

TEMPLE SINAI SHABBAT EVENING SERVICE

Ozi v'zimrat Yah - My Strength and the Song of God

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה.

Ozi v'zimrat Yah, vay'hi li lishuah

My strength balanced with the song of God will be my salvation.

Y'did Nefesh - Heart's Delight

יְדִיד נֶפֶשׁ אָב הַרְחָמֶן, מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.
יְרוּץ עַבְדְּךָ כְּמוֹ אֵיל יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרְךָ.

Y'did nefesh, av harachaman, m'shoch avd'cha el r'tzonecha.

Yarutz avd'cha k'mo ayal, yishtachaveh el mul hadarecha.

Heart's delight, Source of mercy, draw Your servant into Your arms:

I leap like a deer to stand in awe before You.

Hinei Mah Tov - How Good it is

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם יַחַד.

Hineih mah tov u'mah na-im shevet achim gam yachad.

How good and pleasant it is that brothers and sisters dwell together.

Mah Yafe HaYom - How Beautiful is this Shabbat

מַה יָּפֶה הַיּוֹם, שֶׁבֶת שְׁלוֹם.

Ma yafeh hayom Shabbat shalom.

How beautiful is this Shabbat. Let it be a Shabbat of peace.

IYYUN - GREETING

Hadlakat Neiroi - Shabbat Candlelighting

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲנִשְׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ,

וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch Ata Adonai Eloheinu Melech ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the Shabbat lights.

Kiddush - Sanctification

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

Baruch Ata Adonai Eloheinu Melech ha'olam borei p'ri hagafen.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֵּת
קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה
לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל
הָעַמִּים, וְשִׁבֵּת קִדְּשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחִלְתָּנוּ. בְּרוּךְ אַתָּה יי, מִקִּדְּשׁ
הַשַּׁבָּת.

*Baruch Ata Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kod'sho
b'ahava uv'ratzon hinchilanu zikaron l'ma'aseh v'reishit. Ki hu yom t'chilah l'mikra'ei kodesh, zecher litzi'at
mitzrayim, ki vanu vacharta v'otanu kidashta mikol ha'amim, v'Shabbat kod'sh'cha b'ahava uv'ratzon
hichaltanu. Baruch Ata Adonai, m'kadesh haShabbat.*

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

L'cha Dodi - The Sabbath Bride

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה.

L'cha dodi likrat kalah p'nei Shabbat n'kablaha.

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמַּיִחָד, יי אֶחָד וְשְׁמוֹ אֶחָד, לְשֵׁם
וְלִתְפִאָּרֶת וְלִתְהִלָּה. לְכֵה

Shamor v'zachor b'dibur echad hishmi'anu el ha'm'yuchad, Adonai echad u'sh'mo echad l'shem ul'tiferet v'litchilah.

לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה, מִרֵּאשִׁית מִקְדָּם נְסוּכָה, סוּף
מַעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה. לְכֵה

*Likrat Shabbat l'chu v'nelcha ki hi m'kor hab'racha, meirosh mikedem n'sucha sof ma'aseh b'machshava t'chilah.
L'cha...*

הִתְעוֹרְרֵי הִתְעוֹרְרֵי, כִּי בָּא אוֹרֶךָ קוֹמֵי אוֹרֵי, עוֹרֵי עוֹרֵי שִׁיר דְּבִרֵי, כְּבוֹד יי
עֲלֶיךָ נִגְלָה. לְכֵה

Hit'or'ri, hit'or'ri, ki va orech kumi ori, uri uri shir dabeiri, k'vod Adonai alayich nighlah. L'cha...

בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בְּעִלָּה, גַּם בְּשִׂמְחָה וּבְצַהֲלָה, תּוֹךְ אֲמוּנֵי עַם סִגְלָה,
בּוֹאֵי כְּלָה, בּוֹאֵי כְּלָה. לְכֵה

Bo'i v'shalom ateret bah'lah, gam b'simcha uv'tzoholah, toch emunei am segulah, bo'i chalah, bo'i chalah. L'cha...

Beloved come to meet the bride; beloved come to greet Shabbat.

“Keep” and “Remember”: a single command the Only God caused us to hear; the Eternal is One, God’s Name is One; glory and praise are God’s.

