

WISDOM ~ חוכמה



WEEKDAY SERVICE

Am Shalom
Glencoe, Illinois



WELCOME TO AM SHALOM!

BAR / BAT MITZVAH

Bar Mitzvah means son of the Commandment. Bat Mitzvah means daughter of the Commandment.

A Bar or Bat Mitzvah is not something one *has*, but rather something one *becomes*.

According to Jewish tradition, upon reaching age thirteen, one becomes responsible for the ritual and ethical obligations of Jewish life. This milestone is often marked by a prayer service during which the student leads the congregation in prayer and reads from the Torah and a selection from the Prophets, call the Haftarah.

OUR SANCTUARY

Directly in front of you is the bima ~ a raised platform from which services are led. Also at the front of the room is the Aron Ha-Kodesh ~ Holy Ark, in which the Torah scrolls are kept. Above the Ark is the Ner Tamid ~ Eternal Light. This continuously burning light is reminiscent of the flame in the ancient Tabernacle. It represents the constant presence of God.

On the wall in the front of the main Sanctuary is a Hebrew inscription above the Ark:

דַּע לִפְנֵי מִי אַתָּה עוֹמֵד ~
Know before whom you stand.

The stained glass windows that surround the main sanctuary depict five of the twelve tribes of Israel: Benjamin, Levi, Reuben, Simeon, and Zebulon, along with a sixth window illustrating a quotation from Psalms:

שְׁלַח אוֹרְךָ וְאִמְתְּךָ ~
Send forth thy light and thy truth.
~ Psalms 43:3

חזק חכמה

Choch-ma ~ Wisdom

Who is wise?

One who learns from everyone.

~ Pirkei Avot 4:1

In addition to the prayers we will speak and sing together during this service, throughout the prayer book you will find collected thoughts from Jewish sources of wisdom including the Chasidic rabbis of the 18th century and, especially, Pirkei Avot.

Pirkei Avot literally translates as "chapters of the fathers," but is better understood as "ethics of the sages" or "lessons of our ancestors." It is a collection of ethical teachings from the rabbis of the period 250 BCE through 250 CE that provide guidance about how to seek our truest and best selves as we navigate through life.

Many of these sayings have multiple layers of meaning and application to our lives today. We hope in them you will find much food for thought upon which to reflect and be inspired.

INTRODUCTION TO THE SERVICE

קהלה קדושה ~ K'HILAH K'DOSHA

CREATING A HOLY COMMUNITY

This siddur was uniquely created for Am Shalom to encourage *everyone present* to find holiness within and join together to form a holy community for the brief time of the service.

We hope that the explanations and transliterations in this siddur will help you learn, enjoy and *especially* participate in this service.

And...one way that each of us can both help ourselves enter a moment of holiness, and also help the Bar or Bat Mitzvah student know he or she is not at a performance, but rather surrounded by a community of prayer, is for each of us to join our voices together in song and prayer.

We welcome you as part of our holy community ~ please join us!



PRAYER SERVICE

The Hebrew word for prayer book is siddur, which means order.

Jewish prayer services are an ordered series of prayers, songs, and readings from Bible, traditional liturgy, and other sacred texts. In addition, contemporary readings may be added to reflect traditional prayer themes in creative ways.

The weekday service at Am Shalom is structured into these five sections:

- Introduction ~ songs and prayers to help set the mood for the service and get into the spirit of prayer.
- Early prayers ~ the first formal blessings of the liturgy.
- T'filah (prayer) ~ a series of blessings, prayers, and meditations, including praise to God and expressions of gratitude, that comprise the central part of Jewish liturgy.
- The Torah service.
- Concluding prayers and song.



LEADERS OF THE SERVICE

Jewish clergy includes rabbis and cantors. The word rabbi literally means teacher. Rabbis teach, counsel people in the study and practice of Judaism, lead prayer, officiate at life-cycle events and Jewish rituals, and are the spiritual leaders of their congregations. In addition to teaching and other clergy roles, a cantor brings music and song to prayer services and other Jewish occasions.

Jewish tradition, however, does not require a clergy person to lead prayer.

Bar and Bat Mitzvah students lead prayer, and family and friends are invited to lead readings throughout the service.



GUIDE TO TRANSLITERATION

Transliteration of Hebrew is included for almost everything in the service in order to enable those who don't read Hebrew to follow along, as well as join in communal readings.

Generally, hyphens indicate syllables. The transliteration style used is as follows:

a as in far	e as in let	ei as in weigh
i as in ink	o as in coat	u as in flute
ai as in aisle	oi as in boil	ch as in challah or Chanukah

In addition, communal readings are indicated with ***bold and italicized*** text.

בְּרוּכִים הַבָּאִים ~ B'RUCHIM HA-BA'IM ~ WELCOME FRIENDS!



SHIRIM ~ שִׁרִים ~ SONGS

The service begins with one or more songs and readings to "warm up" or set the mood, and prepare ourselves for thought, prayer, and study.

HINEI MA TOV ~ הִנֵּה מָה-טוֹב

Hi-nei ma-tov u-ma-na-im

she-vet a-chim gam-ya-chad.

Behold, how good and pleasant it is for people to dwell together in unity.

~ Psalm 133:1



OZI V'ZIMRAT YAH ~ עֲזִי וְזִמְרַת יְהוָה

O-zi v'-zim-rat Ya va-y'-hi-li li-shu-a.

עֲזִי וְזִמְרַת יְהוָה וְיְהִי-לִי לִישׁוּעָה.

Adonai is my strength and might; God will be my salvation.

~ Exodus 15:2



PSALM 150

Ha-l'-lu Ya!

Ha-l'-lu Eil b'-kod-sho;

ha-l'-lu-hu bir-ki-a u-zo.

Ha-l'-lu-hu b'-g'-vu-ro-tav;

ha-l'-lu-hu k'-rov gud'-lo.

Ha-l'-lu-hu b'-tei-ka sho-far;

ha-l'-lu-hu b'-nei-vel v'-chi-nur.

Ha-l'-lu-hu b'-tof u-ma-chol;

ha-l'-lu-hu b'-mi-nim v'-u-gav.

Ha-l'-lu-hu b'-tzil-tz'-lei sha-ma;

ha-l'-lu-hu b'-tzil-tz'-lei t'-ru-a.

Kol ha-n'-sha-ma t'-ha-leil Ya, Ha-l'-lu Ya!

הַלְלוּ יְהוָה!

הַלְלוּ-אֵל בְּקֹדֶשׁ;

הַלְלוּהוּ בְּרִקְיעַ עֶזָּא.

הַלְלוּהוּ בְּגִבּוֹרֹתָיו;

הַלְלוּהוּ כָּרֵב גִּדְלוֹ.

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר;

הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.

הַלְלוּהוּ בְּתֹף וּמַחוֹל;

הַלְלוּהוּ בְּמִנִּים וְעֶגְב.

הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ;

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה, הַלְלוּהוּ!

Halleluyah! Praise God in holy space; praise God in the sky. Praise God for mighty acts; praise God for surpassing greatness. Praise God with shofar blast; praise God with harp and lute. Praise God with drum and dance; praise God with strings and pipe. Praise god with cymbals sounding; praise God with cymbals resounding. Let every soul praise God, Halleluyah!



MA TOVU ~ מָה טוֹבוֹ

Ma to-vu o-ha-le-cha Ya-a-kov

mish-k'-no-te-cha Yis-ra-eil!

Va-a-ni b'-rov chas-d'-cha

a-vo vei-te-cha esh-ta-cha-veh

el hei-chal kod-sh'-cha b'-yir-a-te-cha.

מָה טוֹבוֹ אֶהְיֶה יַעֲקֹב

מִשְׁכְּנֵיךָ יִשְׂרָאֵל!

וְאֲנִי בְּרַב חֶסֶדְךָ

אָבֹא בֵיתְךָ אֶשְׁתַּחֲוֶה

אֶל הַיֵּכָל קֹדֶשְׁךָ בִּירְאָתְךָ.

How goodly are your tents, O Jacob! How lovely are your sanctuaries, O Israel!
By Your abounding love, O God, I enter your house;
with awe I worship in Your holy temple.
~ Numbers 24:5, Psalm 5:8

TALIT PRESENTATION



TALIT ~ טלית

The Talit is a fringed prayer shawl worn as a reminder of the commandments. The Talit also connects the wearer to thousands of years of Jewish history and tradition, while at the same time creating a personal sanctuary for prayer.

The Talit is a religious symbol, a garment, a shroud, a canopy.

It is a cloak which envelops a Jewish person, both physically and spiritually.

We present you with this Talit with the hope that as you wrap yourself in it you will feel spiritually wrapped in all of the love and joy that surrounds you today.

We hope that you will have many occasions to wear it in the future, and that each time you will be reminded of the memories of this extraordinary day.

We now invite you to offer the blessing for wearing a Talit.



Bless Adonai, O my soul. Adonai, my God, You are very great.

You are clothed in glory and majesty.

Enveloped in light as a garment.

Spreading the heavens as a vast curtain.

~ Psalm 104

May your Talit always envelop you in light.

May it always remind you of all the glory and majesty in the world.

May it always connect you to all the joy and wonders to be found beneath the heavens.

We now invite you to offer the blessing for wearing a Talit.



BIRKAT TALIT ~ בְּרַכַּת טַלִּית ~ TALIT BLESSING

Ba-ruch a-ta A-do-nai,

E-lo-hei-nu Me-lech ha-o-lam,

a-sheer kid-sha-nu b'-mitz-vo-tav,

v-tzi-va-nu l'-hit-a-teif ba-tzi-tzit.

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Blessed are You, Adonai our God, Sovereign of the universe.

You make us holy with mitzvot,

and teach us to wrap ourselves in the fringed Talit.

*Tradition protects truth;
generosity protects wealth.*

~ Pirkei Avot 3:17

WISDOM

חוכמה

FOR MORNING SERVICES

LA'ASOK B'DIVREI TORAH ~ תּוֹרָה בְּדִבְרֵי תוֹרָה

La'asok B'divrei Torah, also called the blessing for study, is said in gratitude for the gift of Torah and for the freedom to study.

