
Torah Portion: Ki Tisa, Exodus 30:11–34:35
Haftarah: I Kings 18:1-39

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 oheiv 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 בְּחַיָּי.

I will praise Adonai with my life!

Blessing for the Study of Torah

בָּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוֵּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

*Baruch atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav
v'tzivanu laasok b'divrei Torah.*

Blessed are You, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to engage with words of Torah.

Meditation on Mitzvot

*By Alden Solovy, Page 18 in This Joyous Soul
(adapted for congregational reading)*

It's simple, really,
this list of things we do,
as a people,
this list of things I do,
to live in a good way, for others and myself,
to leave a legacy of love,
to leave the world just a little better each day.

A kind word.
A gentle hand.
A loving voice.
A giving heart.

It's not so simple, really,
to remember to live this way.
Always.

So we arrive early to study Torah
and strive for devotion in prayer,
to remember to honor all beings with compassion
and understanding,
living a life of mitzvot in joy and service,
through our words and deeds,
into the world and into generations to come.

Prayer for Redemption of Hostages

By CCAR members Rabbis Ofer and Rachel Sabath Beit Halachmi

Our God, the One who raised Joseph up from the pit, be "a refuge for the oppressed, a refuge in times of trouble." (Psalm 9:10)

Send complete rescue and full redemption to all those held captive by the enemy.

Strengthen their spirit and bring them our prayers that they be protected from all harm.

Implant understanding in the heart of the enemy that they may return the captives in wholeness of body and spirit.

Grant wisdom to the Israel Defense Forces that they may secure freedom for the captives without loss of life. Grant strength of spirit and courage of heart to all the sons and daughters of Abraham, Sarah, and Hagar to release bonds of captivity and allow us all to live in freedom.

"They shall call upon Me, and I will answer them; I will be with them in distress; I will rescue them, and honor them." (after Psalm 91:15).

Mi Shebeirach

Music by Craig Taubman

מִי שֶׁבִירַךְ אֲבוֹתֵינוּ, אֲבֹרָהִם יִצְחָק וְיַעֲקֹב,
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ וְיִרְפֵּא אֶת־הַחַוּלִים.

*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 רְפֵא נָא לָהּ.

God, please, we pray, bring healing.