

ROSH
HASHANAH
SPIRIT
WALK

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TEMPLE ISRAEL

T'FIL AT HADER ECH

A PRAYER FOR THE JOURNEY

May we be blessed as we go on our way,

May we be guided in peace,

May we be blessed with health and joy,

May this be our blessing Amen.

May we be sheltered by the wings of
peace,

May we be kept in safety and in love,

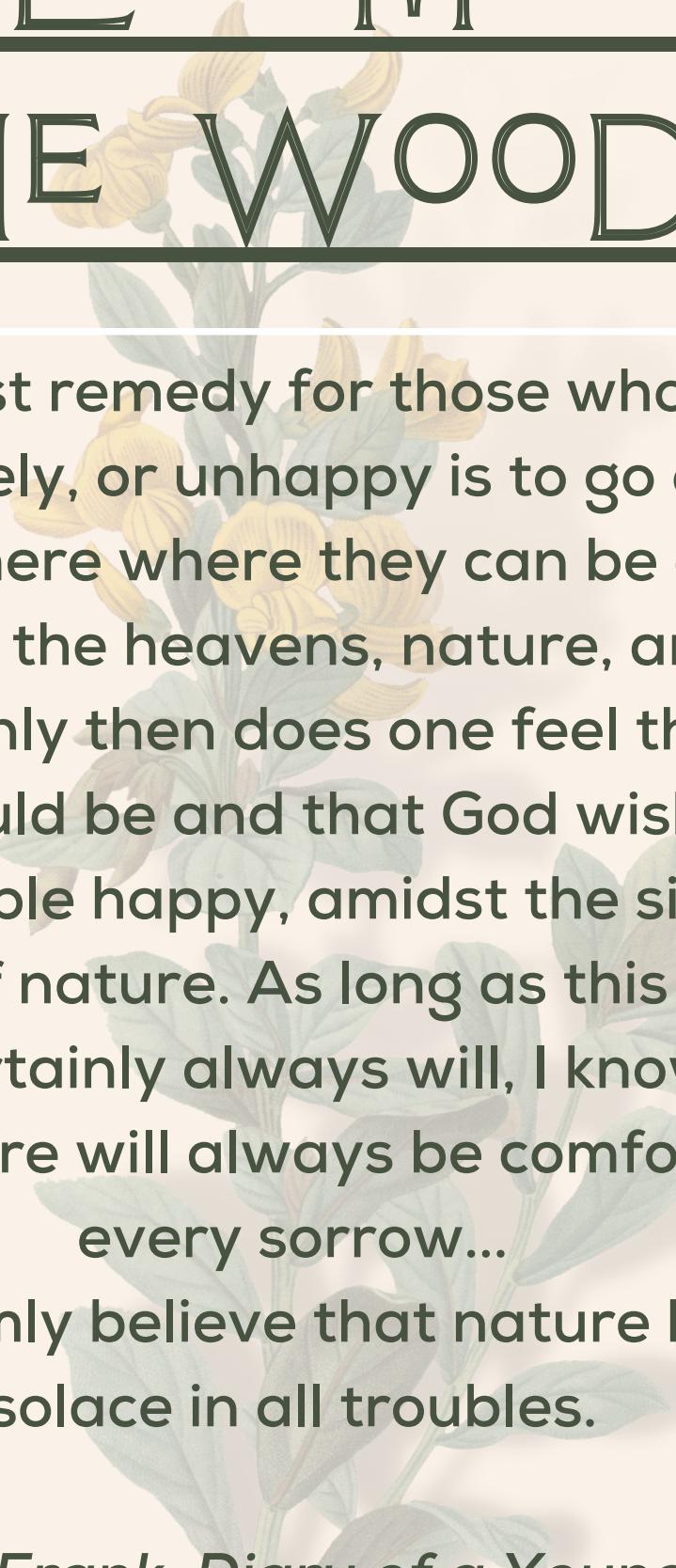
May grace and compassion find their
way to every soul

May this be our blessing Amen

- Debbie Friedman



WELCOME TO THE WOODS



The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature, and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow...

And I firmly believe that nature brings solace in all troubles.

