

**Temple
Shabbat Shalom**

Volume 7 Issue 1 **Spring**

5767/2007

The "Global Village" Congregation

"If religion is to survive, it will have to be profoundly personalized."

Victor Frankel

Daily Prayer

The first time we encounter Elijah the prophet in the Talmud he tells Rabbi Yossi to abbreviate his prayers. Elijah tells the Rabbi that God responds to prayer by "cooing like a dove" for his children, who are exiled from his home and table. God does not respond to prayer according to length or loudness.

We invite you to reconnect with God in your home and at your table. Short and simple prayers work best. On page three of this newsletter is a Seder for Daily Prayer. Kindly contact us so we may recommend a personalized prayer service for you and your family.

Also, email us if you would like to experience the Purim and the Passover Seders. We will send you a link and the password. This year Purim is March 4th and Passover begins the evening of April 2nd.

Enjoy.

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Simcha's- Mazel Tov and Prayers

A Special Thank-you for generous donations and continuing membership

A very special Thank you to Bill and Julia Reagan for the donation of our Torah and their continual support.

Marvin and Patti Demoff

Bob and Lila Tickman

Ron and Liz Tickman

Phil and Linda Pivawer

Please send special *Mishaberach* prayers for good health

Janice and Larry Rothenberg

Mazel Tov to our Newest Newlyweds

Michael and Michelle Grimes- Albany

Mazel Tov to our Newest Bundles of Joy

Inga and Sean Flanagan on the birth of their son Aidan Hillel

Mike and Ellen Bonheim on the birth of their daughter Kira Isabel

Isabelle and Matt Klein on the birth of their son Cole Jackson

Matt and Lesley Hochheiser on the birth of their son Jakob Lincoln

Monica and Jonathan Scherzer on the birth of their son Shawn Perry

Newest Congregants

Gleb Reznik and Denise Robinson-Chicago

Patrick Ditterline and Amy Weidberg- Virginia

Marni Schiffer and Joshua Levine – California

Gabe Weissman and Jessica Weisel- Philadelphia PA

Happy Anniversary

Laura & Joshua- January 1- MA

Amanda & Brian - January 18- PA

Inga & Sean – February 18- NYC

Brian & Cara- March 8- Salt Lake City

Jolie & Bob- April 2- New York

Beth & Brice- April 17- Chicago

Jim & Sandra- April 24- MA

Howie & Lori- May 13- Elmira NY

Brian & Amy- May 15- Rhode Island

Mike & Audrey- May 18- Chicago

Chelsea & Nick- May 22 Montreal

Stu & Colleen- May 23 Pittsburgh

Karen & Jacob- May 25- NYC

Rebecca & Jason- May 28- Saratoga Springs

Alex & Cynthia- May 29- Miami

Adam & Erin- May 30 California

A Seder of Prayer at Bedtime

Rebono shel olamn

Designer of all Worlds

**I now forgive All
Who have harmed me or done me wrong
Against my body or spirit
With intent or by accident
In word or deed
In this life or any incarnation
I forgive all who have trespassed against me.**

**May it be your will
That I experience you as my God
As well as The God of my ancestors
That I turn from transgression
That I not repeat my persistent failures
And that my actions awaken your mercy
And that I do good, as you command.**

**Forgive my trespasses
Show me a face of compassion as atonement,
not sickness or suffering.**

May The Words of my mouth guide the meditations of my heart, the actions of my hands and direction of my feet. May this be acceptable to You, O Lord, my Rock and Redeemer.

Shema

Shema Yisra-ale adoneigh Elohaynew adoneigh Echad

Listen, O Israel, The Lord is our God, The Lord Al-One

The Coming of Your Kingdom Proclaimed to Eternity:

Love The Lord your God with all your heart, and soul, and might. Take this instruction to heart, the teachings are given today. Let your children cut their teeth on them. Debate them today and every day in your home, and even when you journey. Do all of this every evening and morning. Bind them to your hands and they will guide your mind's eye. Write them on the doorposts of your home and on your gates.

**May I lie down in Peace
May I awaken in Peace
Let my sleep be tranquil
May I awaken renewed.**

**In the name of the Lord God of Israel may Michael the Angel be at my right, Gabriel at my left, Uriel in front of me and Raphael behind.
May the Shechinah hover over me.**

I am in Awe.

**I am about to recite my confession
And vow never again
To live a life of transgression.**

We: abuse, betray, (are) cruel, destroy, embitter, falsify, gossip, hate, insult, jeer, kill, lie, mock, neglect, oppress, pervert, quarrel, rebel, steal, transgress. We are unkind, violent, wicked, xenophobic, yielding to evil, zealots to the end.

Sit or lay down:

**Into your hand I commit my spirit
When I sleep and when I wake,
I have no fear, atonement near
In body and soul I shall be whole**

A Seder of Morning Prayers

The moment you awaken:

Modah ani lefanecha melech chai v kiyam sh hachazarta B nismatea bechemla raba emunatecha.

I awaken in your presence, living and sustaining God. You have mercifully restored my soul.
Great is your faith in me.

Psalm 23

The Lord is my Shepard; I shall not want
Tucking us into green bedded pastures
Leading us to the still waters; restoring our souls
For on this day we walk down streets and avenues of darkness
Overshadowed by death; and we are afraid.

Only when you are with us, Lord our God
Do we feel no harm
Only your rule and your staff comfort.

Our Tables remain spread
In full view of our foes
We offer to share our bounty
The cup that runneth over.

We anoint our heads with the oil
Of the branch in the mouth of the dove
Surely saved in this goodness mercy and love.
We pray we dwell in your house forever
A house of prayer for all who seek your name of Peace.

Morning Shema

Chant: *Al melech ne eh man*

God is our true leader,

God is truth.

The Lord is a True God,

God trusts we will be true

In God we trust.

Our God is a true God.

Listen, struggle to hear, O Israel, The Lord is our God, The Lord Alone.

The Coming of Your Kingdom Proclaimed to Eternity when:

We love you

with heart and soul and our very being.

Your wor(l)ds heard and created anew every day

I place upon my heart.

Raise up sharp students speaking loves wisdom in the home
and on vacation, every evening and morning.

Give hands to your heart by focusing your minds eye.

Write all this on the *mezzuzot* of your dwellings, your gates, the gates of your cities and the
gates of your nations.

This is the Lord our Gods order of holiness. True.

Daily Prayer

(This may be said at anytime during the day)

May these words awaken my heart to your Presence

I am not worthy to stand before you in prayer

So hear me in the names of my righteous ancestors.

I am in search of your true path to order my life to your word.

I am yours.

Ani ladodi

Be mine, beloved

V Dodi lee

Take my name

And give me yours

Help me to know that which is righteous

To master the mystery, to order my chaos

Imitating creation, in this, my new beginning.

Forgive my transgressions

As I forgive those who have trespassed against me.

Return and dwell in your Zion of Peace

Fill our hearts and homes and sanctuaries

With the blessings of your Mountain home

The House of Prayer of All Nations.

Amen. Sealah

TEMPLE SHABBAT SHALOM

Enclosed is our donation of \$ _____

Name: _____

Address: _____

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Kindly mail your checks to or if you prefer you may make a donation by credit card on our website:

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Porter Corners, New York 12859

Remember all donations to Temple Shabbat Shalom are tax-deductible

Thank you for your most generous support