Kabbalat Shabbat

Welcoming the Shabbat
Hiney mah tov umah na’im  שֶׁ֥בֶט אַחִ֖ים גָּם יָֽהָ֑ד.
Hiney mah tov umah na’im  שֵֽׁבֶט רַחֲמִ֖ים גָּם יָֽהָ֑ד.

How good and pleasant it is, for brothers and sister to sit together.

Yedid  נְפֵשׁ אֲבֹּת, נְפֵשׁ מְשׁוֹחֶשׁ עַבְּדֵךְ עַל לְצָרְרֶךָ:
Yarutz avdeha kemo ayal yishtahaveh el mul hadareha.

Eleh ḥamdah libi  חוֹבַּה נַעֲמָּה וָאֶל תִּתְעָלָּם.

Friend of my soul, source of compassion, draw me to your will. Like a darting deer I will run to you, I will bow before your presence... Only this does my heart desire—concern yourself with me, do not hide from me.
Welcome among us, messengers of shalom, angels of the Highest One
Come, then, in shalom, blessing us with shalom, leaving us with shalom
Majesty of majesties, the blessed Holy One.

Angels are another name for feelings.
When we love and act with kindness, we create angels of love and kindness;
when we hate and act with violence, we create angels of hatred and violence.
It is our job to fill our world with angels of love;
messengers of kindness that link people together as one family.
Psalm 96

Shiru l’adonai, shiru shir chadash
Shiru l’adonai kol ha’aretz
Shiru l’adonai barechu shemo
Baseru miyom l’yom yeshu’ato

Sing to Adonai a new song, sing to God, all the earth!
Sing to Adonai, bless God’s name, and tell everyday of God’s liberating power!

Yismechu hashamayim (3x) vetagel ha’aretz
Yiram hayam (3x) umlo’o }2x

Let the skies rejoice, the earth be happy, the ocean resound, in all its fullness!
Leḥah dodi likrat kalah peney shabbat nekabelah.

Shamor vezaḥor bedibur eḥad
Hishmi’anu el hamyuḥad
Adonay eḥad ushmo eḥad
Leshem ultiferet velit-hilah

Leḥah dodi...

Likrat shabbat leḥu venelḥah
Ki hi mekor haberaḥah
Merosh mikdedem ʿeṣuhah
Sof ma‘aseh bemahashavah tehilah. Leḥah dodi...

O, come, my friend, let’s greet the bride,
the Sabbath Presence bring inside.

“Keep” and “Remember” in a sole command
the solitary God did us command
“I AM!” is one, the Name is one,
in name, in splendor, and in praise.

Toward the Sabbath, come, make haste,
for she has every blessing’s taste,
ordained at first, and long ago,
the last thing made, the first in mind.
Arouse yourself, arouse yourself,
your light has come, arise and shine,
awake, awake, pour forth your song,
on you now shines the Glorious One.

To right and left you shall burst forth,
revering God, to south and north,
by hand of one from Peretz’s line,
we shall rejoice and find delight.

O, come in peace, O divine crown,
with joy, rejoicing, and with mirth,
amid the faithful, loved by God,
come in, O bride, come in, O bride!
Psalm 92

Mizmor shir leyom hashabbat.
Tov lehodot ladonay ulzamer leshimeha elyon.
Lehagid baboker ḥasdeha ve’emunateha baleylot.
Aley asor va’aley navel aley higayon behinor.

A song for the day of Shabbat: it is good to give thanks to Adonai, to sing out to your Name; to tell about your kindness in the morning, and your faithfulness at night, on harp and on flute, with melodies on the fiddle—for you have made me happy, Adonai, with your deeds, and I will sing about the creations of your hands!

Mah gadlu ma’asecha Yah, m’od am’ku mach’shevoṭecha

How great are your deeds, Adonai, how deep your thoughts.

Tzadik katamar yifraḥ, ke’erez balvanon yisgeh.
Shetulim beveyt adonay, beḥatzrot eloheynu yafriḥu.
Od yenuvun beseyvah, deshenim vera’ananim yihyu.
Lehagid ki yashar adonay, tzuri velo avlatah bo.