- Anne Frank, *Diary of a Young Girl*

WE ARE ONE

All the life of the planet is inter-related...each species has its own ties to others, and...all are related to the earth. – Rachel Carson

A human being is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

- Albert Einstein

It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one directly, affects all indirectly.

– Martin Luther King, Jr

ATZ CHAYYIM

"To the human eye, no creature embraces heaven and earth more than the tree. A tree is poised in between worlds, its roots dividing out smaller and deeper into the earth beneath until they seem to dissolve in it, its branches soaring above us, full of leaves like hands holding the sky."

*– Rabbi David Seidenberg,
"The Human, the Tree, and the
Image of God"*

SH'MA

שָׁמָע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
ברוך שם כבוד מלכותו לעולם ועד.

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad!
Baruch shem k'vod malchuto l'olam va'ed

Listen, Israel: Adonai is our God, Adonai is One!
Blessed is God's glorious majesty forever and ever.

AT THE SHORE

Imagine two waves, a smaller one and a larger one, traveling across the ocean. Suddenly, the larger wave sees land approaching, and gets upset. He cries to the smaller wave, "Oh no! Up ahead—waves are crashing and disappearing! We're going to die!"

The smaller wave, somehow, is unperturbed. So the larger wave tries to convince her, to no avail. Finally the smaller wave says, "What would you say if I told you that there are six words, that if you really understood and believed them, you would see that there's no reason to fear?"

The bigger wave protests, but as the land approaches, he becomes desperate. He'll try anything. "Fine, fine, tell me the six words." "Okay," the small wave says. "You're not a wave, you're water." - Ram Dass

MI SHEBEIRACH

Mi shebeirach avoteinu

M'kor hab'racha l'imoteinu

מֵשְׁבָּרֶךְ אֲבוֹתֵינוּ מִקּוֹר הַבָּרֶכֶת לְאָמוֹתֵינוּ.

May the source of strength,

Who blessed the ones before us,

Help us find the courage to make our lives
a blessing, and let us say,

Amen.

Mi shebeirach imoteinu

M'kor habrachah l'avoteinu

מֵשְׁבָּרֶךְ אָמוֹתֵינוּ מִקּוֹר הַבָּרֶכֶת לְאָבוֹתֵינוּ.

Bless those in need of healing
with r'fuah sh'leimah. The renewal
of body, the renewal of spirit,

and let us say,

Amen.



תקיעת

Tekiah!

שבריהם

Shevarim!

תרועת

Teruah!

תקיעת גדולה

Tekiah Gedolah!



OUTDOOR PRAYER

"May it be my custom to go outdoors each day among the trees and grass - among all growing things and enter into prayer, to talk with my Creator, and may all the foliage of the field - all grasses, trees, and plants, all made by the Transcendent Source - awake at my coming, To send the powers of their life into the words of my prayer, So that my speech is made whole through the life and spirit of all growing things Which are made as ONE by their Transcendent Source.

- Rebbe Nachman of Bratzlav

COME BACK!

In order to serve God, one needs access to the enjoyment of the beauties of nature, such as the contemplation of flower-decorated meadows, majestic mountains, and flowing rivers. For all these are essential to the spiritual development of even the holiest of people.

- Rabbi Avram ben Maimon

Each of us needs to withdraw from the cares which will not withdraw from us. We need hours of aimless wandering or spaces of time sitting on park benches, observing the mysterious world of ants and the canopy of the treetops.

- Maya Angelou

Teach us to care and not to care. Teach us to sit still. - T.S. Eliot

OSEH SHALOM

*Oseh shalom
bimromav
hu ya'a seh shalom
aleinu
v'al kol Yisrael
v'al kol yoshvei
tevel
v'imru amen.*

עוֹשֶׁה שָׁלוֹם בְּמִרְוָמֵי
הַוָּא יָעֹשֶׁה שָׁלוֹם
עֲלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יַוְשִׁבֵּי
תָּבֵל
וְאִמְרוּ אָמֵן:

May the One who creates peace on high bring
peace to us, to all Israel, and to all the world.
And we say: Amen.



Designed by Carly Abramson



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