

## INFO ABOUT CFS

We are a Messianic congregation of believers, Jews and Gentiles, from all walks of life who testify that Yeshua is LORD. We desire to conduct ourselves as our LORD and His apostles did. Our objective is not to 'become or act Jewish' but to walk in obedience & holiness according to God's Word.

### Become part of the Call To Prayer team:



"When Moses' hands grew tired ... Aaron and Hur held his hands up -- one on one side, one on the other -- so that his hands remained steady till sunset," Ex 17:12, NIV.

Let us lift each other's arms up in prayer!

## EXPLANATION OF LITURGY & TORAH STUDY

- <sup>1</sup> When reciting the Shema face East toward Jerusalem, following the Prophet Daniel's example of praying facing toward the Temple.
- <sup>2</sup> Yeshua declared the Shema is the greatest Commandment, Mk 12:29 & Dt 6:4.
- <sup>3</sup> Love your neighbor as yourself, Mk 12:30-31; Lev 19:18; Dt 6:5-9.
- <sup>4</sup> As YHVH told Joshua: "Be strong and of good courage" Joshua 1:6.
- <sup>5</sup> *Going up to the Torah* (the Torah service) is to reverence God's Holy Word.

## AARONIC BLESSING Num 6:24-26

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

Yee-vah-reh-\*cheh-cha \*\*YHVH (Adonai)  
vay-yeesh-meh-reh-cha;

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנֶּךָ

Yah-ehr YHVH (Adonai) pah-hav eh-lay-cha  
vee-chu-neh-cha;

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ

Yee-sah YHVH (Adonai) pah-nav eh-lay-cha

וַיִּשֶׂם לְךָ שְׁלוֹם

vay-yah-sem leh-cha shalom.

\*\*YHVH: The tetragrammaton יהוה is pronounced in various ways: Adonai, HaShem, etc. Many scholars believe, that during the time of our Messiah, this name was pronounced Yahveh.



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### TRANSLATION:

The LORD [**\*\*YHVH**]  
bless you and keep you;

The LORD [YHVH]  
make His face to shine  
upon you & be gracious  
to you;

The LORD [YHVH] lift  
up His countenance  
upon you & give you  
peace.

Num 6:24-26 ESV



**Faithful Stewardship**  
**Yeshua is LORD!**

**SHABBAT SERVICE**

**10:30am (AZ) // 12:30 (OK)**

“Then I said, ‘Here I am! Send me.’” Isaiah 6:8

הַנְּגִי שְׁלֵחֲנִי

“Blessed be YHVH for evermore! Amen & amen.” Ps 89:52

בְּרִיךְ יְהוָה לְעוֹלָם אָמֵן וְאָמֵן:

### PARASHA READING (Weekly Torah Portion):

<sup>14</sup>Va'era (& I appeared)

Torah: Exodus 6:2-9:35

Haftarah: Ezekiel 28:25-29:21

AS: Rom 9:14-17; 2Cor 6:14-7:1

MESSAGE: Pastor Don Cole – “True Biblical Repentance”

*28 Tevet 5786 / January 17, 2026*

SHABBAT SERVICE

**Shofar Blowing** -- Pastor Jim Robeson

**Welcome** -- Jim Robeson

**1 Shema Liturgy** -- Jim Robeson (*Shema* on next page of bulletin.)

**2** Shema Israel / שְׁמַע יִשְׂרָאֵל (Deut 6:4; Mk 12:29)

**3** V'ahavta / וְאַהֲבַתָּהּ (Deut 6:5-9; Lev 19:18; Mk 12:30-31)

**4** Be strong & courageous (Josh 1:6; Ps 46:11)/ חֲזַק וְעִמָּץ כִּי יְהוָה צְבָאוֹת עִמָּנוּ / *Chah-zhak veh'eh-mahatz, kee YHVH tzeh-vah-ot eem-mah-noo!*  
Be strong & of good courage, because YHVH of Hosts is with us!