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.

Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal’s glory dawns upon you.

Enter in peace, O crown of your husband; enter in gladness, enter in joy; Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

שמע וברכותה - The Shema and its Blessings

Barechu - Praise God

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.
*Bar'chu et Adonai ham'vorach.
Baruch Adonai ham'vorach l'olam va'ed.*

Praise Adonai to whom praise is due forever! Praised be Adonai to whom praise is due, now and forever!

Ma'ariv Aravim - Praise God for Bringing on the Evening

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֲרֵבִים, בְּחָכְמָה
פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַיָּמִים, וּמְסַדֵּר אֶת
הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי
חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר, וּמַעְבִּיר יוֹם וּמְבִיא לַיְלָה, וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ,
הַמַּעְרִיב עֲרֵבִים.

*Baruch Ata Adonai Eloheinu Melech ha'olam asher bid'varo ma'ariv 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 Ata 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 the evening.

Ahavat Olam - Everlasting Love

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עַמְּךָ אֶהְבֵּת, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים,
אוֹתָנוּ לְמִדָּת. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ, וְנִשְׁמַח
בְּדַבְרֵי תּוֹרָתֶךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי יֵם חַיֵּינוּ וְאֶרֶץ יְמֵינוּ, וּבְהֵם נִהְגָּה
יוֹמָם וְלַיְלָה, וְאֶהְבֵּתֶךָ אֵל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים.
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Ahavat olam beit Yisrael amcha ahavta, Torah umitzvot, chukim umishpatim, otanu limad'ta. Al kein, Adonai
Eloheinu, b'shochbeinu uv'kumeinu nasiach b'chukecha, v'nismach b'divrei Torat'cha uv'mitzvotcha l'olam
va-ed. Ki heim chayeinu v'orech yameinu uvahem neh'geh yomam valailah. V'ahavat'cha al tasir mimenu
l'olamim. Baruch Ata 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 - Hear

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בָּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתָו לְעוֹלָם וָעֶד.
*Shema Yisrael, Adonai Eloheinu, Adonai echad.
Baruch shem k'vod mal'chuto l'olam va'ed.*

Hear, O Israel: Adonai is our God, Adonai is One!
Blessed is God's glorious majesty forever and ever.

V'ahavta - And You Will Love

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָם,
בְּשַׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ
וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לְכֶם לֵאלֹהִים,
אֲנִי יְיָ אֱלֹהֵיכֶם.

*V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh
asher anochi m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha
uv'lech't'cha vaderech uv'shoch'b'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha.
Uch'tavtam al m'zuzot beitecha u'vish'arecha. L'ma'an tizk'ru va'asitem et kol mitzvotai vih'yitem k'doshim
leilohichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt mitzrayim lih'yot lachem leilohim.
Ani Adonai Eloheichem.*

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates. Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God; I am Adonai your God.

Mi Chamocha - Who is Like God?

מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי כְמוֹכָה נֹאדָר בְּקִדְשׁ, נֹרָא תְהִלָּת, עֲשֵׂה פְלֵא.
מְלִכּוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֹאמֵר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וּגְאָלוּ מִיַּד חֲזַק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יְיָ, גְּאֹל יִשְׂרָאֵל.

*Mi chamochah ba'eilim Adonai; Mi kamochah ne'dar bakodesh, nora t'hilot, osei feleh.
Malchut'cha ra'u vanecha, bokei'a yam lifnei Moshe u'Miriam. Zeh eili, anu v'amru:
Adonai yimloch l'olam va'ed.*

*V'ne'emar ki fadah Adonai et Ya'akov, ug'alo miyad chazak mimenu.
Baruch Atah Adonai ga'al Yisrael.*

Who is like You, O God, among the gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, working wonders?
Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam.
"This is our God!" they cried. "Adonai will reign forever and ever!"
Thus it is said, "Adonai redeemed Jacob, from a hand stronger than his own."
Praised are You, Adonai, for redeeming Israel.

