

## *Hinei Ma Tov - הנה מה טוב*

*Taking stock of the most precious blessings of our lives.*

הנה מה טוב ומה-נעים שבת אחים גם יחד.

*Hinei ma-tov u-ma-na-yim she-vet a-chim gam ya-chad.*

How good it is to gather together as brothers, sisters and friends.

## *Mizmor Shir - מזמור שיר*

*Let us give thanks for Shabbat in song.*

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת. טוֹב לְהוֹדוֹת לַיְי, וּלְזַמֵּר לְשִׁמְךָ  
עֲלֵינוּ. לְהַגִּיד בַּבֶּקֶר חֲסֵדְךָ, וְאַמוּנָתְךָ בַּלַּיִל. עָלַי עָשׂוֹר וְעָלַי  
נָבֵל, עָלַי הַגָּיוֹן בְּכִנּוֹר. כִּי שִׂמְחַתְנִי יְי בַּפֶּעֶלְךָ, בְּמַעֲשֵׂי יְדִידְךָ  
אֲרֵנוּ. מַה גָּדֹלוֹ מַעֲשֵׂיךָ יְי, מֵאֵד עֲמָקוֹ מִחֲשִׁבְתֶּיךָ.

*Mizmor shir l'yom ha-Shabbat, tov l'hodot l'Adonai, u-l'zamer  
l'shim-cha el-yon.*

*L'hagid ba-boker chas-decha v'e-mu-nat-chat ba-leilot. A-lei  
a-sur v'alei navel, alei hi-ga-yon b'ki-nor. Ki semachtani  
A-do-nai b'fo-alecha, b'ma-a-sei ya-decha aranen. Ma gad-lu  
ma-a-se-cha A-do-nai, me-od am-ku mach-she-vo-techa.*

A song of joy on the day of Shabbat, it is good to give thanks to Adonai, to sing to the Name that is beyond speech. And still to speak in the morning of Your kindness and Your faithfulness in the night. On harp with voice and lyre together. I am so happy as I become of aware of the miracles of life and how so much mystery provides me with such blessing. How great are the works of Creation, how deep the underpinnings of all that exists?

## **L'chu Neranena**

### CHORUS:

*L'chu n'ranenah - yai, lai, lai, lai, lai*

*Ladonai - yai, lai, lai, lai, lai*

*Naria - yai, lai, lai, lai, lai*

*L'tzur yisheinu - yai, lai, lai, lai, lai*

*Let us sing out to God, the Maker of all, sure and strong*

*Let all of creation, from mountain to sea hear our song*

### CHORUS

*For all of the wonders in all of God's light we rejoice*

*So now let us listen with all of our hearts to hear God's voice*

### CHORUS

## **Al Shlosa Devarim**

*Al shlosa devarim*

*Al shlosa devarim ha-o-lam o-med*

*Al shlosa devarim, ha-o-lam, ha-o-lam o-med.*

*Al ha Torah*

*V'al ha-Avodah*

*V'al gemilut chasadim.*

The world is built upon three foundations: meaningful learning, motivating worship and acts that connect heart to heart.

## Shehechyanu

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּינוּ לְזִמְן הַזֶּה.  
*Baruch Atah Adonai Eloheinu Melech HaOlam, she-hechyanu  
v-kimanu v'higi-yanu lazman hazeh.*

Blessed are You, Source of all life, who gives life, sustains life and empowers us to become aware that having arrived at this moment is truly worthy of celebration.

## Shabbat Candle Lighting - הַדְּלִיקַת נֵרוֹת

*Welcoming in the light that Can Cast Away the Darkness  
We Felt this past Week.*

Blessed God, Let Your light enter our souls and our hearts. On this Shabbat, we pray that You will grant us and our loved ones rest and renewal. May the light of these candles drive out from among us all tensions and anxiety. Send Your blessings to our children that we may walk in the ways of Your Torah, Your light.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוֵּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Ba-ruch a-ta, Adonai Eh-lo-hei-nu, meh-lech ha-o-lam, a-sher  
ki-d'sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik ner shel Shabbat.*

Blessed is Adonai our God, Ruler of the universe, who hallows us with Mitzvot and commands us to kindle the lights of Shabbat.

