

# SHABBAT PROGRAM

**MAY 1-2, 2020 / 8 IYYAR 5780**  
**PARSHIOT ACHAREI MOT-KEDOSHIM**

וּשְׁמַרְתֶּם אֶת-חֻקֹּתַי וְאֶת-מִשְׁפָּטַי אֲשֶׁר יַעֲשֶׂה אִתְּם הָאָדָם וְחַי בָּהֶם אֲנִי ה' :

"You shall keep My laws and My rules, by the pursuit of which human beings shall live;  
I am the Eternal." (Leviticus 18:5)

לֹא-תִשְׂנֵא אֶת-אֲחִיךָ בְּלִבְבְּךָ ... וְאָהַבְתָּ לְרֵעֶךָ כְּמוֹךָ אֲנִי ה' :

"You shall not hate your fellow human in your heart...Love your neighbor as yourself:  
I am the Eternal!" (Leviticus 19:17-18)

Rabbi Sharon Kleinbaum, D.D., SENIOR RABBI  
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Joyce Rosenzweig, MUSIC DIRECTOR

**Beit**  
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קהלה קדושה בית שמוחת תורה

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# CBST Welcomes Our Hebrew-Speaking Guests!

ברוכים וברוכות הבאים לקהילת בית שמחת תורה! קהילת בית שמחת תורה מקיימת קשר רב שנים ועמוק עם ישראל, עם הבית הפתוח בירושלים לגאווה ולסובלנות ועם הקהילה הגאה בישראל. אנחנו מזמינים אתכם לגלות יהדות ליבראלית גם בישראל! מצאו את המידע על קהילות רפורמיות המזמינות אתכם לחגוג את סיפור החיים שלכם בפלאיירים בכניסה. לפרטים נוספים ניתן לפנות לרב נועה סתת: [noa@irac.org](mailto:noa@irac.org)

- [A healing prayer from Joyce Rosenzweig & Cantorial Intern David Fair](#)
- [Rabbi Kleinbaum's thoughts on "Spiritual Lessons for Today's Plague"](#)
- [A Prayer for Healthcare Workers](#)

“The CBST community knows what it takes to live through a plague. Love and compassion and support are at the center of survival. Remember to be kind and generous while being cautious and vigilant about staying healthy and keeping others safe. We will continue being a powerful spiritual community of resistance and love. May the Holy One surround you and your loved ones and give you strength and comfort as we face the uncertainty of the times we are in. Be the reason people have faith in the goodness of others.” —**Rabbi Sharon Kleinbaum**

**Thanks to:** Better Events Sound Technician · our Facilities Staff Jorge Loyola, Teresa Gutiérrez, Russell Enmanuel, & Pablo Crespo · Members & Friends who serve as greeters · Shabbat sponsors & donors.

## Music to Soothe the Soul

*In commemoration of Yom Hazikaron: Shir Hama'alot (Song of Ascents)*

[This painful and hauntingly beautiful song](#) is the final movement of a cantata by the great Israeli composer, **Marc Lavry** (1903-1967) entitled “Aleï D’vai” or “Leaves of Woe.” The text is written by the Israeli poet **Reuven Grossman** (Avinoam) (1905-1974), whose beloved son was killed fighting in Israel’s War of Independence in 1948. In this poem, the bereaved father invokes Psalm 121, as he says, “I lift my eyes to the clouds. God, please allow me to reach up to the abode of the stars. Please, place before me a ladder...” He prays to grant him the wisdom to understand the noble and gentle spirit of his son, for his heart cannot comprehend the wonder of this young man’s greatness. *Recorded on June 2, 2019 at CBST’s 24th Annual Benefit Concert, “Psalm Enchanted Evening.” Performed by Cantor David Berger; Dror Baitel, piano; the CBST Community Chorus; Joyce Rosenzweig, conductor.*

**MAY 1, 2020 / 8 IYYAR 5780**  
**ATZMA'UT SHABBAT- PARSHIOT ACHAREI MOT/KEDOSHIM**

	נגון הידעת את הדרך	Niggun Hayadata Et Haderech (Did You Know the Way?)	Ephraim Shamir (Born 1951) ☆ *
Program	לכה דודי	L'chah Dodi	as sung at Beit T'filah Yisraeli Mordechai Zeira (1905-1968) ☆
38	הדלקת נרות של שבת	Candle Blessings	Abraham Wolf Binder (1895-1967)*
40	שלום עליכם	Shalom Aleichem	Israel Goldfarb (1879-1956)*

