

ash (lily) **בַּצִּלְיָל**

bet mitzvah

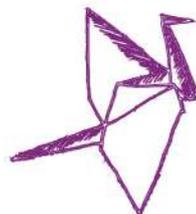
Parshat Vayera

20 Cheshvan, 5781

7 November 2020

Maggid Charna Rosenholtz
Officiant

Live feed from
Nevei Kodesh Congregation
Boulder, Colorado





**Good Morning Everyone
Welcome and Shabbat Shalom!**

Committing to the journey of becoming a B'nai Mitzvah requires courage, determination, clear intention and a deep desire to live a spiritual life as one enters Jewish adulthood. Thus, today is a big day in Ash's life! Throughout the entire world, Jews are reading some of the same words you will hear today as they have for thousands of years.

Given all that is currently happening in the world and has recently transpired in each of our lives, Ash's journey to this point has been nothing short of admirable and transformative. While we truly wish each of you was here with us in person to exchange hugs, laughter, tears, blessings, and lively singing and dancing together, please know we feel your energy from across the miles. We are forever grateful to have each of you in our lives and to gather together on this meaningful day.

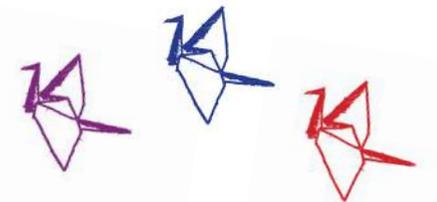
As Ash stands on the *bimah* (stage) this morning, leads us in prayer, ritual, *kavanot* (specifically chosen intentions), reads from the Torah, and delivers a *d'var* (teaching), it is Ash's wish you will join in full presence with your heart, ears, eyes and voice. Ash will be able to see each of you on the screen alongside the stage and feel your support.

Thank you again for joining us as Ash takes this conscious step towards accepting the privileges, opportunities and responsibilities inherent in becoming an adult.

