

SEBASTOPOL JEWISH COMMUNITY
ANNUAL GATHERING IN RAGLE PARK
ON THE FIRST DAY OF ROSH HASHANAH

How wonderful that we are all gathering together, again, in this sacred space!

מָה טוֹבוֹ אֱהָלֶיךָ יְעֻקֵּב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Ma tovu ohalecha Ya-akov, ~ mishk'notecha Yisroel.



OPENING BLESSINGS

I now prepare to unify my whole self—heart, mind, consciousness, body, passion;
with this holy community, with Jewish people everywhere,
with all people everywhere, with all life and being—
to commune with the source of Being.

May I find the words, the music, the movement
that will put me in touch with the vast unity of which we are all part.

May the rungs of insight and joy that I reach in my devotion,
flow from me to others, and fill all our actions in the world.

May the blessings of God rest upon us,
May we be conscious of God's presence—more and more each day,
And may the example of our lives be a light to others on their path.

from Romemu Machzor

We offer blessings of gratitude for all that has kept us alive and
sustained us, enabling us to reach this season, this moment.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיִּינוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

Baruch Atah Adonai Eloheinu melech ha-olam

she-he-chi-yanu v'kiy-y'manu v'hig-gi-anu la-zman hazeh



SH'MA MEDITATION



WELCOMING EACH OTHER
sharing moments of insight from the past year

Listen everyone! We are all inter-connected, we are all one.

שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu Adonai Echad

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

(Silently) Baruch shem kavod malchuto lolam va'ed

וְאַהֲבַת אֵת יְיָ | אֱלֹהֵינוּ, בְּכָל | לִבָּנוּ, וּבְכָל נַפְשָׁנוּ, וּבְכָל מַאֲדָנוּ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר | אֲנָכִי מְצוּךְ הַיּוֹם, עַל | לִבָּנוּ. וְשִׁנְתָם לְבָנֵינוּ, וְדַבַּרְתָּ בָּם,
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בְּדַרְךָ, וּבְשֹׁכְכָהּ, וּבְקוֹמָהּ. וְקִשְׁרָתָם לְאוֹת | עַל יָדְךָ,
וְהָיוּ לְטֹטְפֹת בֵּין | עֵינֵינוּ. וְכִתְבָתָם | עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

V'ahavta et Adonai Elohecha, b'chol l'vavcha uv'chol nafsh'cha uv'cholm'odecha. V'hayu had'varim ha-eilehasher anochi m'tzav'cha hayom all'vavecha. V'shinantam l'vanecha v'dibartabam b'shivt'cha b'veitecha uv'lecht'chavaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha v'hayul'totafot bein einecha. Uch'tavtamal m'zuzot beitecha uvish'arecha.

BLESSING OUR CHILDREN UNDER A TALLIT TENT OF BLESSING

5,781st

Today, on this ~~5,781st~~ birthday of the creation of the human being,
we celebrate *all* of the children in our lives. Whether or not we have raised or are raising
our own children; Whether our children are here with us, at school, or far away;
Whether our children feel a connection with their Jewish heritage or not ...
today, we offer blessings for all of the gifts that children bring into our lives and into the world.

As we all know, it truly does take a village to raise a child ...
May we find countless ways, in the coming year, to shower our children with love and blessings.

(Children gather under tallit held by the adults)

May Life bless you and may holiness surround you.

יְבָרֶכְךָ יְיָ וְיִשְׁמְרֶךָ.

Y'va-re-ch'cha Adonai v'yish-m're-cha

May you be surrounded by light and may grace fill your days.

יָאֵר יְיָ פָּנֶיךָ אֱלֹהֵינוּ וְיַחֲנֶנּוּ.

Ya-eir Adonai pa-nav ei-le-cha vi-chun-nek-ka

May peace shine within you and all around you.

יֵשָׁא יְיָ פָּנֶיךָ אֱלֹהֵינוּ וְיִשֵּׁם לְךָ שְׁלוֹם.

Yi-sa Adonai pa-nav ei-le-cha v'ya-seim l'cha sha-lom

May God share with you, our children, a new year of growing,
with love, with understanding, with a way of finding *shalom*—
peace for you and all of us, and for all the people of the earth, and let us all say: Amen.

FORGIVENESS

I forgive all beings,
I ask forgiveness from all beings,
I make friends with all beings,
I have no enemies.

*from the Jain text Pratikraman Sutra
(suggested by Satish Kumar)*

AVINU MALKEINU

אָבִינוּ מַלְכֵנוּ, חֲנֻנוּ וְעֲנֵנוּ, (2x)
A-vi-nu mal-kei-nu, cho-nei-nu va-a-nei-nu

כִּי אֵין בָּנוּ מַעֲשִׂים,
ki ein ba-nu ma-a-sim

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד (2x)
a-seih im-ma-nu tz-da-kah va-che-sed

וְהוֹשִׁיעֵנוּ.
v'ho-shi-ei-nu

Our Source / Our Ancestors, be gracious to us and answer us even though
we have nothing to offer. Help us to be just and compassionate.

HARD QUESTIONS

from the Network of Jewish Renewal Communities Liturgy Library

Let us ask ourselves hard questions for this is the time for truth.

