

Kabbalat Shabbat

KI ESHM'RAH SHABBAT

Ki eshm'rah Shabbat El yishm'reini.

Ot hi l'olmei ad beino uveini.

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.
אוֹת הִיא לְעוֹלָמֵי עַד בֵּינֵנוּ וּבֵינֵי.

When I keep Shabbat, God watches over me. It is a sign forever between God and me.

EILEH CHAMDAH LIBI

Eileh chamdah libi,

chusah na v'al na titalam.

אֵלֶּה חֲמֻדָּה לִבִּי,
חֻסָּה נָא וְאַל נָא תִּתְעַלֵּם.

God is my heart's desire. Appear! Do not hide.

Higale Nah (from Yedid Nefesh)

Shir Yaakov

Higale, gale, gale, nah

Ufros, ufros chavivi alai

et sukat, sukat, sh'lomecha

**my beloved, reveal yourself and spread over me
the shelter of Your peace**

SHABBAT HAMALKAH

Hachamah meirosh ha-ilanot nistalkah,

bo-u v'neitzei likrat Shabbat hamalkah.

Hinei hi yoredet, hak'doshah hab'ruchah.

V'imah malachim, tz'va shalom um'nuchah.

Bo-i bo-i hamalkah, bo-i bo-i hakalah.

Shalom aleichem, malachei hashalom.

הַחֲמָה מֵרֹאשׁ הָאֵילָנוֹת נִסְתַּלְקָה,

בָּאוּ וְנִצְּא לְקִרְאֵת שַׁבָּת הַמַּלְכָּה.

הִנֵּה הִיא יוֹרֵדֶת, הַקְּדוּשָׁה הַבְּרוּכָה.

וְעִמָּהּ מַלְאָכִים, צְבָא שְׁלוֹם וּמְנוּחָה.

בָּאוּ בָּאוּ הַמַּלְכָּה, בָּאוּ בָּאוּ הַכֹּלָה.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשְּׁלוֹם.

The sun on the treetops no longer is seen;
come, gather to welcome the Sabbath, our queen.

Behold her descending, the holy, the blessed,
and with her the angels of peace and of rest.

Draw near, draw near, and here abide,
draw near, draw near, O Sabbath bride.

Peace also to you, you angels of peace.

SHALOM aleichem, malachei hashareit,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

שָׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, ט"ז
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,
malachei elyon,
mimelech mal'chei hamlachim,
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Bless me with peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

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

לָכָה דוֹדֵי לְקִרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

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. שְׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֶל הַמְיֻחָד,
יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

"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 שַׁבָּת לָכוּ וְנִלְכָה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקְדָּם 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.

Hitor'ri, hitor'ri,
ki va oreich, kumi ori,
uri uri shir dabeiri.
k'vod Adonai alayich niglih.

5. הִתְעוֹרְרִי, הִתְעוֹרְרִי,
כִּי בָּא אֹרֶךְ, קוּמִי אֹרִי,
עוֹרִי עוֹרִי, שִׁיר דַּבְּרִי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

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

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 עֲטֶרֶת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצִהְלָה,
תּוֹךְ אֲמוּנֵי עַם סִגְלָה,
בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.

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!

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ!

בָּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

Praised be Adonai to whom praise is due,

now and forever!

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'imo.

El chai v'kayam,

tamid yimloch aleinu l'blam va-ed.

Baruch atah, Adonai, hamaariv aravim.

בָּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עַרְבִים,

בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים

וּמַחְלִיף אֶת הַיָּמִימִים,

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמְרוֹתֵיהֶם. בְּרַקִּיעַ כְּרָצוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ

וְחֹשֶׁךְ מִפְּנֵי אוֹר,

וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְיָ צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיָּם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בָּרוּךְ אַתָּה, יְיָ, הַמַּעְרִיב עַרְבִים.

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.

בָּרוּךְ אַתָּה, יְיָ, הַמַּעְרִיב עַרְבִים.

Baruch atah, Adonai, hamaariv aravim.

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'mitzvatecha l'olam va-ed.
Ki heim chayeinu v'orech yameinu
uvahem neh'geh yomam valailah.
V'ahavat'cha
al tasir mimenu l'olamim.
Baruch atah, Adonai,
ohev amo Yisrael.

