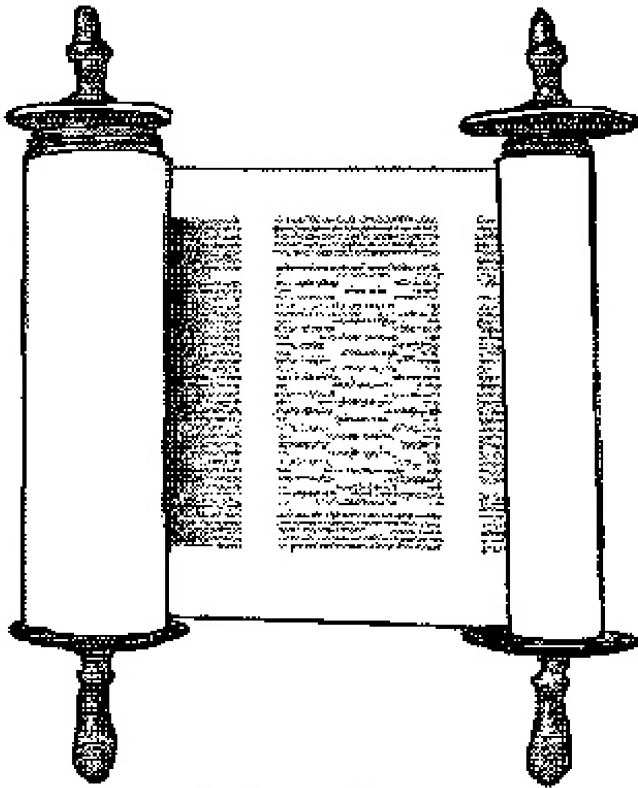


Friday Evening
Shabbat Service



The Book of the Law.

Congregation Hakafa

Eternal God of all peoples and races, may all Your children learn to live together in peace and friendship. Let the day come when oppression, discrimination, and prejudice will be forgotten, and all the world filled with Your spirit, as it has been said: "Turn to Me and be saved, all the ends of the earth!"

May that day come soon, O Lord; the day foretold by our prophets and sages, the day for which we long, when all humanity will recognize that it is one family.

Chatzi Kaddish

חצי קדיש

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעַלְמָא דִּי-בְרָא כְרַעוּתָהּ,
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
בְּעַגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעַלְמֵי עָלְמַיָּא. יִתְבָּרַךְ
וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא, וְיִתְהַדַּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא, לְעַלְא מִן כָּל-בְּרַכְתָּא
וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמְתָּא דְאִמְרִין בְּעַלְמָא, וְאָמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba b'alma div'ra chir'u'tei, v'yamlich malchutei b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala u'viz'man kariv, v'imru: Amen.

Y'hei sh'mei raba m'vorach l'olam u'l'almei almay.

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh, v'yithadar v'yitaleh v'yithalal sh'mei d'kudsha, b'rich hu, l'eila min kol birchata v'shirata, tushb'chata v'nechemata da'amiran b'alma, v'im'ru: Amen.

Let the glory of God be extolled, let His great name be hallowed in the world whose creation He willed. May His kingdom soon prevail, in our own day, our own lives, and the life of all Israel, and let us say: Amen.

Let His great name be blessed for ever and ever.

Let the name of the Holy One, blessed is He, be glorified, exalted and honored, though He is beyond all the praises, songs and adorations that we can utter, and let us say: Amen.

Shabbat Shalom - שבת שלום

Ma Yafeh Hayom

מה יפה היום

מַה יִפֶּה הַיּוֹם שַׁבַּת שְׁלוֹם

Ma yafeh ha yom Shabbat shalom
How lovely is this day of Shabbat peace.

Hinei Ma Tov

הנה מה טוב

הִנֵּה מַה טוֹב וַיְמָה נְעִים שַׁבַּת אַחִים גַּם יַחַד

Hinei ma tov u'manayim shevet achim gam yachad
Behold how good and how pleasant it is for people to dwell together as one.
(Psalm 133:1)

Lecha Dodi

לכה דודי

לְכֵה דוּדֵי לְקַרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה

Lecha Dodi likrat kalah p'nai Shabbat n'kab'lah.
Let us welcome Shabbat as we greet a beautiful bride.



