

*Kabbalat
Shabbat*

*Welcoming
The Sabbath*

*Azamara
Journey*



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Light Up Shabbat was created by Mike Sirota and Rabbi Michael Beals for B'nai Tikvah Congregation in Los Angeles, California.

Many thanks to Mike and Rabbi Beals, BTC, the Nu Tikva Minstrels, and all those who have nurtured this special service through the years.

מה ט'בו

מה ט'בו אהליך יַעֲקֹב,
משְׁכַנְתֶּיךָ יִשְׂרָאֵל.
ואֲנִי בָרַב חֶסֶדְךָ אָבוֹא בֵיתְךָ,
אֲשַׁתְּחֹה אֶל הַיְכָל קִדְשְׁךָ בִּירְאָתְךָ.
יְיָ אֱהַבְתִּי מְעֹן בֵּיתְךָ,
וּמְקוֹם מְשֻׁכָּן כְּבוֹדְךָ.
ואֲנִי אֲשַׁתְּחֹה וְאֶכְרַעָה,
אֶבְרַכָּה לְפָנַי יְיָ עֹשֵׂי.
ואֲנִי תִפְלְתִי לְךָ יְיָ, עַת רְצוֹן,
אֱלֹהִים בָּרַב חֶסֶדְךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

Ma Tovu

Ma tovu oha-leha Ya'akov, mishk'noteha Yisra'el.

Va'ani b'rov hasd'ha, avo vay-te-ha,

Esh-ta-ha-veh el hei-hal kod-sh'ha b'yir'ateha.

Adonai ahavti m'on bei-te-ha, um-kom mishkan k'vodeha.

Va'ani esh-ta-ha ve ve'h-ra'ah.

Evr'ha lif-nei Adonai oh-see.

Va'ani t'filati l'ha Adonai et ratzon.

Elohim b'rov hasdeha aneini b'emet yish'eha.

How goodly are your tents, O Jacob, your dwelling places, O Israel!

And I, with Your great loving-kindness, shall enter Your House;

I shall prostrate myself toward Your Holy Temple in the fear of You.

O Lord, I love the dwelling of Your house and the place of the residence
of Your glory.

Come, let us prostrate ourselves and bow; let us kneel before
the Lord, our Maker.

But, as for me, may my prayer to You, O Lord, be in an acceptable time.

O God, with Your abundant kindness, answer me with the truth of
Your salvation.

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Welcome Shabbat

Welcome Shabbat! You bring us light and peace and calm.

Welcome Shabbat! You give us family time together.

Welcome Shabbat! You bring us song, and prayer, and joy.

Welcome Shabbat! You give us time to delight in the beauty of God's world.

Welcome Shabbat! You bring us Torah study: a chance to hear God's word.

Welcome Shabbat! You bring us an island in time, a special part of the week when we can grow closer to God and to each other.

Welcome Shabbat! We invite you into our hearts, our souls, and our lives.

יום שבתון -- ר' יהודה הלוי

יום שַׁבְּתוֹן אֵין לְשֹׁכַח

זְכָרוּ כְּרִיחַ הַנִּיחֹחַ

יוֹנָה מְצֻאָה בּוֹ מִנּוֹחַ

וְשָׁם יְנוּחוּ יְגִיעֵי כַח

יוֹנָה מְצֻאָה בּוֹ מִנּוֹחַ

וְשָׁם יְנוּחוּ יְגִיעֵי כַח

Yom Shabbaton

Yom Shabbaton ain lish-koah
Zih-ru k'-ray-ah ha-ni-ḥo-ah
Yona matz'ah bo ma-noah
Vsham ya-nuhu y'gi-ay koah.

Chorus:

*Yo-na, yona matz'ah -
Yona matz'a bo ma-noah
Vsham ya-nuḥu ya-nuḥu
Ygi-ay ko-ah, y'gi-ay ko-ah*

On this special evening, we gather to keep Shabbat,
For we remember the good things God has done.
As we join together with bright candles burning,
We'll say the blessings and sing all as one.

Chorus.

As we share the promise of rest that was given us,
We pray that someday the world will know peace.
May there come a Shabbat when all people will be free,
May we be happy and may our joy increase.

Chorus.



Shalom Aleihem

Peace upon you, ministering angels,
Messengers of the Most High, the King of Kings
The Holy One, blessed be He.

May you come in peace, messengers of peace

Bless me with peace, messengers of peace

And may your departure be in peace, messengers of peace

Angels of the Most High, blessed be He.

We Have Come Together

We have come together to pray as a congregation;
Yet each of us is, strangely, solitary in Your presence.

*Each of us comes before You with special hopes and dreams;
Each of us has personal worries and concerns.*

Each of us has a prayer no one else can utter;
Each of us brings praise no one else can offer.

*Each of us feels a joy no one else can share;
Each of us has regrets which others cannot know.*

And so, we pray;
If we are weary, give us strength;
If we are discouraged, give us hope.

*If we have forgotten how to pray, remind us;
If we have been careless of time, forgive us.
If our hearts have been filled by indifference,
Warm them with Your mercy, and inspire us
With the glowing spirit of Your holy Shabbat. Amen.*



שְׁלוֹם עֲלֵיכֶם

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוֹנֵי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

צִאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shalom Aleihem

Sha-lom a-lei-heim, mal-a-hei ha-sha-reit, mal-a-hei el-yon
mi-me-leh ma-l'hei ha-m'la-him, ha-ka-dosh ba-ruh hu.

Bo-a-hem l'sha-lom, mal-a-hei ha-sha-lom, mal-a-hei el-yon
mi-me-leh ma-l'hei ha-m'la-him, ha-ka-dosh ba-ruh hu.

Bar-hu-ni l'sha-lom, mal-a-hei ha-sha-lom, mal-a-hei el-yon
mi-me-leh ma-l'hei ha-m'la-him, ha-ka-dosh ba-ruh hu.

Tsei-t'hem l'sha-lom, mal-a-hei ha-sha-lom, mal-a-hei el-yon
mi-me-leh ma-l'hei ha-m'la-him, ha-ka-dosh ba-ruh hu.



לְכֵה דוּדִי

לְכֵה דוּדִי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבַּת נְקִבְלָה.

(The refrain L'ha Dodi is sung after each stanza.)

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֶל הַמִּיחָד,
יְיָ אֶחָד וְשִׁמוֹ אֶחָד, לְשֵׁם וּלְתַפְאֲרַת וּלְתִהְלָה.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מְקַדֵּם נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשְׁבָה
תִּחְלָה.

מְקַדֵּשׁ מְלֶכֶךְ עִיר מְלוּכָה, קוֹמִי צְאִי מִתּוֹךְ
הַהִפְכָה, רַב לָךְ שַׁבַּת בְּעַמְקַת הַבְּכָא, וְהוּא יַחְמוֹל
עָלֶיךָ חֲמֻלָה.

הַתְּנַעֲרִי מֵעַפְרֵי קוֹמִי, לְבָשִׁי בְּגָדֵי תִפְאֲרֶתְךָ עִמִּי,
עַל יָד בֶּן יִשְׂרָאֵל הַלְחָמִי, קִרְבָּה אֶל נַפְשִׁי
גְּאֻלָּה.

L'ha Dodi

L'ha do-di lik-rat ka-la, p'nei Sha-bat n'ka-b'la. *(repeat after each stanza)*

Sha-mor v'za-hor b'di-bur e-had, hish-mi-a-nu eil ham-yu-had.
Adonai e-had u-sh'mo e-had, l'sheim ul-tif-e-ret v'li-t'hi-la.

Lik-rat Sha-bat l'hu v'neil'ha, ki hi m'kor ha-b'ra-ha.
Mei-rosh mi-ke-dem n'su-ha, sof ma-a-seh b'ma-ha-sha-va t'hi-la.

Mik-dash me-leh ir m'lu-ha, ku-mi tzi mi-toh ha-ha-fei-ha.
Rav lah she-vet b'ei-mek ha-ba-ha, v'hu ya-ha-mol a-la-yih hem-la.

Hit-na-a-ri, mei-a-far ku-mi, Liv-shi big-dei tif-ar-teih a-mi,
Al yad ben yi-shai beit ha-lah-mi. Kawr-va el naf-shi ga-lah.

הַתְּעוֹרְרִי הַתְּעוֹרְרִי, כִּי בָּא אֲוֹרֵךְ קוֹמִי אֲוֹרִי,
עוֹרִי עוֹרִי שִׁיר דְּבָרִי, כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי, מָה תִּשְׁתַּחֲוֶה וּמָה
תִּתְהַמֵּי, בְּךָ יַחְסוּ עֲנֵי עַמִּי, וְנִבְנְתָה עִיר עַל תִּלְהָה.
וְהָיוּ לְמַשְׁסָה שְׂאִסְיִךְ, וְרַחֲקוּ כָּל מִבְּלַעֲיִךְ, יִשְׂשִׁישׁ
עָלֶיךָ אֶלְהֶיךָ, בְּמַשׁוֹשׁ חֲתָן עַל כְּלָה.

יָמִין וּשְׂמֹאל תִּפְרֹצִי, וְאֵת יְיָ תַעֲרִיצִי, עַל יָד
אִישׁ בֶּן פְּרָצִי, וְנִשְׁמַחָה וְנִגְלָה.

(We rise and turn to the entrance in a symbolic greeting of the Bride, Shabbat.)

בּוֹאִי בְּשָׁלוֹם עֲטַרְתַּת בְּעֵלָה, גַּם בְּשִׁמְחָה וּבְצִדְקָה,
תּוֹךְ אֲמוּנֵי עַם סִגְלָה, בּוֹאִי כְּלָה, בּוֹאִי כְּלָה.

Hit-o-r'ri hit-o-r'ri. Ki va o-reih ku-mi o-ri.
U-ri u-ri shir da-bei-ri, k'vod Adonai a-la-yih nig-la.

Lo tei-vo-shi v'lo ti-ka-l'mi, ma tish-to-ha-hi u-ma te-he-mi.
Bah ye-he-su a-ni-yei a-mi, v'niv-n'ta ir al ti-la.

V'ha-yu lim-shi-sa sho-sa-yih, v'ra-ha-ku kawl m'va-la-yih.
Ya-sis a-la-yih E-lo-ha-yih, kim-sos ha-tan al ka-la.

Ya-min us'mol tif-ro-tsi, v'et Adonai ta-a-ri-tsi.
Al yad ish ben par-tsi, v'nis-m'ha v'na-gi-la.

(We rise and turn to the entrance in a symbolic greeting of the Bride, Shabbat.)

**Bo-i v'sha-lom a-te-ret ba-la, gam b'sim-ha u-v'tsaw-ha-la,
toh e-mu-nei am s'gu-la, bo-i ha-la, bo-i ha-la.**



Consoling the Mourners

May God comfort you together with all mourners of Zion
and Jerusalem

הַמָּקוֹם יְנַחֵם אֶתְכֶם בְּתוֹךְ שְׂאֵר אֲבֵלֵי צִיּוֹן וִירוּשָׁלַיִם

Ha-Makom y'nahem eht-hem b'toh sh'ar ah-vay-lay
Tzee-yon vee-ru-sha-lah-yeem

Reaching Out

Reb Nahman taught that we reach out in three directions -
up to God, out to other people and into our own hearts.

