

PSALM 23

א מִזְמוֹר לְדָוִד יְהוָה רֵעִי לֹא אֶחְסָר: ב בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל-מֵי מְנַחוֹת יְנַהֲלֵנִי: ג נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי-צֶדֶק לְמַעַן שְׁמוֹ: ד גַּם כִּי-אֶלֶף בָּגִיא צַלְמוֹת לֹא-אֵירָא רָע כִּי-אֶתָּה עִמָּדִי שְׁבִטָּה וּמִשְׁעֲנֵתָּהּ הִמָּה יִנְחַמְנִי: ה תַּעֲרֹף לִפְנֵי | שְׁלַחַן נֶגֶד צַרְרֵי דְשִׁנְתָּ בְּשִׁמּוֹן רֵאשִׁי כּוֹסֵי רוּיָהּ: ו אֵךְ טוֹב וַחֲסֹד יִרְדְּפוּנִי כָל-יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית-יְהוָה לְאַרְךָ יָמִים:

Questions: Answer whichever of the following questions speaks to you. each person has their turn speaking before going on to the next one.(up to four minutes each. Silence is fine if they don't use all their time. Have built in silence, one minute between each)

1. What is your connection to Israel, Israelis, Palestine or Palestinians?
2. How do I think and feel about Israel? Israelis? The Israeli government?
3. How do I think and feel about Palestine? Palestinians? The Palestinian Authority? Hamas?
4. How do I think and feel about the creation of the state of Israel?
5. How do I think and feel about the creation of a state of Palestine?
6. Where is your heart breaking?
7. Do you find at times your own values to be in conflict with each other? If so, can you elaborate?
8. How do Hillel's questions of "If I am not for myself," and "If I am only for myself affect your relationship to what is happening?"

וּתְחַזְיֵנָה עֵינֵינוּ בְּשׁוּבָה לְצִיּוֹן בְּרַחֲמִים

(May our eyes gaze upon Your return to Tzion with compassion.)

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא (קהל: אָמֵן) Yitgadal V'yit'kadash Shmeih Rabba

May the Great Name,

through our expanding awareness and our fuller action,
lift itself to become still higher and more holy;
May all the Names of all the beings in the universe,
including those whom we can no longer touch
but who have touched our hearts and lives,
and including our own names, live within the Great Name;
May the names of all who have died in violence and war
be kept alight in our sight and in the Great Name,
with sorrow that we were not yet able to shape a world
in which they would have lived.

May the Great Name, bearing All these names, live within each one of us; (Cong: Amen)

בְּעֵלְמָא דִּי בְּרָא כְרְעוּתֵהּ וַיְמַלִּיךְ מַלְכוּתֵהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזֵמַן קָרִיב וְאַמְרוּ אָמֵן. (קהל: אָמֵן)

B'alma di vra khi'rooteh v'yamlikh malkhuteh b'hayeikhon, u'v'yomeikhon, u'v'hayeih d'khol beit Yisrael, b'agala u'vizman kariv, v'imru Amen:

May Your Great Name lift itself still higher and more holy
throughout the world that You have offered us,
a world of majestic peaceful order that gives life to the Godwrestling folk
through time and through eternity And let's say, Amen
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא
Y'hei sh'meih rabba me'vorakh l'olam ul'almei almayā.
So therefore may the Great Name be blessed,
through every Mystery and Mastery of every universe.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא
Yitbarakh, v'yishtabah, v'yitpa'ar, v'yitromam, v'yitnasei,
v'yithadar, v'yit'aleh, v'yithalal ^{הַדָּמָה}Shmeih di'kudshah, Brikh hu:
May the Great Name be blessed and celebrated,
Its beauty honored and raised high; may It be lifted and carried,
may Its radiance be praised in all Its Holiness Blessed be!
לְעֵלְא מִן כָּל-בְּרַכְתָּא וְשִׁירְתָּא וְתַשְׁבְּחָתָא וְנַחֲמָתָא דְאַמְיָרוּ בְּעֵלְמָא
וְאַמְרוּ אַמְנוּ. (קהל: אַמְנוּ)
L'eylah min kol bir'khata v'shir'ata tush'be'hata v'nehemata,
de'amiran be'alma, v'imru: Amen
Even though we cannot give You enough blessing,
enough song, enough praise, enough consolation
to match what we wish to lay before You
And though we know that today there is no way to console You
when among us some who bear Your Image in our being
are slaughtering others who bear Your Image in our being.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאַמְרוּ אַמְנוּ. (קהל: אַמְנוּ)
Yehei Shlama Rabba min Shemaya v'hayyim aleinu v'al kol Yisrael, v'imru Amen.
Still we beseech that from the unity of Your Great Name
flow great harmony and joyful life for the Godwrestling folk; (Cong: Amen)
עוֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יִשְׁמָאֵל וְעַל כָּל יוֹשְׁבֵי תְּבֵל
וְאַמְרוּ אַמְנוּ. (קהל: אַמְנוּ)
Oseh Shalom bi'm'romav, hu ya'aseh shalom aleinu
v'al kol Yisrael v'al kol Yishmael v'al kol yoshvei tevel v'imru: Amen.
You who make harmony in the ultimate reaches of the universe,
teach us to make harmony within ourselves, among ourselves
and peace for all the children of Abraham,
through Hagar and through Sarah, the children of Israel;
the children of Ishmael; and for all who dwell upon this planet. (Cong: Amen)

Rah yi-ji a-salaam alaina (3x) Wa-ala kul il-aalam.
Shalom alaina wa-ala kul il-aalam Shalom Shalom (2x)
Od Yavo Shalom Aleinu (3X) V'al Kulam
Salaam Aleinu v'al kol ha-olam, Salaam, Shalom (2X)
Peace will yet come, upon us, upon everyone in the whole world.