



B'kol Echad

בְּקוֹל אֶחָד

In One Voice

Edited by
CANTOR
JEFFREY SHIOVITZ

Published by:
The United Synagogue of America
Department of Youth Activities

בְּקוֹל
אֶחָד

In One Voice

OTHER USY PUBLICATIONS

A Time to Be Born, A Time to Die

Isaac Klein

Community and Responsibility in the Jewish Tradition

Barbara Fortgang Summers

Conservative Judaism: Our Ancestors to Our Descendants

Elliot N. Dorff

Higher and Higher: Making Jewish Prayer Part of Us

Steven M. Brown

In God's Image: Making Jewish Decisions About the Body

Bernard Novick

Ma'alin Bakodesh—The Jewish Dietary Laws: Sanctify Life

James M. Lebeau

Midrash: The Search for a Contemporary Past

Benjamin J. Segal

Missionary at the Door: Our Uniqueness

Benjamin J. Segal

Rejoice with Jerusalem

Jules A. Gutin

Slow Down and Live: A Guide to Shabbat Observance and Enjoyment

edited by Stephen Garfinkel

The Jewish Family Relationship

David M. Feldman

The Symbols of Judaism: The Challenge to Learn and Create

edited by Stephen Garfinkel

Who Makes People Different: Jewish Perspectives on the Disabled

Carl Astor

Reclaiming Our Legacy: The More Torah, The More Life

Dr. Steven Brown

When Life is in the Balance

Barry D. Cytron and Earl Schwartz

Jewish Leadership and Heroism

Rabbi Jack Moline

The People and Its Land

Simcha Kling

INTRODUCTION

The publication of this *Shiron*, songbook, fills a need that has existed in the Conservative Movement and USY for a long time—to have its own *Shiron* that can be used at conventions, Shabbatonim, meetings and around the Shabbat table. We are told in the Psalms: *Ivdu et Hashem v'simcha, bo-u l'fanav birnana*, "Worship the Lord with gladness, come before Him with song." It is my wish that through these songs and their singing our tradition will be strengthened.

I'd like to thank Rabbis Paul Freedman and Stephen Garfinkel for their tremendous help in producing this *Shiron*. Many thanks to Velvel Pasternak for his ideas and suggestions and for his permission to use some of the fine translations from his songbooks. To all of the USYers and staff, thank you for your ideas and especially for your enthusiasm. In addition, a special thanks to David Israel (1984 USY International President) for his initiative and efforts on behalf of the publication of this *Shiron*.

Lastly, I'd like to thank my wife and best friend, Robyn, who has encouraged me and helped me throughout this endeavor. I'd like to dedicate this *Shiron* to Robyn and to our new daughter, Rachel.

Cantor Jeffrey Shiovitz

KEY TO TRANSLITERATIONS

א, א, א	a	as in ah
י	i	as in see
אי	ei	as in say
א, א	u	as in sue
א, א, א, א	o	as in oh
א, א	e	as in hen
אי	ai	as in eye
שׁ	'	Sh'va (when pronounced): i as in easily
כ, ח	ch	as in loch

Note: This book contains the name of God, and should be treated respectfully. The blessings indicate the Divine name by יי, while most songs use the symbol יה.

TABLE OF CONTENTS

Shabbat Blessings

Blessing of the Candles	1
Shalom Aleichem	2
Parents' Blessing of Children	3
Eishet Chayil	5
Kiddush for Shabbat Evening	8
Kiddush for Shabbat Morning	10
Washing the Hands	11
Hamotzi	12
Havdalah	13
Eliyahu Hanavi	13

Shabbat Z'mirot

Baruch El Elyon	17
Mah Y'didut	21
M'nucha V'simcha	24
Yah Ribon	26
Tzur Mishelo	28
D'ror Yikra	31
Mipi Eil	33 ✓
Yom Shabbaton	35
Yom Zeh M'chubad	37
Mizmor L' David	40
Y'did Nefesh	41

Grace After Meals

Hin'ni Muchan Um'zuman	42
Grace After Meals (Full Version)	42
Grace After Meals (Shortened Version)	62
B'racha Achrona	68
Grace After Meals at Weddings	72
Sheva B'rachot	73

Shirim (Arranged alphabetically in Section)

Achat Sha-alti	77 ✓
Al Sh'losha D'varim	77
Am Yisrael Chai	78 ✓
Ani Ma-amin	78
Ashreinu	78
Ashira Lashem	79
Atah Echad	79
Az Ich Vil Zingen	80
Baruch Eloheinu	80
Baruch Hamakom	81
David Melech Yisrael	81 ✓
Dodi Li	81
Eileh Chamda Libi	82 ✓
Eili Eili	83
Emet	83
Eretz Zavot Chalav	83 ✓
Esa Einai	84
Harachaman	84 ✓
Hatov	84
Hava Nashira	85
Hinei Ma Tov	85 ✓
Hoshia Et Amecha	85 ✓
Hodu Lashem	86
Ivdu Et Hashem	86
Ki Heim Chayeinu	86
Ki Lo Yitosh	87
Ki Mitzion	87
Ko Amar	87 ✓
Kol Ha-olam Kulo	88 ✓
L'chu N'ran'na	88
Lo Alecha	89 ✓
Lo Ira	89
Lo Yisa Goy	89 ✓
Malchut'cha	90 ✓

Ma Tovu	90
Mayim	90 ✓
Mi Ha-ish	91
Min Hameitzar	91
Modeh Ani	91
Od Yishama	92 ✓
Or Zarua	92 ✓
Oseh Shalom	93 ✓
Pitchu Li	93
Rom'mu	93 ✓
Tein Shabbat V'tein Shalom	93
Tov L'hodot	95
Tzadik Katamar	95 ✓
Tzion	95 ✓
Ufaratzta	96 ✓
Ura K'vodi	96 ✓
Urei Vanim	96
Uva-u Ha-ovdim	97 ✓
Veineinu Tirena	97
V'haer Eineinu	97 ✓
Vihuda L'olam Teisheiv	98
V'Kareiv P'zureinu	98 ✓
V'nomar L'fanav	98 ✓
V'taheir Libeinu	99 ✓
Yasis Alayich	99 ✓
Yibaneh Hamikdash	99 ✓
Yism'chu B'mal'chut'cha	100
Yism'chu Hashamayim	100 ✓
Y'varech'cha	101 ✓

Songs of Israel

Al Kol Eileh	102 ✓
Bashana Haba-a	104 ✓
Erev Shel Shoshanim	106
Hafinjan	107 ✓

Lach Y'rushalayim	108
Lam'natzei-ach Shir Mizmor	109
Shalom Al Yisrael	109
Sharm-A-Sheich	111
Sisu Et Y'rushalayim	113 ✓
Y'rushalayim Shel Zahav	114

Songs of Safam

Amnesty	117
Leaving Mother Russia	119

Additional Songs

Halleluyah USY	120
T'filat Haderech	121
Hatikva	122

SHABBAT BLESSINGS

BLESSING OF THE SABBATH CANDLES

A minimum of two candles are kindled before sundown and then the *b'racha* is recited. It is customary to cover one's eyes when reciting the *b'racha*.

On Sabbath:

Baruch atah Adonai,
Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner shel
Shabbat.

ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו וצונו להדליק
נר של שבת.

Praised are You, Lord our God, King of the universe, who has sanctified us with His commandments and commanded us to light the Sabbath candles.

On Festivals:

(When the festival falls on Sabbath, add the words in brackets.)

Baruch atah Adonai,
Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner sher
(Shabbat v') yom tov.

ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו וצונו להדליק
נר של [שבת ו] יום טוב.

Praised are You, Lord our God, King of the universe, who has sanctified us with His commandments and commanded us to light the (Sabbath and) Festival candles.

On all festivals except the last two nights of Pesach

Baruch atah Adonai,
Eloheinu melech ha-olam,
shehecheyanu, v'ki-manu
v'higi-anu laz'man hazeh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁהַחַיָּנו וקִיֵּמָנוּ
וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

Praised are You, Lord our God, King of the universe, who
has kept us in life, sustained us and enabled us to reach
this season.

SHALOM ALEICHEM

Shalom aleichem malachei
hashareit malachei elyon,
Mimelech malchei
ham'lachim, hakadosh
baruch hu.

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי
הַשָּׁרֵת מַלְאָכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

Bo-achem l'shalom malachei
hashalom malachei elyon,
Mimelech malchei
ham'lachim, hakadosh
baruch hu.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי
הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

Barchuni l'shalom malachei
hashalom malachei elyon,
Mimelech malchei
ham'lachim, hakadosh
baruch hu.

בָּרְכֵנוּ לְשָׁלוֹם מַלְאָכֵי
הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

Tzeitchem l'shalom malachei
hashalom malachei elyon,
Mimelech malchei
ham'lachim, hakadosh
baruch hu.

צאתכם לשלום מלאכי
השלום מלאכי עליון,
ממלך מלכי המלכים
הקדוש ברוך הוא.

Peace be unto you, O ministering angels, Messengers of
the Most High, the king of kings, the Holy One, blessed
be He.

May your coming be in peace, messengers of peace,
Messengers of the Most High, the king of kings, the Holy
One, blessed be He.

Bless me with peace, messengers of peace, Messengers of
the Most High, the king of kings, the Holy One, blessed
be He.

May your departure be in peace, messengers of peace,
Messengers of the Most High, the king of kings, the Holy
One, blessed be He.

PARENTS' BLESSING OF CHILDREN

It is a custom for parents to place their
hands on their children's heads and recite
the following:

For sons:

Y'simcha Elohim k'Efrayim
v'chi-M'nashe.

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם
וְכִמְנַשֶּׁה.

May God bless you as He blessed Ephraim and Manasseh.

For daughters:

Y'simeich Elohim k' Sarah יְשַׁמַּח אֱלֹהִים בְּסָרָה, רִבְקָה,
Rivka Rachel v'Leah. רָחֵל וְלֵאָה.

May God bless you as He blessed Sarah, Rebecca, Rachel
and Leah.

For all children

conclude with the threefold blessing:

Y'varech'cha Adonai יְבָרֵךְ יי וְיִשְׁמְרֶךָ.
v'yish-m'recha. יֵאָר יי פָּנָיו אֵלֶיךָ וִיחַנֶּנָּה.
Ya-eir Adonai panav eilecha יֵשָׂא יי פָּנָיו אֵלֶיךָ
vichuneka. וְיִשֶּׁם לְךָ שְׁלוֹם.
Yisa Adonai panav eilecha
v'yaseim l'cha shalom.

May the Lord bless you and keep you.
May the Lord cause His spirit to shine upon you
and be gracious unto you.
May the Lord turn His spirit unto you and grant you
peace.

*From: Likrat Shabbat: Worship, Study, and Song for Sabbath and Festival
Services and for the Home, by Rabbis Sidney Greenberg and Jonathan D. Levine.
Copyright © 1973 by The Prayer Book Press, 1363 Fairfield Avenue, Bridgeport,
CT 06605. Reprinted by permission.*

EISHET CHAYIL

It is customary for the husband to recite the *Eishet Chayil* to his wife before the Kiddush as an acknowledgment of the woman's important position as a mainstay of the family. It consists of the last 22 verses of the Book of Proverbs in alphabetical sequence.

Eishet chayil mi yimtza
v'rachok mipnanim michra.
Batach ba leiv ba'ala
v'shalal lo yechar.
G'malat-hu tov v'lo ra
kol y'mei chayeha.
Darsha tzemer ufishtim
vata-as b'cheifetz kapeha.
Hay'ta ko-oniyot socheir
mimerchak tavi lachma.
Vatakom b'od laila
vatitein teref l'veita
v'chok l'na-aroteha.
Zam'ma sadeh vaticacheichu
mipri kapeha nat'a karem.
Chagra v'oz motneha
vat'ameitz z'ro-otecha.
Ta-a-ma ki tov sachra
lo yichbeh valaila neira.
Yadeha shilcha vakishor
v'chapeha tamchu falech.
Kapa parsa le-ani
v'yadeha shilcha la-evyon.
Lo tira l'veita mishaleg

אֵשֶׁת חַיִּיל מִי יִמְצָא, וְרָחֵק
מִפְּנֵינִים מִכְרָה. בָּטָח בָּהּ לֵב
בְּעָלָהּ, וְשָׁלַל לֹא יַחְסֹר.
גִּמְלַתְהוּ טוֹב וְלֹא רָע כָּל יְמֵי
חַיֶּיהָ. דָּרְשָׁה צִמֹּר וּפִשְׁתִּים,
וַתַּעַשׂ בַּחֲפֶז כִּפְיָהּ. הִיטָה
בְּאֵנוֹת סוּחֵר, מִמֶּרְחָק
תָּבִיא לַחֲמָה. וַתִּקֶּם בְּעוֹד
לַיְלָה, וַתִּתֵּן טָרֶף לְבֵיתָהּ
וַחֵק לְנַעֲרֹתֶיהָ. וּמָמָה שָׂדֶה
וַתִּקְחָהּ, מִפְּרֵי כִפְיָהּ נִטְעָה
כֶּרֶם. חֲגָרָה בְּעוֹז מִתְּנִיָּה,
וַתֵּאֱמָץ זְרוּעֶתֶיהָ. טָעַמָּה כִּי
טוֹב סוּחֵרָה, לֹא יִכְבֶּה בְּלִילָהּ
נָרָה. יָדֶיהָ שְׁלָחַה בְּכִישׁוֹר,
וּכְפִיָּהּ תִּמְכּוּ כָּלָה. כִּפְיָהּ
פָּרְשָׁה לְעֹנִי, וַיְדִיָּה שְׁלָחַה

ki chol beita lavush shanim.
 Marvadim asta la
 sheish v'argaman l'vusha.
 Noda bash'arim bala
 b'shivto im ziknei aretz.
 Sadin asta vatimkor
 vachagor natna lak-na-ani.
 Oz v'hadar l'vusha
 vatis-chak l'yom acharon.
 Pi-ha pat'cha v'chochma
 v'torat chesed al l'shona.
 Tzofiha halichot beita
 v'lechem atzlut to tocheil.
 Kamu vaneha vay-ashruha
 bala vay-hal'la.
 Rabot banot asu chayil
 v'at alit al kulana.
 Sheker hachein
 v'hevel hayofi,
 isha yir-at Adonai
 hi tit-halal.
 T'nu la mipri yadeha
 vihal'luha vash'arim
 ma-aseha.

לְאָבִיוֹן. לֹא תִירָא לְבֵיתָהּ
 מִשָּׁלֵג, כִּי כָל־בֵּיתָהּ לְבֹשׁ
 שָׁנִים. מִרְבָּדִים עֲשֶׂתָהּ־לָּהּ,
 שֶׁשׁ וְאַרְגָּמָן לְבוּשָׁה. נוֹדַע
 בְּשַׁעְרִים בַּעֲלָהּ בְּשִׁבְתּוֹ עִם
 זָקְנֵי־אֶרֶץ. סָדִין עֲשֶׂתָהּ
 וּתְמַכּוֹר, וְחָגוֹר נָתַנָּה לְכַנְעָנִי.
 עוֹז וְהָדָר לְבוּשָׁה, וּתְשַׁחֵק
 לְיוֹם אַחֲרוֹן. פִּיהָ פֶּתַחַהּ
 בְּחֻכְמָה, וְתוֹרַת חֶסֶד עַל
 לְשׁוֹנָהּ. צוּפִיָּה הָלִיכּוֹת
 בֵּיתָהּ, וְלֶחֶם עֲצָלוֹת לֹא
 תֹאכַל. קָמוּ בָנֶיהָ וַיֹּאשְׁרוּהָ,
 בַּעֲלָהּ וַיַּהֲלֵלָהּ. רַבּוֹת בָּנוֹת
 עָשׂוּ חַיִּל, וְאֵת עֲלִית עַל
 כָּלָנָה. שָׁקַר הַחֵן וְהַכֵּל הַיָּפִי,
 אִשָּׁה יִרְאֵת יי הִיא תִתְהַלָּל.
 תָּנוּ לָּהּ מִפְּרִי יָדֶיהָ, וַיַּהֲלִלוּהָ
 בְּשַׁעְרִים מַעֲשִׂיהָ.

A good wife, who can find?
 Her worth is far above rubies.
 The heart of her husband trusts in her
 And nothing shall he lack.
 She renders him good and not evil
 All the days of her life.

She opens her hand to the needy
And extends her hand to the poor.
She is robed in strength and dignity
And cheerfully faces whatever may come.
She opens her mouth with wisdom,
her tongue is guided by kindness.
She tends to the affairs of her household
And eats not the bread of idleness.
Her children come forward and bless her,
Her husband, too, and he praises her:
"Many women have done superbly,
But you surpass them all."
Charm is deceitful and beauty is vain,
But a God-revering woman is much to be praised.
Place before her the fruit of her hands;
Wherever people gather, her deeds speak her praise.

from Proverbs 31

Reprinted from *A Rabbi's Manual*, edited by Rabbi Jules Harlow.
Copyright © 1965 by The Rabbinical Assembly. Reprinted by permission of
The Rabbinical Assembly.

KIDDUSH FOR SHABBAT EVENING

Yom hashishi. Vay-chulu
hashamayim v'ha-aretz
v'chol tz'va-am. Vay-chal
Elohim bayom hashvi-i
m'lachto asher asa, vayishbot
bayom hashvi-i mikol
m'lachto asher asa.
Vay'varech Elohim et yom
hashvi-i vay-kadeish oto, ki
vo shavat mikol m'lachto
asher bara Elohim la-a-sot.

Baruch atah Adonai
Eloheinu melech ha-olam,
borei p'ri hagafen.
Baruch atah Adonai
Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav
v'ratza vanu, v'Shabbat
kodsho b'ahava uv-ratzon
hin-chilanu zikaron l'ma-asei
v'reishit. Ki hu yom t'chila
l'mikra-ei kodesh zeicher
litzit-at mitzra-yim. Ki vanu
vacharta v'otanu kidashta
mikol ha-amim v'Shabbat

יום הששי. ויכלו השמים
והארץ וכל-צבאם. ויכל
אלהים ביום השביעי
מלאכתו אשר עשה, וישבת
ביום השביעי מכל-מלאכתו
אשר עשה. ויברך אלהים
את-יום השביעי ויקדש
אותו, כי בו שבת מכל-
מלאכתו אשר ברא אלהים
לעשות.

ברוך אתה יי אלהינו מלך
העולם, בורא פרי הגפן.
ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו ורצה בנו, ושבט
קדשו באהבה וברצון
הנחילנו, זכרון למעשה
בראשית. כי הוא יום תחלה
למקראי קדש, זכר ליציאת
מצרים. כי בנו בחרת

kodsh'cha b'ahava uv-ratzon
hinchaltanu. Baruch atah
Adonai, m'kadeish
ha-Shabbat.

וְאוֹתָנוּ קִדְשָׁתָּ מְכַל-הָעַמִּים,
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה וּבְרָצוֹן
הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה יי,
מְקַדֵּשׁ הַשַּׁבָּת.

The sixth day—

The heavens and the earth, and all within them, were finished. By the seventh day God had completed the work which He had been doing; and so God rested from all His work. Then God Blessed the seventh day and sanctified it because on it He rested from all His work of creation.

Praised are You, Lord our God, King of the universe,
Creator of the fruit of the vine.

Praised are You, Lord our God, King of the universe, who
has taught us the way of holiness through the *Mitzvot*.

Lovingly You have favored us with the gift of Your holy
Shabbat as our inheritance, a reminder of creation, first
among the sacred days which recall the Exodus from
Egypt.

You have chosen us of all peoples for Your service, and
You have given us a sacred purpose in life. In loving favor,
You have given us Your holy Shabbat as a heritage.
Praised are You, O Lord, who hallows the Shabbat.

From: *Likrat Shabbat: Worship, Study, and Song for Sabbath and Festival Services and for the Home*, by Rabbis Sidney Greenberg and Jonathan D. Levine.
Copyright © 1973 by The Prayer Book Press, 1363 Fairfield Avenue, Bridgeport,
CT 06605. Reprinted by permission.

KIDDUSH FOR SHABBAT MORNING

V'shamru v'nei Yisrael et
ha-Shabbat la-a-sot et
ha-Shabbat l'dorotam b'rit
olam. Beini u'vein b'nei
Yisrael ot hi l'olam ki
sheishet yamim asa Adonai
et hashamayim v'et ha-aretz
u'vayom hash'vi-i shavat
va-yinafash.

Zachor et yom ha-Shabbat
l'kad'sho. Sheishet yamim
ta-avod v'asita kol
m'lachtecha. V'yom hashvi-i
Shabbat Ladonai Elohecha
lo ta-aseh chol m'lacha atah
u-vin-cha u-vitecha avd'cha
va-amat'cha uv-hemtecha
v'geir-cha asher bisharecha.
Ki sheishet yamim asa
Adonai et hashamayim v'et
ha-aretz et hayam v'et kol
asher bam vayanach bayom
hashvi-i. Al kein bei-rach
Adonai et yom ha-Shabbat
vay-kad'sheihu.

Baruch atah Adonai
Eloheinu melech ha-olam,
borei p'ri hagafen.

ושמרו בני ישראל את-
השבת, לעשות את-השבת
לדורתם ברית עולם. ביני
ובין בני ישראל אות היא
לעולם, כי ששת ימים עשה
יי את-השמים ואת-הארץ,
וביום השביעי שבת וינפש.

זכור את-יום השבת לקדשו.
ששת ימים תעבד ועשית
כל-מלאכתך. ויום השביעי
שבת ליי אלהיך. לא תעשה
כל-מלאכה אתה ובנך ובתך
עבדך ואמתך ובהמתך וגרך
אשר בשעריך. כי ששת
ימים עשה יי את-השמים
ואת-הארץ את-הים ואת-
כל-אשר בם וינח ביום
השביעי, על בן ברך יי את-
יום השבת ויקדשהו.

ברוך אתה יי אלהינו מלך
העולם, בורא פרי הגפן.

The people of Israel shall observe the Shabbat, maintaining it throughout their generations as an everlasting covenant. It is a sign between Me and the people of Israel for all time; in six days the Lord made heaven and earth, and on the seventh day He ceased His work and rested.

Remember the Sabbath day to keep it holy. Six days shall you labor and do all your work. But on the seventh day, a Sabbath unto the Lord your God, you shall not do any manner of work, you, your son, your daughter, your manservant, your maidservant, your cattle, or the stranger that is within your gates. For in six days the Lord made heaven and earth, the sea and all that is therein, and He rested on the seventh day.

Praised are You, Lord our God, King of the universe, who creates the fruit of the vine.

WASHING THE HANDS

After making *Kiddush*, we prepare for the recitation of the *b'racha* over bread, *Hamotzi*, by washing our hands. This is meant to be a ritual washing and not one for cleaning our hands. It is customary to remove all jewelry from our hands before washing. Fill a cup of water and pour it over your right hand. Next, take the cup in your right hand and pour it over the left hand. This is repeated until each hand has water poured over it twice. After this has been completed, say the following blessing before drying your hands and do not talk until *Hamotzi* has been recited.

BLESSING FOR WASHING THE HANDS

Baruch atah Adonai,
Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav,
v'tzivanu al n'tilat yadayim.

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Praised are You, Lord our God, King of the universe, who
has sanctified us with His commandments and has
commanded us to wash our hands.

HAMOTZI

On Friday evening and Shabbat lunch,
two uncut loaves of challah are uncovered,
they are raised, and the following blessing
is recited.

Baruch atah Adonai,
Eloheinu melech ha-olam,
hamotzi lechem min
ha-aretz.

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Praised are You, Lord our God, King of the universe, who
brings forth bread from the earth.

HAVDALAH

For the conclusion of Shabbat. (At the conclusion of a Festival, begin with the blessing over wine and omit blessings over spices and candle.)

ELIJAHU HANAVI

Eliyahu Hanavi, Eliyahu
Hatishbi,
Eliyahu, Eliyahu, Eliyahu
ha-Gil-adi.

אֵלִיָּהוּ הַנָּבִיא, אֵלִיָּהוּ
הַתִּשְׁבִּי, אֵלִיָּהוּ, אֵלִיָּהוּ,
אֵלִיָּהוּ הַגִּלְעָדִי.

Bimheira v'yameinu yavo
eileinu,
Im Mashiach ben David,
Im Mashiach ben David.

