

SHABBAT MORNING SERVICE

HINEIH MAH TOV

Hineih mah tov umah na-im
shevet achim gam yachad /
shevet achayot gam yachad.

הִנֵּה מַה טוֹב וּמַה נְּעִים
שֵׁבֶת אַחִים גַּם יַחְדָּ /
שֵׁבֶת אַחֵיּוֹת גַּם יַחְדָּ.

How good and how pleasant it is that brothers/sisters dwell together.
(Psalm 133:1)

MODEH / MODAH ani l'fanecha,
Melech chai v'kayam,
she-hechezarta bi nishmati b'chemlah,
rabbah emunatecha.

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,
מֶלֶךְ חַי וְקַיִם,
שֶׁהֲחַזַּרְתָּ בִּי נִשְׁמָתִי בְּחֵמְלָה,
רַבָּה אֱמוּנָתְךָ.

PRAISE TO YOU, Adonai our God,
Sovereign of the universe,
who formed the human body with skill,
creating the body's many pathways and openings.
It is well known before Your throne of glory
that if one of them be wrongly opened or closed,
it would be impossible to endure and stand before You.
Blessed are You, Adonai, who heals all flesh, working wondrously.

I OFFER THANKS to You,
ever-living Sovereign,
that You have restored my soul to me in mercy:
How great is Your trust.

בְּרוּךְ אַתָּה, יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.
Baruch atah, Adonai, rofei chol basar umafla laasot.

ELOHAI, n'shamah shenatata bi
t'horah hi.
Atah b'ratah, atah y'tzartah,
atah n'fachtah bi,
v'atah m'shamrah b'kirbi.

אֱלֹהֵי, נִשְׁמָה שֶׁנָּתַתָּ בִּי
טְהוֹרָה הִיא.
אַתָּה בְּרַאתָה, אַתָּה יִצַּרְתָּה,
אַתָּה נִפְחַתָּה בִּי,
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.

MY GOD, the soul You have given me is pure.
You created it, You shaped it, You breathed it into me,
and You protect it within me.
For as long as my soul is within me,
I offer thanks to You,
Adonai, my God
and God of my ancestors,
Source of all Creation, Sovereign of all souls.
Praised are You, Adonai,
in whose hand is every living soul and the breath of humankind.

בְּרוּךְ אַתָּה, יְיָ, אֲשֶׁר בָּיְדוּ נֶפֶשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.
Baruch atah, Adonai, asher b'yado nefesh kol chai v'ruach kol b'sar ish.

Ivdu et Adonai b'simchah,
bo-u l'fanav birnanah.

עֲבֹדוּ אֶת יְיָ בְּשִׂמְחָה,
בָּאוּ לִפְנֵי בְרִנָּה.

Worship God with gladness! Come into God's presence with singing.

Hareini m'kabeil/m'kabelet alai

mitzvat haborei:

"V'ahavta l'rei-acha kamocha."

הֲרִיגִי מִקְבֵּל מִקְבֵּלָת עָלַי
מִצְוַת הַבּוֹרֵא:
וְאָהַבְתָּ לְרֵעֶךָ כָּמוֹךָ.

Here I am, ready to take upon myself
the sacred charge of my Creator:
"Love your neighbor as yourself."

Ashrei — Happy Are Those

*Ashrei yosh'vei veitecha,
od y'hal'lucha selah.*

*Ashrei haam shekacha lo,
ashrei haam she-Adonai elohav.*

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְלְלוּךָ סֵלָה.
אֲשֶׁרִי הָעַם שֶׁכָּכָה לוֹ,
אֲשֶׁרִי הָעַם שֶׁיְיָ אֱלֹהָיו.

Happy are those who dwell in Your house;
they shall sing Your praises forever.

Ha-m'chadeish

slow chant



In God's goodness, the work of creation is renewed each day.

OZI V'ZIMRAT YAH

Ozi v'zimrat Yah vay'hi li lishuah.

עֹז וְזִמְרַת יְהוָה וְיִהְיֶה לִּי לִישׁוּעָה.

Adonai is my strength and might; God will be my salvation. (Exodus 15:2)

AS I AWAKEN, let this be my thought:
 may my day be filled with acts of lovingkindness.
 Let me be drawn to learning and discernment,
 and may my actions be shaped by mitzvot.