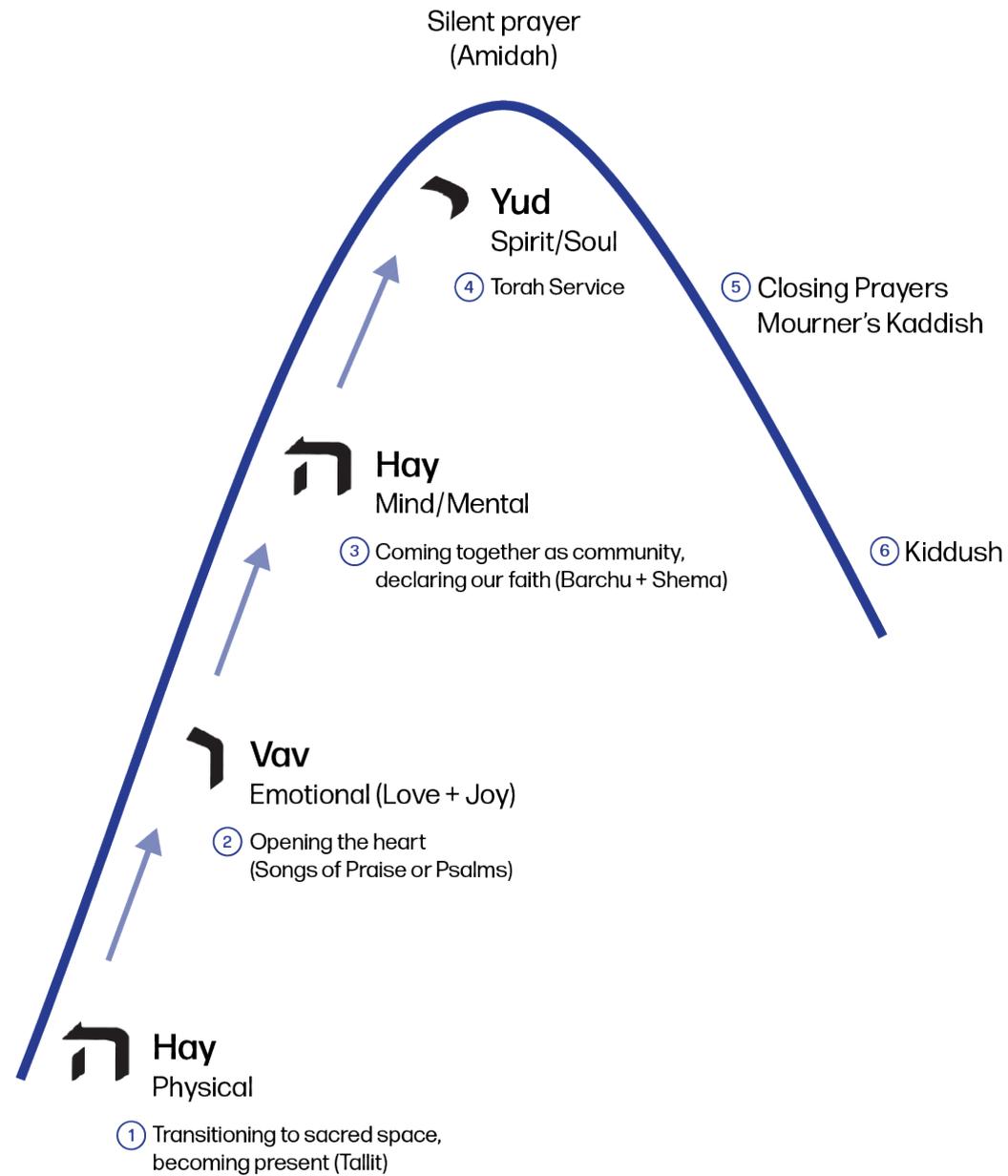
Regardless of your cultural, spiritual or religious backgrounds, we warmly welcome you into our inclusive Jewish Community and hope you will participate along with us as much as possible. Visualize the lively dancing and singing which would typically energize the room, a unique and cherished aspect a unique and cherished aspect of the Nevei Kodesh Community.

Much Love,

Julie, Ash and Tony



The Arc of the Shabbat Morning Service



A Bet Mitzvah Primer

What is a Bet Mitzvah?

According to Jewish law, all children acquire the status of ritual adulthood when they reach thirteen years old. Whether they participate in a ceremony or not, they ostensibly take responsibility for their own moral and ethical decisions, commitments and actions towards observing Jewish life. The central act of any B'nai Mitzvah (plural) is the honor of receiving an invitation to bless and/or read from the Torah during a prayer service. The honor is called an Aliyah, which means "to ascend" in Hebrew. A Bet Mitzvah is a new term that has emerged for a gender neutral variation of a Bar or Bat Mitzvah.

What is Shabbat?

Shabbat is a day of rest and spiritual enrichment. We bring in Shabbat on Friday evening at sunset by lighting candles and saying blessings and it lasts until sundown on Saturday.

What is Torah?

A Torah is a scroll of hand-written dried animal skin. The first five books of the bible come from the Torah. Each Shabbat, Jewish Communities around the world read the same *parsha*, or portion of the Torah, and in this way, we are all connected. Those who are called up to chant blessings before and after each reading are making an *aliyah*.

What is a Tallit?

A tallit is prayer shawl, worn by adults at our services. The tallit has knotted fringes called tzitzit, with one knot for each of the 613 mitzvot (commandments) in the Torah.

What is Jewish Renewal?

Jewish Renewal combines traditional practice with Jewish Mysticism (Kabbalah). Our congregation is named Nevei Kodesh, which means 'Oasis of Holiness'. We seek to bring creativity, relevance and joy to our spiritual practice, and to find the modern meaning in Judaism. We attempt to be fully inclusive and egalitarian, to transcend the differences among various Jewish denominations, and to heal the world by promoting justice, freedom, responsibility, and caring for the earth.