Ba-ruch a-ta A-do-nai

E-lo-hei-nu Me-lech ha-o-lam,

a-sheer kid-sha-nu b'-mitz-vo-tav v'-tzi-va-nu

la-a-sok b'-div-rei To-rah.

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe.

You make us holy with mitzvot,
and command us to engage with words of Torah.



EILU D'VARIM ~ אֵילו דְּבָרִים

Eilu D'varim reminds us of the core ethical values of Judaism and that each of these teachings is learned through the study of Torah.

Ei-lu d'-va-rim she-ein la-hem shi-ur,

she-a-dam o-cheil pei-ro-tei-hem

ba-o-lam ha-zeh v'-ha-ke-ren

ka-ye-met lo la-o-lam ha-ba. V'-ei-lu hein:

אֵילו דְּבָרִים שֶׁאֵין לָהֶם שְׁעוֹר,
שֶׁאֵדָם אוֹכֵל פְּרוֹתֵיהֶם
בְּעוֹלָם הַזֶּה וְהַקֶּרֶן
קַיֵּמֶת לוֹ לְעוֹלָם הַבָּא. וְאֵילוּ הֵינּוּ:

Ki-bud av va-eim;

U-g'-mi-lut cha-sa-dim;

V'-hash-ka-mat beit ha-mid-rash

sha-cha-rit v'-ar-vit;

V'-hach-na-sat or-chim;

U-vi-kur cho-lim;

V'-hach-na-sat ka-lah;

Ul-va-yat ha-meit;

V'-i-yun t'-fi-lah;

Va-ha-va-at sha-lom

bein a-dam la-cha-vei-ro;

כְּבוֹד אָב וָאִם;
וְגִמְלוֹת חֲסָדִים;
וְהַשְׁכָּמַת בֵּית הַמִּדְרָשׁ
שַׁחֲרִית וְעֶרְבִית;
וְהַכְנָסַת אוֹרְחִים;
וּבְקוֹר חוֹלִים;
וְהַכְנָסַת כָּלָה;
וְלִגְיַת הַמֵּת;
וְעֵיוֹן תְּפִלָּה;
וְהַבָּאָת שְׁלוֹם
בֵּין אָדָם לַחֲבֵרוֹ;

There are obligations without measure, whose rewards, too, are without measure.
They are:

Honoring one's father and mother;

Engaging in deeds of compassion;

Arriving at the house of study early, morning and evening;

Dealing graciously with guests;

Visiting the sick;

Rejoicing with the wedding couple;

Accompanying the dead for burial and comforting the grieving;

Praying with devotion; and

Making peace where there is strife.

V'-tal-mud To-rah k'-ne-ged ku-lam.

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

But, the study of Torah encompasses them all.

Discipline yourself to study wisdom:
say little and do much;

WISDOM ~ Pirkei Avot 1:15
welcome everyone with grace.

FOR AFTERNOON/EVENING SERVICES

ASHREI ~ אֲשֶׁרִי

Ashrei means happy. The prayer, believed to have been written by King David, is comprised primarily of Psalm 145, along with portions from other psalms. When the entire text (this is a selection) is written out in Hebrew, the first letter of each stanza forms an acrostic of the Hebrew alphabet. This has been interpreted as suggesting transcendence, oneness, or completeness. When Ashrei was sung in the ancient Temple, it was often accompanied by stringed instruments, flutes, and cymbals.

Ash-rei yosh-vei vei-te-cha;

od y'-ha-l'-lu-cha Se-lah!

Ash-rei ha-am she-ka-cha lo;

ash-rei ha-am she-A-do-nai E-lo-hav.

Va-a-nach-nu n'-va-reich Ya,

mei-a-ta v'-ad-o-lam. Ha-l'-lu-Ya!

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ;

עוֹד יְהַלְלוּךָ סֵלָה!

אֲשֶׁרִי הָעַם שְׂכֻנָּה לָּךְ;

אֲשֶׁרִי הָעַם שִׁי אֱלֹהֶיךָ.

נֶאֱמַנְנוּ בְּבִרְךָ יְיָ,

מֵעַתָּה וְעַד-עוֹלָם. הַלְלוּיָהּ!

Happy are those who dwell in Your house; they forever praise You!

Happy are the people who have it so; happy are the people whose God is Adonai.

We shall bless Adonai now and always. Halleluyah!



Every day we will bless You,
and praise Your name forever and ever.

***One generation shall sing of Your works to another,
and declare Your mighty acts.***

They shall celebrate Your abundant goodness,
and sing joyously of Your kindness.

***Adonai is good to all,
God's mercy is upon all God's works.***

Your sovereignty is eternal;
Your holiness is for all generations.

***Adonai is near to all who call,
to all who call upon God with sincerity.***

We bless You, Adonai, now and forever.
Halleluyah!

~ Selections from Ashrei
[contemporary translation]

Finding true joy is the hardest of spiritual tasks.

If the only way to make yourself happy

is by doing something silly, do it.

~ Rabbi Nachman of Bratzlav

WISDOM

שְׁמַע וּבְרָכוּתֶיהָ ~ SH'MA U'VIRCHOTEHA

SH'MA AND ITS BLESSINGS

Following the "warm up," Sh'ma and its Blessings begins the next section of the service.



The best remedy for those who are afraid, lonely,
or unhappy is to go outside, somewhere where
they can be quite alone with the heavens, nature, and God.

Because only then does one feel that all is as it should
be and that God wishes to see people happy,
amidst the simple beauty of nature.

As long as this exists, and it certainly always will,
I know that then there will always be comfort for every sorrow,
whatever the circumstances may be.

~ Anne Frank



How good it is to wrap oneself in prayer,
Spinning a deep softness of gratitude to God around all thoughts,
Enveloping oneself in the silken veil of song.

Prayer is a ladder on which our thoughts mount to God.
Prayer takes our mind out of the narrowness of self-interest.
Prayer clarifies our hopes and our intentions.
Prayer, like a gulf stream, imparts warmth to all that is cold.
Prayer is a dialogue with God.
Prayer is an answer to God.
Prayer is an invitation to God to intervene in our lives.
Prayer is our desire to let God's will prevail in our affairs.
Prayer is opening our soul to God.
Prayer is our intention to make God the master of our soul.
Prayer is to sense God's presence.
Prayer is a gift to God.

~ Abraham Joshua Heschel

Love work, hate the abuse of power.

~ Pirkei Avot 1:10

WISDOM

BAR'CHU ~ בָּרְכוּ

Bar'chu is the "call to worship." The first part of the service prepares the individual. Bar'chu signals to the congregation that, following the "warm up," it is now time for the more formal, and communal prayer to begin.

Am I awake? Am I prepared?
Are you listening?
To my prayer?
Can you hear my voice?
Can you understand?
Am I awake? Am I prepared?
Ya la lai lai lai...
~ Noah Aronson

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

בָּרְכוּ אֶת יְיָ הַמְבוֹרָךְ!

Bless the Eternal, to whom all blessings are due!

Ba-ruch A-do-nai ha-m'-vo-rach

בְּרוּךְ יְיָ הַמְבוֹרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

Blessed is the Eternal forever and ever!



While today we generally associate shofar (ram's horn) blowing with High Holy Days, in ancient times people were often called to worship by the call of the shofar.

Be as mindful of small acts as great ones.
For you cannot know the consequences of either.

~ Pirkei Avot 2:1

WISDOM

FOR MORNING SERVICES

YOTZEIR OR ~ יוצר אור

Yotzeir Or literally means Creator of light. It thanks and praises God for Creation, especially creating nature, the wonders of the universe, and the differentiation between light and darkness.

*Ba-ruch a-ta A-do-nai
E-lo-hei-nu me-lech ha-o-lam,
yo-tzeir or u-vo-rei cho-shech,
o-seh sha-lom u-vo-rei et-ha-kol.
Ha-mei-ir la-a-retz v'-la-da-rim
a-le-ha b'-ra-cha-mim,
uv-tu-vo m'-cha-deish b'-chol-yom
ta-mid ma-a-sei v'-rei-shit.
Ma ra-bu ma-a-se-cha, A-do-nai!
Ku-lam b'-choch-ma a-si-ta,
mal-a ha-a-retz kin-ya-ne-cha.
Tit-ba-rach, A-do-nai E-lo-hei-nu,
al-she-vach ma-a-sei ya-de-cha,
v'-al-m'-o-rei-or she-a-si-ta:
y'-fa-a-ru-cha. Se-lah.
Or cha-dash al Tzi-yon ta-ir,
v'-niz-keh chu-la-nu
m'-hei-ra l'-o-ro.
Ba-ruch a-ta A-do-nai,
yo-tzeir ha-m'-o-rot.*

ברוך אתה יי
אלהינו מלך העולם,
יוצר אור ובורא חשך,
עשה שלום ובורא את-הכל.
המאיר לארץ ולדריים
עליה ברחמים,
ובטובו מחדש בכל-יום
תמיד מעשה בראשית.
מה רבו מעשיך, יי!
כלם בחכמה עשית,
מלאה הארץ קנייך.
תתברך, יי אלהינו,
על-שבח מעשה ידיך,
ועל-מאורי-אור שעשית:
יפארוך. סלה.
אור חדש על ציון תאיר,
ונזכה כלנו
מהרה לאורו.
ברוך אתה יי,
יוצר המאורות.

*Blessed are You, Adonai our God, Sovereign of the universe,
Creator of light and darkness, who makes peace and fashions all things.*

In mercy You illumine the world and those who live upon it.

In Your goodness You daily renew creation.

How numerous are Your works, Adonai?

In wisdom, You formed them all, filling the earth with Your creatures.

*Be praised, Adonai our God, for the excellent work of Your hands,
and for the lights You created; may they glorify You.*

Shine a new light upon Zion, that we all may swiftly merit its radiance.

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

The reward of creating is creation.

~ Ha-Shinuch Ha-Leumi

("The National Education"- literature used in the first aliyah,
of 1882, to what is now the modern State of Israel.)

FOR AFTERNOON/EVENING SERVICES

MAARIV ARAVIM ~ עֶרֶב עֶרְבִים

The words maariv aravim essentially mean "who brings on evenings." It is used, as evening approaches, to thank and praise God for creating nature and all the wonders of the universe.