Blessing the Shabbat candles

הדלקת נרות לשבת

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבַּת.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kidshanu, b'mitzvotav v'tzivanu, l'hadlik ner shel Shabbat.

Blessed are You, Adonai our God, Ruler of the Universe, Who hallows us with Mitzvot and commands us to light the Shabbat candles.

Baruch Ata Adonai, Eloheinu Melech ha'olam, asher bidvahro ma'ariv aravim. B'chochma poteach she'arim, uvit'vuna itim, umachalif et hazmanim, umsader et hacochavim, b'mishm'rotahem barakia kirtzono. Borei yom valilah, golel or mipnei hoshech, v'hoshech mipnei or, uma'avir yom umayvi lilah, umavdil bein yom uvein lilah, adonai tzva'ot shmo. El chai v'kayam, tamid yimloch aleinu l'olam va'ed. Baruch Atah, Adonai, hama'ariv aravim.

Please be seated

Praised be the Lord our God, Ruler of the Universe, Whose word brings on the evening. Your wisdom opens heaven's gates; Your understanding makes the ages pass and the seasons alternate; and Your will controls the stars as they travel through the skies.

You are the Creator of day and night, rolling light away from darkness, and darkness from light; You cause day to pass and bring on the night; You set day and night apart: You are the Lord of Hosts.

May the living and eternal God rule us always, to the end of time! Blessed is the Lord, whose word makes evening fall.

Ahavat Olam

Ahavat Olam recreates the moment when God gave the *Torah* to Israel as a precious gift. It reminds us that God's love is everlasting.

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת: תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמִדָּת. עַל כֵּן, יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבְקוֹמֵנוּ נִשְׁיַח בְּחֻקֶיךָ, וְנִשְׁמַח בְּדַבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאֶרֶץ יְמִינוּ, וּבָהֶם נִהְגָּה יוֹמָם וּלְיָלֵה. וְאֶהְבֵּתְךָ אֶל תְּסִיר מִמֶּנּוּ לְעוֹלָמִים! בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat olam beit yisrael amcha ahavta: Torah u'mitzvot, chukim u'mishpatim, otanu limadta. Al ken, Adonai Eloheinu, b'shochbeinu u'vkumeinu naseach b'chukeicha, v'nismach b'divrai toratecha u'v'mitzvotcha l'olam va'ed. Ki hem chayeinu v'orech yameinu, u'vahem nehege yomam valilah. V'ahavt'cha al tasir mimenu l'olamim! Baruch Ata Adonai, Ohev amo Yisrael.

The Sh'ma and Its Blessings

שמע וברכותיה

The Shabbat service begins with introductory prayers and songs that set the tone for meaningful worship during the four main parts of the service. The first part of the service is the Sh'ma and its blessings. The Sh'ma is the central expression of the Jewish faith. It is the acknowledgment that there is one God, and that we exist in a relationship with God.

Barchu

ברכו

The *Barchu* is the call to worship. It gathers everyone together, inviting the group to pray. The *Barchu* is like the gate to the service. You have to walk through the gate to enter the garden of prayer. At the gate, a guard asks a question. "Are you ready to praise God?" In order to enter, you must respond, "Yes, blessed be God to whom all blessings are due."

Please Rise

בְּרוּךְ אַתָּה יְיָ הַמְּבָרָךְ!

Barchu et Adonai ham'vorach!

Praise the Lord, to Whom our praise is due!

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va'ed!

Praised be the Lord, to Whom our praise is due,

now and forever!