Keep me from iniquity, disgrace and sin;
 May I not be overwhelmed by temptation or despair.

Distance me from evil people and false friends.
 Let me cultivate a life of goodness.

May my hands reach out in kindness,
 and I will serve God through acts of righteousness.

Today and every day, may I merit Your mercy,
 by living my life with compassion and love.

Holy One of Blessing, draw me to Your words;
 teach me the art of sacred living.

ברוך אתה יי, המלמד חסדים טובים לעמו ישראל.

Baruch atah, Adonai, ham'lameid chasadim tovim l'amo Yisrael.

PSALM 150:1-6

HAL'LU YAH!

Hal'lu El b'kodsho,
 hal'luhu bir'kia uzo.
 Hal'luhu big'vurotav,
 hal'luhu k'rov gudlo.
 Hal'luhu b'teika shofar,
 hal'luhu b'neivel v'chinor.
 Hal'luhu b'tof umachol,
 hal'luhu b'minim v'ugav.
 Hal'luhu b'tziltz'lei shama,
 hal'luhu b'tziltz'lei t'ruah.
 Kol han'shamah t'haleil Yah
 Hal'lu Yah!

HALLELUJAH!

Praise God in God's sanctuary;
 praise God in the sky, God's stronghold.
 Praise God for mighty acts;
 praise God for God's exceeding greatness.
 Praise God with blasts of the horn;
 praise God with harp and lyre.
 Praise God with timbrel and dance;
 praise God with lute and pipe.
 Praise God with resounding cymbals;
 praise God with loud-clashing cymbals.
 Let all that breathes praise God.
 Hallelujah!

הללו יה!

הללו אל בקדשו,
 הללוהו ברקיע עזו.
 הללוהו בגבורתיו,
 הללוהו כרב גדלו.
 הללוהו בתקע שופר,
 הללוהו בגנבל וכנור.
 הללוהו בתוף ומחול,
 הללוהו במנים ועוגב.
 הללוהו בצלצלי שמע,
 הללוהו בצלצלי תרועה.
 כל הנשמה תהלל יה,
 הללו יה!

YITGADAL v'yitkadash sh'meih raba

b'alma di v'ra chiruteih,

v'yamlich malchuteih

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uviz'man kariv,

v'imru: Amen.

Y'hei sh'meih raba m'varach

l'alam ul'almei almay.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

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

sh'meih d'kud'sha b'rich hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma, v'imru: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֶה רַבָּא

בְּעֶלְמָא דִּי בְּרָא כְרֻעֻתֵהּ,

וְיַמְלִיךְ מַלְכוּתֵהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמְנָא קָרִיב,

וְאָמְרוּ: אָמֵן.

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ

לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֹמֵם וְיִתְנַשֵּׂא,

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֶה דְקֻדְשָׁא בְרִיךְ הוּא,

לְעֶגְלָא מִן כָּל בְּרִכְתָּא וְשִׁירְתָּא,

תְּשֻׁבָּתָא וְנַחֲמָתָא,

דְאָמִירוּ בְּעֶלְמָא, וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great name,
in the world which God created, according to 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.

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בָּרְכוּ אֶת יְיָ הַמְבָרָךְ!

בָּרוּךְ יְיָ הַמְבָרָךְ

לְעוֹלָם וָעֶד!

BARUCH atah, Adonai

Eloheinu, Melech haolam,

yotzeir or uvorei choshech,

oseh shalom uvorei et hakol.

בָּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,

עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.

PRASED ARE YOU, Adonai our God, Sovereign of the universe,
Creator of light and darkness, who makes peace and fashions all things.

Praised are You, Adonai, Creator of all heavenly lights.

בָּרוּךְ אַתָּה, יְיָ, יוֹצֵר הַמְּאוֹרוֹת.

Baruch atah, Adonai, yotzeir ham'orot.

AHAVAH rabah ahavtanu, Adonai Eloheinu,
chemlah g'dolah viteirah chamalta aleinu.
Ba-avur avoteinu v'imoteinu shebat'chu v'cha
vat'lamdeim chukei chayim, kein t'choneinu
ut'lamdeinu. Ham'racheim, racheim aleinu,
v'tein b'libeinu l'havin ul'haskil, lishmo-a,
lilmod ul'lameid, lishmor v'laasot ul'kayeim
et kol divrei talmud Toratecha b'ahavah.

