

# Abortion Justice Shabbat Morning Experience

Saturday, October 2, 2021  
26 Tishrei 5782  
Washington, D.C.

Service Leaders:  
Kohenet Keshira haLev Fife  
and Rabbi Tamara Cohen  
with Sarah Beller

NCJ  $\Sigma$ ™

National Council of Jewish Women



## 1. Morning Blessing: *Brucha At Shekhinah*

*Brucha At Shekhinah* who grounds me

*Brucha At Shekhinah* who reminds me that I know

*Brucha At Shekhinah* who guides me

*Brucha At Shekhinah* who gives me courage to let go

-Kohenet Ri J Turner

## 2. Ashrei

אֲשֶׁרִי יוֹשְׁבֵי  
אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ  
אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ עוֹד יְהַלְלוּךָ סֵלָה

*Ashrei yoshvei*

*Ashrei yoshvei vaytecha*

*Ashrei yoshvei vaytecha od yehalelucha selah*

I sing for you, I sing for what is holy and is true

I sing for all creation, for life and liberation, every day anew.

-Aly Halpert

### 3. Shema

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד

Shema Yisrael Adonai Eloheinu Adonai Echad

שמעי ישראל שכינה אלוהיתנו שכינה אחת

Shmei Yisrael Shekhinah Eloheinu Shekhinah Achat

Listen, Israel: The Eternal/Adonai/Shekhinah/ is our God,  
the Eternal/Adonai/Shekhinah is One.

### 4. V'Ahavta

Say these words when you lie down and when you rise up,  
when you go out and when you return. In times of mourning  
and in times of joy. Inscribe them on your doorposts,  
embroider them on your garments, tattoo them  
on your shoulders,  
teach them to your children, your neighbors, your enemies,  
recite them in your sleep, here in the cruel shadow of empire:  
Another world is possible.

Thus spoke the prophet Roque Dalton:  
All together they have more death than we,  
but all together, we have more life than they.  
There is more bloody death in their hands  
than we could ever wield, unless  
we lay down our souls to become them,  
and then we will lose everything. So instead,

imagine winning. This is your sacred task.  
This is your power. Imagine

## 4. V'Ahavta, Continued

every detail of winning, the exact smell of the summer streets  
in which no one has been shot, the muscles you have never  
unclenched from worry, gone soft as newborn skin,  
the sparkling taste of food when we know  
that no one on earth is hungry, that the beggars are fed,  
that the old man under the bridge and the woman  
wrapping herself in thin sheets in the back seat of a car,  
and the children who suck on stones,  
nest under a flock of roofs that keep multiplying their shelter.  
Lean with all your being towards that day  
when the poor of the world shake down a rain of good fortune  
out of the heavy clouds, and justice rolls down like waters.

Defend the world in which we win as if it were your child.  
It is your child.  
Defend it as if it were your lover.  
It is your lover.

When you inhale and when you exhale  
breathe the possibility of another world  
into the 37.2 trillion cells of your body  
until it shines with hope.  
Then imagine more.

Imagine rape is unimaginable. Imagine war is a  
scarcely credible rumor  
That the crimes of our age, the grotesque inhumanities of greed,  
the sheer and astounding shamelessness of it,  
the vast fortunes  
made by stealing lives, the horrible normalcy it came to have,  
is unimaginable to our heirs, the generations of the free.

## 4. V'Ahavta, Continued

Don't waver. Don't let despair sink its sharp teeth  
Into the throat with which you sing. Escalate your dreams.  
Make them burn so fiercely that you can follow them down  
any dark alleyway of history and not lose your way.  
Make them burn clear as a starry drinking gourd  
Over the grim fog of exhaustion, and keep walking.