Hashkiveinu - Let us Find Calm

תִּשְׁכַּיְבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוּמְרֵנוּ לְחַיִּים. וּפְרוֹשׁ עָלֵינוּ סִפְת
שְׁלוֹמְךָ וְתִקַּנְנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגּוּ בְּעַדְנוּ.
וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר וְחָרָב וְרָעַב וְיָגוֹן. וְהִרְחִיק מִמֶּנּוּ עוֹן וּפְשָׁע. וּבְצִל
כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי אֵל שׁוּמְרֵנוּ וּמְצִילֵנוּ אַתָּה, כִּי אֵל חַנוּן וְרַחוּם אַתָּה,
וְשִׁמּוֹר צִאתָנוּ וּבּוֹאָנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יְיָ,
הַפּוֹרֵשׁ סִפְת שְׁלוֹם עָלֵינוּ וְעַל-כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Hashkiveinu, Adonai Eloheinu, l'shalom, v'haamideinu shomreinu l'chayim, ufros aleinu sukat sh'lomecha,
v'takneinu beitzah tovah milfanecha, v'hoshi-einu l'maan sh'mecha. V'hagein baadeinu, v'haseir mei-aleinu
oyeiv, dever, v'cherev, v'raav, v'yagon, v'harcheik mimenu avon vafesha. Uv'tzeil k'nafecha tastireinu, ki El
shomreinu umatzileinu atah, ki El chanun v'rachum atah. Ushmor tzeiteinu uvo-einu l'chayim ul'shalom,
mei-atah v'ad olam. Baruch Ata, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace. Guide us with Your good counsel; for Your Name's sake, be our help. Shield and shelter us beneath the shadow of Your wings. Defend us against enemies, illness, war, famine and sorrow. Distance us from wrongdoing. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and our coming, to life and to peace, evermore. Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

V'shamru - We Will Guard Shabbat

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָּשׁ.

V'shamru v'nei Yisrael et HaShabbat, laasot et HaShabbat l'dorotam b'rit olam. Beini u'vein b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et hashamayim v'et haaretz, u'vayom hashvi-i shavat vayinafash.

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 work and was refreshed.

Tefilah

אֲדַנִּי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

Avot v'Imahot - Our Ancestors

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקַנְיָה הַכֹּל, וְזוֹכֵר חַסְדֵי
אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה. מְלֹךְ עוֹזֵר
וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יי, מְגַן אַבְרָהָם וְעִזְרַת שָׂרָה.

Baruch Atah Adonai, Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Eilohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Eilohei Leah, ha'Eil hagadol hagibor v'hanora, Eil Elyon, gomeil chasadim tovim v'konei hakol, v'zocher chasdei avot v'imahot, u'meivi g'ulah livnei v'neihem l'ma'an sh'mo b'ahavah. Melech ozer u'moshi'a u'magein. Baruch Atah Adonai, magein Avraham v'ezrat Sarah.

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebekah, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God who bestows loving-kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield - Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

Gevurot - Mighty God

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
- Winter* מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
- Summer* מוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרַי, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דְּוָמָה לָךְ, מֶלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמָן אֶתָּה לְהַחְיֹת הַכֹּל.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Atah gibor l'olam Adonai, m'chayei hakol Atah, rav l'hoshi'a.
(Winter: *Mashiv haru'ach u'morid hagashem.*)
(Summer: *Morid hatal.*)

*M'chalkel chayim b'chesed, m'chayei hakol b'rachamim rabim, somech noflim v'rofei cholim, u'matir asurim,
um'kayeim munato lisheinei afar. Mi chamocha ba'al g'vurot u'mi domeh lach, melech meimit um'chayeh
u'matzmi'ach y'shu'ah. V'ne'eman Atah l'hachayot hakol. Baruch Atah Adonai, m'chayei hakol*

You are forever mighty, Adonai; You give life to all. (Winter: You cause the wind to shift and rain to fall.) (Summer: You raid dew upon us.)
You sustain life through love, giving life to all through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with
those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to
spring up and faithfully giving life to all? Blessed are You, Adonai, who gives life to all.

Kedushat HaShem - Sanctification of God's Name

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וּקְדוּשָׁיִם בְּכָל יוֹם יְהִלְלוּךָ סֵלָה.
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

Atah kadosh v'shimcha kadosh, uk'doshim b'chol yom y'hal'lucha selah. Baruch Atah Adonai, ha'Eil hakadosh.

