

Women of KI Shabbat Service

Opening Song

In this House (Words & Music by Beth A. Schafer © 2005)

In this house beats the heart of a family
 In this house is the center of a community
 We study and we pray, find meaning in each day
 In this house, in this house, in this house

In this house is a spark of God's creation.
 In this house there is joy and celebration.
 By song or by word, your prayers will be heard
 In this house, in this house, in this house

CHORUS: In this house, in this house, it all comes together in this house.
 In this house, in this house, it all comes together in this house of God

In this house we can shelter, we can clothe and feed
 In this house there is always help for those in need
 A stranger makes a friend, becomes inspired again
 In this house, in this house, in this house. **CHORUS**

A house of study (in this house), a house of prayer (in this house)
 A house of gathering (in this house), from everywhere (in this house)
 How lovely (in this house) is your dwelling place, O Jacob (in this house)
 Blessing (in this house) upon blessing fills these walls (in this house). **CHORUS**

Reading by Michele Salomon

O daughters of Promise, O women of faith,
 Come teach us compassion and show us the way.
 Come nurture our journey in glorious ways,
 Inspire us with wisdom and lead us today.

O daughters of promise so precious and rare,
 Great is your value no gold can compare.
 Gifted with marvelous mercy and love
 You are a blessing from heaven above.

O Daughters of promise, G-d's wondrous sign,
 You are crafted and called for a purpose divine.
 Now this is the season the time and the place,
 To rejoice in your mission and celebrate grace.

Let the joy of our G-d be our candle at night,
 Leading us on to a harvest of white.
 Striving with passion in worship and praise,
 Daughters of promise, will make the Sabbath candles blaze.

(Joseph Martin)

Kindling the Shabbat Candles

BARUCH atah, Adonai
 Eloheinu, Melech haolam,
 asher kid'shanu b'mitzvotav,
 v'tzivanu l'hadlik
 ner shel Shabbat.

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

Kiddush reading by Rabbi Seth

The tradition of Kiddush, sanctification, is from ancient times, a ritual performed in the home. The rabbis differentiated drinking wine on regular days versus on holidays, the Sabbath, and other special occasions by the recitation of what we call the “long” Kiddush. This rite gives Jews the opportunity to thank God for the receipt of the Sabbath and as recognition of the creation of the world and the Exodus from Egypt. Thus we fulfill the commandment to remember the Sabbath and keep it holy. While Kiddush is recited in homes, there is also the tradition of reciting it in synagogue, acknowledging the long forgotten practice of the synagogue offering shelter to travelers. It was a way of welcoming them, making them feel at home even when far from their own lands and in a strange place. At Keneseth Israel, we continue this tradition. We

recite the Kiddush to connect all who are present with Jews around the world and through time. Together, we embrace Shabbat and connect to the miracle of Creation. Please rise.

BARUCH atah, Adonai

Eloheinu, Melech haolam,

borei p'ri hagafen.

Baruch atah, Adonai

Eloheinu, Melech haolam,

asher kid'shanu b'mitzvotav v'ratzah vanu,

v'Shabbat kodsho

b'ahavah uv'ratzon hinchilanu,

zikaron l'maaseih v'reishit.

Ki hu yom t'chilah l'mikra-ci kodesh,

zecher litziat Mitzrayim.

Ki vanu vacharta, v'otanu kidashta,

mikol haamim.

V'Shabbat kodsh'cha

b'ahavah uv'ratzon hinchaltanu.

Baruch atah, Adonai, m'kadeish HaShabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְרָצָה בְּנוֹ,
וְשַׁבַּת קִדְּשׁוֹ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,
זְכוֹר לִיציאת מִצְרַיִם.
כִּי בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ
מִכָּל הָעַמִּים.
וְשַׁבַּת קִדְּשְׁךָ
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.
בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

A Personal Reflection

by

Vikki Dunn

L'chah Dodi

L'CHAH DODI likrat kalah,
p'nei Shabbat n'kab'lah.

לְכָה דוֹדֵי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבַּת נְקַבְּלָה.

BELOVED, COME to meet the bride; beloved come to greet Shabbat.

Shamor v'zachor b'dibur echad,
hishmianu El ham'yuchad,
Adonai echad ush'mo echad,
l'shem ul'tiferet v'lit'hilah.

1. שָׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד,
הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,
יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְרָת וּלְתִהִלָּה.

“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.

Likrat Shabbat l'chu v'neilcha,
ki hi m'kor hab'rachah,
meirosh mikedem n'suchah,
sof maaseh b'machashava t'chilah.

2. לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסוּכָה,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

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.

Bo-i v'shalom ateret ba'lah,
gam b'simchah uv'tzoholah,
toch emunei am s'gulah,
bo-i chalah, bo-i chalah.

9. בּוֹאִי בְּשָׁלוֹם אֶטְרֵת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצִהְלָה,
תּוֹךְ אֲמוּנֵי עַם סִגְלָה,
בּוֹאִי כְּלָה, בּוֹאִי כְּלָה.

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!

Reading by Nina Pinsley

Our path now leads across unmarked territory. The urgency of self-awareness is tempered by experience into a new reconciliation, power, and influence. Women move into action
In the highest councils of cities and nations.

The Women of KI have continuing concerns for issues of conscience.

Women are exponents of international connections, aware that the world. In one global village, members become part of coalitions of interest, joining companions of other faiths on a broad highway.

We praise women of action - We are part of history.

In our time how can we express meaning in what we do? How can we make a difference for a better life? How do we influence the future?

Step by step we move forward to create our future. Sometimes we do not see the miles traversed until we look back and say as did G-d, our Creator, "It is good".

Am I Awake?**Solo, Rachel Cubellis**

Yai-lai, lai, etc.

Am I awake? Am I prepared?

Are you listening to my prayer?

Can you hear my voice? Do you understand?

Am I awake? Am I prepared?

In the early dawn in the dark of night

When I turn to you, may I see the light?

Will I finally know? Can you let me see?

Can you help me find all the best in me?

With an open heart I can be aware

I will know at last blessings that I share

Then I hear your voice and I understand

I will be awake I will be prepared

Barechu**BAR'CHU** et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!
 בְּרוּךְ יְיָ הַמְּבָרָךְ
 לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

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

Reading by Mary Salinger

Shh...Listen

Shh...You have to listen to hear

Shh...Can you hear?

Can you hear the surprise and delight in Sarah's laughter?

Can you hear the joy and pride in Miriam's song?

Can you hear the strength and wisdom in Deborah's clear judgements?

Can you hear the warmth in you grandmothers voice calling you to the Shabbat table?

Can you hear your Mother's love as she recites the Sabbath blessings?

Can you hear you daughter's clear, high voice chanting as she joins the circle of women?

Can you hear your sister's earnest prayers as they share their goodness and courage?

Can you hear your granddaughter's newborn cry as she joins the Jewish chorus?

Can you hear your own heart beating, reaching to join the song of praise for Adonai?

Shh... Can you hear the women who came before you?

Can you hear women who are yet to come?

Can you hear us all as one?

Shh.. Listen...hear

(New Prayers, Poems & Meditations (WRJ) 2013)

Shema

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

Reading by Barbara Cohen

The V'ahavta is a guiding principle of our lives - reminding us of the deeds required by our commitments and how when we do not live up to those expectations, the world is a little less holy. The following Noah Aaronson song reminds us that all people must write their own personal Torah to bring their lives meaning and purpose.

With Your Two Hands (Noah Aaronson)

With your two hands prepare these words
 Within your heart rests each verse
 And with your voice our story can be told
 With your two hands hold this scroll

Chorus: V'shi nam tam l'v ne cha v'di bar ta bam
 Set these words upon your heart
 V'shi nam tam l'v ne cha v'di bar ta bam
 With your two hands, write your part.

With your two hands, heal the wounded
 With your two hands feed the poor
 With your two hands welcome all
 With your two hands life those who fall.

You are the author, creator of your story
 You write your book, you sing your song
 You are the bearer of our sacred history
 You'll teach our words, you'll sing our song. **Chorus**

V'cha tav lo et mish nei ha to ra ha zot
 May you write your story in this scroll
 And may you carry it all the days of your life
 On this day the ancients becomes new
 On this day we pass it on to you

You take your place so your story can be told
 Within your heart, you hold this scroll. **Chorus**

***M*artina Obenski**

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.