Ma'ariv Aravim

מעריב ערבים

This prayer concerns the creation of the natural world. It reminds us that God recreates the world every day.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֶרְבִים. בְּחֻכְמָה פּוֹתַח שְׁעָרִים, וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַיּוֹמָנִים, וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר, וּמַעְבִּיר יוֹם וּמְבִיא לַיְלָה, וּמְבַדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיָּם, תְּמִיד יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה, יְיָ, הַמַּעְרִיב עֶרְבִים.

V'ahavta et Adonai Elohecha, b'chol l'avvacha, uv'chol nafsh'cha, uv'chol m'odecha. V'hayu had'varim ha'eleh, asher anochi m'tsav'cha hayom, al l'avvecha. V'shinantam l'vanecha, v'dibarta bam b'shivtecha b'veitecha, uv'lecht'cha vaderech, uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hah-yu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.

L'ma'an tizkeru, va'asitem et kol mitsvotai v'heyitem k'doshim l'eloheichem. Ani Adonai Eloheichem, asher hotseiti etchem m'eretz mitzrayim, liheyot lachem l'Elohim. Ani Adonai Eloheichem.

You shall love the Lord your God with all your heart, with all your soul, and with all your might. These words which I command you on this day shall be in your heart. You shalt teach them diligently to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes. You shall write them on the doorposts of your house and upon your gates, that you may remember and do all of My commandments and be holy unto your God.
(Deut. 6:4-9)

Ge'ula

גאולה

This prayer reminds us of Israel's redemption from Egypt. It praises God for saving and helping the Israelites in the past and future.

True and certain it is that there is One God, and there is no other.

It is God Who redeemed us from the might of tyrants and delivered us from slavery to freedom.

Great are the things that God has done, wonders without number.

God brought forth Israel from Egyptian bondage and has been our hope in every generation.

May God continue to have protecting care over all humanity and guard us from disaster.

As You delivered Israel from a mightier power, so may You redeem all Your children from oppression.

You are our God, the Source of life and its blessings. Wherever we turn our gaze we behold signs of Your goodness and love. The whole universe proclaims Your glory. Your loving spirit hovers over all Your works, guiding and sustaining them. The harmony and grandeur of nature speak to us of You; the beauty and truth of Torah reveal Your will to us. You are the One and Eternal God of time and space!

Sh'ma

שמע

The *Sh'ma* is the essence of Judaism. It is not a prayer. It is a statement of faith that Jews believe in one God, *Adonai*. It expresses our belief in God's unity.

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!
בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד!

*Sh'ma Yisrael: Adonai Eloheinu, Adonai Echod!
Baruch shem k'vod malchuto l'olam va'ed!*

Hear O Israel: The Lord is our God the Lord is One!
Blessed is Your glorious majesty for ever and ever!

V'ahavta

ואהבת

The *V'ahavta* explains how to love God, teach others and accept God's commandments.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבִנְיָן, וְדַבַּרְתָּ בָם בְּשַׁבְּתְךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטַטְפֹת בֵּין עֵינֶיךָ, וְכִתְבָתָם עַל-מְזוֹת בֵּיתְךָ, וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהַיּוֹת לְכֶם לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם.

Help us to lie down in peace and wake up again secure in Your love. Spread Your sheltering peace over us; guide us with Your own good counsel; save us for Your own sake. Be a shield around us, turning away enemies, disease, violence, hunger, and sorrow. Remove the evil temptations that surround us. Keep us safe in the shadow of Your wings, for You are our Guardian and Deliverer. You rule us with mercy and compassion. Watch over us as we come and go in life, so that we may live in peace now and forever. Spread your sheltering peace over us. Praised are You, Adonai, Who spreads the shelter of peace over us and all humanity.

V'shamru

ושמרו

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הַיָּא לְעֹלָם, כִּי שָׁשַׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְכַּשׁ.

V'shamru v'nay Yisrael et haShabbat. la'asot et haShabbat l'dorotam b'rit olam. Bay'nee u'vayn b'nay Yisrael ot hee l'olam, ki shay'shet ya'meem asah Adonai et ha'shamayim v'et ha'aretz, u'v'yom ha'shve'ee shavat va'yee'ne'fash.

