

OR HAMIDBAR

SPIRITUAL JUDAISM IN THE DESERT

1. Hallelu

Hallelu, hallelu, hallelu... halleluyah
Kol han'shamah te halel yah, hallelu, halleluyah;
Every breathing soul shall give praise;
With each and every breath, *halleluiah*.

2. Or Hadash – A New Light

Or hadash al Tzion tair, or hadash al Tzion tair,
v'nizkeh chulanu bim'hairah le'oro
May You shine a new light upon Zion and may we
all soon enjoy its glow.

3. Haftarat Shabbat Shuvah - Hosea 14:2-3

שׁוּבָה יִשְׂרָאֵל עַד ה'
אֱלֹהֶיךָ כִּי כָשַׁלְתָּ בְּעֹנְךָ:
קָחוּ עִמָּכֶם דְּבָרִים וְשׁוּבוּ אֶל־יְהוָה
אֲמַרוּ אֱלֹהֵינוּ כֹּל־תִּשָּׂא עֹן וְקָח־טוֹב
וְנִשְׁלַמָּה פְּרִים שְׁפָתֵינוּ:

Return, O Israel, to the LORD your God, for you
have fallen because of your sin.
Take words with you and return to the LORD, and
say: "Forgive all guilt and accept what is good;
instead of bulls, we will pay the offering of our lips.

4. Ashreinu

Ashreinu mah-tov helkeinu, u'ma na'm goraleinu
We are fortunate, how good is our portion, how
pleasant our lot.

5. Lecha Dodi

Lecha dodi likrat kala, p'nei Shabbat n'kabelah!
-Shamor v'zachor b'dibur echad, hishmi'anu el
ha'meyuchad, Adonai echad u'shmo echad; L'shem
ul'tiferet v'l'tehila.
-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.
-Bo'i b'shalom aberet isha, gam b'simha u'v'tzahala,
toch emunei am s'gula, bo'i khala, bo'i kala.
Come my beloved and let us greet the Shabbat!

6. In the Lord - Tov L'hodot

Tov l'hodot l'Adonai ulzamer leshimcha Elyon,
lehagid baboker chasdecha ve-emunatcha ba-leylot,
tov l'hodot l'Adonai.
In the Lord, I'll be ever thankful, in the Lord I will
rejoice! Look to God, do not be afraid; lift up your
voices: the Lord is near, lift up your voices: the Lord
is near.

7. Barchu

Bar-chu et Adonai ha-mevorach. Baruch Adonai ha-
mevorach l'olam va'ed.
Praise Adonai, praised, now and forever.

8. Creation - Ham'ariv Aravim

Baruch ata Adonai, hama'ariv aravim.
Praised are You, Lord our God, who consistently
brings about evening after evening.

9. Revelation - Ohev Yisrael

Baruch ata Adonai, Ohev Yisrael.
Praised are You, Lord our God, Lover of Israel,
those who struggle.

10. Sh'ma

Sh'ma Yisrael, Adonai Eloheynu, Adonai Ehad.
Hear, O Israel: The Lord is our God, the Lord is One.
V'ahavta eyt Adonai Elohecha b'chol l'vavcha, u-
v'chol naf-sh'cha, u-v'hol m'odecha. V'ha-yu ha-
d'varim ha-eyleh asher anochi m'tza-v'he ha-yom al
l'va-vecha v'shi-nan-tam l'va-necha v'dibarta bam,
b'shiv-t'cha b'vey-techa, u-v'lechtecha va-derech,
u-v'shochbecha u-v'ku-mecha. U-k'shar-tam l'ot al
ya-decha, v'ha-yu l'totafot beynechacha. U-ch'tav-
tam al m'zuzot bey-techa u-vish-arecha.
Love your God with every heartbeat,
with every breath, with every conscious act.
Keep in mind the words I command you today.
Teach them to your children,
talk about them at work; whether you are tired or
you are rested.
Let them guide the work of your hands;
keep them in the forefront of your vision.
Do not leave them at the doorpost of your house, or
outside your gate.
I am the Lord your God.
Ani Adonai Eloheichem.

11. Redemption - Go'el Yisrael

Baruch ata Adonai, Go'el Yisrael.
Praised are You, Lord our God, Redeemer of Israel,
those who struggle.

12. Sukkot Shlomecha - Shelter of your Peace

U'fros aleinu, su-u-kat, su-u-kat shelomecha
Spread over us your shelter of peace.

13. Amidah

Adonai, sefatai tiftah, u'fi yagid tehilatechas
Eternal God, open my lips, that my mouth may
declare Your glory.