<i>Ba-ruch a-ta A-do-nai,</i>	בָּרוּךְ אַתָּה יְיָ,
<i>E-lo-hei-nu Me-lech ha-o-lam,</i>	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
<i>a-sher bid-va-ro</i>	אֲשֶׁר בִּדְבָרוֹ
<i>ma-a-riv a-ra-vim,</i>	מֵעֶרֶב עֶרְבִים,
<i>b'-choch-ma po-tei-ach sh'-a-rim,</i>	בְּחֶכְמָה פּוֹתֵחַ שְׁעָרִים,
<i>u-vit-vu-na m'-sha-neh i-tim,</i>	וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,
<i>u-ma-cha-lif et haz-ma-nim,</i>	וּמַחְלִיף אֶת הַזְּמַנִּים,
<i>u-m'-sa-deir et ha-ko-cha-vim,</i>	וּמְסַדֵּר אֶת הַכּוֹכָבִים,
<i>b'-mish-m'-ro-tei-hem</i>	בְּמִשְׁמְרוֹתֵיהֶם
<i>ba-ra-ki-a kir-tzo-no.</i>	בְּרַקִּיעַ כִּרְצוֹנוֹ.
<i>Bo-rei yom va-lai-la,</i>	בּוֹרֵא יוֹם וְלַיְלָה,
<i>go-leil or mip-nei cho-shech,</i>	גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
<i>v'-cho-shech mip-nei or.</i>	וְחֹשֶׁךְ מִפְּנֵי אוֹר.
<i>U-ma-a-vir yom u-mei-vi lai-la,</i>	וּמַעֲבִיר יוֹם וּמְבִיא לַיְלָה,
<i>u-mav-dil bein yom u-vein lai-la,</i>	וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
<i>A-do-nai tz'-va-ot sh'-mo</i>	יְיָ צְבָאוֹת שְׁמוֹ.
<i>Eil chai v'-ka-yam,</i>	אֵל חַי וְקַיִם,
<i>ta-mid yim-loch</i>	תָּמִיד יִמְלֹךְ
<i>a-lei-nu l-o-lam va-ed.</i>	עָלֵינוּ לְעוֹלָם וָעֶד.
<i>Ba-ruch a-ta A-do-nai,</i>	בָּרוּךְ אַתָּה יְיָ,
<i>ha-ma-a-riv a-ra-vim.</i>	הַמֵּעֶרֶב עֶרְבִים.

*E*ternal God, Your majesty is proclaimed by the marvels
of earth and sky.

Sun, moon, and stars testify to Your power and wisdom.

Day follows day in endless succession, and the years vanish,
but Your sovereignty endures.

Though all things pass, do not let Your glory depart from us.

Help us to become co-workers with You, and endow our fleeting
days with abiding worth.

Blessed are You, Adonai our God, who brings on evenings.

As often as you can, take a trip outside to pray.

All the grasses will join you.

They will enter your prayers

and give you strength to sing praises to God.

Rabbi Nachman of Bratzlav

*L*istening comes hard to us.
Loving comes hard to us,
We can sing and read and look,
Taste and smell and touch,
But listening comes hard to us.
Loving does, too.

Other people's joy and tragedy
Enter our minds,
But listening to the person behind the joy,
Letting in the person underneath the tragedy,
That takes hard concentration,
A strong will.

The world looks the same,
The people all around us look the same,
But underneath the ordinary
Is a special quiet which we cannot see.
We have to listen.

~ Rabbi Sidney Greenberg



SH'MA ~ שְׁמַע

Sh'ma, which means hear or listen, is the central declaration of Jewish faith: that God is One.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

*Sh'-ma Yis-ra-eil,
A-do-nai E-lo-hei-nu
A-do-nai e-chad!*

שְׁמַע יִשְׂרָאֵל,
יְיָ אֱלֹהֵינוּ,
יְיָ אֶחָד!

Hear, O Israel: Adonai is our God, Adonai is one!

*Ba-ruch sheim k'-vod
mal-chu-to l'-o-lam va-ed!*

בָּרוּךְ שֵׁם כְּבוֹד
מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is Your glorious kingdom forever and ever!

Sh'ma is written in the Torah with the last letter of the first word ע and the first letter of the last word י enlarged.

These letters spell the Hebrew word EID, meaning witness.

*This teaches us that we are witnesses for God ~ a reminder
of our ethical responsibilities and ongoing tasks to make our
lives holy, especially in our relationships with others and
our stewardship of the earth.*

WISDOM

~ Harvey J. Fields

V'AHAVTA ~ וְאָהַבְתָּ

V'ahavta is a continuation of Sh'ma. V'ahavta tells us to both remember *and* do God's commandments, particularly loving God ~ shown through how we treat others ~ and teaching what we learn to those that come after us.

*V'-a-hav-ta eit A-do-nai E-lo-he-cha,
b'-chol l'-vav-cha, u-v'-chol naf-sh'-cha,
u-v'-chol m'-o-de-cha:
V-hai-yu had-va-rim ha-ei-leh,
a-sheer a-no-chi m'-tzav-cha
ha-yom al l'-va-ve-cha.
V'-shi-nan-tam l'-va-ne-cha,
v'-di-bar-ta bam
b'-shiv-t'-cha b'-vei-te-cha
uv-lech-t'-cha va-de-rech
uv'-shoch-b'-cha, uv'-ku-me-cha:
uk-shar-tam l'-ot al-ya-de-cha,
v'-hai-yu l'-to-ta-fot bein ei-ne-cha.
Uch-tav-tam al m'-zu-zot
bei-te-cha u-vi-sha-re-cha.*

*L'-ma-an tiz-k'-ru va-a-si-tem
et kol mitz-vo-tai.
Vi-h'-yi-tem k'-do-shim lei-lo-hei-chem.
A-ni A-do-nai E-lo-hei-chem,
a-sheer ho-tzei-ti et-chem
mei-e-retz mitz-ra-yim,
li-h'-yot la-chem lei-lo-him.
A-ni A-do-nai E-lo-hei-chem.*

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מַאֲדְךָ;
וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנִי מְצַוְךָ
הַיּוֹם עַל-לִבְבְּךָ.
וְשִׁנַּנְתָּם לְבָנֶיךָ,
וְדִבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ;
וְקִשְׁרַתָּם לְאוֹת עַל-יָדְךָ,
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל-מְזוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי.
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם,
לְהוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְהוָה אֱלֹהֵיכֶם.

And you shall love Adonai, your God, with all your heart, with all your soul,
and with all your being.

Take these instructions which I command you this day.

Teach them faithfully to your children; speak of them in your home
and on your way, when you lie down and when you rise up.

Bind them as a sign upon your hand; let them be a symbol before your eyes;
inscribe them on the doorposts of your house and on your gates.

Thus you shall remember and observe all My commandments, and be holy to your God.

I am Adonai, your God, who brought you out of the land of Egypt to be your God.

I am Adonai, your God.

~ Deuteronomy 6:5-9 and Numbers 15:40-41

*If your desire is to be loved,
then love others.*

חֲכָמָה

WISDOM ~ Baal Shem Tov

FOR MORNING SERVICES

MI CHAMOCHA ~ מִי כַמֹּכָה

Mi Chamocha celebrates freedom. Through this prayer, we express appreciation to God for freeing the Jewish people from slavery in Egypt, and also pray for an end to all slavery and freedom for all people for all time.

Standing on the parted shores of history,
we still believe what we were taught before we ever stood at Sinai:

That wherever we are, it is eternally Egypt.

That there is a better place, a Promised Land:

*That the winding way to that promise passes
through the wilderness.*

That there is no way to get from here to there:

Except by joining hands, marching together:

~ Michael Walzer [adapted]

Mi cha-mo-cha ba-ei-lim A-do-nai?

Mi ka-mo-cha ne-dar ba-ko-desh,

no-ra t'-hi-lot, o-sei fe-leh?

מִי כַמֹּכָה בְּאֵלִים יְיָ?
מִי כַמֹּכָה נֶאֱדָר בְּקוֹדֶשׁ,
נוֹרָא תְהִילָת, עֹשֶׂה פִלָּא?

Who is like You, Eternal One, among the gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, doing wonders?

Shi-ra cha-da-sha shib-chu g'-u-lim

l-shim-cha al-s'-fat ha-yam!

ya-chad ku-lam ho-du v'-him-li-chu

v'-am-ru:

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים
לְשִׁמְךָ עַל-שִׁפְתֵי הַיָּם!
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ
וְאָמְרוּ:

"A-do-nai yim-loch l'-o-lam va-ed!"

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

With a new song inspired at the shore of the sea, the redeemed sang Your praise.

In unison they all offered thanks.

Acknowledging Your Sovereignty, they said, "Adonai will reign forever!"

Tzur Yis-ra-eil,

ku-ma b'-ez-rat Yis-ra-eil

uf'-dei chin-u-me-cha y'-hu-da v'-Yis-ra-eil.

Go-a-lei-nu A-do-nai tz'-va-ot sh'-mo,

k'-dosh Yis-ra-eil.

Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.

צוּר יִשְׂרָאֵל,
קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
וּפִדָּה כְנֻאמָךְ יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קָדוֹשׁ יִשְׂרָאֵל.
בָּרוּךְ אַתָּה יְיָ גְּאֹל יִשְׂרָאֵל.

Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised.

Our redeemer, Adonai Tz'vaot is Your Name.

Blessed are You, Adonai, for redeeming Israel.

Everything is foreseen, yet freedom of choice is also given.

The world is judged by goodness

and everything depends on unbounded kindness.

~ Pirkei Avot 3:19

WISDOM

FOR AFTERNOON/EVENING SERVICES

מי כַּמּוֹחָה ~ MI CHAMOCHA

Mi Chamocha celebrates freedom. Through this prayer, we express appreciation to God for freeing the Jewish people from slavery in Egypt, and also pray for an end to all slavery and freedom for all people for all time.

And what is my life span?
I'm like a person gone out of Egypt;
the Red Sea parts,
I cross on dry land,
two walls of water;
on my right and on my left.