**KABBALAT SHABBAT / WELCOMING SHABBAT**      **קבלת שבת**

52	לכו נרננה (תהלים צה)	L'chu N'ran'na (Psalm 95)	Reuben Sirotkin (Born 1933) ☆ *
54	ירעם הים (תהלים צו)	Yir'am Hayam (Psalm 98)	Yoel Sykes (Born 1986) ☆ *
62	מזמור לדוד (תהלים כט)	Mizmor L'David (Psalm 29)	Yoel Sykes (Born 1986) ☆ *
66	לכה דודי	L'chah Dodi (Shlomo Alkabeitz)	Kehilat Tsiyon (Jerusalem) ☆ *
72	מזמור שיר (תהלים צב) תפלה לרפואה	Mizmor Shir (Psalm 92) Prayer for Healers	Kol Hanesama Synagogue (Jerusalem) ☆ * Beit T'filah Yisraeli (Tel Aviv) ☆ *

**MA'ARIV / THE EVENING SERVICE**      **מעריב**

78	ברכו	Bar'chu	Nusach
80	המעריב ערבוב	Hama'ariv Aravim	Nusach
86	אהבת עולם	Ahavat Olam	Aminadav Aloni (1928-1999) ☆
88	שמע ישראל	Sh'ma Yisrael	Tsvika Pik (1949) ☆ *
89	ואהבת	V'ahavta	Torah Cantillation (Trope)
94	מי כמכה	Mi Chamochah	Melody of "Hatikvah" ☆ *
98	השכיבנו	Hashkiveinu	Melody of "Erev Ba" Arye Levanon (1932-2009) ☆ *
102	ושמרו	V'shamru	Melody of "Chorshat Ha'ecaliptus" Naomi Shemer (1930-2004) ☆ *
104	חצי קדיש	Chatzi Kaddish	Nusach
106	עמידה	Silent Amidah	
Program	ארץ שיר	Shir Eretz (A Song to the Land)	Sasha Argov (1914-1995) ☆ Arr. Menachem Wiesenberg (Born 1950) ☆
118	עשה שלום	Oseh Shalom	Yoel Sykes (Born 1986) ☆ *
130	אנא אל נא	Ana El Na	Daphna Rosenberg (1967) ☆
Program	תפלה למדינה	Prayer for our Country	
138	קדיש שלם	Kaddish Shalem	Nusach

**GUEST SPEAKER: STAV SHAFFIR**

**SONGS OF ISRAEL**      **שירי הארץ**

Program	אני ואתה	Ani V'atah	Miki Gavrielov (Born 1949) ☆ *
246	שיר לשלום	Shir LaShalom	Yair Rosenblum (1944-1996) ☆ *
Program	לו יהי	Lu Y'hi	Naomi Shemer (1930-2004) ☆ *
Program	עוד לא אהבתי די	Od Lo Ahavti Dai	Naomi Shemer (1930-2004) ☆ *
248	אין לי ארץ אחרת	Ein li Eretz Acheret	Korin Alal (Born 1955) ☆ *

**CONCLUDING PRAYERS**

סיום התפילה

140	עלינו	Aleinu	Salomon Sulzer (1804-1890)*
228	ספירת העומר	Counting of the Omer	
150	קדיש יתום	Mourner's Kaddish	
238	תפילה לשלום המדינה	T'filah Lish'lom Ham'dinah	David Burger (Born 1950) Arr. Matthew Lazar (Born 1947)
249	התקנה	Hatikvah	Folk☆ *
156	קידוש & המוציא	Kiddush & Hamotzi	

☆ Israeli Composer

\*Arranged by Joyce Rosenzweig

**This Week's Shabbat Services****Friday, May 1 / 8 Iyyar****Kabbalat Shabbat, 6:30 pm** -- Yom

HaAztmaut Shabbat

*Ba'alei Tefillah*: Cantorial Intern

David Fair, Sam Rosen

*Piano*: Music Director

Joyce Rosenzweig

*Service Leader*: Rabbi

Sharon Kleinbaum

*Guest Speaker*: Stav Shaffir**Saturday, May 2 / 8 Iyyar****Shabbat Morning – Yoga/Meditation****Minyan, 10 am; RSVP** for Zoom link;  
led by Rabbi Yael Rapport**Havdalah, 9 pm (please note the  
changed time!)**: Service Leader:Cooperberg-Rittmaster Rabbinical In-  
tern Deborah MegdalZoom: <https://zoom.us/j/654880356>;Meeting ID: 654 880 356; phone:  
+1 646 876 9923 (New York)**COMPOSER FEATURE: Naomi Shemer**

**Naomi Shemer (1930-2004)**, known commonly as the “First Lady of Israeli Song,” is most famous for her song “Yerushalayim Shel Zahav” (Jerusalem of Gold). Written in 1967 for the Israel Song Festival, the song became an instant hit and was even known commonly as Israel’s “second national anthem.” Her other major hit, “Lu Y’hi” (Let it Be), was written after the Yom Kippur War and was modeled after the Beatles’ song by that name. During her service in the Israeli Defense Force, she was part of the Nahal Entertainment Troupe. She subsequently studied music at the Rubin Academy in Jerusalem. For her immense contribution to Israeli music, Shemer was awarded the Israel prize in 1983.

## לְכָה דוּדִי / L'chah Dodi

Text: Liturgy

Music: Mordechai Zeira (1905-1968)

Arr. Yehezkel Braun (1922-2014)

Come, my Beloved, to meet the bride; let us  
welcome the presence of Shabbat!