Service Order **



1. Niggun of the Birds
2. Welcome
3. Hiney Mah Tov : page 3
4. Tallit : page 5
5. Shechianu : page 5
6. Elohi Neshama : page 6
7. Morning Blessings : page 7



8. Esa Eyni : page 10
9. Psalm 148
(musicans, not in siddur)
10. Nishmat kol chai : page 13
11. Yishtabach : page 9
12. Poem : "Trustworthy"
by Leslie Gossett
13. Chatzi Kaddish : page 15

**Page numbers refer to the Nevei Kodesh's
LaLevav: "Into the Heart" Saturday Morning Siddur

Service Order



14. Barchu : page 16
15. Yotzer Or : page 16
16. Ahava Rabbah
Cantor Rollin Simmons
17. Sh'ma : page 19
18. V'ahvata : page 19
19. Mi Chamocha : page 22
Musicians



20. Amidah : pages 22-30
21. Oseh Shalom : page 31
22. D'var Torah
23. Torah Service : page 32
24. Alioyt
25. V'zot HaTorah, Etz Chayyim Hi : page 37
26. Baruch Shepetarani
27. Parents Blessing
28. Priestly blessing : Rabbi David Segal
29. Congregational blessing : Pam Albert
30. Aleinu : call and response : page 40
31. Mourner's Kaddish : page 42
32. Closing Song : Stay Human II
33. V'Shamru B'nei Yisreal : page 45
Rabbi Itzhak Vardy
34. Kiddush : page 45

[פרשת וירא] א וַיֵּרָא אֱלֹהֵי יְיָ בְּאֵלֵי מַמְרֵה וְהוּא יֹשֵׁב פֶּתַח הָאֹהֶל כְּחֹם הַיּוֹם:
ב וַיִּשָּׂא עֵינָיו וַיֵּרָא וְהִנֵּה שְׁלֹשָׁה אַנְשִׁים נֹצְבִים עָלָיו וַיֵּרָא וַיֵּרָץ לִקְרַאתָם מִפֶּתַח
הָאֹהֶל וַיִּשְׁתַּחוּ אֶרְצָה: ג וַיֹּאמֶר אֲדֹנָי אִם־נָא מְצֵאתִי חֵן בְּעֵינֶיךָ אֶל־נָא תַעֲבֹר
מֵעַל עַבְדְּךָ:

First Aliyah ~

Read by : Ruth Seagull

Blessing : Jeff, Jared and Ezra Goldstein, Leah Goldstein Mosimann

- 18:1 God appeared to [Abraham] in the Plains of Mamre while he was sitting at the entrance of the tent in the hottest part of the day.
- 18:2 [Abraham] lifted his eyes and he saw three strangers standing a short distance from him. When he saw [them] from the entrance of his tent, he ran to greet them, bowing down to the ground.
- 18:3 He said, 'Sir, if you would, do not go on without stopping by me.'

ד יִקַּח־נָא מְעַט־מִים וְרַחֲצוּ רַגְלֵיכֶם וְהִשְׁעֵנוּ תַּחַת הָעֵץ: ה וְאָקְחָה פַת־לֶחֶם
וְסַעְדּוּ לִבְכֶם אַחַר תַּעֲבֹרוּ כִי־עַל־כֵּן עֲבַרְתֶּם עַל־עַבְדְּכֶם וַיֹּאמְרוּ כֵּן תַעֲשֶׂה
כְּאֲשֶׁר דִּבַּרְתָּ: ו וַיִּמְהַר אַבְרָהָם הָאֹהֶלָה אֶל־שָׂרָה וַיֹּאמֶר מְהֵרָא שְׁלֹשׁ סְאִים
קָמַח סֹלֶת לְיֹשֵׁי וְעֲשֵׂי עֲגוֹת:

