

What is The Mountain that you are climbing tonight? Irle Goldman

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד:  
וְאֶהְבֶּתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכֹל | לִבְבְּךָ, וּבְכֹל גַּפְשֶׁךָ,  
וּבְכֹל מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר  
אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל | לִבְבְּךָ: וְשָׁנַנְתָּם לְבָנֶיךָ וּדְבַרְתָּ  
בָּם, בְּשֹׁכְתְךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ:  
וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ, וְהָיוּ לְמַטְפֵּת בֵּין עֵינֶיךָ:  
וְכָתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ, וּבְשַׁעְרֶיךָ:

**Hear O Israel, the Lord is our God, the Lord is One.**

(Blessed is God's name, whose glorious kingdom is forever and ever.)

**Love the Lord your God with all your heart, and all your soul, and all your might.**

These words that I command you today shall be upon your **heart.**

Repeat them to **your children,**

and talk about them when you sit in your home, and when you walk in the street;

when you lie down, and when you rise up.

Hold fast to them as a sign upon your hand, and let them be as reminders before your eyes.

Write them on the doorposts of your home and at your gates.

Deuteronomy 6: 4-9