



Rabbi Ari Goldstein

rabbi.ari.goldstein@gmail.com

Cantor Gabriel Snyder

cantorsnyder@annapolistemple.org

Jill Sussman, Temple Administrator

jsussman@annapolistemple.org

Betsey Kushner, ECP Director

ecpdirector@annapolistemple.org

Penney Croydon, Temple Office Staff

pcroydon@annapolistemple.org

Sandy Baressi, Temple Office Staff

office@annapolistemple.org

Connor Glennon, Building & Grounds

cglennon@annapolistemple.org

www.annapolistemple.org

WELCOME TO TEMPLE BETH SHALOM

28 Nissan 5784 | April 25, 2025



Shabbat Hineni Healing Service

"My help comes from Adonai, the maker of heaven and earth."

Psalm 121:2

1461 Baltimore-Annapolis Blvd., Arnold, MD 21012
410-757-0552 www.annapolistemple.org

Service

“Broken Hearted” (Feit)	(over)
<i>Matir Asurim</i> (Smith)	(over)
“Light Gives Way”	Jill Simon
Candle Lighting (Binder)	120
<i>Kiddush</i> (Lewandowski)	123
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“The Sages Taught”	Lisa Hoffman
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“On Anxiety”	Sibyl Wisch
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<i>Hashkiveinu</i> (Taubman)	160
“A Prayer for Prayer”	Sandy Kemick
<i>Adonai s’fatai</i> (Aronson)	164
<i>T’fillah</i> (Katchko)	166-170
“To Remember that...”	Sharon Schwartz
“Gratitude Prayer”	Erica Lunglhofer
“There Was Once”	Laura Murray
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“Prayer for Those Who Help”	Barbara Wingrove
<i>Mi Shebeirach</i> (Friedman)	371
Silent Prayer	
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Upcoming *Hineni* Events

***Hineni* Part 2 and 3 of a Trio of Wellness!**

The *Hineni* committee presents the second and third of a 3-part wellness series for you to experience. For information on the remaining sessions see below.

Please RSVP so we know to expect you.

“Breath-Centered Yoga” with Lou Shapiro

Sunday, May 18 at 3pm

A practice to draw the mind inwards and establish stability for body, mind, and spirit, starting with the foundational tool of the breath, building movement, and finishing with a brief meditation.

“Compassionate Listening Workshop” with Amalia Phillips

Sunday, June 29 at 3pm

Practice the skills of deep, empathetic listening to create a space for trust and meaningful dialogue. Strengthen your connection to others by learning to shift your perspective. This is an opportunity to cultivate a listening practice that not only benefits others, but also enriches your own communication and relationships.

See temple weekly email to RSVP or QR code below.



If you have any questions or want more information about the *Hineni* committee, please email Jill Simon at missjill3148@gmail.com.

Upcoming Events

Luminis Health Blood Mobile

Sunday, May 4

8:30am - 12:30pm

Please consider the *mitzvah* of helping others in need by making an appointment to donate blood. The Luminis Health blood mobile will be in the parking lot of Temple Beth Shalom on Sunday, May 4.

Sign up today to save a life!



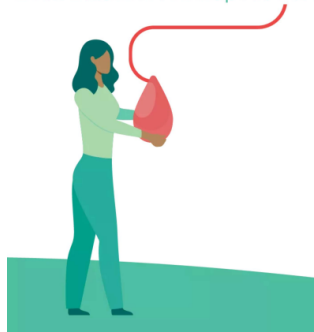
Give Blood, Save Lives

TEMPLE BETH SHALOM BLOOD DRIVE

May 4, 2025

8:30am-12:30pm

1461 Baltimore Annapolis Blvd, Arnold, MD 21012



Register here:



Annual Meeting of the Congregation and Member Appreciation Breakfast

Sunday, May 4 at 9:30am

See weekly email to RSVP by Monday, April 28 at 12pm.

Temple Beth Shalom Movie Night "October 8"

Saturday, May 17 at 7pm

RSVP to info@annapolistemple.org

Service Continued

"Not About the Rockets"	Nancy Fineberg	
<i>Aleinu</i> (Sulzer)		586
"When Fears Multiply"	Karen Cook	
"Each Lifetime"	Steve McKerrow	
Mourner's <i>Kaddish</i>		598
"Investing in Friends"	Jodi Meisenberg	
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"Oseh Shalom" (Hirsch)		647

Service Prayers Below

Broken Hearted (Shir Yaacov Feit)

*Harofeh lishvurei lev, um'chabesh l'atzvotam, moneh mispar lakochavim,
lechulam shemot yikra.*

Healer of the broken hearted, Binder of our wounds; Counter of
uncountable stars, You know who we are.

Matir Asurim (Shimon Smith)

Baruch ata Adonai Eloheinu melech ha'olam matir asurim.