בְּמַהֲרָה בְּיָמֵנוּ יָבוֹא אֱלֵינוּ
עִם מָשִׁיחַ בֶּן דָּוִד,
עִם מָשִׁיחַ בֶּן דָּוִד.

May the Prophet Elijah come soon,
In our time,
with Messiah, son of David.

Leader, holding a goblet of wine:

Hinei Eil y'shu-ati, evtach
v'lo efchad, ki ozi v'zimrat
yah Adonai, vay-hi li lishu-a.
Ush-avtem mayim b'sason
mima-ai-nei hay-shu-a.
Ladonai hay-shu-a, al amcha
birchatecha sela. Adonai
tz'va-ot imanu, misgav lanu
elohei Ya-akov, sela. Adonai
Tz'va-ot, ashrei adam
botei-ach bach. Adonai

הִנֵּה אֵל יְשׁוּעָתִי אֶבְטַח וְלֹא
אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה יִי
וְיִהְיֶה לִּי לִישׁוּעָה. וּשְׂאֲבַתֶּם
מַיִם בְּשִׂשׁוֹן מִמַּעַיְנֵי
הַיְשׁוּעָה. לֵיי הַיְשׁוּעָה, עַל
עַמְּךָ בִּרְכָתְךָ סֶלָה. יִי צְבָאוֹת
עִמָּנוּ, מִשְׁגֵּב לָנוּ אֱלֹהֵי יַעֲקֹב
סֶלָה. יִי צְבָאוֹת, אֲשֶׁרִי אָדָם

hoshia; hamelech ya-aneinu
v'yom koreinu. La-y'hudim
ha-y'ta ora v'simcha, v'sason
vikar. Kein tihyeh lanu. Kos
y'shu-ot esa, uv-sheim
Adonai ekra.

בָּטַח בָּךְ. יי הוֹשִׁיעָה, הַמֶּלֶךְ
נַעֲנֵנוּ בְיוֹם קִרְאָנוּ. לַיהוּדִים
הִיְתָה אוֹרָה וְשִׂמְחָה וְשִׂשׂוֹן
וִיקָר, כֵּן תִּהְיֶה-לָּנוּ. כּוֹס
יְשׁוּעוֹת אֵשָׂא, וּבִשְׁם יי
אֶקְרָא.

Behold, God is my unfailing help;
I will trust in Him and will not be afraid.
The Lord is my strength and song;
He is my Deliverer.
With joy shall you draw water
Out of the wells of salvation.
The Lord alone is our help;
May He bless His people.
The Lord of the universe is with us;
The God of Jacob is our protection.
There was light and joy,
Gladness and honor for the Jewish people.
So may we be blessed.
I will lift the cup of salvation,
And call upon the name of the Lord.

Baruch atah Adonai,
Eloheinu melech ha-olam,
borei p'ri hagafen.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא פְרֵי הַגָּפֶן.

Praised are You, Lord our God, King of the universe,
Creator of the fruit of the vine.

After the following blessing, inhale the spices:

Baruch atah Adonai,
Eloheinu melech ha-olam,
borei minei v'samim.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא מִיְּנֵי בִשְׁמִים.

Praised are You, Lord our God, King of the universe,
Creator of various spices.

The hands are cupped and extended toward the Havdalah candle:

Baruch atah Adonai,
Eloheinu melech ha-olam,
borei m'orei ha-eish.

ברוך אתה יי אלהינו מלך
העולם, בורא מאורי האש.

Praised are You, Lord our God, King of the universe,
Creator of the light of fire.

Leader, raising the goblet of wine again:

Baruch atah Adonai,
Eloheinu melech ha-olam,
hamavdil bein kodesh l'chol,
bein or l'choshech, bein
Yisrael la-amin, bein yom
hashvi-i l'shei-shet y'mei
hama-aseh. Baruch atah
Adonai, hamavdil bein
kodesh l'chol.

ברוך אתה יי אלהינו מלך
העולם, המבדיל בין קדש
לחל, בין אור לחשך, בין
ישראל לעמים, בין יום
השביעי לששת ימי
המעשה. ברוך אתה יי,
המבדיל בין קדש לחל.

Praised are You, Lord our God, King of the universe, who
has made a distinction between the holy and the ordinary,
between light and darkness, between the people of Israel
and the heathens, between the seventh day and the six
ordinary days of the week. Praised are You, O Lord, who
has made a distinction between the holy and the ordinary.

Drink from the wine cup.

Hamavdil bein kodesh l'chol,
chatoteinu hu yimchol.
Zareinu v'chaspeinu yarbeh
kachol, v'chakochavim
balaila.

המבדיל בין קדש לחל,
חטאתינו הוא ימחל. ורענו
וכספנו ירבה כחול,
וככוכבים בלילה.

Yom pana k'tzeil tomer, ekra
la-Eil alai gomeir.
Amar shomeir, Atah voker
v'gam laila.

יום פָּנָה כְּצֵל תֹּמֶר, אֶקְרָה
לְאֵל עָלַי גּוֹמֵר. אֶמַּר שׁוֹמֵר,
אַתָּא בֹקֵר וְגַם לַיְלָה.

Shavua tov!

שָׁבוּעַ טוֹב.

May God forgive our transgressions, and make our people
as numerous as the sand, and as the stars of the night.

A GOOD WEEK!

*From Likrat Shabbat: Worship, Study and Song for Sabbath and Festival Services
and for the Home, by Rabbis Sidney Greenberg and Jonathan D. Levine.
Copyright © 1973 by The Prayer Book Press, 1363 Fairfield Avenue, Bridgeport,
CT 06605. Reprinted by permission.*

SHABBAT Z'MIROT

Z'mirot are poems sung during the three Sabbath meals which express feelings of joy for the Sabbath day and praise God for His glorious and gracious acts. The texts were composed between the eleventh and sixteenth centuries under the kabbalistic influences of Rabbi Isaac Luria and Israel Najara.

Z'mirot melodies are usually borrowed from both Jewish and non-Jewish folk song. Most *Z'mirot* are metric, utilizing the most common of meters. They are sung predominantly in unison, and only on occasion is harmony used.

On Friday evening the initial joy of the Shabbat reaches its fullest expression in the singing of *Z'mirot*. These songs are lively and upbeat to reflect our happiness that Shabbat is with us.

BARUCH EIL ELYON



Baruch Eil elyon asher natan
m'nucha, L'nafsheinu fidyon
misheit va-anaha. V'hu
yidrosh l'tziyon ir hanidacha,
Ad ana tog-yun nefesh
ne-enacha?

בָּרוּךְ אֵל עֲלִיּוֹן אֲשֶׁר נָתַן
מְנוּחָה, לְנַפְשֵׁנוּ פְּדִיּוֹן
מִשְׁאֵת וְאַנְחָה. וְהוּא יִדְרֹשׁ
לְצִיּוֹן עִיר הַנִּדְחָה, עַד אָנָּה
תִּגְיֹן נַפֶּשׁ נְאֻנָּחָה?

Hashomeir Shabbat, habein
im habat, La-eil yei-ratzu
k'minchat al machavat.

Rocheiv ba-aravot melech
olamim, Et amo lishbot izein
ban'i-mim. B'ma-a-chalot
areivot, b'minei mat-amim,
B'malbushei chavod, zevach
mishpacha.

Hashomeir Shabbat . . .

V'ashrei chol chocheh
l'tashlumei cheifel. Mei-eit
kol socheh, shochein
ba-arafel. Nachala lo yizkeh
bahar u-vashafel. Nachala
um-nucha kashemesh lo
zarcha.

Hashomeir Shabbat . . .

Kol shomeir Shabbat kadat
meichal'lo, Hein hachsheir
chibat kodesh goralo. V'im
yeitzei chovat hayom ashrei
lo, L'Eil adon m'chol'lo
mincha hi sh'lucha.

Hashomeir Shabbat . . .

השומר שבת הֵבֵן עִם הַבַּת,
לֹא לִי יִרְצוּ בְּמִנְחָה עַל
מַחְבַּת.

רוֹכֵב בְּעֲרָבוֹת מֶלֶךְ עוֹלָמִים,
אֶת עַמּוֹ לִשְׁבּוֹת אֵינֶן
בְּנִעִימִים. בְּמַאֲכָלוֹת עֲרָבוֹת
בְּמִינֵי מְטַעֲמִים, בְּמַלְבוּשֵׁי
כְבוֹד זָבַח מִשְׁפָּחָה.
השומר שבת . . .

וְאֲשֶׁרֵי כָל-חוֹכֵה לְתַשְׁלוּמֵי
כָּפֹל, מֵאֵת כָּל סוֹכֵה שׁוֹכֵן
בְּעֲרָפֶל. נִחְלָה לוֹ יִזְכֶּה בְּהָר
וּבְשָׁפֶל, נִחְלָה וּמִנּוּחָה
כְּשֶׁמֶשׁ לוֹ יִרְחָה.
השומר שבת . . .

כָּל-שׁוֹמֵר שַׁבָּת כְּדָת
מִחְלָלוֹ, הֵן הִכָּשֵׁר חֲבַת
קֹדֶשׁ גּוֹרְלוֹ. וְאִם יֵצֵא חוֹבַת
הַיּוֹם אֲשֶׁרֵי לוֹ, לֹא לִי אֲדוֹן
מִחוּלָּלוֹ מִנְחָה הִיא שְׁלוּחָה.
השומר שבת . . .

Chemdat hayamim k'ra-o Eili
tzur, V'ashrei litmimim im
yihyeh natzur. Keter
hilumim al rosham yatzur,
Tzur ha-olamim rucho bam
nacha.

Hashomeir Shabbat . . .

חֲמִדַּת הַיָּמִים קָרָאוּ אֵלַי
צוּר, וְאֲשֶׁרֵי לַתְּמִימִים אִם
יִהְיֶה נָצוּר. כֶּתֶר הַלּוּמִים עַל
רֹאשׁוֹ יָצוּר, צוּר הָעוֹלָמִים
רוּחוֹ בָּם נָחָה.
הַשּׁוֹמֵר שַׁבָּת . . .

Zachor et yom HaShabbat
l'kad'sho, Karno ki gavha
neizer al rosho. Al kein
yitein ha-adam l'nafsho oneg
v'gam simcha bahem lo
l'moshcha.

Hashomeir Shabbat . . .

זָכוֹר אֶת-יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ,
קַרְנוֹ כִּי גָבְהָה גּוֹר עַל רֹאשׁוֹ.
עַל כֵּן יִתֵּן הָאָדָם לְנַפְשׁוֹ עֹנֵג
וְגַם שִׂמְחָה, בָּהֶם לוֹ
לְמֹשָׁחָה.
הַשּׁוֹמֵר שַׁבָּת . . .

Kodesh hi lachem Shabbat
hamalka, El toch bateichem
l'hani-ach b'racha. B'chol
moshvoteichem lo ta-asu
m'lacha, B'neichem
uv-noteichem, eved v'gam
shifcha.

Hashomeir Shabbat . . .

קֹדֶשׁ הִיא לָכֶם שַׁבָּת
הַמַּלְכָּה, אֵל תּוֹךְ בְּתִיכֶם
לְהַנִּיחַ בְּרָכָה. בְּכָל-
מוֹשְׁבוֹתֵיכֶם לֹא תַעֲשׂוּ
מְלָאכָה, בְּגֵיכֶם וּבְנוֹתֵיכֶם
עֶבֶד וְגַם שִׁפְחָה.
הַשּׁוֹמֵר שַׁבָּת . . .

Blessed is He on high who gave rest,
relief for the soul with woe oppressed.
and He will demand for Zion distressed,
"How long will this soul its suffering feel?"

*Each daughter and son who keeps holy this day
will please the Lord in a precious way.*

The Ruler in Heaven, our King most great
commanded His people to cherish this date:
make Sabbath a joy with good food on the plate,
with handsome clothes and the family meal.

Each daughter and son . . .

How happy to wait for a double reward
from the One who sees all—the invisible Lord;
the Sabbath will bring you riches outpoured,
wealth and peace, like the sun's warm appeal.

Each daughter and son . . .

O keep the Sabbath in rest and delight,
and soon you will love what is holy and right;
a blessing to keep it with all your might—
the Creator is pleased at this goodly zeal.

Each daughter and son . . .

My Ruler has called it the choicest of days;
happy the faithful who keep it always:
a crowning reward will He give them in praise
with them will He dwell, to bless and to heal.

Each daughter and son . . .

Remember: holy must the Sabbath be,
crowned in its glory with majesty;
so let a person have pleasure, rest free:
this day, for joy, like a king let him feel.

Each daughter and son . . .

Let Sabbath the Queen be holy for you,
to leave her blessing in your home too;
wherever you live, no work shall you do—
nor children, or servant with whom you deal.

Each daughter and son . . .

By Rabbi Baruch ben Shmuel of Mayence.

MAH Y'DIDUT

Mah y'didut m'nuchateich, at
Shabbat hamalka, B'chein
narutz likrateich, bo-i kala
n'sucha, L'vush bigdei
chamudot, l'hadlik neir
bivracha, Vateichel kol
ha-avodot, lo ta-asu m'lacha.

L'hitaneig b'ta-anugim
barburim us-lav v'dagim.

Mei-erev mazminim kol
minei matamim, Mib'od yom
muchanim tarn'golim
m'futamim, V'la-aroch kama
minim sh'tot yeinot
m'vusamim, V'taf-nukei
ma-a-danim b'chol shalosh
p'amim.

L'hitaneig b'ta-anugim . . .

Nachalat Ya-akov yirash, b'li
m'tzarim nacha-la,
Vichab'duhu ashir varash
v'tizku lig-ula, Yom Shabbat
im t'chabdu vi-yiten li s'gula,
Sheishet yamim ta-avodu
u-vash'vi-i nagila.

L'hitaneig b'ta-anugim . . .

מה-ידידות מנוחתך, את
שבת המלכה, בכן נרוץ
לקראתך, בואי בלה נסוכה,
לבוש בגדי חמודות, להדליק
נר בברכה, ותכל כל-
העבודות, לא תעשו מלאכה.

להתענג בתענוגים ברבורים
ושלו ודגים.

מערב מזמינים כל-מיני
מטעמים, מבעוד יום
מוכנים תרנגולים מפטמים,
ולערך כמה מינים, שותות
יינות מבשמים, ותפנוקי
מעדנים בכל-שלוש פעמים.
להתענג בתענוגים . . .

נחלת יעקב יירש, בלי
מצרים נחלה, ויכבדוהו
עשיר ורש ותזכו לגאולה,
יום שבת אם תכבדו
והייתם לי סגולה, ששת
ימים תעבדו ובשביעי נגילה.
להתענג בתענוגים . . .

Chafatzecha asurim v'gam
lachashov cheshbonot,
Hirhurim mutarim
ul-shadeich habanot, V'tinok
l'lamdo seifer, lam'natzei-ach
bin-ginot, V'la-hagot b'imrei
shefer b'chol pinot
umachanot.

L'hitaneig b'ta-anugim . . .

Hiluch'cha y'hi v'nachat,
oneg k'ra laShabbat,
V'hasheina m'shubachat,
k'dat nefesh m'shivat,
B'chein nafshi l'cha arga
v'lanuach b'chibat,
Kashoshanim suga bo
yanuchu bein u-vat.

L'hitaneig b'ta-anugim . . .

Mei-ein olam haba yom
Shabbat m'nucha, Kol
hamitan'gim ba yizku l'rov
simcha, Mei-chevlei
mashiach yu-tzalu l'irvacha,
P'duteinu tatzmiach v'nas
yagon va-anacha.

L'hitaneig b'ta-anugim . . .

How beloved is your rest!
You are Shabbat, the Queen!
Therefore we will run to greet you.
O, come! anointed bride!

חֲפָצֶיךָ אֲסוּרִים וְגַם לַחֲשׁוֹב
חֲשׁוֹנוֹת, הִרְהוּרִים מְתָרִים
וְלִשְׂדֶּךָ הַבָּנוֹת, וְתִינוֹק
לְלַמְדוֹ סֵפֶר, לַמְנַצֵּחַ
בְּנִינּוֹת, וְלַהֲגוֹת בְּאִמְרֵי-
שֶׁפֶר בְּכָל-פְּנוֹת וּמַחְנוֹת.
לְהִתְעַנֵּג בְּתַעֲנוּגִים . . .

הַלּוֹכֶךָ יְהִי בְּנִחַת, עֲנֵג קְרָא
לְשַׁבָּת, וְהַשְׁנָה מְשֻׁבָּחַת,
כְּדַת נֶפֶשׁ מְשִׁיבַת, בְּכֵן נִפְשִׁי
לְךָ עֲרָגָה וְלִנּוּחַ בְּחִבָּת,
כְּשׁוֹשָׁנִים סוּגָה בּוֹ יִנּוּחוּ בֵּין
וּבֵת.

לְהִתְעַנֵּג בְּתַעֲנוּגִים . . .

מֵעֵין עוֹלָם הַבָּא יוֹם שַׁבָּת
מְנוּחָה, כָּל-הַמְתַּעֲנוּגִים בָּהּ
יִזְכּוּ לְרֹב שְׂמֻחָה, מְחַבְּלֵי
מְשִׁיחַ יֵצְלוּ לְרוּחָה, פְּרוּתָנוּ
תַּצְמִיחַ וְנָס יִגּוֹן וְאַנְחָה.
לְהִתְעַנֵּג בְּתַעֲנוּגִים . . .

Dressed in fine clothing
We will light the candles with a b'racha.
All work has ceased,
For it is written: "You shall not do any work."

(It is a time) to delight in all kinds of pleasures: fattened geese, quail, and fish.

From the day before Shabbat
All kinds of delicious foods are prepared.
On Friday itself, fattened chickens are made ready.
We set the table with all kinds of foods
and we drink sweet-smelling wines.
We enjoy delicacies at all three meals.

(It is a time) to delight . . .

The heritage of Jacob will be inherited;
it is a heritage without borders.
Both rich and poor shall honor Shabbat
and will thus merit redemption.
If you honor the day of Shabbat
(God says:) "You shall be for Me as a treasured
possession."

"Six days you shall do your work"
but on the seventh day we will rejoice.

(It is a time) to delight . . .

Taking care of business matters is forbidden
as is figuring out accounts.
It is permissible to think about such things
as it is to arrange marriages.
(So too is it permitted) to teach a child a book
and to sing melodies,
and to speak good words (of Torah)
in all corners and places.

(It is a time) to delight . . .

You should walk at a slow pace
 and you shall call the Shabbat "a joy."
 Sleeping is praiseworthy for it restores the soul.
 Therefore my soul longs for you, Shabbat,
 To rest in love.
 (Shabbat is a day) that is fenced about by lillies;
 on that day shall son and daughter rest.
(It is a time) to delight . . .

Shabbat, the day of rest is a taste of the World to Come.
 All those who enjoy themselves on this day
 shall merit much happiness.
 They shall be saved from suffering
 that will precede the coming of the Messiah.
 Our redemption will flourish
 and all grief and sorrow will disappear.
(It is a time) to delight . . .

Attributed to Menachem ben Machir of Ratisbone.

From *Ma Y'didut*. Copyright © 1979 by Leaders Training Fellowship of The Jewish Theological Seminary of America. Reprinted by permission.

M'NUCHA V'SIMCHA

M'nucha v'simcha or
 lay'hudim, Yom Shabbaton
 yom mach-madim, Shomrav
 v'zochrav heima m'idim, Ki
 l'shisha kol b'ru-im v'omdim.

מְנוּחָה וְשִׂמְחָה אִי
 לַיהוּדִים, יוֹם שַׁבָּתוֹן יוֹם
 מַחֲמָדִים, שׁוֹמְרֵי וְזוֹכְרֵי
 הַמָּה מְעִידִים, כִּי לְשִׁשָּׁה כָּל
 בְּרוּאִים וְעוֹמְדִים.

Sh'mei shamayim eretz
v'yamim, kol tz'va marom
g'vohim v'ramim, Tanim
v'adam v'chayat r'eimim, Ki
b'yah Adonai tzur olamim.

Hu asher diber l'am s'gulato,
Shamor l'kad'sho mibo
v'ad tzeito, Shabbat kodesh
yom chemdato, Ki vo shavat
mikul m'lachto.

B'mitzvat Shabbat eil
yachalitzach,
Kum k'ra eilav yachush
l'amtzach,
Nishmat kol chai v'gam
na-aritzach, Echol b'simcha
ki k'var ratzach.

B'mishneh lechem v'kidush
raba, B'rov mat'amim
v'ruach n'diva, Yizku l'rav
tuv mitan'gim ba, B'viyat
go-eil l'olam haba.

To rest and rejoice is a Jewish right,
This Sabbath day of sheer delight,
Those who keep it say this Friday night,
In six days He made the world with His might.

The highest heavens, earth and sea,
The angels above, in majesty,

שְׁמֵי שָׁמַיִם אֶרֶץ וַיָּמִים, כָּל-
צָבָא מְרוֹם גְּבוּהִים וְרָמִים,
תַּנִּין וָאָדָם וְחַיַּת רְעִימִים, כִּי
בִּיהַי יי צוּר עוֹלָמִים.

הוא אֲשֶׁר דִּבֶּר לָעָם סִגְלָתוֹ,
שָׁמַר לְקִדְשׁוֹ מִבּוֹ וְעַד
צֵאתוֹ, שַׁבַּת קֹדֶשׁ יוֹם
הַמַּדְתּוֹ, כִּי בּוֹ שַׁבַּת
מִכָּל-מַלְאכָתוֹ.

בְּמִצְוַת שַׁבַּת אֶל יַחְלִיצָךְ,
קוּם קְרָא אֵלָיו יַחֻשׁ
לְאַמְצָךְ, נִשְׁמַת כָּל-חַי וְגַם
נַעֲרִיצָךְ, אֲכַל בְּשִׂמְחָה כִּי
קָבַר רִצָּךְ.

בְּמִשְׁנֵה לֶחֶם וְקִדּוּשׁ רַבָּא,
בְּרֹב מַטְעָמִים וְרוּחַ נְדִיבָה,
יִזְכּוּ לְרֹב טוֹב מִתַּעֲנָנִים בָּהּ,
בְּבִיאַת גּוֹאֵל לְעוֹלָם הַבָּא.

Monsters and man and beasts running free,
The strength of the worlds, Almighty is He.

This he declared to the people He chose:
Keep holy this day from its start to its close.
The Sabbath He loves like a jewel that glows,
This day He rested from work in repose.

For keeping the Sabbath, God strengthens you,
Pray and He'll answer strong and true,
Say the Sabbath prayers as a loyal Jew,
Then eat with joy, for He likes what you do.

With two good loaves and Kiddush wine,
Delicious food for all to dine,
You earn for your joy a reward so fine,
When the Messiah will make a new world shine.

The acrostic gives the name Moshe. Beyond this, the identity of the author is unknown.

YAH RIBON

Yah ribon alam v'almaya,
Ant hu malka melech
malchaya, Ovad g'vurteich
v'timhaya, Sh'far kodamach
l'hachavaya.

Sh'vachin asader tzafra
v'ramsha, Lach elaha kadisha
di v'ra chol nafsha, Irin
kadishin uvnei enasha,
Cheivat bara v'ofei sh'maya.

יְהִי רִבּוֹן עָלֵם וְעֹלָמָיָא,
אַנְתָּה הוּא מֶלֶךְ מַלְכָּא מְלַכְיָא,
עוֹבֵד גְּבוּרְתֵךְ וְתַמְהִיָּא,
שֹׁפֵר קִדְמָךְ לְהַחְוִיָּא.

שְׂבַחֲחִין אֲסֹדֶר צִפְרָא וְרַמְשָׁא,
לָךְ אֱלֹהָא קֳדִישָׁא דִּי בְרָא
כָּל-נַפְשָׁא, עִירִין קֳדִישִׁין
וּבְנֵי אָנְשָׁא, חִיּוֹת בְּרָא
וְעוֹפֵי שְׁמַיָּא.

Ravr'vin ovdach v'takifin,
 Macheich ramaya v'zakeif k'fifin,
 Lu y'chei g'var sh'nin alfin,
 La yei-ol g'vurteich
 b'chushb'naya.

רַבְרַבִּין עוֹבְדִיךָ וְתַקִּיפִין,
 מַכֵּיךָ רַמְיָא וְזַקֵּף כְּפִיפִין,
 לוֹ יְחִי גִבּוֹר שְׁנִין אֶלְפִין,
 לֹא יַעַל גְּבוּרְתְּךָ בְּחֻשְׁבְּנָיָא.

