

*Wherever you are,
be all there.*

JIM ELLIOT



Spiritual Walk

5781

Beth Haverim Shir Shalom

בָּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֹשֶׂה מַעֲשֵׂה בְרָאשִׁית

Baruch Atah Adonai Eloheinu Melech ha'olam, oseh ma'aseh v'reshit.
You are blessed, our God, Ruler of the world, Source of creation.

“

The more
peace there is
in us, the more
peace there
will be in our
troubled world.

ETTY HILLESUM



”הַיּוֹם בּוֹ זֹלָדָת
הוּא הַיּוֹם בּוֹ הַזְּכִיטָה הַקְּבִי”ה
שֶׁהָעוֹלָם אֵינּוּ יָכוֹל לְהִתְקַיֵּם בְּלִעְדֵּיךְ”

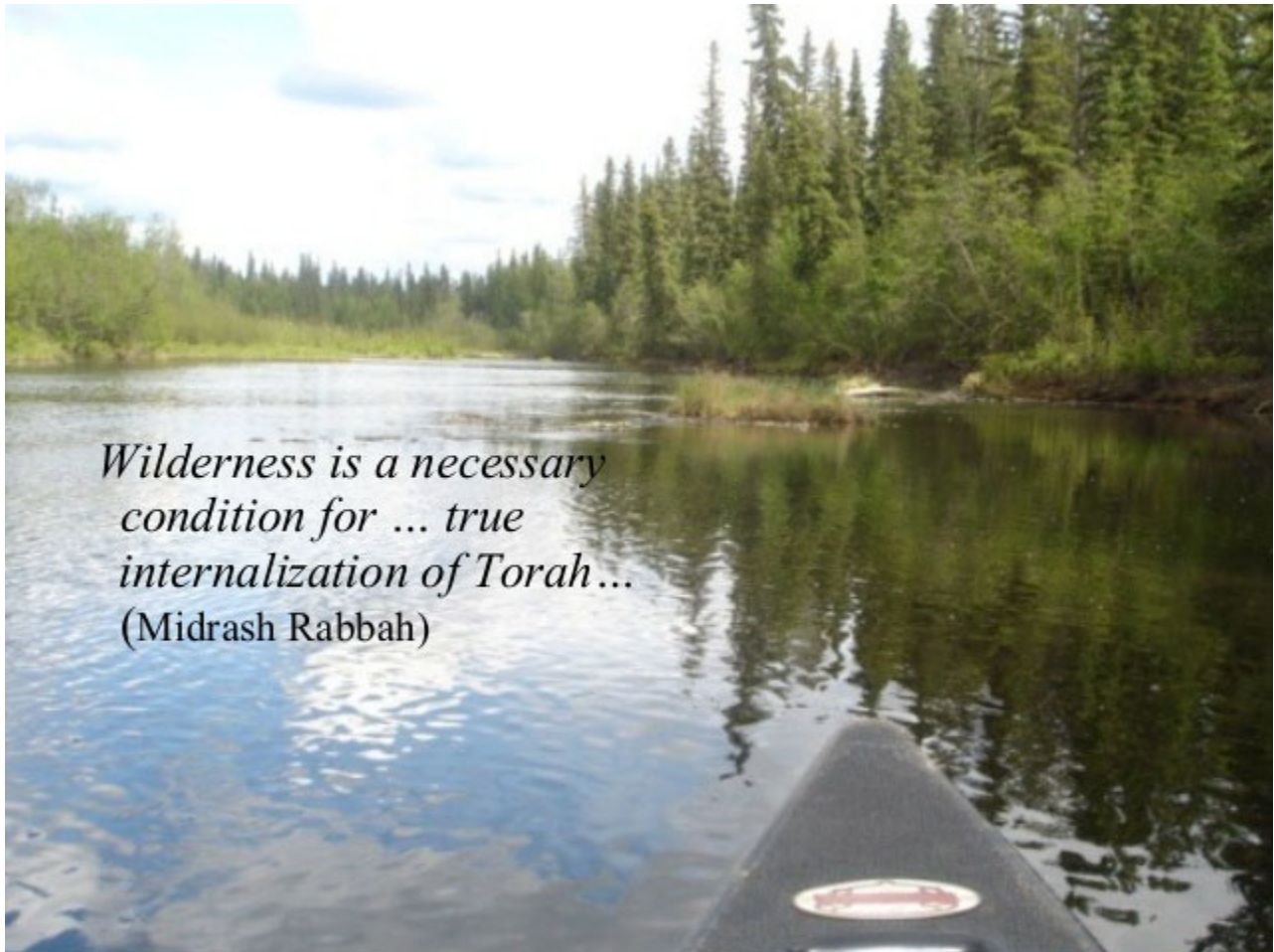
רַבִּי זְנוּמָן מִבְּרֶסְלֵב.