*p'nei Shabbat n'kab'lah!*

Wishing you a Shabbat filled with peace and  
blessings!

*Shabbat Shalom u'mevorach!*

לְכָה דוּדִי לְקִרְאָת כְּלָה

פְּנֵי שַׁבַּת נִקְבְּלָה

שַׁבַּת שְׁלוֹם וּמְבוֹרָח

## שִׁיר אֶרֶץ / Song to the Land / Shir Eretz

Words: Natan Yonatan (1923-2004)

A land which devours its inhabitants  
And flows with milk and honey  
and blue skies,  
Sometimes itself stoops to  
plunder  
The sheep of the poor.

A land sweetened by her clods  
of soil,  
Yet all her seashores are salty,  
Like the tears of those who,  
through their love,  
Gave all they had to give.

The white squill plant is again  
in bloom  
There, on the lonely road;  
The jasmine will bring back the  
fragrance  
Of fields lost in time.

A land sweetened by her clods  
of soil,  
Yet all her seashores are salty,  
Like the tears given by her lov-  
ers,  
Lovers who gave all they had to  
give.

Every spring, new flowers emerge  
To conceal all the wrinkles on the  
face of the land;  
In bright light will the summer  
breeze  
Caress the sadness of her stones.

Autumn returns with heavy  
clouds  
To enfold all her gardens in gray,  
And the winter will draw itself  
down  
Over those whom its weeping  
eyes have guarded.

The white squill plant is again in  
bloom  
There, on the lonely road;  
The jasmine will bring back the  
fragrance  
Of fields lost in time.

A land sweetened by her clods of  
soil,  
Yet all her seashores are salty,  
Like the tears of those who,  
through their love,  
Gave all they had to give.

כָּל אֲבִיבִים שָׁבִים לָהּ סְבִיבֻנִּיהָ  
לְכַסּוֹת אֶת כָּל קַמְטֵי-פָּנֶיהָ  
רוּחַ קִיץ עֹצֵב אֲבִינֶיהָ  
וְיִלְטֵף בְּאוֹר.

שָׁב הַסֵּתוֹ עִם כִּבְד-עֲנִינֶיהָ  
לְעֹטֵף אֶפְרָא אֶת כָּל גְּנִינֶיהָ  
וְהִתְרַף אֶת שְׁמוֹרוֹת עֵינֶיהָ  
הַבּוֹכוֹת יִסְגֵר.

שָׁב הַחֶצֶב לְבֶן לְפָרֶחַ  
שֶׁם בְּדֶרֶךְ יְחִידִי  
וְהִסְמִין יָשִׁיב נִיחוּחַ  
שְׂדוֹת הַזְּמַן שְׁלֵה,  
הַאֲבוּדִים.

אֶרֶץ שְׁמֵתְקוֹ לָהּ רִגְבִּיהָ  
וּמְלוּחִים כְּבָכִי כָּל חוֹפִיָּהּ  
שֶׁנִּתְּנָהּ לָהּ אוֹהֲבֶיהָ  
כָּל אֲשֶׁר יָכְלוּ לָתֵת.

אֶרֶץ שְׁיוֹשְׁבֶיהָ הִיא אוֹכְלָת  
וְזַבַּת חֶלֶב וְדָבֵשׁ וְתַכְלֵת  
לְפַעֲמִים גַּם הִיא עֹצְמָה  
גּוֹזֵלֶת  
אֶת כְּבֹשֶׁת הָרֶשׁ.

אֶרֶץ שְׁמֵתְקוֹ לָהּ רִגְבִּיהָ  
וּמְלוּחִים כְּבָכִי כָּל חוֹפִיָּהּ  
שֶׁנִּתְּנָהּ לָהּ אוֹהֲבֶיהָ  
כָּל אֲשֶׁר יָכְלוּ לָתֵת.

שָׁב הַחֶצֶב לְבֶן לְפָרֶחַ  
שֶׁם בְּדֶרֶךְ יְחִידִי  
וְהִסְמִין יָשִׁיב נִיחוּחַ  
שְׂדוֹת הַזְּמַן שְׁלֵה,  
הַאֲבוּדִים.

אֶרֶץ שְׁמֵתְקוֹ לָהּ רִגְבִּיהָ  
וּמְלוּחִים כְּבָכִי כָּל חוֹפִיָּהּ  
שֶׁנִּתְּנָהּ לָהּ אוֹהֲבֶיהָ  
כָּל אֲשֶׁר יָכְלוּ לָתֵת.

**אני ואתה Ani V'atah / You and I**  
Words: Arik Einstein (1939-2013)

You and I will change the world.  
You and I, then all will follow.  
Others have said it before me, but  
no matter. You and I will change  
the world.