Pharaoh's army and his horsemen behind me.
Before me the desert,
perhaps this is the Promised Land, too.

This is my life span.
~ Yehuda Amichai

Mi cha-mo-cha ba-ei-lim A-do-nai?

Mi ka-mo-cha ne-dar ba-ko-desh,

no-ra t'-hi-lot, o-sei fe-leh?

Who is like You, Eternal One, among the gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, doing wonders?

מי כַּמּוֹחָה בְּאֵלִים יְיָ?
מי כַּמּוֹחָה נֶאֱדָר בְּקֹדֶשׁ,
נוֹרָא תְהִילַת, עֹשֶׂה פִלְא?

Mal-chu-t'-cha va-ne-cha,
bo-kei-a yam lif-nei Mo-she u-Mir-yam.

"Zeh Ei-li" a-nu v'-am-ru:

"A-do-nai yim-loch l'-o-lam va-ed!"

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

מַלְכוּתְךָ רָאוּ בְנֶיךָ,
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
זֶה אֱלֹהֵינוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

V'-ne-e-mar:

"Ki fa-da A-do-nai et Ya-a-kov,

ug-a-lo mi-yad cha-zak mi-me-nu."

Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.

And it is said:

"Adonai has redeemed Jacob from a hand stronger than his own."
Blessed are You, Adonai, Redeemer of Israel.

וְנֵאמַר:
כִּי פָדָה יְיָ אֶת יַעֲקֹב,
וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יְיָ גֹאֲלֵי יִשְׂרָאֵל.

Do not abandon community.

~ Pirkei Avot 2:5

WISDOM

חזקת

Create a pure heart with me;
let my soul wake up in Your light.

Open me to Your presence;
flood me with Your holy spirit.

Then I will stand and sing out the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.

Adonai, open my lips and my mouth will declare Your praise.
~ Stephen Mitchell, using Psalm 51



Give your children unconditional love,
a love that is not dependent on
report cards, clean hands, or popularity.

Give your children a sense of your wholehearted acceptance,
acceptance of their human frailties,
as well as their abilities and virtues.

Give your children permission to grow up to make their own lives,
independent of you.

Give them a sense of truth;
make them aware of themselves as citizens of a universe
in which there are many obstacles as well as fulfillments.

Bestow upon your children the blessings of your values.

These are the laws of honoring your son or your daughter,
as children are commanded to honor their parents.
~ Joshua Loth Liebman

T'FILAH ~ תְּפִלָּה

T'filah, which means prayer, begins the next section of the service. This section is the central liturgy of Jewish services. It opens with a passage from Psalms, chanted responsively. It is a petition that we may pray with sincerity and without hesitation.



~ Please repeat after the leader ~

A-do-nai s'-fa-tai tif-tach

u-fi ya-gid t'-hi-la-te-cha.

Adonai, open up my lips, that my mouth may declare Your praise.



Words of Prayer • תַּפִּלָּה Div'rei T'filah • Words of Prayer

PRAYER IS NOT A SHOUT INTO AN EMPTY VOID ANSWERED ONLY BY ITS OWN ECHO.

Prayer is the spirit within us reaching out to the Spirit of the universe, and prayer is that Spirit responding to us.

Words of Prayer • תפלה דברי תפלה • Words of Prayer • תפלה דברי תפלה • Words of Prayer

Words of Prayer • תפלה • דברי תפלה • Words of Prayer • Div'rei T'filah • Words of Prayer

Prayer is the spirit within us reaching out to the Spirit of the universe, and prayer is that Spirit responding to us.

תפלה • דברי תפלה • Words of Prayer • Divine Dvrey Tfilah • Words of Prayer

Words of Prayer • תְּפִלָּה • Diveri T'filah • Words of Prayer • תְּפִלָּה • Diveri T'filah • Words of Prayer

Words of Prayer • תַּפִּלָּה Div'rei T'filah • Words of Prayer

PRAYER IS NOT A SHOUT INTO AN EMPTY VOID ANSWERED ONLY BY ITS OWN ECHO.

AVOT V'IMAHOT ~ אבות ואמהות

Avot v'Imahot means fathers and mothers.

It connects us to our ancestors and to the continuity of Jewish teachings and traditions throughout time.

*Ba-ruch a-ta A-do-nai E-lo-hei-nu
vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu:
E-lo-hei Av-ra-ham,
E-lo-hei Yitz-chak,
vei-lo-hei Ya-a-kov.
E-lo-hei Sa-rah, E-lo-hei Riv-kah,
E-lo-hei Ra-cheil,
vei-lo-hei Lei-ah.
Ha-eil ha-ga-dol
ha-gi-bor v'-ha-no-ra, eil el-yon,
go-meil cha-sa-dim to-vim,
v'-ko-nei ha-kol,
v'-zo-cheir chas-dei
a-vot v'-i-ma-hot,
u-mei-vi g'-u-la liv-nei v'-nei-hem
l'-ma-an sh'-mo b'-a-ha-va.*
Me-lech o-zeir
u-mo-shi-ah u-ma-gein.
Ba-ruch a-ta A-do-nai,
ma-gein Av-ra-ham v'-ez-rat Sa-rah.*

ברוך אתה יי אלהינו
ואלהי אבותינו, ואמותינו:
אלהי אברהם,
אלהי יצחק,
ואלהי יעקב.
אלהי שרה, אלהי רבקה,
אלהי רחל,
ואלהי לאה.
האל הגדול
הגבור והנורא, אל עליון,
גומל חסדים טובים,
וקונה הכל,
וזכר חסדי
אבות ואמהות,
ומביא גאולה לבני בניהם
למען שמו באהבה.*
מלך עוזר
ומושיע ומגן.
ברוך אתה יי,
מגן אברהם ועזרת שרה.

Blessed are You, Adonai our God, God of our fathers and our mothers:
God of Abraham, God of Isaac, and God of Jacob;
God of Sarah, God of Rebekah, God of Rachel and God of Leah.
Great, mighty, awesome, and transcendent God, who bestows loving kindness,
creates everything out of love, remembers the faithful of our ancestors,
and in love brings redemption to their children's children for the sake of the Divine Name.*
Sovereign, Deliverer, Helper, and Shield.
Blessed are You Adonai, Abraham's Shield, Sarah's Helper.

*During Yamim Noraim (the ten Days of Awe between Rosh Hashanah and Yom Kippur), add:

Zoch-rei-nu l'-cha-yim, Me-lech cha-feitz ba-cha-yim,
v'-chot-vei-nu b'-sei-fer ha-cha-yim,
l'-ma-an-cha E-lo-him cha-yim.

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

זכרנו לחיים, מלך חפץ בחיים,
וכתבנו בספר החיים,
למענך אלהים חיים.

G'VUROT ~ גְבוּרוֹת

G'vurot acknowledges God's power in nature and our lives.

*A-ta gi-bor l'-o-lam A-do-nai,
m'-cha-yei ha-kol
a-ta rav l'-ho-shi-ah.*

* WINTER - *Ma-shiv ha-ru-ach
u-mo-rid ha-ga-shem.*

* SUMMER - *Mo-rid ha-tal.*

*M'-chal-keil cha-yim b'-che-sed,
m'-cha-yei ha-kol
b'-ra-cha-mim ra-bim.
So-meich nof-lim,
v'-ro-fei cho-lim,
u-ma-tir a-su-rim,
u-m'-ka-yeim e-mu-na-to
li-shei-nei a-far.
Mi cha-mo-cha ba-al g'-vu-rot
u-mi do-meh lach,
me-lech mei-mit u-m'-cha-yeh
u-matz-mi-ach y'-shu-ah? **
V'-ne-e-man a-ta
l'-ha-cha-yot ha-kol.
Ba-ruch a-ta A-do-nai,
m'-cha-yei ha-kol.*

Eternal is Your might, O God; all life is Your gift.
Great is Your power to save! *
With love You sustain the living.
With great compassion You give life to all.
You send help to the falling and healing to the sick.
You bring freedom to the captive, and keep faith with those who sleep in the dust. **
Who is like You, Mighty One, Author of life and death, Source of Salvation?
Blessed are You, Adonai, the Source of life.

*Seasonal addition:

WINTER ~ From Simchat Torah to Pesach (fall through the following spring) include: "You cause the wind to shift and rain to fall."

SUMMER ~ From Pesach to Simchat Torah (spring through the following fall) include: "You rain dew upon us."

**During Yamim Noraim (the ten Days of Awe between Rosh Hashanah and Yom Kippur), add:

Mi cha-mo-cha av ha-ra-cha-mim,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?

Who is like You, Source of mercy, in compassion You sustain the life of Your children?

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מַחֲיֵה הַכֹּל
אַתָּה רַב לְהוֹשִׁיעַ.

מְשִׁיב הָרוּחַ - WINTER*
וּמוֹרִיד הַגֶּשֶׁם.

מוֹרִיד הַטַּל - SUMMER*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחֲיֵה הַכֹּל
בְּרַחֲמִים רַבִּים.
סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמַקְיֵם אֱמוּנָתוֹ
לִישְׁנֵי עֶפֶר.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ,
מַלְךְ מִמִּית וּמַחֲיֵה
וּמַצְמִיחַ יְשׁוּעָה? **
וְנֹאמָן אַתָּה
לְהַחְיֹת הַכֹּל.
בָּרוּךְ אַתָּה יְיָ,
מַחֲיֵה הַכֹּל.

מִי כְמוֹךָ אֵב הַרְחָמִים,

זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

*Beware the powerful; their friendship is a matter of convenience.
They will abandon you when it suits their purposes to do so.*

WISDOM

~ Pirkei Avot 2:3

God, we know Your Presence here in this service.

***You are the peace and joy of our celebrations,
holidays, and holy days.***

But, we know you also dwell in the depths of suffering and sorrow.

***We pray for the hungry, the homeless,
those who are ill or suffering.***

We pray for the victims of war, catastrophe, and natural disaster.

We pray for our fragile earth and all its inhabitants.

We ask Your blessing for all those engaged in tikkun olam ~ world repair,
those hard at work to heal and transform our communities and our planet.

