

# 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. Parshat Noah, Genesis 9:12

וַיֹּאמֶר אֱלֹהִים זֶאת אֹת־הַבְּרִית אֲשֶׁר־אֲנִי נֹתֵן  
בֵּינִי וּבֵינֵיכֶם וּבֵין כָּל־נֹפֶשׁ חַיָּה אֲשֶׁר אִתְּכֶם  
לְדֹרֹת עוֹלָם:

God further said, "This is the sign that I set  
for the covenant between Me and you, and  
every living creature with you, for all ages to  
come.

## 4. Babylonian Talmud, Baba Metzia 85a

Rabbi Judah the Prince was sitting and studying the Torah in front of the Babylonian Synagogue in Sepphoris. A calf being taken to the slaughterhouse came to him as if pleasing, "Save me!" Rabbi Judah said to it, "What can I do for you? For this you were created." As a punishment for his heartlessness, he suffered from a toothache for thirteen years. One day, a creeping thing ran past Rabbi Judah's daughter who was about to kill it. He said to her, "My daughter, let it be, for it is written, and his tender mercies are over all his works (Psalm 145:9)." Because Rabbi Judah prevented and act of cruelty and unkindness to an animal, his health was restored.

## 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, YHVH our God, who consistently  
brings about evening after evening.

## 9. Revelation - Ohev Yisrael

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

## 10. Sh'ma

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

*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'lechtech va-derech,*  
*u-v'shochbecha u-v'ku-mecha. U-k'shar-tam l'ot al*  
*ya-decha, v'ha-yu l'totafot beyn eynecha. 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.  
*Ani Adonai Eloheichem asher hotzeiti etchem*  
*m'erezt mitzrayim l'hiyot lachem l'Elohim, Ani*  
*Adonai Eloheihem.*

I am the Lord your God who took you out of the land of Egypt in order to be your God, I am the Lord your God.

### 11. Redemption - Go'el Yisrael

*Baruch ata Adonai, Go'el Yisrael.*

Praised are You, YHVH our God, Redeemer of Israel, those who struggle.

### 12. Sukkot Shlomecha - Shelter of your Peace

*U'fros aleinu, su-u-kat shelomecha. Baruch atah Adonai, ha-poreis suk-kat shalom ah-leinu v'al kol ha-olam ku-lo.*

Spread over us your shelter of peace.

Praised are you, YHVH our God, who spreads a shelter of peace over us and the entire world.

### 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 hab'racha 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 yihiyeh 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. Noah

*Eileh toldot Noah (x2), Tamim hayat b'dorotoav (x3)*

*Noah ish tzaddik.*

This is the line of Noah.—Noah was a righteous man; he was blameless in his age...

**Thank you to Sally Goodman for sponsoring this week's Kabbalat Shabbat in honor of her late husband, Don's birthday and their upcoming 60th wedding anniversary.**

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