## לְכָה דוּדֵי - *Lecha Dodi*

*Going out to become a blessing.....*

לְכָה דוּדֵי לְקִרְאֵת כַּלָּה. פְּנֵי שַׁבַּת נִקְבְּלָה:

*Lecha dodi likrat kala, p'nei Shabbat n'kabelah!*

Go my beloved toward the bride, let us greet the countenance of Shabbat!

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד,  
הַשְּׁמִיעֵנוּ אֵל הַמִּיחָד.  
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד.  
לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה:

*Shamor v'zachor b'dibur echad,*

*Hishmi'anu El ha'meyuchad.*

*Adonai echad u'shmo echad;*

*L'shem ul'tiferet v'lit'hila.*

Observe and remember in one utterance G-d, the one and only caused us to hear. Adonai is one and his name is one for renown and for glory and for praise.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה,  
כִּי הִיא מְקוֹר הַבְּרָכָה,  
מְרֹאשׁ מִקֶּדֶם נְסוּכָה,  
סוֹף מַעֲשֵׂה בְּמַחְשַׁבָּה תְּחִלָּה.

*Likrat Shabbat l'chu v'neilcha*

*ki hi m'kor hab'rachah*

*meirosh mikedem n'suchah, sof maaseh b'machshavat t'chilah.*

Come with me to meet Shabbat, forever a fountain of blessing.

Still it flows, as from the start; the last of days, for which the first was made.

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,  
כִּי בָּא אֹרֶךְ קוֹמֵי אֹרִי,  
עוֹרֵי עוֹרֵי שִׁיר דְּבָרִי,  
כְּבוֹד יִי עֲלֶיךָ נִגְלָה.

*Hit-o-re-ri, hit-o-re-ri*  
*Ki va o-rech ku-mi u-ri*  
*U-ri, u-ri, shir da-be-ri*  
*K'vod A-do-nai a-lay-ich nig-lah.*  
Wake up wake up!  
Here comes our guest, get up!

בּוֹאֵי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ.  
גַּם בְּשִׂמְחָה וּבְצַהֲלָהּ.  
תּוֹדֵךְ אֲמוּנֵי עַם סִגְלָהּ.  
בּוֹאֵי כָלָה, בּוֹאֵי כָלָה:

*Bo'i v'shalom, ateret ba'ala,*  
*Gam b'simcha uv' tzhala.*  
*Toch emunei am segula; Bo'i chala, bo'i chala.*  
Come in peace, crown of her husband. Amongst the faithful of a  
treasured people. Come O'Bride, come bride, Come Shabbat  
Queen.

## ***Why celebrate Shabbat?***

The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation, from the world of creation to the creation of the world.<sup>1</sup>

### ***Barechu - בְּרַכּוּ***

*Calling upon ourselves and our souls in prayer.*

*Ya la lai lai.....*

*Am I awake? Am I prepared?*

*Are You listening to my prayer?*

*Can you hear My voice? Can you understand?*

*Am I awake? Am I prepared?*

*Ya la lai lai.....*

***בְּרַכּוּ אֶת יי הַמְּבָרָךְ.***

*Ba·r'chu et Adonai, ha·m'vo·rach!*

*Praised is Adonai, the blessed One.*

***בְּרוּךְ יי הַמְּבָרָךְ לְעוֹלָם וָעֶד.***

*Ba·ruch Adonai ha·m'vo·rach l'o·lam va·ed.*

*Praised is Adonai, the blessed One, forever and ever.*

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1. Abraham Joshua Heschel, [The Sabbath](#)

*Maariv Aravim - מעריב ערבים*  
*Roll into Dark, Roll into Light,*  
*Night becomes Day, Day becomes night*

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מְעַרֵב עֲרֵבִים, בְּחֶכְמָה  
פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַיָּמִנִים, וּמְסַדֵּר אֶת  
הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרִקְיעַ כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר  
מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמְעַבֵּיר יוֹם וּמְבִיא לַיְלָה, וּמְבַדִּיל בֵּין יוֹם  
וּבֵין לַיְלָה, יי צְבָאוֹת שָׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד וּמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יי, הַמְעַרֵב עֲרֵבִים.