אַהֲבָה רַבָּה אָהַבְתָּנוּ, יְיָ אֱלֹהֵינוּ,
חֲמַלְהָ גְדוֹלָה וַיִּתֵּרָה חֲמַלְתָּ עָלֵינוּ.
בְּעִבּוּר אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ שֶׁבָּטְחוּ בְךָ
וַתִּלְמְדֵם חֻקֵּי חַיִּים, כֵּן וַתַּחֲנוּנוּ
וַתִּלְמְדֵנוּ. הַמְּרַחֵם, רַחֵם עָלֵינוּ,
וְתֵן בְּלִבֵּנוּ לְהַבִּין וּלְהַשְׁכִּיל, לִשְׁמֹעַ,
לִלְמֹד וּלְלַמֵּד, לִשְׁמֹר וּלְעֲשׂוֹת וּלְקַיֵּם
אֶת-כָּל-דִּבְרֵי תִלְמוּד וְתוֹרַתְךָ בְּאַהֲבָה.

HOW DEEPLY You have loved us Adonai, our God, gracing us with surpassing compassion! On account of our forebears whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah.

V'ha-eir eineinu b'Toratecha,
v'dabeik libeinu b'mitzvotcha,
v'yacheid l'veeinu l'ahavah
ul'yirah et sh'mecha,
v'lo neivosh v'lo nikaleim,
v'lo nikasheil l'olam va-ed.
Ki v'sheim kodsh'cha hagadol v'hanora
batachnu, nagilah v'nism'chah bishuatecha.
Vahavi-einu l'shalom mei-arba kanfot
haaretz, v'tolicheinu kom'miyut l'artzeinu.
Ki El po-eil y'shuot atah, uvanu vacharta
v'keiravtanu l'shimcha hagadol selah be-emet,
l'hodot l'cha ul'yachedcha b'ahavah.
Baruch atah, Adonai,
habocheir b'amo Yisrael b'ahavah.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,
וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
וַיַּחַד לִבֵּנוּ לְאַהֲבָה
וּלְיִרְאָה אֶת-שְׁמֶךָ,
וְלֹא יִבּוֹשׁ וְלֹא נִכְלֵם,
וְלֹא נִכְשֵׁל לְעוֹלָם וָעֶד.
כִּי בְּשֵׁם קֹדֶשְׁךָ הַגָּדוֹל וְהַנּוֹרָא
בָּטַחְנוּ, נִגִּילָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.
וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת
הָאָרֶץ, וַתּוֹלִיכֵנוּ קוֹמָמִיּוֹת לְאַרְצֵנוּ.
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה, וּבָנוּ בְּחֵרָתְךָ
וְקִרְבָּתְנוּ לְשִׁמְךָ הַגָּדוֹל סֶלָה בְּאַמֶּת,
לְהוֹדוֹת לְךָ וּלְיַחַדְךָ בְּאַהֲבָה.
בְּרוּךְ אַתָּה, יְיָ,
הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

Enlighten our eyes with Your Torah, focus our minds on Your mitzvot, unite our hearts in love and reverence for Your Name. Then we will never feel shame, never deserve rebuke, and never stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy.

Gather us in peace from the four corners of the earth and lead us upright to our land. For You, O God, work wonders. You chose us. Truly, You drew us near to Your Great Name, that we might acknowledge You, declaring You One in love. Praised be You, Adonai, who chooses Your people Israel in love.

בְּרוּךְ אַתָּה, יְיָ, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

Blessed is God's glorious majesty forever and ever.

V'AHAVTA et Adonai Elohecha,

b'chol l'avcha uv'chol nafsh'cha uv'chol

m'odecha. V'hayu had'varim ha-cilch

asher anochi m'tzav'cha hayom al

l'avecha. V'shinantam l'vanecha v'dibarta

bam b'shivt'cha b'veitecha uv'lecht'cha

vaderech uv'shochb'cha uv'kumecha.