How much time did we waste in the year that is now gone?

Did we fill our days with life? Or were they empty?

Was there love inside our home? Or was the affectionate word left unsaid?

Was there real companionship within our family?

Or was there a living together and a growing apart?

Were we a help to our mates? Or did we take them for granted?

How was it with our friends: Were we there when they needed us or not?

The kind deed: Did we perform it or postpone it?

The unnecessary gibe: Did we say it or hold back?

Did we live by false values? Did we deceive others? Did we deceive ourselves?

Were we sensitive to the rights and feelings of those who worked with us?

Did we acquire only possessions? Or did we acquire new insights as well?

Did we fear what the crowd would say and keep quiet when we should have spoken out?

Did we mind our own business? Or did we feel the heartbreak of others?

Did we live right? And, if not, then have we learned and will we change?

GUIDED MEDITATION FOLLOWED BY MEDITATIVE MUSIC

*(While meditative music is playing, you may choose to read through the text on the next page,
or just take the time for silent contemplation or personal prayer.)*

MEDITATIVE READINGS FOR PERSONAL PRAYER TIME

Every person born into this world represents something new.
Something that never existed before. Something original and unique.

Martin Buber



We each have two pockets--with a note in each pocket--so that we may reach into the one or the other, depending on the need. When feeling lowly and depressed, discouraged or disconsolate, we can reach into the right pocket and, there, find the words:
"For my sake was the world created."
But, when feeling high and mighty, we need to reach into the left pocket to find the words:
"I am but dust and ashes."

Rebbe Simcha Bunim of Pshischa



God of the Universe, grant me the ability to be alone.
May it be my custom to go outside each day, among the trees and grasses,
among all growing things. There may I be alone and enter into prayer.
There may I express all that is in my heart, talking with the One to whom I belong.

Rabbi Nachman of Bratslav



We experience our belonging to an infinity. It presses upon us, whether we go into ourselves or beyond ourselves. We live in space without end and are a part of it; in time without stop and are a segment of it.

Space and time are fundamentally one here, they come from the one omnipresent and eternal reality of universe as a single living organism. World and eternity are held in one word *olam*--signifying the same unendingness. We live in this unendingness and from it.

Our domain is the opposite of mere location, of that which has its boundary and written description. Our domain is the opposite of finality, of fate. Our domain is the going outward that points to the faraway; our way is the direction that leads into the distance.

All that has come into existence and becomes a path to the beyond,
and to that which is in the process of becoming.

Martin Buber



REFLECTIONS ON PEACE

*This prayer is read by the congregation at the end of every service at Congregation Kol HaNeshama in Jerusalem.
It is based on a teaching of Rabbi Nachman of Bratzlav*

Source of Shalom, ruler of Shalom,
grant Shalom to your people Yisrael.

Let the Shalom spread to all Your creatures.

Let there be an end to hatred, jealousy, competition between people.

Let there be only great love and Shalom between us all
so that we can all gather together, everyone with their fellow,
speaking to each other, learning the truth from each other.

Allah huma ~ antas salam wa-minkas salam

Adon ha-shalom barcheinu ba-shalom

Source of Shalom, bless us with Shalom. Amen.

OD YAVO SHALOM / SALAAM (Peace Will Yet Come)

Music and lyrics by Moshe ben Ari / "Sheva"

עֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּל־

Od yavo shalom aleinu, (3x) v'al kulam

סָלָאָם עָלֵינוּ וְעַל כָּל הָעוֹלָם סְלֵאָם שְׁלוֹם

Salaam, aleinu v'al kol ha-olam Salaam, shalom

Peace will yet come for us and for everyone.

Peace ~ for us and for the whole world.

May the Power that makes for peace throughout the heavens
be the power upon which we draw to make peace in our own lives;
may Israel and all the world know the soothing touch of peace
that this year might be a year of new beginnings
and redemptive transformations.

May this year bring peace, happiness and blessing to the world.

May we, and the entire House of Israel, be remembered and recorded in the Book of Life

May our lives be filled with blessing, sustenance and peace.

Blessed is the Source of Peace whose essence is not other than our own.

BLESSINGS BEFORE & AFTER OUR LIVING TRAH

OPENING

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ.

Barechu et Adonai ha'mevorach!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

Barechu Adonai ha'mevorach l'olam va-ed

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Eloheinu melech ha'Olam

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

asher barchu banu mi-kol ha-a-mim ve-natan lanu et Torah-to

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch Atah Adonai, notain ha-Torah

As we journey through the Torah,
and develop understanding of our Jewish heritage,
may our minds be open and fresh,
and may our hearts be filled with compassion.
I take refuge in our community.
May we be support for each other along the path.



LIVING TORAH OFFERING & FACILITATED DISCUSSION

CLOSING

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Eloheinu melech ha'olam

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

asher natan lanu Toraht emet v'chayyeh olam natan b'tocheinu

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch Atah Adonai, notain ha Torah

Exploring Torah journeys,
practicing the way of awareness,
gives rise to benefits without limit.
I vow to share the fruits with all beings.
I vow to offer tribute to parents, teachers,
children, friends, and numerous beings
who give guidance and support along the path.