The secret is that all three directions are truly the same.

When I reach out to another person, I find myself and God.

When I find God, I find others and the true me.

When I find myself, I reach God and other people.

L'ha Dodi

Chorus: Come, dear friend, Let us greet the bride. Let us welcome Shabbat!

"Keep" and "remember" in a single command
The one the Holy One made us hear
Adonai is one, the Holy name, one
And to the One belongs glory and praise

Let us go and greet Shabbat
For she is the source of blessing
From the very beginning it was to be:
Last in creation, first in God's plan

O holy city, O royal place,
Rise up from disgrace
No longer sit in a valley of tears,
Now G-d hears your voice!

Awake, awake, awaken yourself!
For your light has come!
Arise and sing, for the Eternal's
Glory is shown to you.

Come in peace, crown of her mate
Enter with rejoicing and gladness
Among the faithful ones
Come O bride, O Shabbat Queen!



Bar'hu: Call to worship

Reader:

Praise Adonai, Source of all blessing.

Congregation and Reader:

Praised be Adonai, Source of all blessing, forever.

Ma'ariv Aravim

Lord of Night and Day

Praised are You Adonai, creator of the universe, who with Your word brings on evening twilight. With wisdom, You open the gates of the heavens and with understanding change the times and seasons and arrange the stars in the sky, according to your will. You create day and night; You turn light into darkness, and darkness into light. By Your will, the day passes into night; God of creation is Your name. Ever-living God, may You rule over us forever. Praised are You Adonai, who brings on the evening twilight.



Reader:

בְּרַכּוּ אֶת יְיָ הַמְּבַרֵךְ.

Congregation:

בְּרוּךְ יְיָ הַמְּבַרֵךְ לְעוֹלָם וָעֶד.

Bar'hu

Congregation please stand

Reader: Ba-r'hu et Adonai ha-m'vo-rah.

Congregation: Ba-ruh Adonai ha-m'vo-rah l'o-lam va'ed.

Reader: Ba-ruh Adonai ha-m'vo-rah l'o-lam va'ed.

Please be seated

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ
מַעְרִיב עַרְבִים, בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה
מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַיָּמִינִים, וּמְסַדֵּר אֶת
הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ. בּוֹרָא
יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי
אוֹר. וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמְבַדִּיל בֵּין יוֹם
וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד
יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב
עַרְבִים.

Ba-ruh a-ta Adonai E-lo-hei-nu me-leh ha-o-lam, a-sheh bid'varo
ma-a-riv a-ra-vim. B'hawh-ma po-tei-ah sh'a-rim, u-vit'vu-na
m'sha-neh i-tim u-ma-ha-lif et haz'ma-nim, u-m'sa-deir et
ha-ko-ha-vim b'mish-m'ro-tei-hem ba-ra-ki-a kir-tso-no. Bo-rei
yom va-lai-la, go-leil or mi-p'nei ho-sheh v' ho-sheh mi-p'nei or,
u-ma-a-vir yom u-mei-vi lai-la, u-mav-dil bein yom u-vein lai-la,
Adonai ts'va-ot sh'mo. Eil hai v'ka-yam, ta-mid yim-loh a-lei-nu
l'o-lam va-ed. Ba-ruh a-ta Adonai ha-ma-a-riv a-ra-vim.



A Gift from God

Torah is a gift from God, a gift of love and joy.

*Torah is a light: it shines through the darkness.
It lights up our eyes, and our minds, and our hearts.*

Torah is like water: it gives life. It satisfies our thirst for knowledge and understanding.

*Torah is a poem, singing of God's love for us
and our love for God.*

Torah is a beautiful gown, clothing Sheḥinah,
God's presence.

*Torah is a life-giving medicine, that heals the hurts
of the world, a vitamin for our souls.*

God, help us to learn Torah, to love Torah, to live Torah,
so that we will truly treasure Your loving gift.

אהבת עולם

אהבת עולם בית ישראל עמך אהבת,
תורה ומצוות, חקים ומשפטים אותנו
למדת. על כן יי אלהינו, בשכבנו ובקומנו
נשים בחקיה, ונשמח בדברי תורתך
ובמצותך לעולם ועד. כי הם חיינו וארך
ימינו, ובהם נהנה יומם ולילה, ואהבתך
אל תסיר ממנו לעולמים. ברוך אתה יי,
אויב עמו ישראל.

The Circle Game

by Joni Mitchell

Yesterday a child came out to wander.
Caught a dragonfly inside a jar.
Fearful when the sky was full of thunder.
And tearful at the falling of a star.

Chorus:

*And the seasons, they go 'round and 'round.
And the painted ponies go up and down.
We're captive on the carousel of time.
We can't return, we can only look
Behind from where we came.
And go 'round and 'round and 'round in the Circle Game.*

Then the child grew ten times 'round the seasons
Skated over ten clear frozen streams
Words like, "When you're older!" must appease him.
And promises of someday make his dreams.

Sixteen Springs and sixteen summers gone now.
Cartwheels turn to car wheels through the town.
And we tell him "Take your time, it won't be long now
"Til you drag your feet to slow those circles down."

Chorus

The child who dreamt tomorrow now is twenty.
Though his dreams have lost some grandeur coming true.
There'll be new dreams now,
Maybe better dreams and plenty,
Before the last revolving year is through.

Chorus



שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד

Silent:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתְךָ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי
מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ
בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְכְךָ,
וּבְקוּמְךָ. וְקִשְׁרַתָּם לְאוֹת עַל-יְדֶיךָ, וְהָיוּ לְטוֹטְפֹת
בֵּין עֵינֶיךָ, וְכִתְבַתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

K'riat Sh'ma

Sh'ma Yis-ra-eil Adonai E-lo-hei-nu Adonai eh-had.

Silent: Ba-ruh sheim k'vod mal-hu-to l'o-lam va-ed.

V'a-hav-ta eit Adonai e-lo-he-ha b'hawl l'va-v'ha u-v'hawl naf-sh'ha
u-v'hawl m'o-de-ha: V'ha-yu ha-d'va-rim ha-ei-leh asher a-no-hi
m'tsa-v'ha ha-yom al l'va-ve-ha: V'shi-nan-tam l'va-ne-ha v'di-bar-ta
bam b'shiv-t'ha b'vei-te-ha uv-leh-t'ha va-de-reh u-v'shawh-b'ha
uv-ku-me-ha: Uk-shar-tam l'ot al ya-de-ha v'ha-yu l'to-ta-fot bein
ei-ne-ha: Uh-tav-tam al m'zu-zot bei-te-ha u-vish-a-re-ha:

Hear O Israel, Adonai is our God, Adonai is One

Praised be God's glorious name for ever and ever.

V'ahavta — You shall love the Lord

You shall love the Lord your God with all your heart, with all your soul,
with all your might. You shall take to heart these words which I
command you this day. You shall teach them diligently to your children.
You shall repeat them at home and away, when you lie down at night
and when you rise up in the morning. You shall bind them as a sign upon
your arm, and they shall be a reminder above your eyes. You shall
inscribe them on the doorposts of your homes and on the gates of your
cities.



Ahavat Olam

A-ha-vat o-lam beit Yis-ra-eil a-m'ha a-hav-ta. To-rah u-mits-vot
hu-kim u-mish-pa-tim o-ta-nu li-ma-d'ta. Al kein Adonai E-lo-hei-nu
b'shawh-vei-nu u-v'ku-mei-nu na-si-ah b'hu-ke-ha, v'nis-mah b'div-rei
to-ra-te-ha u-v'mitz-vo-te-ha l'o-lam va-ed. Ki heim ha-yei-nu v'o-reh
ya-mei-nu u'va-hem neh-geh yo-mam va-lai-la. V'a-ha-va-t'ha al ta-sir
mi-me-nu l'o-la-mim. Ba-ruh atah Adonai o-heiv a-mo Yis-ra-eil.

Unending is Your love for Your people, the House of Israel. You have
taught us Torah and mitzvot, laws and precepts. Therefore, Adonai,
when we lie down and when we rise up, we will meditate on Your
laws and rejoice in Your Torah and mitzvot forever. We will reflect
on them day and night, for they are our life and the length of our
days. Then Your love shall never depart from our hearts. Blessed is
Adonai, who loves the people Israel.

Shabbat brings us together

Shabbat brings us together

To worship the Holy One

To sanctify our existence.

How shall we begin the search,

To reach the sacred part of ourselves,

Where rests the essence of all that is good.

By stopping.

Stopping our concern for those things

That divert us all week long,

At least for the brief moments

Of our Shabbat eve and

Opening ourselves to hear the message,

O so silent, carried to us

By the still, small voice of God.



when you are at home and when you are away, when you lie down at night and when you rise up in the morning. Write them upon the doorposts of your homes and upon your gates. Thus your days and the days of your children will be multiplied on the land which the Lord promised to your ancestors for as long as the heavens remain over the earth.

וְהָיָה, אִם-שָׁמַעַתְּ מִצְוֹתַי, אֲשֶׁר אֲנֹכִי
מְצַוֶּה אֶתְכֶם, הַיּוֹם לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם,
וּלְעֲבֹדוֹ, בְּכָל-לִבְבְּכֶם, וּבְכָל-נַפְשְׁכֶם. וְנָתַתִּי
מִטֶּר-אֲרֻצְכֶם בְּעֵתוֹ, יוֹרֵה וּמְלִקוֹשׁ; וְאִסַּפְתִּי
דָגְנְךָ, וְתִירְשְׁךָ וַיִּצְהַרְךָ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ,
לְבַהֲמֹתֶיךָ; וְאָכַלְתָּ, וְשָׂבַעְתָּ. הַשְּׁמְרוּ לָכֶם, פֶּן
יִפְתָּה לְבַבְכֶם; וְסָרְתֶם, וְעַבַּדְתֶּם אֱלֹהִים
אֲחֵרִים, וְהִשְׁתַּחֲוִיתֶם, לָהֶם. וְחָרָה אֶף-יְהוָה
בְּכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מָטָר,
וְהָאֲדָמָה, לֹא תִתֶּן אֶת-יְבוּלָהּ; וְאָבַדְתֶּם מְהֵרָה,
מֵעַל הָאָרֶץ הַטֹּבָה, אֲשֶׁר יְהוָה, נָתַן לָכֶם.
וְשָׂמַתֶּם אֶת-דְּבָרֵי אֱלֹהֵי, עַל-לִבְבְּכֶם וְעַל-
נַפְשְׁכֶם; וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-יְדֵיכֶם, וְהָיוּ
לְטוֹטְפוֹת בֵּין עֵינֵיכֶם. וּלְמַדְתֶּם אֹתָם אֶת-
בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדַרְכְּךָ, וּבְשֹׁכְכֶנְךָ וּבְקוֹמְךָ. וְכִתְבְּתֶם עַל-מְזוּזוֹת
בֵּיתְךָ, וּבְשַׁעְרֶיךָ. לְמַעַן יִרְבוּ יְמֵיכֶם, וַיְמִי
בְנֵיכֶם, עַל הָאֲדָמָה, אֲשֶׁר נָשַׁבַע יְהוָה לְאַבְרָהָם
לְתַת לָהֶם--כִּימֵי הַשָּׁמַיִם, עַל-הָאָרֶץ.