**Blessing Over Children** -- Pastor Don Cole

**Teaching video** -- Norman George

**Announcements & Prayer** -- Les'a Cole

- \* PRAY for godly decisions to be made by Israel & the US -- & for peace!
- \* Peace within our country & within Israel
- \* Healing for Israeli hostages

**Worship** -- Norman George

**Message** -- Pastor Don Cole: "True Biblical Repentance"

**Worship** -- Norman George

TORAH STUDY

**5 Going up to the Torah** / עֲלִיָּה לַתּוֹרָה (*Aliyah LaTorah*) - Norman George

-- **Lev 10:10:** וְלִהְבֹדֵל בֵּין הַקֹּדֶשׁ וּבֵין הַחֹל וּבֵין הַטָּמֵא וּבֵין הַטָּהוֹר:

*Oo-lah-havdeel bayn hah-kodesh oo-vayn hachol oo-vayn hah-tamay oo-vayn hah-tah-or:*  
"You are to distinguish between the holy & the common, & between the unclean & the clean," (Leviticus 10:10).

-- **Blessing before the Reading:** נֹר-לְרַגְלֵי דְבָרְךָ יְאוֹר לְנִתִּיבֹתַי:

*Nehr-leh-rahg-lee, deh-vah-reh-chah veh-ohr leen-tee-vah-tee*

"Thy word is a lamp unto my feet, and light unto my path." (Psalms 119:105)

-- **Called for public reading (of the Torah)** / קְרִיאַת הַתּוֹרָה (*Kriyat HaTorah*)

-- Jim Shockley

**Torah Drash** -- Denise Howell

**Haftarah Drash** -- Fie Duykers

-- **Congratulations to the Participants / כָּל הַכְבוֹד** (*With All Honor*) -- all

**Worship** -- Norman George

**Closing Blessing (below) & Aaronic Blessing (on back)** -- Pastor Don Cole

"All that יהוה [the LORD] has spoken, we will do," Ex 19:8a ESV

כָּל אֲשֶׁר-דִּבֶּר יְהוָה נַעֲשֶׂה

Kol ah-sheer – dee-ber YHVH na-ah-seh

Weekly

Sunday	1pm & 4pm CST – Biblical Hebrew 101 – in Tulsa
Wednesday	6:00-7:00pm CST – Biblical Hebrew 101 – in Tulsa
Thursday	5:30-7:00pm AZ time – Advanced Hebrew – on zoom
Friday	11:00-12:00p CST – Biblical Hebrew 102 – in Tulsa
	4:00-5:00pm CST – Biblical Hebrew 102 – in Tulsa

February

02/07/2026

**Torah accessory collection** (you're welcome to send offerings to Zelle (to Les'a's cell) or mail to Don Cole (CFS) 3413 W Hartford St. Broken Arrow, OK 74012

Shema (The confession of a believer's faith according to Yeshua)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה  
אֶחָד:

Shema Yisra'el YHVH\* Elohaynu YHVH echad!

(chant the following line in undertone) Baruch shem kavod malchuto layohlam va-ed

כְּרוּף שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם  
וָעֶד

Vayahavta et YHVH\* Elohaycha baychol lay-va-veh-cha uvchol nafshaycha uvchol mayoday-cha. (repeat twice)

וְאַהֲבַתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל  
לִבְבְּךָ וּבְכָל נַפְשֶׁךָ וּבְכָל מְאֹדֶךָ:  
(repeat above line twice)

Vay-ahavta lere-acha kamocho. Amen

וְאַהֲבַתָּ לְרֵעֶךָ כָּמוֹךָ: אָמֵן

Hear, O Israel, YHVH\* Our God, YHVH is One.  
Blessed be His glorious Name Whose kingdom is forever and ever!  
And you shall love YHVH your God with all your heart & with all your soul and with all your might.  
And these words that I command you today shall be in your heart.  
And you shall teach them diligently to your children, and you shall speak of them when you sit at home, and when you walk along the way, and when you lie down and when you rise up.  
And you shall bind them as a sign on your hand, and they shall be for frontlets between your eyes.  
And you shall write them on the doorposts of your house and on your gates. (Dt 6:4-9, ESV)  
And you shall love your neighbor as yourself. Amen (Lev 19:18b, ESV)