The day you were born is the
day God decided that the world
could not exist without you.

—Rabbi Nachman of Breslov

Psalms 8:4-5

When I see Your heavens, the work of Your fingers... [I wonder] what is man that You should recall him.



*Wilderness is a necessary
condition for ... true
internalization of Torah...*
(Midrash Rabbah)

Stop. Take a deep breath. What blessings do you need in your life? How would you bless yourself? Is there anything keeping you from blessing yourself?

How to Bless Yourself

Anna Talhami

If you are waiting for a spiritual leader to tell you, write what you need to hear

and read it back to yourself and call it blessing.

Call the act of doing this a blessing.

Call yourself a blessing.

MAY THE FLOWERS
REMINDE US WHY
THE RAIN WAS SO
NECESSARY.

Behold, it is the springtime of the year!
Over and past is winter's gloomy reign,
The happy time of singing birds is near,
And clad in bud and blooms are hill and plain.

And in the spring, when all the earth and sky
Rejoice together, still from age to age
Rings out the solemn chant of days gone by,
Proclaiming Israel's sacred heritage.

And still from rising unto setting sun
Shall this our heritage and watchword be:
"The Lord our God, the Lord our God is One,
His law alone it is that makes us free!"



"AT SOME POINT IN LIFE,
THE WORLD'S BEAUTY
BECOMES ENOUGH."

TONI MORRISON

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

She-ma Yisrael, Adonai Eloheinu, Adonai echad

Hear O Israel, the Lord is our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch shem kavod malchuto l'olam va-ed

Blessed is God's glorious name for ever and ever.

What feels different about being outside this spring after a Covid winter?

Rejoice!

Dance one thousand steps toward heaven.

Sing one thousand hymns of praise.

Breathe one thousand breaths of glory.

Rejoice!

Climb one thousand steps of courage.

Chant one thousand hymns of hope.

Laugh one thousand breaths of healing.

Rejoice!

Walk one thousand steps of power.

Hum one thousand hymns of life.

Share one thousand breaths of wonder.

Rejoice!

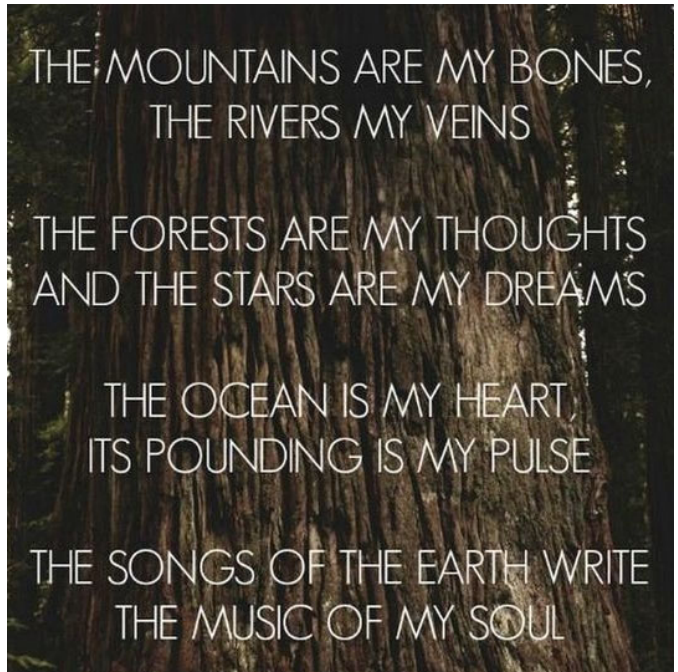
Leap one thousand steps towards beauty.

