi Abraham Joshua Heschel**

Prayer is meaningless unless it is subversive,  
unless it seeks to overthrow and to ruin the pyramids of callousness,  
hatred, opportunism, falsehoods.

## Ozi V'Zimrat Yah

*Ozi v'zimrat Yah vayhi li lishua*

My Strength (balanced) with the Song of God will be my salvation.

(Psalm 118:14, Exodus 15:2)

## Solid as a Rock/Rooted Like a Tree -Koach Baruch Frazier

Solid as a Rock (Solid as a Rock)

Rooted Like a Tree (Rooted Like a Tree)

We are here (We are here)

We are Strong (We are strong)

In our rightful place (In our rightful place)

In our rightful place (In our rightful place)

כי האדם (כי האדם)

עץ השדה (עץ השדה)

היננו (היננו)

עם אמצ (עם אמצ)

במקום קדוש (במקום קדוש)

## Yedid Nefesh

יְדִיד נֶפֶשׁ, אָב הַרְחָמָן, מְשֹׁךְ עַבְדְּךָ אֶל־רִצּוֹנְךָ, יְרוּץ עַבְדְּךָ כְּמוֹ אֵיל, יִשְׁתַּחֲוֶה מוֹל הַדָּרֶךְ, כִּי  
יַעֲרַב־לוֹ יְדִידוּתְךָ מִנְפֶת צוּף וְכָל־טַעַם.

הַדּוֹר, נְאֻה, זִיו הָעוֹלָם, נִפְשֵׁי חוֹלֵת אַהֲבַתְךָ, אָנָּה, אֵל, נָא, רַפְּא־נָא לָהּ בְּהִרְאוֹת לָהּ נְעִם זִיוְךָ, אֲזִ  
תִּתְחַזֵּק וְתִתְרַפֵּא, וְהִיְתָה לְךָ שְׂפַחַת עוֹלָם.

וְתִיק, יְהִמוּ רַחֲמֶיךָ, וְחוּס־נָא עַל־בֶּן אוֹהֲבְךָ, כִּי זֶה כְּמָה נִכְסֹף נִכְסֹף לְרְאוֹת בְּתַפְאֶרֶת עֵינֶיךָ, אָנָּה  
אֵילִי, מַחְמַד לִבִּי, חוֹשֶׁה־נָּא וְאֵל תִּתְעַלֵּם.

הַגְּלֶה־נָּא וּפְרֹשׁ, חֲבִיב, עָלַי אֶת־סִפְתַּי שְׁלוֹמְךָ, תֵּאִיר אֶרֶץ מִבְּבוּדְךָ, נְגִילָה וְנִשְׁמָחָה בְּךָ, מְהֵרָה, אָהוּב,  
כִּי בָּא מוֹעֵד, וְחֲנֻנִי כִּימֵי עוֹלָם.

Yedid nefesh, Av harachaman,  
meshoch Avdach el Retzonach.

Yarutz avdach kemo ayal,  
yishtachave mul hadarach.

Ki ye'erav lo yedidutach, minofet tsuf vechol ta'am.

Hadur naeh ziv haolam, nafshi cholat ahavatach.  
Anah El nah refah nah lah, b'harot lah noam zivach,  
Az titchazek v'titrapeh, v'hay'tah lah shifchat olam.

Vatik yehemu rachamecha v'chus na al ben ohavach.  
Ki zeh kamah nichsof nichsaf, lir'ot b'tiferet uzach.  
Anah Eyli, machmad libi, chushah nah v'al titalam.

Higaleh nah uf'ros chaviv alai, et sukkat shelomach  
Tair eretz mikevodach, nagilah v'nismechah bach.  
Maher ahuy, ki va moed, v'choneni kimei olam.

*Beloved soul friend, reveal yourself, bring light and healing, mercy and peace.*

### Psalm 95- Lechu Neranena

לְכוּ נְרַנְנָה לַה' נְרִיעָה לְצִוֵּר יִשְׁעֵנוּ  
נִקְדְּמָה פְּנֵינוּ בְּתוֹדָה. בְּזִמְרוֹת נְרִיעֵ לוֹ.

Lechu neranena l'adonai, nariyah l'tzur yisheinu

Nekadma fanav b'todah, bizmirot nariyah lo.

*Let us sing to the One-which-connects-all things.*

*Let us shout with joy, and be grateful, and bring our own song.*

### Arbaim Shanah - Redirecting our Hearts

אַרְבַּעִים שָׁנָה אָקוּט בְּדוֹר. וְאָמַר עִם תַּעֲיֵ לֵבָב הֵם. וְהֵם לֹא יָדְעוּ דְרָכָי:

Arbaim shanah akut b'dor, vaomar am toei levav hem, v'hem lo yad'u derachai.

*Remembering the wilderness; our hearts strayed and we lost the way.*

### Psalm 96- Shiru L'Adonai

שִׁירוּ לַה' שִׁיר חֲדָשׁ. שִׁירוּ לַה' כָּל הָאָרֶץ:  
שִׁירוּ לַה' בְּרָכוּ שְׁמוֹ. בְּשָׂרוּ מִיּוֹם לְיוֹם יִשׁוּעָתוֹ:

Shiru l'Adonai shir chadash

Shiru l'Adonai kol-ha'aretz.

