

Speakers: Jeff, Cristina, Jane, Leyla, Laurie, Roberta, Judith
Roberta – orange, Group A
Judith – yellow, Group A
Jeff – green, Group A
Laurie – red, Group B
Leyla – blue, Group B
Cris – pink, Group B
Jane – purple, Group B

Our bodies know things before our brains do
The fasting is our opportunity to hear what our body is saying to us
without our interrupting to fulfill its cries.

I don't like fasting
I actually enjoy fasting
union with your body
my mind relaxed
I can just be

being in community being in Temple
so I'm not isolated

I find the whole period difficult

I think about what I did or didn't do
and reflect on that

ALL: Cry out aloud, don't hold back,
Lift up your voice like the shofar!
Tell My people what they are doing wrong

But Isaiah's not just telling you the message
There are questions.
making us question our motivations

Hachazeh? Is this?
Is this the fast that I desire?

Halo zeh? Isn't this?
Isn't this what I desire?
for you to share your bread with the hungry

By being hungry ourselves we can more deeply hear these words:
Share your bread with the hungry
bring the poor, the down and out, the outcasts to your house

they are your flesh and blood
don't hide yourself from them

we're all one human body
we're all together
so we can't ignore them

by fasting on Yom Kippur for one day
we have a chance to feel
a little of what they feel perpetually

to become aware of why people don't have a job a place to stay a home
what people are going through
how hard people are working
You have to talk to people

my daughter's a preschool teacher **she makes less than minimum wage**
some people have 3 jobs **and they still go to bed hungry**
a woman I know **28** 3 kids
she works as a nurse **in the emergency room from 7 to 7**
and goes home **and works at the elementary school until 3 o'clock.**

people **who themselves look like they could use some help**
will take out some money
or food a protein bar an apple a fruit

turn your brokenness
toward rays of redemption

when you see them naked, clothe them

when you see them
when you see them
when you see them

how can people ignore the reality around them?

People don't know to see it
I didn't, growing up
we need to learn

ALL sing: To be yourselves the rays
By which God's holiness can turn this world into a radiant joy

when you see them naked, clothe them

We donate to 3 children

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back to school clothes socks and underwear and a backpack
and a coat and sneakers
that's being the ray
but our kids didn't always know it
teaching kids how to be the ray

The school will call and say it's 30 degrees outside and we need a coat
this kid came to school with no coat.
Kids write letters saying I've never had a coat before
this is my first coat
ALL: We are ALL the ray

would you bring someone into your house?
I'll be honest
I don't think I would take any of them home

I like to think that that's what I would do
but I don't know if I could
I wonder about it.

My sister had an extra room in her house
with a separate entrance and its own bathroom
She started taking people in
a friend down on their luck
someone had a divorce
a woman with epilepsy got burned during a seizure
had to have plastic surgery but had no place to stay
for months and months she stayed with them
they really did the mitzvah

so maybe it's not literally bringing someone off the street
but bringing someone
whose life is upended into your home into your heart

ALL: raise each other up

what we did was furnish a room for refugees
they came from Syria
the darkness is so deep
Aleppo knows
ALL: raise each other up

every Shabbat my whole family would get together
we had very little but my grandfather would say

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you always have to invite people
people of every type and color and dress
characters homeless people down and out
would have Shabbat dinner with us
there's always someone who needs to be fed.

Holy One whispers:

ALL: raise each other up

I always have a bunch of singles in my coat pocket
easy to get to and I just give it to people
there but for the grace of God go I

turn your brokenness

ALL: toward rays of redemption

Your light should shine in the dark

ALL: what can you do yourself?

advocacy? relief work?

what's your one first step?

these are men and women

flesh like you

the otherness you reach for is here

Dear Holiness

the darkness is so deep

May we reach dawn

step upon the green of hope

Holy One whispers:

ALL: raise each other up

turn your brokenness

ALL: toward rays of redemption

return your wounded world

into the womb of rachamim

from mercy shall come your strength

ALL Sing:

To be yourselves the rays By which God's holiness can turn this world into a radiant joy

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