The children of Israel should keep the Sabbath, observing the Sabbath throughout their generations as an everlasting covenant. It is a sign between God and the children of Israel for all time, for in six days God made the heavens and the earth, and on the seventh day God finished and rested.

Amida

עמידה

The second part of the service is the Tefilah. It is also called the Amida (the “standing” prayer) because it is traditionally recited while standing. The Tefilah evokes our need to be linked to our ancestors, to feel part of God’s holiness, to give thanks, and to find fulfillment and peace.

מִי כַמְלֵכָה בְּאֵלִים יְיָ? מִי כַמְלֵכָה נֹאדָר בְּקִדְשׁ,
 נוֹרָא תְהִילָת, עֲשֵׂה פְּלֵאָה?
 מְלֻכוֹתֶיךָ רָאוּ בְּנִיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה; “יְהִי אֱלֹהֵינוּ” עָנוּ
 וְאָמְרוּ: “יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!”
 וְנֹאמְרָ: “כִּי־פָדָה יְיָ אֶת־יַעֲקֹב, וּגְאָלוֹ מִיַּד חֹזֵק מִמֶּנּוּ.” בְּרוּךְ
 אַתָּה, יְיָ גֹאֵל יִשְׂרָאֵל.

Mi chamocha ba'eilim, Adonai? Mi kamocha, ne'edar bakodesh, nora tehilot, oseh feleh? Malchut'cha ra'u vanecha, bokeya yam lifnei Moshe; "Zeh Eili!" anu v'amru: "Adonai yimloch l'olam va'ed!" V'ne'amar: "Ki-fadah Adonai et-Ya'akov, u'g'alu miyad chazak mimenu." Baruch Ata, Adonai Ga'al Yisrael.

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders? In their escape from the sea, Your children say Your sovereign might displayed. “This is my God!” they cried. “The Eternal will reign for ever and ever!” And it has been said: “The Eternal delivered Jacob, and redeemed him from the hand of one stronger than himself.” Blessed is the Lord, the Redeemer of Israel.

Hashkiveinu

השכיבנו

Hashkiveinu asks God for peace through the night.

הַשְּׁכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים וּפְרוֹשׁ
 עָלֵינוּ סִכַּת שְׁלוֹמְךָ וְתִקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ
 לְמַעַן שְׁמֹךָ, וְהִגֵּן בְּעַדֵּנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרָב,
 וְרָעַב וְיָגוֹן, וְהִסֵּר שֵׁטֶן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ, וּבִצֵּל כְּנַפְיֶךָ
 תְּסַתִּירֵנוּ. כִּי אֵל שׁוֹמְרָנוּ וּמְצִילָנוּ אַתָּה, כִּי אֵל מְלַךְ חַנוּן
 וְרַחוּם אַתָּה, וְשָׁמֹר צִאתָנוּ וּבוֹאָנוּ לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה
 וְעַד עוֹלָם וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ שׁוֹמֵר
 עַמּוֹ יִשְׂרָאֵל לְעַד:

Hashkiveinu Adonai Eloheinu l'shalom, v'ha'amideinu Malkeinu l'chayim ... u'shmor tzeiteinu u'vo'einu, l'chaim u'lshalom, meyatah v'ad olam ...

*A-ta gi-bor l'o-lam, Adonai, m'cha-yei ha-kol a-ta, rav l'sho-shi-a.
M'chal-keil cha-yim b'cheh-sed, m'cha-yei ha-kol b'ra-cha-mim ra-bim.
So-meich no-f'lim, v'ro-fei cho-lim, u-ma-tir a-su-rim, u-m'ka-yeim
eh-mu-na-to li-shei-nei a-far. Mi cha-mo-cha ba-al g'vu-rot, u-mi do-meh
lach, meh-lech mei-mit u-m'cha-yeh u-matz-mi-ach y'shu-a? V'neh-eh-man
a-ta l'ha-cha-yot ha-kol. Ba-ruch a'ta Adonai, m'cha-yei ha-kol.*

Your might, O God, is everlasting;

Help us to use our strength for good and not for evil.

