

# OR HAMIDBAR

SPIRITUAL JUDAISM IN THE DESERT

## 1. Hallelu

*Hallelu, hallelu, hallelu... halleluyah*  
*Kol han'shamah tehael 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 Korah - Numbers 21:17-18

אֲזַיִשִׁיר יִשְׂרָאֵל אֶת־הַשִּׁירָה הַזֹּאת  
עָלַי בְּאֵר עֲנִיָּלָה:  
בְּאֵר הַפְּרוּיָה שְׂרִים כְּרוּיָה  
נְדִיבֵי הָעָם בְּמַחֲקֵק בְּמַשְׁעֲנֵתָם

Then Israel sang this song:  
Spring up, O well—sing to it—  
The well which the chieftains dug,  
Which the nobles of the people started  
With maces, with their own staffs.

## 4. Babylonian Talmud, Eruvin 54a

Rav Mattana said: What is the meaning of that which is written: “The well that the princes dug out, that the nobles of the people delved, with the scepter, with their staves. And from the wilderness they went to Mattanah” (Numbers 21:18)? If a person makes himself humble like this wilderness, which is open to all and upon which everyone treads, his Torah study will endure and be given to him as a gift [*mattana*]. And if not, his Torah study will not endure.

## 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'lit'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 ateret ba'a'lah; gam b'simcha*  
*u'v'tzahala, toch emunei am s'gula, boi kala.*

## 7. Tov L'hodot - Psalm 92

*Mizmor shir l'yom hashabbat.*  
*Tov l'hodot l'Adonai ulzamer leshimcha Elyon,*  
*lehagid baboker chasdecha ve-emunatcha ba-leylot,*  
*tov l'hodot l'Adonai.*  
A psalm. A song; for the sabbath day.  
It is good to praise the LORD, to sing hymns to Your  
name, O Most High!

## 8. Barchu

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

## 9. Creation - Ham'ariv Aravim

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

## 10. Revelation - Ohev Yisrael

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

## 11. 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'lechtech va-derech,*  
*u-v'shochbecha u-v'ku-mecha. U-k'shar-tam l'ot al*  
*ya-decha, v'ha-yu l'totafot beyne 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. I am the Lord your God.*

## 12. Redemption - Go'el Yisrael

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

### 13. Sukkat Shlomecha - Shelter of your Peace

*U'fros aleinu, su-u-kat, su-u-kat shelomecha*  
*Baruch ata Adonai, haporeis sukat shalom aleinu*  
*v'al kol ha'olam kulu.*  
Spread over us your shelter of peace.

### 14. Amidah

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

### Silent Prayer

### 15. 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

### 16. 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

### 17. 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 we bend our knees, and bow down, and  
give thanks, before the Ultimate, the Holy One,  
Praised is God. 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."*

### 18. 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.

### 20. Ashreinu - We are Fortunate

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

### Torah - Study - via Zoom

- **2BaJew** - Mon, July 11, 7:30pm
- **ToraTeachings**, Wed, July 13, 11:00am
- **ACTively Engaging (Interfaith study on the Acts of the Apostles)** - June July 14, 10:00am

### Avodah - Spiritual Practice

- **Shabbat prayer and study, IN PERSON**, tomorrow, 10:30am

### G'milut Hasadim - Fixing the World

- On a Jewish Approach to drought and water
- <https://www.myjewishlearning.com/article/water-consciousness/>
  - [https://www.faitheinwater.org/uploads/4/4/3/0/44307383/jewish\\_teachings\\_on\\_water-greenfaith.pdf](https://www.faitheinwater.org/uploads/4/4/3/0/44307383/jewish_teachings_on_water-greenfaith.pdf)
  - [https://www.chabad.org/library/article\\_cdo/aid/527080/jewish/What-Is-the-Jewish-Approach-to-Conservation-and-the-Environment.htm](https://www.chabad.org/library/article_cdo/aid/527080/jewish/What-Is-the-Jewish-Approach-to-Conservation-and-the-Environment.htm)

### Save the Date!

**Jews Do the Blues**, Sep. 21, 7:00pm, please  
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