A tzaddik flowers like a palm tree, grows like a cedar of Lebanon. They are planted in the house of Adonai, they bear fruit in the courtyards of our God.
As we bless the Source of Life, so we are blessed (2x)
And the blessing gives us strength and makes our vision clear
And the blessing gives us peace and the courage to dare
As we bless the Source of Life, so we are blessed

ברכון את יהוה המבך:
ברוך יהוה המבך ל злоות וציון:

Ma'ariv Aravim

Blessed are You, Source of Life, who brings in the evening with a word, in wisdom opening the gates and with understanding changing the times and seasons, ordering the stars along their paths in the sky. Creator of day and night, rolling back light from the dark, and dark from the light, You make the day slowly fade and bring in the night, dividing between day and night---how great is Your name! Living God, may we always feel your Presence in our lives. Blessed are You, Adonai, who brings in the evening.
ברוח אשתו יהוה אלהינו מלאך ח丰满 אל שור ברבר מעריב ערבם
בחקמה פולת שערי עםינו משה על ימים ו )))לぞי
ומא不得超过ו בכמה ב/waitותיה ברקיע כבד: בורא ים
ליל כל אוחר מפורי תשש והשם נסיך אור: ימסיב ים יניב
ללו והبارك 짔ים וינשין לילה יהוה אבאות שם: אל מי יכבו
łemיר מלך עולם ל當您 כר. בורא אשתו יהוה מעיר ערבם.

U`ma`avir yom u`mavia laila, u`mavdi ben yom u`ven laila, Adonai tzva`ot shemo. El chai v`kayam tamid yimloch aleynu l`olam va`ed: Baruch atah Adonai, ha-ma`ariv aravim.
With universal love you have loved your people Israel; you have taught us Torah and mitzvot, laws and justice. And so, Adonai our God, when we lie down and when we wake up, we discuss your laws and we rejoice in the words of your Torah and in your mitzvot, now and always. They are the life and light of our days, and we will meditate on them day and night. Your love will never leave us: Blessed are you, Adonai, who loves your people Israel.
We are loved by an unending love. 
We are embraced by arms that find us 
even when we are hidden from ourselves. 

We are touched by fingers that soothe us 
even when we are too proud for soothing. 
We are counseled by voices that guide us 
even when we are too embittered to hear. 
We are loved by an unending love. 

We are supported by hands that uplift us 
even in the midst of a fall. 
We are urged on by eyes that meet us 
even when we are too weak for meeting. 
We are loved by an unending love. 

Embraced, touched, soothed, and counseled . . . 
ours are the arms, the fingers, the voices; 
ours are the hands, the eyes, the smiles; 
We are loved by an unending love. 

Blessed are you, BELOVED ONE, who loves your people Israel. 

Rami M. Shapiro (adapted)
Shema Yisrael Adonai eloheynu, Adonai echad.
Baruch shem kevod malchuto l’olam va’ed (said silently).


Listen, Israel: Adonai our God, Adonai is One!
Blessed be God’s glorious name forever.

And you shall love Adonai your God with all your heart, with all your soul, with all you have. Take these words that I teach you now to heart. Teach them intently to your children; speak them when you sit in your house and when you walk on the road, when you are lying down and when you get up. Tie them as a sign on your hand, and keep them visible before your eyes. Write them on the doorways of your house, and on your gates.

(Deut. 6:4-9)
Loving life and its mysterious source, with all our heart and all our spirit, all our senses and strength, we take upon ourselves and into ourselves these promises: to care for the earth and those who live upon it, to pursue justice and peace, to love kindness and compassion. We will teach this to our children throughout the passage of the day—as we dwell in our homes and as we go on our journeys, from the time we rise until we fall asleep. And may our actions be faithful to our words that our children’s children may live to know: Truth and kindness have embraced, peace and justice have kissed and are one.

- Marcia Falk

The Book of Blessings
Who is like you, Adonai? Who can compare to You – holy, awesome in praise, doing amazing things!
Your people saw your power, splitting the sea in front of Moses;
"This is my God!" they cried, and said: "Adonai will be with us forever!"
And it was said, that Adonai has rescued Jacob, saved him from a power stronger than his own: Blessed are You, Adonai, who makes Israel free.
CHORUS: Wade in the water, wade in the water, children
Wade in the water, God’s gonna trouble the water

Who are those children dressed in red?
God’s gonna trouble the waters
Must be the children that Moses led
God’s gonna trouble the waters

CHORUS

Who are those children dressed in white? God’s gonna trouble . . .
Must be the children of the Israelites – God’s gonna trouble . . .

CHORUS

Who are those children dressed in blue? God’s gonna trouble . . .
Must be the people gonna see this through – God’s gonna trouble . . .