V'ahavta

by Debbie Friedman

And thou shalt love the Lord thy God with all thy heart
With all thy soul and with all of thy might
And all these words which I command you on this day
Shall be in thy heart (Shall be in thy heart)
And thou shalt teach them diligently unto thy children
And thou shalt speak of them when thou sittest in thy house
When thou walkest by the way and when thou risest up,
and when thou liest down (and when thou liest down)
And thou shalt bind them for a sign upon thy hand
And they shall be for frontlets between thine eyes
And thou shalt write them on the doorposts of thy house,
and upon thy gates (and upon thy gates)
That ye may remember and do all of My commandments,
and be holy
Unto your God (Unto your God...Unto your God)

Keep These Words

If you will faithfully obey the commandments which I command you this day, to love the Lord your God and to serve Him with all your heart and all your soul, then I will favor your land with rain at the proper season, in autumn and in spring; and you will harvest your grain and wine and oil. I will give grass in the fields for your cattle. You will eat and be satisfied.

Take care not to be lured away to worship other gods. For then the wrath of the Lord will be directed against you. He will close the heavens and there will be no rain. The earth will not yield its produce; and you will soon perish from the good land which the Lord gave you.

Therefore, keep these words of Mine in your heart and in your soul. Bind them as a sign upon your arm, and let them be a reminder above your eyes. Teach them to your children, speaking of them



To See, To Remember, To Observe

The Lord said to Moses: "Speak to the Children of Israel, and bid them to make fringes in the corners of their garments throughout their generations, putting upon the fringe of each corner a thread of blue.

"When you look upon the fringe you will be reminded of all the commandments of the Lord and obey them. You will not be led astray by the inclination of your heart or by the attraction of your eyes.

"Thus will you be reminded to fulfill all My commandments and be consecrated to your God. I am the Lord your God who brought you out of the land of Egypt to be your God. I, the Lord, am your God."

Numbers 15:37—41

Throughout our history

Throughout our history we have taught that there is one God in heaven and on earth.

Sky and stars speak of God's glory.

The goodness of people shows us God's justice and love.

Long ago, we were saved from Egypt, the house of slavery. Then we were given the Torah. It gave us holidays for celebration, and hope in times of sadness and disappointment. It taught us to pursue justice, honesty, concern for others and peace.

Yet we are not perfect. We make mistakes and begin again.

We dream dreams of goodness, of friendship, of peace.

May our dreams never fade. Let us continue to work for the day when all people will know the blessings of a world of justice and peace. Then we will sing together in joy, just as our people Israel sang at the shores of the Red Sea:

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר. דַּבֵּר אֶל-בְּנֵי
יִשְׂרָאֵל, וְאָמַרְתָּ אֲלֵהֶם, וַעֲשׂוּ לָהֶם צִיצִית עַל-
כַּנְּפֵי בְגָדֵיהֶם, לְדֹרֹתָם; וְנִתְּנוּ עַל-צִיצִית הַכֶּנֶף,
פְּתִיל תְּכֵלֶת. וְהָיָה לָכֶם, לְצִיצִית, וּרְאִיתֶם אֹתוֹ
וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה, וַעֲשִׂיתֶם אֹתָם;
וְלֹא-תִתּוּרוּ אַחֲרָי לְבַבְכֶם, וְאַחֲרָי עֵינֵיכֶם,
אֲשֶׁר-אַתֶּם זֹנִים, אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ,
וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי; וְהֵייתֶם קְדוֹשִׁים,
לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי
אֶתְכֶם מֵמִצְרָיִם, לְהִיוֹת לָכֶם, לֵאלֹהִים:
אֲנִי, יְהוָה אֱלֹהֵיכֶם.

יְיָ אֱלֹהֵיכֶם אֶמֶת.

Va-yo-meir Adonai el mo-she lei-mor: Da-beir el b'nei Yis-ra-eil
v'a-mar-ta a-lei-hem v'a-su la-hem tsi-tsit al kan-fei vig-dei-hem
l'do-ro-tam v'na-t'nu al tsi-tsit ha-ka-naf p'til t'hei-let: V'ha-ya
la-hem l'tsi-tsit ur-i-tem o-to uz-har-tem et kaw! mitz-vot Adonai
va-a-si-tem o-tam v'lo ta-tu-ru a-ha-rei l'vav-hem v'a-ha-rei
ei-nei-hem a-sheer a-tem zo-nim a-ha-rei-hem: L'ma-an tiz-k'ru
va-a-si-tem et kaw! mits-vo-tai vi-h'yi-tem k'do-shim lei-lo-hei-hem:
A-ni Adonai E-lo-hei-hem a-sheer ho-tsei-ti et-hem mei-e-rets
mits-ra-yim li-h'yot la-hem lei-lo-him a-ni Adonai E-lo-hei-hem:

Reader: Adonai E-lo-hei-hem e-met



יְיָ יִמְלוֹךְ לְעוֹלָם וָעֶד.

וְנֹאמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וּגְאָלוֹ מִיַּד חֲזָק
מִמֶּנּוּ. בְּרוּךְ אַתָּה יְיָ, גֹאֵל יִשְׂרָאֵל.

E-met ve-e-mu-na kawl zot v'ka-yam a-lei-nu, ki hu Adonai
E-lo-hei-nu v'ein zu-la-to, va-a-nah-nu Yis-ra-eil a-mo.
Ha-po-dei-nu mi-yad m'la-him, mal-kei-nu ha-go-a-lei-nu mi-kaf
kawl he-a-ri-tsim, ha-eil ha-nif-ra la-nu mi-tsa-rei-nu v'ha-m'sha-leim
g'mul l'hawl o-y'vei naf-shei-nu, ha-o-seh g'do-lot ad ein hei-ker
v'nif-la-ot ad ein mis-par, ha-sam naf-shei-nu ba-ha-yim v'lo na-tan
la-mot rag-lei-nu, ha-mad-ri-hei-nu al ba-mot o-y'vei-nu va-ya-rem
kar-nei-nu al kawl so-n'ei-nu, ha-o-seh la-nu ni-sim un-ka-ma b'far-o,
o-tot u-mo-ftim b'ad-mat b'nei Hahm, ha-ma-keh v'ev-ra-to kawl
b'ho-rei mits-ra-yim, va-yo-tsei et a-mo Yis-ra-eil mi-to-hem l'hei-rut
o-lam, ha-ma-a-vir ba-nav bein giz-rei yam suf, et ro-d'fei-hem v'et
so-n'ei-hem bit-ho-mot ti-ba, v'ra-u va-nav g'vu-ra-to, shi-b'hu v'ho-du
lish-mo. U-mal-hu-to b'ra-tson ki-b'lu a-lei-hem. Mo-she u-v'nei
Yis-ra-eil l'ha a-nu shi-ra b'sim'ha ra-ba, v'a-m'ru hu-lam:

**Mi ha-mo-ha ba-ei-lim Adonai,
Mi ka-mo-ha ne-dar ba-ko-desh,
No-ra t'hi-lot o-sei fe-leh.**

Mal-hu-t'ha ra-u va-ne-ha, bo-kei-a yam lif-nei mo-she.
Zeh ei-li a-nu v'a-m'ru:
Adonai yim-loh lo-lam va-ed.

V'ne-e-mar: ki fa-da Adonai et Ya-a-kov, ug-a-lo mi-yad ha-zak
mi-me-nu. Ba-ruh atah Adonai ga-al Yis-ra-eil.

אֱמֶת וְאֱמוּנָה כָּל זֹאת, וְקִיָּם עָלֵינוּ, כִּי הוּא יְיָ
אֱלֹהֵינוּ וְאִין זולָתוֹ, וְאַנְחֵנוּ יִשְׂרָאֵל עִמּוֹ. הַפּוֹדֵנוּ
מִיַּד מַלְכִים, מִלְכֵנוּ הַגּוֹאֲלֵנוּ מִכָּפַף כָּל הָעַרִיצִים.
הָאֵל הַנִּפְרָע לָנוּ מִצָּרֵינוּ, וְהַמְשִׁלֵּם גְּמוּל לְכָל
אֲבֵי נַפְשֵׁנוּ, הָעֹשֶׂה גְדוּלוֹת עַד אִין חֶקֶר, נְסִים
וְנִפְלְאוֹת עַד אִין מִסְפָּר. הַשֵּׁם נִפְשָׁנוּ בְּחַיִּים,
וְלֹא נָתַן לְמוֹט רַגְלֵנוּ, הַמְדַרְיֵכֵנוּ עַל בְּמוֹת
אוֹיְבֵינוּ, וְיָרֵם קַרְנֵנוּ עַל כָּל שׁוֹנְאֵינוּ. הָעֹשֶׂה לָנוּ
נְסִים וְנִקְמָה בַּפְרָעָה, אוֹתוֹת וּמוֹפְתִים בְּאֲדַמַּת
בְּנֵי חָם. הַמֶּכֶה בְּעֶבְרָתוֹ כָּל בְּכוֹרֵי מִצְרָיִם,
וְיוֹצֵא אֶת עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם לְחֵרוֹת עוֹלָם.
הַמְעַבִּיר בְּנָיו בֵּין גְּזְרֵי יַם סוּף, אֶת רוֹדְפֵיהֶם
וְאֶת שׁוֹנְאֵיהֶם בְּתֵהוֹמוֹת טַבַּע, וְרָאוּ בְּנָיו
גְבוּרָתוֹ, שִׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ. וּמִלְכוּתוֹ בְּרָצוֹן
קִבְּלוּ עָלֵיהֶם, מִשָּׂה וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה
בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָלָם:

מִי כִמְכָה בְּאֵלִים יְיָ,
מִי כִמְכָה נְאֻדָר בְּקֻדְשׁ,
נוֹרָא תִהְלֵת, עֹשֶׂה פְלָא.

מִלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מִשָּׂה, זֶה אֱלֹהֵי
עָנוּ וְאָמְרוּ:



Hashkivenu

Help us, O God, to lie down in peace,
And awaken us to life on the morrow.

May we always be guided by Your good counsel,

And thus find shelter in Your tent of peace.

Shield us, we pray, against our foes,
Against plague, destruction, and sorrow.

Strengthen us against the evil forces

Which abound on every side.

May we always feel protected
Because You are Our merciful King.

Guard us always and everywhere;

Bless us with life and peace.

Praise to You, O God of peace,
Whose love is always with us,

Who shelters His people Israel,

And protects Jerusalem in love.

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ
מִלְּכָנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
וְתִקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ
לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ
אֹיִב, דָּבָר, וְחָרָב, וְרָעַב, וְיָגוֹן, וְהִסֵּר שָׁטָן
מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ, וּבְצֵל כְּנָפֶיךָ תִּסְתַּיְרֵנוּ,
כִּי אֵל שׁוֹמְרָנוּ וּמְצִילָנוּ אַתָּה, כִּי אֵל מְלֹךְ
חַנוּן וְרַחוּם אַתָּה, וּשְׂמוֹר צְאֲתָנוּ וּבּוֹאֲנֵנוּ,
לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

**בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם
עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.**

Emet Ve'emunah — God our Redeemer

True and certain it is that there is One God,
And there is none like Him.

