

# Shabbat Shalom!



## Hamalakh Hago-el

*Sung during the children's blessing on Friday night*

Hamalakh hago-el oti mikol ra  
yevarekh et han'arim  
vikareh bahem shemi  
Veshem avotai Avraham veYitzhak  
veyidgu larov bekerev ha-aretz.

הַמַּלְאָךְ הַגָּאֵל אֶתִּי מִכָּל-רָע  
יְבָרֵךְ אֶת-הַנְּעָרִים  
וַיְקָרָא בְהֵם שְׁמִי  
וְשֵׁם אֲבוֹתַי אַבְרָהָם וַיִּצְחָק  
וַיִּדְגּוּ לְרֹב בְּקִרְבֵּי הָאָרֶץ

May the Angel who has redeemed me from all harm, bless these children; and let my name be named in them, and the name of my fathers Abraham and Isaac; and may they grow into a multitude on the earth.

## Ashorer Shirah

*Sung after the Torah is taken out of the Ark and is being carried through the Sanctuary*

Ashorer shirah likhvod hatorah  
Mipaz yekarah zakah u'varah  
  
Ne'eman shemo bahar be'amo  
Lih'yot lo lishmo ummah nivharah

אֲשׁוֹרֵר שִׁירָה לְכַבּוֹד הַתּוֹרָה  
מִפֶּז יִקְרָה וְזָכָה וּבָרָה  
  
נֶאֱמַן שְׁמוֹ בְּחַר בְּעַמּוֹ  
לִהְיוֹת לוֹ לְשְׁמוֹ אֲמָה נִבְחָרָה

Niglah bikhvodo, al sinai hodo  
Kara le'avdo, lekabbel torah

נִגְלָה בְּכַבּוֹדוֹ, עַל סִינַי הוֹדוֹ  
קָרָא לְעַבְדּוֹ, לְקַבֵּל תּוֹרָה

Nittenah lanu al yad ro'enu  
Mosheh rabbenu behir ha'ummah

נִתְּנָה לָנוּ עַל יַד רוֹעֵנוּ  
מֹשֶׁה רַבְּנוּ בְּחִיר הָאֲמָה

Rabbah ne'imah torah temimah  
Peti mahkimah ayin me'irah

רַבָּה נְעִימָה תּוֹרָה תְּמִימָה  
פִּתִּי מַחְכְּמָה עֵינַי מְאִירָה

I will compose songs to honor the Torah  
More precious than gold, bright and pure

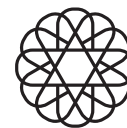
It was given to us by our shepherd  
Our teacher, Moses, chosen one of the nation

The Faithful One chose His nation  
To be His nation chosen for His name

The perfect Torah is very delightful  
Making fools wise, lighting up eyes

He revealed His majesty at Sinai in His glory  
He called His servant to receive the Torah

—Translation by Abigail Denmark



## Refa Tziri

*Sung as part of the healing blessing during the Shabbat morning Torah service*

Refa tziri El ne-eman / ki ata rofe uman  
At roshi shur halshi / veten koah lenafshi

רָפָא צִירִי אֵל נְאֻמָּן / כִּי אַתָּה רוֹפֵא אָמֵן  
אֶת רֹאשִׁי שׁוֹר חֲלָשִׁי / וְתֵן כֹּחַ לְנַפְשִׁי

Heal my pain, steadfast God, for you are an artful healer.  
Guide me, see my weakness, and strengthen my soul.