Uk'shartam l'ot al yadecha v'hayu

l'totafot bein einecha. Uch'tavtam

al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru, vaasitem et

kol mitzvotai vih'yitem k'doshim

l'Eloheichem. Ani Adonai Eloheichem,

asher hotzeiti et-chem mei-eretz

Mitzrayim lih'yot lachem l'Elohim

ani Adonai Eloheichem.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ

בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-

מַאֲדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה

אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-

לִבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ

בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ

בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וְקָשַׁרְתָּם לְאָזְנוֹת עַל-יְדֶיךָ וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם

עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-

כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים

לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרַיִם

מִצְרַיִם לְהוֹיֹת לָכֶם לֵאלֹהִים

אֲנִי יְיָ אֱלֹהֵיכֶם:

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.

יְיָ אֱלֹהֵיכֶם אֶמֶת.

Adonai Eloheichem EMET.

MI CHAMOCHAH ba-cilim, Adonai!

Mi kamochah nedar bakodesh,
nora t'hilot, oseih fele!

Shirah chadashah shib'chu g'ulim

l'shimcha al s'fat hayam.

Yachad kulam hodu v'himlichu v'amru:

Adonai yimloch l'olam va-ed.

Tzur Yisrael, kumah b'ezrat Yisrael

uf'deih chinumecha Y'hudah v'Yisrael.

Go-aleinu Adonai Tz'vaot sh'mo,

k'dosh Yisrael.

Baruch atah, Adonai, gaal Yisrael.

מִי כְמוֹכָה בָּאֵלִים, יְיָ!
מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ,
נוֹרָא תִהְיֶה לָּהּ, עֹשֶׂה פֶלֶא!

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים
לְשִׁמְךָ עַל שְׂפַת הַיָּם.

יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כְנָעַמֶּךָ יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה, יְיָ, גָּאֵל יִשְׂרָאֵל.

WHO IS LIKE YOU, O God,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, working wonders?

With new song, inspired,
at the shore of the Sea, the redeemed sang Your praise.
In unison they all offered thanks.
Acknowledging Your Sovereignty, they said:
"Adonai will reign forever!"

Rock of Israel, rise in support of Israel
and redeem Judah and Israel as You promised.
Our Redeemer, *Adonai Tz'vaot* is Your Name.
Blessed are You, Adonai, for redeeming Israel.

בְּרוּךְ אַתָּה, יְיָ, גָּאֵל יִשְׂרָאֵל.

Baruch atah, Adonai, gaal Yisrael.

AMIDAH

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

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד 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 Yitzchak 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.

*SHABBAT SHUVAH — Zochreinu l'chayim,
Melech chafeitz bachayim,
v'chotveinu b'sefer hachayim,
l'maancha Elohim chayim.

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

בָּרוּךְ אַתָּה, יְיָ 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
חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חֲסֵדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

*SHABBAT SHUVAH — זָכְרֵנוּ לְחַיִּים,
מֶלֶךְ חַפֵּץ בַּחַיִּים,
וְכוֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים,
לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בָּרוּךְ אַתָּה, יְיָ,
מִגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

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 Rebecca, 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.

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

בָּרוּךְ אַתָּה, יְיָ, מִגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.
Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

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

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

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

SHABBAT SHUVAH —

Mi chamochah Av harachamim,
zocheir y'tzurav l'chayim b'rachamim.

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

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

אתה גבור לעולם, אדני,
מחיה הכל (מתים) אתה,
רב להושיע.

WINTER* — משיב הרוח

ומוריד הגשם.

SUMMER* — מוריד חטל.

מכלכל חיים בחסד,
מחיה הכל (מתים)
ברחמים רבים, סומך נופלים,
ורופא חולים, ומתיר אסורים,
ומקיים אמונתו לישיני עפר.
מי כמוד בעל גבורות
ומי דומה לך, מלך ממית
ומחיה ומצמיח ישועה.

— SHABBAT SHUVAH

מי כמוד אב הרחמים,
זוכר יצוריו לחיים ברחמים.

ונאמן אתה להחיות הכל (מתים).

ברוך אתה, יי, מחיה הכל (המתים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

WINTER — You cause the wind to shift and rain to fall.

SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) 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 (reviving that which is dead)?

SHABBAT SHUVAH — Who is like You, Compassionate God,

who mercifully remembers Your creatures for life?

Blessed are You, Adonai, who gives life to all (who revives the dead).

ברוך אתה, יי, מחיה הכל (המתים).