Elaha di lei y'kar urvuta,
 P'rok yat anach mipum
 aryavata, V'apeik yat amach
 migo galuta, Amach di
 v'chart mikol umaya.

אֱלֹהָא דִּי לֵה יְקָר וּרְבוּתָא,
 פְּרוֹק יַת עֲנָךְ מִפּוּם אַרְיֹתָא,
 וְאַפֵּיק יַת עֲמֶךָ מִגּוֹ גְלוּתָא,
 עֲמָא דִּי בְּחֵרְתָּ מִכָּל-אַמֵּיָא.

L'mikd'shach tuv ul-kodesh
 kudshin, Atar di vei
 yechedun ruchin v'nafshin,
 Vizamrun lach shirin
 v'rachashin, Birush-leim
 karta d'shufraya.

לְמִקְדָּשְׁךָ טוֹב וּלְקֹדֶשׁ קֹדֶשִׁין,
 אֶתֶר דִּי בֵּה יַחְדוּן רוּחִין
 וְנַפְשִׁין, וַיִּזְמְרוּן לְךָ שִׁירִין
 וְרַחֲשִׁין, בִּירוּשָׁלַם קֶרְתָּא
 דְּשֻׁפְרָיָא.

Almighty Master of worlds, of everything,
 You are the King who rules every king,
 Your wonders and deeds leave us marvelling,
 It would be good to sing Your glory.
 Morning and evening I'll sing of Your worth,
 For with You, holy God, we all had birth,
 Spirits in heaven and people on earth,
 Beasts in the field and birds on the wing.
 Your deeds are mighty for strong and weak,
 You humble the proud and honor the meek,
 If a thousand years I could live and speak,
 I could not reveal all the wonders You bring.
 Dear God, to whom all glory goes,
 O save Your flock from lion-like foes,
 Set free Your people from exile's woes,

Of all nations You chose us: to You we cling,
Return to Your Temple, Your holiest place,
Where spirits and souls will rejoice in Your grace,
And sing to Your glory with shining face,
In Your city, Jerusalem, as lovely as spring.

By Israel ben Moses Najara.

TZUR MISHELO

Tzur mishelo achalnu
bar'chu emunai, Savanu
v'hotarnu kidvar Adonai.

צור, משלו אכלנו ברכו
אמוני. שבחנו והותרנו
בדבר יי.

Hazan et olamo, ro-einu
avinu, Achalnu et lachmo
v'yeino shatinu, Al ken
nodeh lishmo un-hal'lo
b'finu, Amarnu v'aninu ein
kadosh kadonai.

Tzur mishelo . . .

הזן את-עולמו רוענו אבינו,
אכלנו את-לחמו ויינו שתינו.
על כן נודה לשמו ונהללו
בפינו, אמרנו וענינו אין
קדוש ביי.

צור, משלו . . .

B'shir v'kol todah, n'vareich
Eloheinu, Al eretz chemda,
shehinchil la-avoteinu,
Mazon v'tzeida hisbia
l'nafsheinu, Chasdo gavar
aleinu ve-emet Adonai.

Tzur mishelo . . .

בשיר וקול תודה נברך
אלהינו, על ארץ חמדה
שהנחיל לאבותינו, מזון
וצידה השביע לנפשנו,
חסדו גבר עלינו ואמת יי.
צור, משלו . . .

Racheim b'chasdecha al
amcha tzureinu, Al mishkan
k'vodecha, z'vul beit
tifarteinu, Ben David
avdecha, yavo v'yig-aleinu,
Ruach apeinu, Meshiach
Adonai.

Tzur mishelo . . .

Yibaneh hamikdash ir Tzion
t'malei, V'sham nashir shir
chadash, u-virnana na-aleh
Harachaman hanikdash
yitbarach v'yitaleh, Al kos
yayin malei, k'virkat Adonai.

Tzur mishelo . . .

רחם בחסדך על עמך צורנו,
על ציון משכן כבודך, זבול
בית תפארתנו, בן דוד עבדך
יבוא ויגאלנו, רוח אפינו
משיח יי.

צור, משלו . . .

יבנה המקדש, עיר ציון
תמלא, ושם נשיר שיר חדש
וברננה נעלה, הרחמן
הנקדש יתברך ויתעלה על
כוס יין מלא בברכת יי.

צור, משלו . . .

We've eaten His food; let's adore and bless Him in one
accord;
We've had enough and more, by the word of the Lord.
He keeps His world well fed, this Shepherd, Father of mine.
We ate His tasty bread and drank His goodly wine;
Let's thank Him, feeling glad, and praise Him as we dine,
Singing as we recline: None is holy like the Lord.

We've eaten His food . . .

Our song of thanks we sound to bless the God we know,
He gave a wondrous land to our fathers long ago;
With food by His command He satisfies us so,
His love for us will flow, for true is He, our Lord.

We've eaten His food . . .

Have mercy, Lord: O pity the people in Your care,
And Zion Your holy city, the place of Your Temple so fair;
O let Messiah not wait, he must rescue us from despair,
Our very breath and air is this chosen man of the Lord.

We've eaten His food . . .

Rebuild Your Temple again, let Zion be full as before,
We'll sing a new song then, go up with praise as of yore,
The Merciful, Holy One we'll bless now and adore,
So fill the cup once more, by the blessing of the Lord.

We've eaten His food . . .

Author unknown.

At Shabbat lunch, the mood of the *z'mirot*
is also upbeat, lively and joyful. Shabbat
is in full swing and the *z'mirot* and their
melodies reflect this joy.

D'ROR YIKRA

D'ror yikra l'vein ul-vat,
v'yin-tzor-chem k'mo vavat,
N'im shimchem v'lo yushbat,
sh'vu nuchu b'yom Shabbat.

D'rosh navi v'ulami, v'ot
yesha asef imi, N'ta soreik
b'toch karmi, sh'ei shav'at
b'nei ami.

D'roch pura b'toch Botzra,
v'gam Bavel asher gavra,
N'totz tzarai b'af evra,
sh'ma koli b'yom ekra.

Elohim tein b'midbar har,
hadas shita b'rosh tidhar,
V'lamaz-hir v'laniz-har,
sh'lomim tein k'mei nahar.

דְּרוֹר יִקְרָא לְבֵין וּלְבַת,
וַיִּנְצֹרְכֶם כְּמוֹ כֶּבֶת,
נְעִים שְׂמֶכֶם וְלֹא יִשְׁבַּת,
שְׁבוּ נֹחֲו בְיוֹם שַׁבָּת.

דְּרוֹשׁ נָוִי וְאוֹלָמִי,
וְאוֹת יֵשַׁע עֲשֵׂה עִמִּי,
נָטַע שׁוֹרֵק בְּתוֹךְ כַּרְמִי,
שְׁעֵה שׁוֹעֵת בְּנֵי עַמִּי.

דְּרוֹךְ פּוֹרָה בְּתוֹךְ בִּצְרָה,
וְגַם בָּבֶל אֲשֶׁר גְּבֵרָה,
נִתְּץ צָרִי בְּאֵף עֲבָרָה,
שִׁמַּע קוֹלִי בְיוֹם אֶקְרָא.

אֱלֹהִים תֵּן בְּמִדְבַּר הָרָה,
הַדָּס שְׁטָה בְּרוֹשׁ תִּדְהָר,
וְלִמְזֵהִיר וְלִנְזָהֶר,
שְׁלוֹמִים תֵּן כְּמֵי נָהָר.

Hadoch kamai Eil kana,
B'mog leivav uvim-gina,
v'nar-chiv peh n'maleh na,
L'shoneinu l'cha rina.

הִדַּךְ קָמִי, אֵל קָנָא,
בְּמוֹג לֵיבָב וּבְמִגְנָה,
וְנִרְחִיב פֶּה נִמְלֵא נָא
לְשׁוֹנֵנוּ לְךָ רִנָּה.

D'eh chochma l'nafshecha,
v'hi cheter l'roshecha, N'tzor
mitzvot k'doshecha, sh'mor
Shabbat kodshecha.

דְּעָה חִכְמָה לְנַפְשְׁךָ,
וְהִיא כֶּתֶר לְרֹאשְׁךָ
נִצֹר מִצְוֹת קְדוּשְׁךָ,
שְׁמֹר שַׁבַּת קֹדֶשְׁךָ.

God invites His children to partake of Shabbat,
To rest from labor, anxiety and strife.
Shabbat renews the heart, inspires wisdom,
And restores dignity to life.

He will proclaim freedom for all his children
And will keep you as the apple of his eye
Pleasant is your name and will not be destroyed
Repose and rest on the Sabbath day.

Seek my sanctuary and my home
Give me a sign of deliverance
Plant a vine in my vineyard
Look to my people, hear their laments.

Tread the wine-press in Bozrah,
And in Babylon that city of might
Crush my enemies in anger and fury
On the day when I cry, hear my voice.

Plant, O God, in the mountain waste
Fir and acacia, myrtle and elm
Give those who teach and those who obey
Abundant peace, like the flow of a river.

Repel my enemies, Oh zealous God
 Fill their hearts with fear and despair
 Then we shall open our mouths,
 And fill our tongues with Your praise.

Know wisdom, that your soul may live,
 And it shall be a diadem for your brow.
 Keep the commandment of your Holy One
 Observe the Sabbath, your sacred day.

The acrostic gives the name Dunash, whom several authorities identify as Dunash ben Labrat.

MIPI EIL

Mipi Eil, Mipi Eil
 y'vorach Yisrael.

מפי אל, מפי אל
 יברך ישראל.

Ein adir kadonai, Ein baruch
 k'ven amram, Ein g'dolah
 katora, Ein dorsheha
 k'Yisrael.

Mipi Eil . . .

אין אדיר ביי, אין ברוך בָּבֶן
 עמרם, אין גדלה בתורה,
 אין דורשיה בישראל.
 מפי אל . . .

Ein hadur kadonai, Ein vatic
 k'ven amram, Ein z'chi-ya
 katorah, Ein chachameha
 k'Yisrael.

Mipi Eil . . .

אין הדור ביי, אין ותיק בָּבֶן
 עמרם, אין זכיה בתורה,
 אין חכמיה בישראל.
 מפי אל . . .

Ein tahor kadonai, Ein
 yashar k'ven amram, Ein
 k'vuda katorah, Ein lomdeha
 k'Yisrael.

Mipi Eil . . .

אין טהור ביי, אין ישר בָּבֶן
 עמרם, אין כבדה בתורה,
 אין לומדיה בישראל.
 מפי אל . . .

Ein melech kadonai, Ein navi
k'ven amram, Ein s'gula
katorah, Ein os'keha
k'Yisrael.

Mipi Eil . . .

אין מֶלֶךְ בִּי, אין נָבִיא בְּכֵן
עֲמֵרָם, אין סֶגְלָה בְּתוֹרָה,
אין עוֹסְקֵיהָ בְּיִשְׂרָאֵל.
מִפִּי אֵל . . .

Ein podeh kadonai, Ein
tzadik k'ven amram, Ein
k'dusha katorah, Ein
rom'meha k'Yisrael.

Mipi Eil . . .

אין פֹּדֶה בִּי, אין צַדִּיק בְּכֵן
עֲמֵרָם, אין קְדוּשָׁה בְּתוֹרָה,
אין רוֹמְמֶיהָ בְּיִשְׂרָאֵל.
מִפִּי אֵל . . .

Ein kadosh kadonai, Ein
rachum k'ven amram, Ein
sh'mira katorah, Ein
tom'cheha k'yisrael.

Mipi Eil . . .

אין קְדוּשׁ בִּי, אין רַחוּם
בְּכֵן עֲמֵרָם, אין שְׁמִירָה
בְּתוֹרָה, אין תּוֹמְכֶיהָ
בְּיִשְׂרָאֵל.
מִפִּי אֵל . . .

God will bless Israel.

There is no other as powerful as God, and none as blessed
as Moses, the son of Amram. There is no other as great as
the Torah, and those who profess, as Israel.

God will bless Israel.

There is no better adornment such as God, and no better
friend than Moses, the son of Amram. There is no
possession like the Torah, and those who study, as Israel.

God will bless Israel.

There is no other as pure as God, and none as
straightforward as Moses, the son of Amram. There is no
honor like the Torah, and no students, as Israel.

God will bless Israel.

There is no king like God, and no prophet like Moses, the son of Amram. There is no treasure as the Torah, and no possessions as Israel.

God will bless Israel.

There is no redeemer as God, and no one as righteous as Moses, the son of Amram. There is nothing as blessed as the Torah, and nothing as majestic as Israel.

God will bless Israel.

There is nothing as holy as God, and none so merciful as Moses, the son of Amram. There is no guard as the Torah, and no supporter like Israel.

God will bless Israel.

From the Liturgy.

YOM SHABBATON

Yom Shabbaton ein
lishko-ach, Zichro k'rei-ach
hanicho-ach, Yona matz'a bo
mano-ach, V'sham yanuchu
y'gi-ei choach.

Yona matz'a . . .

Hayom nichbad livnei
emunim, Z'hirim l'shomro
avot uvanim, Chakuk
bishnei luchot avanim,
Meirov onim v'amitz ko-ach.

Yona matz'a . . .

יום שבתון אין לשכת, זכרו
כריח הניחת, יונה מצאה בו
מנוח, ושמ ינוחו יגיעי כת.
יונה מצאה . . .

היום נכבד לבני אמונים,
זהירים לשמרו אבות ובנים,
חקוק בשני לוחות אבנים,
מרב אונים ואמיץ בך.
יונה מצאה . . .

Uva-u chulam bivrit yachad,
Na-aseh v'nishma amru
k'echad, Ufat-chu v'anu
Adonai echad, Baruch
hanotein laya-eif ko-ach.

Yona matz'a . . .

Diber b'kodsho b'har hamor,
Yom hashvi-i zachor
v'shamor, V'chol pikudav
yachad ligmor, Chazeik
motnayim v'ameitz koach.

Yona matz'a . . .

Ha'am asher na katzon ta-a,
Yizkor l'fokdo b'rit ushvua,
L'val ya-avor bam mikrei
ra-a, ka-asher nishba al mei
no-ach.

Yona matz'a . . .

Unforgettable Sabbath, beyond compare,
Its memory sweet as a fragrance rare.
As a dove our people find rest from care,
The weary repose, its joys to share.

As a dove . . .

A faithful people honor this day,
Parents and children take care to obey,
For so do the Ten Commandments say.
In the Tablets of store God wrote it there.

As a dove . . .

וּבָאוּ כָּלֵם בְּבְרִית יְחָד,
נַעֲשֶׂה וְנִשְׁמָע אָמְרוּ כְּאֶחָד,
וּפָתְחוּ וַעֲנוּ יִי אֶחָד, בְּרוּךְ
הַנוֹתֵן לַיָּאֵף כּוֹאֵחַ.

יוֹנָה מַצָּאָה . . .

דִּבֶּר בְּקֹדֶשׁוֹ בְּהָר הַמּוֹר, יוֹם
הַשְּׁבִיעִי זָכוֹר וְשָׁמוֹר, וְכָל-
פְּקוּדָיו יְחָד לִגְמוֹר, חֲזֵיק
מֹתְנַיִם וְאֵמֶץ כּוֹאֵחַ.

יוֹנָה מַצָּאָה . . .

הָעָם אֲשֶׁר נָע בַּצֵּאֵן תָּעָה,
יִזְכּוֹר לְפִקְדוֹ בְּרִית וּשְׁבוּעָה,
לְבַל יַעֲבֹר-בָּם מִקְרָה רָעָה,
כְּאֲשֶׁר נִשְׁבַּע עַל מִי נָח.

יוֹנָה מַצָּאָה . . .

At Sinai our people stood and swore,
"We'll do it, we'll listen!" came their roar.
"The Lord is One," said they, and more
"Giving strength to the weary, joy in despair."
As a dove . . .

At Sinai He spoke as clear as a bell,
"Keep holy the Sabbath, remember it well,
Learn all its rules wherever you dwell,
Grow strong in rest, your strength repair."
As a dove . . .

We wander in Exile like straying sheep,
Remember our oath, the Sabbath to keep,
Let evil not touch us in rest or sleep,
As long ago You once did swear.
As a dove . . .

Attributed to Yehudah Halevi.

YOM ZEH M'CHUBAD

Yom zeh m'chubad mikol
yamim, ki vo shavat tzur
olamim.

Sheishet yamim asei
m'lachtecha, V'yom hashvi-i
leילוהעה, Shabbat lo
ta-aseh vo m'lacha ki chol
asa sheishet yamim.

Yom zeh m'chubad . . .

יום זה מְכֻבָּד מִכָּל-יָמִים,
כִּי בּוֹ שָׁבַת צוּר עוֹלָמִים.

שֵׁשֶׁת יָמִים עָשָׂה מְלֹאכְתְּךָ,
וַיּוֹם הַשְּׁבִיעִי לֹאֲלֹהֶיךָ,
שָׁבַת לֹא תַעֲשֶׂה בּוֹ מְלָאכָה,
כִּי כָל עָשָׂה שֵׁשֶׁת יָמִים.
יום זה מְכֻבָּד . . .

Rishon hu l'mikra-ei kodesh,
Yom Shabbaton
Shabbat kodesh, Al kein kol
ish b'yeino y'kadeish, Al
shte lechem yivtz'u
t'mimim.

Yom zeh m'chubad . . .

Echol mashmanim shte
mamtakim, Ki Eil yitein
l'chol bo d'veikim, Beged
lilbosh lechem chukim, Basar
v'dagim v'chol matamim.

Yom zeh m'chubad . . .

Lo techsar kol bo v'achalta,
V'savata uveirachta Et
Adonai Elohecha asher
ahavta, Ki veirach'cha mikol
ha-amim.

Yom zeh m'chubad . . .

Hashamayim m'saprim
k'vodo, V'gam ha-arets
mal-a chasdo, R'u ki chol
eileh asta yado, Ki hu hatzur
po-olo tamim.

Yom zeh m'chubad . . .

This day is honored, above all blest,
This day the God of the worlds did rest.

You have six days to labor away
The seventh is God's, His special day.

ראשון הוא למקראי קדש,
יום שבתון שבת קדש,
על בן כל-איש ביינו יקדש,
על שתי לחם יבצעו תמימים.
יום זה מקבד . . .

אכל משמנים שטה ממתקים,
כי אל יתן לכל בו דבקים,
בגד ללבש לחם חקים,
בשר ודגים וכל-מטעמים.
יום זה מקבד . . .

לא תחסר כל בו ואכלת
ושבעת וברכת את יי
אלהיך אשר אהבת, כי
ברכך מכל-עמים.
יום זה מקבד . . .

השמים מספרים כבודו,
וגם הארץ מלאה חסדו,
ראו כל-אלה עשתה ידו,
כי הוא הצור פאלו תמים.
יום זה מקבד . . .

No work on the Sabbath, O this obey,
For in six He made all, by His behest.

This day is honored . . .

The first of the holy days is this,
A Sabbath of rest and holy bliss.
Then Kiddush on wine don't ever miss,
To bless Him over two loaves is best.

This day is honored . . .

Eat tasty food, drink well and sing,
For God provides, if to Him you cling,
Clothing and food so nourishing,
Good meat and fish to eat with zest.

This day is honored . . .

You'll lack for nothing, you'll eat with cheer,
So dine and wine and singing clear,
Bless the Lord and love and revere,
For above all did He bless in your nest.

This day is honored . . .

His glory is told by the heavens above,
The earth is filled with His kindness and love,
See: He made all, to the gentlest dove,
His work is perfect, east or west.

This day is honored . . .

The acrostic gives the name Yisrael. Beyond this, the identity of the author is unknown.

The mood at S'udah Sh'l'ishit is a subdued one. Our Shabbat joy is dimmed by the thought that the Shabbat will be leaving us soon. The songs at S'udah Sh'l'ishit reflect this mood and the melodies are quiet and peaceful.

MIZMOR L'DAVID

Mizmor l'David. Adonai ro-i
lo echsar. Binot desheh
yarbitzeini, al mei m'nuchot
y'nahaleini. Nafshi y'shoveiv,
yancheini b'maglei tzedek
L'ma-an sh'mo. Gam ki
eileich b'gei tzalmavet lo ira
ra ki ata imadi, shivt'cha
u-mishantecha heima
y'nachamuni. Ta-aroch
l'fanai shulchan neged
tzor'rai, dishanta vashemen
roshi kosi r'vaya. Ach tov
vachased yird'funi kol y'mei
chayai, v'shavti b'veit Adonai
l'orech yamim.

מִזְמוֹר לְדָוִד. יי רֵעִי לֹא
אֶחְסָר. בְּנִאוֹת דֶּשֶׁא יִרְבִּיצְנִי,
עַל מֵי מְנוּחוֹת יִנְהַלְנִי. נַפְשִׁי
יָשׁוּבָב, יִנְחֲנִי בְּמַגְלֵי צֶדֶק
לְמַעַן שְׁמוֹ. גַּם כִּי אֵלֶיךָ בְּגִי
צִלְמוֹת לֹא אִירָא רָע כִּי
אַתָּה עֲמָדִי, שְׁבֹטְךָ
וּמִשְׁעַנְתְּךָ הִמָּה יִנְחָמֵנִי.
תַּעֲרֹךְ לִפְנֵי שֻׁלְחָן נֶגֶד צָרָרַי,
דִּשְׁאָנָה בְּשֶׁמֶן רֹאשִׁי כוֹסִי
רֹנְהָ. אַךְ טוֹב וְחֹסֵד יִרְדְּפוּנִי
כָּל-יְמֵי חַיִּי, וְשָׁבְתִי בְּבֵית יי
לְאֹרֶךְ יָמִים.

Psalm 23

The Lord is my shepherd, I shall not want.
He gives me repose in green meadows.
He leads me beside the still waters; He revives my spirit.

He guides me on the right path, for that is His nature.
 Though I walk in the valley of the shadow of death,
 I fear no harm, for You are with me.
 Your staff and Your rod comfort me.
 You prepare a banquet for me in the presence of my foes.
 You anoint my head with oil; my cup overflows.
 Surely goodness and kindness shall be my portion
 all the days of my life.
 And I shall dwell in the House of the Lord forever.

From *The Bond of Life*, edited by Rabbi Jules Harlow. Copyright © 1975, 1983 by The Rabbinical Assembly. Reprinted by permission of Rabbinical Assembly.

Y'DID NEFESH

Y'did nefesh av harachaman,
 M'shoch avd'cha el
 r'tzonecha, Yarutz avd'cha
 k'mo ayal, Yishtachaveh el
 mul hadarecha, Ye-erav lo
 y'didotecha, Minofet tzuf
 v'chol ta-am.

יָדִיד נֶפֶשׁ אָב הָרַחֲמָן מֵשֶׁךְ
 עֲבָדְךָ אֶל רְצוֹנְךָ, יֵרֹץ עֲבָדְךָ
 כְּמוֹ אֵיל יִשְׁתַּחֲוֶה אֶל מוֹל
 הַדָּרֶךְ, יַעֲרֹב לוֹ יְדִידוֹתֶיךָ
 מִנֹּפֶת צוּף וְכָל-טַעַם.

Companion of my soul, merciful Father,
 Bring Your servant close to Your will.
 Your servant will speed like a gazelle
 To bow down before Your glory.
 Your graciousness is like the nectar of honey,
 Choicest of flavor.

By Rabbi Eliezer Azikri.

GRACE AFTER MEALS

HIN'NI MUCHAN

Hin'ni muchan um'zuman
k'mo shekatuv batorah.
V'kidashtem lachem et yom
HaShabbat.

הִנְנִי מוֹכֵן וּמְזַמֵּן כְּמוֹ
שֶׁכָּתוּב בַּתּוֹרָה: וְקִדַּשְׁתֶּם
לָכֶם אֶת-יוֹם הַשַּׁבָּת.

I am ready to celebrate and sanctify the Sabbath, as it is
written to do so in the Torah.

BIRKAT HAMAZON

For Shabbat and Festivals:

Shir Hama-a-lot. B'shuv
Adonai et shivat Tzion
hayinu k'cholmim. Az
y'malei s'chok pinu
ul-shoneinu rina, az yomru
vagoyim: Higdil Adonai
la-a-sot im eileh. Higdil
Adonai la-a-sot imanu,
hayinu s'meichim. Shuva
Adonai et sh'viteinu
ka-afikim banegev. Hazor'im
b'dima b'rina yik-tzoru.
Haloch yeileich uvacho,
nosei meshech hazara. Bo
yavo v'rina nosei alumotav.