*Ani ve'atah neshaneh et ha'olam  
Ani ve'atah az yavo'u kvar kulam  
Amru et zeh kodem lefanai,  
Lo meshaneh.  
Ani ve'atah neshaneh et ha'olam.*

אני ואתה נשנה את העולם  
אני ואתה אז יבואו כבר כולם  
אמרו את זה קודם לפני  
לא משנה – אני ואתה נשנה את העולם

You and I will try from the begin-  
ning.  
It will be tough for us, but no mat-  
ter. It's not so bad. Others have  
said it before me, but nevertheless,  
you and I will change the world.

*Ani ve'atah nenaseh mehahatchalah  
Yihyeh lanu ra ein davar zeh lo nora.  
Amru et zeh kodem lefanai  
Zeh lo meshaneh.  
Ani ve'atah neshaneh et ha'olam.*

אני ואתה ננסה מהתחלה  
יהיה לנו רע, אין דבר זה לא נורא  
אמרו את זה קודם לפני  
זה לא משנה – אני ואתה נשנה את  
העולם

**לו יהי Lu Y'hi / Let it Be**

Words: Naomi Shemer (1930-2004)

There is still a white sail on the horizon,  
Opposite a heavy black cloud.  
All that we ask for - may it be.

*Od yesh mifras lavan ba'ofek  
mul anan shachor kaved  
Kol shenevakesh - lu y'hi.*

עוד יש מפרש לבן באפק  
מול ענן שחור כבד  
כל שנבקש – לו יהי.

And if in the evening windows,  
The light of the holiday candles flickers.  
All that we seek - may it be.

*Ve'im bacholonot ha'erev  
Or nerot hachag ro'ed -  
Kol shenevakesh - lu y'hi.*

ואם בחלונות הערב  
אור נרות החג רועד  
כל שנבקש – לו יהי.

May it be, may it be, please, may it be.  
All that we seek - may it be.

*Lu y'hi, lu y'hi, ana, lu y'hi  
Kol shenevakesh - lu y'hi.*

לו יהי – לו יהי – אָנָּא לו יהי.  
כל שנבקש – לו יהי.

**עוד לא אהבתי די / Od Lo Ahavti Dai / I Have Not Yet Loved Enough**

Words: Naomi Shemer (1930-2004)

With these hands I haven't yet built  
a village,  
Haven't yet found water in the mid-  
dle of the wilderness,  
Haven't yet painted a flower, I have-  
n't yet discovered how the path  
leads me, and where I am going.

*Be'eileh hayadayim od lo baniti kfar,  
Od lo matzati mayim be'emtza ha-  
midbar,  
Od lo tziyarti perach, od lo giliti  
eych,  
Tovil oti haderech ule'an ani holech.*

באלה הידיים עוד לא בניתי כפר  
עוד לא מצאתי מים באמצע המדבר  
עוד לא ציירתי פרח, עוד לא גיליתי איך  
תוביל אותי הדרך ולאן אני הולך

I haven't loved enough,  
The wind and sun on my face.  
I haven't said "enough",  
And if not now - when?

*Ay ay ay - Od lo ahavti dai  
Haruach v'hashemesh al panai  
Ay ay ay - Od lo amarti dai  
V'im lo, im lo achshav eimatai?*

אי – עוד לא אהבתי די  
הרוח והשמש על פני  
אי – עוד לא אמרתי די  
ואם לא, אם לא עכשיו אימתי?

**אין לי ארץ אחרת**  
**Ein li erez acheret**  
 Korin Alal (Born 1955)

<p>I have no other country          even if my land is aflame          Just a word in Hebrew          pierces my veins and my soul          With a painful body, with a hun-          gry heart,          Here is my home.</p>	<p><i>Ein li erez acheret</i>  <i>Gam im admati bo'eret</i>  <i>Rak mila be'ivrit</i>  <i>choderet el orkai el nishmati</i>  <i>Beguf ko'ev, belev ra'ev</i>  <i>Kan hu beiti --</i></p>	<p>אין לי ארץ אחרת          גם אם אדמתי בוערת          רק מילה בעברית חודרת          אל עורקיי, אל נשמתי          בגוף כואב, בלב רעב          כאן הוא ביתי</p>
<p>I will not stay silent          because my country changed her          face          I will not give up reminding her          And sing in her ears          until she will open her eyes</p>	<p><i>Lo eshtok</i>  <i>ki artzi shinta et paneha</i>  <i>Lo avater lehazkir la</i>  <i>Ve'ashir kan be'ozneha</i>  <i>Ad shetiftach et eineha</i></p>	<p>לא אשתוק, כי ארצי          שינתה את פניה          לא אוותר לה,          להזכיר לה,          ואשיר כאן באוזניה          עד שתפקח את עיניה</p>
<p>I have no other country          even if my land is aflame          Just a word in Hebrew          pierces my veins and my soul          With a painful body, with a hun-          gry heart,          Here is my home.</p>	<p><i>Ein li erez acheret</i>  <i>Gam im admati boeret</i>  <i>Rak mila beivrit</i>  <i>hoderet el orkai el nishmati</i>  <i>Beguf koev, belev raev</i>  <i>Kan hu beiti --</i></p>	<p>אין לי ארץ אחרת          גם אם אדמתי בוערת          רק מילה בעברית חודרת          אל עורקיי, אל נשמתי          בגוף כואב, בלב רעב          כאן הוא ביתי</p>
<p>I won't be silent because my          country          has changed her face.          I will not give up reminding her          And sing in her ears          until she will open her eyes          I have no other country          until she will renew her glorious          days          Until she will open her eyes.</p>	<p><i>Lo eshtok ki ertz</i>  <i>shinta et paneha</i>  <i>Lo avater lehazkir la</i>  <i>Veashir kan beozneha</i>  <i>Ad shetiftah et eineha</i>  <i>Ein li erez aheret</i>  <i>Ad shetihadesh yameha</i>  <i>Ad shetiftah et eineha</i></p>	<p>לא אשתוק, כי ארצי          שינתה את פניה          לא אוותר לה,          להזכיר לה,          ואשיר כאן באוזניה          עד שתפקח את עיניה          אין לי ארץ אחרת          עד שתחדש ימיה          עד שתפקח את עיניה</p>