*Baruch atah, Adonai Eloheinu, Melech haolam, asher bid'varo  
maariv aravim, b'chochmah potei-ach sh'arim, uvit'vunah  
m'shaneh itim umachalif et haz'manim, um'sadeir et hakochavim  
b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or  
mipnei choshech, v'choshech mipnei or. Umaavir yom umeivi  
lailah, umavdil bein yom uvein lailah, Adonai Tz'vaot sh'mo. El  
chai v'kayam, tamid yimloch aleinu l'olam va-ed. Baruch atah,  
Adonai, hamaariv aravim.*

Blessed are You, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan. You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other. Adonai Tz'vaot is Your Name. Ever-living God, may You reign continually over us into eternity. Blessed are You, Adonai, who brings on evening.

## Roll into Dark

*Roll into dark  
Roll into light  
Night becomes day  
Day turns to night*

*Borei yom valailah  
Goleil or mipnei chosesh  
Goleil or mipnei chosesh  
v'chosech mipnei or.*

## **אהבת עולם - Ahavat Olam**

*A Love that Knows No Bounds*

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

*Ahavat olam beit Yisrael am-cha ahavta. Torah u-mitzvot,  
chu-kim u-mish-opatim o-tanu li-ma-deta. Al ken Adonai,  
Eloheinu v'shochveinu, uv-kumeinu na-siach b'chu-kecha,  
v'nismach b'divrei Toratechau-mitz-vo-techa l'olam va-ed. Ki  
hem chayeinu v'orech yameinu, u-vahem ne-hegei yomam  
va-lailah. V'ahavatcha al tasir, mi-meinu l'olamim. Baruch Atah  
Adonai, ohev amo Yisrael.*



Everlasting love You offered Your people Israel  
by teaching us Torah and mitzvot, laws and precepts.  
Therefore, Adonai our God,  
when we lie down and when we rise up,  
we will meditate on Your laws and Your commandments.  
We will rejoice in Your Torah for ever.  
Day and night we will reflect on them  
for they are our life and doing them lengthens our days.  
Never remove Your love from us.  
Praise to You, Adonai, who loves Your people Israel.

### **Shema - שְׁמַע**

*“One God” doesn’t mean we KNOW God;  
it means we are all parts of the whole we call “God.”*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

*Sh'ma Yisrael: Adonai Eh-lo-hei-nu, Adonai Eh-chad.*

Hear, O Israel, the Eternal is our God, the Eternal is One!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*Ba-ruch shem k'vod mal-chu-to l'o-lam va-ed.*

Blessed is God's glorious majesty forever and ever.<sup>2</sup>

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2. Music by Debbie Friedman

## Listen Israel

*Listen Israel, Adonai, Our God is One.*

### **וְאֶהְבֶּתָּ - V'ahavta**

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבִלְיָדָה  
וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתֹּתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וּקְשַׁרְתָּם  
לְאָזְנוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכַתַּבְתָּם עַל-מְזוּזוֹת בְּיַתְדְּךָ  
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי  
יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרָיִם לְהִיוֹת לְכֶם  
לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

*V'a-hav-ta eit Adonai Eh-lo-heh-cha b'chol l'vav-cha u-v'chol  
naf-sh'cha u-v'chol m'o-deh-cha. V'ha-yu ha-d'va-rim ha-ei-leh,  
a-sher A-no-chi m'tza-v'cha ha-yom, al l'va-veh-cha. V'shi-nan-tam  
l'va-neh-cha v'di-bar-ta bam b'shiv-t'cha b'vei-teh-cha  
u-v'lech-t'cha va-deh-rech, u-v'shoch-b'cha u-v'ku-meh-cha.  
U-k'shar-tam l'ot al ya-deh-cha, v'ha-yu l'to-ta-fot bein ei-neh-cha,  
u-ch'tav-tam al m'zu-zot bei-teh-cha u-vi-sh'a-reh-cha.  
L'ma-an tiz-k'ru va-a-si-tem et kol mitz-vo-tai, vi-h'yi-tem k'do-shim  
lei-lo-hei-chem. Ani Adonai Eh-lo-hei-chem, a-sher ho-tzei-ti  
et-chem mei-eh-retz Mitz-ra-yim li-h'yot la-chem lei-lo-him. Ani  
Adonai Eh-lo-hei-chem.*

