

A Bar Mitzvah Prayer For You

Father, I have studied to gain the  
knowledge of my people  
So will You show me now  
How to use it wisely  
to make the world I live in  
a little better place,  
and make life with its problems  
a bit easier to face.  
Grant me faith and courage  
and put purpose in the days  
to follow.  
Show me how to live under  
Thy laws in the most effective way,  
so my education and Jewish training,  
will find their true fulfillment  
and may I ever be aware  
in everything I do  
that knowledge comes from learning  
and wisdom comes from You.

Submitted and transposed  
by Vivian E. Spector

## A FAMILY

A family is a PLACE

to cry  
and laugh  
and vent frustration  
to ask for help  
and tease  
and yell  
to be touched and hugged  
and smiled at.

A family is PEOPLE

who care when you are sad  
who love you no matter what  
who share your triumphs  
who don't expect you to be perfect  
just growing with honesty  
in your own direction

A family is a CIRCLE

where we learn to like ourselves  
where we learn to make good decisions  
where we learn to think before we do  
where we learn integrity and respect for others  
where we are special  
where we share ideas  
where we listen and are listened to  
where we learn the rules of life  
to prepare ourselves for the world

The world is a PLACE

where anything can happen

If we grow in a LOVING FAMILY

we are ready for the world.

Unknown

## A Family Is.....

A Family is a deeply rooted tree with branches of different strengths all receiving nourishment from as infinite source.

A Family is where character is formed, values are learned, ethics Are created and society is preserved.

A Family is where all members contribute and share, cooperate and work and accept their responsibilities toward the good of the group.

A Family is where holidays are celebrated with feasting, birthdays acknowledged with gifts, and thoughts of days gone by alive with fond remembrances.

A Family is where each can find solace and comfort in grief, pleasure and laughter in joy, and kindness and encouragement in daily living.

A Family is a haven of rest, a sanctuary of peace and most of all A harbor of Love.

## A Gentle Prayer

Dear G-d,

Help me to learn to be gentle and compassionate with myself so that I might be gentle and compassionate with others,  
Help me learn to forgive myself for being less than kind and generous at times, so that I can forgive others.  
Help me appreciate that in my struggles sometimes I am self-centered and unavailable.  
Let me understand that sometimes other people are self-concerned and unavailable to me.

Dear G-d,

Let me be honest with myself as I examine the fabric of my life.  
Let me see the weave of successes and failures.  
Let me take pride in the successes and learn from the failures.  
From looking at my own life help me learn to support others,  
Let me feel joy in their successes and let me support them and encourage them when they have failed.

Sometimes I forget--

We are all fragile,  
we have all failed at times,  
we have all hurt people we love.

Knowing our frailties and flaws

I still believe in the beauty of the human spirit  
and trust life.

by Diane Mann

### A Good Family Means...

A good family is a special and wonderful thing--  
people who trust each other and who care for  
each other.

A good family means people who listen to each  
other,  
Who open their hearts and their minds to one  
another.

Each member understands that he is an important  
person.

Each member understands that he has responsibi-  
lities to each of the others.

In a good family, some work in the home and some  
work outside of it,  
but all work together, and everyone works to grow  
and to learn,  
each in his own way.

A good family is a blessing from G-d to be  
treasured and enjoyed.  
With thanks in our hearts we pray that we can  
find the ways  
always to be a good family.

by Ruth E. Brin

## "A little boy"

The other day I saw a little boy with blond hair.  
He was about three years old.  
I looked at him again.  
I remembered another little blond boy.  
He used to hold onto my leg,  
and whenever I walked,  
this little boy was right there.  
I remember saying, "If only I could  
walk without my little boy hanging on.  
I just can't go anywhere without him there."  
My boy is on a trip. He's riding  
on a bike. He's hanging on  
mountains, and highways and trails.  
The time has flown by, and he is 16  
and grown up. When I look back -  
it was easier then. I knew  
where he was. He was right there  
with me.

The other day I saw a grown up boy  
with blond hair.  
He was about 16 years old.  
I looked at him again.  
I remembered another blond boy  
who is so far away.  
The time has flown by and he is  
16 and for a short time on his own.  
My mind wanders to is he all right  
in the night.  
Is he dressed warm when it's cold  
Is he eating enough  
Is he safe when it rains  
Is his tent secure  
How is he getting along  
I tried to teach him so much  
but it was never enough.

The other day I prayed like  
I prayed when he was born.  
This small little boy of four pounds  
has grown up to be so strong.  
Please G-d, I prayed, watch  
over my boy.

Vivian E. Spector

## A Rainbow of Friends



A rainbow of friends is the vision we see  
When we think about peace and world harmony.

*Some friends are funny. Some friends are stars.*  
Some friends wear clothing that's different from ours.

But all friends are special and add in some way  
To the richness o' life - how we think, what we say.

A rainbow of friends is a dream we can share  
Where everyone's treated with kindness and care.