## Prayer for Healers

May the One who blessed our ancestors

Bless all those who put themselves at risk to care for the sick

Physicians and nurses and orderlies

Technicians and home health aides

EMTs and pharmacists

Hospital social workers and respiratory therapists

(Please include other frontline healthcare workers. And bless especially \_\_\_\_\_)

Who navigate the unfolding dangers of the world each day,

To tend to those they have sworn to help.

Bless them in their coming home and bless them in their going out.

Ease their fear. Sustain them.

Source of all breath, healer of all beings,

Protect them and restore their hope.

Strengthen them, that they may bring strength;

Keep them in health, that they may bring healing.

Help them know again a time when they can breathe without fear.

Bless the sacred work of their hands.

May this plague pass from among us, speedily and in our days.

מי שברך לאבותינו ולאמותינו, הוא יברך את כל צוותי הרפואה המסכנים את עצמם על מנת לרפא ולטפל בחולים – הרופאות והרופאים, האחים והאחיות, הטכנאיות, אנשי המשק, המטפלות, הפארמדיקים והרוקחות. (ברך במיוחד את \_\_\_\_).

על עולמנו בכל יום, על מנת לרפא את יצורי כפיך. המנווטים בסכנה המתרגשת

ברך אותם בבואם, וברך אותן בצאתן. הקל על הפחד שלהם. חזקם ואמץ.

רופא כל בשר, הענק להם אומץ רוח ומרץ רב לעשות עבודתם נאמנה. אדון כל הנשמות, הגן עליהם והענק להן תקווה. חזק

אותם כדי שיוכלו לחזק אחרים. הגן על בריאותן כדי שיוכלו לסייע בהחלמה. סייע להם להגיע לזמן שבו יוכלו לנשום עמוק

בלי פחד. ברך את מלאכת ידיהן הקדושה. מגר את המגיפה מעולמנו, במהרה בימינו

רפאנו ה' ונרפא, הושיענו ונושעה.

*Rabbi Ayelet S. Cohen, March 2020*

*Hebrew by Rabbi Noa Sattath*



## Refuah Shleimah – Healing Prayers

Chana Kayla bat Layah  
Chana  
Chanan ben Tzima v'Kalman  
Chaim ben Yehoshua v'Sa-  
rah-Dina

Diane Leader  
Samantha Davis  
Stuart Dolgin  
Steve Jacobson  
Howard Leader

Christopher Kennedy  
Betty Lifton  
Linda Navarro  
Gilda Pavloff  
Jane Leader

We include in our healing prayers all those currently afflicted with COVID-19, in the CBST community & at large. We also include in our prayers the almost 14,000 immigrant children in US custody, most of whom are separated from their families. This list is for those with acute illness. Any member can submit their name for one-month inclusion. We only print names of members who have consented. You may say any name aloud during the healing prayer. If you or a CBST member you know is ill & would like support, contact [cbstoffice@cbst.org](mailto:cbstoffice@cbst.org). We're here for you.

## Yortzeits 8 Iyyar to 14 Iyyar 5780

**Members** memorialized on the Wine Family Sanctuary Memorial Wall

Howard Schoenholtz                      Edward Slomka

**Family & Friends** memorialized on plaques on the Kuriel Chapel Memorial Wall

Charles Antenson	Selma Honig	Fannie Seigal
Sam Appell	Sherwin Hunter	Ed Traitman
Sheldon Arden	Florence Levine	Morris Winter
David Berger	Ruth Miller	Irving Zalkin
Jeanne Berman	Phillip Rubin	

## Condolences

***The CBST community extends condolences to mourners among us:***

CBST members Aari Ludvigsen, Barbara Gaines, and Simon Gaines on the death of their beloved friend, Hal Willner, z"l, who died Apr. 7 at age 64, from complications of COVID-19.