## V'ahavta by Debbie Friedman

And you shall love *Adonai* your God with all your heart, with all your soul, and with all your might. And these words which I command you on this day shall be in your heart, shall be in your heart. And you shall teach them diligently to your children, and you shall speak of them when you sit in your house. When you walk by the way and when you lie down and when you rise up and when you rise up. And you shall bind them for a sign upon your hand and they shall be for frontlets between your eyes. And you shall write them on the doorposts of your house, and upon your gates, and upon your gates. That you may remember and do all of my commandments and be holy unto your God, unto your God, unto your God.<sup>3</sup>

## Miriam's Song

Chorus:

*And the women dancing with their timbrels,  
Followed Miriam as she sang her song,  
Sing a song to the One whom we've exalted,  
Miriam and the women danced and danced the whole night long*

*And Miriam was a weaver of unique variety  
The tapestry she wove was one which sang our history.  
With every strand and every thread she crafted her delight!  
A woman touched with spirit, she dances toward the light*

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3. Music by Debbie Friedman

## Chorus

*When Miriam stood upon the shores and gazed across the sea  
The wonder of this miracle she soon came to believe.  
Whoever thought the sea would part with an outstretched hand  
And we would pass to freedom and march to the promised land!*

## Chorus

*And Miriam the prophet took her timbrel in her hand,  
And all the women followed her just as she had planned,  
And Miriam raised her voice in song-  
She sang with praise and might  
We've just lived through a miracle: We're going to dance  
tonight!!*

## Chorus

### **V'ahavta<sup>4</sup>**

*Love Adonai your God with all your heart  
With all your soul and with all your might  
That these words which I command you on this day  
shall be in your heart, shall be in your heart*

## Chorus:

*Teach them faithfully unto your children  
Speak of them when you sit in your house  
When you walk by the way*

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4. Music and words by Julie Silver

*When you lie down and when you rise*

*Bind them for a sign upon your hands*

*That they may be a symbol between your eyes*

*Write them on the doorposts of your house*

*And upon your gates, and upon your gates*

Chorus

### ***Mi Chamocha -- מי כַּמּוֹכָה***

*Freedom, the only true essence of being human.*

מי כַּמּוֹכָה בְּאֵלִים יי, מי כַּמּוֹכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִילָת, עֲשֵׂה פְלָא.  
מְלֻכּוּתָךְ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה, זֶה אֱלֹהֵינוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֶאֱמַר: כִּי פָדָה יי אֶת יַעֲקֹב, וַיִּגְאֹלוּ מִיַּד חֲזָק  
מִמֶּנּוּ.

בְּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל.

*Mi Chamocha Ba'Elim Adonai? Mi Kamocha Ne'edar Ba-Kodesh?  
Nora T'hilot Oseh Feleh?*

*Malchut-cha Ra'u Vanecha Boke-a Yam Lifnei Moshe, "Zeh Eli"  
Anu V'Amru: Zeh Eli, Anu v'amru.*

*Adonai Yimloch L'Olam Va-ed. V'neemar ki fadah Adonai et  
Yaakov, u-g'alo mi-yad cha-zak mi-menu.*

*Baruch Ata Adonai, Ga'al Yisrael*

Who is like You, Adonai, amongst all who are worshipped? Who  
is like You, esteemed in holiness, doer of wonders?

## הַשְּׂכִיבֵנוּ - Hashkiveinu

*To sleep, perchance to dream.*

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ  
סִכַּת שְׁלוֹמֶךָ. וּשְׁמֹר צִאתֵנוּ וּבֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מִעֲתָה וְעַד עוֹלָם.

*Hashkiveinu Adonai, Eloheinu l'shalom v'hamideinu shomreinu  
l'chaim. Ushmor tzei-teinu, u-vo-ein-nu, l'chaim ul-shalom  
mei-atah v'ad olam.*

Grant that we lie down in peace and raise us up to life renewed.  
Spread over us a shelter of peace. Guard our going out and  
coming in, to life and to peace, Amen.