Shiru l'Adonai, bar'khu sh'mo

Basru miyom l'yom y'shu'ato.

*Sing as though song itself were new!*

## Psalm 99- Romemu

רוֹמְמוּ ה' אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קְדְשׁוֹ. כִּי קָדוֹשׁ ה' אֱלֹהֵינוּ:

Rom'mu Adonai eloheinu,  
v'hishtahavu l'har kodsho,  
ki kadosh Adonai eloheinu.

*Lift praise up high for our God, and bow down low at God's holy mountain,  
for Adonai our God is holy.*

## Psalm 29- Recognize the power in the world

*Mizmor l'David.* havu la'Adonai, benei elim, havu la'Adonai kavod va'oz.

havu la'Adonai kavod shemo, hishtachavu la'Adonai be'hadrat kodesh.

kol Adonai al hamayim, el ha'kavod hirim, *Adonai al mayim rabim.*

kol Adonai ba'koach, kol Adonai be'hadar.

kol Adonai shover arazim va'yeshaber Adonai et-arzei ha'levanon.

va'yarkidem k'mo egel, levanon ve'sirion *k'mo ven-re-emin.*

*kol Adonai chotzev la'havot esh.*

kol Adonai yachil midbar, yachil Adonai midbar kadesh.

kol Adonai yecholel ayalot. va'yechesof yearot, *u'veheikhalo kulo omer kavod.*

Adonai lamabul yashav, va'yeshev Adonai melekh l'olam.

Adonai oz le'amo yiten, Adonai yevarekh et-amo va'shalom, *et-amo va'shalom.*

*We name the strength, power, and glory in the world "Adonai"*

## Lecha Dodi - Run to greet the presence of Shabbat

לְכֶה דוּדֵי לְקִרְאֵת כְּלָהּ. פְּנֵי שַׁבַּת נִקְבְּלָהּ:

**Lecha dodi likrat kala, p'nei shabbat n'kabelah!**

*my beloved, let us greet shabbat-as-bride, with excitement, joy, and love*

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמְיֻחָד. ה' אֶחָד וְשִׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִלָּה:

1. shamor v'zachor b'dibur echad, hishmi'anu el ha'meyuchad.  
adonai echad u'shmo echad; l'shem ul'tiferet v'l'tehila.

לְקִרְאֵת שַׁבַּת לְכוּ וְנִלְכֶה. כִּי הִיא מְקוֹר הַבְּרָכָה.

מֵרֵאשׁ מְקֵדֵם נְסוּכָה. סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה:

2. likrat Shabbat l'chu v'nelcha, ki hi m'kor ha'bracha.  
me'rosh mi'kedem n'sucha; sof ma-aseh b'mach'shava t'chila.

מְקַדָּשׁ מְלֶךְ עִיר מְלוּכָה. קוּמִי צְאִי מִתּוֹךְ הַהִפְכָּה.

רַב לָךְ שֵׁבֶת בְּעֵמֶק הַבְּכָא. וְהוּא יַחְמוֹל עָלֶיךָ חֲמֵלָה:

3. mikdash melech, ir m'lucha, kumi, tze'i mi'toch ha'hafecha.  
rav lach shevet b'emek ha'bacha; v'hu yachmol alai'yich chemla.

הַתְּנַעֲרִי מֵעַפָּר קוּמִי. לְבָשִׁי בְּגָדֵי תִפְאֶרֶתְךָ עַמִּי: עַל יַד בֶּן יִשָּׁי בֵּית הַלַּחְמִי. קַרְבָּה אֶל נַפְשִׁי גְּאֻלָּה:

4. hitna'ari me'afar kumi, livshi bigdei tifartech ami.  
al yad ben yishai beit ha-lachmi; karva el nafshi g'ala.

הַתְּעוֹרְרִי הַתְּעוֹרְרִי. כִּי בָּא אוֹרֶךְ קוּמִי אוֹרִי. עוֹרִי עוֹרִי שִׁיר דַּבְּרִי. כְּבוֹד ה' עָלֶיךָ נִגְלָה.

5. hit'oreri, hit'oreri, ki va orech, kumi uri.

uri, uri, shir daber; k'vod adonai alai'yich nigla.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי. מֵהַ תִּשְׁתַּחֲוֶה וּמֵהַ תִּהְיֶה. בְּךָ יִחְסוּ עֵינַי עַמִּי וְנִבְנְתָה עִיר עַל תִּלָּה:

6. lo tevoshi v'lo tikalmi, mah tishtochachi uma tehemi.  
bach yechesu ani'yei ami; v'niv'neta ir al tila.

וְהָיוּ לְמִשְׁסָה שְׂאֵסִיךְ. וְרַחֲקוּ כָּל מְבַלְעֵיךְ. יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ. כְּמִשׁוֹשׁ חֲתָן עַל כְּלָהּ:

7. v'hayu lim'shisa sosai'yich, v'rachaku kol m'valai'yich.

yasis alai'yich elohai'yich; kimsos chatan al kala.