Second Aliyah ~

Read by : Ruth Seagull

Blessing : Julie and Tony

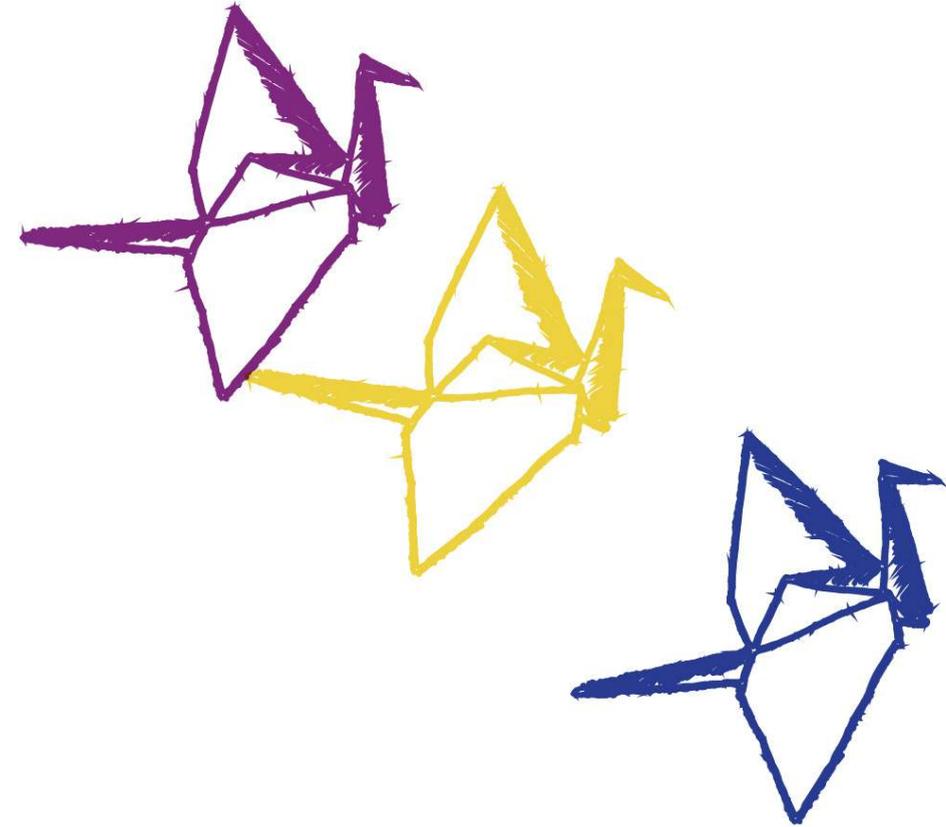
- 18:4 Let some water be brought, and wash your feet. Rest under the tree.
- 18:5 I will get a morsel of bread for you to refresh yourselves. Then you can continue on your way. After all, you are passing by my house.'
- 18:6 Abraham rushed to Sarah's tent and said, 'Hurry! Three measures of the finest flour! Knead it and make rolls.'

ז וְאֶל־הַבָּקָר רָץ אַבְרָהָם וַיִּקַּח בֶּן־בָּקָר רֶדֶד וְטוֹב וַיִּתֵּן אֶל־הַנְּעָר וַיִּמְהַר לַעֲשׂוֹת
אֹתוֹ: ח וַיִּקַּח חֲמָאָה וְחֹלֶב וּבֶן־הַבָּקָר אֲשֶׁר עָשָׂה וַיִּתֵּן לַפְּנִיָּהם וְהוּא עֹמֵד
עֲלֵיהֶם תַּחַת הָעֵץ וַיֹּאכְלוּ: ט וַיֹּאמְרוּ אֵלָיו אֵיךְ שָׂרָה אֲשֶׁתְּךָ וַיֹּאמֶר הִנֵּה בְּאֵהָל:
י וַיֹּאמֶר שׁוּב אֲשׁוּב אֵלֶיךָ כִּפְעֵת חַלְהָ וְהִנֵּה־בֵן לְשָׂרָה אֲשֶׁתְּךָ וְשָׂרָה שֹׁמְעַת פֶּתַח
הָאֵהָל וְהוּא אֲחֵרָיו: יא וְאַבְרָהָם וְשָׂרָה זָקְנִים בְּאִים בְּיָמִים חֲדָל לְהֵיוֹת לְשָׂרָה
אֶרֶח פְּנָשִׁים: יב וַתִּצְחַק שָׂרָה בְּקִרְבָּהּ לֵאמֹר אַחֲרַי בְּלִתִּי הֵיטֵה־לִּי עֲדָנָה וְאַדְנִי
זָקֵן:

