

My Voice is a Song of Strength
By Cantor Lauren Adesnik

My voice is a well of infinite possibility:
It is LOUD and soft and gentle and harsh
Caressing and bold and careful and strong and my strength

Is my voice.

My voice is sewn into the fabric of my soul.
On second thought,
My soul is sewn into the fabric of my voice-
It only needs to listen to my voice to know where to step, to jump, to leap, to
grow, to be.

Now is the time to share it. To share it with those who are like me and different
from me, and everywhere in between.

It is the time to join it with others who are also sharing their voices who are like
you, and different from you, and everywhere in between.

When we extend our voice, we share the innards of our souls- everything is laid
onto the table. Both the good and the bad.

So, be prepared.

Be prepared to be surprised that perhaps there are parts of you you did not
realize you did not like, and there are parts of you that are so incredibly strong
you could perform an amazing feat.

Like the Israelites did as they shouted and sang their way across the sea.

When we join our voice with another's voice, our souls intertwine, and stand with one another. Where we felt weakness, alone, together we will feel strength
Where we felt soft, or meek, alone, we will feel loud, giant, forceful.

It is time to be loud, giant, and forceful.
It is time to part the waters of hate and injustice.

It is time for our voices to become
overflowing,
streaming,
abundant
fountains of infinite possibilities for
Justice,
Equality,
Equity,
Peace,
Health,

for a world that we can gift to our children.

What is your voice like?
What do you want your voice to be like?
Let yourself share it, listen to its cry- it knows the truth. Let that truth ring out of you.

It's ok to be afraid. Just step in. Your voice will hold you in peace.
Share it, stand with others who need you to share it.
As I will always share mine with you, those whom I know and love dearly, those who are passing faces, those whom I have never met.

My strength is my voice.