

Shehechiyanu:

A Meditation on this Moment

שְׁהַחֲיָנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

Shehechiyanu, v'kiymanu, v'higiyanu lazman haZeh

Oh Mystery, Grace unfolding, Oh Miracle, it's You alone,
Oh Mystery, Grace unfolding, Oh Miracle, Who brings us Home.

Talmud Berachot 54a, Pesachim 7b, Sukkah 46a

Vitality - שְׁהַחֲיָנוּ

Resilience

אִם-אֵלֶיךָ בְּקֶרֶב צָרָה תֵּחַיֵּנִי

Im aylech b'kerev tzarah, t'chayayni (Psalm 138:7)

Even when I walk in the midst of trouble, you are giving me Life.

Sustained Presence- וְקִיַּמְנוּ

MY CUP

כּוֹסֵי רוּגָה

Kosi R'vaya My cup overflows. (Psalm 23:5)

Arrival/Awareness- וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

Found- M'tza'uní

מְצָאוּנִי הַשֹּׁמְרִים הַסְּבִיבִים בְּעִיר

M'tza'uní hashomrim hasov'vim ba'ir

Then the watchmen who circle the city find me. (Song of Songs 3:3)