1. **Song: Mah Tovu**

   **CHORUS**: Mah tovu ohalecha Yaakov, ohalecha Yaakov; Mish’k’no’techa Yisrael. (2x)
   Likrat Shabbat, l’chu v’nelchah, l’chu v’nelchah. Ki hi m’kor ha-brachah, m’kor ha-brachah.  
   Repeat CHORUS.

   How goodly are your tents, O Jacob; your dwelling places, O Israel. Come now, let us welcome Shabbat, for it is a source of blessing.

2. **Candles & L’chaim**

   Baruch ha-or ba-olam. Baruch ha-or ba-adam. Baruch ha-or ba-shalom (ba-shalom).  
   Baruch ha-or (baruch ha-or) ba-Shabbat.

   Blessed is the light of the world. Blessed is the light of humanity. Blessed is the light of peace. Blessed is the light of Shabbat.

3. **Reading: Courage**

   Life is filled with danger. It lingers everywhere and will not go away.

   There are so many things to fear: poverty and disease storms and earthquakes, violence and war. They intrude on human history and cannot wait to return. Other people speak of heaven and promise another place, in another world, where danger will vanish.

   But worlds without danger are fantasies. Disease is real. Fear persists. To live life honestly, with no attempt to deny the darker side of reality, is hard. To face the truth, with no effort to hide from the facts of human nature and human existence, is frightening. Yet what else is the life of courage? We cannot be brave if danger is an illusion.

   Courage begins with honesty, the willingness to confront the world as it is not merely as we want it to be.

   (Sherwin Wine)
4. Song: Eifoh Ori

Eifoh ori? Ori bi.
Eifoh tikkvati? Tikvati bi.

Where is my light?
My light is in me.
Where is my hope?
My hope is in me.
Where is my strength?
My strength is in me. And in you.

5. Reading: Hope

I believe.
I believe in hope.
I believe in hope that chooses - that chooses self-respect above pity.
I believe in hope that dismisses - that dismisses the petty fears of petty people.
I believe in hope that feels - that feels distant pleasure as much as momentary pain.
I believe in hope that acts - that acts without the guarantee of success.
I believe in hope that kisses - that kisses the future with the transforming power of its will.

Hope is a choice,
never found,
ever given,
always taken.
Some wait for hope to capture them.
They act as the prisoners of despair.
Others go searching for hope.
They find nothing but the reflection of their own anger.

Hope is an act of will,
affirming, in the presence of evil,
that good things will happen,
preferring in the face of failure, self-esteem to pity.

Optimists laugh, even in the dark
They know that
hope is a life-style -
not a guarantee. (Sherwin Wine)
6. Commentary

7. Song: Sachaki, Sachaki

*Sachaki, sachaki al hachalomot. Zu ani hacholem sach. Sachaki ki va-adam a’amin, ki odeni ma’amin bach.*

Laugh, laugh at all my dreams / But this I the dreamer proclaim: That I believe in humanity; That I believe in you.

(Shaul Tchernikovsky)

8. Reading: The Peace of Wild Things

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be,
I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water.
And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

(Wendell Berry)

9. Song: Na’aseh Shalom


Let us make peace in the world for ourselves and everyone and let us say: Shalom.

(Shaul Tchernikovsky)
10. Reading: For Those Who Are Ill

In this community, where we find strength and common purpose, we turn our minds and hearts toward all those who need our love and support: those who are ill, those who suffer pain of the body or spirit, those who are lonely, those who have been wronged.

(Congregants are invited to share the names of those in need in the comment section.)

May all who suffer know that they are not alone. May they be healed quickly. May they experience a complete recovery - Refu’ah Sh’leimah - the renewal of their bodies and the renewal of their spirits.

11. Song: M’kom Ha-koach

M’kom hako’ach b’tocheinu, m’korot ha-b’racha mi-chevroteinu,

May the source of strength that dwells so deep within us help us find the courage to make our lives a blessing, and let us say: Shalom.

M’kom hako’ach b’tocheinu, m’korot ha-b’racha mi-chevroteinu,

May those in need of healing know refu’ah sh’leimah, the renewal of body, the renewal of spirit, and let us say: Shalom.

12. Memorial

Our thoughts turn to those who are no longer with us: our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every people and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

We recall now our loved ones whom death has recently taken from us, those who died at this season in years past, and those whom we have taken into our hearts with our own...

13. Yahrzeits
14. Song: May We Know Peace

May we know peace as we go on our way,
May we be guided by love,
May we be possessed of health and joy,
May this be our future, Shalom.

Chorus: Shalom, Shalom. May this be our future, Shalom. (2x)

May we feel sheltered by the wings of peace,
May we abide in safety and in love,
May grace and compassion find their way to everyone.
May this be our future, Shalom.

Chorus