You are the Source of life and blessing;

Help us to choose life for ourselves and our children.

You are the Support of the falling;

Help us to lift up the fallen.

You are the Author of freedom;

Help us to set free the captive.

You are our Hope in death as in life;

Help us to keep faith with those who sleep in the dust.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ סֵלָה.
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ.

*Atah kadosh v'shimcha kadosh, u'kdoshim b'chol yom y'ha'l'lu'cha selah.
Baruch Atah, Adonai, ha'Eyl ha'kadosh.*

Holy are You, and hallowed is Your name. Holy are they who praise You daily. Praised are You, Adonai, the holy God.

Please be seated

Yismechu

ישמחו

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שְׁבֵת וְקוֹרְאֵי עֲנָג. עִם מְקוֹדְשֵׁי
שְׁבִיעֵי כָּלֵם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטּוֹבְךָ. וְהַשְׁבִּיעֵי רְצִית בּוֹ
וְקוֹדְשֵׁיךָ, הַמְּדִידִים יָמִים אוֹתוֹ קָרְאתָ, זָכָר לְמַעֲשֵׂה בְּרֵאשִׁית.

Please rise

אֲדוֹנֵי, שְׁפֹתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

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

Eternal God, open my lips, that my mouth may declare Your glory.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ: אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא, אֵל
עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת
וְאִמְהוֹת, וּמֵבִיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוּ בְּאַהֲבָה. מְלֶךְ
עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

*Baruch Ata Adonai, Eloheinu v'Elohei avoteinu v'emoteinu: Elohei
Avraham, Elohei Yitzchak, v'Elohei Ya'akov. Elohei Sara, Elohei
Rivka, Elohei Leah, v'elohei Rachel. Ha'el hagadol hagibor v'hanora,
El elyon, gomel chasadim tovim, v'koneh hakol, v'zocher chas'dei avot
v'emahot, umeivi g'uela liv'nei v'neihem, l'ma'an sh'mo, b'ahava.
Melech ozer umoshia umagen. Baruch Ata Adonai, magen Avraham
v'ezrat Sara.*

Praised be our God, the God of our ancestors, God of Abraham, God of Isaac, and God of Jacob. God of Sarah, God of Rebecca, God of Leah and God of Rachel. You are the source of greatness and courage and awe, God Almighty. Showing love and kindness even though all the world is already Yours, remembering when our ancestors also showed this great kindness. You bring ever closer the day of redemption when the world will be perfect for their children's children, for the sake of Your name. Ruler, Helper, Savior, and Shield. Praised be our God, Shield of Abraham, Helper of Sarah.

אַתָּה גְּבוּר לְעוֹלָם, אֲדוֹנֵי מַחֲיָה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחֲיָה הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׂרָאֵל
עַפְרָי. מִי כְמוֹךָ, בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָּךְ, מְלֶךְ מִמִּית
וּמַחֲיָה וּמַצְמִיחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחֲיֹת הַכֹּל. בְּרוּךְ
אַתָּה, יְיָ, מַחֲיָה הַכֹּל.

Torah Service

סדר קריאת התורה

The reading of the *Torah* is the next part of the service. The *Torah* is the sacred scroll comprising the five books of Moses. It is the centerpiece of Jewish belief.

Our Light is Torah; Mitzvot are our lamp.

Pleasing are the ways of Torah, and all her paths are peace.

Dark and twisting is the road to peace; happy the generation whose light will guide them to its end.

The students of Torah add peace to the world, as it is said:

When all your children are taught of the Lord, great shall be the peace of your children.

שְׂאוּ שְׁעָרִים רְאִישֵׁיכֶם וְהִנְשְׂאוּ פִתְחֵי עוֹלָם וַיָּבֹא מְלֶךְ
הַכְּבוֹד! מִי הוּא זֶה מְלֶךְ הַכְּבוֹד? יְיָ צְבָאוֹת
הוּא מְלֶךְ הַכְּבוֹד! סְלַח.