*It is He who redeemed us from the might of tyrants,
And delivered us from slavery to freedom.*

Great are the things that God has done;
His wonders are without number.

*He brought forth Israel from Egyptian bondage;
He has been our hope in every generation.*

May He continue His protecting care over Israel
And guard all His children from disaster.

*When the Children of Israel beheld His might,
They gave thanks to Him and praised His name.*

They accepted His sovereignty willingly
And sang a song to Him.

*Moses and the Children of Israel
Proclaimed in great exultation:*

"Who is like You, O Lord, among the mighty?
Who is like You, glorious in holiness,
Revered in praises, doing wonders?"

*When You rescued Israel at the Sea,
Your children beheld Your power.*

"This is my God!" they exclaimed, and said:
"The Lord shall reign for ever and ever!"

*As You delivered Israel from a power mightier than he,
So may You redeem all Your children from oppression.*

Praised are You, O Lord,
Redeemer of Israel.

Morris Silverman, adapted from the Hebrew



V'Shamru

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת
הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם. בְּיַמֵּי וּבְיַמֵּי בְנֵי
יִשְׂרָאֵל אֹתָהּ הָיָא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת
וַיִּנְפֹשׁ.

Festivals

וַיְדַבֵּר מֹשֶׁה אֶת מוֹעֲדֵי יְיָ, אֶל בְּנֵי יִשְׂרָאֵל.

Vsha-m'ru v'nei Yis-ra-eil et ha-sha-bat la-a-sot et ha-sha-bat
l'do-ro-tam b'rit o-lam: Bei-ni u-vein b'nei Yis-ra-eil ot hi l'o-lam ki
shei-shet ya-mim a-sa Adonai et ha-sha-ma-yim v'et ha-a-rets
u'va-yom ha-sh'vi-i sha-vat va-yi-na-fash:

Va-y'daber Moshe eht mo-ah-day Adonai el b'nai Yisrael

Shabbat—an everlasting Covenant

The people of Israel shall observe the Shabbat, maintaining it throughout their generations as an everlasting covenant. It is a sign between Me and the people of Israel for all time; in six days the Lord made heaven and earth, and on the seventh day He ceased His work and rested.

Exodus, 31:10—11

Festivals

Thus Moses proclaimed the festivals of the Lord to the people Israel.



Hashkiveinu *continued*

Hash-ki-vei-nu Adonai E-lo-hei-nu l'sha-lom, v'ha-a-mi-dei-nu
mal-kei-nu l'ha-yim, ufros a-lei-nu su-kat sh'lo-me-ḥa, v'ta-knei-nu
b'ei-tsa to-va mi-l'fa-ne-ḥa, v'ho-shi-ei-nu l'ma-an sh'me-ḥa. V'ha-gein
ba-a-dei-nu, v'ha-seir mei-a-lei-nu o-yeiv de-ver v'he-rev v'ra-av
v'ya-gon, v'ha-seir sa-tan mi-l'fa-nei-nu u-mei-a-ḥa-rei-nu. Uv'tseil
k'na-fe-ḥa tas-ti-rei-nu, ki eil sho-m'rei-nu u-ma-tsi-lei-nu atah, ki eil
me-leḥ ḥa-nun v'ra-ḥum atah. Ush'mor tsei-tei-nu u-vo-ei-nu l'ha-yim
ul'sha-lom mei-atah v'ad o-lam.

Uf'ros a-lei-nu su-kat sh'lo-me-ḥa.

Ba-ruḥ atah Adonai ha-po-reis su-kat sha-lom a-lei-nu v'al kawl a-mo
Yis-ra-eil v'al y'ru-sha-la-yim.

There are Days

There are days when we seek things for ourselves
and measure failure by what we do not gain.

On Shabbat we seek not to acquire but to share.

There are days when we exploit nature as if it were a horn of
plenty that can never be exhausted.

On Shabbat we stand in wonder before the mystery of creation.

There are days when we act as if we cared nothing for the
rights of others.

*On Shabbat we are reminded that justice is our duty and
a better world is our goal.*

Therefore we welcome Shabbat—

Day of rest, day of wonder, day of peace.



חצי קדיש

Reader:

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא
כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ, בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעִגְלָא וּבְזִמּוֹן קָרִיב
וְאָמְרוּ אָמֵן:

Congregation and Reader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמָא.

Reader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ
הוּא, לְעִלָּא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא
וְנִחַמְתָּא, דְאָמִיךְ בְּעִלְמָא, וְאָמְרוּ אָמֵן.

Hatzi Kaddish

Reader:

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (Amein) b'al-ma di-v'ra
hi-ru-tei, v'yam-lih mal-hu-tei b'hai-yei-hon uv'yo-mei-hon uv'hai-yei
d'hol beit Yis-ra-eil, ba-a-ga-la u-viz-man ka-riv, vim'ru A-mein.
(A-mein)

Congregation and Reader:

Y'hei sh'mei ra-ba m'va-rah la-lam ul'al-mei al-ma-ya. Yit-barah

Reader:

Yit-ba-rah v'yish-ta-bah v'yit-pa-ar v'yit-ro-mam v'yit-na-sei,
v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'ku-d'sha, **b'ri hu**, lei-la
min kawl bir-ha-ta v'shi-ra-ta,

**Tush-b'ha-ta v'ne-he-ma-ta da-a-mi-ran bal-ma,
vim'ru A-mein.**

You Are the One

by Deborah Lynn Friedman

You are the One, for this I pray,
That I may have the strength to be alone.
To see the world, to stand among the trees,
And all the living things.

That I may stand alone and offer prayers and talk to You;
You are the One to whom I do belong.
And I'll sing my soul,
I'll sing my soul to You
And give You all that's in my heart.

May all the foliage of the field,
All grasses, trees and plants,
Awaken at my coming, this I pray,
And send their life into my words of prayer.

So that my speech, my thoughts and my prayers
will be made whole,
And through the spirit of all growing things.
And we know that everything is one,
Because we know that everything is You.

You are the One, for this I pray,
I ask You, God, to hear my words
That pour out from my heart; I stand before you;
I, like water, lift my hands to You in prayer.

And grant me strength, and grant me strength to stand alone.
You are the One to whom I do belong.
And I'll sing my soul, I'll sing my soul to You
And give You all that's in my heart.

You are the One, for this I pray,
And I'll sing my soul to You.



Amidah for Shabbat Eve

Adonai, open my lips that my mouth may declare Your glory.

Praised are You, Adonai, our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob. God of Sarah, God of Rebecca, God of Rachel, and God of Leah. Supreme God who responds with kindness. You remember the righteous deeds of our ancestors and lovingly offer redemption to their descendents. O Ruler, Supporter, Redeemer and Protector, praised are You, Shield of Abraham and Sustainer of Sarah.

Your power has no bounds. You grant the dead everlasting life; great is your saving power. You sustain the living with loving kindness and in great mercy grant the dead everlasting life. You support the falling, heal the sick, free the captives; You keep faith with Your children, even in death. Who is like You, God of mighty deeds? Who resembles You, in whose hands lie life and death? You cause salvation to spring forth. You keep faithful to the dead, granting them everlasting life. Praised are You, Who renews life.

(English continues on page 33)

Adonai, s'fa-tai tif-tah u-fi ya-gid t'hi-la-te-ha.

*Stand. Take three small steps backward,
then three forward, then bow.*

Remain standing while the prayer is recited silently.

Bend knees at "Ba-ruh," bow on "atah," straighten up at "Adonai."

Ba-ruh atah Adonai E-lo-hei-nu vei-lo-hei a-vo-tei-nu, e-lo-hei
Av-ra-ham e-lo-hei Yitz-hak vei-lo-hei Ya-a-kov e-lo-hei Sa-rah
e-lo-hei Riv-kah e-lo-hei Le-ah vei-lo-hei Ra-hel, ha-eil a-ga-dol
ha-gi-bor v'ha-no-rah, eil el-yon, go-meil ha-sa-dim to-vim v'ko-nei
ha-kol, v'zo-hare has-dei a-vot u'mei-vi go-eil liv-nei v'nei-hem
l'ma-an sh'mo b'a-ha-vah.

Me-leh o-zeir u'mo-shi-a u-ma-gein.

Ba-ruh atah Adonai ma-gein Av-ra-ham v'es-rat Sa-rah.

Hatzi Kaddish

Magnified and sanctified be God's great name in the world which He has created according to His will. May He establish His kingdom soon, in our lifetime, Let us say: Amen.

Congregation and Reader:

May His great name be praised to all eternity.

Hallowed and honored, extolled and exalted, adored and acclaimed be the name of the Holy One, though He is above all the praises, hymns, and songs of adoration which human beings can utter.

Let us say: Amen.

Amidah for Shabbat Eve

אֲדֹנָי שְׁפָתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Stand. Take three small steps backward,

then three forward, then bow.

Remain standing while the prayer is recited silently.

Bend knees at "Baruh," bow on "atah," straighten up at "Adonai."

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל
חֲסָדִים טוֹבִים, וְקִנְיַת הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת,
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.



Atah gi-bor l'o-lam Adonai, m'hai-yei mei-tim a-ta rav l'ho-shi-a.

From Sh'mi-ni Atzeret to Pesah:

Ma-shiv ha-ru-ah u-mo-rid ha-ga-shem.

M'hal-keil ha-yim b'he-sed, m'ha-yei mei-tim b'ra-ha-mim ra-bim, so-meilh no-flim v'ro-fei ho-lim u-ma-tir a-su-rim, u-m'kai-yeim e-mu-na-to li-shei-nei a-far. Mi ha-mo-ha ba-al g'vu-rot u-mi do-me lah, me-leh mei-mit u-m'ha-yay u-matz-mi-ah y'shu-a.

Vne-e-man atah l'ha-ha-yot mei-tim. Ba-ruh atah Adonai m'ha-yay ha-mei-tim.

Atah ka-dosh v'shim-ha ka-dosh, u-k'do-shim b'hawl yom y'ha-l'lu-ha se-lah.

Ba-ruh atah Adonai ha-eil ha-ka-dosh.

Atah ki-dash-ta et yom ha-sh'vi-i li-sh'me-ha, tah-lit ma-a-sei sha-ma-yim va-a-rets. U-vei-rah-to mi-kawl ha-ya-mim v'ki-dash-to mi-kawl ha-z'ma-nim, v'hein ka-tuv b'to-ra-te-ha.

Va-y'hu-lu ha-sha-ma-yim v'ha-a-retz v'hawl ts'va-am. Va-y'hal E-lo-him ba-yom ha-sh'vi-i m'lah-to a-sheer a-sa, va-yish-bot ba-yom ha-sh'vi-i mi-kawl m'lah-to a-sheer a-sa. Va-y'va-reh E-lo-him et yom ha-sh'vi-i va-y'ka-deish o-to, ki vo sha-vat mi-kawl m'lah-to a-sheer ba-ra E-lo-him la-a-sot.