## וּשְׁמֹרוּ -- V'shamru

וּשְׁמֹרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתֵם בְּרִית  
עוֹלָם: בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

*V'sha-m'ru v'nei Yisrael et ha-Shabbat, la-a-sot et ha-Shabbat  
l'do-ro-tam b'rit o-lam.*

*Bei-ni u-vein b'nei Yisrael ot hi l'o-lam...*

*Ki shei-shet ya-mim a-sa Adonai et ha-sha-ma-yim v'et ha-a-retz...*

*U-va-yom ha-sh'vi-i sha-vat va-yi-na-fash...*

The people of Israel shall keep Shabbat, observing Shabbat  
throughout the ages as a covenant for all time. It is a sign for all  
time between Me and the people of Israel. For in six days,  
Adonai made heaven and earth, and on the seventh day God  
ceased from the work and was refreshed.

## ***Like Rungs of a Ladder***

“Prayer is our attachment to the utmost. Without God in sight, we are like the scattered rungs of a broken ladder. To pray is to become a ladder on which thoughts mount to God to join the movement toward Him, which surges unnoticed throughout the entire universe. We do not step out of the world when we pray; we merely see the world in a different setting. The self is not the hub, but the spoke of the revolving wheel.”<sup>5</sup>

Walking three steps forward then three steps back is a traditional act when praying the Amidah. Perhaps, in choosing to perform this act, we indeed climb up the ladder to offer our thanks to God for the blessings of our lives and walk back down the ladder ever more committed to bringing those blessings to others.

### ***T'fillah -- תְּפִלָּה***

אֲדֹנָי, שְׁפַתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

*Adonai, s'fatai tiftach, ufi yagid t'hilatecha.*

Adonai, open up my lips, so my mouth may declare Your praise.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱמוּנֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאִמָּהוֹת, וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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5. Rabbi Abraham Joshua Heschel, Man in Search of God

מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

*Ba-ruch a-ta Adonai, Eh-lo-hei-nu vei-lo-hei a-vo-tei-nu  
v'i-mo-tei-nu: Eh-lo-hei Av-ra-ham, Eh-lo-hei Yitz-chak, vei-lo-hei  
Ya-a-kov. Eh-lo-hei Sa-ra, Eh-lo-hei Riv-ka, Eh-lo-hei Ra-cheil,  
vei-lo-hei Lei-a. Ha-eil ha-ga-dol ha-gi-bor v'ha-no-ra, Eil el-yon,  
go-meil cha-sa-dim to-vim, v'ko-nei ha-kol, v'zo-cheir cha-s'dei  
a-vot v'i-ma-hot, u-mei-vi g'u-lah li-v'nei v'nei-hem, l'ma-an sh'mo,  
b'a-ha-va. Meh-lech o-zeir u-mo-shi-a u-ma-gein. Ba-ruch a-ta  
Adonai, ma-gein Av-ra-ham v'ez-rat Sa-ra.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא  
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לְיֹשְׁנֵי עֶפְרַיִם. מִי כָמוֹךָ בַּעַל  
גְּבוּרוֹת, וּמִי דוֹמָה לָךְ, מְלֶכֶד מִמִּית וּמְחַיֶּה וּמְצַמְחֵם יְשׁוּעָה.  
וּנְאֻמָּן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל.

*A-ta gi-bor l'o-lam, Adonai, m'cha-yei ha-kol a-ta, rav l'ho-shi-a.  
Morid ha-tal. M'chal-keil cha-yim b'che-sed, m'cha-yei ha-kol  
b'ra-cha-mim ra-bim. So-meich no-f'lim, v'ro-fei cho-lim, u-ma-tir  
a-su-rim, u-m'ka-yeim eh-mu-na-to li-shei-nei a-far. Mi cha-mo-cha  
ba-al g'vu-rot, u-mi do-meh lach, meh-lech mei-mit u-m'cha-yeh  
u-matz-mi-ach y'shu-ah? V'neh-eh-man a-ta l'ha-cha-yot ha-kol.  
Ba-ruch a-ta Adonai, m'cha-yei ha-kol.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוֹשִׁים בְּכָל יוֹם יְהִלְלוּךָ, סְלָה.  
בְּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

*A-ta ka-dosh v'shim-cha ka-dosh, u-k'do-shim b'chol yom  
y'ha-l'lu-cha se-lah. Ba-ruch a-ta Adonai, ha-Eil ha-ka-dosh.*  
You are holy, Your Name is holy, and those who are holy praise  
You every day. Blessed are You, Adonai, the Holy God.