—Rabbi Raphael Antebi Tabbush (Aleppo, 1830-1918)

## Yafa veTamma

*Sung after the Torah is taken out of the Ark and is being carried through the Sanctuary*

Yafa veTama Torah temima hane'ima  
Mi yukhal lea'amik besodekh sod Elohim hayim

יָפָה וְתַמָּה תּוֹרָה תְּמִימָה הַנְּעִימָה  
מִי יוּכַל לְהַעֲמִיק בְּסוּדְךָ סוּד אֱלֹהִים חַיִּים

Or ziv zahorekh bo'er tokh kirbi  
Tamid yidreshu otakh rabbim hukim umitzvot tovim  
Et kol libbot malhivim ne-ehavim vegam nishgavim  
Ukhpatisht yefotzetz sela'im veharim  
Hen dadyikh yarvu bekhool 'et Torat emet  
Mipikh anu hayim miyain sod Elohim hayim.

אוֹר זֵיו וְזָהָרְךָ בּוֹעֵר תּוֹךְ קִרְבִּי  
תְּמִיד יִדְרְשׁוּ אוֹתְךָ רַבִּים חֻקִּים וּמִצְוֹת טוֹבִים  
אֶת כָּל לְבוֹת מְלֵהִיבִים נְאֻהָבִים וְגַם נִשְׁגָּבִים  
וּכְפֹטִישׁ יִפְוֹצֵץ סְלָעִים וְהָרִים  
חֵן דְּדִיךָ יִרְוּ בְּכָל עֵת תּוֹרַת אֱמֶת  
מִפִּיךָ אָנוּ חַיִּים מֵיַיִן סוּד אֱלֹהִים חַיִּים

Ma tov dodayikh ahoti kalla  
Nofet tzuf devash sefatayikh gan na'ul delatayikh  
Re-ah tov begadayikh dodayikh yefi 'einayikh  
Hama ulvana kulam 'amdu me-orekh  
Ki orekh yamim biminekh 'osher bismolekh  
Barukh bor-ekh beyofyekh vahadarekh El hai ha'olamim

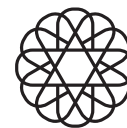
מָה טוֹב דּוּדֵיךָ אַחוֹתִי כָלָה  
נֹפֶת צוּף דְּבַשׁ שִׁפְתֵיךָ גַן נְעוּל דְּלַתֵיךָ  
רֵיחַ טוֹב בְּגִדֵיךָ דּוּדֵיךָ יְפִי עֵינֵיךָ  
חָמָה וּלְבָנָה כָּלֶם עֲמָדוֹ מְאוּרֵךְ  
כִּי אַרְךָ יָמִים בְּיַמֵּינְךָ עֶשֶׂר בְּשִׁמְאַלֵיךָ  
בְּרוּךְ בּוֹרְאֵךְ בְּיַפֵּיךָ וְהַדְרֵךְ אֵל חַי הַעוֹלָמִים

Lovely and whole is Torah.  
You are upright, our delight.  
Who can fathom your secrets, the secrets of the God of life?

Your luminous light is aflame within me.  
Many seek you. Your decrees, with goodness  
to wake all hearts, are loved, set above us,  
hammers to break stones and mountains.  
Torah of truth, we drink deep of your milk.  
Your voice, like sweet wine, gives life: secrets of the God of life.

How good is your love, my sister, my bride.  
Your lips are sweet honey; your locked doors enclose gardens.  
Your raiment is fragrant; your love brings delight.  
How splendid your eyes!  
Your light shines, surpassing the sun and the moon.  
Your right hand holds full life; your left hand, abundance.  
Blessed is the Maker of your beauty and glory:  
the living God of all worlds.