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יי
אֶת-שִׁיבַת צִיּוֹן הֵינּוּ
בְּחִלָּמִים. אַז יִמְלֵא שְׂחוֹק
פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה, אַז יֹאמְרוּ
בְּגוֹיִם הַגְדִּיל יי לַעֲשׂוֹת עִם
אֱלֹהֵי. הַגְדִּיל יי לַעֲשׂוֹת
עִמָּנוּ, הֵינּוּ שְׂמֵחִים. שׁוּבָה
יי אֶת-שְׁבִיתֵנוּ בְּאַפִּיקִים
בְּנֶגֶב. הֹזְרֵים בְּדַמְעָה בְּרִנָּה
יִקְצְרוּ. הָלוֹךְ יֵלֵךְ וּבִכָּה נִשָּׂא
מִשְׁךְ-הַזֶּרַע, בֹּא יְבֹא בְּרִנָּה
נִשָּׂא אֶלמֹתָיו.

Some people add:

T'hilat Adonai y'daber pi
vivareich kol basar sheim
kodsho l'olam va-ed.
Va-anachnu n'vareich ya
mei-ata v'ad olam halleluyah.
Hodu Ladonai ki tov ki
l'olam chasdo. Mi y'maleil
g'vurot Adonai yashmi-a kol
t'hilato.

תְּהִלַּת יי יְדַבֵּר פִּי, וַיְבָרֵךְ
כָּל-בָּשָׂר שֵׁם קֹדֶשׁוֹ לְעוֹלָם
וָעֶד. וְאַנַּחְנוּ נְבָרֵךְ יְהוָה מֵעַתָּה
וְעַד עוֹלָם, הַלְלוּיָהּ. הוֹדוּ לֵי
כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ. מִי
יִמַּלֵּל גְּבוּרוֹת יי, יִשְׁמִיעַ
כָּל-תְּהִלָּתוֹ.

A Pilgrim Song.

When the Lord brought the exiles back to Zion
We were as in a dream
Then were our mouths filled with laughter
And our tongues with ringing song.
Then was it said among the nations:
"The Lord has done great things for them."
The Lord has done great things for us.
And we rejoiced.
Bring us from exile, Lord, as the streams return to the
Negev;
Then they who sow in tears shall reap in joy.
Though one weeps as he scatters the measure of seed,
He shall return home with joy, bearing his sheaves.

Some people add:

Now let my mouth declare the Lord's praise, and let the
whole human race bless His holy name for all time. As for
us, we will bless the Lord from now on and forever more:
Praise the Lord! Give thanks to the Lord for He is good,
for His kindness is everlasting! Who can describe the
mighty deeds of the Lord, or utter all His praise?

When three or more have eaten together:
(Words in parentheses are recited only
when there is a minyan present.)

Leader:

Rabotai n'vareich רבֹּתַי נְבָרְךָ.

Let us thank God.

Group and leader repeats:

Y'hi sheim Adonai m'vorach יְהִי שֵׁם יי מְבֹרָךְ מֵעַתָּה וְעַד
mei-atah v'ad olam. עוֹלָם.

Blessed is the name of the Lord from now and forever.

Leader:

Birshut maranan v'rabotai בְּרִשְׁוֹת מְרַנֵּן וְרַבֹּתַי,
n'vareich (Eloheinu) נְבָרְךָ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ
she-achalnu mishelo. מִשְׁלֹ.

Blessed is the name of the Lord from now and forever.
With your permission, let us thank Him (let us thank our
God) whose food we have eaten.

Group, then leader repeats:

Baruch (Eloheinu) בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ
she-achalnu mishelo uvtuvo מִשְׁלֹ וּבִטְוֹבו חַיֵּינוּ.
chayinu.

Blessed is He (Blessed is our God) whose food we have
eaten and through whose goodness we live.

All;

Baruch hu u-varuch sh'mo.

ברוך הוא וברוך שמו.

Blessed is He and blessed is His name.

When fewer than three have eaten together,
Birkat Hamazon begins here:

Baruch atah Adonai
Eloheinu melech ha-olam,
hazan et ha-olam kulo b'tuvo
b'chein b'chesed
uv-rachamim, hu notein
lechem l'chol basar, ki l'olam
chasdo. Uv-tuvo hagadol
tamid lo chasar lanu v'al
yechar lanu mazon l'olam
va-ed. Ba-avur sh'mo
hagadol ki hu zan um-farneis
lakol u-meitiv lakol
u-meichin mazon l'chol
b'riyotav asher bara. Baruch
atah Adonai, hazan et hakol.

ברוך אתה יי אלהינו מלך
העולם, הן את-העולם כלו
בטובו ברחם ובחסד
הוא נותן לחם לכל-בשר כי
לעולם חסדו, ובטובו הגדול
תמיד לא חסר לנו ולא
יחסר-לנו מזון לעולם ועד
בעבור שמו הגדול, כי הוא
זן ומפרנס לכל, ומיטיב לכל
ומכין מזון לכל-בריותיו
אשר ברא. ברוך אתה יי,
הן את-הכל.

Blessed is the Lord our God, King of the universe, who sustains the entire world with goodness, kindness and mercy. He gives food to all creatures, for His mercy is everlasting. Through His abundant goodness we have never yet been in want; may we never be in want of sustenance for the sake of His great name. God sustains all, does good to all, and provides food for all the creatures whom He has created. Blessed is the Lord, who provides food for all.

Nodeh l'cha Adonai Eloheinu
 al she-hinchalta la-avoteinu
 eretz chemda tovah
 ur-chava, v'al she-hotzeitanu
 Adonai Eloheinu mei-eretz
 mitzrayim uf-ditanu mibeit
 avadim, v'al brit'cha
 she-chatamta biv-sareinu,
 v'al torat-cha
 she-limad-tanu, v'al
 chukecha she-hodatanu, v'al
 chayim chein va-chesed
 she-chonantanu, v'al achilat
 mazon she-ata zan
 umfarneis otanu tamid,
 b'chol yom uv-chol eit
 uv-chol sha-ah.

נוֹדָה לְךָ יי אֱלֹהֵינוּ עַל
 שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ
 חֲמֻדָּה טוֹבָה וְרַחֲבָה, וְעַל
 שֶׁהוֹצַאתָנוּ, יי אֱלֹהֵינוּ,
 מֵאֶרֶץ מִצְרַיִם וּפְדִיתָנוּ מִבֵּית
 עֲבָדִים, וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ
 בְּבִשְׁרֵנוּ, וְעַל תּוֹרַתְךָ
 שֶׁלִּמַּדְתָּנוּ, וְעַל חֻקֶּיךָ
 שֶׁהוֹדַעְתָּנוּ, וְעַל חַיִּים, חֵן
 וְחֶסֶד שֶׁחֻנַּנְתָּנוּ, וְעַל אֲכִילַת
 מִזֶּן שֶׁאַתָּה זֶן וּמִפְרֹנֶס
 אוֹתָנוּ תָּמִיד, בְּכָל-יוֹם
 וּבְכָל-עֵת וּבְכָל-שָׁעָה.

We thank the Lord our God for having given a lovely and spacious land to our fathers as a heritage; for having liberated us from the land of Egypt and freed us from the house of bondage; for the covenant which He has sealed in our flesh; for the Torah which He has taught us; for the laws which He has made known to us; for the life, grace and lovingkindness which He has bestowed upon us, and for the sustenance with which He nourishes and maintains us continually, in every season, every day, even every hour.

On Chanukah add:

Al hanisim v'al hapurkan v'al
 hag'vurot v'al hat'shuot, v'al
 hamilchamot she-asita
 la-avoteinu bayamim haheim

עַל הַנִּסִּים וְעַל הַפְּרָקָן וְעַל
 הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת
 וְעַל הַמִּלְחָמוֹת שֶׁעָשִׂיתָ

bazman hazeh. Bimei
 Matityahu ben Yochanan
 kohein gadol chashmonai
 u-vanav, k'she-amda
 malchut yavan har'sha-a al
 amcha Yisrael l'hash-kicham
 toratecha ul-ha-aviram
 meichukei r'tzonecha. V'ata
 b'rachamecha harabim
 amad-ta lahem b'eit
 tzaratam, ravta et rivam,
 danta et dinam, nakamta et
 nikmatam, masarta giborim
 b'yad chalashim v'rabim
 b'yad m'atim, ut-mei-im
 b'yad t'horim, ur-sha-im
 b'yad tzadikim v'zeidim b'yad
 os'kei toratecha. Ul-cha asita
 sheim gadol v'kadosh
 b'olamecha ul-amcha Yisrael
 asita t'shu-a g'dola u-furkan
 k'hayom hazeh. V'achar kein
 ba-u vanecha lidvir beitecha
 u-finu et heichalecha
 v'tiharu et mikdashecha
 v'hidliku neirot b'chatzrot
 kodshecha v'kav'u sh'monat
 y'mei Chanuka eilu l'hodot
 ul-haleil l'shimcha hagadol.

לַאֲבוֹתֵינוּ בַּיָּמִים הָהֵם
 בְּזֶמֶן הַזֶּה. בַּיָּמִי מִתְּתִיחֶהוּ בֶן
 יוֹחָנָן כֹּהֵן גָּדוֹל חֲשֻׁמוֹנִי
 וּבָנָיו, כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרָשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרָתְךָ
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבֵּת אֶת־רִיבָם, דָּגַת
 אֶת־דִּינָם, נִקְמַת
 אֶת־נִקְמַתָם, מָסַרְתָּ גִבּוֹרִים
 בְּיַד חֲלָשִׁים, וְרַבִּים בְּיַד
 מַעֲטִים, וְטָמְאִים בְּיַד
 טְהוֹרִים, וְרָשָׁעִים בְּיַד
 צַדִּיקִים, וְזָדִים בְּיַד עוֹסְקֵי
 תּוֹרָתְךָ. וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ, וּלְעַמְּךָ
 יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה
 גְּדוֹלָה וּפָרְקָן כִּהְיוּם הַזֶּה.
 וְאַחֵר בֶּן בָּאוּ כְּנִיךָ לְדַבֵּר
 בֵּיתְךָ, וּפָנּוּ אֶת־הֵיכָלְךָ,
 וְטָהְרוּ אֶת־מִקְדָּשְׁךָ, וְהִדְלִיקוּ
 נֵרוֹת בַּחֲצוֹת קֹדֶשְׁךָ, וְקִבְּעוּ

שְׁמוֹנֶת יָמֵי חֲנֻכָּה אֵלּוּ
לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ
הַגָּדוֹל.

We thank God for the miracles, the deliverance, the mighty acts and the triumphant victories which He wrought for our fathers in ancient days at this time of year. In the days of Mattathias ben Johanan, the Hasmonean high priest, and his sons, the wicked Hellenist forces arose to force Israel to forget the Torah and transgress its laws, but God, in His great mercy, championed Israel's cause and defended them, dealing retribution and delivering the mighty into the hands of the weak, the many into the hands of the few, the impure into the hands of the pure, the wicked into the hands of the righteous, and the tyrants into the hands of the followers of the Torah. By His great deliverance of Israel He made His Name great and holy in the world to this very day, for afterward His people came to the Temple, cleansed and purified the sanctuary, and kindled lights in the holy courts, instituting these eight days of dedication for thanks and praise to His great name.

On Purim add:

Al hanisim v'al hapurkan v'al
hag'vurot v'al hat'shu-ot v'al
hamilchamot she-asita
la-avoteinu bayamim haheim
bazman hazeh.
Bimei Mordechai v'Ester
b'Shushan habira k'she-amad
aleihem Haman ha-rasha,
bikeish l'hashmid laharog
ul-abeid et kol ha-y'hudim
mina-ar v'ad zakein taf

עַל הַנִּסִּים וְעַל הַפְּרָקָן וְעַל
הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת
וְעַל הַמִּלְחָמוֹת שֶׁעָשִׂיתָ
לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם
בַּזְּמַן הַזֶּה.
בַּיָּמִי מָרְדֵּכַי וְאַסְתֵּר בְּשׁוּשַׁן
הַבִּירָה בְּשַׁעֲמֵד עֲלֵיהֶם הָמָן
הָרָשָׁע, בִּקֵּשׁ לְהַשְׁמִיד לְהָרֹג

v'nashim b'yom echad
 bish-losa asar l'chodesh
 sh'neim asar hu chodesh
 Adar ush-lalam lavoz. V'ata
 b'rachamecha harabim
 heifarta et atzato v'kilkalta
 et machashavto
 vahasheivota g'mulo b'rosho
 v'talu oto v'et banav al
 ha-eitz.

וּלְאַבְרָם אֶת-כָּל-הַיְּהוּדִים
 מִנְּעַר וְעַד-זָקֵן טַף וְנָשִׁים
 בַּיּוֹם אֶחָד, בְּשָׁלוֹשָׁה עָשָׂר
 לַחֹדֶשׁ שְׁנַיִם עָשָׂר הוּא הָיָה
 אֶדְר וּשְׁלָלָם לְבוֹז. וְאַתָּה
 בְּרַחֲמֶיךָ הָרַבִּים הִפַּרְתָּ
 אֶת-עֲצָתוֹ, וְקִלְקַלְתָּ
 אֶת-מַחְשַׁבְתּוֹ, וְהִשְׁבֹּתָ
 גְּמוּלוֹ בְּרֹאשׁוֹ, וְתָלוּ אוֹתוֹ
 וְאֶת-בָּנָיו עַל הָעֵץ.

We thank God for the miracles, the deliverance, the mighty acts and the triumphant victories which He wrought for our fathers in ancient days at this time of year. In Shushan, the Persian capital, in the days of Mordecai and Esther, the wicked Haman arose to slay, despoil and annihilate all the Jews, young and old alike, on the thirteenth of Adar, but God in His great mercy frustrated his plan and foiled his plot, causing it to backfire on him so that Haman and his sons were hanged on their own gallows.

V'al hakol Adonai
 Eloheinu anachnu
 modim lach
 um-varchim otach
 yitbarach shimcha b'fi
 chol chai tamid l'olam
 va-ed, kakatuv:
 V'achalta v'savata

וְעַל הַכֹּל יי אֱלֹהֵינוּ אֲנַחְנוּ
 מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ.
 יִתְבָּרַךְ שִׁמְךָ בְּפִי כָל-חַי
 תְּמִיד לְעוֹלָם וָעֶד, בְּכַתוּב:
 וְאַכְלַת וּשְׂבַעְתָּ וּבִרְכָתָ
 אֶת-יי אֱלֹהֶיךָ עַל הָאָרֶץ

u-veirachta et Adonai
 Elohecha al ha-aretz
 hatova asher natan
 lach. Baruch atah
 Adonai, al ha-aretz v'al
 hamazon.

הטובה אשר נתן לך. ברוך
 אתה יי, על הארץ ועל
 המזון.

For all these blessings we thank the Lord our God and
 praise Him. May His name be praised by every living
 being forever, as it is written in His Torah: "When you
 have eaten your fill, give thanks to the Lord your God for
 the good land which He has given you." Blessed is the
 Lord for the land and its produce.

Racheim Adonai
 Eloheinu al Yisrael
 amecha v'al
 Y'rushalayim irecha
 v'al tzion mishkan
 k'vodecha v'al malchut
 beit David m'shichecha
 v'al habayit hagadol
 v'hakadosh shenikra
 shimcha alav. Eloheinu
 avinu r'einu zuneinu
 parn'seinu v'chalk'leinu
 v'harvicheinu
 v'harvach lanu Adonai
 Eloheinu m'heira mikol
 tzaroteinu. V'na al
 tatz-richeinu Adonai
 Eloheinu lo lidei
 matnat basar vadam
 v'lo lidei hal-va-a-tam,
 ki im l'yad'cha

רחם יי אלהינו על ישראל
 עמך, ועל ירושלים עירך,
 ועל ציון משכן כבודך, ועל
 מלכות בית דוד משיחך,
 ועל הבית הגדול והקדוש
 שנקרא שמך עליו. אלהינו
 אבינו, רענו זוננו, פרנסנו
 וכלכלנו והרויחנו,
 והרוח-לנו, יי אלהינו,
 מהרה מכל-צרותינו. ונא
 אל תצריכנו, יי אלהינו, לא
 לידי מתנת בשר ודם ולא
 לידי הלואתם, כי אם לידך
 המלאה הפתוחה הקדושה
 והרחבה, שלא נבוש ולא

ham'lei-a hap'tucha
hak'dosha v'har'chava
shelo neivosh v'lo
nikaleim l'olam va-ed.

May the Lord our God have mercy on Israel His people, Jerusalem His city, Zion the abode of His glory, the royal house of David His anointed, and the great and holy Temple that bears His name. May our God and Father tend and nourish us, sustain and maintain us, and speedily grant us relief from all our troubles. May the Lord our God make us dependent not on the alms or loans of men, but rather on His full, open and generous hand, so that we may never be humiliated or put to shame.

On Shabbat add:

R'tzei v'hachalitzeinu Adonai
Eloheinu b'mizvotcha
uv-mitzvat yom hash'vi-i
haShabbat hagadol
v'hakadosh hazeh. Ki yom
zeh gadol v'kadosh hu
l'fanecha lishbot bo
v'lanuach bo b'ahavah
k'mitzvat r'tzonecha.
Birtzon'cha hanach lanu
Adonai Eloheinu shelo t'hei
tzara v'yagon va-anacha
b'yom m'nuchteinu.
V'har-einu Adonai Eloheinu
b'nechamat Tzion irecha
uv'vinyan Y'rushalayim ir
kodshecha ki atah hu ba-al
ha-y'shuot- u-va-al
hanechamot.

רָצָה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ
בְּמִצְוֹתֶיךָ, וּבְמִצְוַת יוֹם
הַשַּׁבָּת הַגָּדוֹל
וְהַקָּדוֹשׁ הַזֶּה, כִּי יוֹם זֶה
גָּדוֹל וְקָדוֹשׁ הוּא לְפָנֶיךָ,
לְשַׁבֵּת-בּוֹ וּלְנוּחַ בּוֹ בְּאַהֲבָה
בְּמִצְוַת רְצוֹנְךָ. בְּרִצְוֹנְךָ הֵנַח
לָנוּ יְיָ אֱלֹהֵינוּ שֶׁלֹּא תִהְיֶה
צָרָה וְיָגוֹן וְאַנְחָה בְּיוֹם
מְנוּחָתָנוּ. וְהִרְאֵנוּ יְיָ אֱלֹהֵינוּ
בְּנֶחֱמַת צִיּוֹן עִירָךָ, וּבִבְנֵי
יְרוּשָׁלַיִם עִיר קִדְשֶׁךָ, כִּי
אַתָּה הוּא בַּעַל הַיְשׁוּעוֹת
וּבַעַל הַנְּחָמוֹת.

May it be God's will to strengthen us in His commandments, especially regarding the seventh day, this great and holy Sabbath, for today is great and holy before Him—a day on which to rest and repose in love, according to His command. May it be His will to grant us relief from all care, sorrow and grief on our day of rest, and may He enable us to see Zion comforted and Jerusalem, the holy city, rebuilt, for it is He who grants salvation and comfort.

On Rosh Chodesh and Festivals add:

Eloheinu veilohei avoteinu,
 ya-aleh v'yavo v'yagia
 v'yeira-eh v'yeiratzeh
 v'yishama v'yipakeid
 v'yizacheir zichroneinu
 u-fikdoneinu, v'zichron
 avoteinu, v'zichron
 Mashiaח ben David
 avdecha, v'zichron
 Y'rushalayim ir kodshecha,
 v'zichron kol am'cha beit
 Yisrael l'fanecha, lif-leita
 ul-tova ul-chein ul-chesed
 ul-rachamim ul-chayim
 ul-shalom—

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 יַעֲלֶה וַיָּבֹא וַיָּגִיעַ, וַיֵּרָא
 וַיֵּרָצֶה וַיִּשְׁמַע, וַיִּפְקֹד וַיִּזְכֹּר
 זְכוֹרֵנוּ וּפְקֻדוֹתֵנוּ, וְזִכְרוֹן
 אֲבוֹתֵינוּ, וְזִכְרוֹן מָשִׁיחַ בֶּן
 דָּוִד עַבְדְּךָ, וְזִכְרוֹן יְרוּשָׁלַיִם
 עִיר קֹדֶשְׁךָ, וְזִכְרוֹן כָּל-עַמְּךָ
 בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְפָלִיטָה
 וּלְטוֹבָה וּלְחַן וּלְחֶסֶד
 וּלְרַחֲמִים וּלְחַיִּים וּלְשָׁלוֹם —

May remembrance and mindfulness of us and of our fathers, of the Messiah, son of David, His servant, of Jerusalem, His holy city, and of all His people, the house of Israel, come before our God and be remembered and accepted with mercy and kindness, life and peace, on this day of—

Add for appropriate day:

On Rosh Chodesh say:

B'yom Rosh Hachodesh hazeh. **בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.**
the New Month.

On Pesach say:

B'yom Chag Hamatzot hazeh. **בְּיוֹם חַג הַמַּצּוֹת הַזֶּה.**
the Festival of Unleavened Bread.

On Shavu'ot say:

B'yom Chag Hashavuot hazeh. **בְּיוֹם חַג הַשְּׁבוּעוֹת הַזֶּה.**
The Festival of Weeks.

On Rosh Hashanah say:

B'yom Hazikaron hazeh. **בְּיוֹם הַזִּכְרוֹן הַזֶּה.**
Remembrance.

On Sukkot say:

B'yom Chag Hasukkot hazeh. **בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה.**
the Festival of Booths.

On Sh'mini Atzeret and Simchat Torah say:

Bayom Hash'mini Chag Ha-atzeret hazeh. **בְּיוֹם הַשְּׁמִינִי חַג הָעֲצֵרֶת
הַזֶּה.**
the Closing Festival.

Zochreinu Adonai
 Eloheinu bo l'tova,
 u-fokdeinu vo livracha,
 v'hoshi-einu vo
 l'chayim. U-vidvar
 y'shua v'rachamim
 chus v'choneinu
 v'racheim aleinu
 v'hoshi-einu ki eilecha
 eineinu ki Eil chanun
 v'rachum atah.

May God remember us for good, grant us blessing and preserve us in life. May He show us compassion and grace with the promise of salvation and mercy. May He be merciful towards us and save us, for our eyes are turned to a gracious and merciful God.

Uv-nei Y'rushalayim ir
 hakodesh bimheira
 v'yameinu. Baruch
 atah Adonai, boneh
 v'rachamav
 Y'rushalayim. Amein.

May He rebuild Jerusalem, the holy city, speedily in our lifetime. Blessed is the Lord, who in His mercy restores Jerusalem. Amen.

Baruch atah Adonai,
 Eloheinu melech
 ha-olam, ha-Eil avinu
 malkeinu adireinu
 bor'einu go-aleinu
 yotz'reinu k'dosheinu
 k'dosh Ya'akov,

זכרנו יי אלהינו בו לטובה,
 ופקדנו בו לברכה, והושיענו
 בו לחיים. ובדבר ישועה
 ורחמים חוס וחסנו ורחם
 עלינו והושיענו, כי אליך
 עינינו, כי אל חנון ורחום
 אתה.

ובנה ירושלים עיר
 הקדש במהרה בימינו. ברוך
 אתה יי, בונה ברחמיו
 ירושלים. אמן.

ברוך אתה, יי אלהינו, מלך
 העולם, האל אבינו מלכנו
 אדירנו בוראנו גואלנו
 יוצרנו קדושנו קדוש יעקב,
 רוענו רועה ישראל, המלך

ro-einu ro-ei Yisrael
 hamelech hatov
 v'hameitiv lakol
 she-b'chol yom vayom
 hu heitiv hu meitiv hu
 yeitiv lanu. Hu
 g'malanu hu gomleinu
 hu yig-m'leinu la-ad
 l'chein ul-chesed
 ul-rachamim ul-revach
 hatzala v'hatzlacha
 b'racha vi-shua
 nechama parnasa
 v'chalkala v'rachamim
 v'chayim v'shalom
 v'chol tov, u-mikol tov
 l'olam al y'chasreinu.

