**Erev Shabbat**

**7/31/20 with Guest Student Rabbi Mikey Hess-Webber**

Opening Niggun

5 Candle lighting

13 Shalom Aleichem

25 Psalm 96--Shiru l’Adonai

37 Psalm 29--Student Rabbi Mikey Hess-Webber

Ana B’khoach: *Ana b’khoakh g’dulat y’meencha tateer tz’rurah kabel rinat am’cha, sagveinu tahareinu, nora.*

Please, with strength and the power of Your love, untie our tight places. Receive the prayer of Your people. Strengthen us, purify us, Awesome One.

(From the traditional Friday night liturgy)

41 Lecha Dodi--Student Rabbi Mikey Hess-Webber

57 Barchu

58-59 prayer for evening

63 Ahavat olam

65 Shema & v’ahata

79/ Mi Chamocha--Student Rabbi Mikey Hess-Webber

Inspiration from Rep. John Lewis z’l

"Freedom is not a state; it is an act. It is not some enchanted garden perched high on a distant plateau where we can finally sit down and rest. Freedom is the continuous action we all must take, and each generation must do its part to create an even more fair, more just society."

-John Lewis on what he learned from movement building in *Across That Bridge: A Vision for Change and the Future of America*

"You are a light. You are the light. Never let anyone — any person or any force — dampen, dim or diminish your light … Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won."

― John Lewis in [*Across That Bridge: A Vision for Change and the Future of America*](https://www.goodreads.com/work/quotes/19225744)

91/ Amidah

**Birkat holim/ Prayer for Healing:**

*Ana El na, rfa na La. (Please God, bring healing.)*

**Drash**--Student Rabbi Mikey Hess-Webber

109 Va’yichlu--Bryan Putman

119 Kiddush--Bryan Putman

121 Aleynu--Bryan Putman

131 Kaddish Yatom--Student Rabbi Mikey Hess-Webber

133 Adon Olam--Bryan Putman