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**Torah Portion: B'har, Leviticus 25:1-26:2 Haftarah: Jeremiah 32:6-27**  
**B'chukotai 26:3-27:34 Haftarah: Jeremiah 16:19-17:14**

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### Morning Blessings

Music by Shefa Gold

יְיָ מַתִּיר אֲסוּרִים, יְיָ פּוֹקֵחַ עֵוְרִים,  
יְיָ זוֹקֵף כְּפוּפִים, יְיָ אוֹהֵב צַדִּיקִים.

*Adonai matir asurim, A-do-nai po-kei-ach iv-rim,  
Adonai zokeif k'fufim, Adonai ohev tsadikim.*

Adonai frees the captives,  
Adonai opens the eyes of the blind,  
Adonai lifts up the fallen,  
Adonai loves the righteous.

*Ahal'lah Adonai b'chayai! אֶהְלֵלָה יְיָ בְּחַיֵּי.*

I will praise Adonai with my life!

### Sweet as Honey

Music by Dan Nichols

Sweet as honey, sweet as honey,  
sweet as honey on our tongue  
Sweet as honey, sweet as honey,  
sweet as honey on our tongue

בָּרוּךְ אַתָּה יְיָ  
אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְעִסוֹק בְּדַבְרֵי-תוֹרָה.

*Baruch Atah Adonai  
Eloheinu Meech haolam  
Asher k'dishanu b'mitzvotav v'tzivanu  
Laasok b'divrei Torah  
Laasok b'divrei Torah*

Sweet as honey, sweet as honey,  
sweet as honey on our tongue  
Let us soak it up and let it all sink in —  
sweet words of Torah  
Sweet as honey, sweet as honey,  
sweet as honey on our tongue  
Let us soak it up and let it all sink in—  
sweet words of Torah

Blessed are You God  
Our God, Ruler of the universe  
Who has made us holy in Your mitzvot and  
commanded us to immerse in the words of Torah

## Leviticus 25:18

וְעִשְׂיֹתֶם אֶת־חֻקֹּתַי וְאֶת־מִשְׁפָּטַי תִּשְׁמְרוּ  
וְעִשְׂיֹתֶם אִתְּם וְיִשְׁבְּתֶם עַל־הָאָרֶץ לְבִטָּח:

You shall observe My laws and faithfully keep  
My rules, **that you may live upon the land in security**

## Simplify

By Rabbi Sheryl Lewart, *Blessings for Life's Journey*  
(adapted)

May we stand unencumbered on the mountain  
feeling the wind blow the hair  
back from the face.  
When we return from that height  
may we understand  
that possessions and obligations  
weigh us down  
and trap us in never enough.  
We can trust  
that we can live well with less.  
It is time to heed the call on the mountain  
to simply  
and return to the Holy One.  
Today we know  
every things needs freedom  
to rest  
and so do we.

## Yotzeir Or/Light and Darkness

Music by Elana Arian, text from Morning Liturgy

Light and darkness, each and every one  
Light and darkness, each and every one

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מְלִךְ הָעוֹלָם,  
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם  
וּבוֹרֵא אֶת־הַכֹּל.

*Baruch atah, Adonai Eloheinu, Melech haolam,  
yotzeir or uvorei choshech, oseh shalom  
uvorei et hakol.*

Praised are you Adonai, Creator of light and  
darkness, renewing creation each day.  
You light our way, every day, with love.

## Mi Shebeirach

by Craig Taubman

מִי שֶׁבִּרְךְ אֲבוֹתֵינוּ,  
אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב,  
שָׂרָה רִבְקָה רָחֵל וְלֵאָה,  
הוּא יְבָרְךְ וּרְפָא אֶת־הַחֹלִים.

*Mi shebeirach avoteinu,  
Avraham, Yitschak v'Yaakov,  
Sarah, Rivkah, Racheil v'Leiah,  
Hu y'vareich virapei et hacholim.*

May God, who blessed our ancestors,  
Abraham, Isaac and Jacob,  
Sarah, Rebekah, Rachel and Leah,  
bless and heal those who are ill.

*Eil nah r'fah nah lah.* אֵל נָא רְפָא נָא לָהּ.

God, please, we pray, bring healing.