

## Ha Shamayim Misaprim K'vod El Lo BaShamayim Hee

השמים מספרים כבוד א  
לא בשמים היא

We believe that the heavens will remain in the cosmic patterns whether or not we mark the cycle of the new moon's passing. We mark the new moon not to insure that the cycle of the moon will continue, but to cement our partnership with God by acknowledging it.

The Rosh Chodesh celebration at the beginning of each month in the Jewish calendar, has blossomed into a celebration of humanity. Join a celebratory gathering.

To the woman's circle, bring your lady friends, mothers & daughters for an hour of learning and connecting. Each month a different Mitzvah Person will be our Shomeret to guide us.

If you would like to be a Rosh Chodesh shomeret, or partner with another Mitzvah Mama - let us know either by email or with a private message in the Mitzvah Mama Facebook group.

**Nisan 5783** - Passover  
Thursday, March 23, 2023  
Shomeret -

**Iyar 5783** Yom Ha'Atzmaut – Lag Ba Omer  
Friday & Saturday, April 21 & 22, 2023  
Shomeret-

**Sivan 5783** Shavuot  
Sunday, May 21, 2023  
Shomeret -

**Tamuz 5783**  
Monday & Tuesday, June 19 & 20, 2023  
Shomeret -

**Av 5783** Tisha B'Av & Tu B'Av  
Wednesday, July 19, 2023  
Shomeret-

**Elul 5783**  
Thursday, August 17, 2023  
Shomeret -

**Tishrei 5784** Rosh Hashana, Sukkot, Simchat Torah  
Saturday & Sunday, September 16 & 17, 2023  
Shomeret -

**Heshvan 5784**  
Sunday & Monday, Oct. 15 & 16, 2023  
Shomeret -

**Kislev 5784** Hanukkah  
Tuesday, November 14, 2023  
Shomeret -

**Tevet 5784** Chanuka continues  
Wednesday, Dec 13, 2023  
Shomeret -

**Shevat 5784** Tu B'Shvat  
Thursday, Jan 11, 2024  
Shomeret-

**Adar-I 5784**  
Friday & Saturday, Feb. 09 & Wed. Feb.10, 2024  
Shomeret-

**Adar-II 5784**  
Sunday & Monday, March 10 & 11, 2024  
Shomeret-

## MITZVAH MAMAS

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## Mitzvah Mamas' Rosh Chodesh GATHERING Handout

Join the  
[Mitzvah Mama FaceBook](#)  
group to stay in the loop!

[www.MitzvahMamas.com](http://www.MitzvahMamas.com)



## GATHERING OPENING

- Welcome from shomeret; includes announcing which month we welcome and something interesting about the month.
- While sitting in a circle hold a lit candle, say your name, your mother's, grandmothers, etc., pass candle to next MM. When the candle goes fill circle

### **Recite in unison:**

Let us bless the flow of life that revives us, sustains us and brings us to this time. May the month of \_\_\_\_\_ be a month of blessings: Blessings of goodness; Blessings of joy, peace and kindness, friendship and love, creativity, strength, serenity, fulfilling work and dignity. Satisfaction, success and sustenance, physical strength and radiance. May truth and justice guide our acts. May compassion temper our lives, that we may blossom as we age & become our sweetest selves.

**Ozi v'Zimrat Yah Vayahi li Lishuah** - Psalms 118.14

The Lord is my strength and song; And He is become my salvation

### **EI Na R'fa'ah Na Lah** (4X)

God grant me the serenity to accept the things I cannot change; God grant me the courage to change the things I can; And God grant me the wisdom to know the difference.

### **EI Na R'fa'ah ...**

Mishaberach avoteinu hu yirapeh et haCholim; m'kor sh'chinah l'imoteinu hi timtza mazor la sovlim; R'fuat hanefesh v'ha goof, refuah shleima

### **EI Na R'fa'ah ...**

## RANDOM KINDNESS

Take turns going the circle. Each woman has about 1 minute to share some personal good news, an act of kindness she did for someone, an act of kindness someone did for her or something she did for herself, her family or someone else that enriches their Jewish life. When we conclude the sharing, the shomeret invites women to hold hands.

*If a "New Jewess" (Bat Mitzvah or by choice) is in attendance, we offer a celebratory welcome!*

Siman Tov U Mazal Tov

### **Recite in unison:**

Adonai, bless all my friends & family in whatever it is that You know they may be needing this day! May their lives be full of Your peace, prosperity and power as we seek to have a closer relationship with You.

## PROGRAM

This section runs about 30 minutes.

It is initiated by the monthly shomeret on a predetermined theme.

As shomeret, you may teach the lesson or invite a guest.

## GATHERING CLOSING (in unison)

May I be worthy of Your kindness & love. May I through my actions, make the world a better place for someone else.

May I be the bearer of peace & harmony. May I turn my talents & abilities to constructive purposes.

May I overcome, in some small way, problems or troubles that habitually upset me.

Grant me the power to see Your hand in common everyday things - The happy face of a child, the graceful shape of a tree, the soft wind against my cheek.

And when I lie down to sleep tonight, grant me the knowledge that I have used your gift wisely.

### Pass B'samim around circle

When everyone has smelled them recite:

ברוך אתה...בירא מיני בשמים

- Barukh ata Adonai Eloheinu melekh haolam, bo're minei b'samim.

**It is also appropriate to say or sing the Shehechianu blessing**

**SELECT NEXT SHOMERET**