יְיָ אֱלֹהֵיכֶם אֱמֶת.

Adonai Eloheichem EMET.

Reading by Beth Marquardt

A Prayer for a Better World

O God, the source of creation, ever-present in the changes of this world, be present with your people who cry to you for help. Empower us with vision and strength to enable the peoples of this earth to acquire the skills and resources necessary to a growing world. Enable those from countries with plenty to share their lives, funds, and resources with those in need. Embolden those with vision to proclaim new ways of creating communities of responsibility. Engage us in learning from one another and in valuing the unique gifts that you have given to the people of every land. Bless your people, O God, who cry to you. Amen.

A Story of Exploration

by

Maryann Snyder

Mi Chamochah

Mi chamocha ba'eilim Adonai Mi kamocho nedar bakodesh Nora t'hilot osei feleh (x2)

Martina Obenski

Praised are you Adonai for redeeming Israel

בָּרוּךְ אַתָּה, יְיָ, גֹאֵל יִשְׂרָאֵל.

Baruch atah, Adonai, gaal Yisrael.

Let There Be Love-Hashkiveinu (Noah Aronson)

Let there be love and understanding among us
Let peace and friendship be our shelter from life's storms

Let there be love and understanding among us
Let peace and friendship be our shelter from life's storms

Hashkiveinu Adonai Eloheinu
Hashkiveinu l'shalom

v'haamideinu shomreinu l'chayim
ufros aleinu sukat sh'lomecha

Hashkiveinu Adonai Eloheinu
Hashkiveinu l'shalom

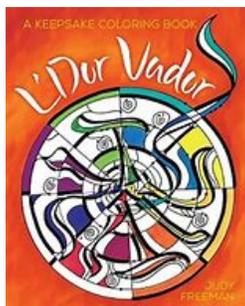
Hashkiveinu Adonai Eloheinu
Hashkiveinu l'shalom

Let there be love and understanding among us
Let peace and friendship be our shelter from life's storms (Repeat)

From Generation to Generation

by

Peggy Berger



Eli Eli

ELI ELI (HALICHAH L'KEISARIAH)

chelo yigameir l'olam:

chayam, rishrush shel hamayim,

hamayim, t'filat haadam.

אֱלֹהֵי אֱלֹהֵי, שְׁלֹא יִגְמַר לְעוֹלָם:
 הַחֹל וְהָיָם, רִשְׁרוּשׁ שֶׁל הַמַּיִם,
 בְּרַק הַשָּׁמַיִם, תְּפִלַּת הָאָדָם.

O God, my God, I pray that these things never end
 The sand and the sea, the rush of the waters,
 The crash of the heavens, the prayer of the heart.

Reading by Karen Beck Pooley

The Amidah is the central prayer of the service, traditionally done three times per day. It consists of a series of blessings of praise and thanksgiving, with blessings of petition added in for weekday services. Whether your tradition is to say it out loud or silently, to stand quietly or to sway, bow or step backward and forward, this is a time when we as a community and

each of us as individuals have a moment to praise G-d, as well as express thanksgiving and gratitude.



Adonai s'fatai, Avot and Gvurot

תַּפְּלֵה

T'FILAH

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

אֲדֹנָי, שְׁפִתַי תִּפְתָּח,
וּפִי יגִיד תְּהִלָּתְךָ.

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

BARUCH atah, Adonai Eloheinu
v'Elohei avoteinu v'imoteinu, Elohei
Avraham, Elohei Yitzhak v'Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v'Elohei Leah. Ha-El hagadol
hagibor v'hanora, El elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir
chasdei avot v'imahot, umeivi g'ulah
liv'nei v'neihem l'maan sh'mo b'ahavah.

Melech ozeir umoshia umagen.
Baruch atah, Adonai,
magein Avraham v'ezrat Sarah.

ATAH gibor l'olam, Adonai,
m'chayeh hakol (meitim) atah,
rav l'hoshia.

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,
m'chayeh hakol (meitim)
b'rachamim rabim, someich noflim,
v'rofei cholim, umatir asurim,
um'kayem emunato lisheinei afar.
Mi chamochah baal g'vurot
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.

V'ne-eman atah l'hachayot hakol (meitim).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

ATAH kadosh v'shimcha kadosh
uk'doshim b'chol yom
y'ha'lucha, selah.*

Baruch atah Adonai, Ha-El hakadosh.