יָמִין וּשְׂמָאל תִּפְרוֹצִי. וְאֶת־ה' תַּעֲרִיצִי. עַל יַד אִישׁ בֶּן פֶּרְצִי. וְנִשְׁמָחָה וְנִגְלָה:

8. yamin u'smol tifrotzi, v'et adonai ta'aritz. al yad ish ben partzi; v'nism'cha v'nagila!

בּוֹאִי בְּשָׁלוֹם עֵטְרֶת בְּעָלָהּ. גַּם בְּשִׂמְחָה וּבְצִדְקָהּ. תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ. בּוֹאִי כְּלָהּ, בּוֹאִי כְּלָהּ:

9. bo'i v'shalom, ateret ba'ala, gam b'simcha uv' tzhala.  
toch emunei am segula; bo'i chala, bo'i chala.

## We ask for healing.

### Misheberach

“When the world is sick, can't no one be well  
But I dreamt we were all beautiful and whole.”

*Misheberach avoteinu Avraham, Yitzchak v'Ya'akov*

*Misheberach imoteinu Sara, Rivka, Rachel v'Leah,*

*Hu y'varekh v'yirapeh et kol ha holim,*

*Hu y'varekh v'yirapeh et hakol.*

May the One who blessed our ancestors, Abraham, Isaac and Jacob,

May the One who blessed our ancestors,

Sara, Rebecca, Rachel and Leah,

Bless and heal all who are sick,

Bring blessing and healing to all.

(The English lyrics and melody come from from "God Bless Our Dead Marines by Thee Silver Mount Zion Memorial Orchestra & Tra-La-La Band)

### Psalm 93- Mikolot Mayim

מִקְלוֹת מַיִם רַבִּים אֲדִירִים מְשַׁבְּרֵי יָם. אֲדִיר בְּמַרוֹם ה':

עֲדַתְיךָ נֶאֱמְנוּ מְאֹד לְבֵיתְךָ נֶאֱוָה קֹדֶשׁ. ה' לְאֶרֶץ יָמִים:

*Mikolot mayim rabim*

*Adir bamarom Yah*

*Above the crash of the sea is Adonai, supreme.*

*You bear witness. Your house is holiness, transcending time.*

## Towards Justice

By Eliana Light

Lord, give me the strength to bend  
The arc of the universe  
Towards justice, towards justice  
Lord, give me the strength to bend  
The arc of the universe  
Towards justice, with love, Amen.

וַיִּגַּל כַּמַּיִם, מִשְׁפָּט; וּצְדָקָה, כְּנַחַל אֵיטָן.

Vayigal Ka'mayim, Mishpat, U'tzedakah, K'nachal Eitan

But let justice well up as waters, and righteousness as a mighty stream. (Amos 5:24)





## *Kaddish for Black Lives*

Creator of life, source of compassion. Your breath remains the source of our spirit, even as too many of us cry out that we cannot breathe. Lovingly created in your image, the color of our bodies has imperiled our lives.

Black lives are commodified yet devalued, imitated but feared, exhibited but not seen.

Black lives have been pursued by hatred, abandoned by indifference and betrayed by complacency.

Black lives have been lost to the violence of the vigilante, the cruelty of the marketplace and the silence of the comfortable.

We understand that Black lives are sacred, inherently valuable, and irreplaceable.

We know that to oppress the body of the human, is to break the heart of the divine.

We yearn for the day when the bent will stand straight.

We pray that the hearts our country will soften to the pain endured for centuries.

We will do the work to bind up the wounds, to heal the shattered hearts, to break the yoke of oppression.

As the beauty of the heavens is revealed to us each day, may each day reveal to us the beauty of our common humanity. Amen.



## Kaddish

Yitgadal v'yitkadash sh'mei raba b'alma di-v'ra  
chirutei, v'yamlich malchutei b'chayeichon  
uvyomeichon uvchayei d'chol beit yisrael,  
ba'agala uvizman kariv, v'im'ru: "amen."  
Y'hei sh'mei raba m'varach l'alam ul'almei almaya.  
Yitbarach v'yishtabach, v'yitpa'ar v'yitromam  
v'yitnaseh, v'yithadar v'yit'aleh v'yit'halal sh'mei  
d'kud'sha, b'rich hu,  
l'eila min-kol-birchata v'shirata, tushb'chata  
v'nechemata da'amiran b'alma, v'im'ru: "amen."  
Y'hei shlama raba min-sh'maya v'chayim aleinu  
v'al-kol-yisrael, v'im'ru: "amen."  
Oseh shalom bimromav, hu ya'aseh shalom aleinu  
v'al kol-yisrael, v'imru: "amen."

## Bringing down peace

עֲשֵׂה שְׁלוֹם בְּמִרְוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל  
וְאָמְרוּ אָמֵן

Oseh shalom bimromav  
hu ya'aseh shalom aleinu  
v'al kol Yisrael, v'al kol yoshvei tevel,  
v'imru Amen

*May the one who makes peace bring peace down*