אַהַבַּת עוֹלָם
בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ,
תּוֹרָה וּמִצְוֹת,
חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדְתָּ.
עַל כֵּן, יְיָ אֱלֹהֵינוּ,
בְּשׁוֹכְבֵינוּ וּבְקוּמֵנוּ
נָשִׁיחַ בְּחֻקֶיךָ,
וְנִשְׁמַח בְּדִבְרֵי תּוֹרַתְךָ
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ
וּבָהֶם נְהַגֶּה יוֹמָם וּלְיָלֵה.
וְאָהַבְתָּךְ
אַל תִּסְרֵם מִמֶּנּוּ לְעוֹלָמִים.
בָּרוּךְ אַתָּה, יְיָ,
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

בְּרָכוּ
מִצְרִיב עֲרָבִים
אַהַבַּת עוֹלָם
שְׁמַע
וְאָהַבְתָּ
לְמַעַן תִּזְכְּרוּ
אַמַּת-נְאֻמוֹתָהּ
מִדְּבַר מִצְוָה
הַשְׂכִּיבֵנוּ
וְשָׁמְרוּ

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.

בָּרוּךְ אַתָּה, יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.
Baruch atah, Adonai, ohev amo Yisrael.

Hareini Mekabel (et) alay
et mitzvat haBoreh
V'ahavta la-reacha kamocho
La-re-acha kamocha

I hereby take upon myself
The commandment of my Creator
Love your neighbor as yourself
Love your neighbor as yourself

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

V'AHAVTA et Adonai Elohecha,
b'chol l'avcha uv'chol nafsh'cha uv'chol
m'odecha. V'hayu had'varim ha-eileh
asher anochi m'tzav'cha hayom al
l'avvecha. V'shinantam l'vanecha v'dibarta
bam b'shiv'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.

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.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל-
לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וּקְשַׁרְתָּם לְאָזְנוֹת עַל-יְדֶיךָ וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם
עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהָיוֹת לְכֶם לְאֱלֹהִים
אֲנִי יְיָ אֱלֹהֵיכֶם:

יְיָ אֱלֹהֵיכֶם אֶמֶת.
Adonai Eloheichem EMET.

MI CHAMOCHAH ba-eilim, Adonai!

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

Malchut'cha ra-u vanecha,
bokei-a yam lifnei Moshe uMiryam.
Zeh Eli, anu v'amru,
Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov,
ug'alo miyad chazak mimenu.
Baruch atah, Adonai, gaal Yisrael.

מִי־כְמוֹכָה בָּאֵלִים, יְיָ!
מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ,
נוֹרָא תְהִלֹת, עֲשֵׂה פִלָּא!

מְלֻכּוּתְךָ רָאוּ בְנֵיךָ,
בּוֹקַע יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
זֶה אֱלֹהֵינוּ וְאִמְרוּ,
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

וְנֹאמַר: כִּי פָדָה יְיָ אֶת־יַעֲקֹב,
וּגְאָלוֹ מִיַּד חֲזַק מִמֶּנּוּ.
בְּרוּךְ אַתָּה, יְיָ, גֹאֵל 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?

Your children witnessed Your sovereignty,
the sea splitting before Moses and Miriam.
"This is our God!" they cried.
"Adonai will reign forever and ever!"

**LET THERE BE love and understanding among us.
Let peace and friendship be our shelter from life's storms.**

**HASHKIVEINU, Adonai Eloheinu,
I'shalom,**

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 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.

בְּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִפְתֵי שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu
v'al kol amo Yisrael v'al Yerushalayim.

Select either V'shamru or Yism'chu

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.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל
 אֶת־הַשַּׁבָּת,
 לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם
 בְּרִית עוֹלָם.
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
 אוֹת הִיא לְעוֹלָם,
 כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי
 אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

בְּרַחוּ
 מְעֲרִיב עֲרֵבִים
 אֶהְבֵּת עוֹלָם
 שְׁמַע
 וְאֶהְבֵּת
 לְמַעַן תִּזְכְּרוּ
 אֶמֶת וְאֶמוּנָה
 מִי־כַמְכָה
 הַשְּׁפִיבֵנוּ
 וְשָׁמְרוּ

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.

YISM'CHU v'malchut'cha
 shomrei Shabbat v'korei oneg.
 Am m'kad'shei shvi-i,
 kulam yisb'u v'yitangu mituvecha.
 V'hashvi-i ratzita bo v'kidashto,
 chemdat yamim oto karata,
 zecher l'maaseh v'reishit.

יְשַׁמְחוּ בְּמַלְכוּתְךָ
 שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֵג.
 עִם מְקַדְּשֵׁי שְׁבִיעִי,
 כְּלָם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מְטוֹבֶיךָ.
 וְהַשְּׁבִיעִי רָצִיתָ בוֹ וְקִדְּשָׁתוֹ,
 חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ,
 זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית.

THOSE WHO KEEP SHABBAT by calling it a delight
 will rejoice in Your realm.
 The people that hallow Shabbat will delight in Your goodness.
 For, being pleased with the Seventh Day, You hallowed it
 as the most precious of days, drawing our attention to the work of Creation.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל V'shamru v'nei Yisrael... The people of Israel shall keep... Exodus 31:16-17

וְשַׁמְחוּ Yism'chu contains twenty-four Hebrew words said to correspond to the twenty-four hours of Shabbat.