BLESSINGS FOR HEALING

MI SHEBEIRACH ~ מִי שֶׁבִּירַח

Music and lyrics by Debbie Friedman

מִי שֶׁבִּירַח אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

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.

מִי שֶׁבִּירַח אֲמוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

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

MOURNERS KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ, וְיַצְמַח
פְּרֻקְנָהּ וְיִקְרַב מְשִׁיחָהּ. בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעָגְלָא
וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'mei raba b'alma di-v'rachirutei, v'yamlich malchutei b'chayeichonuvyomeichon uvchayei d'chol
beit yisrael, ba'agalauvizman kariv, v'im'ru: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

Y'hei sh'mei raba m'varach l'alam ul'almei almay.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאִמְרִין
בְּעָלְמָא, וְאָמְרוּ אָמֵן.

Yitbarach v'yishtabach, v'yitpa'ar v'yitromamv'yitnaseh, v'yithadar v'yit'aleh v'yit'halal sh'meid'kud'sha, b'rich hu, l'eila
min-kol-birchata v'shirata, tushb'chata v'nechemata da'amiran b'alma, v'im'ru: Amen

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, וְחַיִּים טוֹבִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי
תֵּיבֵל, וְאָמְרוּ אָמֵן:

Y'hei shlama raba min-sh'maya v'chayim aleinuv'al-kol-yisrael, v'im'ru: Amen. Oseh shalom bimromav, hu ya'aseh
shalom aleinuv'al kol-yisrael, v'imru: Amen.

REMEMBERING THEM

by Rabbi Sylvan Kamens & Rabbi Jack Riemer

At the rising of the sun and at its going down, we remember them.

At the blowing of the wind and in the chill of winter, we remember them.

At the opening of the buds and in the rebirth of spring, we remember them.

At the blueness of the skies and in the warmth of summer, we remember them.

At the rustling of the leaves and in the beauty of autumn, we remember them.

At the beginning of the year and when it ends, we remember them.

When we are weary and in need of strength, we remember them.

When we are lost and sick at heart, we remember them.

When we have joy we crave to share, we remember them.

When we have decisions that are difficult to make, we remember them.

When we have achievements that are based on theirs, we remember them.

As long as we live, they too will live, for they are now a part of us, as we remember them.

ALEINU

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי
הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֶם, וְגִרְלָנוּ
כָּכָל הָמוֹנָם, וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

Aleinu le'shabeiach la'adon hakol, lateit gedulah leyotzeir bereshit, she'lo asanu ke'goyei ha'aratzot, ve'lo samanu ke'mishpechot ha'adamah, she'lo sam chelkeinu kahem, ve'goraleinu ke'chol hamonam. Va'anachnu korim, u'mishtachavim, u'modim, lifnei melech, malchei ham'lachim, hakadosh baruch Hu.

INTERPRETIVE ALEINU MERGER: A VISION OF THE FUTURE *by Judy Chicago*

And then all that has divided us will merge.
And then compassion will be wedded to power.
And then softness will come to a world that is harsh and unkind.
And then both men and women, and all people, will be gentle.
And then both women and men, and all people, will be strong.
And then no person will be subjected to another's will.
And then all will be rich and free and varied.
And then the greed of some will give way to the needs of many.
And then all will share equally in the earth's abundance.
And then all will care for the sick, and the weak, and the old.
And then all will nourish the young.
And then all will cherish life's creatures.
And then all will live in harmony with each other and the earth.
And then everywhere will be called Eden once again.

וְנֵאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וּשְׁמוֹ אֶחָד.
V'ne-emar: "V-hayah Adonai l'melech al kol ha-arteiz, Ba-yom ha-hu yih-yeh Adonai echad. u-Sh'mo e-chad."

May this Rosh Hashanah be for us a moment of truth.
May it find us on the path of righteousness
that we might live our lives in relation to Truth.
Then we shall see a world not threatened by war,
an earth not plagued by starvation and want.
Then, shall love and justice flow like a mighty stream,
and peace will fill the earth as waters fill the sea.

HEARING THE SHOFAR

ברוך אתה יי אלהינו מלך העולם,
אשר קדשנו במצותיו, וצונו לשמוע קול שופר.

Baruch Atah Adonai Eloheinu melech ha-olam,
asher kid'shanu b'mitz-votav v'tzi-vanu lish-mo-ah kol shofar.

Blessings abound as we acknowledge the Source of Life.
We are made whole through relation and through our actions.
As we listen to the voice of the shofar, so are we blessed.

תְּקִיעָה

T'kiah

שְׁבָרִים

Sh'va-rim

תְּקִיעָה

T'kiah

תְּקִיעָה

T'kiah

שְׁבָרִים

Sh'va-rim

תְּקִיעָה

T'kiah

תְּקִיעָה

T'kiah

תְּרוּעָה

T'ru-ah

תְּקִיעָה

T'kiah

תְּקִיעָה גְּדוּלָה

T'kiah G'do-lah

תְּרוּעָה

T'ru-ah

תְּקִיעָה

T'kiah