***May God comfort you among all who mourn. We pray for peace.***

***We also offer condolences to the families, friends, and communities of all those who are dying each day from the COVID-19 pandemic. As of today, there have been 12,976 deaths in New York City, 23,780 deaths in New York State, 64,022 deaths across the United States, and 235,244 deaths worldwide.***

## PRAYER for OUR COUNTRY Rabbi Ayelet Cohen

Our God and God of our ancestors,  
bless this country and all who dwell within it.  
Help us to experience the blessings of our lives and circumstances,  
To be vigilant, compassionate, and brave.  
Strengthen us when we are afraid,  
Help us to channel our anger, so that it motivates us to action.  
Help us to feel our fear, so that we do not become numb.  
Help us to be generous with others, so that we raise each other up.  
Help us to be humble in our fear,  
knowing that as vulnerable as we feel,  
there are those at greater risk, and  
that it is our holy work to stand with them.  
Help us to taste the sweetness of liberty,  
To not take for granted the freedoms won  
in generations past or in recent days.  
To heal and nourish our democracy,  
that it may be like a tree planted by the water  
whose roots reach down to the stream;  
it need not fear drought when it comes,  
its leaves are always green (Jeremiah 17:8).

Source of all Life,  
Guide our leaders with righteousness  
Strengthen their hearts, but keep them from hardening.  
That they may use their influence and authority to  
speak truth and act for justice (Isaiah 16:3-5).  
May all who dwell in this country  
share in its bounty, enjoy its freedoms,  
and be protected by its laws.  
May this nation use its power and wealth  
to be a voice for justice,  
peace, and equality for all who dwell on earth.  
May we be strong and have courage  
To be bold in our action and deep in our compassion,  
To discern when we must listen and when we must act,  
To uproot bigotry, intolerance, misogyny, racism,  
discrimination, and violence in all its forms,  
To celebrate the many faces of God reflected  
in the wondrous diversity of humanity,  
To welcome the stranger and the immigrant  
and to honor the gifts of those who seek refuge  
and possibility here, as they have since  
before this nation was born.  
Let justice well up like waters, and righteousness  
like a mighty stream (Amos 5:24)

אלוהינו ואלוהי אבותנו ואמותינו. ברך את ארצנו ואת כל  
היושבות והיושבים בה  
יחד לבבנו להודות לך על חיינו ועל הזמן הזה  
להיות דרוכות, אמיצים, ומלאי חמלה.  
חזקנו וחזק ידנו כאשר אנו אחוזים בפחד  
סייע בידנו לנתב את כעסנו לידי מעשה  
חזק לבבנו לחוש את מלוא הפחד שלנו  
כדי שלא נהפוך לאדישות  
סייע לנו להשפיע נדיבות על אחרים כדי שגרים זה את זה.  
סייע לנו להיות צנועות בפחד, כדי שנדע כי גם כשאנו מרגישים פגיעות,  
יש אחרות, הנמצאות בסיכון גבוה אף יותר, וזהי חובתנו הקדושה להיות  
עמו.

ברכנו בטעם המתוק של החופש  
כדי שנשכיל להעריך את החופש לו זכינו בדורות קודמים ובעת הזו  
לרפא ולחזק את הדמוקרטיה שלנו שתהיה כְּעֵץ שְׁתוּל עַל-מַיִם, וְעַל-  
יִבְל יִשְׁלַח שָׂרְשָׁיו, וְלֹא יִרְאֶה כִּי-יָבֵא חֶם, וְהָיָה עֲלֵהוּ רֶעֱנָן; (ירמיהו יז, ח)

שכינה, אם כל חי,  
שלחי אורך ואמתך למנהיגנו  
חזקי לבבותיהם שלא יתקשו  
שיתמשו בכוחך כדי לדבר אמת ולפעול בצדק (ישעיהו טז, ג-ה)  
מי יתן וכל יושבי הארץ יחלקו בעושרה, ישגשגו בחופש שתציע, ויהיו  
מוגנים בחוקיה  
מי יתן ואומה זו תשתמש בכוחה ובעושרה על מנת לקדם צדק, חופש  
ושלום לכל יושבי תבל  
מי יתן ונהיה חזקות ואמיצים  
מי יתן ונהיה נועזים במעשי ידנו ועמוקות בחמלה שבלבנו  
שנבחין מתי עלינו להקשיב ומתי עלינו לפעול  
לעקור שנאה, גזענות, שוביניזם, אפליה, אלימות בכל צורה,

לחגוג את צלם אלוהים בפנים שונות המשתקפות בכל המגוון האנושי  
לקבל את הזר ואת המהגרת, ולכבד את המתנות שמביא כל מי  
שמבקשת מקלט והזדמנות בארץ זו, כפי שהיה מאז לפני שאומה זו נולדה  
וְיָצַל כְּפַיִם, מִשָּׁפֵט; וְיַצְדֵּקָה, כְּנַחַל אֵימָן  
(עמוס ה כד)

Hebrew by Rabbi Noa Sattath

## Tonight's Guest Speaker: Stav Shaffir



In honor of Yom Ha'atzmaut, former Member of Knesset **Stav Shaffir** is our guest speaker this Shabbat. She served in the Knesset since 2012, starting in the Labor Party and continuing through various shifts in Israel's left parties over the last 8 years. She was a co-leader of Israel's 2011 massive social justice protests, when half a million Israelis took to the streets to protest on poverty and housing issues and the ongoing erosion of demographic systems.