A friend may be challenged in movement or speech.  
A friend may be distant or quite hard to reach.

Still each friend is given a share of our hearts,  
So no one feels different, unloved, or apart.

A rainbow of friends is a chance for us all  
To help one another when we stumble or fall.

We all have our interests, we all have our views.  
We all have our strengths and our weaknesses too.

And though we may wander, a bit wide or far,  
Our friends will accept us the way that we are.

A rainbow of friends is a bonding together  
That eases our journey through all kinds of weather.

Our goals can be reached with the greatest success  
By trusting that others are doing their best.

So reach out with love to the people you meet,  
And offer a smile to all those you greet.

The world is a family whose welfare depends  
On a circle of caring - on a rainbow of friends.

~P.K. Hallinan

## A SISTER IS .....

A sister is one of the luckiest gifts that a person can be born with.

A sister is a special person.

A sister is someone to count on, to laugh with, and to trust.

My sister and I share clothes, jewelry, magazines, books and tapes, but most of all we share secrets and love.

My sister and I are best friends.

We love to talk and giggle while we sit and drink hot chocolate, and talk late into the night.

We love to go somewhere nice and quiet together, and read books or talk about school and friends.

Having a sister is like having an extra heart -- she is someone who always loves you (no matter what!), and who you will always love.

By, Amy LaGrotte

My sister is very nice.

She helps me with my homework.

It is fun to be with her.

I like to ride bikes with her.

She plays ball with me.

I love her.

By, Danny LaGrotte



IN PRESENT MORNING

AS THE LORD

Lord, our God, you have shown us great love,  
You have showed compassion upon us.

A SPECIAL TOUCH

Our children bring us happiness,  
Our children bring us happiness,  
You have shown us great love,  
You have showed compassion upon us.

They're laughter, warmth and special charm  
they're thoughtfulness and love,

Our children bring a special joy that comes  
from deep inside,

And as they grow to adulthood, we feel ashamed,  
they fill our heart with pride,

Through every stage,  
through every age,  
We love them more and more,  
And even though they're growing fast, and

and things do change so much,  
It seems to me that more than ever, your uniqueness

they have a special touch.  
elects His people Israel

## AT MY BAR MITZVAH - AND HIS

Dedicated to the memory of a thirteen year-old hero of the Resistance.

When I was thirteen, I became Bar Mitzvah.

When he was thirteen, he became Bar Mitzvah.

When I was thirteen, my teachers taught me - to put Tefillin on my arm.

When he was thirteen, his teachers taught him - to throw a hand grenade with his arm.

When I was thirteen, I studied - the pathways of the Bible and roadways of the Talmud.

When he was thirteen, he studied - the canals of Warsaw and the sewers of the Ghetto.

At my Bar Mitzvah, I took an oath to live as a Jew.

At his Bar Mitzvah, he took an oath to die as a Jew.

At my Bar Mitzvah, I blessed G-d.

At his Bar Mitzvah, he questioned G-d.

At my Bar Mitzvah, I lifted my voice and sang.

At his Bar Mitzvah, he lifted his fists and fought.

At my Bar Mitzvah, I read from the Scroll of the Torah.

At his Bar Mitzvah, he wrote a Scroll of Fire.

At my Bar Mitzvah, I wore a new Tallit over a new suit.

At his Bar Mitzvah, he wore a rifle and bullets over a suit of rags.

At my Bar Mitzvah, I started my road of life.

At his Bar Mitzvah, he began his road to martyrdom.

At my Bar Mitzvah, family and friends came - to say l'chayim.

At his Bar Mitzvah, Rabbi Akiba and Trumpeldor, Hannah and her seven sons came - to escort him to Heaven.

At my Bar Mitzvah, they praised my voice, my song, my melody.

At his Bar Mitzvah, they praised his strength, his courage, his fearlessness.

When I was thirteen, I was called up to the Torah - I went  
to the Bimah.

When he was thirteen, his body went up in smoke - his soul  
rose to G-d.

When I was thirteen, I became Bar Mitzvah - and lived.

When he was thirteen, he became Bar Mitzvah - and lives  
now within each of us.

By Howard Kahn

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knowledge of my people  
So will You show me now  
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to make the world I live in  
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and make life with its problems  
a bit easier to face.  
Grant me faith and courage  
and put purpose in the days  
to follow.  
Show me how to live under  
Thy laws in the most effective way,  
so my education and Jewish training,  
will find their true fulfillment  
and may I ever be aware  
in everything I do  
that Knowledge comes from learning  
and wisdom comes from You.