הטוב והמיטיב לכל,
 שבכל-יום ויום הוא היטיב,
 הוא מיטיב, הוא ייטיב לנו.
 הוא גמלנו הוא גומלנו הוא
 יגמלנו לעד לחן ולחסד
 ולרחמים ולרוח, הצלה
 והצלחה, ברכה וישועה,
 נחמה, פרנסה ובכלכלה
 ורחמים וחיים ושלוש
 וכל-טוב, ומכל-טוב לעולם
 אל יחסרנו.

Blessed is the Lord our God, King of the universe, who is
 our God, our Father, our King, our Mighty One, our
 Creator, our Redeemer, our Maker, the Holy One of
 Jacob, the Shepherd of Israel, the good King who does
 good to all. May He who continually shows us kindness
 continue His goodness to us. As He has ever bestowed His
 favors upon us, may He continue to bless us with grace,
 lovingkindness, compassion, and deliverance, prosperity,
 redemption, and consolation, sustenance, and mercy, a life
 of peace and all goodness. May He never withhold His
 goodness from us.

Harachaman hu
 yimloch aleinu l'olam
 va-ed.
 Harachaman hu
 yitbarach bashamayim
 u-va-aretz.

הרחמן, הוא ימלך עלינו
 לעולם ועד.
 הרחמן, הוא יתברך בשמים
 ובארץ.

Harachaman hu
 yishtabach l'dor dorim
 v'yitpa-ar banu
 l'neitzach n'tzachim
 v'yit-hadar banu la-ad
 ul-ol'mei olamim.
 Harachaman hu
 y'far-n'seinu b'chavod.
 Harachaman hu
 yishbor uleinu mei-al
 tzavareinu v'hu
 yolicheinu kom'miyut
 l'artzeinu.
 Harachaman hu
 yishlach b'racha
 m'ruba babayit hazeh
 v'al shulchan zeh
 she-achalnu alav.
 Harachaman hu
 yishlach lanu et
 Eliyahu Hanavi zachur
 latov vivaser lanu
 b'sorot tovat y'shu-ot
 v'nechamot.

הַרְחָמֵן, הוּא יִשְׁתַּבַּח לְדוֹר
 דּוֹרִים, וַיִּתְּפָאֵר בָּנוּ לְנֶצַח
 נְצָחִים, וַיִּתְּהַדַּר בָּנוּ לָעַד
 וּלְעוֹלָמֵי עוֹלָמִים.
 הַרְחָמֵן, הוּא יַפְרִיֵּסנוּ בְּכָבוֹד.
 הַרְחָמֵן, הוּא יִשְׁבֹּר עֲלֵנוּ
 מֵעַל צוֹאֲרֵנוּ וְהוּא יוֹלִיכֵנוּ
 קוֹמָמִיּוֹת לְאַרְצֵנוּ.
 הַרְחָמֵן, הוּא יִשְׁלַח בְּרָכָה
 מְרֻבָּה בְּבֵית הַזֶּה, וְעַל שְׁלַחַן
 זֶה שֶׁאֲכָלנוּ עָלָיו.
 הַרְחָמֵן, הוּא יִשְׁלַח לָנוּ
 אֶת־אֱלֹהֵי הַנְּבִיא, זָכוֹר
 לְטוֹב, וַיְבַשֵּׁר־לָנוּ בְּשׂוֹרוֹת
 טוֹבוֹת וְשׂוֹעֵוֹת וְנֶחֱמוֹת.

May God reign over us forever and ever.
 May God be extolled in heaven and on earth.
 May God be praised in all generations; may He be
 glorified through us to all eternity; may He be honored
 among us forever.
 May God grant us an honorable livelihood.
 May God break the yoke of our oppression and lead us in
 dignity to our ancient homeland.
 May God send abundant blessing upon this dwelling and
 the table at which we have eaten.

May God send Elijah the Prophet to us, and may he bear good tidings of salvation and comfort.

When eating at one's own table say:

Harachaman hu y'vareich oti	הַרְחֵמֵן, הוּא יְבָרֵךְ אוֹתִי
(v'et ishti \ v'et ba'ali	וְאֶת-אִשְׁתִּי / וְאֶת-בְּעָלִי
v'et zar-i) otanu v'et	וְאֶת-זָרְעִי, אוֹתָנוּ וְאֶת-
kol asher lanu—	כָּל-אֲשֶׁר לָנוּ —

May God bless me (my wife, my children) and all my family,

When eating at one's parents' table, say:

Harachaman hu y'vareich et	הַרְחֵמֵן, הוּא יְבָרֵךְ אֶת-אָבִי
avi mori ba-al habayit hazeh,	מֹרִי בְּעַל הַבַּיִת הַזֶּה וְאֶת-
v'et imi morati ba-alat	אִמִּי מֹרְתִי בְּעֻלַּת הַבַּיִת
habayit hazeh, otam v'et	הַזֶּה, אוֹתָם וְאֶת-בֵּיתָם
beitam v'et zar-am v'et kol	וְאֶת-זָרְעָם וְאֶת-כָּל-אֲשֶׁר
asher lahem—	לָהֶם —

May God bless my father, head of this household, and my mother, mistress of this household, their children and all their family.

When eating at another's table, say:

Harachman hu y'vareich et	הַרְחֵמֵן, הוּא יְבָרֵךְ אֶת-
ba-al habayit hazeh, (v'et	בְּעַל הַבַּיִת הַזֶּה (וְאֶת-אִשְׁתּוֹ
ishto v'et zar-o) v'et kol	וְאֶת-זָרְעוֹ) וְאֶת-כָּל-אֲשֶׁר
asher lo—	לוֹ —

May God bless the head of this household, (his wife and children) and all his family.

When eating at a communal meal, say:

Harachaman hu y'vareich et
kol ham'subim kan, otanu
v'et kol asher lanu—

הַרְחָמֵנוּ, הוּא יְבָרֵךְ
אֶת-כָּל-הַמְּסֻבִּים בָּאֵן, אוֹתָנוּ
וְאֶת-כָּל-אֲשֶׁר לָנוּ —

May God bless all who are gathered here and all their families, as well as all dear to us.

K'mo she-nitbarchu
avoteinu Avraham
Yitzchak v'Ya-akov
bakol mikol kol, kein
y'vareich otanu kulanu
yachad bivracha
sh'leima v'nomar
amein.

כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ
אֲבֹרָהִם יִצְחָק וְיַעֲקֹב בְּכָל
מִכָּל כָּל, בֵּן יְבָרֵךְ אוֹתָנוּ
כָּלֵנוּ יַחַד בְּבִרְכָּה שְׁלֵמָה,
וְנֹאמַר אָמֵן.

Even as our forefathers, Abraham, Isaac and Jacob were blessed in every way; so may He bless all of us together with a perfect blessing, and let us say, Amen.

Bamarom y'lamdu
aleihem v'aleinu z'chut
she-t'hi l'mishmeret
shalom. V'nisa v'racha
mei-eit Adonai
utz-daka mei-Elohei
yisheinu. V'nimtza
chein v'seichel tov
b'einei Elohim v'adam.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעָלֵינוּ
זְכוּת, שֶׁתְּהִי לְמִשְׁמֶרֶת
שְׁלוֹם, וְנִשָּׂא בְּרָכָה מֵאֵת יי,
וְצִדְקָה מֵאֱלֹהֵי יִשְׂרָאֵל,
וְנִמְצָא חֵן וְשֹׂכֵל טוֹב בְּעֵינֵי
אֱלֹהִים וָאָדָם.

May our merit and the merit of our fathers secure enduring peace for all of us. May we receive a blessing from the Lord, and justice from the God of our salvation. May we find grace and favor in the sight of God and man.

On Shabbat add:

Harachaman hu yan-chileinu
yom she-kulo Shabbat
um-nucha—l'chayei
ha-olamim.

הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ יוֹם
שְׁכָלוּ שַׁבָּת וּמְנוּחָה —
לַחַיֵּי הָעוֹלָמִים.

May God grant us a world that shall be entirely Sabbath
and eternal rest.

On Rosh Chodesh add:

Harachaman hu y'chadeish
aleinu et hachodesh hazeh
l'tovah v'livracha.

הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עֲלֵינוּ
אֶת-הַחֹדֶשׁ הַזֶּה לְטוֹבָה
וּלְבִרְכָּה.

May God grant us this new month for good and blessing.

On Pesach, Shavuot and Sukkot add:

Harachaman hu yan-chileinu
yom she-kulo tov.

הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ יוֹם
שְׁכָלוּ טוֹב.

May God grant us the day that will be entirely good.

On Sukkot add as well:

Harachaman hu yakim lanu
et sukkat David hanofelet.

הַרְחֵמֵנוּ, הוּא יָקִים לָנוּ
אֶת-סֻכַּת דָּוִיד הַנִּפְּלֹת.

May God erect the fallen booth of David for us.

On Rosh Hashanah add:

Harachaman hu y'chadeish
aleinu et hashanah hazot
l'tovah v'livracha.

הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עֲלֵינוּ
אֶת-הַשָּׁנָה הַזֹּאת לְטוֹבָה
וּלְבִרְכָּה.

May God grant us this year for good and blessing.

Harachaman hu
y'vareich et M'dinat
Yisrael, reishit
tz'michat g'u-lateinu.

הַרְחֵמֵן הוּא יְבָרֵךְ
אֶת־מְדִינַת יִשְׂרָאֵל, רֵאשִׁית
צְמִיחַת גְּאֻלָּתֵנוּ.

May the Merciful bless the State of Israel, the dawn of
our redemption.

Harachaman hu
y'vareich et chayalei
tz'va hagana l'Yisrael,
v'yagein aleihem.

הַרְחֵמֵן הוּא יְבָרֵךְ
אֶת־חַיְלֵי צְבָא הַגָּנָה
לְיִשְׂרָאֵל, וַיְגִן עֲלֵיהֶם.

May the Merciful bless the soldiers of the Israel Defense
Forces and defend them.

Harachaman hu
y'vareich et acheinu
b'nei Yisrael han'tunim
betzarah, v'yotzi-eim
mei-afeila l'orah.

הַרְחֵמֵן, הוּא יְבָרֵךְ
אֶת־אַחֵינוּ בְּנֵי יִשְׂרָאֵל
הַנִּתְּוֹנִים בְּצָרָה, וַיּוֹצִיאֵם
מֵאֲפֵלָה לְאוֹרָה.

May the Merciful bless all of our people who suffer and
bring them out of darkness into light.

Harachaman hu y'zakeinu
limot hamashiach ul-chayei
ha-olam haba.

הַרְחֵמֵן, הוּא יְזַכֵּנוּ לַיְמֹת
הַמָּשִׁיחַ, וְלַחַיֵּי הָעוֹלָם הַבָּא.

May God enable us to live in the days of the Messiah and
in the world-to-come.

Magdil (on Shabbat, Rosh
Chodesh and Festivals: Migdol)
y'shu-ot malko v'oseh chesed
lim-shicho l'David ul-zar-o ad
olam. Oseh shalom
bimromav hu ya-aseh
shalom aleinu v'al kol
Yisrael, v'imru amen.

מַגְדִּיל (מִגְדּוֹל) יְשׁוּעוֹת מַלְכוּ
וְעוֹשֶׂה חֶסֶד לַמָּשִׁיחַ, לְדָוִד
וּלְזָרְעוֹ עַד עוֹלָם. עוֹשֶׂה
שְׁלוֹם בְּמִרְוֹמָיו הוּא יַעֲשֶׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

He grants deliverance (on *Shabbat, Rosh Chodesh and Festivals*: He is a tower of deliverance) to His chosen king, and shows kindness to His anointed one, to David, and his descendents forever. May He who creates peace above, create peace for us and all Israel, and let us say, Amen.

Y'ru et Adonai
k'doshav ki ein
machsor lirei-av.
K'firim rashu v'ra-eivu
v'dorshei Adonai lo
yach-s'ru chol tov.
Hodu Ladonai ki tov ki
l'olam chasdo.
Potei-ach et yadecha
u-masbia l'chol chai
ratzon. Baruch
hagever asher yivtach
Badonai, v'haya Adonai
mivtacho. Na-ar hayiti
gam zakanti, v'lo ra'iti
tzadik ne-ezav v'zar-o
m'vakesh lachem.
Adonai oz l'amo yitein
Adonai y'vareich et
amo vashalom.

יִרְאוּ אֶת־יְיָ קְדוֹשׁוֹ בִּי אֵין
מַחְסוֹר לִירְאָיו. בְּפִירִים רָשׁוּ
וְרָעִבוּ וְדוֹרְשֵׁי יְיָ לֹא יַחְסְרוּ
כָּל־טוֹב. הוֹדוּ לֵי יְיָ כִּי טוֹב, כִּי
לְעוֹלָם חֲסִדּוֹ. פּוֹתֵחַ
אֶת־יָדְךָ, וּמַשְׁבִּיעַ לְכָל־חַי
רִצּוֹן. בָּרוּךְ הַגֶּבֶר אֲשֶׁר יִבְטַח
בֵּי, וְהִזָּה יְיָ מִבְטָחוֹ. נֶעַר
הָיִיתִי גַם זָקֵנְתִי, וְלֹא רָאִיתִי
צַדִּיק נֶעְזֵב וְזָרַעוּ
מִבְקֵשׁ־לֶחֶם. יְיָ עֹז לְעַמּוֹ יִתֵּן
יְיָ יִבְרַךְ אֶת־עַמּוֹ בְּשָׁלוֹם.

Revere the Lord, you who are His holy ones.
For those who revere Him suffer no want.
Those who deny Him may famish and starve,
But they who seek the Lord shall not lack anything that is
good.
Give thanks to the Lord, for He is good;
His mercy endures forever.
He opens His hand and satisfies every living thing with
favor.

Blessed is the man who trusts in the Lord,
For the Lord will be his protection.
I have been young, and I have grown older,
But I have not seen the righteous man forsaken,
Nor his children begging for bread.
The Lord will give strength to His people.
The Lord will bless His people with peace.

BIRKAT HAMAZON (Shortened Version)

On Sabbath and holidays *Shir Hama-alot*
is said. (See page 42.)

When three or more have eaten together:
(Words in parentheses are recited only
when there is a minyan present.)

Leader:

Rabotai n'vareich רבֹּתַי נְבָרֵךְ.

Friends, let us give thanks.

Group, then leader repeats:

Y'hi sheim Adonai m'vorach יְהִי שֵׁם יי מְבָרֵךְ מְעַתָּה וְעַד
mei-atah v'ad olam. עוֹלָם.

May the Lord be praised, now and forever.

Leader:

Birshut rabotai, n'vareich בִּרְשׁוֹת רַבֹּתַי, נְבָרֵךְ
(Eloheinu) she-achalnu (אֱלֹהֵינוּ) שָׁאֲכַלְנוּ מִשְׁלוֹ.
mishelo.

With your consent, friends, let us praise God of whose
god we have partaken.

Group, then leader repeats:

Baruch (Eloheinu)

she-achalnu mishelo uvtuvo
chayinu.

Praised be our God of whose food we have partaken and
by whose goodness we live.

בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאֵכָלְנוּ
מִשְׁלוֹ וּבְטוּבוֹ חַיֵּינוּ.

Leader:

Baruch hu u-varuch sh'mo.

Praised be He and praised be His name.

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

When fewer than three have eaten together,
Birkat Hamazon begins here:

Baruch atah Adonai
Eloheinu melech ha-olam,
hazan et ha-olam kulo b'tuvo
b'chein b'chesed
uv-rachamim, hu notein
lechem l'chol basar, ki l'olam
chasdo. Uv-tuvo hagadol
tamid lo chasar lanu v'al
yechsar lanu mazon l'olam
va-ed. Ba-avur sh'mo
hagadol ki hu zan um-farneis
lakol u-meitiv lakol
u-meichin mazon l'chol
b'riyotav asher bara. Baruch
atah Adonai, hazan et hakol.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַזֵּן אֶת-הָעוֹלָם כֻּלּוֹ
בְּטוּבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,
הוּא נוֹתֵן לֶחֶם לְכָל-בָּשָׂר כִּי
לְעוֹלָם חֶסֶדוֹ, וּבְטוּבוֹ הַגָּדוֹל
תָּמִיד לֹא חָסַר לָנוּ וְאֵל
יִחְסַר-לָנוּ מִזֶּן לְעוֹלָם וָעֶד
בְּעִבּוּר שְׁמוֹ הַגָּדוֹל, כִּי הוּא
זֶן וּמַפְרִיֵּס לְכָל, וּמֵיטִיב לְכָל
וּמַכִּין מִזֶּן לְכָל-בְּרִיּוֹתָיו
אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה יי,
הַזֵּן אֶת-הַכֹּל.

Praised are You, Lord our God, King of the universe, who
sustains the whole world with kindness and compassion.
You provide food for every creature, for Your love
endures forever. Your great goodness has never failed us.

Your great glory assures us nourishment. All life is Your creation and You are good to all, providing every creature with food and sustenance. Praised are You, Lord who sustains all life

Nodeh l'cha Adonai Eloheinu
al she-hinchalta la-avoteinu
eretz chemda tovah
ur-chava, b'rit v'Torah,
chayim u-mazon. Yitbarach
shimcha b'fi khol chai tamid
l'olam va-ed, kakatuv:
V'achalta v'savata
u-veirachta et Adonai
Elohecha al ha-aretz hatova
asher natan lach. Baruch
atah Adonai, al ha-aretz v'al
hamazon.

נוֹדָה לְךָ יי אֱלֹהֵינוּ עַל
שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ
חֲמֻדָּה טוֹבָה וְרַחֲבָה, בְּרִית
וְתוֹרָה, חַיִּים וּמִזוֹן. יִתְבָּרַךְ
שִׁמְךָ בְּפִי כָל-חַי תָּמִיד
לְעוֹלָם וָעֶד, כְּכָתוּב: וְאַכַּלְתָּ
וְשָׂבַעְתָּ וּבִרְכַּתְתָּ אֶת-יי
אֱלֹהֶיךָ עַל הָאֶרֶץ הַטּוֹבָה
אֲשֶׁר נָתַן לְךָ. בָּרוּךְ אַתָּה יי,
עַל הָאֶרֶץ וְעַל הַמִּזוֹן.

We thank You, Lord our God, for the pleasing, ample, desirable land which You gave to our ancestors, for the covenant and Torah, for life and sustenance. May You forever be praised by all who live, as it is written in the Torah: "When you have eaten your fill, you shall praise the Lord your God for the good land which He has given you." Praised are You, Lord, for the land and for sustenance.

On Shabbat, Rosh Chodesh or Festivals, add the appropriate paragraph from the full Birkat Hamazon.

Uv-nei Y'rushalayim ir
hakodesh bimheira
v'yameinu. Baruch atah
Adonai, boneh v'rachamav
Y'rushalayim. Amein.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ
בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה
יי, בּוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם.
אָמֵן.

Build up Jerusalem, the holy city, in our time. Praised are You, Lord, who in his mercy rebuilds Jerusalem.

Baruch atah Adonai,
Eloheinu melech ha-olam,
hamelech hatov v'hameitiv
lakol. Hu heitiv, hu meitiv,
hu yeitiv lanu. Hu
g'malanu, hu gom-leinu, hu
yigm'leinu la-ad chein
va-chesed v'rachamim,
vi-zakeinu limot
hamashi-ach.

ברוך אתה יי אלהינו מלך
העולם, המלך הטוב
והמיטיב לכל. הוא היטיב,
הוא מיטיב, הוא ייטיב לנו.
הוא גמלנו, הוא גומלנו,
הוא יגמלנו לעד חן וחסד
ורחמים, ויזכנו לימות
המשיח.

Praised are You, Lord our God, King of the universe, who
is good to all, whose goodness is constant throughout all
time. Favor us with kindness and compassion now and in
the future as in the past. May we be worthy of the days of
the messiah.

Harachaman hu y'vareich et
ha-aretz hazot v'yagein
aleha.

הרחמן, הוא יברך
את-הארץ הזאת ויגן עליה.

May the Merciful bless this land and protect it.

Harachaman hu y'vareich et
acheinu b'nei Yisrael
han'tunim b'tzarah,
v'yotzi'eim mei-afeilah
l'orah.

הרחמן, הוא יברך
את-אחינו בני ישראל
הנתונים בצרה, ויוציאם
מאפלה לאורה.

May the Merciful bless all of our people who suffer and
bring them out of darkness into light.

Harachaman hu y'vareich et
M'dinat Yisrael, reishit
tz'michat g'u-lateinu.

הרחמן, הוא יברך
את-מדינת ישראל, ראשית
צמיחת גאולתנו.

May the Merciful bless the State of Israel, the dawn of
our redemption.

On Shabbat:

Harachaman hu yan-chileinu הַרְחֵמֵן, הוּא יִנְחִילֵנוּ יוֹם
yom she-kulo Shabbat שְׁכָלוּ שַׁבָּת וּמְנוּחָה —
um-nucha—l'chayei לַחַיֵּי הָעוֹלָמִים.
ha-olamim.

May the Merciful grant us a day of true Shabbat rest,
reflecting the life of eternity.

On Rosh Chodesh:

Harachaman hu y'chadeish הַרְחֵמֵן, הוּא יַחְדֵּשׁ עֲלֵינוּ
aleinu et hachodesh hazeh אֶת־הַחֹדֶשׁ הַזֶּה לְטוֹבָה
l'tovah v'livracha. וּלְבִרְכָּה.

May the Merciful renew this month for goodness and
blessing.

On Festivals:

Harachaman hu yan-chileinu הַרְחֵמֵן, הוּא יִנְחִילֵנוּ יוֹם
yom shekulo tov. שְׁכָלוּ טוֹב.

May the Merciful grant us a day fulfilled with the spirit of
the Festival.

On Chol Hamo-aid Sukkot:

Harachaman hu yakim lanu הַרְחֵמֵן, הוּא יָקִים לָנוּ
et sukkat David hanofelet. אֶת־סֻכַּת דָּוִיד הַנוֹפֶלֶת.

May the Merciful raise the fallen sukkah of David.

On Chanukah:

Harachaman hu ya-aseh lanu הַרְחֵמֵן, הוּא יַעֲשֶׂה לָנוּ נִסִּים
nisim v'nifla-ot k'mo וְנִפְלְאוֹת כְּמוֹ שֶׁעָשָׂה
she-asah la-avoteinu bimei לְאֲבוֹתֵינוּ בִּימֵי מַתְתִּיָּהוּ
Matityahu u-vanav. וּבָנָיו.

May the Merciful grant us the miracle of deliverance as
He did for our ancestors in the days of Mattathias and his
sons.

On Purim:

Harachaman hu ya-aseh lanu **הַרְחֵמֵן, הוּא יַעֲשֶׂה לָנוּ נִסִּים**
nisim v'nifla-ot k'mo **וּנְפִלְאוֹת כְּמוֹ שַׁעֲשֵׂה**
she-asah la-avoteinu bimeï **לְאַבוֹתֵינוּ בַּיָּמִי מְרַדְּכִי**
Mordechai v'Ester. **וְאַסְתֵּר.**

May the Merciful grant us the miracle of deliverance as
He did for our ancestors in the days of Mordecai and
Esther.

On Israel's Independence:

Harachaman hu ya-aseh lanu **הַרְחֵמֵן, הוּא יַעֲשֶׂה לָנוּ נִסִּים**
nisim v'nifla-ot k'mo **וּנְפִלְאוֹת כְּמוֹ שַׁעֲשֵׂה לְעַמָּנוּ**
she-asah l'ameinu bimeï **בַּיָּמִי הַשְּׁבֵת בְּנִים לְגְבוּלָם.**
hashavat banim ligvulam.

May the Merciful grant us the miracle of deliverance as
He did for our people when He restored them to the land
of Israel.

V'nisa v'racha mei-eit **וְנִסָּא בְּרַכָּה מֵעַתַּת יי, וְצִדְקָה**
Adonai, utz-daka mei-Elohei **מֵאֱלֹהֵי יִשְׁעֵנוּ, וְנִמְצָא חן**
yish-einu, v'nimtza chein **וְשָׁכַל טוֹב בְּעֵינֵי אֱלֹהִים**
v'seichel tov b'einei Elohim **וְאָדָם. עוֹשֶׂה שְׁלוֹם בְּמִרוּמָיו**
v'adam. Oseh shalom **הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל**
bimromav hu ya-aseh **כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.**
shalom aleinu v'al kol
Yisrael, v'imru amein.

May we receive blessings from the Lord, lovingkindness
from the God of our deliverance. May we find grace and
good favor before God and all people. May He who brings
peace to His universe bring peace to us, to all the people
Israel and to all mankind. And let us say: Amen.