***Open our hearts and stir us to struggle
on behalf of all of Your creations.***

May *each* of us,
May *all* of us...
work to bring healing and compassion, justice and peace,
to truly partner with You in creating a better world.



I need strength, humility, courage and patience.
Strength to control my passions,
Humility to assess my own worth,
Courage to rise above defeats,
Patience to cleanse myself of imperfections.

And wisdom:
To learn and live by our sacred teachings.

Let me not be discouraged by my failings.
Let me take heart from all that is good and noble in my character.
Keep me from falling victim to cynicism.
Teach me sincerity and enthusiasm.
Endow me with perception and courage,
that I may serve others with compassion and love.
~ Robert Kahn

You shall appoint yourself judges and officials.
~ Deuteronomy 16:18

חוכמה

"You shall appoint yourself" means "for you, yourself."

This teaches:

*Scrutinize your own deeds and pass judgment on yourself,
before you judge others.*

WISDOM ~ Rabbi Menachem Mendel of Kotzk

We ask Your blessings for the State of Israel, for the Land of Israel, and the People of Israel. Bless the defenders of the Land who guard its frontiers:

Watch over its homes and protect its people.

Bless the leaders of Israel with wisdom and courage:

Grant them vision and dedication.

May the people of Israel make of her a beacon of hope for those who are oppressed, an inspiration to those who are free, a source of light to all humanity.

We pray for the peace of Israel and all the nations:

May they be strong in the face of danger, resolute in the face of challenge, and unwavering in the search for peace.

Fulfill in our times the ancient promise:

"They shall abide in peaceful habitations, in safe dwellings, and in quiet resting places. Zion shall be redeemed through justice, and its inhabitants through righteousness."



A-vi-nu shei-ba-sha-ma-yim
tzur Yis-ra-eil v'-go-a-lo,
ba-reich et-m'-di-nat Yis-ra-eil,
rei-shit tz'-mi-chat g'-u-la-tei-nu.
Ha-gein a-le-ha b'-ev-rat chas-de-cha,
u-fros a-le-ha su-kat shlo-me-cha.
Ush-lach or-cha va-a-mit-cha
l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha,
v'-tak-neim v'-ei-tza to-va mil-fa-ne-cha.
Cha-zeik et-y'-dei m'-gi-nei e-retz kod-shei-nu,
v'-han-chi-leim E-lo-hei-nu y'-shu-a,
v'-a-te-ret ni-tza-chon t'-at-reim.
V'-na-ta-ta sha-lom ba-a-retz
v'-sim-chat o-lam l-yosh-ve-ha,
v'-no-mar: a-mein.

אָבִינוּ שֶׁבְּשָׁמַיִם
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
בָּרֵךְ אֶת־מְדִינַת יִשְׂרָאֵל,
רֵאשִׁית צְמִיחַת גְּאֻלָּתָנוּ.
הִגֵּן עָלֶיהָ בְּאַבְרַת חֲסִדָּךְ,
וּפְרוֹס עָלֶיהָ סִכַּת שְׁלוֹמֶךָ.
וְשַׁלַּח אוֹרְךָ וְאַמְתָּךְ
לְרִאשִׁיָּהּ, שְׂרִיָּהּ וְיוֹעֲצִיהָ,
וְתַקְּנֵם בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ.
חִזֵּק אֶת־יְדֵי מְגִנֵּי אֶרֶץ קְדִשְׁנוּ,
וְהַנְּחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
וְעֲטַרְתָּ נֶצְחֹן תְּעֲטָרֵם.
וְנָתַתָּ שְׁלוֹם בְּאֶרֶץ
וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֶיהָ,
וְנֹאמַר: אָמֵן.

Heavenly One, Rock and Protector of Israel:

Bless the State of Israel,
which marks the dawning of hope for all who seek peace.

Shield it beneath the wings of Your love;
Spread over it the canopy of Your peace;
Send Your light and truth to all who lead and advise the country,
guiding them with Your good counsel.

Establish peace in the land and fullness of joy for all who dwell there.

*In a place where there is no humanity,
strive to be more human.*

WISDOM

~ Pirkei Avot 2:6

חוכמה

SHALOM ~ שְׁלוֹם

Prayers for peace.

*E*ternal wellspring of peace ~

may we be drenched with the longing for peace
that we may give ourselves over
as the earth to the rain, to the dew,
until peace overflows our lives
as living waters overflow the seas.

~ Marcia Falk



*G*iver of peace,

teach us to see ourselves
in the face of the Other
that we may learn to be
patient with fault
generous with love
sparing with anger.

Help us to understand
that our little lives
are potent with great good,
that we are healers in Your image,
that reaching out, in need of You,
to others more in need
we find You near.

Give us the grace
simply to be kind.

Then peace must surely come
to dwell among us.

~ Barbara D. Holender

Love peace and pursue it.
~ Pirkei Avot 1:12

חוכמה

WISDOM

FOR MORNING SERVICES

SIM SHALOM ~ שִׁים שְׁלוֹם

*Sim sha-lom to-va uv'-ra-cha,
chein va-che-sed v'-ra-cha-mim,
a-lei-nu v'-al kol Yis-ra-eil a-me-cha.*

*Bar-chei-nu, a-vi-nu,
ku-la-nu k'-e-chad
b'-or pa-ne-cha,
ki v'-or pa-ne-cha na-ta-ta la-nu,
A-do-nai E-lo-hei-nu.*

*To-rat cha-yim
v'-a-ha-vat che-sed, u-tz-da-ka
uv'-ra-cha v'-ra-cha-mim
v'-cha-yim v'-sha-lom.*

שִׁים שְׁלוֹם, טוֹבָה, וּבִרְכָּה,
חַן וְחֶסֶד וְרַחֲמִים,
עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל עַמָּךְ.

בְּרַכְנוּ, אָבִינוּ,
כָּלְנוּ כְּאַחַד
בְּאוֹר פְּנִיךָ,
כִּי בְאוֹר פְּנִיךָ נִתַּתָּ לָנוּ,
יְיָ אֱלֹהֵינוּ.

תּוֹרַת חַיִּים
וְאַהֲבַת חֶסֶד, וְצִדְקָה
וּבִרְכָּה וְרַחֲמִים
וְחַיִּים וְשְׁלוֹם.

Grant us peace, Your most precious gift, O Eternal Source of peace,
and give us the will to proclaim its message to all the peoples of the earth.
Bless our country as a safeguard of peace, its advocate among the nations.
May contentment reign within our borders, health and happiness within our homes.
Strengthen the bonds of friendship and fellowship among
all the inhabitants of our world.
Plant virtue in every soul, and may the love of Your name hallow every person.



FOR AFTERNOON/EVENING SERVICES

SHALOM RAV ~ שְׁלוֹם רַב

*Sha-lom rav al Yis-ra-eil am-cha
ta-sim l'-o-lam.*

*Ki a-ta hu Me-lech a-don,
l'-chol ha-sha-lom.*

*V'-tov b'-ei-ne-cha l'-va-reich
et am-cha Yis-ra-eil,
b'-chol eit u-v'-chol sha-a bish-lo-me-cha.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ
תַּשִּׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן,
לְכָל הַשְׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ
אֶת עַמָּךְ יִשְׂרָאֵל,
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.

Grant full and lasting peace to Your people Israel forever, for You are God,
Source of all peace. May it be pleasing to You to bless Your people in every
season and moment with Your peace.

*It is not up to us to finish the work;
yet neither are we free to avoid it.*

~ Pirkei Avot 2:16

THOUGHTS FOR PERSONAL MEDITATION

*H*oly One,

Give me a quiet heart,
and help me to hear the still, small voice that speaks within me.

It calls me to come close to You and to grow in Your likeness.
It teaches me to do my work faithfully, even when no one's eye is upon me.
It counsels me to judge others kindly and to love them freely,
for it persuades me to see divinity in everyone I meet.

Help me, O God, to come to the end of each day
feeling that I used its gifts wisely and faced its trials bravely.
~ Chaim Stern



*W*e pray for children who bring us sticky kisses and fistfuls of dandelions,

Who sleep with the dog and bury their goldfish,
Who hug us in a hurry and forget their lunch money,
Who cover themselves with band-aids and sing off key,
Who squeeze toothpaste all over the sink, who slurp their soup.

And, we pray for those who never get dessert,
Who have no safe blankie to drag behind them,
Who watch their parents watch them die,
Who can't find any bread to steal,
Who don't have any rooms to clean up,
Whose pictures aren't on anybody's dresser,
Whose monsters are real.

We pray for children who spend all their allowance before Tuesday,
Who throw tantrums in the grocery store and pick at their food,
Who like ghost stories,
Who shove dirty clothes under the bed and never rinse out the tub,
Who love visits from the tooth fairy,
Who don't like to be kissed in front of the school bus,
Who squirm in church or synagogue, and scream into the telephone.

And, we pray for those whose nightmares come in the daytime,
Who will eat anything,
Who have never seen a dentist,
Who aren't spoiled by anybody,
Who go to bed hungry and cry themselves to sleep,
Who live and move and have no being.

We pray for children who want to be carried and for those who must,
For those we never give up on,
And for those who will grab the hand of anyone kind enough to offer it.

O God, hear our prayers for all children.
~ Ina J. Hughes [adapted]

If you decide to act, weigh the cost to you against the benefit to others.
If you decide not to act, weigh the benefit to you, against the cost to others.
WISDOM ~ Pirkei Avot 2:1

Young is an attitude, a spirit, a way of looking at things and of responding to them.

It is not an age.

Young can be a child examining her first dandelion with wonder and delight...

or a Verdi at 81, composing his finest opera...

Young can be a teenager riding the ocean's surf...

or Einstein in his 70's working on his unified field theory, playing his beloved fiddle.

Young is not a monopoly of youth.

It survives and flourishes where vision is kept fresh, the muscles of the mind exercised.

It is our sacred obligation to never stop learning,

and by so doing, stay forever young.

~ Henry Schmidt [adapted]



Religion's task is to cultivate disgust for violence and lies,
sensitivity to other people's suffering, the love of peace.
Different are the languages of prayer, but the tears are the same.
We have a vision in common of God,
in whose compassion all people's prayers meet.