## Why I am a Jew

I am a Jew because  
the faith of Israel demands no abdication of the mind.

I am a Jew because  
the faith of Israel requires all the devotion of my heart.

I am a Jew because  
in every place where suffering weeps, the Jew weeps.

I am a Jew because  
at every time when despair cries out, the Jew hopes.

I am a Jew because the word of Israel is the oldest and the newest.

I am a Jew because  
Israel's promise is the universal promise.

I am a Jew because  
for Israel, the world is not completed, we are completing it.

I am a Jew because  
for Israel, humanity is not created; we are creating it.

I am a Jew because  
Israel places humanity and its unity  
above the nations and above Israel itself.

I am a Jew because, above humanity, image of the divine Unity,  
Israel places the unity which is divine.<sup>6</sup>

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6. Mishkan T'fillah p. 85

*Shalom Rav* - שְׁלוֹם רָב

*Praying for a peace that affirms that we are whole.*

שְׁלוֹם רָב עַל יִשְׂרָאֵל עֲמִיד תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ  
אֲדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל  
עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

*Shalom rav al Yisrael amcha tasim l'olam  
ki atah hu Melech Adon l'chol hashalom.*

*V'tov b'einecha l'vareich et amcha Yisrael  
b'chol eit uv'chol shaah bish'lomecha.*

Grant abundant peace to Israel Your people forever,  
for You are the Sovereign God of all peace.  
May it be pleasing to You to bless Your people Israel  
in every season and moment with Your peace.

*A Certain Holiness*

It was that time of Jerusalem day when the  
Sun chooses any one of many hills to wash in gold,  
The time of day  
The city assumes  
A touch of the romantic's magic  
The religious said blessings,  
The eloquent called to mind  
Lines memorized in school  
For moments such as these  
And wrote new songs  
From notes made of beams.  
Others still, held hands  
And kissed  
For all this beauty  
Whose truest words  
Are whispers and sighs and half-sounds,  
Hints of interjections  
No one can put to a rhythm-  
Not Shelley, nor Wordsworth,  
Nor the grand sweeping Lord Byron.  
And Mozart and Schumann deceive us, trying  
To make keys and oboes and strings  
Say things  
Only a Jewish heart  
In love with the Holiest of places can say.<sup>7</sup>

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7. by Danny Siegel

## **Halleluyah/Ma Gadlu**

*Halleluyah*  
Praise God!

*Ma gadlu maasecha yah*  
*Meod amku machshevotecha*

How great Your works, Master of Creation  
How deep your thought

## **Or Zarua**

*Or zarua latzadik*  
*Ul-yishreilev simchah*

Light is sown for the righteous  
And happiness for the upright

## **Silent Meditation**

*“Silence is praise to you,” teaches the Psalmist. Inspired by these words, Maimonides taught that there are different levels of prayer, from the physical to the metaphysical. Giving tzedakah, our time or our effort to a cause worthy of God’s notice, is the first, most material form of prayer. Drawing from our hearts, the words and melodies of prayer is yet another. But silence, only in silence, Maimonides taught, can we offer God the purest of our prayerful moments a purity because it is free of the natural world. It is the most precious form of prayer because, while silently and purely spiritual, it prepares us to re-enter the material world with a renewed sense of awe.<sup>8</sup>*

### **O Lord Prepare Me/Pichu Li**

*O Lord Prepare me  
To be a sanctuary  
Pure and holy  
Tried and true  
And in thanksgiving  
I’ll be a living sanctuary  
For You*

*Pichu li  
Shaarei tzedek  
Avovam odeh-Yah*

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8. by Rabbi Scott Hausman-Weiss

## **עֲשֵׂה שְׁלוֹם - Oseh Shalom**

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ:  
אָמֵן.

*Oseh Shalom bimromav. Hu Yaaseh shalom aleinu v'al kol Yisrael,  
v'imeru Amen.*

May the One Who makes peace in the high places make peace  
for us, for Israel and for all people.