CHORUS

Help us to lie down, Adonai, in peace, and raise us up, for life. And spread over us the sukkah of your peace. Be good to us, care for us, and protect us in the shade of your wings—for you are a protecting, saving God, a compassionate and loving Power are You. Watch over our going out and our coming in for life and for peace, now and always. Spread over us the sukkah of your peace. Blessed are Your, Adonai, who spreads Your sukkah of peace over us, over all your people Israel, and over Jerusalem.
When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry

Veshameru veney yisra'el et hashabbat
la'asov et hashabbat ledorotam berit olam.
Beyni uveyn beney yisra'el ot hi le'olam.
Ki sheshet yamim asah adonay et hashamayim ve'et ha'aretz
uvayom hashevi'i shavat vayinafash.

Let Israel's descendants keep Shabbat, making Shabbat-
throughout all their generations, as an eternal bond. Between
me and Israel's descendants shall it be a sign eternally. For in six
days The FASHIONER Of ALL made skies and earth, and on the
seventh day God ceased and drew a breath of rest.
Standing here in Abraham’s desert
Affirming: one God.

Moving in the old spaces
Warmed by our ancestors’ embrace.

Standing here in Sarah’s tent
Laughing: new life.

Moving in the old spaces
Renewed by our ancestors’ hope.

Standing here in my place
Listening to our voices: yearning.

Moving in my own spaces
Translating the silence.

Dear God,
Open the blocked passageways to you,
The congealed places.

Roll away the heavy stone from the well as your servant
Jacob did when he beheld his beloved Rachel.

Help us open the doors of trust that have been jammed with
hurt and rejection.

As you open the blossoms in spring,
Even as you open the heavens in storm,
Open us—to feel your great, awesome, wonderful presence.

Sandy Eisenberg Sasso

Sheila Peltz Weinberg
Open the gates of righteousness for me!
Let every living thing praise you.
May my words of praise and my heart's meditation serve as a covering/defense of my neck and my head.
Open my lips, 0 God, and let my mouth declare your praise.
Amidah:
on our feet we speak to you.

We rise to speak
a web of bodies aligned like notes of music.

1.

Bless what brought us through
the sea and the fire; we are caught
in history like the whales in polar ice.
Yet you have taught us to push against the walls,
to reach out and pull each other along,
to strive to find the way through
if there is no way around, to go on.
To utter ourselves with every breath
against the constriction of fear,
to know ourselves as they body born from Abraham
and Sarah, born out of rock and desert.
We reach back through two hundred arches of hips
long dust, carrying their memories inside us
to live again in our life, Isaac and Rebecca,
Rachel, Jacob, Leah. We say words shaped
by ancient use like steps worn into rock.

2.

Bless the quiet of sleep
easing over the ravaged body, who quiets
the troubled waters of the mind to a pool
in which shines the placid broad face of the moon.

Bless the teaching of how to open
in love so all the doors and windows of the body
swing wide on their rusty hinges
and we give ourselves with both hands.

Bless what stirs in us compassion
for the hunger of the chickadee in the storm
starving for seeds we can carry out,
the wounded cat wailing in the alley,
what shows us our face in a stranger,
who teaches us what we clutch shrivels
but what we give goes off in the world
carrying bread to people not yet born.

Bless the gift of memory
that breaks unbiden, released
from a flower or a cup of tea
so the dead move like rain through the room.

Bless what forces us to invent
goodness every morning and what never frees
us from the cost of knowledge, which is
to act on what we know again and again.

3.

All living are one and holy, let us remember
as we eat, as we work, as we walk and drive.
All living are one and holy
we must make ourselves worthy.
We must act out justice and mercy and healing
as the sun rises and as the sun sets,
as the moon rises and the stars wheel above us,
we must repair goodness.
We must praise the power of the one that joins us.
Whether we plunge in and thrust ourselves far out
finally we reach the face of glory too bright
for our eyes and yet we burn and we too give light.

We will try to be holy,
We will try to repair the world given us to hand on.
Precious is this treasure of words and knowledge
and deeds, that moves inside us.
Holy is the hand that works for peace and for justice,
holy is the mouth that speaks for goodness
holy is the foot that walks toward mercy.

Let us lift each other on our shoulder
and carry each other along.
Let holiness move in us.
Let us pay attention to its small voice.
Let us see the light in others and honor that light.
Remember the dead
who paid our way here dearly, dearly
and remember the unborn
for whom we build our houses.

Praise the light that shines before us,
through us, after us, Amen.

Marge Piercy
שלום

שלום רב על ישראל عمך תשוים לשלום: כי אתה הוה מלך
ארון לכל השלחם: תועב בשנית לברך את עמק ישראל לאח
כל-יהביני מלך בכל עת תבכי שעה שלמה:

Shalom rav al yisra’el ame’ha tasim le’olam.
Ki atah hu meleḥ adon leḥol hashalom.
Vetov be’eyne’ha levareḥ et ame’ha yisra’el
beḥol et uvḥol sha’ah bishlome’ha.