Readings

Light gives way by Rabbi Hanna Yerushalmi

And in this cycle now, slowly,
light gives way to darkness
And we try to follow nature's way
as we've done for generations
harvesting according to the season.
Light gives way to darkness
Sadness will linger but joy will increase
Eyes will well up with tears but so will the laughter
We will miss the lost ones
but the babies will comfort us.
Despair is with us but so is hope.
Anguish is with us but so is gladness.
Doubt is with us but so is faith.
In these hollow days, we remember—
Light gives way to darkness.

The Sages Taught by Rabbi Ari J Goldstein

The sages taught (Leviticus Rabba 7:2) that “broken vessels are scorned by humans, but God finds them useful and precious.” Each and every one of us is a broken vessel, torn by pain, loss, and disappointed hopes. But we are the vessels that God finds precious. And, our ancestors, who knew God so well, can be our models. Like Moses who stuttered and Jacob who limped from a spiritual struggle born out of fear and regret, we too, are impaired. We have lost love, lost time, lost dreams, and lost vision. We are all, in one way or another, broken vessels. But, the very vessels that we scorn, God cherishes.

On Anxiety by Rabbi Chaim Stern

Adonai, You abide though all things change. I am anxious and fearful, and I turn my heart to You, looking to You and leaning on Your strength. It is written, “Blessed is the one whose strength is in You.” Bless me now with faith and courage. Help me to feel that You are with me, steadying and sustaining me with the assurance that I am loved. Be with me and bring me hope, that in the days to come, my aspirations may be fulfilled for my good and the good of those I love who depend on me. Banish my fears with the sense that You are always present, to uphold and sustain me, as it is written, “Have no fear, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with the power of My righteousness” (Isaiah 41:10). Amen.

Yahrzeits

Cecelia Brandt	Ann Schein Scott	Mary Elliott Argue
Gertrude Levin Decker	Paula Biran	Sally Edelman
Anne Silkes	Betty Cavanaugh Vakas	Fay Wagner
Nathan Weiss	Joseph Paper	Lazar Svirsky
Bernard Bormel	Sol Rome	Sam Samuel Sorkin
Steven Weintraub	Jerome Schein	Larry Stander

Thank You

Thank you to Sarit Brosh and Dana Feldman for ushering.

Thank to the *Hineni* Committee for providing tonight's healthy *Oneg Shabbat*.

Upcoming Events

Men's Club Movie: *The Front*
Saturday, April 26 at 6:30pm

Torah Study with Rabbi Goldstein
Monday, April 28
9:30am-10:45am

***Pirkei Avot* (The Ethics of the Ancestors)
with Rabbi Goldstein**
Tuesday, April 29 at 7pm

Israel Independence Day – *Yom Ha'atzmaut*
Thursday, May 1 at 6:30pm

Join us for an unforgettable evening featuring videos, music, Israeli dancing, delicious Mediterranean cuisine, and "Israel and Me" – personal stories and cherished memories. This event is sponsored by Sisterhood and is open to all. RSVP by **April 27** to Sarit Brosh at sarit.brosh@gmail.com.

Readings Continued

When Fears Multiply by Rabbi Hershel Matt

When fears multiply and danger threatens;
When sickness comes, and death confronts us—
It is God's blessing of *shalom* that sustains us and upholds us, lightening our burden, dispelling our worry, restoring our strength, renewing our hope—
Reviving us.

Each Lifetime by Rabbi Larry Kushner

Each lifetime is the pieces of a jigsaw puzzle. For some there are more pieces, for others the puzzle is more difficult to assemble.
Some seem to be born with a nearly completed puzzle.
And so it goes. Souls trying this way and that. Trying to assemble the myriad parts. But know this. No one has within themselves all the pieces to his or her puzzle. Like before the days they used to seal jigsaw puzzles in cellophane. Insuring that all the pieces were there.
Everyone carries with them at least one, and probably many pieces to someone else's puzzle. Sometimes they know it. Sometimes they don't.
And when you present your piece, which is worthless to you, to another, whether you know it or not, whether they know it or not, you are a messenger from the Most High.

Investing in Friends by Thich Nhat Hanh

Even if we have a lot of money in the bank, we can die very easily from our suffering.
So, investing in a friend, making a friend into a real friend, building a community of friends, is a much better source of security. We will have someone to lean on, to come to, during our difficult moments.

We can get in touch with the refreshing, healing elements within and around us thanks to the loving support of other people. If we have a good community of friends, we are very fortunate. To create a good community, we first have to transform ourselves into a good element of the community. After that, we can go to another person and help him or her become an element of the community. We build our network of friends that way.
We have to think of friends and community as investments, as our most important asset. They can comfort us and help up in difficult times, and they can share our joy and happiness.