Hold hands. Share water. Keep imagining.  
So that we, and the children of our children's children  
may live

-Aurora Levins Morales / <http://www.auroralevinsmorales.com/>

## 5. Silent Prayer and Osah/Oseh Shalom

עושה שלום במרומיה  
היא תעשה שלום עלינו ועל כל ישראל  
ועל כל יושבי תבל ואמרו אמן

עושה שלום בְּמִרְמֵי  
הוא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ אָמֵן:

*Oseh shalom bimrumav/Osah shalom bimromeha  
Hu ya'aseh/Hi ta'aseh shalom aleinu  
V'al kol Yisrael v'al kol yoshvei tevel  
v'imru amen*

-Music by Nurit Hirsh

## 6. Torah Reading

*Opening the Ark:*

### **Gates of Justice**

פְּתַח־לִי שַׁעֲרֵי צְדָק אֲבֹא־בָם אוֹדֶה יְיָ:

Pitchu Li - Open Open up

Sha'arey Tzedek - The Gates of Justice

Avo Vam - I will enter

Odeh Ya - I will praise Your Name

-Chana Rothman / chanarothman.com

*Blessing before the Torah reading:*

בְּרַכּוּ אֶת חֲכָמָה הַמְּבֹרָכֶת

*Barchu et chochmah hamevorechet*

*Blessed is Wisdom, the fountain of blessing.*

בְּרוּכָה חֲכָמָה הַמְּבֹרָכֶת לְעוֹלָם וָעֶד

*Beruchah chochmah hamevorechet le'olam vaed*

*Blessed is Wisdom, the fountain of blessing forever.*

בְּרוּכָה חֲכָמָה הַמְּבֹרָכֶת לְעוֹלָם וָעֶד

בְּרוּכָה אֶת שְׂכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם

אֲשֶׁר בְּחֶרֶה בָּנוּ עִם כָּל הָעַמִּים, וְנִתְּנָה לָנוּ אֶת תּוֹרָתָהּ

בְּרוּכָה אֶת שְׂכִינָה נוֹתֶנֶת הַתּוֹרָה

*Beruchah chochmah hamevorechet le'olam vaed.*

*Beruchah at shekhinah eloteinu ruach ha'olam, asher bachrah*

*banu im kol ha'amim venatnah lanu et toratah. Beruchah at*

*shekhinah, notenet hatorah.*

## Breishit (Genesis 1:1-1:5)

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ:

When God began to create (other: “*In the beginning God created.*”) heaven and earth—

וְהָאָרֶץ הִיְתָה תֵהוֹ וּבְהוּ וְחֹשֶׁךְ עַל־פְּנֵי תְהוֹם וְרוּחַ אֱלֹהִים מְרַחֶפֶת  
עַל־פְּנֵי הַמַּיִם:

the earth being unformed and void, with darkness over the surface of the deep and a wind from (*Others “the spirit of”*) God sweeping over the water—

וַיֹּאמֶר אֱלֹהִים יְהִי אֹר וַיְהִי־אֹר:

God said, “Let there be light”; and there was light.

וַיֵּרָא אֱלֹהִים אֶת־הָאֹר כִּי־טוֹב וַיַּבְדֵּל אֱלֹהִים בֵּין הָאֹר וּבֵין הַחֹשֶׁךְ:

God saw that the light was good, and God separated the light from the darkness.

וַיִּקְרָא אֱלֹהִים | לְאֹר יוֹם וְלַחֹשֶׁךְ לַיְלָה וַיְהִי־עֶרֶב וַיְהִי־בֹקֶר יוֹם  
אֶחָד:

God called the light Day, and the darkness God called Night. And there was evening and there was morning, a first day.

## Blessing after the Torah reading:

בְּרוּכָה אַתְּ שְׂכִינָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם  
אֲשֶׁר נָתַתָּה לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נְטֹעָה בְּתוֹכָנוּ  
בְּרוּכָה אַתְּ שְׂכִינָה נוֹתַת הַתּוֹרָה

*Beruchah at Shekhinah, eloteinu ruach ha'olam, asher natnah lanu torat emet, vechayei olam natah betocheinu. Beruchah at Shekhinah, notenet hatorah.*

## 7. Mi Shebeirach - Healing Prayer

*Mi shebeirach avoteinu*

*M'kor hab'racha l'imoteinu*

Who blessed the source of strength

Who blessed the ones before us

Help us find the courage to make our lives a blessing

And let us say Amen

*Mi shebeirach imoteinu*

*M'kor hab'rachah l'avoteinu*

Bless those in need of healing with r'fuah sh'leimah

The renewal of body, the renewal of spirit

And let us say Amen

-Debbie Friedman and Drorah Setel



## 8. A Protest Prayer

Beloved siblings striving for justice,

*Shma!*

Listen. Closely. At all times.