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 עֲלִיוֹן, גּוֹמֵל
חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְאֻלָּה
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בָּרוּךְ אַתָּה, יי,
מִגּוֹ אַבְרָהָם וְעִזְרַת שָׂרָה.

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי,
מַחֲיֵה הַכֹּל (מֵתִים) אַתָּה,
רַב לְהוֹשִׁיעַ.

WINTER — מְשִׁיב הַרוּחַ
וּמוֹרִיד הַגֶּשֶׁם.

SUMMER* — מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחַסֵּד,
מַחֲיֵה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֵה לָךְ, מֶלֶךְ מֵמִית
וּמַחֲיֵה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).

בָּרוּךְ אַתָּה, יי, מַחֲיֵה הַכֹּל (הַמֵּתִים).

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכֹל יוֹם
יְהַלְלוּךָ סֵלָה.*
בָּרוּךְ אַתָּה, יי, הָאֵל הַקָּדוֹשׁ.

Martina Obenski

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

בָּרַךְ אַתָּה, יי, הָאֵל הַקְּדוֹשׁ.
Baruch atah, Adonai, Ha-El hakadosh.

Spirituality through Music by Patty Carlis

Reading by Rabbi Seth

There are times in our lives when we are reminded that we need healing not only of the body but the mind and spirit as well - a complete healing. We call on our G-d to "Heal Us Now." After we lift the names of our loved ones up to the Lord - listen to the lyrics that will be sung. The piece weaves together healing liturgy, biblical text and psalms. The words reassure us with the conviction that G-d is close to all who call out to Him.

Heal Us Now (Leon Sher)

R'-fa-ei-nu A-do-nai v'nei-ra-fei; Ho-shi-ei-nu v'-ni-va-shei-ah El ka-rov l'-chol kor-av; Ach ka-rov li-rei-av yish-o.

We pray for healing of the body. We pray for healing of the soul. For strength of flesh and mind and spirit, We pray to once again be whole.

Eil na r'-fa-na, Oh please, heal us now.

R'-fu-at ha-ne-fesh, u-r'-fu-at ha-guf, r'-fu-ah sh'-lei-mah.

Heal us now, heal us now. Heal us now, heal us now.

Ho-shi-a et a-me-cha u-va-reich et na-ch'-la-te-cha U-r'-eim v'-na-s'-eim ad ha-o-lam.
Mi she-bei-rach a-vo-tay-nu, Mi she-bei-rach i-mo-tay-nu A-na A-do-nai ho-shi-ah-na.

We pray for healing of our people. We pray for healing of the land. And peace for ev'ry race and nation, Ev'ry child, ev'ry woman, ev'ry man.

Eil na r'-fa-na Oh please, heal us now, please heal us.

R'-fu-at ha-ne-fesh, u-r'-fu-at ha-guf, r'-fu-ah sh'-lei-mah. Eil na r'-fa-na
Oh please, heal us now, please heal us.

R'-fu-at ha-ne-fesh, u-r'-fu-at ha-guf, r'-fu-ah sh'-lei-mah. Heal us now, heal us now.

Heal us now, r'-fa-na. Heal us now.

D'Var Torah and the Power of Silence **by** **Kate Brezina**

L'dor Vador (Josh Nelson)

We are gifts and we are blessings, we are history in song.

We are hope and we are healing, we are learning to be strong. We are words, and we are stories, we are pictures of the past. We are carriers of wisdom, not the first and not the last.

L'dor vador, nagid godlecha L'dor vador, we protect this chain.

From generation to generation, L'dor vador these lips will praise Your name.

Looking back on the journey that we carry in our hearts,
from the shadow of the mountain to the waters that would part.

We are blessed, and we are holy we are children of Your way.

And the words that bring us meaning we will have the strength to sa.

L'dor vador, nagid godlecha L'dor vador, we protect this chain.

From generation to generation L'dor vador these lips will praise Your name.