~ Abraham Joshua Heschel



**O-seh sha-lom bim-ro-mav,
hu ya-a-seh sha-lom a-lei-nu,
v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.**

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ,
וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

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



**Yi-h'-yu l'-ra-tzon im-rei fi
v'-heg-yon li-bi l'-fa-ne-cha,
A-do-nai tzu-ri v'-go-a-li.**

יְהוּי לְרָצוֹן אֲמָרֵי פִי
וְהִגְיוֹן לִבִּי לְפָנֶיךָ,
יְיָ צוּרִי וְגֹאֲלִי.

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

~ Psalm 19:15



**Ei-li, Ei-li, she-lo yi-ga-meir l'-o-lam:
ha-chol v'-ha-yam,
rish-rush shel ha-ma-yim,
b'-rak ha-sha-ma-yim, t'-fi-lat ha-a-dam.**

אֵלִי, אֵלִי, שֶׁלֹא יִגְמַר לְעוֹלָם:
הַחוּל וְהַיָּם,
רִשְׁרוּשׁ שֶׁל הַיָּמִים,
בְּרַק הַשָּׁמַיִם, תְּפִלַּת הָאָדָם.

**O God, my God, I pray that these things never end:
the sand and the sea, the rush of the waters,
the crash of the heavens, the prayer of the heart.**

~ Hannah Sennesh

Silence protects wisdom,
~ Pirkei Avot 3:17

חוכמה

WISDOM

SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה

THE TORAH SERVICE

The word Torah means teaching.

The Torah scroll is a hand-written parchment scroll containing the Five Books of Moses.



Ki mi-Tzi-on tei-tzei To-rah

ud-var-A-do-nai mi-Y'-ru-sha-la-yim.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה

וּדְבַר-יְיָ מִירוּשָׁלַיִם.

From out of Zion will come the Torah,
and the world of Adonai from Jerusalem.

In this scroll is the secret of our people's life from Sinai until now.

Its teaching is love and justice, goodness and hope.

Freedom is its gift to all who treasure it.



THE ARK IS OPENED.

THE TORAH IS TAKEN FROM THE ARK.



KABBALAT HA-TORAH ~ קַבֻּלַת הַתּוֹרָה

WELCOMING THE TORAH

Ha-vu go-del lei-lo-hei-nu

ut'-nu cha-vod la-To-rah.

הָבוּ גֹדֶל לֵאלֹהֵינוּ

וְתֵנוּ כְבוֹד לַתּוֹרָה.

Let us declare the greatness of our God and give honor to the Torah.

Ba-ruch she-na-tan To-rah

l'-a-mo Yis-ra-eil bik-du-sha-to.

Blessed is God who in holiness has given the Torah to Israel.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה

לְעַמּוֹ יִשְׂרָאֵל בְּקִדּוּשָׁתוֹ.

Beit Ya-a-kov,

l'-chu v'-neil-cha b'-or A-do-nai.

בֵּית יַעֲקֹב,

לְכוּ וְנִלְכֶּה בְּאוֹר יְיָ.

O House of Jacob, come let us walk in the light of Adonai.

Sh'-ma Yis-ra-eil:

A-do-nai E-lo-hei-nu,

A-do-nai e-chad!

שְׁמַע יִשְׂרָאֵל:

יְיָ אֱלֹהֵינוּ,

יְיָ אֶחָד!

Hear O Israel: Adonai is our God, Adonai is One.

*The Holy One of blessing was pleased...
to make the Teaching (Torah) great and glorious.*
~ Isaiah 42:21

WISDOM

HAKAFA ~ הקפה

Hakafa means to encircle or go around. It is the procession with the Torah scrolls.
This is done as a means of allowing everyone present direct contact with the Torah.

L'-cha A-do-nai, ha-g'-du-la
v'-ha-g'-vu-ra v'-ha-tif-e-ret
v'-ha-nei-tzach v'-ha-hod,
ki chol ba-sha-ma-yim u-va-a-retz.
L'-cha A-do-nai ha-mam-la-cha
v'-ha-mit-na-sei, l'-chol l'-rosh.

Yours, O God, is the greatness and the power, the glory, the victory and the majesty; for all that is in heaven and in the earth is Yours; You are the Sovereign; You are exalted above all.

Ro-m'-mu A-do-nai E-lo-hei-nu
v'-hish-ta-cha-vu l'-har kod-sho,
Ki ka-dosh A-do-nai E-lo-hei-nu.

Exalt and bow down toward God's holy mountain, for Adonai our God is holy.

Ha-l'-lu...

Kol ha-n'-sha-ma t'-ha-leil Ya,
Ha-l'-lu-Ya!

Let all that breathes praise God. Halleluyah!

Al sh'-lo-sha d'-va-rim,
ha-o-lam o-meid:
al ha-Torah, v'-al ha-a-vo-da,
v'-al g'-mi-lut cha-sa-dim.

The world rests on three things: on Torah, on worship, and on acts of loving kindness.



SHALSHELET HA-KABBALAH ~ שְׁלִשְׁלֵת הַקְּבָלָה

CHAIN OF TRADITION

Shalshet ha-Kabbalah is the chain of tradition ~ the custom of passing the Torah scroll from generation to generation as a way of symbolizing that all of its teachings and values are an inheritance from all Jewish people throughout history.

L'-dor va-dor na-gid god'-le-cha,
ul'-nei-tzach n'-tza-chim
k'-du-shat'-cha nak'-dish.

לְדוֹר וָדוֹר נִגִּיד גֹּד־לֶעֱלֶיךָ,
וְלִנְצַח נִצָּחִים
קְדוּשַׁתְּךָ נִקְדִּישׁ.

To all generations we declare Your greatness,
and for all eternity proclaim Your holiness.

God gave the Torah to Moses at Sinai; who then studied it and passed on what he had learned to Joshua;
Joshua studied the Teaching and passed it on to the elders of the community;
they in turn studied and passed on what they learned to the prophets;
who studied and passed on what they learned to their children; and so on and so on and so on ~
from generation to generation ~ throughout the history of the Jewish people.

~ Pirkei Avot 1:1

D'VAR TORAH ~ דְּבַר תּוֹרָה

D'var Torah means a word of Torah. It is an explanation, interpretation, commentary and lesson about the Torah and Haftarah readings delivered during the service.



BIRCHOT HA-TORAH ~ בְּרִכּוֹת הַתּוֹרָה

TORAH BLESSINGS

The word aliyah means to go up. It refers to the honor of being called to the bima to recite blessings before and after each section of Torah is read. Though the student may read from the Torah, for more than one section, it is actually reciting the blessings for his or her self on the final aliyah that ritually marks becoming a Bar or Bat Mitzvah.

~ Blessing before each section of Torah is read ~

LEADER:

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ!

CONGREGATION:

Ba-ruch A-do-nai ha-m'-vo-rach

בְּרוּךְ יְיָ הַמְּבָרֵךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

LEADER:

Ba-ruch A-do-nai ha-m'-vo-rach

בְּרוּךְ יְיָ הַמְּבָרֵךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

Ba-ruch a-ta A-do-nai,

בְּרוּךְ אַתָּה יְיָ,

E-lo-hei-nu Me-lech ha-o-lam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sheer ba-char ba-nu mi-kol ha-a-mim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

v'-na-tan la-nu et To-rah-to.

וְנָתַן לָנוּ אֶת תּוֹרַתּוֹ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai, who is blessed!

Blessed is Adonai, who is blessed now and forever!

Blessed is Adonai, who is blessed now and forever!

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. Blessed is the Eternal, who gives the Torah.



תּוֹרָה

READING THE TORAH



~ Blessing after each section of Torah is read ~

Ba-ruch a-ta A-do-nai,

בְּרוּךְ אַתָּה יְיָ,

E-lo-hei-nu Me-lech ha-o-lam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sheer na-tan la-nu To-rat e-met,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'-cha-yei o-lam na-ta b'-to-chei-nu.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,

who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

Engrossed in learning, engaged in work,
you forget the pangs of selfish desire.

WISDOM ~ Pirkei Avot 2:2

SIMAN TOV ~ טוֹב סימן

Siman Tov is sung after a Bar or Bat Mitzvah completes their Torah reading as a joyous celebration of their learning.

*Si-man tov u-ma-zal tov
u-ma-zal tov v'-si-man tov...
y'-hei la-nu, y'-hei la-nu
u'-l'-chol-Yis-ra-eil!*

סימן טוב ומזל טוב
ומזל טוב וסימן טוב...
יהא לנו, יהא לנו
ולכל-ישראל!

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



MI SHEBEIRACH ~ מִי שֶׁבִּרַךְ

Mi Shebeirach is a prayer for healing.

*Mi she-bei rach a-vo-tei-nu
m'-kor ha-b'-ra-cha l'-i-mo-tei-nu.*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

*May the source of strength
who blessed the ones before us
help us find the courage
to make our lives a blessing.
And let us say: Amen.*

*Mi she-bei rach i-mo-tei-nu
m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.*

מִי שֶׁבִּרַךְ אֲמוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Bless those in need of healing
with r'-fu-a sh'-lei-ma* ~
the renewal of body,
the renewal of spirit.
And let us say: Amen.*

~ Debbie Friedman and Drorah Setel

*Complete healing.

Ba-ruch a-ta A-do-nai, ro-fei ha-cho-lim.

בָּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחוֹלִים.

Blessed are You, Adonai, Source of healing.



HAGBAHA ~ הַגְבָּהָה and G'LILAH ~ גְּלִילָה

Hagbaha is the lifting of the Torah scroll wide enough for everyone present to see at least three columns of the text. This is another means of ensuring all have direct access to the Torah. G'lilah, meaning to roll, is the ritual honor of helping dress the Torah and return it to the Ark.

*V'-zot ha-To-rah
a-she sam Mo-sheh
lif-nei b'-nei Yis-ra-eil,
al-pi A-do-nai b'-yad Mo-she.*

וְזֹאת הַתּוֹרָה
אֲשֶׁר-שָׂם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל,
עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

This is the Torah that Moses placed before the Children of Israel,
to fulfill the word of God.

