

# Cantorial Message

June 2021

I have always felt close to G\*d. Even as a kid, I knew that there was something bigger than me. Not only in me, but also around me in the people I met, and in the beauty of nature. When covid hit, I slowly stopped going out on my morning walks. Now that I am fully vaccinated, I am trying to get back into my old routine of morning walks to the beach. Walking outside again, not good for my allergies, but good for my soul, is like having life breathed back into you. I've missed walking. Not only was it good for my physical body, but this is when I would have my discussions with G-d. These conversations helped me to focus on my inner well being. I realized that I had stopped having these conversations with G-d about 9 months into covid. I suppose over the years, G\*d has been my therapist and my safe harbor. One of G\*d's many names is haMakom, the Place. G\*d is the "Place," that I have always turned to for solace, to vent when I am upset, and also to express my thankfulness. I remember the first time I heard Debbie Friedman sing "You Are the One", based on Reb Nachman's Prayer. The lyrics she sang expressed exactly how I felt! This is what she sang, "You are the one, for this I pray, that I may have the strength to be alone. To see the world, to stand among the trees, and all the living things. That I may stand alone and offer prayers and talk to You; You are the One to whom I do belong. And I'll sing my soul, I'll sing my soul to You and give You all that's in my heart. May all the foliage of the fields, all grasses, trees and plants, awaken at my coming, this I pray, and send their life into my words of prayer. So that my speech, my thoughts and my prayers will be made whole, and through the spirit of all growing things. And we know that you are one, because we know that everything is You.

Rabbi Judith Schindler wrote these words about Reb Nachman, "Reb Nachman found G\*d in the sanctuary of nature. He taught that we should pray to G\*d by going on solitary walks through fields and forests. We should hear the songs of the plants and trees — each one singing its own melody to G\*d and we should pour out our hearts."

As we step out of our homes into life and into the beauty of nature once more, may the teaching of Reb Nachman's love of G\*d and nature, inspire us.

Here is the link for Debbie Friedman's song, sung by her very good friend, Julie Silver. Enjoy.

[\(12\) "You Are The One" \(Song 11 of 16\) from Shabbat Unplugged - YouTube](#)

Thank you to all those who have helped with Zooming our services this month. Big thank you to Sean for setting up this system for us. You have opened the synagogue doors to so many that could not physically be in our space.

Wishing everyone a safe and beautiful summer!

B'shir,

Sherry