Third Aliyah ~ **בְּצִלְאֵל**

Torah reading and blessing : Ash (Lily) Jiushuang Goldstein O'Rourke

- 18:7 Abraham ran to the cattle, and chose a tender, choice calf. He gave it to a young man who rushed to prepare it.
- 18:8 [Abraham] fetched some cottage cheese and milk, and the calf that he prepared, and he placed it before [his guests]. He stood over them as they ate under the tree.
- 18:9 They asked him, 'Where is your wife Sarah?' 'Here in the tent,' he replied.
- 18:10 'I will return to you this time next year,' said [one of the men], 'and your wife Sarah will have a son.' Sarah was listening behind the entrance of the tent, and he was on the other side.
- 18:11 Abraham and Sarah were already old, well on in years, and Sarah no longer had female periods.
- 18:12 She laughed to herself, saying, 'Now that I am worn out, shall I have my heart's desire? My husband is old!'



Mitzvah Project

For those of you who heard my original D'var, you may remember that my first Mitzvah Project involved taking my inspiration from the [1000 Cranes Project](#) and creating a format for some homeless youth in our community to tell their stories through an amazing organization called [Attention Homes](#). I have really enjoyed working with Attention Homes these last couple of years, both independently and through my school, and joining in their fight to end youth homelessness.

I have now built upon that project after my internship opportunity with Girl Rising this past summer. [Girl Rising](#) uses the power of storytelling to promote gender equity. I spent the summer vetting stories, fundraising, and planning for the International Day of the Girl Child Summit, which occurred on October 10th. It was an amazing experience for me to meet the diverse groups of people that I did and to ultimately be able to interview some inspirational women at the Summit; Women who are powerful role models for girls and other women all over the world.