Oseh shalom bimromav
hu ya’asheh shalom
aleynu ve’al kol yisra’el
ve’al kol yoshvey tevel
ve’imru amen.

ענשה שלום בברומתי
הוא יעשה שלום
עלינו ועל כל ישראל
על כל יהבini מלך
לאמר: אמן:

Sha’alu shalom, Yerushalayim (4x)

Shalom (6x) sha’alu shalom Yerushalayim

Pray for the peace of Israel
pray for the peace of Ishmael
pray for the peace of all the earth
All the earth shall live in peace

Leila Gal Berner
It is up to us to praise the Source of all, to sing the greatness of the Creator Who gave us teachings of truth and planted eternal life within us. And so we bend the knee and bow and give thanks, before the One who is over all, the Blessed Holy One who stretched out the heavens and formed the earth, whose Presence is everywhere. This is our God, there is no other, as it is written in the Torah: 

“You shall know this day, and bring it home inside your heart, that Adonai is God in the heavens above and on the earth below; there is no other.”

Aleinu leshabe’ach la’adon ha-kol latet gedulah l’yotzer bereshit shenatan lanu torat emet v’chayei olam nata betochenu.

V’anachnu korim umishtachavim umodim lifney melech malchey ham’lachim hakadosh baruch hu. Sh’hu noten shamayim veyosed aretz umoshav yekaro bashamayim mima’al ush’chinat uzo begovhey meromim. Hu eloheynu ain od. Emet malkeinu efes zulato kakatuv betorato. Veyadata hayom vahashevetah el levavecha. Ki Adonai hu ha’elohim bashamayim mima’al ve’al ha’aretz mitachat ain od.
And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another’s will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth’s abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life’s creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again.

(Judy Chicago)

And then, and then, both men and women will be gentle
And then, and then, both women and men will be strong
And then all will be so varied, rich and free
Then everywhere will be called Eden once again.

(music by Margot Stein)
Baruch atah Adonai eloheynu melech ha’olam borei peri hagafen.
Baruch atah Adonai eloheynu melech ha’olam asher kiddishanu b’mitzvotav
veratzah vanu veshabbat kodsho b’ahava uvratzon hinchilanu zikaron
l’ma’asei bereshit. Ki hu yom techilah lemitkra’ei kodesh zecher l’tzi’at
mitzrayim. Ki eleinu karata v’otanu kidashta la’avodatecha veshabbat
kodshecha b’ahavah uvratzon hinchaltanu.
Baruch atah Adonai mekades hashabbat.

Blessed are You, Adonai our God, Source of all life, who has made us holy with your mitzvot,
and taken pleasure in us, and given us the holy Shabbat with love and favor, to remember the
work of Creation. For it is the first of all the holy days, a sign of the Exodus from Egypt. For
you have called to us and made us holy to serve You, and given us Your holy Shabbat in love.
Blessed are You, Adonai, who makes holy the Shabbat.
It is customary for mourners, and those observing Yahrzeit, to stand for Kaddish. In some congregations everyone rises.

Yitgadl veyitkadash shemey raba
be'almah divra hirutey veyamlih malhutey
behayeyhon uvymeyhon uvhayey dehol beyt yisra'el
ba'agala uvizman kariv ve'imru amen.

Reader: Yitbarah veyishtrabah veyitpa'ar veyitromam
veyitnasey veyit-hadar veyitaleh veyit-halal
shemey dekudsha beri'hu
le'ela (On Shabbat Shuvah add: le'ela) min kol birhata veshirata
tushbchata venemmata da'amiran be'alma ve'imru amen.

Yehey shelama raba min shemaya vehayim aleynu ve'al kol
yisra'el ve'imru amen.
Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol
yisra'el ve'al kol yoshvey tevel ve'imru amen.
Shabbos, Shabbos
Zol zayn, zol zayn Shabbos
Shabbos, Shabbos
Zol zayn (3x) Shabbos
Yai dai dai dai . . .

May there always be Sabbath; may there always be peace.

Kol ha’olam kulo
Gesher tzar me’od (3x)

Ve’ha-ikar (2x) lo le’fached, lo le’fached klal

All the world is just
A very narrow bridge (3x)
All the world is just
A very narrow bridge (2x)

And the main thing to recall
Is to have no fear,
have no fear at all
And the main thing to recall
Is to have no fear at all.

Lo yisa goy el goy cherev
Lo yilmedu od milchama

And everyone ‘neath their vine and fig tree, shall live in peace and unafraid (2x)
And into ploughshares beat their swords, nations shall learn war no more (2x)