Submitted and transposed  
by Vivian E. Spector

AT THE WALL

To the Promised Land  
We went together...  
Together we stood  
On the Mount of Olives  
Where breathlessly we watched  
As the sun shone  
From a cloudless, inspiring sky  
Casting its glow of gold upon  
The view eternally etched  
In Jerusalem stone.  
Together we chanted  
At the Western Wall  
Which breathed with prayers  
Faithfully placed between its ancient stones  
Or with holy words uttered there,  
Words transcending time and flesh and bones.  
Entwined we were together...  
With our children, with our friends,  
Entwined by the strong, silk thread  
Of sacred moments shared.  
Together...yet, embraced by this blessed place,  
I felt peacefully apart, peacefully alone.  
Ilene Munetz Pachman



**Believe in Miracles!**  
by Vickie M. Worsham

Love your life.  
Believe in your power,  
Your own potential,  
And your own innate goodness.  
Every morning, wake with the awe of just being alive.  
Each day, discover the magnificent,  
awesome beauty in the world.  
Explore and embrace life in yourself  
and in everyone you see each day.  
Reach within to find your own specialness.  
Amaze yourself,  
and rouse those around you to the potential of each new day.  
Do not be afraid to admit you are less than perfect;  
This is the essence of your humanity.  
Let those who love you help you.  
Trust enough to be able to take.  
Look with hope to the horizon of today,  
For today is all we truly have.  
Live this day well.  
Let a little sunshine out as well as in.  
Create your own rainbows.  
Be open to all your possibilities;  
Possibilities can be miracles.  
Always believe in miracles.




## BELIEVE IN YOURSELF

Believe that you have the destiny, the innate ability, to become all you expect of life. Experience all of life's peaks and plateaus. Find the meaning of life's struggles and accomplishments. There you will find the meaning of life and life's work.

Trust in your deeply hidden feelings, because they show the person that you are. Take hold of each opportunity, and make the most of it.

Know the person that you are, the needs that your life contains...



"BUILD US A DAUGHTER"

Build us a daughter, O Lord, who will be strong enough to know when she is weak, and brave enough to face herself when she is afraid; who will be proud and unending in honest defeat, and humble and gentle in victory.

Build us a daughter whose wishbone will not be where her back-bone should be; a daughter who will know Thee - and that to know herself is the foundation stone of knowledge.

Build us a daughter whose heart will be clear, whose goals will be high, a daughter who will master herself before she seeks to master others, one who will learn to laugh, yet never forget how to weep; one who will reach into the future, yet never forget the past.

And after all these things are hers, add, we pray, enough of a sense of humor, so that she may always be serious, yet never take herself too seriously. Give her humility, so that she may always remember the simplicity of true greatness, the open mind of true wisdom, the meekness of true strength.

## COMMANDMENTS FOR PARENTS

Give your children unconditional love, a love that is not dependent on report cards, clean hands, or popularity. Give your children a sense of your whole-hearted acceptance, acceptance of their human frailties as well as their abilities and virtues. Give your children your permission to grow up to make their own lives independent of you. Give them a sense of truth; make them aware of themselves as citizens of a universe in which there are many obstacles as well as fulfillments. Bestow upon your child the blessings of your faith. These are the laws of honoring your son and your daughter. Out of these laws will be built the Declaration of Independence for the coming generation, a spiritual and emotional independence that, in turn, will make the world free, democratic, safe, creative.

By Joshua Loth Liebman

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Know the person that you are, the needs that your life contains...



## Create Your Own Rainbows...

Author Unknown

Love your life.  
Believe in your power,  
Your own potential,  
And your own innate goodness.

Every morning, wake with the awe of just being alive.  
Each day, discover the magnificent,  
awesome beauty of the world.  
Explore and embrace life in yourself  
and in everyone you see each day.  
Reach within to find your own specialness.  
Amaze yourself,  
and rouse those around you to the potential of each new day.  
Do not be afraid to admit you are less than perfect;  
This is the essence of your humanity.

Let those who love you help you.  
Trust enough to be able to take.  
Look with hope to the horizon of today,  
Live this day well.  
Let a little sunshine out as well as in.  
Create your own rainbows.

## FAMILY

In all of nature, there is no stronger bond than that of blood. Family provides a sense of history, roots which harken back to ancient times linking one generation to another.

You are a charter member of this group, of this community. It is a birthright which belongs to you forever. It can never be taken away. In the good times, you celebrate happy events within your family. In hard times, your family provides a shoulder to lean on.

The path of life can wind in many different directions. No one can say with certainty where it will lead. Uncertainty and doubt can surround it, clouds can obscure its sun.

In your family, there is someone to count on, someone to listen, someone to care. Your family is in your corner, it will support you, reminding you that you are not alone.

FOR OUR TEENAGERS

Someday when my children are old enough to understand the logic that motivates a parent, I will tell them:

I loved you enough to ask where you were going, with whom, and what time you would be home.

I loved you enough to insist that you save your money and buy a bike for yourself even though we could afford to buy one for you.

I loved you enough to be silent and let you discover that your new best friend was not a nice person.

I loved you enough to stand over you for two hours while you cleaned your room, a job that would have taken me fifteen minutes.

I loved you enough to let you see anger, disappointment and tears in my eyes. Children must learn that their parents aren't perfect.

