What is a contemplative chant-based service?
During this Shabbat morning service, we’ll use a stripped-down liturgy. We will chant just one or two lines from each prayer, repeating each line several times so that we can really get inside the words and the words can really get inside us. The aim is to move more deeply into each prayer’s theme, and to connect with gratitude, awe, light, love, redemption, and more! After each chant concludes, we will sit in silence for a while so that the prayers can reverberate inside us before we move on. We will include a brief Torah service and discussion. Then we will chant concluding prayers and prayers for healing, recite the Mourners’ Kaddish, and chant a closing nigun (wordless melody) to end the service.
Links to Cantor George's videos

Chants for Chant-based Shabbat Morning Service

Chants 1-4: https://vimeo.com/508101360
Chants 5-8: https://vimeo.com/508103548
Chants 9-12: https://vimeo.com/508105250
CHANT-BASED SHABBAT MORNING SERVICE

with Cantor George

1. Prayer of gratitude

Modeh (m)/Modah f) anee l’faneca ruach chai v’kayam
Shehechezarta bee nishmatee v’chemla, rabba emunatecha!
I am grateful before You, spirit of all that lives! You return my soul to me with compassion; How great is your faith in me!

2. Prayer for the soul

Elohai neshama, shenatata bi, tehora hee.
My God, the soul that You have placed within me is pure.

3. Ashrei (Happy!)

Ashrei yoshvei veitechah, od y’halleluchah!
Happy are they who dwell in Your house;
they will praise You, always!
4. Kol HaNeshamah (All That Breathes) – from Psalm 150

כֹּל הַנְשָמָה תְהַלֵל יָהּ הַלְלוּיָ

Kol haneshamah t’hallel Yah, Halleluyah.
All that breathes will praise God, Praise God!

5. Yotzer Or (Creator of Light) – 1st blessing--before the Shema

בָרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֹּשֶךְ.

Baruch atah, Adonai eloheinu, melech ha-olam, Yotzer or u-vorei choshech.
Blessed are You, Adonai our God, sovereign of creation, creator of light and former of darkness.

6. V’yacheid L’vaveinu (Unify Our Hearts)-2nd blessing--before the Shema

וְיַחֵד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְמֶךָ

V’yached l’avenu, l’ahavah u-lyirah et sh’mecha.
Unify our hearts in love and awe of Your name!
7. The Shema

שְמַע יִשְרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
Shema Yisrael, adonai eloheinu, adonai echad!
Hear, O Israel; Adonai is Our God; Adonai is One! (zikhr chant)

8. Ozi v’zimrat Yah– 3rd blessing—after the Shema

עָזִי וְזִמרָת יָה וַיְהִי לִי לִישֻעָה.
Ozi v’zimrat Yah, vay’hi li l’y’shua.
My strength is in Your song, and You will be my salvation.

SILENT AMIDAH/PRIVATE MEDITATION/PRAYERS

9. Shalom chant (to end our silent Amidah)

שָלוֹם, שָלוֹם, שָלוֹם, שָלוֹם.
Shalom, shalom, shalom, shalom.

BRIEF TORAH SERVICE AND DISCUSSION

10. Ein Od Milvado (There is Nothing But God) – our Aleinu

אֵין עוֹד מִלבַדו ה’ הוּא אֶלֹהִים.
Ein old milvado, Adonai Hu ha-Elohim.
There is nothing but God; God is God.
11. Shviti (I Keep God Before Me Always)

שְוִיתִי אָדונָי לְנֶגְדִי תַמִיד.
Sh’viti Adonai (Havaya) l’negdi tamid.
I keep God before me always.

12. El Na Refah Nah Lah—Prayer for Healing

אֵל נָא רְפָא נָא לָהּ רְפוּאָה שְלֵמָה
Eil nah refah nah lah/lo/lahem, r’fuah sh’leimah.
Please, God, heal her/him/them, a complete healing.

Additional Healing prayer, if desired: Mi Shebeirach

13. Mourners’ Kaddish

Wordless nigun, to close