E-lo-hei-nu vei-lo-hei a-vo-tei-nu, r'tsei vim-nu-ha-tei-nu. Ka-d'shei-nu b'mitz-vo-te-ha v'tein hel-kei-nu b'to-ra-te-ha sa-bei-nu mi-tu-ve-ha v'sa-m'hei-nu bi-shu-a-te-ha, v'ta-heir li-bei-nu l'awv-d'ha be-e-met. V'han-hi-lei-nu Adonai E-lo-hei-nu b'a-ha-va uv'ra-tson sha-bat kod-she-ha, v'ya-nu-hu va Yis-ra-eil m'ka-d'shei sh'me-ha. Ba-ruh atah Adonai m'ka-deish ha-sha-bat.

R'tsei Adonai E-lo-hei-nu b'a-m'ha Yis-ra-eil u-vit-fi-la-tam, v'ha-sheiv et ha-a-vo-dah leed-vir bei-te-ha, ut'fi-la-tam b'a-ha-va t'ka-beil b'ra-tzon, u-t'hi l'ra-tson ta-mid a-vo-dat Yis-ra-eil a-me-ha.

(Transliteration continues on page 35)



Ten Days of Repentance

זְכַרְנוּ לְחַיִּים, מְלַךְ חַפְצָ בְּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בְּרוּךְ אַתָּה יְיָ, מְגַן אֲבֹתֵינוּ וְעֹזֵר שְׂרָה.

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

From Sh'mi-ni Atzeret to Pesah:

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לַיּוֹשְׁבֵי עָפָר, מִי כְמוֹד בְּעַל גְּבוּרוֹת וּמִי דְּזוֹמָה לָךְ, מְלַךְ מַמְיֵת וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

Ten Days of Repentance

זְכַרְנוּ לְחַיִּים, מְלַךְ חַפְצָ בְּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

וּנְאֻמָּן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים.



You are holy and Your name is holy, and those who strive to be holy praise You each day. Praised are You, holy God.

You hallowed the seventh day to Your name, it was for the purpose of making heaven and earth, and You blessed it above all days, and hallowed it above all seasons. And so it is written in Your Torah: And the heaven and the earth, and all within them were finished. By the seventh day God had completed the work of Creation, and so God rested from all this work. Then God blessed the seventh day and sanctified it because on it God ceased all the Divine work of Creation.

God, and God of our ancestors, be pleased with our rest. Make us holy with Your commandments and give us our share in Your Torah. Satisfy us with Your goodness, make us rejoice in Your deliverance, and purify our hearts to serve You in truth. Blessed are You, Adonai, who makes Shabbat holy.

Accept, Our God, Your people Israel and receive our prayers with love. May our worship always be acceptable to You.

On Rosh Hodesh and Hol Ha-moed

Our God and God of our ancestors, we recall and invoke the remembrance of our ancestors, the piety of their prayers for Messianic deliverance, the glory of Jerusalem, your holy city, and the destiny of the entire Household of Israel. As we seek Your love and mercy, we pray for deliverance for life, for happiness, and for peace on this day of Rosh Hodesh.

May our eyes behold Your merciful return to Zion. Praised are You, God, who restores Your Divine spirit to Zion.

How grateful we are to You, God of our ancestors, the Eternal One. You are the source of our strength just as You have been the protecting shield of each generation.

We thank You for our lives which are in Your hands and our souls which are in Your care. We thank You for Your miracles which surround us all the time, and the wondrous acts of Your kindness that we experience each morning, noon and night. You are the source of never-ending loving-kindness. You are our hope forever.

(English continues in the middle of page 37)



אתה קדוש ושְׁמֶךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכָל יוֹם יִהְיֶה לְיוֹן סְלָה,
כִּי אֵל מְלֶכֶךְ גָּדוֹל וְקְדוֹשׁ אַתָּה. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ
(הַמְּלֶכֶךְ הַקְּדוֹשׁ).

אתה קדוּשָׁתְךָ אֶת יוֹם הַשְּׁבִיעִי לְשִׁמְךָ, תִּכְלִית מַעֲשֵׂה
שָׁמַיִם וָאָרֶץ, וּבִרְכַתוֹ מִכָּל הַיָּמִים, וְקְדוּשָׁתוֹ מִכָּל הַיָּמִינִים,
וְכֹן כְּתוּב בְּתוֹרַתְךָ:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צָבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי
וַיְקַדֵּשׁ אֹתוֹ, כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים
לַעֲשׂוֹת.

יִשְׁמַחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שְׁבֹת וְקוֹרְאֵי עֲנִי, עִם מְקַדְּשֵׁי
שְׁבִיעִי, כֻּלָּם יִשְׁפְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ, וּבְשִׁבְעֵי רְצִיתְךָ בּוֹ
וְקְדוּשָׁתוֹ, חֲמִדַת יָמִים אוֹתוֹ קְרָאתָ, זָכַר לְמַעֲשֵׂה
בְּרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רָצָה נָא בְּמִנוּחַתֵּנוּ, קְדֹשֵׁנוּ
בְּמִצּוֹתֶיךָ וְתוֹ חֲלֻקֵנוּ בְּתוֹרַתְךָ, שְׁפַעֲנוּ מִטוֹבְךָ, וְשִׁמַּח
נַפְשֵׁנוּ בִישׁוּעַתְךָ, וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יְיָ
אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שְׁבֹת קְדוֹשְׁךָ, וַיְנַחֲחוּ בָּהֶ כָּל
יִשְׂרָאֵל, מְקַדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ, מְקַדְּשֵׁי הַשְּׁבֹת.

רָצָה יְיָ אֱלֹהֵינוּ, בְּעַמְךָ יִשְׂרָאֵל, וְלִתְפִלָּתְךָ שְׁעָה, וְהַשֵּׁב
אֶת הָעֲבוּדָה לְדַבֵּיר בֵּיתְךָ, וְאֲשֵׁי יִשְׂרָאֵל, וְתִפְלָתְךָ מְהֵרָה
בְּאַהֲבָה תִּקְבַּל בְּרַצוֹן, וְתִהִי לְרַצוֹן תְּמִיד עֲבוּדַת יִשְׂרָאֵל
עַמְּךָ.



On Rosh Hodesh and Hol Ha-mo-ed:

E-lo-hei-nu vei-lo-hei a-vo-tei-nu, ya-aleh v'ya'avo v'ya-gi-a, v'yei-ra-eh v'ye-ra-tseh v'yi-sha-ma, v'yi-pa-ked v'yi-za-her zih-ro-nei-nu u-fik-do-nei-nu, v'zih-ron a-votei-nu, v'zih-ron ma-shi-ah ben da-vid av-deh-a, v'zih-ron ye-ru-sha-lay-im ir kawd-she-ha, v'zih-ron kol am-ha beit yis-ra-el li-fa-ne-ha, lif-lei-ta l'to-va, le-hen ul-he-sed ul-ra-ha-mim, l'ha-yim u-l'sha-lom b'yom

Rosh Hodesh: rosh ha-ho-desh ha-zeh

Pesah: hag ha-mats-ot ha-zeh

Sukkot: hag ha-sukkot ha-zeh

Zoh-re-nu Adonai E-lo-hei-nu bo l'to-va, u-fok-dei-nu vo liv-ra-ha, v'ho-shi-ei-nu vo l'ha-yim. Uvid-var y'shu-a v'ra'ha-mim hus v'ho-nei-nu v'ra'hem a-lei-nu v'ho-shi-ei-nu ki e-lei-ha ei-nei-nu, ki el me-leh ha-nun v'ra-hum atah.

V'te-he-ze-na ei-nei-nu b'shu-v'ha l'tsi-on b'ra-ha-mim.

Ba-ruh atah Adonai ha-ma-ha-zir sh'hi-na-to l'tsi-on.

Bow at "Mo-dim." Straighten up at 'Adonai."

Mo-dim a-nah-nu lah sha-a-ta hu Adonai E-lo-hei-nu vei-lo-hei a-vo-tei-nu l'olam va-ed, tsur ha-yei-nu ma-gein yish-ei-nu atah hu l'dor va-dor. No-deh l'ha un'sa-peir t'hi-la-te-ha, al ha-yei-nu ha-m'su-rim b'ya-de-ha v'al nish-mo-tei-nu ha-p'ku-dot lah v'al ni-se-ha she-b'hawl yom i-ma-nu v'al nif-lo-te-ha v'to-vo-te-ha she-b'hawl eit, e-rev va-vo-ker v'tsaw-ha-ra-yim. Ha-tov ki lo ha-lu ra-ha-me-ha, v'ha-m'ra-heim ki lo ta-mu ha-sa-de-ha, mei-o-lam ki-vi-nu lah. V'al ku-lam yit-ba-rah v'yit-ro-mam shim-ha mal-kei-nu ta-mid l'o-lam va-ed.

V'hol ha-ha-yim yo-du-ha se-la, vi-ha-l'lu et shim-ha be-e-met, ha-eil y'shu-a-tei-nu v'ez-ra-tei-nu se-la. Ba-ruh atah Adonai ha-tov shim-ha ul'ha na-eh l'ho-dot.



On Rosh Hodesh and Hol Ha-mo-ed:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וַיְבֹא, וַיְגַיעַ, וַיְרַאֶה, וַיְרַצֶּה, וַיִּשְׁמַע, וַיִּפְקֹד, וַיִּזְכֹּר זְכוֹרֹנֵנוּ וּפְקֻדוֹנֵנוּ, וַזְכֹּרוּן אֲבוֹתֵינוּ, וַזְכֹּרוּן מְשִׁיחַ בֶּן דָּוִד עַבְדְּךָ, וַזְכֹּרוּן יְרוּשָׁלַיִם עִיר קְדֻשְׁתְּךָ, וַזְכֹּרוּן כָּל עַמְּךָ בְּיַת יִשְׂרָאֵל לְפָנֶיךָ, לְפָלִיטָה, לְטוֹבָה, לְחַן וְלְחַסֵּד וְלִרְחֻמִּים, לְחַיִּים (טוֹבִים) וְלְשָׁלוֹם, בְּיוֹם

לְרֵאשִׁי חֹדֶשׁ: רֵאשֵׁי הַחֹדֶשׁ הַזֶּה.

לְפֶסַח: חַג הַמִּצּוֹת הַזֶּה.

לְסֻכּוֹת: חַג הַסֻּכּוֹת הַזֶּה.

זְכוֹרֵנוּ, וְיֵי אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, וּפְקֻדָנוּ בּוֹ לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים טוֹבִים. וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים, חוּס וְחַנּוּן, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֵלֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.

וְתַחֲזִיקֵנוּ עֵינֵינוּ בְּשׁוֹבֶךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יי, הַמְּחַזֵּיק שְׂכִינְתוֹ לְצִיּוֹן.