Cry one thousand hymns of joy.

Feel one thousand breaths of mystery.

Rejoice! Rejoice!

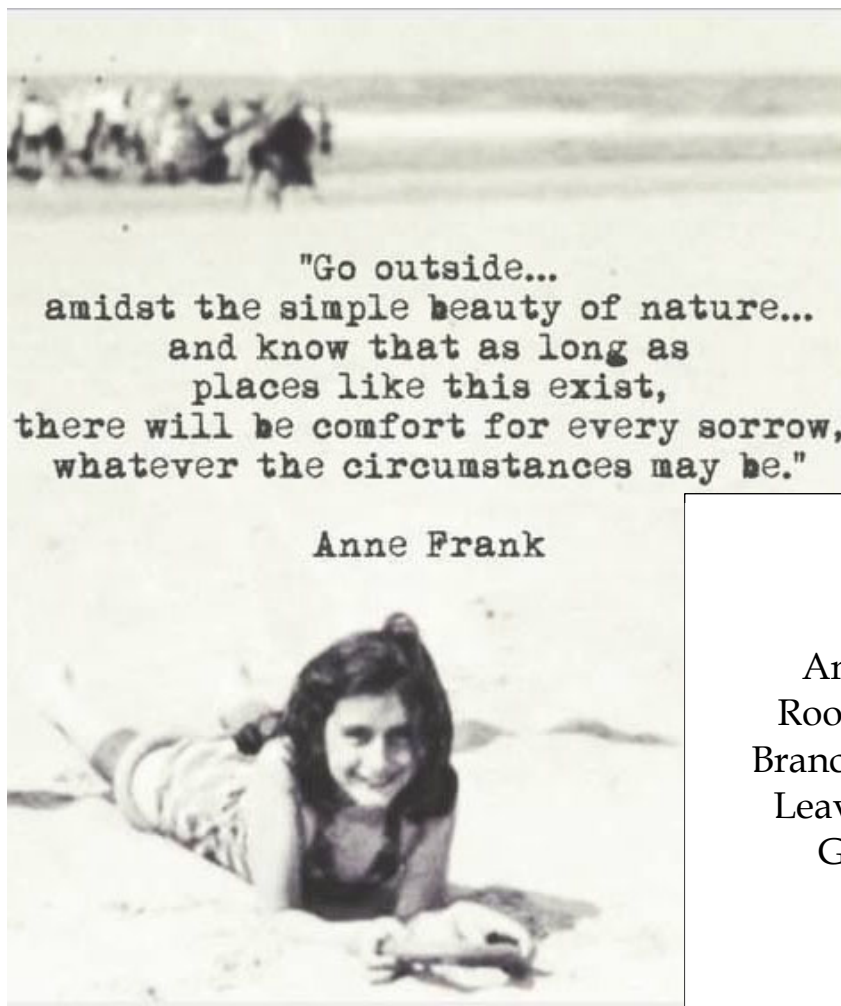
Alden Solovy



Genesis 28:16-17

וַיִּקְוֶן יַעֲקֹב מִשְׁנָתוֹ וַיֹּאמֶר אָכֹל יֵשׁ יְהוָה בַּמָּקוֹם הַזֶּה וְאֲנֹכִי לֹא יָדַעְתִּי:
וַיִּירָא וַיֹּאמֶר מִה־נִּוֶּרָא הַמָּקוֹם הַזֶּה אֲיֵן זֶה כִּי אִם־בַּיִת אֱלֹהִים וְזֶה שַׁעַר הַשָּׁמַיִם:

(16) And Jacob awaked out of his sleep, and he said: 'Surely Adonai is in this place; and I knew it not.' (17) And he was in awe, and said: 'How awesome is this place! This is none other than the house of God, and this is the gate of heaven.'