## **Yiheyu l'ratzon**

*Yiheyu L'ratzon imrei fi, v'hegoyon libi, lefanecha  
Adonai, tzuri, v'goali.*

May the words of my mouth and the meditations of my heart  
be acceptable, to You, O God, My rock and My redeemer.

## **מי שְׁבִירַח - Mi Shebeirach**

*Prayers for healing encompass all of our hopes and dreams for wholeness, freedom from physical and existential pain, and the ability to find a new path when others become blocked. May healing come soon for us and for those we love.*

מי שְׁבִירַח אֲבוֹתֵינוּ

*Mi shebeirach Avoteinu*

מְקוֹר הַבְּרָכָה לְאִמְתֵּינוּ

*M'kor ha-berach, 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*.

מי שְׁבִירַח אִמְתֵּינוּ

*Mi she-bei-rach i-mo-tei-nu*

מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

*Meh-kor ha-bra-cha*

*la-ah-vo-tei-nu*

Bless those in need of healing  
with *refuah shleima*.

The renewal of body,

the renewal of spirit

and let us say, *Amen*.<sup>9</sup>

## **Refuah<sup>10</sup>**

Heal our bodies

Heal our spirits

Bring us strength when we fall

Mi Shebeirach Avoteinu v'Imoteinu help us all

Grant those who care for the ill and weary

all the compassion that the heart may hold

Refuah shleimah.....

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9. Music and Lyrics by Debbie Friedman

10. Music and Lyrics by Sam Siner

## You

You,  
whom we turn to  
not knowing where,

You,  
who are everywhere,  
yet not here.

You,  
whom we question  
without reply,

Please,  
give us tomorrow's good  
today.<sup>11</sup>

### **עֲלֵינוּ - Aleinu**

*Responsibility is ultimately measured by our ability to respond.*

עֲלֵינוּ לְשַׁבַּח לְאֱדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֵא עֲשָׂנוּ כְּגוֹיֵי  
הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה, שְׁלֵא שָׁם חִלְקָנוּ כְּהֵם,  
וְגִרְלָנוּ כְּכֹל הַמוֹנָם.

*A·lei·nu l'sha·bei·ach la·a·don ha·kol, la·teit g'du·la l'yo·tzeir  
b'rei·sheet, sheh·lo a·sa·nu k'go·yei ha·a·ra·tzot, v'lo sa·ma·nu  
k'mish·p'chot ha·a·da·ma; sheh·lo sam chel·kei·nu ka·hem,  
v'go·ra·lei·nu k'chol ha·mo·nam.*

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11. by Ariana Haaran, in *Haavodah Shebalev Prayerbook*



We must praise the God of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations.

וְאֶנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מְלִכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Va-a-nach-nu ko-r'im u-mish-ta-cha-vim u-mo-dim li-f'nei meh-lech  
ma-l'chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.*

Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

וְנֹאמַר: יְהִיָּה יי לְמֶלֶךְ עַל-כָּל-הָאָרֶץ. בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וְשִׁמוֹ  
אֶחָד.

*V'neh-eh-mar: V'ha-ya Adonai l'meh-lech al kol ha-a-retz; Ba-yom  
ha-hu yi-h'yeh Adonai eh-chad, u-sh'mo eh-chad!*

Thus it has been said, the Eternal will be Sovereign over all the earth.

On that day, the Eternal will be One, and God's Name will be One. (*Zechariah 14:9*)

## **קדיש יתום -- Mourner's Kaddish**

*Death, the mystery of life. But without it, no measure for meaning.*

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי-בְרָא כְרַעוּתֵיהּ, וְיַמְלִיךְ  
מַלְכוּתֵיהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל. בְּעֲגָלָא וּבְזַמַּן  
קָרִיב וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלַמְיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל  
שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא, לְעַלְמָא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא, תַּשְׁבְּחַתָּא  
וְנַחֲמַתָּא, דְאָמְרוּן בְּעֲלָמָא, וְאָמְרוּ אָמֵן. יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ:  
אָמֵן.