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא, וְיֵי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹרֵנוּ צוֹר חַיֵּינוּ, מְגוֹן יְשׁוּעָנוּ, אַתָּה הוּא לְדוֹר וָדוֹר, נוֹדֶה לָךְ וְנִסְפָּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיַדְךָ, וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכְךָ יוֹם עַמְּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכְךָ עֵת, עָרַב וּבָקֵר וְצַהֲרִים, הַטוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסֵדֶיךָ, כִּי מַעֲוֹלָם קוֹיֵנוּ לָךְ.

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא שְׁמֶךָ מִלְּפָנֵינוּ תְּמִיד לְעוֹלָם וָעֶד.

(וּכְתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.)

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה, וַיִּהְלָלוּ וַיְבָרְכוּ אֶת שְׁמֶךָ הַגָּדוֹל בְּאַמֶּת, לְעוֹלָם כִּי טוֹב, הָאֵל יְשׁוּעָתָנוּ וְעִזְרָתָנוּ סֶלָה, הָאֵל הַטוֹב. בְּרוּךְ אַתָּה יי, הַטוֹב שְׁמֶךָ וְלֶךְ נֶאֱמָה לְהוֹדוֹת.



Shalom Rav

**Sha-lom rav al Yis-ra-eil a-m'ha l'o-lam,
ki atah hu me-leh a-don l'hawl ha-sha-lom.
V'tov bei-ne-ḥa l'va-reiḥ et a-m'ha Yis-ra-eil
b'hawl eit u-v'hawl sha-a bish-lo-me-ḥa.**

Ba-ruh atah Adonai ha-m'va-reiḥ et a-mo Yis-ra-eil ba-sha-lom.

Take 3 steps back, bow to the left, then right, and then forward as you say:

Oseh Shalom b'eem-ro-mav, Hu ya-ah-she shalom,
ah-lay-nu v'al kawl Yisrael v'eem-ru, Amein



For all Your blessings we shall praise Your name forever and ever.

May all living creatures ever thank You and raise You in truth. O
God, you are our deliverance and our help. Praised are you, Adonai,
to whom all praise is due.

Grant lasting peace unto Israel and to all others who share this
earth, for You are the God of peace. May it please You to bless us in
every season and at all times with Your precious gift of peace.

Praised are You, Adonai, who blesses the people Israel with peace

My God, guard my tongue from evil and my lips from speaking lies.
Help me ignore those who slander me. Open my heart to Your
Torah and let my soul pursue Your commandments. Destroy the
plans of those who seek to do me harm; speedily defeat their aims
and their purposes for the sake of Your honor and for the sake of
Your power; for the sake of Your holiness and for the sake of Your
Torah. In order that Your loved ones may be saved, answer us and
deliver us with Your redeeming power. May the words of my
mouth and the meditation of my heart be acceptable to You, God,
my Rock and my Redeemer. May You who makes peace in the
heavens grant peace to us and to all Your people. Amen.



שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל
שָׁעָה בְּשָׁלוֹמְךָ.

(בְּסֵפֶר חַיִּים, בְּרִכָּה, וְשָׁלוֹם, וּפְרִינָסָה טוֹבָה, נִזְכָּר וְנִפְתָּב לְפָנֶיךָ, אֲנַחְנוּ
וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם.)

בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

אֱלֹהֵי, נְצוּר לְשׁוֹנֵי מַרְעָ, וְשִׁפְתֵי מַדְבַּר מַרְמָה, וְלִמְקַלְלֵי נַפְשֵׁי
תַּדְם, וְנַפְשֵׁי פְעֻפְרָ לְכָל תַּהֲיָה. פְּתַח לִבִּי בְּתוֹרַתְךָ, וְאַחֲרֵי
מִצְוֹתֶיךָ תִּדְרֹף נַפְשִׁי. וְכָל הַקְּמִים וְהַחֹשְׁבִים עָלַי לְרָעָה, מִהֲרָה
הִפְר עֲצָתְם וְסַלְקֵם מִחַשְׁבֹתֵם. יְהִי רְצוֹן מִלְּפָנֶיךָ, יְיָ אֱלֹהֵי וְאַלֵּהֵי
אֲבוֹתַי, שֶׁלֹּא תַעֲלֶה קְנֵאת אָדָם עָלַי, וְלֹא קְנֵאתִי עַל אַחֲרִים,
וְשֶׁלֹּא אֶכְעַס הַיּוֹם, וְשֶׁלֹּא אֶכְעִיסְךָ, וְתַצִּילֵנִי מִיָּצָר הָרָע, וְתוֹ
בְּלִבִּי הַכְּנָעָה וְעַנְוָה. מִלְּכַנּוּ וְאַלֵּהֵינוּ, יַחַד שְׁמַךְ בְּעוֹלָמְךָ, בְּנֵה
עִירְךָ, יִסַּד בֵּיתְךָ, וְשִׁכְלֵל הַיִּכְלָךְ, וְקִבֵּץ קְבוּצַת גְּלוּיֹת, וּפְדֵה צֹאנְךָ,
וְשַׁמַּח עַדְתְּךָ. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן
תּוֹרַתְךָ, עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ. לְמַעַן יִחַלְצוּ דִידֶיךָ, הוֹשִׁיעָה
יְמִינְךָ וְעַנְנֵי. יְהִיו לְרְצוֹן אִמְרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרֵי
וְגוֹאֲלֵי.

**עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל
יִשְׂרָאֵל, וְאַמְרוּ אָמֵן.**



Congregation please stand.

Va-y'hu-lu ha-sha-ma-yim v'ha-a-retz v'hawl ts'va-am: va-y'hal
E-lo-him ba-yom ha-sh'vi-i m'lah-to a-sher a-sa va-yish-bot ba-yom
ha-sh'vi-i mi-kawl m'lah-to a-sher a-sah. Va-y'va-reh E-lo-him et yom
ha-sh'vi-i va-y'ka-deish o-to ki vo sha-vat mi-kawl m'lah-to a-sher
ba-ra E-lo-him la-a-sot:

The following passages are said with a minyan.

Ba-ruh atah Adonai E-lo-hei-nu v'e-lo-hei a-vo-tei-nu, e-lo-hei
Av-ra-ham e-lo-hei Yitz-hak vei-lo-hei Ya-a-kov e-lo-hei Sa-rah e-lo-hei
Riv-kah e-lo-hei Le-ah vei-lo-hei Ra-hel, ha-eil ha-ga-dol ha-gi-bor
v'ha-no-ra, eil el-yon, ko-nei sha-ma-yim va-a-rets.

Ma-gein a-vot bid-va-ro, m'ha-yei mei-tim b'ma-a-ma-ro, ha-eil
ha-ka-dosh she-ein ka-mo-hu, ha-mei-ni-ah l'a-mo b'yom sha-bat
kad-sho, ki vam ra-tsa l'ha-ni-ah la-hem. L'fa-nav na-a-vod b'yir-a
va-fa-had, v'no-deh lish-mo b'hawl yom ta-mid mei-ein ha-b'ra-hot,
eil ha-h-o-da-ot, a-don ha-sha-lom, m'ka-deish ha-sha-bat um'va-reih
sh'vi-i u-mei-ni-ah bi-k'du-sha l'am m'du-sh'nei o-neg, Zei-her
l'ma-a-sei v'rei-sheet.

E-lo-hei-nu vei-lo-hei a-vo-tei-nu, r'tsei vim-nu-ha-tei-nu. Ka-d'shei-nu
b'mitz-vo-te-ha v'tein hel-kei-nu b'to-ra-te-ha, sa-b'ei-nu mi-tu-ve-ha
v'sa-m'hei-nu bi-shu-a-te-ha, v'ta-heir li-bei-nu l'avv-d'ha be-e-met,
v'han-hi-lei-nu Adonai E-lo-hei-nu b'a-ha-va uv'ra-tson sha-bat
kawd-she-ha. V'ya-nu-hu va Yis-ra-eil m'ka-d'shei sh'me-ha. Ba-ruh
atah Adonai m'ka-deish ha-sha-bat.



The heavens and the earth, and all within them, were finished. By
the seventh day God had completed the work of Creation. And so
God rested from all this work. Then God blessed the seventh day
and sanctified it, for on it God ceased all the Divine work of creation.

Praised are You, Adonai, our God and God of our ancestors, God of
Abraham, God of Isaac, God of Jacob. God of Sarah, God of Rebecca,
God of Rachel, and God of Leah. Great, mighty, and awesome God,
Creator of the heavens and the earth.



ויכלו השמים והארץ וכל צבאם. ויכל אלהים
ביום השביעי מלאכתו אשר עשה, וישבת ביום
השביעי, מכל מלאכתו אשר עשה. ויברך
אלהים את יום השביעי ויקדש אתו, כי בו
שבת מכל מלאכתו, אשר ברא אלהים לעשות.

The following passages are said with a minyan.

ברוך אתה יי אלהינו ואלהי אבותינו,
אלהי אברהם, אלהי יצחק, ואלהי יעקב,
אלהי שרה, אלהי רבקה, אלהי רחל,
ואלהי לאה, האל הגדול הגבור והנורא,
אל עליון, קונה שמים וארץ.

מגן אבות בדברו, מחיה מתים במאמרו,
האל (המלך) הקדוש שאין כמוהו, המניח
לעמו ביום שבת קדשו, כי בס רצה להניח
להם. לפניו נעבוד ביראה ופחד, ונודה
לשמו בכל יום תמיד, מעין הברכות. אל
ההודאות, אדון השלום, מקדש השבת
ומברך שביעי, ומניח בקדשה לעם מדשני
ענג, זכר למעשה בראשית.



There is Holiness

There is holiness when we strive to be true to the noblest teachings of our faith;

There is holiness when we love and serve, without any thought of reward or hope for personal gain;

There is holiness when we promote family harmony, and when we seek to unite others, near and far.

There is holiness when we share with others—our resources, our ideas, our enthusiasm;

There is holiness when we are willing to be laughed at for what we believe in;

There is holiness when we relieve suffering, visit the sick, and comfort the bereaved;

There is holiness when we remember the lonely and the neglected, or bring light into a dark corner;

There is holiness when we sacrifice time and energy to teach and preserve our sacred heritage;

There is holiness when we pray, in truth and in humility, to the Holy One, who has endowed us with the power to pray.

Blessed are You, Adonai, who makes Shabbat holy.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחַתֵּנוּ,
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ,
שְׂבַעֵנוּ מִטּוֹבֶךָ, וְשִׂמְחֵנוּ בִּישׁוּעָתֶךָ, וְיִטְהַר
לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרָצוֹן שֶׁבֶת קִדְּשָׁךָ, וְיִנּוּחוּ בְּה
יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ,
מִקִּדְּשׁ הַשַּׁבָּת.

You shield our ancestors with your word, You give life to all that lives with an utterance.

Holy God beyond compare, You bring rest to Your people on the Holy Shabbat because You take delight in them. We worship You with reverence and awe, we give thanks to Your Name every day.

Source of Blessings, Object of Thanks, Foundation of Peace, You sanctify the Sabbath and bless the seventh day. You give holy rest to people sated with pleasure, a reminder of the act of creation.