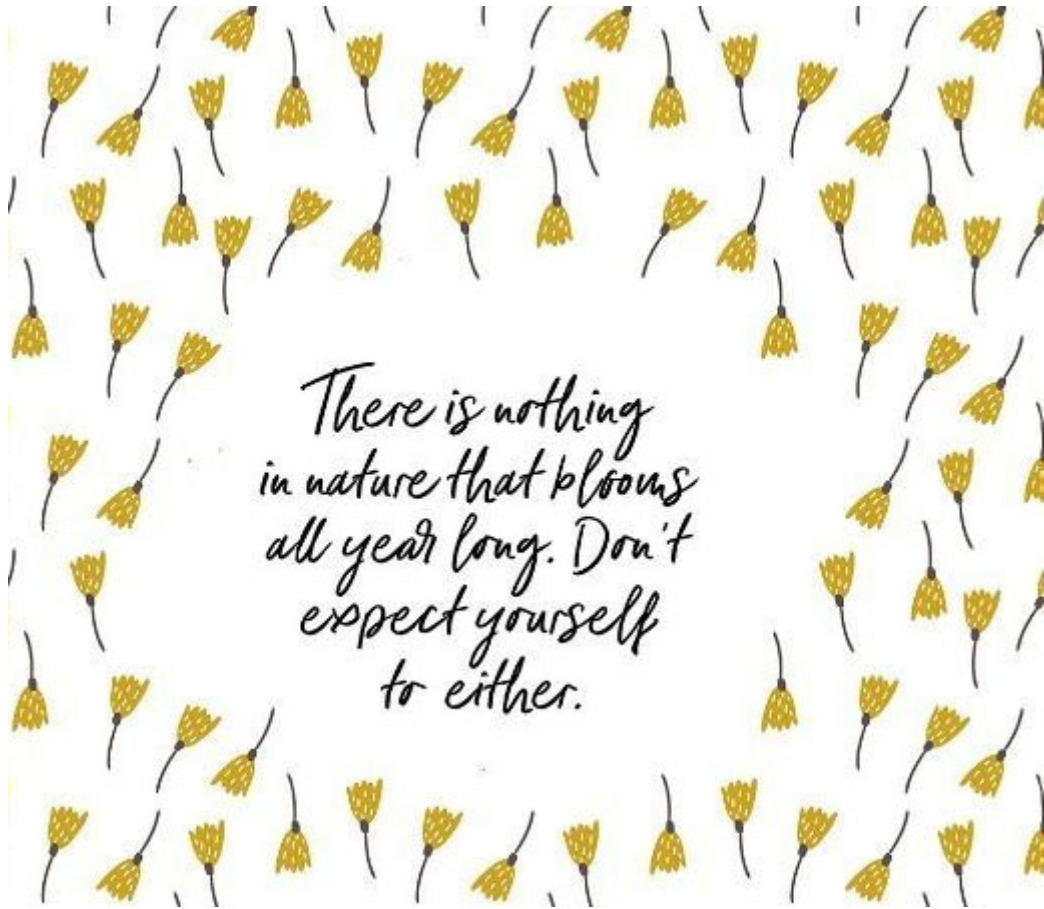


Me
My family
The Jewish people
And Torah, a Tree of Life
Roots holding on to the past
Branches reaching to the future
Leaves dancing like children
Growing and changing
With the seasons
Teaching:
Peace
Caring
Sharing
Tolerance
Understanding
From parent to child
From generation to generation

Once there was a Rebbe who had a Yeshiva. His son studied in the Yeshiva. One day the son took off the afternoon to go walking in the forest. The father said nothing. But over time the son took to taking off every afternoon to walk in the forest. At this point the father realized that he needed to confront his son. The Rebbe said to his son, "I hear that you are walking in the forest every afternoon. Why are you doing this?" The son replied that he was looking for God. The Rebbe was puzzled and asked, "Did I not teach you that God is the same everywhere?" The son replied, "Abba, I know that God is the same everywhere, but I am not."

What do you understand better because you are spending time in nature?





It is not we alone who pray;
all things pray.
All things pour forth their souls.
The heavens pray, the earth prays,
every creature and every living thing prays.
In all life, there is longing,
a prayer to the Almighty.
What are the clouds, the rising and the setting of the sun,
the soft radiance of the moon, and the gentleness of the night?
What are the flashes of the human mind
and the storms of the human heart?
They are all prayers –
the outpouring of boundless longing for God.

How does nature pray? What does its prayer sound like?
Can you hear it today?