—Translation: Jenny Golub



## Prayer for those being held in captivity

מִי שְׁבֵרָךְ אֲבוֹתֵינוּ אֲבָרָהֶם יִצְחָק וְיַעֲקֹב וְאִמּוֹתֵינוּ שָׂרָה רַבֵּקָה רָחֵל וְלֵאָה  
 הוּא יְבָרֶךְ אֶת כָּל הַחֲטוּפוֹת וְהַחֲטוּפִים הַנִּשְׁאָרִים בְּעֵזָה, נָשִׁים וְגִבּוֹרִים, טַף וְזִקְנִים.  
 יִתֵּן לָהֶם ה' עוֹז לְעֵמֹד בְּסִבְלוֹתֵיהֶם  
 עַד יִגִּיעַ עֲלֵיהֶם אוֹר וְיִזְכּוּ לְחֵרוֹתָם וּלְשִׁיבָה לְבֵיתֵיהֶם וּלְמִשְׁפַּחּוֹתֵיהֶם.  
 יַעֲנִיק ה' לְרֵאשֵׁי יִשְׂרָאֵל וּלְמִנְהִיגֵי תַבַּל עוֹ רוּחַ  
 לְפַעֵל לְלֹא לְאֹת וּלְלֹא מוֹרָא לְשַׁחְרוּרָם בְּמַהֲרָה וּבְבִטָּחָה.  
 יִתֵּן ה' לָנוּ כֹּחַ לְאַמֵּץ אֶת לֵב מִשְׁפַּחּוֹתֵיהֶם וְאוֹהֲבֵיהֶם בְּיִסּוּרֵי נַפְשָׁם וְרוּחָם  
 עַד יִשׁוּבוּ וְיִרְאוּ בְּשׁוֹב יִקְרִייהֶם לְחַיִּים וּלְנַחֲמָה, לְשִׁלְמוֹת וּלְשָׁלוֹם.  
 וְנֹאמֵר אָמֵן:

May the One who blessed our ancestors, Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah,

Bless all the hostages who remain in captivity in Gaza, women and men, children and the elderly.

Holy One, grant them strength that they may endure their suffering  
until light shines upon them and they are freed and returned to their homes and families.

Grant the leaders of Israel and the leaders of the world the courage to act tirelessly and fearlessly to secure their  
immediate and safe release.

Give us the power to strengthen their families and loved ones in their anguish and distress, until they see their  
dear ones restored to life and comfort, wholeness and peace. And let us say Amen.

## How Divine is Forgiveness?

It's a nice concept  
 but what's under the sculptured draperies?  
 We forgive when we don't really care  
 because what was done to us brought unexpected  
 harvest, as I always try to explain  
 to the peach trees as I prune them hard,  
 to the cats when I shove pills against  
 the Gothic vaults of their mouths

We forgive those who betrayed us  
 years later because memory has rotted  
 through like something left out in the weather  
 battered clean then littered dirty  
 in the rain, chewed by mice and beetles,  
 frozen and baked and stripped by the wind  
 til it is unrecognizable, corpse  
 or broken machine, something long useless.

We forgive those whom their own machinations  
 have sufficiently tangled, enshrouded,  
 the fly who bit us to draw blood and who  
 hangs now a gutted trophy in a spider's

airy larder; more exactly, the friend  
 whose habit of lying has immobilized him  
 at last like a dog trapped in a cocoon  
 of fishing line and barbed hooks.

We forgive those we firmly love  
 because anger hurts, a coal that burns  
 and smolders still scorching the tissues  
 inside, blistering wherever it touches  
 so that we bury the hot clinkers in a mound  
 of caring, suffocate the sparks with promises,  
 drown them in tears, reconciling.

We forgive mostly not from strength  
 but through imperfections, for memory  
 wears transparent as a glass with the pattern  
 washed off, till we stare past what injured us,  
 We forgive because we too have done  
 the same to others easy as a mudslide;  
 or because anger is a fire that must be fed  
 and we are too tired to rise and haul a log.

—Marge Piercy

## Torah Portion

October 4-5, 2024

**Ha-azinu**

Shabbat Shuvah

*Etz Hayim*: p. 1185 | Deuteronomy 32:1-32:52

**1:** 32:1-32:6

**4:** 32:19-32:28

**7:** 32:44-32:52

**2:** 32:7-32:12

**5:** 32:29-32:39

**Maftir:** 32:48-32:52

**3:** 32:13-32:18

**6:** 32:40-32:43

**Haftarah:** Hosea 14:2-14:10; Micah 7:18-7:20