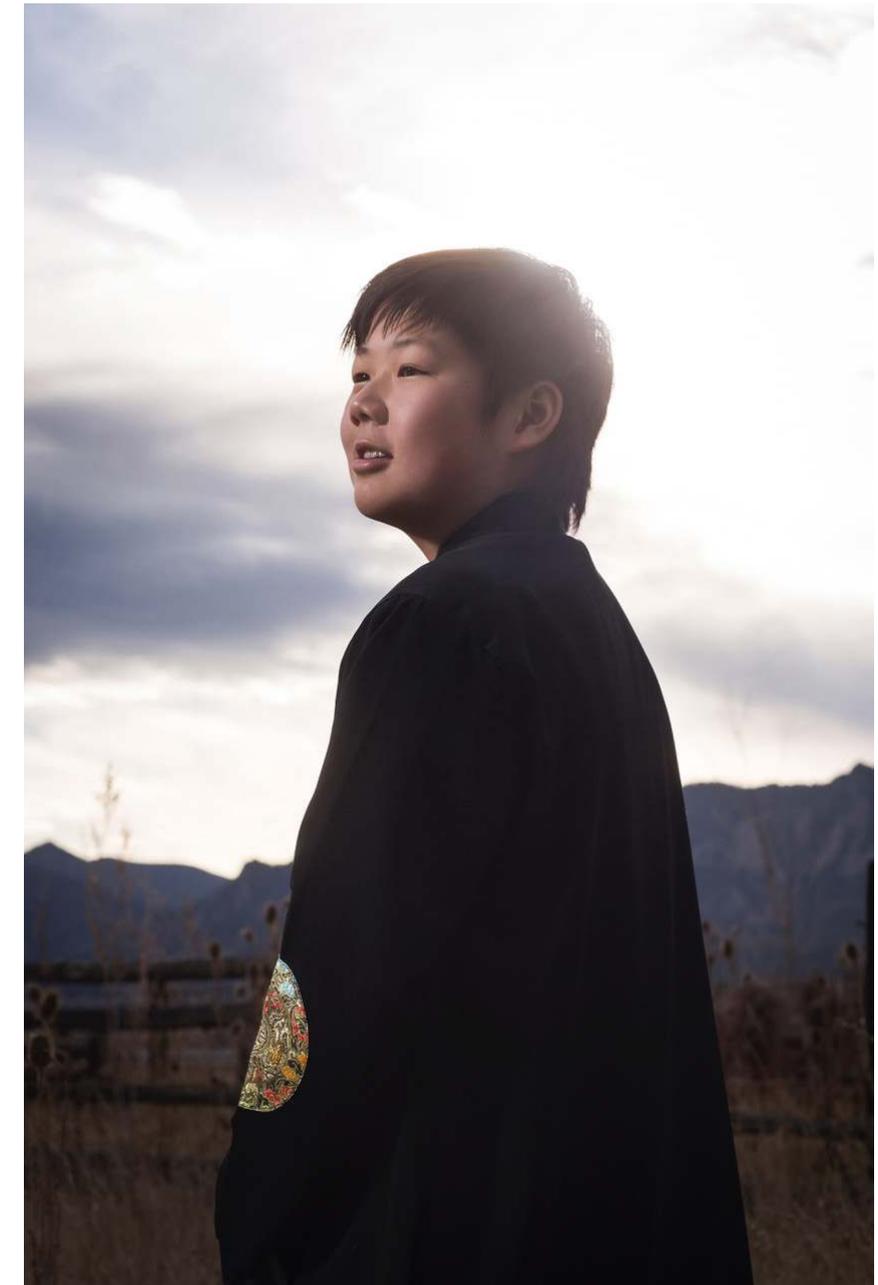
This Internship allowed me a chance to see my potential as I was working mostly independently and expected to do a lot. My colleagues were all at least two years older than me. This experience also allowed me to use my summer to support many girls that are at risk of dropping out of school.

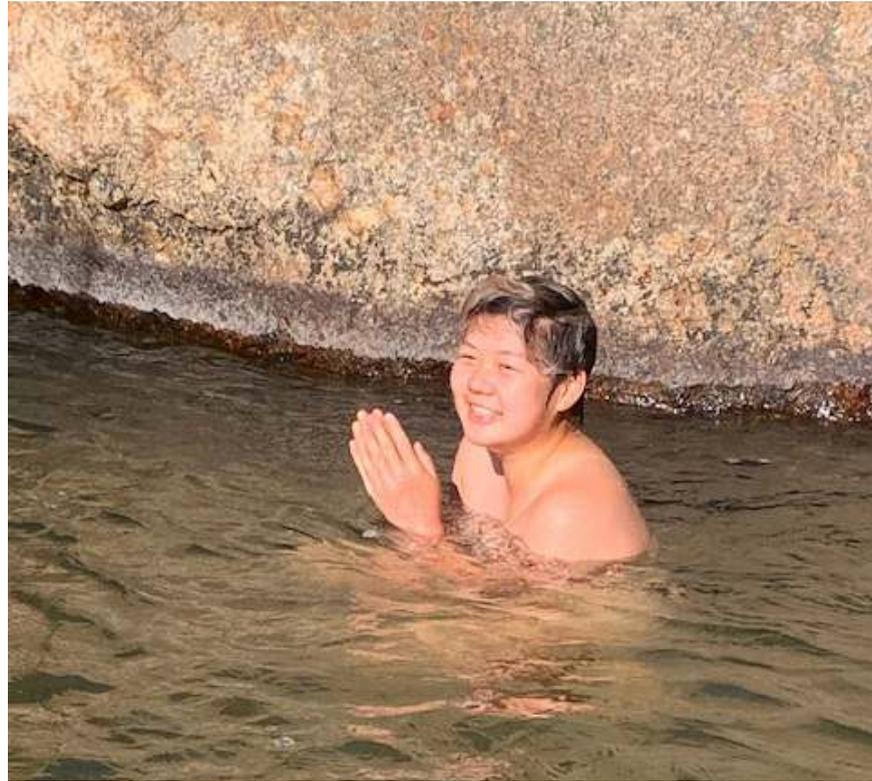
Some of my stipend from this internship will go to Girl Rising as well as to Attention Homes, a local organization fighting to end youth homelessness. I also plan on giving these organizations some of my Bet Mitzvah money.

