



LeoBaeckTemple

Bubble Up: 2021-2022/5782

Heart and Soul:

A playful exploration pairing the insight of the podcast **Dolly Parton’s America** with selections from *Songs Ascending: The Book of Psalms in a New Translation* by Rabbi Richard N. Levy, z”l

“Music is the way we accompany ourselves through space and time”

- Jad Abumrad, Co-Producer Dolly Parton’s America Podcast

Heart & Soul created by: Elizabeth Levy & Rabbi Benjamin Ross

Blessing Before Studying Torah

בָּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ-הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְעִסֵּק בְּדִבְרֵי-תוֹרָה

*Barukh atah Adonai Eloheinu melekh ha’olam
asher kid’shanu b’mitzvotav v’tzivanu la’asok b’divre torah.*

Blessed are You, the Eternal our God, Sovereign of the Universe,
who sanctifies us with *mitzvot* and invites us to engage with words of *Torah*.

B'rit/Working Agreement for LBT Small Groups

ACCOUNTABILITY:

I will show up to our agreed upon times: I will let the group leader know the (good) reason I will be absent. I will also be punctual and respect everyone's time.

PRESENCE:

When we're together, I will be present and mindful. I will listen and share. Life (and our mobile devices) offers many distractions, but I will stay present and engaged.

CONFIDENTIALITY:

I will maintain complete confidentiality. What I hear and say stays here.

VULNERABILITY:

I will stretch myself to be as open and honest as possible with my perspectives and experiences in order to create a safe environment that might encourage others to take risks as well.

RESPECT:

I will remember that all of us are here for a common purpose and I will respect and acknowledge everyone in my group.

NO FIXING, ADVISING, SAVING OR SETTING STRAIGHT:

I will give each person the gift of true attention without trying to "solve their problem." No advice unless it's asked.

LISTENING:

I understand that some of us are talkers, while some of us are quieter. I will be aware not to dominate discussions and to balance how much I'm talking with how much I'm listening.

CURIOSITY:

Judaism is a religion of exploration; of big questions more than answers. I will get the most out of my group by being open to our discussions and the people around me.

OWNERSHIP:

This is our LBT Small Group. This is our community to create. While we have guidelines and suggestions, it is ours to shape and form. We will get out of it what we put into it.

**Language graciously borrowed from The Temple in Atlanta, Georgia*

LEO BAECK TEMPLE'S HEART AND SOUL: A BUBBLE UP PRODUCTION

A playful exploration pairing the insights from the “Dolly Parton’s America” podcast with selections and commentary from *Songs Ascending: The Book of Psalms in a New Translation* by Rabbi Richard N. Levy, z”l

SESSION IV: Cup of Ambition

PARTNER PODCASTS:

[Episode 5 - Dolly Parton’s America](#) (Dollitics - Nov. 12, 2019)

I. READ SUMMARY & QUESTION (10 minutes): Dolly Parton’s “9 to 5” has become an anthem for workers’ rights, however Dolly herself has evaded making political statements outside of her music. Dolly’s “Dollitics” poses questions about when is the right time to speak out, and how does one delineate the difference between speaking out versus casting others out. Psalm 108 urges us to find our own voice, our own instrument, to call out injustice, to amplify the Divine call for a more just world, and to overcome those who seek to oppress us.

OPENING QUESTION: From where and/or whom do you draw strength and courage?

II. READ ALOUD PSALM AND RABBI RICHARD N. LEVY’S COMMENTARY (5-10 minutes)

Psalm 108

My heart is firm, God--
I--my glory--will sing, I will make music!
Awake, lute and lyre--
I will awaken dawn!
I will give thanks to You among the
peoples,
Adonai,
And I will make music among the nations;

Who will guide me to the fortress city?
Who will lead me to Edom?
Have You not rejected us, God?
For God does not go forth alongside our
hosts!
Give us help against the oppressor,
For deliverance by humans is vain!
Through God we shall act the hero--
The Holy One will trample our oppressors.

“We are not only to preach Torah to the nations, not only to model a life of social justice to which Torah inspires us, but also to make music out of that, to lift people’s spirits as they learn, as they pursue justice, as they root out injustice! Each of us has our own unique “lute and lyre,” the instruments with which we bring music into the world--our voice, our pen, our demonstrated compassion, our wisdom, our love--but we depend on a God who rules the heavens and the earth, who assures that there is an ultimate purpose and an ultimate justice in the universe, who makes it possible for us to strum our lyres in a way that others may hear. [...] Fearful and hesitant though we may be sometimes--even fearful that God has turned aside from us--as we feel ever more confident to strum our own lyre in the world, we can feel God guiding our fingers, strengthening our resolve to speak truth in the world, and strengthening our belief that God is fighting on our side. That is heroism.”

- Rabbi Richard N. Levy, p. 418

(Option to briefly share reactions to the Psalm or commentary)

III. [LISTEN TO "9 TO 5"](#) (5 minutes) (LYRICS ↓) - THEN 1 MIN. OF SILENCE

IV. GROUP QUESTIONS: (30-35 minutes)

- a) Per Psalm 108, **what is your "lute and lyre" for speaking out**, in big or small ways?
- b) As you seek justice "strumming your own lyre in the world", **have you felt a presence "guiding your fingers?"**
- c) What **call to action** (or charge) do you find in Psalm 108 and Dolly's "9 to 5"?
- d) Dolly calls us to dream in the "9 to 5" lyric: **"There's a better life and you dream about it, don't you?"** Is there another song (or art form) which inspires your vision of the world that you dream about?

OPTIONAL CONCLUDING SONG: [Ozi v'Zimrat Yah](#) (Exodus 15:2), by Rabbi Shefa Gold

9 TO 5, BY DOLLY PARTON

Tumble outta bed and I stumble to the kitchen
Pour myself a cup of ambition
Yawn and stretch and try to come to alive
Jump in the shower and the blood starts
pumpin'
Out on the street the traffic starts jumpin'
With folks like me on the job from 9 to 5

Chorus:

*Workin' 9 to 5, what a way to make a livin'
Barely gettin' by, it's all takin' and no givin'
They just use your mind, they never give you
credit
It's enough to drive you crazy if you let it*

9 to 5, for service and devotion
You'd think that I would deserve a fat
promotion
Want to move ahead but the boss won't seem
to let me

I swear sometimes that man is out to get me!
They let you dream just to watch 'em shatter
You're just a step on the boss-man's ladder
But you got dreams he'll never take away
You're in the same boat with a lotta your
friends
Waitin' for the day your ship'll come in
The tide's gonna turn an' it's all gonna roll your
way

Chorus

9 to 5, yeah they got you where they want you
There's a better life, and you dream about it,
don't you?
It's a rich man's game no matter what they call
it
And you spend your life puttin' money in his
wallet