Kaddish Shalem

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (A-mein) b'al-ma di-v'ra hi-ru-tei, v'yam-lih mal-hu-tei b'hai-yei-hon uv'yo-mei-hon uv'hayay d'hawl beit Yis-ra-el, ba-a-ga-la u-viz-man ka-riv, vim'ru a-mein. (A-mein.)

Y'hei sh'mei ra-ba m'va-rah la-lam ul'al-mei al-ma-ya, Yitbarah

Yit-ba-rah v'yish-ta-bah v'yit-pa-ar v'yit-ro-mam v'yit-na-sei, v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'ku-d'sha, **b'rih hu**, lei-la min kawl bir-ha-ta v'shi-ra-ta, tush-b'hata v'ne-he-mata da-a-mi-ran b'al-ma, vim'ru a-mein. (A-mein)

Tit-ka-bal ts'lot'hon u-va-ut-hon d'hawl beit yis-ra-eyl kaw-dam a-vu-hon di vish-ma-ya, vim'ru a-mein. (A-mein)

Y'hei sh'la-ma ra-ba min sh'ma-ya v'hayyim a-lei-nu v'al kawl Yis-ra-eil, vim'ru a-mein. (A-mein)

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kawl Yis-ra-eil, vim'ru a-mein. (A-mein)



May the Great Name be made great and holy in the world created according to Divine will. May the One's Rule be established in your lifetimes and in your days and in the lifetimes of all the House of Israel, speedily and in a short time, and say, Amen.

May the Great Name be blessed in all worlds, forever and ever.

Blessed, lauded, glorified, exalted, extolled, beautified, raised up and praised be the Name of the Blessed Holy One, blessing and song, praise and consolation, that are said in the world, and say, Amen.

May the prayers and requests of the entire House of Israel be accepted by our divine Parent, and say, Amen.

May there be a great peace from the heavens, with life for us and all Israel, and say, Amen.

May the One who makes peace in the heavens, make peace for all of us and for all Israel, and say, Amen.



קדיש שלם

יתגדל ויתקדש שמה רבא. בעלמא די ברא כרעותיה, ונמליך מלכותיה, בחייכון וביומיכון ובחיי דכל בית ישראל, בעגלא ובזמן קריב ואמרו אמן:

יהא שמה רבא מברך לעלם ולעלמי עלמיא

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתהדר ויתעלה ויתהלל שמה דקדשא בריך הוא, לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא, דאמירן בעלמא, ואמרו אמן.

תתקבל צלותהון ובעותהון דכל בית ישראל קדם אבוהון די בשמיא, ואמרו אמן:

יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל, ואמרו אמן:

עשה שלום במרומי, הוא יעשה שלום עלינו ועל כל ישראל, ואמרו אמן:



קידוש

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי
הַגֶּפֶן.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתַי וְרָצָה בְּנוֹ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָנוּ זְכוֹן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם
תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זִכָּר לַיְצִיאַת מִצְרָיִם, כִּי
בָּנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבַּת
קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִלְתָּנוּ. בְּרוּךְ אַתָּה יי,
מִקְדֵּשׁ הַשַּׁבָּת.

Friday Evening Kiddush

Ba-ruh atah Adonai E-lo-hei-nu me-leh ha-o-lam, bo-rei p'ri ha-ga-fen.

Ba-ruh atah Adonai Elo-hei-nu me-leh ha-o-lam, a-sher ki-d'sha-nu
b'mits-vo-tav v'ra-tsa va-nu, v'sha-bat kawd'sho b'a-ha-va uv'ra-tson
hin-hi-la-nu, zi-ka-ron l'ma-a-sei v'rei-sheet. Ki hu yom t'hi-la
l'mik-ra-ei ko-desh, ze-her li-tsi-at mits-ra-yim. Ki va-nu va-har-ta v'o-
ta-nu ki-dash-ta mi-kawl ha-a-mim, v'sha-bat kawd-sh'ha b'a-ha-va
u-v'ra-tson hin-hal-ta-nu. Ba-ruh atah Adonai m'ka-deish ha-sha-bat.

Blessed are you, THE BOUNDLESS ONE, our God, sovereign of all
worlds, who creates the fruit of the vine.

Blessed are you, THE SOURCE OF LIFE, our God, sovereign of all
worlds, who has set us apart with your mitzvot and taken pleasure
in us, and the holy Shabbat with love and favor made our
possession, a remembrance of the work of Creation. For it is the
first of all the holy days proclaimed, a symbol of the Exodus from
Egypt. For you have called to us and set us apart to serve you, and
given us to keep in love and favor, your Holy Shabbat. Blessed are
you, THE SOURCE OF WONDER, who sets apart Shabbat.



מי שֶׁבֵּרַךְ לְחֹלִים

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב,
שָׂרָה, רִבְקָה, רַחֵל, וְלֵאָה, הוּא יְבָרַךְ וַיְרַפֵּא
אֶת הַחֹלִים. הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא
רַחֲמִים עָלֵינוּ, לְהַחֲלִימָם וּלְרַפְּאֵתָם
וּלְהַחְזִיקָם וּלְהַחְיֹתָם, וַיִּשְׁלַח לָהֶם מְהֵרָה
רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם, בְּתוֹךְ שְׂאֵר
חוּלֵי יִשְׂרָאֵל, רְפוּאָת הַנֶּפֶשׁ, וּרְפוּאָת הַגּוּף,
שַׁבָּת הִיא מְלֻזָּעַק וּרְפוּאָה קְרוּבָה לְבָא,
הַשְׁתָּא בְּעֵגְלָא וּבְזִמְן קָרִיב וְנֹאמַר אָמֵן

Mi Shebeirah - Healing

By Deborah Lynn Friedman

Mi shebeirah avoteinu
M'kor habraha l'imoteinu,

May the source of strength,
Who blessed the ones before us,
Help us find the courage
To make our lives a blessing
And let us say, Amen.

Mi shebeirah imoteinu
M'kor habraha l'avoteinu,

Bless those in need of healing
With r'fua sh'leima,
The renewal of body,
The renewal of spirit,
And let us say, Amen.



עֲלֵינוּ

עֲלֵינוּ לְשִׁבַח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה
לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם
חֻלְקָנוּ כָּהֵם, וְגַרְלָנוּ כְּכֹל הַמוֹנִים,

**וְאֲנַחְנוּ כּוֹרְעִים וּמְשִׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא**

Aleinu

Congregation please stand

A-lei-nu l'sha-bei-ah la-a-don ha-kol,
la-teit g'du-la l'yo-tseir b'rei-shit,
she-lo a-sa-nu k'go-yei ha-a-ra-tzot
v'lo sa-ma-nu k'mish-p'hot ha-a-da-ma,
she-lo sam hel-kei-nu ka-hem
v'go-ra-lei-nu k'hawl ha-mo-nam.

**Va-a-nah-nu ko-r'im
u-mish-ta-ha-vim u-mo-dim.
Lif-nei me-leh mal-hei ha-m'la-him
ha-ka-dosh ba-ruh hu**

We Rise to Praise and Weave the Dream

Merger Poem by Judy Chicago

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then everywhere will be called Eden once again



על כן נקוה לך יי אלהינו, לראות מהרה
 בתפארת עזך, להעביר גלולים מן הארץ,
 והאלילים פרות יפרתון, לתקן עולם במלכות
 שדי, וכל בני בשר יקראו בשמך, להפנות אליך
 כל רשעי ארץ. יפירו וידעו כל יושבי תבל, כי לך
 תכרע כל בךך, תשבע כל לשון. לפניך יי אלהינו
 יכרעו ויפלו, ולכבוד שמך יקר יתנו, ויקבלו
 כלם את עול מלכותך, ותמלך עליהם מהרה
 לעולם ועד. כי המלכות שלך היא, ולעולמי עד
 תמלך בכבוד, בפתוב בתורתך, יי ימלך לעולם
 ועד.

ונאמר, והיה יי למלך על כל הארץ, ביום ההוא
 יהיה יי אחד, ושמו אחד.

Al kein n'ka-ve l'ha Adonai E-lo-hei-nu lir-ot m'hei-ra b'tif-e-ret
 u-ze-ha, l'ha-a-vir gi-lu-lim min ha-a-rets v'ha-e-lo-him ka-rot
 yi-ka-rei-tun, l'ta-kein o-lam b'mal-hut sha-dai v'hawl b'nei va-sar
 yik-r'u vish-me-ha, l'haf-not ei-le-ha kol rish-ei a-rets. Ya-ki-ru
 vyei-d'u kawl yo-sh'vei tei-veil ki l'ha tih-ra kawl be-reh ti-sha-va
 kawl la-shon. L'fa-ne-ha Adonai E-lo-hei-nu yih-r'u v'yi-po-lu.
 V'lih-vod shim-ha y'kar yi-tei-nu, vi-ka-b'lu hu-lam et ol
 mal-hu-te-ha v'tim-loh a-lei-hem m'hei-ra l'o-lam va-ed, ki
 ha-mal-hut she-l'ha hi ul-o-l'mei ad tim-loh b'ha-vod, ka-ka-tuv
 b'to-ra-te-ha: Adonai yim-loh l'o-lam va-ed.

Ve-ne-e-mar: v'ha-ya Adonai l'me-leh al kawl ha-a-retz,
 Ba-yom ha-hu yi-h'ye Adonai e-had u-sh'mo e-had.



שהוא נוטה שמים ויסד ארץ, ומושב
 יקרו בשמים ממעל, ושכינת עזו בגבהי
 מרומים, הוא אלהינו אין עוד. אמת
 מלפניו, אפס זולתו, בפתוב בתורתו: וידעת
 היום והשבת אל לבבך, כי יי הוא
 האלהים בשמים ממעל, ועל הארץ
 מתחת, אין עוד.

She-hu no-teh sha-ma-yim v'yo-seid a-rets,
 u-mo-shav yka-ro ba-sha-ma-yim mi-ma-al
 ush-hi-nat u-zo b'gawv-hei m'ro-mim.
 Hu E-lo-hei-nu, ein od.
 E-met mal-kei-nu, e-fes zu-la-to,
 ka-ka-tuv b'to-ra-to:
 v'ya-da'ta ha-yom va-ha-shei-vo-ta
 el l'va-ve-ha,
 ki Adonai hu ha-e-lo-him
 ba-sha-ma-yim mi-ma-al
 v'al ha-a-rets mi-ta-hat,
 ein od.



It is up to us to offer praises to the Source of all, to declare the
 greatness of the author of Creation, who gave us teachings of truth
 and planted eternal life within us.

And so, we bend the knee and bow, acknowledging the sovereign who
 rules above all those who rule, the blessed Holy One, who stretched
 out the heavens and founded the earth, whose realm embraces
 heaven's heights, whose mighty presence stalks celestial ramparts.

This is our God; there is none else besides, as it is written in the Torah:
 "You shall know this day, and bring it home inside your heart, that
 THE SUPREME ONE is God in the heavens above and on the earth
 below. There is no other God.