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

YOU ARE WITH US in our prayer, our love and our doubt,
 in our longing to feel Your Presence and do Your will.
 You are the still clear voice within us.
 Therefore, O God, when doubt troubles us,
 when anxiety makes us tremble,
 when pain clouds the mind,
 we look inward for the answer to our prayers.
 There may we find You,
 and there find courage, insight and endurance.
 And let our worship bring us closer to one another,
 that all Israel, and all who seek You,
 may find new strength for Your service.

בְּרוּךְ אַתָּה, יי, שְׁאוֹתֶךָ לְבָדָךְ בִּירְאָה נֶעֱבֹד.
 Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

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

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי
 לִפְנֵיךָ, יי צוּרִי וְגֹאֲלִי.

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

Oseh shalom bimromav,
 hu yaaseh shalom aleinu,
 v'al kol Yisrael, v'al kol yosh'vei teiveil,
 v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְמֹי,
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
 וְאָמְרוּ. אָמֵן.

May the one who makes peace in the high heavens
 make peace for us, all Israel and all who inhabit the earth. Amen.

PRAYER for HEALING

MI SHEBEIRACH avoteinu
 M'kor habrachah l'imoteinu.

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ
 מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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 shebeirach imoteinu
 M'kor habrachah laavoteinu.

מִי שֶׁבִּירַךְ אִמּוֹתֵינוּ
 מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Bless those in need of healing with *r'fuah sh'leimah*,
 the renewal of body, the renewal of spirit, and let us say, Amen.

Al sh'loshah d'varim haolam omeid:
al HaTorah v'al haavodah
v'al g'milut chasadim.

על שלשה דברים העולם עומד:
על התורה ועל העבודה
ועל גמילות חסדים.

THE WORLD is sustained by three things: Torah, worship and loving deeds.

Lo yisa goy el goy cherev
v'lo yilm'du od milchamah.

לא-ישא גוי אל-גוי חרב
ולא-ילמדו עוד מלחמה.

NATION SHALL not lift up sword against nation;
neither shall they learn war anymore.

MI SHEBEIRACH avoteinu
M'kor habrachah l'imoteinu.

מי שברך אבותינו
מקור הברכה לאבותינו.

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 shebeirach imoteinu
M'kor habrachah laavoteinu.

מי שברך אמותינו
מקור הברכה לאבותינו.

Bless those in need of healing with *r'fuah sh'leimah*,
the renewal of body, the renewal of spirit, and let us say, Amen.

SIMAN TOV UMAZAL TOV

Siman tov umazal tov.
Umazal tov v'siman tov.
Y'hei lanu.
Y'hei lanu, y'hei lanu, ul'chol Yisrael.

סימן טוב ומזל טוב.
ומזל טוב וסימן טוב.
יהי לנו.
יהי לנו, יהי לנו, ויכלל ישראל.

It is a good and lucky sign for us and all Israel!

Eitz chayim hi lamachazikim bah,
v'tom'cheha m'ushar.
D'rachehah darchei no-am,
v'chol n'tivoteha shalom.

עץ חיים היא למחזיקים בה,
ותמכיה מאשר.
דרכיה דרכי נעם,
וכל נתיבותיה שלום.

Hashiveinu Adonai eilecha v'nashuvah,
chadeish yameinu k'kedem.

השיבנו יי אלקיך ונשובה,
חדש ימינו כקדם.

Get Yourself a Rav

Pirkei Avot 1:6

Joshua ben Perahiah and Nittai the Arbelite
received [the oral tradition] from them.

Joshua ben Perahiah used to say:

Appoint for yourself a teacher,

Acquire for yourself a companion

And judge all people with the scale
weighted in their favor.

משנה אבות א':ו'

יהושע בן פרחיה ונחמאי הארבלים קיבלו מהם.

יהושע בן פרחיה אומר

עשה לך רב

ורקנה לך חביר

והגוי דן את כל האדם לכף זכות:

COMMENTS :

Make yourself a RAV: RAV can mean a rabbi or more broadly a teacher. It could also have the sense of a master, or an authority

Acquire yourself a CHAVER: CHAVER can mean a friend as in the sense of a companion for whom you feel affection or affinity. It can also have the sense of a study-partner, as in the word CHEVRUTA, a person with whom you regularly study sacred (or other) texts

Judge every person with scale weighted in their favor: Imagining the scales of justice with guilt on one side and innocent on the other, one should try to give more weight to the innocent side. another way to say this might be "try to judge every person charitably"

QUESTIONS FOR DISCUSSION:

1) Are these three statements a mere series of virtuous injunctions? Or is there an internal logic among them?