My original project was going to lead me into doing an art installation that highlighted the stories from these local youth who have found a more stable life and want to share their stories with others. I am hoping that in time I can still do so.

And, in the meantime, I plan to continue my work with Girl Rising independently to help them carry out their mission of keeping girls in school around the world, even during this global Pandemic.

****to donate directly to Attention Homes or Girl Rising, please click on purple links**





“True belonging is not passive. It’s not the belonging that comes with just joining a group. It’s not fitting in or pretending or selling out because it’s safer. It’s a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are. We want true belonging, but it takes tremendous courage to knowingly walk into hard moments.”

~ Brené Brown

“Maturity is the ability to live fully and equally in multiple contexts; most especially, the ability, despite our grief and losses, to courageously inhabit the past the present and the future all at once. The wisdom that comes from maturity is recognized through a disciplined refusal to choose between or isolate three powerful dynamics that form human identity: what has happened, what is happening now, and what is about to occur [...]

Maturity is not a static arrived platform, where life is viewed from a calm, untouched oasis of wisdom, but a living elemental frontier between what has happened, what is happening now and the consequences of that past and present; first imagined and then lived into the waiting future.”

~“Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words”
by David Whyte

Congratulations, Ash, on a courageous and mature journey
into adulthood today!



Thank You

We wish to extend our deepest thanks to all those who have supported Ash and our family throughout the “peaks and valleys” of this transformative journey in your own special ways.

Maggid Charna Rosenholtz, who has shown up tirelessly with such love, presence and wisdom in the roles of mentor, teacher, advisor, clergy and cherished friend. Thank you for cheering on Ash (and Julie and Tony, too) from the very start of this journey through the finish line. Your passion for studying Torah and extraordinary teaching is a special gift that teens and adults alike are so lucky to receive. Congratulations on your upcoming Rabbinic Ordination!

Ruth Seagull, who has been such a thoughtful and wise teacher, tutor and friend to Ash. Thank you for reading the Torah for us today and for your extraordinary inspiration to us all. You are one amazing woman, Ruth, and we are so honored to know you.

Sheldon Sands, Eyal Rivlen and Steve Bross, who have shared their musical talents for today’s service. Thank you to each of you for your beautiful and uplifting music today.

Brooke Fisher, Rabbi Diane Tiferet, Nitsan Mesika, and all of Ash’s CTR Teachers, who each played a role in Ash’s learning over these past two and a half years. Thank you for your commitment to Jewish Education.