My prayer for you

is that you remember protest

is a sacred act.

Just as the Mourner's *Kaddish*

helps souls ascend to God,

May our cries soothe those

whose lives were prematurely extinguished.

And rattle the bones and stones

of leaders and institutions.

Leaving no question about the fact

that things are never going back, only forward.

For more of us are clear

that "We have nothing to lose but our chains."

We affirm we are a multiracial people,

and we will stand strong, humble, and proud

as we follow and work in partnership

with black leaders, taking steady strides

in the direction of collective liberation.

-April Baskin

## 9. Our Power

We will not underestimate our power any longer  
We know that together we are strong

Like drops of water shape the rocks, as they rush  
down the fall  
We know that together we are strong

-Rena Branson / [www.renabranson.com](http://www.renabranson.com)

## 10. Mourners Kaddish

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא  
בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעַגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן  
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֵלְמֵי  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלֵּל שְׁמֵהּ דְקֻדְשָׁא.  
בְּרִיךְ הוּא

לְעֵלְמָא מִן כָּל בְּרַכְתָּא מְכַל וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחְמַתָּא דְאִמְרִין בְּעַלְמָא. וְאִמְרוּ אָמֵן  
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאִמְרוּ אָמֵן  
עוֹשֵׂה שְׁלוֹם בְּמִרְמוֹי הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל  
וְאִמְרוּ אָמֵן:

*Yitgadal v'yitkadash sh'mei raba: Amen. B'alma di-v'ra chirutei,  
v'yamlich malchutei b'chayeichon uvyomeichon uvchayei d'chol beit  
yisrael, ba'agala uvizman kariv, v'im'ru: Amen.*

*Y'hei sh'mei raba m'varach l'alam ul'almei almaya. Yitbarach  
v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh, v'yithadar v'yit'aleh  
v'yit'halal sh'mei d'kud'sha, b'rich hu: b'rich hu. l'eila min-kol-birchata  
v'shirata, tushb'chata v'nechemata da'amiran b'alma, v'im'ru: Amen.  
Y'hei shlama raba min-sh'maya v'chayim aleinu v'al-kol-yisrael,  
v'im'ru: Amen. Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al  
kol-yisrael, v'al kol yoshvey tevel, v'imru: Amen.*

# 11. We Rise

We rise (humbly-hearted)  
Rise (won't be divided)  
Rise (with spirit to guide us)  
Rise

In hope, in prayer, we find ourselves here  
In hope, in prayer, we're right here  
*Tikvah, T'filah, hinenu*

And we rise (all of the children)  
Rise (elders with wisdom)  
Rise (ancestors surround us)  
Rise

In hope, in prayer, we find ourselves here  
In hope, in prayer, we're right here  
*Tikvah, T'filah, hinenu*

And we rise (up from the wreckage)  
Rise (with tears and with courage)  
Rise (fighting for life)  
Rise

In hope, in prayer, we find ourselves here  
In hope, in prayer, we're right here  
*Tikvah, T'filah, hinenu*

And we rise  
Rise  
Rise  
May we rise!

-We Rise by Batya Levine with Hebrew Adaptation by Kohenet Lori  
Ayela Wynters / [www.batyalevine.com](http://www.batyalevine.com)



National Council of Jewish Women

# Rally for Abortion Justice

## Jewish and Faith Community Events and Meet-up

**10:00am ET**

**Shabbat Morning Prayer and Songs**

**10:30am ET**

**Faith in Our Power: Love, Longing, and  
the Struggle for Reproductive Justice**

**11:00am ET**

**Faith rally meet-up**

**12:00pm ET**

**Rally for Abortion Justice Begins**

Thank you to Auburn Seminary for organizing the Faith tent  
and to our multi-faith partners for joining us today!

Learn more about NCJW's abortion justice campaign at [73Forward.org](https://73Forward.org)



Powered by National Council of Jewish Women

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