How are they connected? If / then/ therefore?

Because /so / however? If/ only if/ and only if?

2) Make yourself a an authority: This seems to imply a single authority.

Do you have a single authority, a primary world-view, starting point in the way you think about the world, which shapes or influences how you understand things? (Freud? Marx? Adam Smith? Moses? The Dalai Lama? The new York Times?)

3) Acquire yourself a friend: how is having a study partner or conversation partner/intellectual interlocutor related to having a RAV? Is it desirable? necessary? Why?

4) Why should judging each person favorably be connected with these other two statements? Is it a necessary outcome of the process? Or warning about how the process might go wrong? Or is it a method in itself?

TEXT 1

Avot D'Rabbi Natan 8

(1) *Yehoshua ben Perachya and Nittai the Arbelite received from them. Yehoshua ben Perachya said: Make for yourself a teacher, and acquire for yourself a friend, and judge everyone favorably.*

Make for yourself a teacher. How so? This teaches that one should make a regular relationship with her teacher, and should learn from her Scripture, Mishnah, Midrash, Halakhot, and Aggadot. As, the explanation for what she has learned in Scripture will eventually be told to her in Mishnah. And the explanation for what he has learned in Midrash will eventually be told to him in the Halakhot. And the explanation for what she has learned in the Halakhot will eventually be told to her in the Aggadah. And so this person will [come to be settled in his place] and full of goodness and blessing.

(2) Rabbi Meir would say: Someone who learns Torah from one teacher – what is he like? He is like someone who had one field and planted part of it with wheat and part of it with barley [and part of it with olives and part of it with trees. We find such a person is full of goodness and blessing.

But when someone learns from two or three teachers, she is like someone who has many fields. One she plants with wheat and one she plants with barley] and one she plants with olives and one she plants with trees. We find such a person is spread out across the land, and is without goodness or blessing.

אבות דרבי נתן ח'

(א) יהושע בן פרחיה ונתאי הארבלי קבלו מהם יהושע בן פרחיה אומר עשה לך רב וקנה לך חבר והוי דן את כל האדם לכף זכות

עשה לך רב כיצד ?
מלמד שיעשה לו את רבו קבע וילמד ממנו מקרא ומשנה מדרש הלכות ואגדות טעם שהניח לו במקרא סוף שיאמר לו במשנה טעם שהניח לו במדרש סוף שיאמר לו בהלכות טעם שהניח לו בהלכות סוף שיאמר לו בהגדה נמצא האדם ההוא [יושב במקומו] ומלא טוב וברכה:

(ב) היה רבי מאיר אומר הלומד תורה מרב אחד למה הוא דומה ?
לאחד שהיה לו שדה אחת וזרע מקצתה חטים ומקצתה שעורים [ובמקצתה זיתים ובמקצתה אילנות ונמצא האדם ההוא מלא טובה וברכה

ובזמן שלומד מב' ג' דומה למי שיש לו שדות הרבה אחת זרע חטין ואחת זרע [שעורים] ונטע אחת זיתים ואחת אילנות ונמצא אדם ההוא מפוזר בין הארצות בלא טוב וברכה:

(3) *And acquire for yourself a friend.* How so? This teaches that a person should acquire a friend for himself who will eat with him, and drink with him, and study Scripture and Mishnah with him, and go to sleep with him, and tell him all his secrets, both secrets of the Torah and secrets of the ways of the world. For when they sit and engage in Torah together, and one of them makes a mistake in the law, or the division of chapters, or declares an impure thing pure, or a pure thing impure, [or a forbidden thing permitted or a permitted thing forbidden, then his friend will correct him. And how do we know] that when his friend corrects him and studies with him, that they will have great reward from their studies? For it says (Ecclesiastes 4:9)
“The two are better than the one, for they have great reward from their efforts.”

וקנה לך חבר כיצד ?
מלמד שיקנה האדם חבר לעצמו
שיאכל עמו וישתה עמו ויקרא עמו וישנה
עמו וישן עמו ויגלה לו כל סתוריו סתר
תורה וסתר דרך ארץ
שכשיושבין ועוסקין בתורה וטעה א' מהם
הלכה או ראש הפרק או שיאמר על טמא
טהור או על טהור טמא [ועל אסור מותר
ועל מותר אסור חבירו מחזירו
ומניין שכשחבירו מחזירו וקורא עמו שיש
להם שכר טוב בעמלן שנא' (קהלת י'
טובים השנים מן הא'
אשר יש להם שכר טוב בעמלם:

Lo yisa goy el goy cherev
v'lo yilm'du od milchamah.