The youngest woman ever elected to the Knesset, Shaffir worked on the Finance Committee to bring transparency to Israel's murky budget. She delivered [a famous anti-corruption speech](#) in 2015, and joined protests calling for the budget to address the needs of low-income Israelis and those living in the periphery. Before entering politics, Shaffir studied music and worked as a journalist.

Shaffir is an outspoken advocate for religious freedom, supporting the Women of the Wall and opposing segregated public services. She has consistently supported the LGBTQ community, proposing legislation to legalize civil unions and LGBTQ adoption and surrogacy. Her meeting with CBST's November 2018 Israel Trip was one of the highlights of the trip. She is now working outside the Knesset to build Israel's Green Party.

### **Recording of 15th Annual Israeli-Palestinian Memorial Service**

On Monday, we joined friends from around the world to co-sponsor the 15th Israeli-Palestinian Memorial Service. Click [here](#) to hear a recording of this poignant service. We're so moved by our Israeli & Palestinian colleagues from Combatants for Peace, Parents Circle Families Forum, the New Israel Fund, & others committed to mourning & dreaming together.

### **Congregational Town Hall: Social Justice Resources & Recording**

We held our third Congregational Town Hall on "Social Justice in Times of Covid-19" on Monday. The Town Hall highlighted four of CBST's Social Justice teams (Sanctuary and Immigration Clinic, Democracy in Action, House of Peace, and Ending Mass Incarceration) and the important work they continue to do during this time.

The events, volunteer opportunities, and social justice resources that were shared can be found [here](#). If you missed the Town Hall, you can listen to the recording [here](#).



**Upcoming Members-Only Town Hall:  
“State of the City in the Time of COVID-19”**  
CBST members only: Monday, May 4, 6-7 pm;  
[RSVP here](#) to receive Zoom link

**New York City Council Speaker Corey Johnson** will be speaking. Corey Johnson was elected by his peers to serve as Speaker of the New York City Council on January 3, 2018. Raised in a union household where his mother, a homeless services provider, and his father, a Teamster, instilled in him the values of community service and political engagement, Corey came to national attention in 1999

when, as the captain of his high school football team, he took the courageous step of coming out publicly as gay. Corey’s actions landed him on the front page of the *New York Times*, and he began telling his story to audiences of young people across the country. He would later serve as chairperson of Manhattan’s Community Board 4, becoming the youngest person to chair a community board in the five boroughs.



[Membership: New & Renewal](#)

[Shabbat & Livestreaming Sponsorships](#)

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[Make a Contribution](#)

**Planned Giving:** When you [remember CBST in your planned giving](#), you leave a special legacy that helps your community meet the needs of the future. Questions? [Contact Ann](#).



*Please "arrive" 10 minutes early for any Zoom call so we can start on time. Zoom works better on a computer (laptop or desktop). Using Zoom via phone will limit your capacity to participate. Thanks!*

## **Open to all**

**Connecting in Community with CRR I Deborah Megdal**

**Fridays, May 1, May 8, May 15, 3-4 pm,**

**Zoom: <https://zoom.us/j/256347787>**

Meeting ID: 256 347 787; by phone: +1 646 876 9923

In this stressful time, we need to love, support, and listen to one another with an open heart. All are invited to a short text study & support session. No registration required.

**Psalm Study with Rabbi Kleinbaum**

**Mondays through Thursdays, 10-10:45 am**

**ZOOM INFORMATION: <https://zoom.us/j/513468144>**

Meeting ID: 513 468 144; Dial by phone: +1 646 876 9923;

*Recordings available [HERE](#)*

Join in study of the Book of Psalms with Rabbi Kleinbaum. No experience necessary! Every morning Monday-Thursday 10:00 am to 10:45 am.

**Pirkei Avot Study with Rabbi Moskowitz**

**Monday through Thursday until Shavuot (May 28), 4-4:30 pm**

**ZOOM: <https://zoom.us/j/92665533458>**

Meeting ID: 926 6553 3458; Call-in: +1 646 876 9923 or +1 301 715 8592

Pirkei Avot, a classic of Jewish ethics, is customarily studied between Passover and Shavuot to prepare us to accept the Torah. Our class will start at the beginning and learn one mishnah a class, in order. *No experience or Hebrew necessary; no registration required. All are welcome!*

**Revamped RESISTANCE: Calls & Cards meets Democracy Action Team!  
Starting April 30; Thursdays from 12:30-1:15 pm, via Zoom  
(RSVP [here](#) for the link)**

Welcoming stalwarts as well as newcomers, we will provide information and support to anyone interested in participating in vital political and social justice work around the key issues we face as Americans and as progressive Jews. We'll help you make your voice heard by contacting elected officials and key figures in city, state, and federal government through texting, emailing, calling, and sending letters and postcards. Some areas we work on: Voting access (protection, registration, turnout), immigration, refugee protection, environmental protection, common sense gun laws, ending mass incarceration, education reform, healthcare, & the fight against rising antisemitism, racism, and bigotry in all forms.