AMIDAH

Shabbat Evening I

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'neiheim l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH — Zochreinu l'chayim,
 Melech chafeitz bachayim,
 v'chorveinu 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
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

*SHABBAT SHUVAH — זָכְרֵנוּ לְחַיִּים,
 מֶלֶךְ חַפֵּץ בְּחַיִּים,
 וְזוֹכֵרנוּ בְּסֵפֶר הַחַיִּים,
 לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
 בָּרוּךְ אַתָּה, יְיָ,
 מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

אבות ואמהות
 גבורות
 קדושה
 קדושת היום
 עבודה
 חודשה
 שלום
 תפלת הלב

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, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.
 Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

*SHABBAT SHUVAH: The Shabbat between Rosh HaShanah and Yom Kippur.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows from the waist at the word בָּרוּךְ *Baruch* and stands straight at the word יְיָ *Adonai*.

אבות ואמהות *Avot v'imahot* . . . As God has been gracious to our forebears, so may we receive divine favor.



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

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,
m'chayehi 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'chayehi hakol (hameitim).

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵיַתִּים) אַתָּה,
רַב לְהוֹשִׁיעַ.

WINTER — מְשִׁיב הַרוּחַ

וּמוֹרִיד הַגֶּשֶׁם.

SUMMER — מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵיַתִּים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמְתִיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בֹּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מְמִית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

— SHABBAT SHUVAH

מִי כְמוֹךָ אֵב הַרַחֲמִים,

זוֹכֵר וְצוֹרֵךְ לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל (מֵיַתִּים).

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּיַתִּים).

אָבוֹת וְאִמָּהוֹת

גְּבוּרוֹת

קִדְשָׁה

קִדְשַׁת הַיּוֹם

עֲבוּדָה

הוֹדָאָה

שְׁלוֹם

תְּפִלַּת הַלֵּב

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).

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּיַתִּים).

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

Mashiv haruach / Morid hatal — with these words, we join our Israeli brothers and sisters in their prayers for seasonal rains in the Land of Israel.

Morid hatal . . . You rain dew upon us . . . A seasonal insertion into the G'vurot acknowledges God as the Source of the power of nature. The variations in climate like growth and decay, birth and death, are part of the fixed pattern of the universe created by God. In his prayerbook, *Minhag America*, Isaac Mayer Wise used the prayer for dew and rain as a permanent part of this benediction.

*WINTER: Sh'mini Atzeret / Simchat Torah to Pesach. SUMMER: Pesach to Sh'mini Atzeret / Simchat Torah.

ATAH kadosh v'shimcha kadosh

uk'doshim b'chol yom

y'hal'lucha, selah.*

Baruch atah Adonai, Ha-El hakadosh.

*SHABBAT SHUVAH — Baruch atah,
Adonai, HaMelech hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכֹל יוֹם
יְהַלְלוּךָ סֵלָה.*
בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.
— SHABBAT SHUVAH*
בְּרוּךְ אַתָּה, יְיָ, הַמֶּלֶךְ הַקָּדוֹשׁ.

אבות ואמהות
גבורות
קדושה
קדושת היום
צבונה
הודאה
שלום
תפלת הלב

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

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.
Baruch atah, Adonai, Ha-El hakadosh.

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, יְיָ, שְׂאוֹתֶךָ לְבִדְךָ בִּירְאָה נְעֻבָד.
Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֵׂה 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, for all Israel and all who inhabit the earth. Amen.



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.

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.
 שֶׁלֹּא שָׂם חֵלְקֵנוּ בָהֶם,
 וְגָרְלָנוּ בְּכָל־הַמּוֹנָם.
 וַאֲנַחְנוּ כּוֹרְעִים
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
 הַקְּדוֹשׁ בְּרוּךְ הוּא.

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

וְהִשְׁבֹּתָ אֶל לְבָבְךָ,
 כִּי יְיָ הוּא הָאֱלֹהִים

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

וְנֹאמֶר, וְהָיָה יְיָ
 לְמֶלֶךְ עַל כָּל הָאָרֶץ.
 בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד
 וּשְׁמוֹ אֶחָד.

