



HAZZAN ALISA POMERANTZ-BORO
CONGREGATION BETH EL | 8000 MAIN STREET | VOORHEES, NJ 08043
856-675-1166 | WWW.BETHELSNJ.ORG

Be Grateful For This Moment



HAZZAN ALISA POMERANTZ-BORO
CONGREGATION BETH EL | 8000 MAIN STREET | VOORHEES, NJ 08043
856-675-1166 | WWW.BETHELSNJ.ORG

Be Grateful For This Moment

BOKER TOV!

OPEN THIS IN THE MORNING

CONSIDER ONE OF THESE OPTIONS:

- OPEN THIS UPON WAKING
- OPEN THIS BEFORE SHACHARIT (MORNING SERVICES)
- DO WHAT YOU NEED TO DO — OPEN THIS WHENEVER YOU NEED

THIS IS YOURS. SPEND SOME TIME WITH IT. THINK ON IT.
PRAY ON IT. REPEAT IT. OR ... JUST PUT IT IN YOUR
POCKET AND LET IT SINK IN ANYWAY IT WANTS

BOKER TOV!

OPEN THIS IN THE MORNING

CONSIDER ONE OF THESE OPTIONS:

- OPEN THIS UPON WAKING
- OPEN THIS BEFORE SHACHARIT (MORNING SERVICES)
- DO WHAT YOU NEED TO DO — OPEN THIS WHENEVER YOU NEED

THIS IS YOURS. SPEND SOME TIME WITH IT. THINK ON IT.
PRAY ON IT. REPEAT IT. OR ... JUST PUT IT IN YOUR
POCKET AND LET IT SINK IN ANYWAY IT WANTS

A MORNING PRAYER

RABBI NAOMI LEVY

There are so many things I take for granted. May I not ignore them today. Just for today, help me, Gd, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world. Just for today, help me, Gd, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul. Just for today, help me, Gd, to remember You. Let this be a good day, Gd, full of joy and love. Amen.

מוֹדָה (מוֹדָה) אָנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִּים.
שֶׁהַחַזְרַת בִּי נִשְׁמַתִּי בְּחַמְלָה. רַבָּה אֱמוּנָתְךָ.

Mo-de/Mo-da a-ni l'fa-ne-cha me-lech chai v'ka-yam.
She-he-che-zar-ta bi nish-ma-ti b'chem-la.
Ra-ba e-mu-na-te-cha

I give thanks to You, O everlasting Ruler, for You have returned my soul to me with compassion. Great is Your faithfulness

A MORNING PRAYER

RABBI NAOMI LEVY

There are so many things I take for granted. May I not ignore them today. Just for today, help me, Gd, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world. Just for today, help me, Gd, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul. Just for today, help me, Gd, to remember You. Let this be a good day, Gd, full of joy and love. Amen.

מוֹדָה (מוֹדָה) אָנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִּים.
שֶׁהַחַזְרַת בִּי נִשְׁמַתִּי בְּחַמְלָה. רַבָּה אֱמוּנָתְךָ.

Mo-de/Mo-da a-ni l'fa-ne-cha me-lech chai v'ka-yam.
She-he-che-zar-ta bi nish-ma-ti b'chem-la.
Ra-ba e-mu-na-te-cha

I give thanks to You, O everlasting Ruler, for You have returned my soul to me with compassion. Great is Your faithfulness