I loved you enough to let you assume the responsibility for your actions even when the penalties were so harsh they almost broke my heart.

But most of all, I loved you enough to say NO when I knew you would hate me for it. Those were the most difficult battles of all. I'm glad I won them because in the end you won something too.

Author Unknown

## **GIFTS OF TIME OUR CHILDREN ASK OF US...**

Accept me.... when others engage in comparisons;  
Pause with me... when others hurry by;  
Walk with me... when others have too little time;  
Listen to me... when others are too preoccupied;  
Read with me... when others prefer television;  
Talk with me... when others prefer shouting;  
Praise me... when others can find only fault;  
Believe in me... when others offer no encouragement;  
Play with me... when others prefer being entertained;  
Discipline me... when others fail to set limits;  
Learn with me... when others have forsaken curiosity;  
Laugh with me... when others fail to see any humor;  
Challenge me... when others accept less than my best;  
Create with me... when others settle for the ready-made;  
Pray with me... when others have lost faith;  
Hug me... and remind me how much I am loved;  
Dream with me... and discover all I would like to be.

**Lifetime Memories for Our Children** by Anthony P. Witham, Ph.D.

## I Believe in You

I want to tell you that I believe in you

I believe in your mind

and all the dreams, intelligence, and determination within you.

You can accomplish anything.

You have so much open to you,

so please don't give up on what you want from life

or from yourself.

Please don't put away the dreams inside of you.

You have the power to make them real.

You have the power to make yourself

exactly what you want to be.

Believe in yourself the way I do,

and nothing will be beyond your reach.

~Joleen K. Fox

## **I See Children As Kites**

You spend a lifetime trying to get them off the ground,  
You run with them until you're both breathless...  
They crash...you add a longer tail,  
They hit the rooftops...you pluck them out of the spout,  
You patch and comfort, adjust and teach,  
You watch them lifted by the wind and assure them  
that some day they  
will  
fly!

Finally, they are airborne, but they need more string  
and you keep letting it out!  
With each twist of the ball of twine,  
There is a sadness that goes with joy,  
Because the kite becomes more distant and  
Somehow you know that it won't be long  
Before that *beautiful* creature  
Will snap the lifeline that bound you together  
And soar as it was meant to soar...  
Free  
and  
alone.

Only then do you know that you did your job.

**-Erma Bombeck-**

**This is dedicated to all those children that are so loved!**

In The Beginning

In my heart  
Is the seed of the tree  
Which will be me.

Nourished by understanding  
Warmed by friends  
Fed by loved ones  
Matured by wisdom  
Tempered by tears.

What mark will I leave behind?  
What sign will tell the future traveler that I existed?  
Shall I carve it on a door?

"I am here!

Today...

I exist!"

I believe the deepest impression is made  
In those moments when I can say

I Care

I Love.

by Leonard Nimoy

INTRODUCTION TO HAVDALAH -  
SPEEDILY AND IN OUR DAY

Each Saturday evening when we conclude the Shabbat, we sing about Elijah the Prophet. "Please bring us the Messiah out of the House of David Speedily and in Our Day."

We sing in the hope for a better world which approaches the Messianic Era. We hope for a world without war and killing and fear. We dream of the day when Arabs and Jews end their family squabble and embrace each other in peace.

We yearn for the time that we stop building nuclear armaments to destroy ourselves, and we invest our money instead in the education of our children, in feeding the poor, in cleaning our rivers, in medical research and in planting a tree.

The day will come when war will be known only through history books, when medicine will have won the war against the diseases that plague us, when people will live in peace, when the world will be an Eternal Shabbat of peace and of rest. The day will come.

We can take something from the calm, the beauty of this Holy Shabbat and hold on to it during the week; a little less worry, a little less anxiety would be wonderful. May there be a little more calm, peace, love and enjoyment. We can begin this week moving a step closer to the time of Messiah - a better world.

Elliott N. Perlstein

אֱלֹהֵינוּ מִלְּפָנֶיךָ אֱלֹהֵינוּ  
אֱלֹהֵינוּ מִלְּפָנֶיךָ אֱלֹהֵינוּ  
בְּמִשְׁכַּן הַבְּרִית יְבֹרָכָה  
עַם אֱשֵׁרְךָ יְיָ, עַם אֱשֵׁרְךָ יְיָ.  
אֱלֹהֵינוּ מִלְּפָנֶיךָ



