

# יִרְאָ CHALLENGE

Spend time studying a piece or art that inspires awe

4

3

Say a prayer or poem of gratitude upon awaking

We sound the shofar today. Tune into the sounds around you

RH2

RH Which picture from services made you feel awe?

1

5

Spend some time alone in nature

6 שבת

Reflect on the wonders of creation

Notice the moon. We are 1/4 of the way through the Jewish month

7

Sing a song that expresses wonder

8

Give thanks for the miracle of your body

9

14

Reflect on your experiences and share them with a friend

Find a poem that depicts the beauty of nature

12

11 What is a scientific discovery that inspires awe?

Look up at the stars tonight

13 שבת

10 YK When today did you experience awe rather than fear?

What other ways can you experience יִרְאָ?

i thank you God for most  
this amazing

i thank You God for most this amazing  
day: for the leaping greenly spirits of trees  
and a blue true dream of sky; and for everything  
which is natural which is infinite which is yes  
(i who have died am alive again today,  
and this is the sun's birthday; this is the birth  
day of life and of love and wings: and of the gay  
great happening illimitably earth)  
how should tasting touching hearing seeing  
breathing any-lifted from the no  
of all nothing-human merely being  
doubt unimaginable You?  
(now the ears of my ears awake and  
now the eyes of my eyes are opened)  
e.e. cummings

The breath of my life will bless,  
the cells of my being sing: In  
gratitude, reawakening.  
Marcia Falk

# Blessings and Poems

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי  
וְקַיִם, שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי  
בְּחֶמְלָה רַבָּה אֶמְוִנְתֶּךָ.

Modeh/modah ani l'fanecha, melech chai  
v'kayam, shehechezarta bi nishmati,  
b'chemla raba emunatecha

## Why I Wake Early

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety-

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the great hands of light-  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

Mary Oliver