*Se-u she-a-rim ro-shei-chem, ve-hi-na-se-u pi-te-chei o-lam, ve-ya-vo
me-lech ha-ka-vod! Mi hu zeh me-lech ha-ka-vod? A-do-nai tse-va-ot -- hu
me-lech ha-ka-vod! Se-la.*

בֵּית יַעֲקֹב לְכוּ, וְנִלְכֶה בְּאוֹר יְיָ.

Beit ya'akov l'chu v'nelcha b'or Adonai.

Lift up your heads, O gates! Lift yourselves up, O ancient doors!
Let the Ruler of Glory enter. Who is this Ruler of Glory?
The Lord of Hosts, God is the Ruler of Glory!
O House of Jacob: come, let us walk by the light of the Lord.

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!
אֶחָד אֱלֹהֵינוּ, גְּדוֹל אֲדוֹנֵינוּ, קְדוֹשׁ שְׁמוֹ.

*Sh-ma Yis-ra-eil: A-do-nai E-lo-hei-nu, A-do-nai E-chad!
E-chad E-lo-hei-nu, ga-dol a-do-nei-nu, ka-dosh sh'-mo.*

Hear, O Israel: the Lord is our God, the Lord is One!
Our God is One; our Lord is great; holy is the Eternal name.

*Yismechu b'malchutecha shomrei Shabbat v'korei oneg. Am m'kadshei
sh'vi'i kulam yisb'u v'yitanegu mituvecha. V'hash'vi'i ratzita bo v'kidashto,
chemdat yamim oto karata, zecher l'ma'aseh v'reishit.*

Those who keep the Sabbath and call it a delight shall rejoice in Your kingdom. All who hallow the seventh day shall be gladdened by your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation.

Silent Meditation

Eili, Eili

אלי, אלי

Hannah Senesh, a young Hungarian Jew, made aliyah to then Palestine in the 1940s, where she lived on a Kibbutz. She later returned to Hungary to help the anti-Nazi partisans. Parachuting behind enemy lines, she was captured and executed. Her writings stand as testimony to the power of young people to change the world.

אֵלִי, אֵלִי, שְׁלֵא יִגְמַר לְעוֹלָם: הַחוֹל וְהַיָּם רִישְׁרוֹשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם תְּפִילַת הָאָדָם, הַחוֹל וְהַיָּם, רִישְׁרוֹשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם תְּפִילַת הָאָדָם.

*Eili, Eili, shelo yigameir l'olam: hachol v'hayam
rish-rush shel hamayim, b'rak hashamayim, t'filat ha-adam;
Hachol v'hayam rish-rush shel hamayim, brak hashamayim,
t'filat ha-adam.*

O Lord, 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 humanity.
The sand and the sea, the rush of the waters,
The crash of the heavens, the prayer of humanity.

Oseh Shalom

עושה שלום

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה 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 Creator of peace in heaven grant peace upon us, upon all Israel,
(and upon all humanity). And let us say, Amen.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנְּךָ: יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשְׂם לְךָ
שָׁלוֹם: וְשָׂמוּ אֶת־שְׁמִי עַל־בְּנֵי יִשְׂרָאֵל וְאֲנִי אֲבָרְכֶם:

25. The Lord make his face shine upon you, and be gracious to you; 26. The Lord lift up his countenance upon you, and give you peace. 27. And they shall put my name upon the people of Israel; and I will bless them.

וַיְהִי בַיּוֹם כָּלוּת מִשֵּׁה לְהַקִּים אֶת־הַמִּשְׁכָּן וַיִּמְשַׁח אֹתוֹ
וַיְקַדֵּשׁ אֹתוֹ וְאֶת־כָּל־כֵּלָיו וְאֶת־הַמִּזְבֵּחַ וְאֶת־כָּל־כֵּלָיו
וַיִּמְשַׁחֵם וַיְקַדֵּשׁ אֹתָם:

1. It came to pass on the day that Moses had finished setting up the tabernacle, and had anointed it, and sanctified it, and all its instruments, both the altar and all its utensils, and had anointed them, and sanctified them;

After the Reading of Torah

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנו תּוֹרַת
אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה, יי, נוֹתֵן הַתּוֹרָה.