## Mirror Image

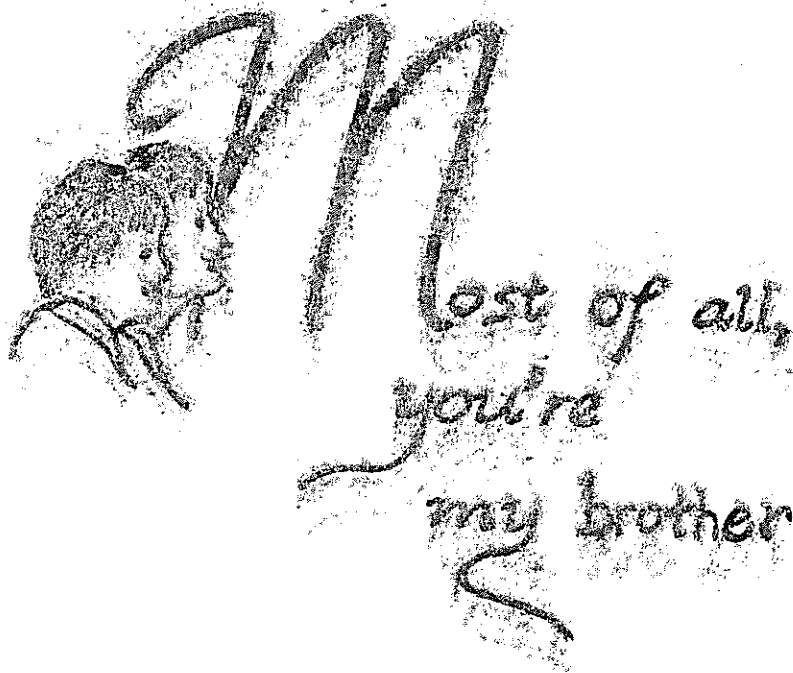
I am a soul;  
unconsciously, I dwell in the human personality-  
collectively, I dwell in the Jewish people.

I am the spirit of the community that enters  
the children and their homes at birth-  
endowing them through four thousand years  
with immortality.

I am a precious way of life that teaches  
compassion, achievement, love and peace.

I am the spiritual heritage that must  
be awakenend and transmitted to your children  
so they will understand the meaning of existence-  
thereby enabling them to rise above themselves.  
For I am the Hand of G-d.

by Lynn Schaeffer



Most of all, You're My Brother

Having a brother means many things to me,  
It means having someone to count on, to confide in  
and to trust,  
It means understanding, believing and caring,  
It means sharing laughter, thoughts and disappointments,  
But most of all, you're my brother,  
And you're something special to me that no one else  
can ever be



Most Of All, You're Our Sister

Having a sister means many things to us,  
It means having someone to count on, to confide  
in and to trust,  
It means understanding, believing and caring,  
It means sharing laughter, thoughts and  
disappointments,  
But most of all, you're our sister,  
And you're something special to us that no one  
else can ever be.

MY SON, WE ARE SO PROUD OF YOU AND WE LOVE YOU

You are very unique and special  
Your many talents give you varied paths to choose  
Your phenomenal intelligence  
always leads you to think so deeply about things  
Your many interests keep you constantly occupied  
Your positive outlook gives you the energy to  
accomplish great things  
Your determination gives you the ability to  
succeed in meeting your goals  
Your excitement with whatever you do  
crosses you to always have fun  
Your sense of humor allows you  
to make mistakes and learn from them  
Your confidence allows you to take risks  
and not be afraid of failure  
Your sensitivity lets you understand and  
want to fight against the injustices of the world.

What an incredible young man you are growing up to be  
We were proud of you when you were born  
We were proud of you when you were a young boy  
Now, as we thank you  
for continuing to grow in your own  
unique, wonderful way  
We are more proud of you  
than ever before  
and we love you.

Author: Susan Polis Schutz

③

NOT WORDS BUT DEEDS

Be wise not only in words, but in deeds;  
Mere knowledge is not the goal, but action.  
Know the G-d of your ancestors  
And serve Him by your deeds,  
Let not your wisdom exceed your deeds,  
Lest you be like a tree with many branches but few roots.  
If the thoughts of your heart be pure,  
It is likely that so will be the works of your hand.  
Accustom yourself to do good;  
Before long it will become your chief delight.  
One good deed leads to another,  
As every evil deed leads to more wrong-doing.  
If others do good through you,  
Their deeds will be accounted to you as your own.  
Though it is not incumbent upon you to complete the work,  
You are not free from doing all you possibly can.  
Judge a man by his deeds,  
Any you will not be led to false judgment.  
Say little and do much,  
For by your deeds shall you be judged.  
If you are wise and rich,  
Let your good deeds reveal your wisdom and your wealth.  
Honor a man for what he is;  
But honor him more for what he does.  
Honor not a man for his possessions alone;  
Honor him most for the use he makes of them.  
When a man departs this world, neither silver nor gold,  
Nor precious stones accompany him;  
He is remembered only for his love of learning and his good  
deeds.  
Happy is the man who is rich in good deeds,  
For he shall be honored in life,  
And be remembered long afterwards for his goodness.

... Training

## A PARENTS' PRAYER

With gladness and thanksgiving we praise You, O Lord our God for having kept us alive, and sustained us, and enabled us to reach this day.

We give thanks for the wondrous privilege of seeing our daughter grow day by day, week by week, year by year. For the health and strength You have given her, for the mind and spirit with which you have endowed her, for her ability to elicit and return love - for all these precious gifts, we thank You.

