

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

Victor Frankel

The Seder of 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 (not according to length or loudness) by “Cooing like a dove” for his children who are exiled from his home and table.

I invite you to reconnect with God in your home and at your table. Short and simple prayers work best. Kindly contact me so I may recommend a personalized prayer service for you and your family. Consider the following as starters:

The Seder of *Shema* 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. Mat this be acceptable to You, O Lord, my Rock and Redeemer.

Shema

Shma Yisra-ale adonigh Elohaynew adonigh Echad

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

The Coming of Your Kingdom Proclaimed to Eternity when:

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 minds eye. Write them on the doorposts of your homes 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 Shechina 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

O, I Am

Take my name

And give me yours

One.

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
A House of Prayer of All Nations.

Amen. Sealah