לא-ישא גוי אל-גוי חרב
ולא-ילמדו עוד מלחמה.

NATION SHALL not lift up sword against nation;
neither shall they learn war anymore.

Eitz chayim hi lamachazikim bah,
v'tom'cheha m'ushar.
D'rachehah darchei no-am,
v'chol n'tivotcha shalom.

עץ חיים היא למחזיקים בה,
ותמכה מאשר.
דרכיה דרכי נעם,
וכל נתיבותיה שלום.

Hashiveinu Adonai eilecha v'nashuvah,
chadeish yameinu k'kedem.

השיבנו יי אליך ונשובה,
חדש ימינו בקדם.

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 hamlachim
HaKadosh Baruch Hu.

עלינו לשבוע לאדון הכל,
לתת גדלה ליוצר בראשית,
שלא עשנו כגויי הארצות,
ולא שמנו כמשפחות האדם.
שלא שם חלקנו בהם,
וגרלנו ככל-המונים.
ואנחנו פורעים
ומשתחווים ומודים,
לפני מלך מלכי המלכים
הקדוש ברוך הוא.

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.

v'hasheivota el l'vavecha,
ki Adonai hu HaElohim

והשבת אל לבבך,
כי יי הוא האלהים

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

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

HEALING PRAYERS

Ayahla bat Aaron
Beryl Solla
James Yates
Louise Bodenstein
Rifka bat Rachel
Esther Masheh bat Ruth
Ronnie Garvey
Jennifer Sargent
Tiffany Gordon
Dean Weber
Ann Hudson
Ethel Crowe
Stephanie Finder
Samantha Berke-Kaplan
Marita McClymonds
Ariel Smith
Ariel Roberts
Aviva bat Sarah
Paula Stoler
Brenda Miller
Gail Silverstein
Dorothy Hoffman
Ellis Hoffman
Art Ritter
Kelly Rainbird
Healthcare Workers

Yahrzeits May 23 – May 29**Deceased**

Patricia Arnold
Rita Baellow
Morris Dwoskin
Sandra Kanter
Claire Morahan
Mark Richard
Rhoda Ritter
Leonid Rossovsky
Ida Rothstein
Evelyn Stoler
Jennie Volk Levine
Esther Harrison Cohen
Marvin Jerome Homzie
Elliott L. Hyman
Nora Marymor
Soloman H. Miller
Silvia Treves Levi Vidale

Mourner

Russell Arnold
Ronald Baellow
Robert Dwoskin
Wade Komisar
Clarice Morris
Sheila Richard
Cora Schenberg
Anna Smith
Harold (Rusty) Rothstein
Mark Stoler
Nancy Summers
Congregation Beth Israel
Congregation Beth Israel
Congregation Beth Israel
Congregation Beth Israel
Congregation Beth Israel
Congregation Beth Israel

JOIN RABBI TOM GUTHERZ ON ZOOM

Saturday, May 23, 10:00 a.m.

SHABBAT MORNING SERVICE & TORAH STUDY

Please find a Zoom link for this service as well as the service materials in this week's e-announcements!

PLEASE NOTE: we will publish detailed information on CBI's virtual Shavuot programs & services on Monday, May 25, so watch your inbox!

MOURNER'S KADDISH

קדיש יתום

YITGADAL v'yitkadash 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'r'ich 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 וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
 בְּעֻלְמָא דִּי בְּרָא כְרֵעֻתָּהּ,
 וְיִמְלִיךְ מַלְכוּתָּהּ,
 בְּחַיֵּינוּ וּבְיוֹמֵינוּ
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֻגְלָא וּבְזִמָּן קָרִיב. וְאָמְרוּ: אָמֵן.
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
 לְעָלְמָא וּלְעָלְמֵי עָלְמֵינָא.
 יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
 וְיִתְרֻמֵּם וְיִתְנַשֵּׂא,
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,
 לְעֻלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
 תְּשׁוּבָתָא וְנֶחֱמָתָא,
 דְּאָמִירָן בְּעֻלְמָא. וְאָמְרוּ: אָמֵן.
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
 וְאָמְרוּ: אָמֵן.
 עֹשֶׂה שְׁלוֹם בְּמִרְמֵינוּ,
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great name
 in the world which God created, according to 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.