*Yitgadal v'yitkadash shmei raba. B'alma div'ra chirutei, v'yamlich  
malchutei, b'chayeichon uv'yomeichon uv'cha-yei d'chol beit  
Yisrael, ba-agala uvizman kariv. V'im'ru: Amen.*

*Y'hei sh'mei raba m'varach l'alam ul'almei almaya.*

*Yitbarach v'yishtabach, v'yitpa-ar v'yitromam v'yitnaseh,  
v'yit-hadar v'yitaleh v'yit'halal sh'mei d'Kudsha, B'rich Hu, l'eila  
min kol birchata v'shirata, tushb'chata v'nechemata da-amiran  
b'alma. V'imru: Amen.*

*Ye-hei shlama raba min sh'maya v'cha-yim, aleinu v'al kol Yisrael.  
V'imru: Amen.*

*Oseh shalom bimromav, Hu ya-aseh shalom aleinu, v'al kol  
Yisrael. V'imru: Amen.*

## **Mourning into Dancing**

You turn my mourning into dancing,  
so that my soul might sing to You.  
So that my soul sing to You and it not be stilled.

Chorus:

Oh, God, my God, forever I will thank You.  
Oh, God, my God, forever I will thank You, *o-de-kah*.

Now I sing praises to the Holy One, who lifts me up when I have fallen.

And I cry to You to heal me and You have answered all my prayers

I ask that You be gracious and hear me, Adonai.

I have called to You to help me and You've supported me with joy!

## ***Hava Nashira***

Hava, hava nashira, shir halleluyah, shir halleluyah.

Let us sing, sing Halleluyah!

## Adon Olam

בְּלִי יִרְאֵשִׁית בְּלִי תַכְלִית,

*B'li raysheet, b'li tachleet*

וְלוֹ הָעֵז וְהַמְשָׁרָה.

*V'lo haoz v'hamisrah*

וְהוּא אֱלֹהֵי וְחֵי גְאֲלֵי,

*V'hu ayli v'chai goali*

וְצוּר חֲבָלֵי בַעַת צָרָה.

*V'tzur chevli b'ayt tzarah.*

וְהוּא נָסִי וּמְנוּס לִי,

*V'hu nisi umanos li*

מְנַת כּוֹסֵי בְיוֹם אֶקְרָא.

*Menat kosi b'yom ekra*

בְּיָדוֹ אֶפְקִיד רוּחֵי,

*B'yado afkid ruchi*

בַּעַת אִישָׁן וְאֶעֱיָרָה.

*B'ayt ishan v'a-irah*

וְעַם רוּחֵי גְוִיָּתִי,

*V'im ruchi g'viaati*

יְיָ לִי וְלֹא אֵיֶרָא.

*Adonai li v'lo ira.*

אֲדוֹן עוֹלָם אֲשֶׁר מַלְךְ,

*Adon olam asher malach*

בְּטֵרֵם כָּל יְצִיר נְבָרָא.

*b'terem kol yetzir nivra*

לְעֵת נַעֲשֶׂה בְחֶפְצוֹ כָּל,

*l'eit naasah b'cheftzo kol*

אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא.

*Azai melech sh'o nikra.*

וְאַחֲרֵי כְּכֹלֹת הַכֹּל,

*V'acharei kichlot hakol*

לְבַדּוֹ יִמְלֹךְ נֹרָא.

*L'vado yimloch nora*

וְהוּא הָיָה, וְהוּא הוֹה,

*V'hu hayah v'hu hoveh*

וְהוּא יִהְיֶה, בְּתִפְאַרָה.

*V'hu yihyeh b'tifara*

וְהוּא אֶחָד וְאֵין שְׁנֵי,

*V'hu echad v'ayn shayni*

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

*L'hamshil lo l'hachbirah*

## ***Shabbat Kiddush***

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Praise to You, Adonai our God, Sovereign of the universe,  
Creator of the fruit of the vine.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצָה בְּנוֹ,  
וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא  
יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרְתָּ וְאוֹתָנוּ  
קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשַׁבַּת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ. בְּרוּךְ אַתָּה  
יי, מִקְדֵּשׁ הַשַּׁבָּת.

Praise to You, Adonai our God, Sovereign of the universe  
who finding favor with us, sanctified us with mitzvot.

In love and favor, You made the holy Shabbat our heritage  
as a reminder of the work of Creation.

As first among our sacred days, it recalls the Exodus from Egypt.

You chose us and set us apart from the peoples.

In love and favor You have given us Your holy Shabbat as an  
inheritance.