

Page 14

Light helps us appreciate the darkness and darkness helps us appreciate light.

Sometimes the light is too much for us and we seek a cool, comforting darkness. And sometimes, when it is dark, we yearn for light.

We watch the evening fall and are in awe of the many evenings that pass before us as the sun seemingly journeys off to light the far side of Earth.

We feel The-Wisdom-of-Creation in the vastness of what is touched by light and then by darkness; we are held by the warm embrace of that Wisdom.

We are humbled before the intricacy of The-Touch that has brought all this to be as we witness the daily drama of the light-of-lights rolling into the darkness-of-darkness.

P. 18 to top of 19

So you shall love what is holy
with all your courage, with all your passion, with all
your strength.

Let the words that have come down
shine in our words and our actions.

We must teach our children to know and understand
them.

We must speak about what is good and holy within our homes,
when we are working, when we are at play,
when we lie down and when we get up.

Let the work of our hands speak them,
let your eyes shine and see with their knowledge.

Let them run in your blood
and glow from our doors and windows.

We should love ourselves, for we are of God.

We should love our neighbors as ourselves.

We should love the stranger, for we were once strangers
in the land of Egypt
and been strangers in all the lands of the world
since.

Let love fill our hearts with its clear precious water
for all living with whom we share the water of life.

Heaven and earth observe how we cherish or spoil our
world.

Heaven and earth watch whether we choose life or
choose death.

We must choose life so that we and our children's
children may live.

We must love the source of being and the power of life.

Be quiet and listen to the still small voice within
that speaks in love.

Open to it, hear it, heed it and work for life.

Let us remember and strive to be good.

Let us remember to find what is holy
within and without.

P. 23

MEDITATIONS

כוונות

We have come into this sanctuary seeking the Divine-Presence-in-All-Things. May we hear the Still-Small-Voice:

If our lives have become shallow, may we deepen them through
our prayer.

If our principles have become shabby, may we repair them through
our prayer.

If our ideals have become tarnished, may we restore them through
our prayer.

If our hopes have become faded, may we revive them through
our prayer.

If our loyalties have grown dim, may we brighten them through
our prayer.

If our values have become confused, may we clarify them through
our prayer.

If our purposes have become blurred, may we sharpen them through
our prayer.

If our horizons have become narrowed, may we widen them through
our prayer.

P. 28

There is holiness when we strive to be true to the best we know.

There is holiness when we are kind to someone who cannot possibly be of service to us.

There is holiness when we promote family harmony.

There is holiness when we forget what divides us and remember what unites us.

There is holiness when we are willing to be laughed at for what we believe.

There is holiness when we love - truly, honestly, and unselfishly.

There is holiness when we remember the lonely and bring cheer into a dark corner.

There is holiness when we share - our bread, our ideas, our enthusiasms.

P. 35

Anne Frank was a young girl in Amsterdam, Holland during the terrible days of Nazi Germany. Two weeks before she died - one of six million Jews and twelve million persons who perished in the Holocaust - she wrote the following words in her diary: "it's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart. I simply can't build my hopes on a foundation of confusion, misery and death. I see the world gradually being turned into a wilderness. I hear the approaching thunder, I can feel the suffering of millions and yet, if I look up into the heavens, I think that it will all come out right one of these days, that this cruelty will end, and that peace and tranquility will return again. In the meantime, I must hold on to my ideals for perhaps the day will come when I shall be able to carry them out."