We thank You for this joyous privilege of seeing our daughter attain this milestone. On this day, cherished dreams and hopes are fulfilled. On this day, new dreams and new hopes are born.

We pray that Your protecting and loving care will accompany her wherever she goes and in all she does. Help her to become all that she is capable of being. Give her strength to do all the good things that are within her reach. Keep her loyal to the best that she has been shown, and to the noblest Jewish teachings she has been taught.

May her deeds find favor in the eyes of others and be worthy of Your blessings.

## APPENDIX B

### Example of Parents' Prayer

For Parent of a Bar Mitzvah:

"This is the day the Lord has made;  
let us rejoice and celebrate on it."

With gladness and thanksgiving we praise You, O Lord our G-d, for having kept us alive, and sustained us, and enabled us to reach this day. We give him thanks for the wondrous privilege of seeing our son grow day by day, week by week, year by year. For the health and strength You have given him, for the mind and spirit with which you endowed him, for his ability to elicit and return love - for all these precious gifts, we thank You.

Watch over him, O G-d, on this special day and every day. Grant him a growing understanding of the true significance of this occasion and a deepening loyalty to everything which it represents. May the teachings of our heritage guide him through life; and may he lead a life worthy of Your blessings. Amen

For Parent of Bat Mitzvah

"This is the day the Lord has made;  
Let us rejoice and celebrate on it."

On this Shabbat when our daughter becomes a Bat Mitzvah we have come with her and our loved ones to join in worship and to offer our prayer of thanksgiving.

We are grateful, O G-d, for the privilege of passing along the gift of life which You gave us, thus sharing with You in the miracle of creation. We are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges which these years have brought us. Praise to You, O Lord for keeping us alive, for sustaining us, and for enabling us to reach this day.

Bless our daughter, O G-d; watch over her, protect her, guide her. Help her to continue to grow in body and mind, in soul and character. Keep her loyal to our people and to the teachings of our Torah. May her life be rich and rewarding. May all her deeds bring pride to us, honor to the House of Israel, and glory to Your name. Amen

## PARENT'S PRAYER

Our G-d and G-d of our ancestors, on this day of we express our hopes to You. We hope that our child will grow in continued health and strength and will achieve all the worthy wishes of his (her) heart. We hope that the commitment we have for Judaism, the Jewish people and way of life will grow more and more deeply to be part of our child's very being. We hope that our child, while enjoying the many blessings of life will make a contribution to the world around, to our country, his (her) community and the Jewish People.

May our celebrations together be many and our Jewish celebrations continue. On this Simchah we express our thanks.

Baruh Atah Adonai  
Eloheynu Meleh Haolam  
Shehecheyanu V'kiymanu, V'Higyanu  
Lazman Hazeh.

Praised are you, Adonai, Our G-d, King of the Universe who has kept us in life, sustained us and enabled us to reach this day of



## **Talmud Berachot 17a – Lawrence Kushner, Translator**

May you live to see your world fulfilled,  
May your destiny be for worlds still to come,  
And may you trust in generations past and yet  
to be.

May your heart be filled with intuition  
and your words be filled with insight.

May songs of praise ever be upon your tongue  
and your vision be on a straight path before you.

May your eyes shine with the light of holy words  
and your face reflect the brightness of the heavens.

May your lips speak wisdom  
and your fulfillment be in righteousness  
even as you ever yearn to hear the words  
of the Holy Ancient One of Old.

## TO LIFE

Life can be looked at in many ways; as whether a glass is half-full or half-empty.

You can look at life and see what you have; alternatively, you can focus on things which are missing.

You can look at your children and be thankful for their health and happiness. You can look at your family and be grateful for their support.

You can think of your friends and remember the good times spent together.

You can recall your past accomplishments and dream of future achievements.

Above all, you can treasure your life, spending your time on those things which make the glass half-full instead of wondering why the glass is half-empty.

## To You, Our Child

If there could be only one thing in life for us to teach you, we would teach you to love...

To respect others so that you may find respect in yourself

To learn the value of giving so that if there ever comes a time in your life that someone really needs, you will give

To act in a manner that you would wish to be treated; to be proud of yourself

To laugh and smile as much as you can, in order to bring joy back into this world

To have faith in others; to be understanding

To stand tall in this world and to learn to depend on yourself

To only take from this earth those things which you really need, so that there will be enough for others

To not depend on money or material things for your happiness, but

To learn to appreciate the people who love you, the simple beauty that G-d gave you and to find peace and security within yourself...

To you, our child, we hope that we have taught all of these things,

for they are love

Author Unknown

## Torah: a gift of love

❧ A loving parent does not show genuine love by telling a child, "Do whatever you want." That would not indicate love, but lack of concern and abdication of responsibility. The truly loving parent says to the child, "I care very much about you, and although I cannot live your life for you, I want you to have the benefit of my experience."