*If you bring joy to others,
God rejoices in you.*

זוֹכְמָה

WISDOM

~ Pirkei Avot 3:13

ברכות ההפטרות ~ BIRCHOT HA-HAFTARAH

HAFTARAH BLESSINGS

Haftarah is a selection from the Prophets recited following the Torah reading. One explanation for the origin of Haftarah is that it was used to replace censored Torah texts during times of Jewish persecution. While the custom began as a thematic replacement for Torah study, eventually Haftarah became an fixed addition, rather than replacement, to help add depth, meaning, and understanding to our studies.

~ Blessing before the Haftarah Selection ~

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech ha-o-lam, אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
a-sheer ba-char bin-vi-im to-vim, וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאַמֶּת.
v'-ra-tza v'-div-rei-hem ha-ne-e-ma-rim be-e-met. בָּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה
Ba-ruch a-ta A-do-nai, ha-bo-cheir ba-To-rah וּבְמִשְׁנָה עֲבָדוֹ, וּבִישְׁרָאֵל עַמּוֹ,
uv-Mo-she av-do, uv-Yis-ra-eil a-mo, וּבְנְבִיאֵי הָאֱמֶת וְצֶדֶק.
u-vi-n'-vi-ei ha-e-met va-tze-dek.

Blessed are You, Eternal God, Ruler of the universe, who has chosen faithful prophets to speak words of truth. Blessed are You, O God, for the revelation of Your Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and righteousness.

הפטרות

READING THE HAFTARAH SELECTION

~ Blessing after the Haftarah Selection ~

Ba-ruch a-ta A-do-nai, E-lo-hei-nu Me-lech ha-o-lam, צוֹר כָּל-הָעוֹלָמִים,
tzur kol-ha-o-la-mim, צָדִיק בְּכָל-הַדּוֹרוֹת,
tza-dik b'-chol-ha-do-rot, הָאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעוֹשֶׂה,
ha-eil ha-ne-e-man, ha-o-meir v'-o-seh, הַמְדַּבֵּר וּמְקַיֵּם,
ha-m'-da-beir u-m'-ka-yeim, שֶׁכָּל-דִּבְרָיו אֱמֶת וְצֶדֶק.
she-kol-d'-va-rav e-met va-tze-dek. עַל-הַתּוֹרָה וְעַל-הָעֲבוֹדָה
Al-ha-To-rah v'-al ha-a-va-da וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
v'-al-ha-n'-vi-im v'-al-yom ha-Sha-bat ha-zeh, שְׁנֵתֶּתָ לָנוּ, יְיָ אֱלֹהֵינוּ,
she-na-ta-ta-la-nu, A-do-nai E-lo-hei-nu, לִקְדָּשָׁה וּלְמִנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.
lik-du-sha v'-li-m'-nu-cha, l'-cha-vod ul'-tif-a-ret. עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,
Al-ha-kol, A-do-nai E-lo-hei-nu, אֲנִיחֵנוּ מִזִּדִּים לָךְ,
a-nach-nu mo-dim lach, וּמִבְּרָכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ
u-m'-var-chim o-tach. Yit-ba-rach shim-cha בְּפִי כָל-חַי תָּמִיד לְעוֹלָם וָעֶד.
b'-fi kol-chai ta-mid l'-o-lam va-ed. בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.
Ba-ruch a-ta A-do-nai, m'-ka-deish ha-Sha-bat.

Blessed are You, Eternal God, Ruler of the universe, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for Shabbat that You, O God, have given us for holiness and rest, for honor and glory, we thank and bless You. May Your name be blessed forever by every living being. Blessed are You, Eternal God, for the Sabbath and its holiness.

HACHZARAT HA-TORAH ~ התורה ~
RETURNING THE TORAH

Ho-do al e-retz v'-sha-ma-yim,
va-ya-rem ke-ren l'-a-mo,
t'-hi-la l'-chol chah-si-dav,
liv-nei Yis-ra-eil am k'-ro-vo.
Ha-l'-lu-Ya!

הודו על ארץ ושמים,
וגרם קרן לעמו,
תהלה לכל-חסידיו,
לבני ישראל עם קרובו.
הללויה!

Your splendor covers heaven and earth; You are the strength of Your people,
making glorious Your faithful ones, the people of Israel whom
You brought near to Yourself. Halleluyah.

Ki le-kach tov na-ta-ti la-chem,
To-ra-ti al-ta-a-zo-vu.

כי לקח טוב נתתי לכם,
תורת אל-תעזבו.

Behold a good doctrine has been given unto you;
My Torah, forsake it not.

Eitz cha-yim hi la-ma-cha-zi-kim ba,
v'-to-m'-che-ha m'-u-shar.
D'-ra-che-ha dar-chei-no-am,
v'-chol-n'-ti-vo-te-ha sha-lom.

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

It is a tree of life to them that hold fast to it, and all of its supporters are happy.
Its ways are ways of pleasantness, and all its paths are peace.

Ha-shi-vei-nu A-do-nai ei-le-cha, v'-na-shu-va.
Cha-deism ya-mei-nu k'-ke-dem.

השיבנו יי אליך, ונשובה.
חדש ימינו כקדם.

Help us to return to You, O God; then truly shall we return.
Renew our days as in the past.



***It is a tree of life to them that hold fast to it,
and all of its supporters are happy.
Shalom, Shalom!***

BAR/BAT MITZVAH PRAYER



PARENT PRAYER



RABBI'S REFLECTIONS



SHEHECHEYANU ~ שְׁהַחֲיֵנוּ

Shehecheyanu is a prayer of gratitude said when experiencing something for the first time or celebrating a joyous occasion.

*Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
she-he-che-ya-nu, v'-ki-y'-ma-nu,
v'-hi-gi-ah-nu, laz-man ha-zeh.*

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁהַחֲיֵנוּ, וְקִיַּמְנוּ,
וְהִגִּיעַנוּ, לַזְמַן הַזֶּה.

Blessed are You, Adonai our God, Sovereign of the universe, for giving us life,
sustaining us, and enabling us to reach this day of joy.



BIRKAT KOHANIM ~ בִּרְכַת כֹּהֲנִים

Also called the Priestly Blessing and the Tri-fold Benediction, this blessing derives from the Book of Numbers.

In the Torah, Aaron and the priests who followed him, blessed the Children of Israel with these words.

The blessing is now used on many special occasions, and is often offered in front of the open ark to be close to the Torah.

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha:
Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka:
Yi-sa A-do-nai ei-le-cha v'-ya-seim
l'-cha sha-lom!

יְבָרְכֶךָ יְיָ וְיִשְׁמְרֶךָ:
יָאֵר יְיָ פָּנָיו אֵלֶיךָ וִיחַנֶּנֶךָ:
יֵשֶׁא יְיָ פָּנָיו אֵלֶיךָ וְיִשֶּׁם
לְךָ שָׁלוֹם!

May God bless and keep you:

May God deal kindly and graciously with you:

May God bestow favor upon you and grant you peace!

חִזְקָמָה
Without the sacred, there is no mundane; without the mundane, there is no sacred.
Without wisdom, there is no wonder; without wonder, there is no wisdom.
Without awareness, there is no understanding; without understanding, there is no awareness.
Without flour, there is no Torah; without Torah, there is no flour.

~ Pirkei Avot 3:21

WISDOM

CLOSING PRAYERS AND SONGS



ALEINU ~ עֲלֵינוּ

Aleinu stresses the unique contribution of Judaism in praying to only one God.

It is also a prayer of hope for a time when all that is broken in our world will be repaired.

A-lei-nu l'-sha-bei-ach

la-a-don ha-kol,

la-teit g'-du-la

l'-yo-tzeir b'-rei-shit,

she-lo a-sa-nu

k'-go-yei ha-a-ra-tzot,

v'-lo sa-ma-nu

k'-mish-p'-chot ha-a-da-ma.

She-lo sam chel-kei-nu ka-hem,

v'-go-ra-lei-nu ha-mo-nam.

עֲלֵינוּ לְשַׁבַּח

לְאֲדוֹן הַכֹּל,

לִתֵּת גְּדֻלָּה

לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹּא עָשָׂנוּ

כְּגוֹיֵי הָאֲרָצוֹת,

וְלֹא שָׁמְנוּ

כְּמִשְׁפְּחוֹת הָאֲדָמָה.

שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֵם,

וְגִרְלָנוּ כָּכָל הַמוֹנָם.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations.

Va-a-nach-nu ko-rim

u-mish-ta-cha-vim u-mo-dim,

lif-nei Me-lech,

mal-chai ham-la-chim,

ha-ka-dosh ba-ruch hu.

וְאֶנַּחֲנוּ כּוֹרְעִים

וּמִשְׁתַּחֲוִים וּמוֹדִים,

לִפְנֵי מֶלֶךְ,

מַלְכֵי הַמַּלְכִּים,

הַקָּדוֹשׁ בָּרוּךְ הוּא.

Therefore bow in awe and thanksgiving before the One who is Sovereign over all, the holy and blessed One.

V'-ne-e-mar: "v'-ha-ya A-do-nai

l'-Me-lech al kol ha-a-retz. "

Ba-yom ha-hu yi-h'-ye

A-do-nai e-chad u-sh'-mo e-chad.

וְנֵאמַר: "וְהָיָה יי"

לְמֶלֶךְ עַל כָּל הָאָרֶץ."

בַּיּוֹם הַהוּא יִהְיֶה

יי אֶחָד וּשְׁמוֹ אֶחָד.

Thus it has been said, "Adonai will be Sovereign over all the earth." On that day, Adonai will be one, and God's Name will be One.

Do not profit from community service.
If you promote the welfare of all,
you tap the merit of the community,
your efforts will endure,
and God will credit you as if you had acted alone.
~ Pirkei Avot 2:2

KADDISH YATOM ~ קדיש יתום

Kaddish Yatom, or Mourner's Kaddish, is said near the end of most Jewish services. Its name derives from the Hebrew root word meaning holy. While it is used as a means of remembering the dead, it does not mention death or mourning. Rather it is an affirmation of faith, even in times of pain and longing.

