

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

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

AARONIC BLESSING Num 6:24-26

יְבָרְכֶךָ יְהוָה פָּנָיו אֵלֶיךָ

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

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנֶּה

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

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ

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

וְיָשֵׁם 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

הִנְנִי שְׁלֵחָנִי

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

בְּרִידָה יְהוָה לְעוֹלָם אָמֵן וְאָמֵן

PARASHA READING (Weekly Torah Portion):

¹⁶B'shallach (When he let go)

Torah: Exodus 13:17-17:16

Haftarah: Judges 4:4-5:31

AS: Lk 2:22-24; Jn 6:25-35, 19:31-37; 1Cor 10:1-13

MESSAGE: Pastor Norman George – “Three Day Journey”

13 Sh'vat 5786 / January 31, 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 / וְאַהֲבַתָּה (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-mahzt, 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 Norman George: "Three Day Journey"

Worship -- Norman George

TORAH STUDY

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

-- **Lev 10:10:** וְלִהְיוֹדִיל בֵּין הַקֹּדֶשׁ וּבֵין הַטָּמֵא וּבֵין הַחֹל 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-לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִּי: /

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)

-- Les'a Cole

Torah Drash -- Frank Madrigal

Haftarah Drash -- Fie Duykers

-- **Congratulations to the Participants** / כָּל הַכְּבוֹד (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

Happenings at CFS

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)

March

03/04/2026 **PURIM** Celebration: Wednesday (5:30 AZ/6:30 OK)
03/07/2026 **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
אַחַד:

כְּרוֹף שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם
וָעֶד

וְאַהֲבַת אֶת יְהוָה אֱלֹהֶיךָ בְּכָל
לְבָבְךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ:
(repeat above line twice)

וְאַהֲבַת לְרֵעֶךָ כָּמוֹךָ: אָמֵן

Shema Yisra'el YHVH* Elohaynu YHVH
echad!

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

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

Vay-ahavta lere-acha kamocha. Amen

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)