HEALING PRAYERS

Jerome Komisar
Natalie Komisar
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
Barbara Pilkey
Stephanie Finder
Susan Rozan
Samantha Berke-Kaplan
Marita McClymonds
Ariel Smith
Ariel Roberts
Aviva bat Sarah
Paula Stoler
Mary Ritter
Bill Suhler
Brenda Miller
Gail Silverstein

Yahrzeits April 4 – April 10

Deceased

Maria Baruch
Evelyn Becker
Rose Brenner
Dorothy Brown
Adam Cloth
Philip Fox
David W. Fredrick, Sr.
Herbert Heilberg
Anna Hirschfeld
Paul Lowe
Bill Lucy
Robin McCarty
Meyer Reiter
Rosa Scheuer
Leonard Seide
Sidney I. Shapanka
Sol Sokotch
Betty Steffes

Mourner

Martin Baruch
Larry Becker
Jacquie Pickering
Gail Ronkin
Mark Cloth
Frances Rudman
James Fredrick
David Heilberg
Nancy Whitman
Bonnie Brown
Sherry Kraft
Geri Schirmer
Stephen Reiter
Rachel Berez Skadron
Richard Seide
Adele Creutz
Penny Kaestli
Amy Laufer

Shiva / Shloshim

Robert Langbaum
Roxbury Hyde Crystal
Patricia Eloise Borenstein

Father of Emily Langbaum Rubin
Mother of Charlotte Crystal
Mother of Steven Borenstein

JOIN RABBI RACHEL SCHMELKIN ON ZOOM

Saturday, April 4, 10:00 a.m.

SHABBAT MORNING SERVICE AND STUDY SESSION

Please find a Zoom link to Rabbi Rachel's service and further instructions in this week's e-announcements!

JOIN RABBI RACHEL SCHMELKIN ON FACEBOOK LIVE

Sunday, April 5, 11:00 a.m.

RELIGIOUS SCHOOL ASSEMBLY

Please find a link to the CBI Facebook page and further instructions in this week's e-announcements!

CBI Virtual Community Passover Seder (on Zoom)

Celebrate Passover with our first virtual community Seder, on the second night of Passover, on **Thursday, April 9, at 6:00 p.m.** Rabbi Rachel Schmelkin and Rabbi Tom Guthertz will lead this event remotely. Please learn more details on how to register and prepare in this week's e-announcements!

MOURNER'S KADDISH

קדיש יתום

YITGADAL v'yitkadesh sh'mei raba.	יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
B'alma di v'ra chirutei,	בְּעֻלְמָא דִּי בְרָא כְרְעוּתֵיהּ,
v'yamlich malchutei,	וַיְמַלִּיךְ מַלְכוּתֵיהּ,
b'chayeichon uv'yomeichon	בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
uv'chayei d'chol beit Yisrael,	וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
baagala uviz'man kariv. V'im'ru: Amen.	בְּעֻגְלָא וּבְזְמַן קָרִיב. וְאִמְרוּ: אָמֵן.
Y'hei sh'mei raba m'varach	יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
Palam ul'almei almaya.	לְעֵלַם וּלְעֻלְמֵי עֻלְמַיָּא.
Yitbarach v'yishtabach v'yitpaar	יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר
v'yitromam v'yitnasei,	וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא,
v'yit'hadar v'yitaleh v'yit'halal	וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
sh'mei d'Kud'sha B'rich Hu,	שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
l'eila min kol birchata v'shirata,	לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
tushb'chata v'nechemata,	תִּשְׁבַּחְתָּא וְנַחֲמָתָא,
daamiran b'alma. V'imru: Amen.	דְאָמִירוּן בְּעֻלְמָא. וְאִמְרוּ: אָמֵן.
Y'hei sh'lama raba min sh'maya,	יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
v'chayim aleinu v'al kol Yisrael.	וַחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
V'imru: Amen.	וְאִמְרוּ: אָמֵן.
Oseh shalom bimromav,	עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,
Hu yaaseh shalom aleinu,	הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
v'al kol Yisrael. V'imru: Amen.	וְעַל כָּל יִשְׂרָאֵל. וְאִמְרוּ: 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.

GESHER TZAR M'OD

Kol haolam kulo gesher tzar m'od
v'ha-ikar lo l'facheid klal.

כָּל הָעוֹלָם כְּלוּ גֶשֶׁר צָר מְאֹד
וְהַעֲקָר לֹא לִפְחַד כָּלָל.

The entire world is but a narrow bridge; the most important thing is not to be afraid.

ADON OLAM

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

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כָּל יִצִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְחִפְצוֹ כָּל,
אֲזִי מָלַךְ שְׁמוֹ נִקְרָא.

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

וְאַחֲרַי כְּכֹלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹבֵה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

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

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הָעֹז וְהַמְשָׁרָה.

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

וְהוּא אֵלֵי וְחִי גֹאֲלִי,
וְצוּר חֲבֻלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמְנוֹס לִי
מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא.

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

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעִירָה.
וְעַם רוּחִי גְוִיָּתִי,
יְיָ לִי וְלֹא אִירָא.

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.