

Contents

Acknowledgments	v
Foreword: My Heart Is in the East	ix
Excerpts on Israel from the CCAR Platforms	xii
Introduction	1
1. Prayers before Leaving for Israel	5
At a Congregational Service	5
Meditation for a Group	5
Meditation for an Individual	6
Shabbat Service prior to the Trip	7
<i>Mi Shebeirach</i> on Behalf of One Traveling to Israel	7
<i>Mi Shebeirach</i> Recited by the Traveler to Israel	7
<i>T'filat HaDerech</i> – The Traveler's Prayer	8
At the Time of Departure	10
For a Trip to Israel	10
For Individuals, Families, and Congregations Traveling to Israel for the First Time	10
For Annual or Frequent Travelers to Israel	11
2. Prayers upon Arriving in Israel	13
Upon First Setting Foot in Israel	13
Meditation for a Group	14
Before Retiring on a First Night in Israel	15
3. Prayers and Readings for Visiting Special Sites	16
Jerusalem	16
Upon Seeing Jerusalem for the First Time	16
Upon Entering the Old City	19

The Kotel and Robinson's Arch	19
Har Herzl	24
Upon Exiting Yad Vashem	28
Tel Aviv	31
Rabin Square or the Rabin Museum	33
Independence Hall	34
Caesarea	35
Tzfat	35
The Kinneret	36
The Dead Sea	38
Ein Gedi	38
For Other Bodies of Water	39
A Spring-Fed Stream	39
The Mediterranean Sea or the Gulf of Aqaba/Eilat	39
For Mountains	40
Masada	41
4. Prayers for Unique Moments in Israel	44
When Planting a Tree in Israel	44
Tree Planting Prayer	44
When Visiting Kibbutzim or Other Agricultural Settlements	45
Where a Miracle Occurred	46
Where Idolatry Was Uprooted	46
When Visiting a Grave	47
At a Historic Synagogue	48
At an Archaeological Site, Museum, or Display of Antiquities	49

When Standing at or Crossing the Borders of the State of Israel	51
For Participating in Acts of Social Justice	52
Prayers for the State of Israel and the Israel Defense Forces	53
For the State of Israel	53
For the Israel Defense Forces	54
For Israeli Soldiers or Civilians Being Held Captive	55
5. Prayers for Specific Occasions	57
For <i>B'nei Mitzvah</i> Ceremonies in Israel	57
Recited by Parents Celebrating a Child's Becoming Bar/Bat Mitzvah in Israel	57
<i>Mi Shebeirach</i> for a Bar/Bat Mitzvah in Israel	58
Recited by a Bar/Bat Mitzvah in Israel	58
Recited by a Bar/Bat Mitzvah at a Synagogue in Israel	59
For Dedicating Resources in Israel	60
For Attending a Convention in Israel	61
Readings for Peace and Fellowship	62
Interfaith Prayers for Peace	65
6. Prayers upon Leaving Israel	68
7. Prayers upon Returning Home	70
8. Blessings before and after Eating	72
Blessings for the Seven Species of the Land of Israel	72
For Fruit (grapes, figs, pomegranates, olives, and dates)	73
For Wine or Grape Juice	73
For Bread	73
<i>Birkat HaMazon</i> : Blessing after Eating—Short Form	74
On Shabbat and Holidays	74

All Days	75
On Shabbat	78
On Yom Tov	78
All Days	79
9. Havdalah	80
The Wine or Grape Juice	81
The Spices	81
The Light	82
The Blessing of Separation	82
10. Songs of Israel	84
Afterword	91
Finding a Reform Congregation in Israel	92
Sources	94