B'RACHA ACHARONA

After cake, wine or certain fruits:

Baruch atah Adonai
Eloheinu Melech ha-olam—

ברוך אתה יי אלהינו מלך
העולם —

After cake:

Al hamichya v'al hakalkala

על המחייה ועל הכלכלה

After wine:

Al hagefen v'al p'ri hagefen

על הגפן ועל פרי הגפן,

After cake and wine:

Al hamichya v'al hakalkala
v'al hagefen v'al p'ri
hagefen

על המחייה ועל הכלכלה
ועל הגפן ועל פרי הגפן,

After certain fruits:

Al ha-eitz v'al p'ri ha-eitz

על העץ ועל פרי העץ

v'al t'nuvat hasadeh, v'al
eretz chemda tova ur-chava
sheratzita v'hin-chalta
la-avoteinu le-echol mipirya
v'lisbo-a mituva. Rachem na
Adonai Eloheinu, al Yisrael
amecha, v'al Y'rushalayim
irecha, v'al tziyon mishkan
k'vodecha, v'al mizbachacha
v'al heichalecha. Uv-nei
Y'rushalayim ir hakodesh
bimheira v'yameinu,
v'ha-aleinu l'tochah
v'sam'cheinu b'vinyanah,

ועל תנובת השדה ועל ארץ
חמדה טובה ורחבה שרצית
והנחת לאבותינו לאכל
מפריה ולשבוע מטובה. רחם
יי אלהינו על ישראל עמך,
ועל ירושלים עירך ועל ציון
משכן כבודך ועל מזבחך
ועל היכלך. ובנה ירושלים
עיר הקדש במהרה בימינו,
והעלנו לתוכה ושמחנו

v'nochal mipiryah v'nisba
mituvah, un-varech'cha
aleha bikdusha uv-tohora.

בְּבִנְיָנָהּ, וְנֹאכַל מִפְרִיָּהּ
וְנִשְׁבַּע מִטוֹבָהּ, וְנִבְרַכְךָ
עָלֶיהָ בְּקִדְשָׁהּ וּבְטָהֳרָהּ.

Praised are You, Lord our God, King of the universe, for all the nourishment and produce of the field, for the lovely and spacious land which You gave to our fathers as a heritage to eat of its fruit and enjoy its good gifts. Have mercy, Lord our God, on Your people Israel, on Your city Jerusalem, on Zion the home of Your majesty, on Your altar and Your shrine. Speedily rebuild the holy city of Jerusalem. Bring us there and gladden us with the restoration of our land. May we eat of its fruit and enjoy its good gifts. May we bless you for it in holiness and purity.

On Sabbath:

R'tzei v'hachalitzeinu b'yom **רָצָה וְהַחֲלִיצֵנוּ בְּיוֹם הַשַּׁבָּת**
hashabbat hazeh. **הַזֶּה.**

Be pleased and strengthen us on this Sabbath day.

On Rosh Chodesh:

Zochreinu l'tova b'yom rosh **זָכְרֵנוּ לְטוֹבָה בְּיוֹם רֹאשׁ**
hachodesh hazeh. **הַחֹדֶשׁ הַזֶּה.**

Remember us on this New Moon.

On Rosh Hashanah:

Zochreinu l'tova b'yom **זָכְרֵנוּ לְטוֹבָה בְּיוֹם**
hazikaron hazeh. **הַזִּכְרוֹן הַזֶּה.**

Remember us on this Day of Remembrance.

On Pesach:

Sam'cheinu b'yom chag hamatzot hazeh שמחנו ביום חג המצות
הזה.

Grant us joy on this festival of Unleavened Bread.

On Shavuot:

Sam'cheinu b'yom chag hashavuot hazeh שמחנו ביום חג השבועות
הזה.

Grant us joy on this festival of Weeks.

On Sukkot:

Sam'cheinu b'yom chag hasukkot hazeh שמחנו ביום חג הסוכות
הזה.

Grant us joy on this festival of Tabernacles.

On Shemini Atzeret and Simchat Torah:

Sam'cheinu bayom hash'mini chag ha-atzeret hazeh שמחנו ביום השמיני חג
העצרת הזה.

Grant us joy on this festival of the Eighth Day of Assembly.

Ki ata Adonai tov כי אתה יי טוב ומיטיב לכל,
umeitiv lakol, v'nodeh ונודה לך על הארץ
l'cha al ha-aretz

After cake:

v'al hamichya. Baruch atah ועל המקהה. ברוך אתה יי,
Adonai, al ha-aretz v'al על הארץ ועל המקהה.
hamichya.

After wine:

v'al p'ri hagafen. Baruch atah וְעַל פְּרֵי הַגָּפֶן. בָּרוּךְ אַתָּה
Adonai, al ha-aretz v'al p'ri יי, עַל הָאָרֶץ וְעַל פְּרֵי הַגָּפֶן.
hagafen.

After cake and wine:

v'al hamichya v'al p'ri וְעַל הַמִּחְיָה וְעַל פְּרֵי הַגָּפֶן.
hagafen. Baruch ata Adonai, בָּרוּךְ אַתָּה יי, עַל הָאָרֶץ
al ha-aretz v'al hamichyah וְעַל הַמִּחְיָה וְעַל פְּרֵי הַגָּפֶן.
v'al p'ri hagafen.

After certain fruits:

v'al haperot. Baruch ata וְעַל הַפְּרוֹת. בָּרוּךְ אַתָּה יי,
Adonai, al ha-aretz v'al עַל הָאָרֶץ וְעַל הַפְּרוֹת.
haperot.

For You, O Lord, are good to all. We thank You for our
land and all of the nourishment. Praised are You, O Lord,
for the land and the sustenance.

After any food or liquids requiring the blessing Shehakol:

Baruch atah Adonai בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
Eloheinu Melech ha-olam, הָעוֹלָם, בּוֹרֵא נַפְשוֹת רַבּוֹת
borei n'fashot, rabot וְחִסְרוֹנָן, עַל כָּל־מַה־שֶּׁבְּרֵאתָ
v'chesronan, al kol ma לַחַיִּים בָּהֶם נֶפֶשׁ כָּל־חַי.
shebarata l'hachayot bahem בָּרוּךְ חַי הָעוֹלָמִים.
nefesh kol chai. Baruch
chei ha-olamim.

Praised are You, Lord our God, King of the universe,
Creator of all life and its needs, for all things You have
created to sustain every living being. Praised are You,
who are the life of the universe.

GRACE AFTER MEALS AT WEDDINGS

For this special Grace After Meals two cups of wine and an empty cup will be used. At a wedding meal, the Grace After Meals begins here, with the first cup of wine.

Leader:

Rabotai n'vareich.

רבותי נברך.

Let us say the blessing.

Group, then leader repeats:

Y'hi sheim Adonai m'vorach
mei-ata v'ad olam.

יהי שם יי מברך מעתה ועד
עולם.

May the name of the Lord be blessed from now on and forever more.

Leader:

D'vai haseir v'gam charon
v'az ileim b'shir yaron,
n'cheinu b'ma-g'lei tzedek,
sh'ei birkat b'nei Aharon.
Birshut maranan v'rabanan
v'rabotai n'vareich Eloheinu
she-hasimcha bim-ono
v'she-achalnu mishelo.

דוי הסר וגם חרון,
בשיר ירון, נחנו במעגלי-
צדק, שעה ברפת בני אהרן.
ברשות מרנן ורבנן ורבותי
נברך אלהינו שהשמחה
במעוננו ושאכלנו משלו.

Sweep away sadness and anger, then even the dumb will cry out in song. Guide us in the paths of righteousness. Accept the blessing of the sons of Aaron. With the consent of all present, let us bless our God in

whose presence the celebration is, and whose food we have eaten.

Group, then leader repeats:

Baruch Eloheinu
she-hasimcha bim'ono
v'she-achalnu mishelo
uv-tuvo chayinu.

בָּרוּךְ אֱלֹהֵינוּ שֶׁהִשְׂמֵחָה
בְּמַעֲוֵנו וְשֶׁאֲכַלְנוּ מִשְׁלּוֹ
וּבְטוּבוֹ חַיֵּינוּ.

Blessed is our God in whose presence the celebration is
and whose food we have eaten, and through whose
goodness we live.

All:

Baruch hu uvaruch sh'mo.

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

May He be blessed and may His name be blessed.

Grace After Meals continues on page 45.

SHEVA B'RACHOT

After the Grace After Meals at the wedding
meal, these blessings are recited over the
second cup of wine by friends and relatives.
This wine cup is passed from one to
another as the blessings are recited.

1. Baruch atah Adonai
Eloheinu melech ha-olam,
she-hakol bara lichvodo.

1. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל בָּרָא
לְכַבֹּדוֹ.

Praised are You, O Lord our God, King of the universe,
who created all things for Your glory.

2. Baruch atah Adonai
Eloheinu melech ha-olam,
yotzeir ha-adam.

2. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, יוֹצֵר הָאָדָם.

Praised are You, O Lord our God, King of the universe,
Creator of man.

3. Baruch atah Adonai
Eloheinu melech ha-olam,
asher yatzar et ha-adam
b'tzalmo, b'tzelem d'mut
tavnito, v'hitkin lo mimenu
binyan adei ad. Baruch atah
Adonai, yotzeir ha-adam.

3. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת-
הָאָדָם בְּצַלְמוֹ, בְּצֶלֶם דְּמוּת
תְּבִנִיתוֹ, וְהִתְקִין לוֹ מִמֶּנּוּ
בְּנֵן עַד־עַד. בָּרוּךְ אַתָּה יי,
יוֹצֵר הָאָדָם.

Praised are You, O Lord our God, King of the universe,
who created man and woman in Your image, fashioning
woman from man as his mate, that together they might
perpetuate life. Praised are You, O Lord, Creator of man.

4. Sos tasis v'tageil ha-akara
b'kibutz baneha l'tocha
b'simcha. Baruch atah
Adonai, m'samei-ach Tzion
b'vaneha.

4. שׁוּשׁ תַּשִּׁישׁ וְתַגִּיל
הַעֲקָרָה בְּקִבוּץ בְּנֵיהָ לְתוֹכָהּ
בְּשִׂמְחָה. בָּרוּךְ אַתָּה יי,
מְשַׂמֵּחַ צִיּוֹן בְּבָנֶיהָ

May Zion rejoice as her children are restored to her in joy.
Praised are You, O Lord, who causes Zion to rejoice at her
children's return.

5. Samei-ach t'samach rei-im
 ha-ahuvim k'samei-cha-cha
 y'tzircha b'gan eiden
 mikedem. Baruch atah
 Adonai, m'samei-ach chatan
 v'chalah.

5. שָׂמַח תְּשַׂמַּח רֵעִים
 הָאֲהוּבִים כְּשַׂמַּחְךָ יִצְרַח
 בְּגַן עֵדֶן מִקֶּדֶם. בָּרוּךְ אַתָּה
 יי, מְשַׂמַּח חֲתָן וּכְלָה.

Grant perfect joy to these loving companions, as You did
 to the first man and woman in the Garden of Eden.
 Praised are You, O Lord, who grants the joy of bride and
 groom.

6. Baruch atah Adonai
 Eloheinu melech ha-olam,
 asher bara sason v'simcha
 chatan v'chalah, gilah rinah
 ditzah v'chedvah, ahavah
 v'achavah v'shalom v'rei-ut.
 M'heira Adonai Eloheinu
 yishamah b'arei Y'hudah
 uv-chutzot Y'rushalayim kol
 sason v'kol simcha, kol
 chatan v'kol kalah, kol
 mitz-halot chatanim
 meichupatam un-arim
 mimishteit n'ginatam. Baruch
 atah Adonai, m'samei-ach
 chatan im hakalah.

6. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ
 מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּרָא
 שִׂשׁוֹן וְשִׂמְחָה, חֲתָן וּכְלָה,
 גִּילָה רִנָּה וְיִצְחָה וְחֵדְוָה,
 אֲהָבָה וְאַחָוָה וְשָׁלוֹם וְרַעוּת.
 מְהֵרָה יי אֱלֹהֵינוּ יִשְׁמַע
 בְּעָרֵי יְהוּדָה וּבְחוּצוֹת
 יְרוּשָׁלַיִם קוֹל שִׂשׁוֹן וְקוֹל
 שִׂמְחָה, קוֹל חֲתָן וְקוֹל כְּלָה,
 קוֹל מִצְחָלוֹת חַתָּנִים
 מִחֻפָּתָם וּנְעָרִים מִמִּשְׁתֵּיהֶם
 נְגִינָתָם. בָּרוּךְ אַתָּה יי,
 מְשַׂמַּח חֲתָן עִם הַכְּלָה.

Praised are You, O Lord our God, King of the universe,
 who created joy and gladness, bride and groom, mirth,
 song, delight and rejoicing, love and harmony, peace and

companionship. O Lord our God, may there ever be heard in the cities of Judah and in the streets of Jerusalem voices of joy and gladness, voices of bride and groom, the jubilant voices of those joined in marriage under the bridal canopy, the voices of young people feasting and singing. Praised are You, O Lord, who causes the groom to rejoice with his bride.

*The leader of the Grace After Meals lifts
the first cup of wine and recites:*

7. Baruch atah Adonai,
Eloheinu melech ha-olam,
borei p'ri hagafen.

7. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

Praised are You, O Lord our God, King of the universe,
Creator of the fruit of the vine.

Wine from each of the two cups is mixed together into a third cup. Some wine from the third cup is then poured back into each of the first two cups. One cup of wine is given to the bride to drink, one is given to the bridegroom to drink and one is given to the leader to drink.

Reprinted from *A Rabbi's Manual*, edited by Rabbi Jules Harlow. Copyright © 1965 by The Rabbinical Assembly. Reprinted by permission of The Rabbinical Assembly.

SHIRIM

ACHAT SHA-ALTI

Achat sha-alti mei-eit
Hashem ota avakeish, Shivti
b'veit Hashem kol y'mei
chayai, Lachazot b'noam
Hashem ul-vaker b'heichalo.

אחת שאלתי מאת ה' אותה
אבקש שבתתי בבית ה' כל-
ימי חיי לחזות בנעם ה'
ולבקר בהיכלו.

One thing I ask from the Lord, one thing I desire,
That I may dwell in the house of the Lord all the days of
my life.
To behold the graciousness of the Lord,
And to enter His sanctuary.

AL SH'LOSHA D'VARIM

Al sh'losha d'varim ha-olam
omeid:
Al ha-Torah, v'al ha-avodah
v'al g'milut chasadim.

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

The world stands on three things:
On the Torah, on divine service and on deeds of
lovingkindness.

AM YISRAEL CHAI

Am Yisrael chai.
Od Avinu chai.

עַם יִשְׂרָאֵל חַי.
עוֹד אָבִינוּ חַי.

The Jewish people lives!
Our Father yet lives!

ANI MA-AMIN

Ani ma-amin be-emunah
sh'leima b'viat ha-mashiach.
V'af al pi she-yitmahmei-a
im kol zeh achakeh lo b'chol
yom sheyavo.

אֲנִי מְאֲמִין בְּאֱמוּנָה שְׁלֵמָה
בְּבִיאַת הַמָּשִׁיחַ, וְאַף עַל פִּי
שִׁיתְמַהֲמֶהּ, עִם כָּל־זֶה אֲחַקֶּה לּוֹ
מְאֲמִין, עִם כָּל־זֶה אֲחַקֶּה לּוֹ
בְּכָל־יוֹם שֶׁיָּבוֹא.

I believe with perfect faith in the coming of the Messiah,
And although he may tarry, I will wait daily for his
coming.

ASHREINU

Ashreinu mah tov chelkeinu
Umah na-im goraleinu
Umah yafa y'rushateinu.

אֲשֶׁרֵינוּ מַה־טוֹב חֶלְקֵנוּ
וּמַה־נָּעִים גּוֹרְלֵנוּ
וּמַה־יָּפָה יְרֻשָּׁתֵנוּ.

Happy are we,
How good is our destiny,
How pleasant our lot,
How beautiful our heritage.

ASHIRA LASHEM

Ashira lashem b'chayai
Azamra lelohai b'odi
Ye-erav alav sichi
Anochi esmach bashem.
Yitamu chata'im min
ha-aretz
Ursha-im od einam
Barchi nafshi et Hashem,
Halleluyah.

אֲשִׁירָה לַה' בְּחַיִּי
אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי
יַעֲרַב עָלָיו שִׁיחִי
אֲנֹכִי אֲשַׁמַּח בְּה',
יִתְמוּ חַטָּאִים מִן הָאָרֶץ
וּרְשָׁעִים עוֹד אֵינָם
בְּרַכִּי נַפְשִׁי אֶת־ה' הַלְלוּיָהּ.

I will sing unto the Lord as I live,
I will sing praises to my God while I have any being.
Let my musing be sweet unto Him,
As for me I will rejoice in the Lord.
Let sinners cease from the earth
And let the wicked be no more.
Bless the Lord, O my soul.

ATAH ECHAD

Atah echad v'shimcha echad,
Umi k'amcha Yisrael, goy
echad ba-aretz. Tiferet
g'dulah, va-ateret y'shua,
Yom m'nucha uk-dusha
l'amcha natata. Avraham
yageil, Yitzchak y'ranein,
ya-akov uvanav yanuchu vo.

אַתָּה אֶחָד וְשִׁמְךָ אֶחָד, וְאִמִּי
כַעֲמֶךָ יִשְׂרָאֵל, גּוֹי אֶחָד
בָּאָרֶץ. תִּפְאָרֶת גְּדֻלָּה,
וַעֲטָרֶת יְשׁוּעָה, יוֹם מְנוּחָה
וְקֹדֶשׁ לַעֲמֶךָ נָתַתָּ. אַבְרָהָם
יִגַּל, יִצְחָק יִרְנֶן, יַעֲקֹב וּבָנָיו
יָנוּחוּ בּוֹ.

You are One, your name is One,
 And who is like your people Israel,
 Unique on earth?
 A crown of distinction, a crown of salvation,
 The Sabbath You gave us
 For the spirit's rebirth.
 Our fathers have told us that on the Sabbath day,
 Abraham and Isaac rejoiced; Jacob and his sons
 Found joy and rest.

AZ ICH VIL ZINGEN

Az ich vil zingen l'cha dodi,
 Zolstu zingen chiri biri bim.
 Az ich vil zingen likrat kala,
 Zolstu zingen chiri biri bom.
 L'cha dodi chiri biri bim.
 Likrat kala chiri biri bom.
 L'cha dodi likrat kala, Chiri
 biri biri biri bim.

אז איך וועל זינגען לכה
 דודי זאלסט דו זינגען טשירי
 בירי בים. אז איך וועל
 זינגען לקראת כלה זאלסט
 דו זינגען טשירי בירי באם.
 לכה דודי טשירי בירי בים.
 לקראת כלה טשירי בירי באם
 לכה דודי לקראת כלה
 טשירי בירי בירי בים.

When I say L'cha Dodi you will answer "chiri-biri-bim."
 When I say Likrat Kala you will answer "chiri-biri-bom."

BARUCH HAMAKOM

Baruch Hamakom Baruch
 Hu. Baruch shenatan Torah
 l'amo Yisrael. Baruch Hu. '

ברוך המקום ברוך הוא.
 ברוך שנתן תורה לעמו
 ישראל. ברוך הוא.

Blessed be God, Blessed is He.
Blessed is He who gave the Torah to His people Israel.
Blessed is He.

DAVID MELECH YISRAEL

David Melech Yisrael
Chai v'kayam.

דוד מלך ישראל חי וקיים.

David, King of Israel, lives forever.

BARUCH ELOHEINU

Baruch Eloheinu sheb'ranu
lichvodo, Od hapa-am
lichvodo. V'hivdilanu min
hato-im, Od hapa-am min
hato-im. V'natan lanu Torat
emet, Od hapa-am Torat
emet. V'chayei olam nata
b'tocheinu, Od hapa-am
b'tocheinu.

ברוך אלהינו שבראנו
לכבודו, והבדילנו מן
התועים, ונתן לנו תורת
אמת וחי עולם נטע
בתוכנו.

Blessed be our God who has created us for His glory, and
separated us from them that go astray by giving us the
Torah of truth, thus planting everlasting life in our midst.

DODI LI

Dodi li va-ani lo
haro-eh bashoshanim.

דודי לי ואני לו
הרועה בשושנים.

Mi zot ola min hamidbar
Mi zot ola, m'kuteret mor
ul-vona.

Dodi li . . .

מי זאת עולה מן המדבר
מי זאת עולה
מקטרת מור ולבונה.
דודי לי . . .

Libavtini achoti kala
Libavtini kala.
Dodi li . . .

לבבתיני אחותי כלה
לבבתיני כלה.
דודי לי . . .

Uri tzafon uvo'i teiman
uvo'i teiman.
Dodi li . . .

עורי צפון ובואי תימן
ובואי תימן.
דודי לי . . .

My beloved is mine and I am his
That feeds among the lillies.
Who is that going up from the wilderness
Burning myrrh and incense?
You have ravished my heart
My sister, my bride.

EILEH CHAMDA LIBI

Eileh chamda libi
Chusa na v'al na tit-aleim

אלה חמדה לבי
חוסה נא ואל נא תתעלם.

These are the desires of my heart.
Have mercy and turn not away from us.

EILI EILI

Eili Eili
Shelo yigameir l'olam,
Hachol v'hayam
rishrush shel hamayim,
B'rak hashamayim
t'filat ha-adam.

אֱלִי, אֱלִי, שְׁלֹא יִגְמֹר
לְעוֹלָם, הַחֹל וְהַיָּם, רִשְׁרוּשׁ
שֶׁל הַמַּיִם, בְּרַק הַשָּׁמַיִם,
תְּפִלַּת הָאָדָם.

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

EMET

Emet atah hu rishon
Emet atah hu acharon
Umi-bal-adecha ein lanu
Melech go-eil umoshia.

אֱמֶת אַתָּה הוּא רִאשׁוֹן
וְאַתָּה הוּא אַחֲרוֹן
וּמִבְּלִעְדֶּיךָ אֵין לָנוּ מֶלֶךְ,
גּוֹאֵל וּמוֹשִׁיעַ.

You are the first,
You are the last,
And besides You we have no king or redeemer.

ERETZ ZAVAT CHALAV

Eretz zavat chalav ud-vash!

אֶרֶץ זָבַת חֶלֶב וּדְבַשׁ!

The land flowing with milk and honey.

ESA EINAI

Esa einai el heharim
Mei'ayin yavo ezri.
Ezri mei-im Hashem
Oseh shamayim va-aretz.

אֶשָּׂא עֵינַי אֶל הַהָרִים
מֵאֵין יָבוֹא עֲזָרִי.
עֲזָרִי מֵעִם ה'
עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

I will lift my eyes to the hills
From where comes my help.
My help comes from the Lord
Who made heaven and earth.

HARACHAMAN

Harachaman, hu yishlach
lanu
Et Eiliyahu Hanavi zachur
latov.
Vivaser lanu b'sorot tovot
Yeshuot v'nechamot.

הַרְחָמֵן, הוּא יִשְׁלַח לָנוּ אֶת-
אֱלִיהוּ הַנָּבִיא, זְכוּר לטוֹב,
וְיִבְשֶׁר-לָנוּ בְּשׁוּרוֹת טוֹבוֹת,
יְשׁוּעוֹת וְנִחְמוֹת.

May the All-Merciful send us Elijah the prophet who
shall give us good tidings, salvation and consolation.

HATOV

Hatov, ki lo chalu
rachamecha,
V'ham'racheim, ki lo tamu
chasadecha,
Ki mei-olam kivinu lach.

הַטוֹב כִּי לֹא-כָלוּ רַחֲמֶיךָ
וְהַמְרַחֵם כִּי לֹא-תָמוּ חַסְדֶּיךָ
כִּי מֵעוֹלָם קִיּוּנוֹ לָךְ.

You who are all-good, whose mercies never fail,
Merciful One, whose kindnesses never cease,
We have hope in you.

HAVA NASHIRA

Hava nashira shir
Halleluyah.

הִבֵּה נְשִׁירָה שִׁיר הַלְלוּיָהּ.

Let us sing a song of praise. Praise the Lord!

HINEI MA TOV

Hinei ma tov uma na-im
Shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נָּעִים
שֵׁבֶת אֲחִים גַּם יַחַד.