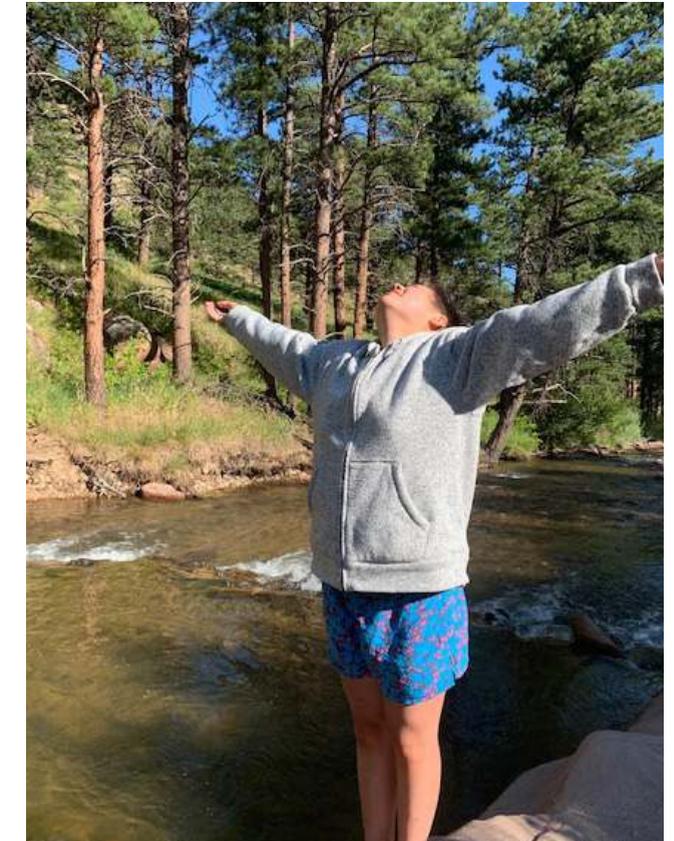
Rabbi Itzhak and Dalia Vardy, Rabbi David Segal and Cantor Rollin Simmons, who each planted the seeds of Judaism in Ash’s being as a small child in your own special ways. Thank you for inspiring Ash on their Jewish Journey with your storytelling, teaching, songs and musical prayers. It takes a village!

Rabbi Dr. Tirzah Firestone, who stepped in during Covid to create and hold space for Ash’s conversion process. Thank you for your wise guidance and support.

Dena Gitterman, the Nevei Kodesh Staff, and the entire Nevei Kodesh Community, who have supported Ash and our family in so many ways as we’ve navigated both joyous and sad lifecycle events since our recent move to Boulder. Thank you to each of you whom we have sung, danced, grieved, celebrated and laughed with over these last few years.

Alexandra Shenpen, who has contemplatively arranged the natural environment appropriate for this day in front of the Bimah and graced us with her amazing mastery of Ikebana.

We are so very grateful for each of you and for our extended community who is here with us today. Thank you for showing up and bearing witness to Ash’s meaningful lifecycle event.



People Who Are With Us In Spirit

In deep honor and loving respect and remembrance of
all those here with us today in spirit.
Each one of your souls has contributed to this moment in
infinitely mysterious, and cherished ways.

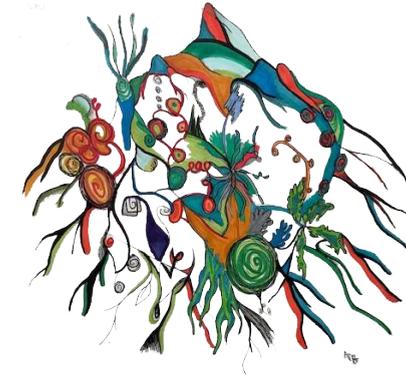


Ash's Birth Mom
Tienmen, Hubei Province, China

*"An invisible red thread connects those destined to meet,
regardless of the time, place, or circumstance. The thread
may stretch or tangle, but never breaks."*

~ Chinese Proverb

All artwork in this booklet created by Ash



Mary Rose O'Rourke



Richard C. Goldstein



Lynda M. Goldstein

**To Ash's Beloved Grandparents:
Your Memory is a Blessing**

Herman and Dora Mallinoff
Jules and Evelyn Goldstein
&

the many generations of our respective ancestry and lineage
that came before us ...