Where Heaven and Earth Touch So Closely, They Appear to be Kissing

By Danny Siegel

In birth, in love, and in death, at the horizon (of course),
In the sun's warming the Earth so we may live,
In the greenleaves' edges rusting and turning to gold in the Fall,
In bread and its grains and the rains that raise the seed;
In the sapphire and ruby, the emerald and the diamond uncut;
In fingers barely intertwined; in the red of blood,
The yellow-on-black of the pansies,
The blue of night waters under the rising and the risen Moon,
The flesh of flesh; in Torah, in Mitzvot,
In candles and forgiveness, in your never-ending care.

Therefore we put our hope in You, Adonai our God, to soon see the glory of Your strength, to remove all idols from the Earth, and to completely cut off all false gods; to repair the world, Your holy empire. And for all alive to call Your name, and for all the wicked of the Earth to turn to You. May all the world's inhabitants recognize and know that to You every knee must bend and every tongue must swear loyalty. Before You, Adonai, our God, may all bow down, and give honor to Your precious name, and may all take upon themselves the yoke of Your rule. And may You reign over them soon and forever and always. Because all rule is Yours alone, and You will rule in honor forever and ever.

As it is written in Your Torah:

"Adonai will reign forever and ever."

And it is said: "Adonai will be Ruler over the whole Earth, and on that day, God will be One, and God's name will be One.



Mourners' Kaddish

Mourners and those observing yahrzeit, please rise:

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (A-mein) b'al-ma di-v'ra hi-ru-tei,
v'yam-lih mal-hu-tei b'hai-yei-hon uv'yo-mei-hon uv'hai-yei d'hawl beit
Yis-ra-eil, ba-a-ga-la u-viz-man ka-riv, v'im'ru a-mein. (A-mein)

Congregation and mourners:

Y'hei sh'mei ra-ba m'va-rah la-lam ul'al-mei al-ma-ya.

Mourners:

Yit-ba-rah v'yish-ta-bah v'yit-pa-ar v'yit-ro-mam v'yit-na-sei,
v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'ku-d'sha, b'rih hu (b'rih hu)
lei-la min kawl bir-ha-ta v'shi-ra-ta, tush-b'ha-ta v'ne-he-ma-ta
da-a-mi-ran b'al-ma, v'im'ru a-mein. (A-mein)

Y'hei sh'la-ma ra-ba min sh'ma-ya v'ha-yim a-lei-nu v'al kawl Yis-ra-eil,
v'im'ru a-mein. (A-mein)

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kawl
Yis-ra-eil, v'im'ru a-mein. (A-mein)



Let God's name be made great and holy in the world that was
created as God willed. May God complete the holy realm in your
own lifetime, in your days, and in the days of all the house of Israel,
quickly and soon. And say: Amen.

May God's great name be blessed, forever and as long as
worlds endure.

May it be blessed, and praised, and glorified, and held in honor,
viewed with awe, embellished, and revered; and may the blessed
name of holiness be hailed, though it be higher than all the
blessings, songs, praises, and consolations that we utter in this
world. And say: Amen.

May Heaven grant a universal peace, and life for us, and for all
Israel. And say: Amen.

May the one who creates harmony above, make peace for us
and for all Israel, and for all who dwell on earth. And say: Amen.



A meditation before the Kaddish

*Eternal God, who remembers our deeds and our lives, we turn to You for
solace and hope when we are bowed in grief.*

*As we recall with affection those who have been taken from our midst,
we thank You for our years of love and companionship with them, and for
the memories and the undying inspiration which they have left behind.*

*In solemn testimony to the unbroken faith which links the
generations of the house of Israel, those who mourn now rise to sanctify
Your name.*

קדיש יתום

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא
כְּרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ, בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֲגָלָא וּבְזַמַּן קָרִיב
וְאָמְרוּ אָמֵן :

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמֵיָא

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא בְּרִיךְ
הוּא, לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחִתָּא
וְנַחֲמִתָּא, דְּאָמִירָן בְּעֲלָמָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן :



Crown of all time, the one who reigned
before all mortal shape was made,
and when God's will brought forth all things
then was the name supreme proclaimed.

And after everything is gone,
Yet One alone, awesome, will reign.
God was, and is, and will remain,
In splendid balance, over all.

And God is One, no second is,
None can compare, or share God's place.
Without beginning, without end,
God is all might and royal grace.

This is my God, my help who lives,
refuge from pain in time of trial,
my banner, and my place to fly,
My cup's portion when, dry, I cry.

To God's kind hand I pledge my soul
each time I sleep, again to wake,
And with my soul, this body, here.
God's love is mine; I shall not fear

אָדוֹן עוֹלָם אֲשֶׁר מַלְךְ, בְּטוֹרָם כָּל יְצִיר נִבְרָא.
לֵעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָּכֵלּוֹת הַכֹּל, לְבַדּוֹ יִמְלוֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הִנֵּה, וְהוּא יִהְיֶה, בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחֲבִיכָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הַעֲזֵ וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי וַחֲוֵי גְאֻלִּי, וְצוֹר חֲבָלֵי בְּעֵת צָרָה.
וְהוּא נֹסֵי וּמְנוֹס לִי, מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.

בִּנְדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאַעֲרָה.
וְעַם רוּחִי גְּוִיָּתִי, יֵי לִי וְלֹא אֵיכָּרָא

A-don o-lam a-sheṛ ma-laḥ
b'te-rem kawḏ y'tsir niv-ra.
Leit na-a-sa v'hef-tso kol
a-zai me-leḥ sh'mo nik'ra.

V'hu ei-li v'ḥai go-a-li
v'tsur hev-li be'it tsa-ra.
V'hu ni-si u-ma-nos li
m'nat ko-si b'yom ek-ra.

Va-ha-rei kiḥ-lot ha-kol
l'va-do yim-loḥ no-ra.
V'hu ha-ya v'hu ho-veh
v'hu yi-h'yeh b'tif-a-ra.

B'ya-do af-kid ru-ḥi
be'it i-shan v'a-i-ra.
V'im ru-ḥi g'vi-ya-ti
Adonai li v'lo i-ra.

V'hu e-ḥad v'eiṅ shei-ni
l'ham-shil lo l'haḥ-bi-ra.
B'li rei-shit bli taḥ-lit
v'lo ha-oz v'ha-mis-ra.



Psalm 27

For the Penitential Season

- 1 A Psalm of David. Adonai is my light and my salvation; whom shall I fear? Adonai is the stronghold of my life; of whom shall I be afraid?
- 2 When evil-doers came upon me to eat up my flesh, even mine adversaries and my foes, they stumbled and fell.
- 3 Though a host should encamp against me, my heart shall not fear; though war should rise up against me, even then will I be confident.
- 4 One thing have I asked of Adonai, that will I seek after: that I may dwell in the house of Adonai all the days of my life, to behold the graciousness of Adonai, and to visit early in His temple.
- 5 For He concealeth me in His pavilion in the day of evil; He hideth me in the covert of His tent; He lifteth me up upon a rock.
- 6 And now shall my head be lifted up above mine enemies round about me; and I will offer in His tabernacle sacrifices with trumpet-sound; I will sing, yea, I will sing praises unto Adonai.
- 7 Hear, O Adonai, when I call with my voice, and be gracious unto me, and answer me.
- 8 In Thy behalf my heart hath said: 'Seek ye My face'; Thy face, Adonai, will I seek.
- 9 Hide not Thy face far from me; put not Thy servant away in anger; Thou hast been my help; cast me not off, neither forsake me, O God of my salvation.
- 10 For though my father and my mother have forsaken me, Adonai will take me up.
- 11 Teach me Thy way, Adonai; and lead me in an even path, because of them that lie in wait for me.
- 12 Deliver me not over unto the will of mine adversaries; for false witnesses are risen up against me, and such as breathe out violence.
- 13 If I had not believed to look upon the goodness of Adonai in the land of the living!
- 14 Wait on Adonai; be strong, and let thy heart take courage; yea, wait thou for Adonai.

Psalm 27

From Elul through Sh'mi-ni Atzeret

לְדוֹד, יְיָ אֱוֹרִי וְיִשְׁעֵי מִמִּי אֵיךְא, יְיָ מְעוֹז חַיִּי
מִמִּי אֶפְחָד. בְּקֶרֶב עָלַי מְרַעִים לֶאֱכֹל אֶת בְּשָׂרִי,
צָרִי וְאֵיבֵי לִי, הִמָּה כְּשָׁלוֹ וְנָפְלוּ. אִם תַּחְנֶנָּה עָלַי
מִחֲנָה לֹא יִירָא לְבִי, אִם תִּקְוִים עָלַי מִלְחָמָה
בְּזֹאת אֲנִי בּוֹטֵחַ. אַחַת שְׁאַלְתִּי מֵאֵת יְיָ, אוֹתָהּ
אֲבַקֵּשׁ, שְׁבִתִּי בְּבֵית יְיָ כָּל יְמֵי חַיִּי, לַחֲזוֹת בְּנֹעַם
יְיָ וּלְבַקֵּר בְּהֵיכָלוֹ. כִּי יִצְפְּנֵנִי בְּסִכַּה בַּיּוֹם רָה, יִסְתַּרְנִי
בְּסִתְרֵי אֱהָלוֹ, בְּצוּר יְרוּמָמַנִי. וְעַתָּה
יְרוּם רֹאשִׁי עַל אֵיבֵי סְבִיבוֹתַי, וְאֶזְבְּחָה בְּאֱהָלוֹ
זָבַחִי תְרוּעָה, אֲשִׁירָה וְאֶזְמָרָה לֵי. שְׂמַע יְיָ קוֹלִי
אֶקְרָא, וְחַנְּנִי וְעַנְּנִי. לֵךְ אָמַר לְבִי, בְּקִשׁוֹ פָּנֶי, אֶת
פָּנֶיךָ יְיָ אֲבַקֵּשׁ. אֵל תִּסְתַּר פָּנֶיךָ מִמֶּנִּי, אֵל תֵּט
בְּאֵף עַבְדֶּךָ, עֲזַרְתִּי הָיִיתָ, אֵל תִּטְשֵׁנִי וְאֵל
תַּעֲזֹבֵנִי אֱלֹהֵי יִשְׁעֵי. כִּי אָבִי וְאִמִּי עֲזָבוּנִי, וְיְיָ
יִאֲסֹפֵנִי. הוֹרְנִי יְיָ דֶרֶכְךָ, וְיַחֲנֵנִי בְּאֶרֶח מִישׁוֹר,
לְמַעַן שׁוֹרְכִי. אֵל תִּתְּנֵנִי בְּנַפְשׁ צָרִי, כִּי קָמוּ בִי
עַדֵי שֶׁקֶר וַיִּפַּח חָמָס. לוֹלֵא הָאֱמִנְתִּי, לְרֵאוֹת
בְּטוֹב יְיָ, בְּאֶרֶץ חַיִּים. קוּה אֵל יְיָ, חֲזֹק וְיִאֲמָץ
לְבָבְךָ, וְקוּה אֵל יְיָ



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruh atah Adonai, Eloheinu, meleh ha'olam
asher kidishanu b'mitz'votav v'tzivanu l'had'lik neir shel Shabbat.



Blessed are you, Adonai, our God, sovereign of the universe
Who has sanctified us with His commandments and
commanded us to light the lights of Shabbat.
(Amen)