

Mt. Sinai Congregation: Readings for Thanksgiving 2022

Compiled by Rabbi Moshe Raphael Halfon

Thanksgiving Prayer

by Rabbi Zalman Schachter-Shalomi

translated by Tania Susskind

בְּיָמֵי הַמְהַגְרִים נִקְיֵי הַדֶּעַת,	In the days of the Puritan pilgrims,
כְּשֶׁהִגִּיעוּ לְאֶרֶץ מְקַלָּטָם,	When they arrived in the land of their haven,
וְסָבְלוּ רָעַב וְקוֹר,	And suffered from hunger and cold,
וְנָשְׂאוּ רִנָּה וּתְפִלָּה	And sang and prayed
לְצוּר יִשׁוּעָתָם,	To the Rock of their Salvation,
עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם	You stood by them in their time of trouble
וְעוֹרַרְתָּ חֶמְלַת הַתּוֹשָׁבִים	And aroused the compassion
הָאֵינְדִּיָּנִים עֲלֵיהֶם,	Of the native Indians,
וְהֶאֱכִילוֹם מִזֶּן, בְּרִבּוֹרִים וְתִירֵז	Who gave them food, fowl and corn
וְכָל מַעֲדָנִים.	And many other delicacies.
הִצַּלְתָּם מִרָעַב וּמִגּוֹן,	You saved them from starving and suffering,
וְהִרְאֵתָ לָהֶם דְּרָכֵי שָׁלוֹם	And You showed them ways of peace
עִם תּוֹשְׁבֵי-הָאֶרֶץ.	With the inhabitants of the land.
עַל כֵּן בְּרִגְשֵׁי תוֹדָה קָבְעוּ	Feeling gratitude, they established therefore
יוֹם תּוֹדָה כָּל שָׁנָה וְשָׁנָה	A day of Thanksgiving every year
לְזִכָּר לְדוֹרוֹת,	For future generations to remember,
וּמֵאֲכִילִים סְעוּדוֹת	And they feed the unfortunate
הוֹדִיָּה לְאוֹמְלָלִים.	With feasts of Thanksgiving.
לְכֵן גַּם אֲנוּ מוֹדִים לָךְ	Therefore do we also thank You
עַל הַטּוֹבוֹת בְּחַיֵּינוּ.	For all the goodness in our lives.
אֵל הַחֲדָאוֹת, אֲדוֹן הַשָּׁלוֹם,	God of kindness, Lord of peace,
מוֹדִים אֲנִיחֵנוּ לָךְ.	We thank You.

From Birkat Hamazon

We thank You, Lord our God, for the pleasing, good and spacious land which you gave to our ancestors and for liberating us from Egyptian bondage. We thank You for the covenant sealed in our flesh, for teaching us Your Torah and Your precepts, for the gift of life and compassion graciously granted us, for the food we have eaten, for the nourishment You provide us all of our days, whatever the season, whatever the time.

ברכת המזון

נוֹדָה לָךְ, ה' אֱלֹהֵינוּ, עַל שֶׁהִנְחַלְתָּ
לְאֲבוֹתֵינוּ אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה,
וְעַל שֶׁהוֹצַאתָנוּ, ה' אֱלֹהֵינוּ, מֵאֶרֶץ
מִצְרַיִם, וּפְדִיתָנוּ מִבֵּית עֲבָדִים, וְעַל
בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׁרֵנוּ, וְעַל
תּוֹרַתְךָ שֶׁלְמַדְתָּנוּ, וְעַל חֻקֶּיךָ
שֶׁהוֹדַעְתָּנוּ, וְעַל חַיִּים חַן וְחֶסֶד
שֶׁחֻנַּנְתָּנוּ, וְעַל אֲכִילַת מִזֶּן שֶׁאַתָּה
זֶן וּמַפְרִינֵס אוֹתָנוּ תָּמִיד, בְּכָל יוֹם
וּבְכָל עֵת וּבְכָל שָׁעָה.

Thanksgiving Prayer for the Meal by Rabbi Maralee Gordon

In this moment, mindful of our many blessings,
may we form an intent to carry gratitude with us continually.
May we leave fear and jealousy by the wayside,
making room in our hearts for contentment, satisfaction and compassion.
May we start each day counting our blessings:
the blessing of being alive,
the many miracles of the living world we are one with,
the ability we possess to love and to be loved,
the many gifts and talents we have been graced with,
the support we receive
and the support we are able to extend.
May our gratitude lead to action:
May we express our gratitude.
May we smile when we encounter each other on the path,
may we seek opportunities to share our talents with others,
may we express our love to one another,
may we give with no expectation of receiving.
May we seek to repair what is broken.
May we end each day counting the day's blessings,
those we have received and those we have bestowed.
May we be a blessing.



A Thanksgiving Prayer by Rabbi Naomi Levy

For the laughter of the children,
For my own life breath,
For the abundance of food on this table,
For the ones who prepared this sumptuous feast,
For the roof over our heads,
The clothes on our backs,
For our health,
And our wealth of blessings,
For this opportunity to celebrate with family and friends,
For the freedom to pray these words
Without fear,
In any language,
In any faith,
In this great country,
Whose landscape is as vast and beautiful as her inhabitants.
Thank You, God, for giving us all these. Amen.

From *Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle, and Celebration* (Alfred A. Knopf, New York); used with permission of the author, who is the spiritual leader of Nashuva in Los Angeles and also the author of *To Begin Again*.