You are holy, Your Name is holy, and those who are holy praise You every day. Blessed are You, Adonai, the Holy God.

A Prayer for Healing in the Midst of this Pandemic

Source of healing,

Cast the light of health and well-being

On those who have been exposed to the coronavirus,

Those who have contracted the disease

And all those – may the number be few – who contract the disease in the future.

Bless them, protect them and bring them speedily to full recovery.

Bless as well all who are wrestling with personal fears, anxiety, and loneliness

during this disconcerting time of isolation

with the knowledge that others are here, just as You are near.

Bless us all with healing of body,

Healing of soul, and healing of spirit.

בְּרוּךְ אַתָּה יְיָ, מְקוֹר הַחַיִּים.

Baruch Atah Adonai, M'kor haChayim.

Blessed are You Adonai, Source of Life.

Mi Shebeirach for Healing

מִי שְׂבִירָךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ,

Mi shebeirach avoteinu m'kor hab'racha 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.

Recitation of Names

מִי שְׂבִירָךְ אֲמוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ,

Mi shebeirach imoteinu m'kor hab'racha l'avoteinu

Bless those in need of healing with refu'ah sh'leimah, the renewal of body, the renewal of spirit, and let us say: Amen.

Tefilah b'lachash

Silent Prayer

Yih'hu Lratzon - May it be Your Will

יְהִיו לְרָצוֹן אִמְרֵי-פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.

May the words of my mouth and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh Shalom - Maker of Peace

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Oseh shalom bim'romav hu ya'aseh shalom aleinu v'al kol Yisrael, v'imru: Amen.

May the One who creates harmony on high, bring peace to us and to all Israel. To which we say Amen.

Shabbat Message

Aleinu - Let us Praise

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁהוּא נוֹטֶה שָׁמַיִם
וַיִּסַּד אֶרֶץ, וַיִּמְוָשֵׁב יִקְרוּ בְּשָׁמַיִם מִמַּעַל, וַיִּשְׁכְּנֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא
אֱלֹהֵינוּ אֵין עוֹד. וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וַיִּמְוָדִים, לְפָנֵי מַלְאָךְ מַלְכֵי
הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. וְנֶאֱמַר, וְהָיָה יְיָ לְמַלְאָךְ עַל כָּל הָאָרֶץ, בַּיּוֹם
הַהוּא יְהִיָּה יְיָ אֶחָד, וְשְׁמוֹ אֶחָד.

*Aleinu l'shabei'ach la'adon hakol, lateit g'dulah l'yotzeir b'reishit, shehu noteh shamayim v'yosed aretz,
u'moshav y'karo bashamayim mima'al, u'sh'chinat uzo b'govhei m'romim, hu Eloheinu ein od. Va'anachnu
kor'im u'mish'tachavim u'modim, lifnei melech malchei ham'lachim, haKadosh Baruch Hu.
V'ne'emar v'hayah Adonai l'melech al kol ha'aretz, bayom hahu yih'yeh Adonai echad, u'sh'mo echad.*

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. You are our God; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One. Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's name will be one.

Kaddish Yatom - Mourner's Kaddish

תִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ, וַיִּמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אַמֵּן.
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עַלְמַיָּא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעַלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא,
דְּאִמְרוּן בְּעַלְמָא, וְאִמְרוּ אַמֵּן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אַמֵּן.
עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אַמֵּן.

*Yitgdal v'yitkadash sh'mei raba, b'alma div'ra chir'utei v'yamlich malchutei, b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael ba'agala u'vizman kariv, v'imru: Amen.*

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

*Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yit'aleh v'yithalal sh'mei
d'kud'sha b'rich hu. L'eila min kol birchata v'shirata, tush'b'chata v'nechemata
da'amiran b'alma, v'imru: Amen.*

*Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol Yisrael, v'imru: Amen.
Oseh shalom bim'romav hu ya'aseh shalom aleinu v'al kol Yisrael, v'imru: Amen.*

Exalted and hallowed be God's great name in the world which God created, according to the plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel - speedily, imminently, to which we say Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel. To which we say Amen. May the One who creates harmony on high, bring peace to us and to all Israel. To which we say Amen.

**WISHING EVERYONE A SHABBAT SHALOM
AND BLESSINGS OF GOOD HEALTH**