Behold, how good and how pleasant it is
For brothers to dwell together in unity.

HOSHIA ET AMECHA

Hoshia et amecha
Uvareich et nachalatecha
Ureim v'nas'eim ad ha-olam.

הוֹשִׁיעָה אֶת-עַמְּךָ
וּבָרֵךְ אֶת-נַחֲלָתְךָ
וְרַעַם וְנִשְׂאָם עַד הָעוֹלָם.

Save Your people
And bless Your inheritance;
Tend them and sustain them forever.

HODU LASHEM

Hodu Lashem ki tov, ki
l'olam chasdo. Yomar na
Yisrael, ki l'olam chasdo.
Yomru na veit aharon, ki
l'olam chasdo. Yomru na
yirei Hashem, ki l'olam
chasdo.

הודו לה' כי טוב כי לעולם
חסדו. יאמרנא ישראל כי
לעולם חסדו. יאמרונא
בית אהרן כי לעולם חסדו.
יאמרונא יראי ה' כי לעולם
חסדו.

Give thanks to the Lord, for He is good,
For His lovingkindness endures forever.
Let Israel say now:
His lovingkindness endures forever.
Let now the house of Aaron say:
His lovingkindness endures forever.
Let them that revere the Lord say:
His lovingkindness endures forever.

IVDU

Ivdu et Hashem b'simcha,
Bo-u l'fanav birnana.

עבדו את ה' בשמחה,
באו לפניו ברננה.

Serve the Lord with joy,
Come before Him with singing.

KI HEIM CHAYEINU

Ki heim chayeinu v'orech
yameinu uva hem negeh
yomam valaila.

כי הם חיינו וארך ימינו
ובהם נהגה יומם ולילה.

For they are our life and the length of our days;
We will meditate upon them day and night.

KI LO YITOSH

Ki lo yitosh Hashem amo
V'nachalato lo ya-azov.
Hashem hoshia
Hamelech ya-aneinu v'yom
kor-einu.

כִּי לֹא יִטֹּשׁ ה' עַמּוֹ וְנִחַלְתּוֹ
לֹא יַעֲזֹב. ה' הוֹשִׁיעָה הַמֶּלֶךְ
יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ.

Surely the Lord will not abandon His people,
Nor forsake His heritage.
O Lord, save us; may the King answer us when we call.

KI MITZION

Ki Mitzion teitzei Torah
Ud-var Hashem
Mirushalayim

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה
וּדְבַר ה' מִירוּשָׁלַיִם.

Out of Zion shall come the Torah.
and the word of the Lord out of Jerusalem.

KO AMAR

Ko Amar Hashem
Matza chein bamidbar
Am s'ridei charev
Haloch l'hargio Yisrael.

כֹּה אָמַר ה': מָצָא חֵן בַּמִּדְבָּר
עִם שְׂרִידֵי חֶרֶב
הַלֹּךְ לְהַרְגִּיעוֹ יִשְׂרָאֵל.

Thus saith the Lord:
 The people which were left of the sword
 Found grace in the wilderness;
 Even Israel, when I went to cause him to rest.

KOL HA-OLAM KULO

Kol ha-olam kulo gesher tzar כָּל-הָעוֹלָם כֵּלּוֹ גֶּשֶׁר צָר מְאֹד
 m'od וְהַעֲקָר לֹא לִפְחָד כָּלָל.
 V'ha-ikar lo l'facheid k'lal

The entire world is a narrow bridge
 But the main thing is not to fear.

L'CHU N'RAM'NA

L'chu n'ran'na lashem לְכוּ נִרְנְנָה לַה',
 Naria l'tzur yisheinu נְרִיעָה לְצוּר יִשְׁעֵנוּ.
 N'kadma fanav b'toda נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה,
 Bizmirot naria lo. בְּזִמְרוֹת נְרִיעַ לוֹ.

O come, let us sing unto the Lord,
 Let us joyfully acclaim the Rock of our salvation.
 Let us approach Him with thanksgiving,
 And acclaim Him with songs of praise.

LO ALECHA

Lo alecha ham'lacha ligmor
V'lo atah ven chorin
l'hibateil mi-menah.
Sheyibaneh beit hamikdash
Bimheira b'yameinu.

לֹא עָלֶיךָ הַמְּלָאכָה לְגַמֹּר
לֹא עָלֶיךָ לְחֹרֵן
וְלֹא אַתָּה בֶּן חֹרֵין
לְהִבָּטֵל מִמֶּנָּה.
שְׂיִבְנָה בֵּית הַמִּקְדָּשׁ
בְּמַהֲרָה בְּיָמֵינוּ.

It is not for you to complete the work, but neither are you
free to desist from it.
May the Temple be speedily rebuilt in our days.

LO IRA

Lo ira meriv'vot am
Asher saviv saviv shatu alai.
Kuma Hashem hoshi-eini.

לֹא אִירָא מִרִּבּוֹת עָם
אֲשֶׁר סָבִיב סָבִיב שָׁתוּ עָלַי.
קוּמָה ה' הוֹשִׁיעֵנִי.

I will not fear the multitudes
that have set themselves against me.
Arise, O Lord! Save me.

LO YISA GOY

Lo yisa goy el goy cherev
Lo yilm'du od milchama.

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
לֹא יִלְמְדוּ עוֹד מִלְחָמָה.

Nation shall not lift up sword against nation,
neither shall they learn war anymore.

MALCHUT'CHA

Malchut'cha malchut kol olamim
Umemshalt'cha b'chol dor vador.

מְלָכוּתְךָ מְלָכוּת כָּל-עַלְמִים,
וּמְשַׁלְתְּךָ בְּכָל-דּוֹר וָדּוֹר.

Your Kingdom is an everlasting kingdom
And Your dominion will endure throughout all
generations.

MA TOVU

Ma tovu ohalecha Ya-akov
Mishk'notecha Yisrael.

מַה-טֹּבוֹ אֹהֲלֶיךָ יַעֲקֹב
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

How goodly are your tents, O Jacob,
your dwelling places, O Israel.

MAYIM

Ush-avtem mayim b'sason
Mima-aynei ha-y'shua.

וּשְׂאֲבֹתֶם מַיִם בְּשִׂשׂוֹן
מִמַּעַיְנֵי הַיְשׁוּעָה.

Joyfully shall you draw upon
The fountains of deliverance.

MI HA-ISH

Mi ha-ish he-chafeitz chayim
Oheiv yamim lir-ot tov.
N'tzor l'shon-cha mei-ra
Us-fatecha mi-dabeir mirma.

מי האיש החפץ חיים
אהב ימים לראות טוב.
נצור לשונך מרע
ושפתך מדבר מרמה.

Who is the man that desires life and loves a long life of
happiness?
Keep your tongue from evil and your lips from speaking
falsehood.

MIN HAMEITZAR

Min hameitzar karati Ya.
Anani vamerchav Ya.

מן המצר קראתי יה,
ענני במרחב יה.

Out of distress I called upon the Lord.
He answered me and set me free.

MODEH ANI

Modeh ani lefanecha
Melech chai v'kayam
Shehechezarta bi nishmati
B'chemla raba emunatecha.

מודה אני לפניך
מלך חי וקיים
שהחזרת בי נשמתی בחמלה
רבה אמונתך.

I give my thanks to You, Everlasting King,
Who has mercifully restored my soul within me;
Your faithfulness is great.

OD YISHAMA

Od yishama b'arei Yehuda
Uv'chutot Yerushalayim,
Kol sason v'kol simcha
kol chatan v'kol kala.

עוד ישמע בערי יהודה
ובחוצות ירושלים,
קול ששון וקול שמחה
קול חתן וקול כלה.

Again may these be heard in the cities of Judah
And in the streets of Jerusalem
The voice of gladness and the voice of happiness
The voice of bridegroom and bride.

OR ZARUA

Or zarua latzadik
Ul-yishrei leiv simcha.

אור זרע לצדיק
ולישרי לב שמחה.

Light is sown for the righteous
And joy for the upright in heart.

OSEH SHALOM

Oseh shalom bimromav
Hu ya-aseh shalom aleinu
V'al kol Yisrael, v'imru
amein.

עושה שלום במרומו
הוא יעשה שלום עלינו
ועל כל ישראל
ואמרו אמן.

May He who makes peace in the high places make peace
for us and for all the people of Israel, and say Amen.

PIT-CHU LI

Pit-chu li sha-arei tzedek
Avo vam odeh Yah.

פתחו לי שערי צדק
אבא בם אודה יה.

Open to me the gates of righteousness;
I will enter them and give thanks to the Lord.

ROM'MU

Rom'mu Hashem Eloheinu,
V'hishtachavu l'har kodsho.

רוממו ה' אלהינו
והשתחוו להר קדשו.

Exalt the Lord our God
and worship at His holy mountain,
for the Lord our God is holy.

TEIN SHABBAT V'TEIN SHALOM

Hatz'lalim k'var mit-archim
achar hatzohorayim
Tein Shabbat v'tein shalom
ba-ir Y'rushalayim
V'tein lanu sh'at malchut
kazot shel bein arbayim
Tein shalom v'tein Shabbat
ba-ir Y'rushalayim.

הצללים כבר מתארכים
אחר הצהריים
תן שבת ותן שלום בעיר
ירושלים
ותן לנו שעת מלכות כזאת
של בין ערבים
תן שלום ותן שבת בעיר
ירושלים.

Tein Shabbat v'tein shalom
Ba-ir Y'rushalayim
V'tein shalom v'tein Shabbat
Ba-ir Y'rushalayim.

Hinei ba-ah hashabbat im
somek hashamayim
Tein Shabbat v'tein shalom
ba-ir Y'rushalayim
Hinei shalom yoreid alai
yoreid bitz-chor k'nafayim
Tein shalom v'tein Shabbat
ba-ir Y'rushalayim.
Tein Shabbat . . .

Kol hamigdalim kulam
mishtachavim apayim
Tein Shabbat v'tein shalom
ba-ir Y'rushalayim
Or gadol hinei nidlak
b'i-shonei einayim
Tein shalom v'tein Shabbat
ba-ir Y'rushalayim
Tein Shabbat . . .

תן שבת ותן שלום
בעיר ירושלים
ותן שלום ותן שבת
בעיר ירושלים

הנה באה השבת עם
סמך השמים
תן שבת ותן שלום בעיר
ירושלים
הנה שלום יורד עלי יורד
בצחור כנפים
תן שלום ותן שבת בעיר
ירושלים.
תן שבת . . .

כל-המגדלים כלם
משתחווים אפים
תן שבת ותן שלום בעיר
ירושלים
אור גדול הנה נדלק
באישוני עינים
תן שלום ותן שבת בעיר
ירושלים.
תן שבת . . .

The afternoon shadows have grown longer. Behold peace descends on the approaching Sabbath. Grant Sabbath rest and peace in Jerusalem.

Lyrics: Haim Hefer, Music: Dov Seltzer
Copyright © April Music Ltd., Israel.

TOV L'HODOT

Tov l'hodot lashem
Ul-zamer l'shimcha el-yon
L'hagid baboker chasdecha
Ve-emunat'cha baleilot.

טוב להודות לה'
ולזמר לשמך עליון
להגיד בבקר חסדך
ואמונתך בלילות.

It is good to give thanks to the Lord
And to sing praises to Your name, O Most High
To proclaim Your goodness in the morning
And Your faithfulness at night.

TZADIK KATAMAR

Tzadik katamar yifrach
K'erez balvanon yisgeh.

צדיק כפתמר יפרח
כארז בלבנון ישגה.

The righteous shall flourish like the palm tree,
And grow mighty like a cedar in Lebanon.

TZION

Tzion ha-lo tish-ali lishlom
asira-yich.

ציון הלא תשאלי
לשלום אסיריך.

O Zion, why are you not concerned
with the welfare of your prisoners?

UFARATZTA

Ufaratzta yama vakeidma
tzafona vanegba.

וּפָרָצְתָּ יָמָה וְקַדְמָה
צָפוֹנָה וְנִגְבָּה.

And you shall spread forth
To the west, to the east, to the north and to the south.

URA CH'VODI

Ura ch'vodi haneivel v'chinor
A-ira shachar.

עוֹרָה כְּבוֹדִי
עוֹרָה הַנִּבֶּל וְכִנּוֹר
אֶעִירָה שָׁחַר.

Awake my glory;
Awake psaltery and harp;
I will awake the dawn.

UR-EI VANIM

Ur-ei vanim l'vanecha
Shalom al Yisrael.

וְרֵאֵה בָּנִים לְבָנֶיךָ
שְׁלוֹם עַל יִשְׂרָאֵל.

May you live to see your children's children.
Peace be upon Israel.

UVA-U HA-OVDIM

Uva-u ha-ovdim b'eret
Ashur
V'hanidachim b'eret
Mitzrayim.
V'hishtachavu lashem b'har
hakodesh Birushalayim.

וּבְאוּ הָאֲבִדִים בְּאֶרֶץ אַשּׁוּר
וְהַנִּדְחִים בְּאֶרֶץ מִצְרַיִם
וְהִשְׁתַּחֲווּ לַיהוָה בְּהַר הַקֹּדֶשׁ
בִּירוּשָׁלַיִם.

Those who were lost in the land of Assyria,
And those who were cast away in the land of Egypt,
Shall come and worship the Lord on the holy mountain at
Jerusalem.

V'EINEINU TIR-ENA

V'eineinu tir-ena malchutecha
kadavar ha-amur b'sh'rei
uzecha al y'dei David
m'shiach tzidkecha.

וְעֵינֵינוּ תִרְאֶינָה מַלְכוּתְךָ
כַּדְבָר הָאָמּוּר בְּשִׁירֵי עֲזָרָה
עַל יְדֵי דָוִד מְשִׁיחַ צִדְקָךָ.

May our eyes behold the establishment of Your kingdom,
According to the word that was spoken in the Psalms
By David, Your righteous annointed.

V'HA-EIR EINEINU

V'ha-eir eineinu b'toratecha
V'dabeik libeinu
b'mitzvotcha
V'yacheid l'vaveinu l'ahava
ul-yira et sh'mecha
Shelo neivosh v'lo nikaleim
V'lo nikashel l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ
וּדְבַק לִבֵּנוּ בְּמִצְוֹתֶיךָ
וַיַּחַד לִבֵּנוּ לְאַהֲבָה
וּלְיִרְאָה אֶת־שִׁמְךָ
שֶׁלֹא נִבּוֹשׁ וְלֹא נִקְלָם
וְלֹא נִקְשֵׁל לְעוֹלָם וָעֶד.

Enlighten our eyes in Your Torah;
Attach our heart to Your commandments;
Unite our heart to love and revere Your name
So that we may never be put to shame.

VI-HUDA L'OLAM TEISHEIV

Vi-huda l'olam teisheiv
Virushalayim l'chol dor
vador
Virushalayim l'dor vador.

וְיִהְיֶה הַיּוֹדָה לְעוֹלָם תָּשֵׁב,
וְיִירוּשָׁלַיִם לְכָל דּוֹר וָדוֹר,
וְיִירוּשָׁלַיִם לְדּוֹר וָדוֹר.

Judah shall abide forever
And Jerusalem from generation to generation.

V'KAREIV P'ZUREINU

V'kareiv p'zureinu mibein
hagoyim
Un-futzoteinu kaneis
mi-yark'tei aretz.

וְקָרֵב פְּזוּרֵינוּ מִבֵּין הַגּוֹיִם
וְנַפְּזוֹתֵינוּ כְּנֵס מִיַּרְקְתֵּי-אֶרֶץ.

Unite our scattered people from among the nations
and gather our dispersed from the ends of the earth.

V'NOMAR L'FANAV

V'nomar l'fanav shira
chadasha, Halleluyah.

וְנֹאמַר לְפָנָיו שִׁירָה חֲדָשָׁה,
הַלְלוּיָהּ.

Let us recite before Him a new song.
Praise the Lord.

V'TAHEIR LIBEINU

V'taheir libeinu l'ovd'cha
be-emet.

וְטַהַר לִבֵּנוּ לְעִבְדְּךָ בְּאֵמֶת.

Purify our hearts to serve You sincerely.

YASIS ALAYICH

Yasis alayich elohayich
Kimsos chatan al kala.

יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ
בְּמִשׁוֹשׁ חָתָן עַל כַּלָּה.

Your God shall rejoice over you
As a bridegroom rejoices over his bride.

YIBANEH HAMIKDASH

Yibaneh hamikdash
Ir Tzion timalei
V'sham nashir shir chadash
U-virnana na-aleh.

יִבְנֶה הַמִּקְדָּשׁ
עִיר צִיּוֹן תִּמְלֵא
וְשָׁם נִשְׁרֹא שִׁיר חָדָשׁ
וּבִרְנָנָה נֵעְלֶה.

The Temple will be rebuilt,
The city of Zion will be filled.
And there we will sing a new song
And be uplifted with rejoicing.

YISM'CHU B'MAL'CHUT'CHA

Yism'chu b'mal'chut'cha
shom'rei Shabbat
V'kor'ei oneg.
Am m'kad'shei sh'vi-i,
Kulam yisb'u v'yit-an'gu
mituvecha.
V'hash'vi-i ratzita bo
v'kidashto.
Chemdat yamim oto karata
Zeicher l'ma-asei v'reishit.

ישמחו במלכותך שומרי
שבת וקוראי ענג. עם
מקדשי שביעי כלם ישבעו
ויתענגו מטובך. והשביעי
רצית בו וקדשתו. חמדת
ימים אותו קראת, זכר
למעשה בראשית.

May they who observe the Sabbath and call it a delight
rejoice in Your Kingdom. May the people who sanctify the
seventh day be satisfied and delighted. For You did find
pleasure in the seventh day, and did sanctify it, calling it
the most desirable of days, in remembrance of creation.

YISM'CHU HASHAMAYIM

Yism'chu hashamayim
v'tageil ha-aretz
yir-am hayam um-lo-o.

ישמחו השמים ותגל הארץ
ירעם הים ומלאו.

Let the heavens rejoice, let the earth be glad
Let the sea roar, and all within it give praise.

Y'VARECH'CHA

Y'varech'cha Hashem
mi-Tzion
Ur-ei b'tuv Y'rushalayim.
Y'varech'cha Hashem
mi-Tzion
Kol y'mei chayecha.
Ur-ei vanim l'vanecha
Shalom al Yisrael.

יְבָרֵךְ ה' מְצִיּוֹן
וְרֵאה בְּטוֹב יְרוּשָׁלַיִם,
יְבָרֵךְ ה' מְצִיּוֹן
כָּל יְמֵי חַיֶּיךָ.
וְרֵאה בָנִים לְבָנֶךָ
שְׁלוֹם עַל יִשְׂרָאֵל.

The Lord will bless you out of Zion
And see the good of Jerusalem.
The Lord will bless you out of Zion
All the days of your life.

May you live to see your children's children.
Peace be to Israel.

SONGS OF ISRAEL

Israeli music is relatively new. It began with the waves of aliyah to Israel. It took on characteristics of the music of the countries from which the immigrant composers came. As more and more composers are native to Israel, their music reflects life in Israel today.

Permission to use the English translations was received from the American Zionist Youth Foundation, Education Department.

AL KOL EILEH

Al had'vash v'al ha-oketz
Al hamar v'hamatok
Al biteinu hatinoket
Sh'mor eili hatov

עַל הַדָּבֵשׁ וְעַל הָעֵקֶץ
עַל הַמֶּר וְהַמָּתוֹק
עַל בִּתְנוֹ הַתִּינֹקֶת
שְׁמֹר אֵלַי הַטּוֹב

Al ha-eish ham'vo-eret
Al hamayim hazakim
Al ha-ish hashav habaita
Min hamerchakim

עַל הָאֵשׁ הַמְּבַעֶרֶת
עַל הַמַּיִם הַזָּכִים
עַל הָאִישׁ הַשֹּׁב הַבֵּיתָה
מִן הַמֶּרְחָקִים

Al kol eileh, al kol eileh
Sh'mor na li eili hatov
Al had'vash v'al ha-oketz
Al hamar v'hamatok.

עַל כָּל-אֵלֶּה, עַל כָּל-אֵלֶּה
שְׁמֹר נָא לִי אֵלַי הַטּוֹב
עַל הַדָּבֵשׁ וְעַל הָעֵקֶץ
עַל הַמֶּר וְהַמָּתוֹק

Al na ta-akor natu-a
Al tishkach et hatikva
Hashiveini v'ashuva
El ha-aretz hatova.

Sh'mor eili al zeh habayit
Al hagan—al hachoma
Miyagon, mipachad peta
Umimilchama.

Sh'mor al ham'at she-yeish li
Al ha-or v'al hataf
Al hapri shelo hivshil od
V'she-ne-e-saf.
Al kol eileh . . .

אל נא תִּעְקֹר נְטוּעַ
אל תִּשְׁכַּח אֶת-הַתִּקְוָה
הַשִּׁיבֵנִי וְאֲשׁוּבָה
אֶל הָאֶרֶץ הַטּוֹבָה

שְׁמֹר אֵלַי עַל זֶה הַבַּיִת
עַל הַגֶּן — עַל הַחֹמָה
מִיָּגוֹן, מִפַּחַד-פֶּתַע
וּמִמְלַחְמָה

שְׁמֹר עַל הַמַּעַט שֶׁיֵּשׁ לִי
עַל הָאוֹר וְעַל הַטֶּף
עַל הַפְּרִי שֶׁלֹּא הִבְשִׁיל עוֹד
וְשִׁנְאָסָף
עַל כָּל-אֵלֶּה . . .

On the honey and on the sting
On the bitter and the sweet
On our baby daughter
Watch over and take care of them my good God
On the fire which is lit
On the pure water
On the man who returns home.

On all those, on all those
Please watch over for me my good God
On the honey and on the sting
On the bitter and the sweet
Please don't uproot that which is planted
Don't forget the hope
Bring me back, and I shall return
To the good land.

Watch over my God on this house
 On the garden on the wall
 From sadness, from sudden fear
 And from war
 Watch over on the little I have
 On the light and on the children
 On the fruit that did not ripen
 And wasn't yet picked.

Lyrics and Music: Naomi Shemer

Copyright © 1967 by Chappell Music Publishers Ltd. Published in the U.S.A. by Chappell & Co, Inc. International copyright secured. All rights reserved. Used by permission.

BASHANA HABANA

Bashana haba-a neisheiv al
 ha-mirpeset
 V'nispor tziporim nod'dot
 Y'ladim b'chufsha y'sachaku
 tofeset
 Bein habayit l'vein hasadot.

Od tir-eh od tir-eh
 Kama tov yihyeh
 Bashana bashana haba-a.

Anavim adumim yavshilu ad
 ha-erev
 V'yugshu tzon'nim
 lashulchan
 V'ruchot r'dumin yis-u el
 eim haderech

בשנה הבאה נשב
 על המרפסת
 ונקסר צפרים נודדות
 ילדים בחפשה ישחקו תופסת
 בין הבית לבין השדות
 עוד תראה עוד תראה
 כמה טוב יהיה
 בשנה בשנה הבאה
 ענבים אדמים יבשילו
 עד הערב
 יגשו צוננים לשלחן
 ורוחות רדומים ישאו אל
 אם הדרך

Itonim y'shanim v'anani
Od Tir-eh . . .

עתונים ישנים וענן
עוד תראה . . .

Bashana haba-a nifros kapot
yadayim
Mul ha-or hanigar halavan
Anafa l'vana tifros ba-or
k'nafayim
V'hashemesh tizrach
b'tochan.
Od Tir-eh . . .

בשנה הבאה נפרש
כפות ידים
מול האור הנגד הלכן
אנפה לבנה תפרש
באור כנפיים
והשמש תזרח בתוכן
עוד תראה . . .

Next year, when peace will come, we shall return to the
simple pleasures of life so long denied us. You will see,
you will see, oh how good it will be—next year!

Next year we'll sit on the porch
And count migrating birds
Children on vacation will play tag
Between the house and the fields.

You will yet see, you will yet see
How good it will be Next year.

Red grapes will ripen till the evening
And will be served chilled to the table.
And languid winds will carry to the crossroads
Old newspapers and a cloud.
You will yet see . . .

Next year we will spread out our hands
Towards the radiant light
A white heron like a light will spread her wings
And within them the sun will shine.
You will yet see . . .

Copyright © 1970 by April Music Ltd. (Israel). Administered in U.S.A. by
Blackwood Music, Inc. International copyright secured. All rights reserved.
Reprinted by permission.