The Jew understood from the beginning that Judaism was a religion of love because it did not leave him to find the way through life alone and unaided. It offered advice, insight, and experience. It was out of God's love and concern for Israel that He gave them the Torah, so that instead of stumbling blindly, they might be aided by its principles, take heed of its warnings, and draw closer to Him.

Harold Kushner

Twenty-Four Things to Always Remember...  
and One Thing Never To Forget by Douglas Pagels

Your presence is a present to the world.  
You're unique and one of a kind.  
Your life can be what you want it to be.  
Take the days just one at a time.  
Count your blessings, not your troubles.  
You'll make it through whatever comes along.  
Within you are so many answers.  
Understand, have courage, be strong.  
Don't put limits on yourself.  
So many dreams are waiting to be realized.  
Decisions are too important to leave to chance.  
Reach for your peak, your goal, your prize.  
Nothing wastes more energy than worrying.  
The longer one carries a problem, the heavier it gets.  
Don't take things too seriously,  
Live a life of serenity, not a life of regrets.  
Remember that a little love goes a long way.  
Remember that a lot...goes forever.  
Remember that friendship is a wise investment.  
Life's treasures are people...together.  
Realize that it's never too late.  
Do ordinary things in an extraordinary way.  
Have health and hope and happiness.  
Take time to wish upon a star.  
And don't ever forget...for even a day,  
How very special you are.

### What Do We Teach Our Children In School

We teach them that two and two make four and that Paris is in France. When will we also teach them what they are? We should say to each of them: Do you know what you are? You are a marvel. You are unique. In all of the world there is no other child exactly like you. In the millions of years that have passed there has never been another child like you. And look at your body--what a wonder it is! Your legs, your arms, your cunning finger, the way you move. You may become a Shakespeare, a Michelangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must cherish one another. You must work--we all must work to make this world worthy of its children.

Pablo Casals from his  
autobiography, Joys and Sorrow.

What Is Real Good?

"What is real Good?"

I asked in a musing mood.

Order, said the law court;

Knowledge, said the school;

Truth, said the wise man;

Pleasure, said the fool;

Love, said a maiden;

Beauty, said the page;

Freedom, said the dreamer;

Home, said the sage;

Fame, said the soldier;

Equity, said the seer;

Spake my heart full sadly,

"The answer is not here."

Then within my bosom

Softly this I heard;

"Each heart holds the secret;

KINDNESS is the word."

How beautiful a day can be

when kindness touches it!

from The Art of Living

WHAT KIND OF CHILDREN DO WE WANT?  
COMMENTARY ON "YOU SHALL TEACH THEM TO YOUR CHILDREN"

A child that lives with ridicule  
learns to be timid.  
A child that lives with criticism  
learns to condemn.  
A child that lives with distrust  
learns to be deceitful.  
A child that lives with antagonism  
learns to be hostile.  
A child that lives with affection  
learns to love.  
A child that lives with encouragement  
learns confidence.  
A child that lives with truth  
learns justice.  
A child that lives with praise  
learns to appreciate.  
A child that lives with sharing  
learns to be considerate.  
A child that lives with knowledge  
learns wisdom.  
A child that lives with happiness  
will find love and beauty.

COMMANDMENTS FOR PARENTS  
COMMENTARY ON "YOU SHALL TEACH THEM TO YOUR CHILDREN"

Give your children unconditional love, a love that is not dependent on report cards, clean hands, or popularity. Give your children a sense of your whole-hearted acceptance, acceptance of their human frailties as well as their abilities and virtues. Give your children your permission to grow up to make their own lives independent of you. Give them a sense of truth; make them aware of themselves as citizens of a universe in which there are many obstacles as well as fulfillments. Bestow upon your child the blessings of your faith. These are the laws of honoring your son and your daughter as children are committed to honor parents.

Joshua Loth Liebman



## When You Thought I Wasn't Looking

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat, and I learned ~~what~~ that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me and I learned that the little things can be the special things in life.

When you thought I wasn't looking, I heard you say a prayer, and I knew there is a G-d I could always talk to and I learned to trust in G-d.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking."

~~Author Unknown~~

Mary Rita Schilke Korzan

Dear Friends,

We welcome you to our Synagogue. To enrich the experience we share together, the following is a brief description of the architecture and Services we will share together this morning.

### Its Design

The Synagogue Sanctuary is laid out somewhat differently from the way in which most houses of worship are arranged. You will note that the chairs are set up facing each other on both sides of a central area. At the front of the Sanctuary is a large pulpit with lecturns and, at the center, the Holy Ark. In the middle of the room is another pulpit, discussed below. This arrangement is seen mainly in Synagogues of Sephardic Jews - those who, following exile of the Jewish people from Palestine during the days of the Romans, settled in lands that later came under Moorish or Moslem influence. The Sephardim chose to design their Synagogues in this fashion, while other Jews, in Eastern and Western Europe, placed the Amud, or Reader's Table, closer to the Ark.