Adon olam asher malach,
b'terem kol y'tzir nivra.
L'eit naasah v'cheftzo kol,
azai Melech sh'mo nikra.

V'acharei kichlot hakol,
l'vado yimloch nora.
V'hu hayah, v'hu hoveh,
v'hu yih'yeh, b'tifarah.

V'hu echad v'ein sheini,
l'hamshil lo l'hachbirah.
B'li reishit b'li tachlit,
v'lo haoz v'hamisrah.

V'hu Eli v'chai go-ali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li
m'nat kosi b'yom ekra.

B'yado afkid ruchy,
b'eit ishan v'a-irah.
V'im ruchy g'viyati,
Adonai li v'lo ira.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כֹּל יִצְרֵי נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל,
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הוֹבֵה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַּחְלִית,
וְלֹא הָעֹז וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי וְחֵי גָאֲלִי,
וְצוּר חֲבָלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמְנוֹס לִי
מִנֶּת כּוֹסִי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישׁוֹן וְאַעִּירָה.
וְעַם רוּחִי גְּוִיָּתִי,
יְיָ לִי וְלֹא אֵיכָרָא.

You are our Eternal God, who reigned before any being had been created;
when all was done according to Your will, then You were called Ruler.

And after all ceases to be, You alone will rule in majesty.
You have been, are yet, and will be in glory.

And You are One; none other can compare to or consort with You.
You are without beginning, without end. To You belong power and dominion.

And You are my God, my living Redeemer, my Rock in times of trouble and distress.
You are my standard bearer and my refuge, my benefactor when I call on You.

Into Your hands I entrust my spirit, when I sleep and when I wake,
and with my spirit my body also; Adonai is with me and I shall not fear.

EIN K'ELOHEINU

פיוטים

Ein k'Eloheinu, ein k'Adoneinu,
ein k'Malkeinu, ein k'Moshi-einu.

אין פֿאלהײַנו, אין פֿאדוֹנײַנו,
אין פֿמלְכֵנו, אין פֿמוֹשׁיעֵנו.

שְׁבֶת

הַבְּדֵלָה

שִׁירִים

Mi ch'Eloheinu, mi ch'Adoneinu,
mi ch'Malkeinu, mi ch'Moshi-einu.

מִי כֵאלֹהֵינוּ, מִי כֵאֲדוֹנֵינוּ,
מִי כִמְלָכֵנוּ, מִי כִמוֹשִׁיעֵנוּ.

שִׁירֵי אֶרֶץ יִשְׂרָאֵל

נָמִים נוֹרָאִים

שְׁלֹשׁ רִגְלִים

Nodeh l'Eloheinu, nodeh l'Adoneinu,
nodeh l'Malkeinu, nodeh l'Moshi-einu.

נוֹדֶה לֵאלֹהֵינוּ, נוֹדֶה לֵאֲדוֹנֵינוּ,
נוֹדֶה לְמַלְכֵנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.

סִכּוּת

פֶּסֶח

שְׁבָעוֹת

Baruch Eloheinu, baruch Adoneinu,
baruch Malkeinu, baruch Moshi-einu.

בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ,
בָּרוּךְ מַלְכֵנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

חֲנֻכָּה

ט"ו בְּשָׁבָט

פּוּרִים

Atah hu Eloheinu, atah hu Adoneinu,
atah hu Malkeinu, atah hu Moshi-einu.

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מַלְכֵנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

זְכוֹר

מְדִיטָצְיָה וְחֻלְמָה

שִׁירִים לְאַמּוּיִם

There is none like our God; there is none like our Eternal One;
There is none like our Ruler; there is none like our Redeemer.

Who is like our God? Who is like our Eternal One?
Who is like our Ruler? Who is like our Redeemer?

We will give thanks to our God; we will give thanks to our Eternal One;
We will give thanks to our Ruler; we will give thanks to our Redeemer.

Praised be our God; praised be our Eternal One;
Praised be our Ruler; praised be our Redeemer.

You are our God; You are our Eternal One;
You are our Ruler; You are our Redeemer.