

Adon Olam

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כָּל יִצְרִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.
וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוּהוּ, וְהוּא יִהְיֶה, בְּתַפְאָרָה.
וְהוּא אֶחָד וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעוֹז וְהַמְשָׁרָה.
וְהוּא אֱלֹהֵי וְחֵי גֵאֲלֵי, וְצוֹר חֲבֵלֵי בְעֵת צָרָה.
וְהוּא נָסִי וּמְנוּס לִי מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא.
בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה.
וְעַם רוּחִי גְוִיָּתִי, יֵי לִי וְלֹא אִירָא.

A-don o-lam a-sher ma-lakh, b'te-rem kol y'tzir niv-ra
L'eit na-a'sa v'khef-tzo kol, a-zai me-lekh sh'mo nik-ra.
V'a-kha-rei kikh-lot ha-kol, l'va-do yim-lokh no-ra.
V'hu ha-ya, v'hu ho-veh, v'hu yi-hi-yeh b'tif-a-ra.
V'hu e-khad v'ein shei-ni, l'ham-shil lo l'hakh-bi-ra.
B'li rei-shit, b'li takh-lit, v'lo ha-oz v'ha-mis-ra.
V'hu ei-li v'khai go-a-li, v'tzur khevli b'eit tza-ra.
V'hu ni-si u-ma-nos li, m'nat ko-si b'yom ek-ra.
B'ya-do af-kid ru-khi, b'eit i-shan v'a-i-ra
V'im ru-khi g'vi-ya-ti, a-do-nai li v'lo i-ra.

Ruler of the universe, Who ruled before any form was created. When God's will brought all into being, then as "Ruler" was God's Name proclaimed.

After all has ceased to be, God, the Awesome One, will reign alone. It is God Who was, God Who is, and God Who shall abide in splendor.

God is One—there is no second to compare to God, to be God's equal. Without beginning, without ending—God is the power and dominion.

Adonai is my God, my living Redeemer, Rock of my pain in time of trouble. God is my banner, a refuge for me, the portion of my cup on the day I call.

Into God's hand I shall entrust my spirit at the time I go to sleep and when I wake. With my spirit shall my body remain. Adonai is with me, I shall not fear.

D'rash

Ruler of the universe, Who ruled before any form was created—With *b'reishit* (in this beginning), we see both the "big bang" and the "steady state" of Your creativity, affirming You as the ultimate Author of creation and destruction. **When God's will brought all into being, then as "Ruler" was God's Name proclaimed**—We could not acknowledge a king as more than leader, because he too was ruled; we could not acknowledge the sun or moon or stars as sovereign, for they too were subservient; we could not acknowledge the idols of other nations as governors, since they made no binding rules. But Your blueprint for creation, Your Torah, compelled us to proclaim Your reign. **After all has ceased to be, God, the Awesome One, will reign alone. It is God Who was, God Who is, and God Who shall abide in splendor**—During the big bangs of Your creations, You are the

*only steady state: in each tzimtzum (apparent contraction and expansion of God's infinite light or presence), the creation is created out of nothing. **God is One—there is no second to compare to God, to be God's equal. Without beginning, without ending—God is the power and dominion—Every other object of worship has passed into oblivion in the face of Your immanent compassion and mercy and transcendent power and majesty. Adonai is my God, my living Redeemer, Rock of my pain in time of trouble. God is my banner, a refuge for me, the portion of my cup on the day I call—I have no illusion that there is any other Source of my strength; I have no fantasy that there is any greater measure of goodness; I have no hallucination that my salvation shall be found anywhere else. Into God's hand I shall entrust my spirit at the time I go to sleep and when I wake. With my spirit shall my body remain. Adonai is with me, I shall not fear—You are faithful to me: every day, without fail, You restore my soul to me. After hours of unconsciousness and suspension of my will to live in Your image, You breathe Your spirit into me again. My soul is again consciously connected to You: it wants to live in Your image, to do Your will in the world, to sanctify Your name no matter the obstacle.***

Iyun Tefilla

FEEL NO FEAR

Is what they tell you.
What they really mean
Is pretend
Not to feel.
I say,
Guard your fear.
Beware
Wasting it
On other people
And their money.
Fear only that
Your life
Will have no meaning.
Give in to this fear daily.
And if, like me,
You are afraid
Of everything,
Say now:
God is mine—
I feel this fear
But I refuse
To act on it.

Go to <http://www.gatherthepeople.org> for more congregational development and organizing tools.