The main pulpit, or Bimah, is at the Eastern end of the hall because Jewish Law requires that all Synagogue and individual worship be directed toward the East, where the Temple once stood in Jerusalem. At the center of the front pulpit stands the Ark which contains a number of richly decorated, handwritten scrolls called Sifrei Torah (Books of the Torah). Torah is the Hebrew term for the five books of Moses, or the first five books of the Bible (Pentateuch). Just above the Ark is a small decorative light. It is called the Eternal Light, recalling the light that was said to burn constantly in the Temple at Jerusalem and which symbolizes the unfailing light of learning and tradition.

The rear platform is used in that portion of the Service during which the Torah is read aloud.

### Special Attire

You will notice that all of the men who enter the Sanctuary wear a head covering. This cap is variously known in Hebrew as a Kipah or in Yiddish as a Yarmulke. You have probably seen some Jewish men wearing these skullcaps at all times. The Kipah is worn as a sign of respect during times of prayer and study. It also serves as a symbol of Jewish identity. Today Kipot are seen more and more in the Reform Synagogues as well. Women wear a headcovering when called to the Bimah. It is traditional for adult women to cover their heads at all times while in the Sanctuary.

## Books

You have two different texts. The smaller black one, Sabbath and Festival Prayer Book, is used during the Majority of the Saturday Morning Service. The larger blue one, a Hebrew and English version of the Five Books of Moses (Torah or Pentateuch) along with selected readings from the Prophets has an English translation along with a running commentary at the bottom of the page. This larger blue book is used during the Torah-reading portion of the Service.

## The Bar/Bat Mitzvah

The term Bar/Bat Mitzvah is used variously in modern parlance. It may be translated from the Hebrew as son/daughter of the commandment but is used to connote a variety of meanings. At age 13, it is expected that a Jewish youth be prepared to accept the responsibilities of adulthood in the Jewish religion. The individual undertaking this is called a Bar/Bat Mitzvah, one who is prepared to follow the precepts and laws of Judaism. The term has also been applied to the ceremony marking the occasion at which the young person is called upon to read from the Torah for the first time. (The prefix "Bar" refers to males, "Bat" refers to females.) The ceremony is conditional on completion of several years of elementary study in the Religious School and with the expectation of continued Judaic learning to Confirmation and beyond.

## The Service

### Opening Prayers and Morning Service

The Service for Sabbath morning begins on page 1 with Ma Tovv and continues with the Shema, which is the call to prayer.

Ashrei is also an opening prayer common to many services, which consists of Psalm 145 with selections from other Psalms appended at the beginning and end. The Rabbis teach us that it serves to prepare the worshipper for prayer, setting the spiritual atmosphere for the Service.

### Chanting of the Torah

The next major portion of the Service - the reading from the Torah - begins on page 116 with the removal of the Torah from the Ark. The Torah is carried in a procession of honor to the center Bimah.

The Torah is divided into 54 sections, each called a Sidra. Each Sidra is the portion of the Torah to be read during a specific Sabbath or holiday during the course of the year. The part of the Sidra to be read is further divided into 8 parts, each called an Aliyah. The term Aliyah means "coming up" and denotes the calling of a person up to the pulpit to recite the blessings over the Torah prior to and

after the reading of each of the smaller sections. Members of the congregation or family of the Bar/Bat Mitzvah are chosen for these honors.

The reader uses a specific melody or cantillation. In former times it was expected that everyone would be able to read from the Torah. However, as it became more difficult for people to learn the text and melody, it fell to individual readers to perform the actual task and the custom of honoring people with Aliyot was developed. At the end of the Torah reading, the Scroll is held up for all to see and to honor. The Torah is then returned to the Ark in a procession along the side of the hall opposite the side used to carry the Torah to the center Bimah. These processions provide opportunities for the congregation to honor the Scroll.

#### The Amidah

After the Torah is returned to the Ark, on Shabbat there is an additional Service known as Musaf. The central prayer of the Musaf is the Amidah, the prayer central to all Jewish Services. It is comprised of a series of blessings, is divided into three parts and is recited silently while standing (the word "Amidah" itself means standing). The first section deals with praise of G-d and recalls the merits of the patriarchs as well as the holiness of G-d. The second section contains themes pertinent to the specific day, be it weekday, Sabbath or holiday. The last part expresses gratitude to G-d and requests the acceptance of our prayers, specifically those for peace. The Amidah is then chanted by the Cantor.

The Service ends with the singing of the Aleinu ("it is incumbent upon us" to praise G-d) and the recitation, by recent mourners, of a special prayer.

We hope that this explanation will enhance your appreciation and understanding of the Sabbath and Bar/Bat Mitzvah Service. We would appreciate your assistance in maintaining decorum appropriate to a Synagogue Service. We request that you do not change your seat after initially entering the Sanctuary and that you leave only on matters of necessity. No one should enter or leave while special speaking parts are being presented, or while the Congregation is standing.

We appreciate your joining us this morning to celebrate our family's joy.

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