
Torah Portion: B'haalot'cha, Numbers 8:1–12:16
Haftarah: Zechariah 2:14-4:7

Asher Yatzar

Music by Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
(oh so beautiful, oh so holy)
I'm perfect the way I am and a little broken too
I will live each day as a gift I give to you
(my God, my God)

ברוך אתה, יי,
רוֹפֵא כָּל בָּשָׂר וּמַמְלִיא לַעֲשׂוֹת.

*Baruch Atah, Adonai,
Rofei chol basar u'mafli la'asot*

Blessed are You, Adonai,
who heals all flesh, working wondrously.

For the Week of Juneteenth

Isabel Wilkerson, Caste, page 387

It was up to each of us to accept or challenge the role we were cast into, to determine for ourselves and to make the world see that what is inside of us — our beliefs and dreams, how we love and express that love, the things that we can actually control — is more important than the outward traits we had no say in. That we are not what we look like but what we do with what we have, and what we make of what we are given, how we treat others and our planet.

Hameirah

Music by Josh Warshansky

הַמְאִירָה, הַמְאִירָה
הַמְאִירָה לְאָרֶץ וְלְדָרִים עָלֶיךָ בְּרַחֲמִים
הַמְאִירָה, הַמְאִירָה, הַמְאִירָה לְאָרֶץ
וְלְדָרִים עָלֶיךָ (וְלְדָרִים עָלֶיךָ)
וְלְדָרִים עָלֶיךָ (וְלְדָרִים עָלֶיךָ)
וְלְדָרִים עָלֶיךָ (וְלְדָרִים עָלֶיךָ)
וְלְדָרִים עָלֶיךָ בְּרַחֲמִים
וּבְטוּבָה מְחַדְשֶׁת בְּכָל יוֹם תָּמִיד
וּבְטוּבָה מְחַדְשֶׁת מֵעַשָׂה בְּרֵאשִׁית

*Hum ha-hum, aa-ha-a, ha-a-ha-a
Hum ha-hum
Ha-ha-a-ha-a-ha-a hum ha-hum,
Ha-ha-a-ha-a-ha-a-hum
Hame'irah, hame'irah, hame'irah la'aretz
V'ladarim alehah b'rachamim-
Hame'irah, hame'irah, hame'irah la'aretz
V'ladarim alehah (V'ladarim alehah) x3
V'ladarim alehah b'rachamim
U'vtuvah mechadeshet b'chol yom tamid
U'vtuvah mechadeshet ma'aseh b'reishit*

You illumine the world and its creatures with mercy; in
Your goodness day after day You renew Creation. How
manifold Your works, O Lord; with wisdom You fashioned
them all. The earth abounds with Your creations.

In Celebration of Pride Month The Crossing

by Dan Bellm

God did not lead us by the nearer way
when Pharaoh let the people go at last,
but roundabout, by way of the wilderness —

pillars of fire and cloud marking night and day —
to the edge of the flood-tide — uncrossable and vast.
If God had led us by the nearer way,

we cried, we wouldn't die here; let Egypt oppress
us as it will; let us return to the past.

But we have come out, by way of the wilderness,

in fear; on faith; free now, because we say
we are free; no longer the unchosen, the outcast.
God did not lead us by the nearer way,

but into rising waters, which do not part unless,
with an outstretched arm, we step forward, and
stand fast.

Roundabout, by way of the wilderness,

we have come, blessed with love, lesbian, gay
or sanctified in ways of our own, to bless
our God, who did not lead us by the nearer way,
but roundabout, by way of the wilderness.

Acheynu: A Prayer for the Release of Hostages

Our family, the whole house of Israel, who are in
distress, or in captivity — who stand either in the
sea or on dry land — may the Omnipresent have
mercy on them and take them out from trouble
to blessing and from darkness to light and from
oppression to redemption, now, swiftly, and soon!

Ana El Na: A Prayer for Healing

Numbers 12:13, Music by Nava Tehila

Ana el na refa na la אָנָּא אֵל נָּא רַפָּא נָּא לָּהּ

Please God, please heal her.

D'var Torah

Beri Schweitzer