**Living Successfully with HIV/AIDS**

**Tuesdays at 6 pm, [REGISTER HERE](#) to receive the Zoom info**

Join our weekly supportive social gathering – shmooze with Rabbi James, share stories, and compare notes about what it means to be living successfully with HIV/AIDS. Sessions led by Scott A. Kramer, LCSW-R, ACSW. This group is for adults of any age who want to build community and support. Questions? Email Jesse at [TalkHIV@cbst.org](mailto:TalkHIV@cbst.org).

*This project was funded by the New York City Department of Health and Mental Hygiene through a contract with Public Health Solutions.*

**JOB LISTING: Director of Development, CBST: To apply online, click [here](#).**

**CBST Community Cultural Recommendations:** Share recommendations for spiritually nourishing books, songs, or movies to pass the time in quarantine [here!](#)

**CBST member Marjorie Ingall** published a [beautiful piece in Tablet Magazine](#) on having COVID-19.

**[Sutton Place Synagogue Egal Morning & Afternoon Minyans:](#) [Email Harold](#) for the password.**

**[CBST COVID-19 Resources list Google doc](#)**

**[Zoom Instructions - click this link!](#)**

# Sponsorships

## Tonight's Livestream Sponsored by

**CBST Board, Clergy, and Staff** in appreciation of our friend and guest speaker, Stav Shaffir. *Chazak chazak venitchazek!*

### **The Farber Shapiro Family**

**Sabrina Farber** in honor of Ellen Shapiro's birthday - TODAY. You are finally as old as I am! Remember when I said: "Grow old along with me..."? Never truer.

**Barbara Dolgin & Hanna Gafni**, with deepest gratitude and love to our clergy and staff.

### **Janlori Goldman**

**Rosanne Leipzig and Ora Chaikin** in honor of Johanna Sanders, Esq., on the occasion of her passing the state bar! Mazel tov!!

**Steve Lipmann** in honor of my mother Freda Lipmann's 12th yortzeit, z"l. Her spirit abides.

**Ruth Plave and Harriet Beckman** in honor of CBST's clergy and staff for their resiliency and dedication to our community in this time of crisis.

### **Randi Weingarten**

**Lorraine & Karen** in memory of our Sammy T. Gone March 27, 2020. Too young. Too soon. Too gone. Fredericksburg, VA.

## Livestream Supported by

**Adria Benjamin**

**Chana Buchwald**

**Tanya Domi** for the righteous acts of Zoran Mandlbaum, called the "Oscar Schindler" of Bosnia. In the 1992-95 war, he was a peacemaker & humanitarian in Mostar that was ravaged by sectarian violence.

**Noreen Dean Dresser**

**Leslie Bernstein and Fran Dunkel**

**Liz Edman**

**Michael Ekman**

**Carol Feinman**

**Erica Forman**

**Michael Goldstein**

**Donna Gray** honoring Larry Finkelstein and the fantastic rugelach he has baked and brought to CBST so many times to honor everyone else. No one else's rugelach come even close!

**Barbara Grindell and Sherryl Drasin** on Barbara's mother Jeanne Berman's 5th yortzeit, z"l, and Sherryl's mother Dorothy Drasin's 34th yortzeit, z"l. May their names be for a blessing.

**Bobbie Hand**

**Jinny Henenberg** in memory of my mother, Edith Henenberg, z"l, on the eve of her birthday.

**Judy Hollander**

**Jerry Hyman**

**Naomi Jaffe**

**Meret Oppenheim** sends a bushel of congratulations to Johanna Sanders for passing the bar exam!!!

**Randi Sarokoff** with gratitude for CBST Psalm Study Class.

**Linda Solomon and Bonnie Siegel**

**Gail Winter** in memory of my father, Morris Winter, z"l.

**Janet Zaleon**

**Nora, Naomi, Ari, & friends** Mazel tov, Johanna, on passing the bar! We couldn't be prouder of you and your many accomplishments and can't wait to celebrate with margaritas at Cowgirl when the world reopens.

### **Shabbat Morning Livestream Sponsored by**

**The Hoffman-Ingall Family - Neal, Andy and Shirley** in memory of our niece, Samantha Stachel, z"l, on the occasion of her seventh yortzeit.

**Laurie & Max Krotman** expressing gratitude to CBST for all you are doing to keep us in touch online during these difficult times. Connection is everything. With much love.