Silent Prayer

14. Oseh Shalom

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu
v'al kol yisrael, v'al kol yoshvei tevel.
May God who ordains harmony in the universe
grant peace to us, to all Israel and to all humanity

15. Prayer for Healing

Mi shebeirach avoteinu,
M'kor hab'racha l'imoteinu
May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a
blessing, and let us say, Amen.
Mi shebeirach imoteinu
M'kor habrachah l'avoteinu
Bless those in need of healing with *r'fuah sh'leimah.*
The renewal of body, the renewal of spirit, And let us
say, Amen

16. Aleinu

Aleinu le'shabeiah la'adon hakol, lateit gedulah,
leyotzeir bereshit,, Va'anahnu korim,,
u'mishtachavim, u'modim, , lifnei melech, malchei
ham'lachim, hakadosh baruch Hu.
It is our duty to praise the Master of all, to acclaim
the greatness of the One who forms all creation.
And so, we bend our knees, and bow down, and
give thanks, before the Ultimate Holy One. The Lord
is our God, there is no other.
Kakatuv be'toratecha: "Adonai yimloch le'olam
va'ed." Ve'ne'emar: "Ve'haya Adonai le'melech al
kol ha'aretz, bayom hahu yihyeh Adonai ehad,
u'shemo ehad."

17. Mourner's Kaddish

Yit-gadal v'yit-kadash sh'mey raba, b'alma di v'ra
hirutey, v'yam-lih mal-hutey b'ha-yey-hon u-
v'yomey-hon u-v'ha-yey d'hol beyt yisrael ba-agala
u-viz-man kariv, v'imru amen.
Y'hey sh'mey raba m'varah l'alam ul-almey alma-ya.
Yit-barah v'yish-tabah v'yit-pa-ar v'yit-romam v'yit-
na-sey v'yit-hadar v'yit-aleh v'yit-halal sh'mey
d'kud-sha, B'rih hu, l'eyla min kol bir-hata v'shi-rata
tush-b'hata v'ne-hemata da-amiran b'alma, v'imru
amen.
Y'hey sh'lama raba min sh'may-ya v'ha-yim aleynu
v'al kol yisrael v'al kol ba'ei olam, v'imru amen.
Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu
v'al kol yisrael, v'al kol yoshvei tevel, v'imru amen.

Magnified and sanctified be God's great name in
the world which God has created according to
God's will. May God establish God's kingdom soon,
in our lifetime. Let us say: Amen.

May God's great name be praised to all eternity.
Hallowed and honored, extolled and exalted,
adored and acclaimed be the name of the Holy
One, though God is above all praises, hymns, and
songs of adoration which human beings can utter.
Let us say: Amen.
May God grand abundant peace and life to us all, to
Israel and to all people. Let us say: Amen.
May God who ordains harmony in the universe
grant peace to us, to all Israel and to all humanity.
Let us say: Amen.

18. Psalm 27 - Just one thing I ask of God

Achat sha'alti me'et Adonai, otah avakesh.
Shivti beveit Adonai, kol yemey chayay,
lach'zot beno'am, beno'am Adonai, ulevaker
beheichalo.

**Thanks to Larry and Tom for sponsoring this
Kabbalat Shabbat in memory of Larry's mother,
Pearl Fechter.**

Torah - Study (Zoom)

- **Jewish Folk Art for Sukkot** - Sun, Oct 4,
2:00pm, registration [https://
www.templeharshalomidyllwild.org/](https://www.templeharshalomidyllwild.org/)
- **ToraTeachings** - Wed, Sep 30, 3:00pm
- **Matthew** - Wed, Sep 30, 6:30pm
- **Black Lives Matter - A Jewish Perspective** -
Our guest this week: James Coleman,
"Commitment to Freedom: From the March on
Washington to New Age Spirituality"

Avodah - Spiritual Practice (Zoom)

- **Shabbat morning**, tomorrow, 10:30am
- **Havdalah and Slihot**, tomorrow, 7:00pm
- **Kol Nidre, Sunday**, 7:00pm
- **YK Morning and Yizkor**, Monday, 10:30am
- **YK 12 Step Meeting**, after the service
- **YK Study: Book of Jonah**, 5:00pm
- **YK Ne'ilah**, 6:00pm

G'millut Hasadim - Fixing the World

- As we approach the High Holiday season, please
consider making a gift, or even increasing your
monthly donation, to Or Hamidbar. We are far
behind our annual fund-raising goal.
- Continue to check-in with your friends on a
regular basis, keep physical - and not social -
distance from your family and friends and wear a
mask when going out!