Aleinu

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

ALEINU l'shabei-ach laadon hakol,
 lateit g'dulah l'yotzeir b'reishit,
 shelo asanu k'goyei haaratzot,
 v'lo samanu k'mishp'chot haadamah.
 Shelo sam chelkeinu kahem,
 v'goraleinu k'chol hamonam.
 Vaanachnu kor'im
 umishtachavim umodim,
 lifnei Melech mal'chei hamalachim
 HaKadosh Baruch Hu.

V'ne-emar, v'hayah Adonai
 l'Melech al kol haaretz.
 Bayom hahu yih'yeh Adonai echad
 ush'mo echad.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.
 שֶׁלֹא שָׂם חֶלְקֵנוּ בָהֶם,
 וְגָרְלָנוּ כְּכֹל־הַמוֹנִם.
 וְאָנַחְנוּ כּוֹרְעִים
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
 הַקָּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר, וְהָיָה יי
 לְמֶלֶךְ עַל כָּל הָאָרֶץ.
 בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד
 וּשְׁמוֹ אֶחָד.

A Continuing Journey by Audrey Nolte

Reading by Martina Obenski (Adapted from the song 'Memories' by Maroon 5)

There's a time that I remember, when I did not know no pain,
 When I believed in forever & everything would stay the same.
 Now my heart feels like December when somebody says your name,
 Because I can't reach out and touch you and never will I be the same.

There's a time that I remember when I never felt so lost,
 When I felt all of the anger was much too powerful to stop.
 Now, my heart feels like an ember & it's lighting up the dark,
 I will carry this torch for you that you know I'll never drop.

Everybody hurts sometimes
 Everybody hurts someday,

But everything will be alright
Go and raise a glass and say

Here's to the ones that we got
Cheers to the wish you were here but you're not
Because our thoughts bring back all the memories of everything we've been through.

Toast to the ones here today
Toast to the ones who we lost on the way
Because our thoughts bring back all the memories
And the memories bring back memories bring back you.

Kaddish

MOURNER'S KADDISH

YITGADAL v'yitkadesh sh'mei raba.

B'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach

l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'mei d'Kud'sha B'rich Hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran 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 bimromav,

Hu yaaseh shalom aleinu,

v'al kol Yisrael. V'imru: Amen.

יִתְגַּדַּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,
וְיִמְלִיק מַלְכוּתָהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזָמַן קָרִיב. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעֵלְמֵי עֲלַמְיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיקָה הוּא,
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְאָמִירוֹן בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.



Reading by Melissa Hakim

Rochie Pinson, Rising: The Book of Challah

There will be days when we feel fully risen and expansive and up to facing life's most difficult challenges, and we will gaze at our lovely fat challahs with pride. There will also be days when we may feel deeply deflated and incapable, and the slightly lop-sided challahs cooling on the counter, may be more reflective of that state of mind. Through all the risings and the fallings, through the knowledge that we are good enough to nurture, exactly as we are, will help us appreciate the yield of our efforts and recognize the loveliness in all its imperfection.

Motzi

Baruch Atah Adonai Eloheinu Melech halolam Hamotzi lechem min ha-arets. B'tay avon!

Reading by Michele Salomon & Mary Salinger

We are women who have bonded together in the spirit of friendship, love and a common cause.

We are women who for whatever reason, be it that we were born Jewish, became Jews by choice or have chosen to raise Jewish children, embrace Jewish values and by our actions make a difference.

We are women seeking our own way — searching for our own special niche in the realm of things.

We are women who know that together we can accomplish more than we could do alone.

We are women who are filled with dedication, devotion, determination and hope.

We are women who are daughters, sisters, mothers and grandmothers, the products of our ancestor's teachings — they who were the dreamers, the planners, the believers.

We are women who are the protectors of the past, the caretakers of the present and the promise of the future.

We are the Women of KI. The future lies in our hands.

L'chi Lach

L'chi lach, to a land that I will show you
Leich l'cha, to a place you do not know
L'chi lach, on your journey I will bless you
And (you shall be a blessing) l'chi lach
And (you shall be a blessing) l'chi lach
And (you shall be a blessing) l'chi lach

L'chi lach, and I shall make your name great
Leich l'cha, and all shall praise your name
L'chi lach, to the place that I will show you
(L'sim-chat cha-yim) l'chi lach
(L'sim-chat cha-yim) l'chi lach
(L'sim-chat cha-yim) l'chi lach

SHABBAT SHALOM