Baruch Ata, Adonai Eloheinu, melech ha'olam, asher natan lanu Torat emet, v'chayei olam nata b'tocheinu. Baruch Ata, Adonai, notein hatorah.

Blessed is the Lord our God, Ruler of the universe, Who has given us a Torah of truth, implanting within us eternal life. Blessed is the Lord, Giver of the Torah.

Mi Shebeirach

מי שברך

מִי שִׁבְרַךְ אֲבוֹתֵנוּ מִקּוֹר הַבְּרָכָה לְאַמוּתֵנוּ,

Mi shebeirach avoteinu m'kor habrachah l'emoteinu,

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.

מִי שִׁבְרַךְ אֲמוּתֵנוּ מִקּוֹר הַבְּרָכָה לְאַבוֹתֵנוּ,

Mi shebeirach emoteinu m'kor habrachah l'avoteinu,

Bless those in need of healing with *refuah sh'lemah*,

The renewal of body, the renewal of spirit and let us say, Amen.

לָךְ יי, הַגְּדֹלָה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְחָה וְהַהוֹד, כִּי כָל
בְּשָׁמַיִם וּבָאָרֶץ, לָךְ יי הַמְּמֹלָכָה וְהַמְּתַנַּשֵּׂא לְכָל לְרֹאשׁ.

*Le-cha, A-do-nai, ha-ge-du-la, ve-ha-ge-vu-ra ve-ha-tif-e-ret
ve-ha-nei-tsach, ve-ha-hod, ki chol ba-sha-ma-yim u-va-a-rets, le-cha,
A-do-nai, ha-mam-la-cha, ve-ha-mit-na-sei le-chol le-rosh.*

Yours, Lord, is the greatness, the power, the glory, the victory, and the majesty; for all that is in heaven and earth is Yours. Yours is the kingdom, O Lord; You are supreme over all.

Please be seated

Before the Reading of Torah

בְּרַכּוּ אֶת־יי הַמְּבָרָךְ!
בְּרוּךְ יי הַמְּבָרָךְ לְעוֹלָם וָעֶד!
בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר־בָּנוּ מִכָּל
הָעַמִּים וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ. בְּרוּךְ אַתָּה, יי, נוֹתֵן הַתּוֹרָה.

Ba-re-chu et A-do-nai ha-me-vo-rach!

Ba-ruch A-do-nai ha-me-vo-rach le-o-lam va-ed!

*Ba-ruch A-ta, A-do-nai E-lo-hei-nu, me-lech ha-o-lam, a-sheer ba-char ba-nu
mi-kol ha-a-mim, ve-na-tan la-nu et To-ra-to. Ba-ruch A-ta A-do-nai,
no-tein ha-to-rah.*

Praise the Lord, to Whom our praise is due!

Praised be the Lord, to Whom our praise is due, now and for ever!

Blessed is the Lord our God, Ruler of the universe, Who has chosen us from all peoples by giving us the Torah. Blessed is the Lord, Giver of the Torah.

Parashat Naso Numbers 6:23-7:1

דַּבֵּר אֶל־אַהֲרֹן וְאֶל־בָּנָיו לֵאמֹר כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל
אֲמֹר לָהֶם: יְבַרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

23. Speak to Aaron and to his sons, saying, On this wise you shall bless the people of Israel, saying to them, 24. The Lord bless you, and keep you;

Mourner's Kaddish

קדיש יתום

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי-בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ: אָמֵן. יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וְלְעֵלְמֵי עֲלְמַיָּא. יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם
וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא,
לְעֵלְמָא מִן כָּל-בִּרְכָתָא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאִמְרֵין
בְּעֵלְמָא, וְאָמְרוּ: אָמֵן. יְהִי שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

*Yitgadal v'yitkadash shmei raba b'alma divra chirutei, v'yamlich
malchutei b'chayeichon u'v'yomeichon u'v'chayei d'chol beit Yisrael,
ba'agala u'vizman kariv, v'imru: Amen.*

Y'hei shmei raba m'vorach l'olam u'l'almei almaya.

*Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnasei, v'yit'hadar
v'yitaleh v'yit'halal sh'mei d'kudasha, b'rich hu, le'eila min kol
birchata v'shirata, tush'b'chata v'nechemata, da'amiran b'alma,
v'imeru: Amen. Yehei sh'lama raba min sh'maya v'chayim aleinu ve'al
kol Yisrael, v'imeru: Amen. Oseh shalom bim'romav, Hu ya'aseh
shalom aleinu ve'al kol Yisrael, ve'imeru: Amen.*

Od Yavo Shalom Aleinu

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּלָם.
סָלָאָם עָלֵינוּ וְעַל כָּל הָעוֹלָם,
סָלָאָם, סָלָאָם.

Od yavo shalom aleinu (3x) v'al kulam.

Salaam, aleinu v'al kol haolam,

Salaam, salaam.

Peace will surely come to us, to everyone. Salaam, for us and for the entire world.

Concluding Prayers

The last part of the service includes the *Aleinu* and *Kaddish Yatom*. *Aleinu* repeats the major themes of the Shabbat service. The *Kaddish Yatom*, the mourner's prayer, actually has no mention of death or mourning. It praises God and reemphasizes the themes of life and peace.

Aleinu

עלינו

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֵא
עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֵא שְׁמֵנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה; שְׁלֵא
שָׁם חִלְקֵנוּ כְּהֵם, וְגַרְלָנוּ כְּכָל-הַמוֹנָם. וְאִנְחָנוּ כּוֹרְעִים
וּמְשַׁתַּחֲוִים וּמוֹדִים לְפָנֵי מְלֶכֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ
הוּא. וְנִאָמַר, וְהִידֵּה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ. בַּיּוֹם הַהוּא יִהְיֶה
יְיָ אֶחָד וְשִׁמוֹ אֶחָד

*Aleinu l'shabeyach la'Adon hakol, latet g'dulah l'yotser b'reishit, shelo
asanu k'goyei ha'aratsot, v'lo samanu k'mishpechot ha'adamah; shlo sam
chelkeinu kahem, v'goraleinu k'chol hamonam. V'anachnu korim
u'mishtachavim u'modim lif'nei melech malchei ham'lachim, Hakadosh
Baruch Hu. V'ne'ehmar v'hayah Adonai l'melech al kol ha'aretz; bayom
hahu y'h'yeh Adonai Echad, u'shmo Echad.*

On that day the age-old dream shall come true. On that day, O God, You shall be One and Your Name shall be One.

On this Shabbat, we remember:

Sedelle Bauer, mother of Nancy Krelloff
Benjamin Irving Hyman, father of Kerry Leaf
James Lowitz, brother of Robert Rothschild
Reuben Sclar, grandfather of Lori Wilansky
Harold Sharpe, father of Emily Sharpe
Henry Slone, father of Reuben Slone
Gregory Sun, cousin of Laura Kaiser Innes
Victor Turner, uncle of Jeff Rosenberg

Shloshim:

John Reisman, father of Hope Sheffield

Kiddush

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch Ata Adonai, Eloheinu melech ha-olam bo-re p'ri hagafen.

Blessed are You, Eternal our God, Sovereign of the universe, Creator of the fruit of the vine.

HaMotzi

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch Ata Adonai Eloheinu melech ha-olam, hamotzi leche min ha-aretz.

Amen.

Blessed are You, Eternal our God, Sovereign of the universe, who brings forth bread from the earth.

Shabbat Shalom שבת שלום