Readings Continued

Must it be Trauma? by Ellen Rosenberg

Why does it take a traumatic event, a moment of crisis, to bring us to our senses and shake us up? Why must we face or learn about illness, misfortune, accident, or death, to set our priorities right?
What makes today a special day? Today was just an ordinary day. We woke up in the morning. The sun was shining...it was beautiful outside ... no, it was raining, it was dreary. It was just an ordinary day.
On this ordinary day ... We can think, We can touch, We can smell, We can breathe, We can feel. We can talk to those we care about and with those who care about us. On this ordinary day, we can benefit someone or something. We can learn. We can expand our horizons or take up a new interest.
How fortunate we are to be able to do and see so much.
Each day is not an ordinary day, but a special day.

I asked God

I asked God for health that I might do great things.
-I was given infirmity that I might do better things.
I asked for strength that I might lead.
-I was given weakness that I might learn to obey.
I asked for riches that I might be happy.
-I was given poverty so that I might be wise.
I asked for power that I might be praised..
-I was given weakness that I might need God.
I asked for all things that I might enjoy life
-I was given life that I might enjoy all things.
I got nothing that I asked for but everything that I hoped for.
Almost despite myself, my unspoken prayers were answered.

A Prayer for Prayer by Rabbi Sheldon Zimmerman

O God, in the silence of my innermost being and in the fragments of my yearned for wholeness, I hear whispers of Your presence. Echoes of the past when You were with me and I felt Your nearness. When together we walked. When You held me close...embraced me in Your love, and laughed with me in my joy. I yearn to hear You again.
In Your oneness, I find healing. In the promise of Your love, I am soothed. In Your wholeness, I too can become whole again.
O God, please hear my call. Help me find the words. Help me find the strength within. Help me shape my mouth, my voice, my heart so that I can direct my spirit and find You in prayer. In the words only my heart can speak. In songs only my heart can sing.
Adonai S'fatai Tiftach—*Adonai*, open my lips, so that I can speak with you. again.

Readings Continued

To Remember that Everything Has God's Fingerprints On It (from the book, *Don't Sweat the Small Stuff...and It's all small stuff*, by Carlson)

Rabbi Harold Kushner reminds us that everything God has created is holy. Our task as humans is to find that holiness in what appears to be unholy situations. He suggests that when we learn to do this we have learned to nurture our souls. It's easy to see God's beauty in a beautiful sunrise, a snowcapped mountain, the smile of a healthy child or an ocean wave crashing on a sandy beach. But can we learn to find beauty in a seemingly ugly circumstance?

When our life is filled with the desire to see the beauty in everyday things, something magical begins to happen. A feeling of peace emerges. When we remember that everything has God's fingerprints on it, that alone makes us special. It helps us remember that God also created the person with whom you are dealing.

The fact that we can't see the beauty in something doesn't suggest that it's not there.

Rather, it suggests that we are not looking carefully enough to see it.

Gratitude Prayer by Erica Lunglhofer

G-d, Thank you.

Thank you for surrounding us with light and love.

Thank you for my healing, for our continuous healing.

Thank you for our families, our friends, our neighbors and community.

Thank you for our helpers, healers, and teachers and so many that bring joy and peace to the world. We are so grateful.

Thank you for music, laughter, delicious food, and ... Israeli dancing!

Thank you for our strength and resilience.

When we give thanks with our hearts, we invite in more things to be grateful for.

Thank you, Thank you, Thank you.

There Was Once by Mary Stevenson

There was once a person walking along the seashore, reflecting on life and love, joy and pain. Close to God since childhood, our friend always imagined the footsteps of God alongside her own. There was a sense of security, a warm feeling. But one day, a day when she needed God the most, it seemed as though she was walking alone for she could see only one set of footprints. She said to God: "I need You all the time and You walk with me. And yet, when I need You the most, there are but one set of footprints in the sand!" God responded: "It is on days such as those that I carry you."

Readings Continued

A Prayer for Those Who Help by Susan Feldman

May the One who blessed and led our forebearers give countenance unto those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessing of community and the blessing of renewed faith.

Not About the Rockets by Rabbi Hanna Yerushalmi

Everything is about a rocket,
tearing open the sky.

Will there be one today or not,
while the land is
scorched in the north,
wounded in the south,
but in the middle,
you can see the people,
busy doing beautiful things,
this one makes *challah*,
that one picks clementines,
this one donates a child's crib,
that one chants ancient prayers.

Everything is not about a rocket,
it is about the rumbling on the ground,
the rumbling of a people racing
to do stirringly beautiful things.
So instead of dreading the day,
let your hands tire
from kneading dough,
And let your back ache
from harvesting in the
field, and let your heart grow heavy
with tender giving,
and let your voice become hoarse
from singing eternal psalms.