EREV SHE' SHOSHANIM

Erev shel shoshanim
neitzei na el habushtan
Mor b'samim ul'vona
l'ragleich miftan.

ערב של שושנים
נצא נא אל הבסטן,
מור בשמים ולבונה
לרגלך מפתן.

Laila yoreid l'at
v'ruach shoshan noshva
Hava elchash lach shir balat,
zemer shel ahava.

לילה יורד לאט
ורוח שושן נושבה,
הבה אלחש לך שיר בלאט,
זמר של אהבה.

Shachar homa yona
rosheich malei t'lalim
Pich el haboker shoshana
ekt'fenu li.

שחר הומה יונה
ראשך מלא טללים,
פיה אל הבקר שושנה
אקטפנו לי
לילה יורד . . .

Laila yoreid l'at . . .

An evening of roses. Let us go out to the orchard
Myrth, spices and frankincense shall be as a threshold for
your feet.

The night comes upon us slowly and a breeze of roses is
blowing

Let me whisper a song to you quietly, a song of love.

It is dawn, a dove is cooing, Your hair is filled with dew
Your lips are like a rose to the morning, I'll pick it for
myself.

Lyrics: Moshe Dor, Music: Josef Hadar. Copyright © by the authors. Permission
by ACUM Ltd.

HAFINJAN

Haruach noshevet k'rirah
 Nosifa kisam lam'durah
 V'chach, bizro-ot argaman
 Ba-eish ya-aleh k'korban
 Ha-eish m'hav-hevet shira
 m'lavlevet
 Soveiv lo soveiv hafinjan.
 La la la la . . .

Ha-eish lakisam t'lacheish
 Admu ko paneinu ba-eish
 Im lanu tigboret tuchan
 Mikol b'dal anaf shebagan
 Kol eitz v'chol keresh
 Yashir azai cheresh
 Soveiv lo soveiv hafinjan.
 La la la la . . .

The cool wind blows. We'll add a chip to the fire and thus
 in scarlet it will rise in the flames like a sacrifice. The fire
 flickers. Song rises up around the finjan.

The fire will whisper to the chip. Our faces grow so red
 by the fire. If more fuel is prepared for us from every
 broken branch stub in the garden, every tree and log will
 sing softly around the finjan.

Lyrics: Haim Hefer, Music: Folksong. Copyright © by the author. Permission by
 ACUM Ltd.

הַרוּחַ נוֹשֶׁבֶת קְרִירָה
 נוֹסִיפָה קִיסָם לַמְדוּרָה
 וְכַח, בִּזְרוּעוֹת אֶרְמָן
 בָּאֵשׁ יַעֲלֶה כְּקֹרְבָן
 הָאֵשׁ מְהַבֶּהֶת
 שִׁירָה מְלַבֶּלֶת
 סוֹבֵב לוֹ סוֹבֵב הַפִּנְגִּין.
 לֵלֵל לֵלֵל . . .

הָאֵשׁ לְקִיסָם תִּלְחֹשׁ
 אָדְמוּ כֹה פָנֵינוּ בָּאֵשׁ
 אִם לָנוּ תִגְבֹּרֶת תּוּכַן
 מִכָּל-בֵּדֵל עֲנֵף שִׁבְּן
 כָּל-עֵץ וְכָל-קֶרֶשׁ
 יִשִּׁיר אֲזַי חֶרֶשׁ
 סוֹבֵב לוֹ סוֹבֵב הַפִּנְגִּין
 לֵלֵל לֵלֵל . . .

LACH Y'RUSHALAYIM

Lach Y'rushalayim bein
chomot ha-ir,
Lach Y'rushalayim or
chadash ya-ir.

לָךְ יְרוּשָׁלַיִם בֵּין חוֹמוֹת הָעִיר
לָךְ יְרוּשָׁלַיִם אוֹר חֲדָשׁ יָאִיר

B'libeinu rak shir echad
kayam
Lach Y'rushalayim bein
yardein va-yam.

בְּלִבֵּנוּ רַק שִׁיר אֶחָד קַיָּם
לָךְ יְרוּשָׁלַיִם בֵּין יַרְדֵּן וַיָּם

Lach Y'rushalayim nof
k'dumim va-hod,
Lach Y'rushalayim lach razim
va-sod.
B'libeinu . . .

לָךְ יְרוּשָׁלַיִם נוֹף קְדוּמִים וְהוֹד
לָךְ יְרוּשָׁלַיִם לָךְ רָזִים וְסוֹד
בְּלִבֵּנוּ . . .

Lach Y'rushalayim shir nisa
tamid,
Lach Y'rushalayim ir migdal
David.
B'libeinu . . .

לָךְ יְרוּשָׁלַיִם שִׁיר נִסָּא תָמִיד
לָךְ יְרוּשָׁלַיִם עִיר מִגְדַּל דָּוִד
בְּלִבֵּנוּ . . .

For you, O Jerusalem, fortress of David, let a new light
shine.
In our hearts there exists but one song, a song dedicated
to you.

For you Jerusalem, between the city walls,
For you Jerusalem a new light will shine.

In our heart there exists but one song
For you Jerusalem, between the Jordan and the sea.

For you Jerusalem, an ancient glorious view,
For you Jerusalem a riddle and a secret.

Lyrics: Amos Ettinger, Music: A. Rubinstein. Copyright © by Pa'Amonim Music
Publ. Israel. Permission by ACUM Ltd.

LAM'NATZEI-ACH SHIR MIZMOR

Lam'natzei-ach shir mizmor
Hari-u Lashem kol ha-aretz

Yakum Hashem yafutzu
oy-vav
V'yanusu m'sanav mipanav
Lam'natzei'-ach. . . .

Lo yanum v'lo yishan
Shomer Yisrael Yisrael
Lam'natzei'-ach. . . .

לְמִנְצַח שִׁיר מִזְמוֹר
הָרִיעוּ לֵה' כָּל-הָאָרֶץ

יָקוּם ה' יִפּוּצוּ אוֹיְבָיו
וַיִּנּוּסוּ מִשְׁנֵאוֹ מִפְּנֵיו
לְמִנְצַח

לֹא יָנוּם וְלֹא יִישָׁן
שׁוֹמֵר יִשְׂרָאֵל יִשְׂרָאֵל
לְמִנְצַח

A song for the victor.
Shout unto God all the earth.
Let God arise, Let His enemies be scattered.
Behold the Guardian of Israel neither slumber nor sleeps.

Lyrics: Traditional

SHALOM AL YISRAEL

Hadliku or bar'chovot
V'shir zam'ru ba-ir
Machar al p'nei kol hatikvot
Yaftzia yom bahir
Mi-shovachim yagbi-ah az
Ribo yonei lavan
V'shemesh n'kiya mipaz
Tikra mitoch anan.

הִדְלִיקוּ אוֹר בְּרַחוּבוֹת
וְשִׁיר זָמְרוּ בְּעִיר
מָחָר עַל פְּנֵי כָל-הַתִּקְוּוֹת
יִפְצִיעַ יוֹם בְּהִיר
מְשׁוֹבָכִים יִגְבִּיהָ אֲז
רַבּוֹא יוֹנֵי לָבָן
וְשֶׁמֶשׁ נִקְיָה מִפָּז
תִּקְרָא מִתּוֹךְ עָנָן

Shalom shalom shalom al
Yisrael
Imru imru shirei haleil
Shalom al Yisrael.

Im l'machar shalom yavo
Ad tamu hadorot
Min harama ad har n'vo
Hatzitu m'durot
Az har l'har shalom yomar
V'or gadol yaheil
K'sheyom chadash yizrach
machar
Al kol beit Yisrael.
Shalom shalom. . . .

In all the streets, put on the light
In the town, a song's awake
Tomorrow, on all hopes so bright
A lovely day will break
From the dovecotes, rising high
White doves in thousands fly
And the golden sun in the sky
Calls out from clouds nearby.

Peace, peace, peace come to Israel
Songs of Praise, Hallel
Peace come to Israel!

And when the golden day will gleam,
On mounts and on the Heights,
From fire and battle they will stream
From war's most dreadful sights.

שָׁלוֹם שָׁלוֹם שָׁלוֹם
עַל יִשְׂרָאֵל
אָמְרוּ אָמְרוּ שִׁירֵי הַלַּיִל
שָׁלוֹם עַל יִשְׂרָאֵל
אִם לְמָחָר שָׁלוֹם יָבוֹא
עַד תָּמּוּ הַדּוֹרוֹת
מִן הָרָמָה עַד הַר נָבוֹ
הַצִּיתוּ מִדּוֹרוֹת
אֲזִי הַר לְהַר שָׁלוֹם יֹאמֵר
וְאוֹר גָּדוֹל יִהְיֶה
בְּשִׁיּוֹם הַדָּשׁ יִזְרַח מָחָר
עַל כָּל-בֵּית יִשְׂרָאֵל
שָׁלוֹם שָׁלוֹם . . .

Every type and kind, they'll come
 With songs on every lip
 And all the girls the village from,
 To bright-lit town will trip.

If peace will come tomorrow
 To ev'ry generation
 From the Heights to Mt. Nebo, will glow
 The bonfires in creation.
 From mount to mount they'll peace proclaim
 And a great light will swell
 When new day dawns in tomorrow's frame
 On all of Israel.

Lyrics: David Barak, Music: Ephraim Netzer. Copyright © by the authors.
 Permission by ACUM Ltd.

SHARM-A-SHEICH

Gadol hu halaila v'lach
 m'chayeich

Chazarnu im boker el
 Sharm-a-sheich

Avarnu balaila vayam
 u-vahar

U-vanu im boker el toch
 hameitzar

At Sharm-a-sheich chazarnu
 eilayich shei-nit
 At b'libeinu tamid.

Hayam v'hamelach yadu et
 hashir
 Chazarnu aleichem tiran
 us-napir

גָּדוֹל הוּא הַלַּיְלָה וְלַח מְחַיֶּיךָ,

חֲזַרְנוּ עִם בֹּקֶר אֶל

שַׁרְם-א-שִׁיחַ,

עָבַרְנוּ בַּלַּיְלָה בָּיִם וּבָהָר,

וּבָאנוּ עִם בֹּקֶר אֶל

תוֹךְ הַמֵּיצָר

אֶת שַׁרְם-א-שִׁיחַ,

חֲזַרְנוּ אֵלֶיךָ שְׁנִית,

אֶת בְּלִבֵּנוּ תָמִיד

הַיָּם וְהַמֶּלֶךְ יָדְעוּ אֶת-הַשִּׁיר,

חֲזַרְנוּ אֵלֶיכֶם תִּירָן וְסוֹפִיר,

אוֹתָם הַשָּׁמַיִם מַעַל לָבֶהָ,

Otam hashamayim mei-al
l'vaveich
Meitzar yam umayim at
Sharm-a-sheich.

At Sharm-a-sheich . . .

Oleh lo haboker b'chof
almogim
Ovrot shuv bamayim s'finot
da-yagim
Yoreid lo ha-erev mei-vi od
chalom
Mei-vi al hamayim tikva
l'shalom.

At Sharm-a-sheich . . .

מיצֵר יָם וּמַיִם
אֶת שְׁאֲרֵם-אֶשִׁיךְ
אֶת שְׁאֲרֵם-אֶשִׁיךְ . . .
עוֹלָה לוֹ הַבֹּקֶר
בְּחוֹף אֶלְמוֹגִים,
עוֹבְרוֹת שׁוּב בַּמַּיִם
סְפִינוֹת דִּיגִים,
יורֵד לוֹ הָעֶרֶב
מִבֵּיא עוֹד חֶלּוֹם,
מִבֵּיא עַל הַמַּיִם
תִּקְוָה לְשָׁלוֹם,
אֶת שְׁאֲרֵם-אֶשִׁיךְ . . .

The night is great and smiles at you
We returned in the morning to Sharm-A-Shech
We passed through the sea and mountains
And we arrived with the sun in the strait

*You Sharm-A-Shech, once more we returned
You are always in our heart, in our heart forever.*

The sea and the salt know the song
We came back to you Tiran and Snapir,
The same sky above your heart
The sea strait, you Sharm-A-Shech
You Sharm-A-Shech . . .

The morning rises on the coral beach
Once more the fishermen's boats sail
Evening falls and brings another dream
Brings on the water the hope for peace.
You Sharm-A-Shech . . .

Lyrics: Amos Ettinger, Music: Rafi Gabai.
Copyright © by the authors. Permission by ACUM Ltd.

SISU ET Y'RUSHALAYIM

Sisu et Y'rushalayim gilv va
Gilv va kol ohaveha kol
ohaveha.

שִׁישׁוּ אֶת-יְרוּשָׁלַיִם גִּילוּ בָּהּ
גִּילוּ בָּהּ כָּל-אוֹהֲבֶיהָ
כָּל-אוֹהֲבֶיהָ

Al chomotayich ir David
hif-kad-ti shomrim
Kol hayom v'chol halaila.
Sisu . . .

עַל חוֹמוֹתֶיךָ עִיר דָּוִד
הִפְקַדְתִּי שׁוֹמְרִים כָּל-הַיּוֹם
וְכָל-הַלַּיְלָה
שִׁישׁוּ . . .

Al tira v'al teichat avdi
Ya-akov
Ki yafutzu m'sanecha
mipanecha.
Sisu . . .

אַל תִּירָא וְאַל תִּיחַת אַבְדִּי
יַעֲקֹב כִּי יִפּוּצוּ מִשְׁנְאֶיךָ
מִפְנֶיךָ
שִׁישׁוּ . . .

S'i saviv einayich ur'i
kulam
Nik-b'tzu u-va-u lach.
Sisu..

שְׂאֵי סָבִיב עֵינֶיךָ וּרְאֵי כָל־
נִקְבְּצוּ וּבָאוּ לָךְ
שִׁישׁוּ . . .

V'ameich ameich kulam
tzadikim
L'olam yirshu aretz.
Sisu . . .

וְעַמֶּךָ עִמָּךְ כָּל־צַדִּיקִים
לְעוֹלָם יִירְשׁוּ אֶרֶץ
שִׁישׁוּ . . .

Rejoice with Jerusalem, all you who love her.
I have set watchmen upon thy walls, O Jerusalem.
They shall never hold their peace, day or night.

Do not fear, my servant Jacob,
For your enemies shall be scattered before you.

Look about you and behold; they are gathering and coming unto you.

And your people are all holy and forever shall inherit the land.

Lyrics: Traditional

Y'RUSHALAYIM SHEL ZAHAV

Avir harim tzalul kayayin
v'reiach o-ranim
Nisa b'ru-ach ha-arbayim
im kol pa-a-monim.
Uv-tardeimat ilan va-even
sh'vuya ba-chaloma
Ha-ir asher badad yoshevet
uv-liba choma.

Y'rushalayim shel zahav
v'shel n'choshet v'shel or
Halo l'chol shi-rayich ani
kinor.

Chazarnu el borot hamayim
lashuk v'lakikar
Shofar korei b'har habayit
ba-ir ha-a-tikah.

אֲוִיר הָרִים צָלֹל כַּיָּיִן
וְרֵיַח אֲרָנִים
נִשָּׂא בְרוּחַ הָעֲרָבִים
עִם קוֹל פְּעֻמוֹנִים.
וּבְתַרְדֵּמַת אֵילָן וָאֵבֶן
שְׁבוּיָה בַּחֲלוֹמָה
הָעִיר אֲשֶׁר בְּדָד יוֹשֶׁבֶת
וּבִלְבָּהּ חוֹמָה.

יְרוּשָׁלַיִם שֶׁל זָהָב
וְשֶׁל נְחֹשֶׁת וְשֶׁל אוֹר
הֲלֹא לְכָל-שִׁירֵיךְ אֲנִי כִנּוֹר.

חֲזַרְנוּ אֶל בּוֹרוֹת הַמַּיִם
לְשׁוֹק וּלְכִיקָר
שׁוֹפָר קוֹרֵא בְּהַר הַבַּיִת
בְּעִיר הָעֵתִיקָה

U-vam'arot asher ba-sela
alfei sh'mashot zor'chot
V'shuv neireid el yam
hamelach b'derech Y'richo.
Y'rushalayim shel zahav . . .

ובמערות אשר בסלע
אלפי שמשות זורחות
ושוב גרד אל ים המלח
בדרך יריחו.
ירושלים של זהב . . .

Ach b'vo-i hayom lashir lach
v'lach likshor k'tarim
Katonti mitz-ir banayich
umei-acharon hamshor'rim
Ki sh'meich tzoreiv et
has'fatayim kin-shikat saraf
Im eshcacheich Y'rushalayim
asher kula zahav.
Y'rushalayim shel zahav . . .

אך בבואי היום לשיר לך
ולך לקשר כתרים
קטנתי מצעיר בנך
ומאחרון המשוורים
כי שמך צורב את השפתים
בנשיקת שרף
אם אשפוך ירושלים
אשר בלה זהב.
ירושלים של זהב . . .

Mountain air as clear as wine and the scent of pine, borne
on the evening wind with the sound of bells.
And in the slumber of trees and stone, imprisoned in her
dream is the city which dwells alone, a wall within her
heart.

*Jerusalem of gold, of copper and of light,
Behold I am a harp for all your songs.*

We have returned to the cisterns, to the market and the
square
The shofar calls on the Temple Mount in the Old City.
And from the caves in the rocks a thousand suns glow
again
We will go down to the Dead Sea by way of Jericho.
Jerusalem of gold . . .

But when I come today to sing unto you and to bind
garlands for you
I become smaller than the youngest of your sons, or the
least of the poets.
For your name burns the lips like the kiss of a seraph,
Let me not forget thee O Jerusalem that is all of gold.
Jerusalem of gold . . .

Musics and lyrics: Naomi Shemer.

Copyright © 1967 by Chappell Music Publisher, Ltd. Published in the U.S.A. by
Chappell & Co., Inc. International copyright secured. All rights reserved. Used by
permission.

SAFAM

Safam is a Jewish musical group from Boston that has been at the forefront of the renaissance of Jewish music in America since their beginning in 1974. Safam's original compositions are innovative and dynamic. Their texts are taken from traditional prayers, translations of biblical passages and original lyrics which speak of Jewish history, philosophy and contemporary thought.

AMNESTY

1. The history of mankind
Is filled with hurt and pain,
Oppressors they are overthrown
To return once again.
It started in the Bible
When Pharaoh did decree,
"The slaves will build my palaces
And no man shall go free!"

Let 'em out . . . tonight,
From Egyptian slavery
To Nazi Germany.
2. Whether it's a Hitler
Brezhnev or Assad,
They will never learn
That we're all children of one God.
Locked in an asylum,
A ghetto or a jail,
Are we all not prisoners
Of systems that have failed.

Let'em out . . . tonight,
Let me make it clear to ya'
Get them out of Syria.

I can see tomorrow clearly,
We will leave these prison walls,
But there will always be
Some kind of tyranny,
That's why we can't forget this call.

Let 'em out . . . tonight,
Let the Lord's word humble them,
Watch the Kremlin tumble in.
Let'em out . . . tonight.

The oppressed they must go free,
In a world wide amnesty,
Let'em out . . . tonight.

Words and music by Joel Sussman. Used by permission.

"Amnesty" may be found on the SAFAM record *Bittersweet*.

The sheet music may be found in the songbook *Songs of Safam*.

LEAVING MOTHER RUSSIA

*(Revised lyrics following the release
of Anatole Scharansky)*

They call me Anatole, in prison I did lie.
My little window looked out on a Russian sky.
For nearly nine long years secluded and in pain
And all my people know the charges were a frame,
I see my accuser standing in the hall
He points his finger at us all
You now must pay the penalty
For the crime of daring to be free.

*We are leaving Mother Russia
We have waited far too long*

*We are leaving Mother Russia
When they come for us we'll be gone.*

All through the centuries we called this land our home:
We loved the Russian soil as much as anyone.
In countless armies our young boys have died for you,
But never did you call them "sons";
You always called them "Jew"!
We fell in battle for the Czar, 100,000 died at Babi Yar,
And yet your monument denies their faith
While on our passports, we read "Yevrei."

We are leaving . . .

I send my song of hope to those I left behind;
I pray that they may know the freedom that is mine,
For through my darkest hours alone inside my cell
I kept the vision of my home in Yisrael.
My friends we know what silence brings:
Another Hitler waiting in the wings.
So stand up now and shout it to the sky—
They may bring us to our knees, but we'll never die!

We are leaving . . .

Words and music by Robert Solomon. Used by permission.

"Leaving Mother Russia" may be found on the SAFAM record *Encore*. The sheet music may be found in the songbook *Songs of Safam*.

HALLELUYAH USY

HALLELUYAH U.S.Y.

HALLELUYAH, just give us a try!
People know us everywhere we go,
In Israel, Canada and Mexico,
And all across the fifty states,
HALLELUYAH!

HALLELUYAH, U.S.Y.

HALLELUYAH, we're here to say, "hi,"
HALLELUYAH, the world is our home,
And we're wishing you all Shalom,
HALLELUYAH!

HALLELUYAH U.S.Y.

HALLELUYAH we're proud and
here's why . . .
We've got ruach, koach, and chaverim,
Pilgrimage, Wheels, and Kinnusim,
and for Tikun Olam we work as one great team.
HALLELUYAH U.S.Y. . . .

Lyrics by: SHIR CHADASH, Philadelphia, Pa.
Copyright © 1979. All rights reserved.

T'FILAT HADERECH— PRAYER FOR TRAVELERS

Y'hi ratzon mil'fanecha
Adonai Eloheinu veilohai
avoteinu, shetolichenu
l'shalom, v'tatzideinu
l'shalom v'tadricheinu
l'shalom v'tagi-einu limchoz
cheftzeinu l'chayim
ul-simcha ul-shalom,
v'tatzileinu mikaf kol oyeiv
v'oreiv v'listim v'chayot ra-ot
baderech u-mi kol minei
fur-anivot hamitrag'shot
uva-ot la-olam. V'tishlach
b'racha b'chol ma-asei
yadeineu, v'tit'neinu l'chein
ul-chesed ul-rachamin
b'einecha uv-einei chol
ro-einu, v'tishma kol
tachanuneinu, ki Eil
shomei-a t'fila v'tachanun
atah. Baruch atah Adonai,
shomei-a t'fila.

יהי רצון מלפניך יי אלהינו
ואלהי אבותינו, שתוליכנו
לשלוש, ותצמידנו לשלום
ותדריכנו לשלום ותגיענו
למחוז חפצנו לחיים
ולשמחה ולשלום, ותצילנו
מכף כל-אויב ואורב
ולקטים וחיות רעות בדרך
ומכל-מיני פורעניות
המתרגשות ובאות לעולם.
ותשלח ברכה בכל-מעשה
ידינו, ותתנו לחן ולחסד
ולרחמים בעיניך ובעיני כל-
רואנו, ותשמע קול
תחנונינו, כי אל שומע
תפלה ותחנון אתה. ברוך
אתה יי, שומע תפלה.

May it be Your will, Lord our God and God of our fathers,
to lead us on the way of peace, so that You will bring us
happily to our destination safe and sound. Save us from
danger on the way. Give us good grace, kindness and
favor both in Your eyes and in the eyes of all we may
meet. Hear our prayer for You are a God who listens to
the heart's supplication. Praised are You, Lord, who hears
our prayers.

HATIKVA

Kol od baleivav p'nima
 Nefesh y'hudi homiya
 Ul-fa-atei mizrach kadima
 Ayin l'tziyon tzofiyah
 Od lo av'da tikvateinu
 Hatikva sh'not alpayim
 Lih-yot am chofshi
 b'artzeinu
 Eretz Tziyon Virushalayim.

בֶּל-עוֹד בִּלְבָב פְּנִימָה
 נֶפֶשׁ יְהוּדִי הוֹמִיָּה
 וּלְפָאֲתֵי מִזְרָח קְדִימָה
 עֵין לְצִיּוֹן צוֹפִיָּה.
 עוֹד לֹא אָבְדָה תְּקוּנָתֵנוּ
 הַתְּקוּהָ שְׁנוֹת אֲלָפִים
 לִהְיוֹת עִם חֻפְשֵׁי בְּאֶרְצֵנוּ
 אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

As long as the heart of the Jew beats,
 And as long as the eyes of the Jew look eastward,
 Then our two-thousand-year hope
 To be a free nation in Zion
 Is not lost.