I expect to pass this world but once;
any good therefore I can do,
or any kindness that I can show to any fellow-creature,
let me do it now.

Let me not defer or neglect it,
for I shall not pass this way again.

~ Stephen Grellet



Yit-ga-dal v'-yit-ka-dash sh'-mei ra-ba.

B'-al-ma di v'-ra chir-u-tei,

v'-yam-lich Mal-chu-tei b'-cha-yei-chon

uv-yo-mei-chon uv-cha-yei

d'-chol beit Yis-ra-eil,

b-a-ga-la u-viz-man ka-riv, v'-im-ru: a-mein.

Y'-hei sh'-mei ra-ba

m'-va-reich l-a-lam ul-al-mei al-ma-ya.

Yit-ba-rach v'-yish-ta-bach,

v'-yit-pa-ar v'-yit-ro-mam v'-yit-na-sei

v'-yit-ha-dar v'-yit-a-leh v'-yit-ha-lal

sh'-mei d'-ku-d'-sha, b'-rich hu,

l-ei-la min-kol bir-cha-ta v'-shi-ra-ta,

tush-b'-cha-ta v'-ne-che-ma-ta,

da-a-mi-ran b'-al-ma, v'-im-ru: a-mein.

Y'-hei sh-la-ma ra-ba min-sh'-ma-ya

v'-cha-yim a-lei-nu v'-al-kol-Yis-ra-eil,

v'-im-ru: a-mein.

O-seh sha-lom bim-ro-mav,

hu ya-a-seh sha-lom a-lei-nu,

v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְרָא כְרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל,
בְּעֻלְמָא וּבְזִמָּן קָרִיב, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא
מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵינָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעָלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשַׁבַּחְתָּא וְנִחְמַתָּא,
דְּאִמְרִין בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמֵינָא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and in the lives of all Israel ~ speedily, imminently. To which we say: Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen. May there be abundant peace from heaven, and life for us and all Israel. To which we say: Amen. May the One who creates harmony on high, bring peace to us, to all Israel, and to all the world. To which we say: Amen.

Do not say, "When I am free I will study,"
for perhaps you will never be free.

~ Pirkei Avot 2:5

WISDOM

SHIRIM ~ שִׁירִים ~ SONGS

OSEH SHALOM ~ עֹשֶׂה שָׁלוֹם

*O-seh sha-lom bim-ro-mav,
hu ya-a-seh sha-lom a-lei-nu,
v'-al-kol Yis-ra-eil,
v'-im-ru: a-mein.*

עֹשֶׂה שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל-כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

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



ADON OLAM ~ אֲדוֹן עוֹלָם

*A-don o-lam a-sheer ma-lach,
b'-te-rem kol y'-tzir niv-ra.
L'-eit na-a-sah v'-chef-tzo kol,
a-zai Me-lech sh'-mo nik-ra.*

אֲדוֹן עוֹלָם אֲשֶׁר מַלְאָךְ,
בְּטֶרֶם כָּל יָצִיר נִבְרָא.
לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
אֲזִי מַלְאָךְ שְׁמוֹ נִקְרָא.

*V'-a-cha-rei ki-ch'-lot ha-kol,
l'-va-do yim-loch no-ra.
V'-hu ha-yah, v'-hu ho-veh,
v'-hu yi-h'-yeh, b'-tif-a-rah.*

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹיָה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

*V'-hu e-chad v'-ein shei-ni,
l'-ham-shil lo l'-hach-bi-rah.
B'-li rei-shit b'-li tach-lit,
v'-lo ha-oz v'-ha-mis-rah.*

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

*V'-hu Ei-li v'-chai go-a-li,
v'-tzur chev-li b'-eit tza-rah
V'-hu ni-si u-ma-nos li
m'-nat ko-si b'-yom ek-ra.*

וְהוּא אֵלִי וְחִי גֹאֲלִי
וְצוּר חֲבֵלִי בַּעֲת צָרָה
וְהוּא נָסִי וּמָנוֹס לִי
מִנֶּת כּוֹסִי בַּיּוֹם אֶקְרָא.

*B'-ya-do af-kid ru-chi,
b'-eit i-shan v'-a-i-rah.
V'-im ru-chi g'-vi-ya-ti,
A-do-nai li v'-lo i-rah.*

בְּיָדוֹ אֶפְקִיד רוּחִי,
בַּעֲת אִישָׁן וְאַעִירָא.
וְעַם רוּחִי גְּוִיָּתִי,
יְיָ לִי וְלֹא אִירָא.

God is the eternal God, who reigned before any being had yet been created; when all was done according to God's will, already then God's name was Ruler. And after all has ceased to be, still will God reign in solitary majesty; God was, God is, and God shall be in glory. And God is One; none other can compare to God, or consort with God; God is without beginning, without end; to God alone belongs power and dominion. And God is my God, my living Redeemer, my Rock in time of trouble and distress; God is my banner and my refuge, my benefactor when I call. Into God's hands I entrust my spirit, when I sleep and when I wake. And with my spirit and my body, God is with me; I will not be afraid.

*If I am not for myself, who will be for me?
But if I am only for myself, what am I?
And if not now, when?*

Dirke Avot 1:14

*Ein kei-lo-hei-nu,
Ein ka-do-nei-nu,
Ein k'-mal-kei-nu,
Ein k'-mo-shi-ei-nu.*

*Mi chei-lo-hei-nu?
Mi cha-do-nei-nu?
Mi chei-mal-kei-nu?
Mi ch-mo-shi-ei-nu?*

*No-deh lei-lo-hei-nu,
No-deh la-do-nei-nu,
No-deh l'-mal-kei-nu,
No-deh l'-mo-shi-ei-nu.*

*Ba-ruch E-lo-hei-nu,
Ba-ruch a-do-nei-nu,
Ba-ruch mal-kei-nu,
Ba-ruch mo-shi-ei-nu.*

*A-ta hu E-lo-hei-nu,
A-ta hu a-do-nei-nu,
A-ta hu mal-kei-nu,
A-ta hu mo-shi-ei-nu.*

There is none like...our God; our Sovereign; our Ruler; our Savior.
Who is like...our God; our Sovereign; our Ruler; our Savior?
We give thanks to...our God; our Sovereign; our Ruler; our Savior.
Blessed is...our God; our Sovereign; our Ruler; our Savior.
You are...our God; our Sovereign; our Ruler; our Savior.



L'CHI LACH ~ לְכִי לַךְ

L'chi lach to a land that I will show you.
Lech l'cha to a place you do not know...
L'chi lach on your journey I will bless you ~
And you shall be a blessing ~ you shall be a blessing
You shall be a blessing, l'chi lach.

L'chi lach and I shall make your name great.
Lech l'cha and all shall praise your name...
L'chi lach to the place that I will show you ~
L'simchat chayim l'chi lach.
And you shall be a blessing l'chi lach.
~ Debbie Friedman, based on Genesis 12:1-2

אין כֵּאלֹהֵינוּ,
אין כְּאֲדֹנֵינוּ,
אין כְּמַלְכֵנוּ,
אין כְּמוֹשִׁיעֵנוּ.

מִי כֵאלֹהֵינוּ?
מִי כְאֲדֹנֵינוּ?
מִי כְמַלְכֵנוּ?
מִי כְמוֹשִׁיעֵנוּ?

נֹדֶה לֵאלֹהֵינוּ,
נֹדֶה לְאֲדֹנֵינוּ,
נֹדֶה לְמַלְכֵנוּ,
נֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ,
בָּרוּךְ אֲדֹנֵינוּ,
בָּרוּךְ מַלְכֵנוּ,
בָּרוּךְ מוֹשִׁיעֵנוּ.

אַתָּה הוּא אֱלֹהֵינוּ,
אַתָּה הוּא אֲדֹנֵינוּ,
אַתָּה הוּא מַלְכֵנוּ,
אַתָּה הוּא מוֹשִׁיעֵנוּ.

*If your kindness exceeds your wisdom, your wisdom will endure.
If your wisdom exceeds your kindness, your wisdom will not endure.*

WISDOM

~ Pirkei Avot 3:12

L'DOR VA-DOR HALLELUYAH ~ לְדֹר וָדֹר הַלְלוּיָהּ!

L'dor vador, l'dor vador, l'dor vador...Halleluyah!
From one generation to the next...
We give you the traditions from our past,
And wish you the best for your life.
L'dor vador, l'dor vador, l'dor vador...Halleluyah!
~ Adam Kahan



AND THOU SHALT LOVE

V'AHAVTA ~ וְאַהֲבָתָה

And thou shalt love the Lord thy God with all thy heart
With all thy soul and with all thy might
And all these words which I command you on this day
Shall be upon your heart; Shall be upon your heart

And thou shalt teach them diligently unto thy children
And thou shalt speak of them when thou sittest in thy house
When thou walkest by the way and when thou liest down
And when thou risest up and when thou risest up

And thou shalt bind them for a sign upon thy hand
And they shall be for frontlets between thine eyes
And thou shalt write them on the doorposts of thy house
And upon thy gates and upon thy gates

That ye may remember and do all of my commandments
And be holy unto your God; unto your God; unto your God.
~ Arranged by Debbie Friedman, based on V'ahavta, Deuteronomy 6:5-9



SH'MA B'NI ~ שְׁמַע בְּנִי

Sh'ma b'ni ~ שְׁמַע בְּנִי* take these wings to fly with,
Sh'mi bi'ti ~ שְׁמִי בִּיטִי* with these roots you will grow.
This is my promise, this is my blessing; You are the promise, you are the blessing.
Sh'ma b'ni - Sh'mi bi'ti.

May you live to see the wonder,
In this world and those yet to come.
To care for those who came before you,
To trust in those who are yet to come.
Ufros Aleinu sukkat sh'lomecha ~ וּפְרוֹס אֵלֵינוּ סִכַּת שְׁלוֹמְךָ

May your heart be filled with wisdom, May your mind be filled with love,
May your lips be filled with sweetness, May you shine like the stars above.
Ufros Aleinu sukkat sh'lomecha.

So you shall fly on wings of eagles.
And you will grow to be straight and tall.
This is my promise, this is my blessing; You are the promise and you are the blessing.
Sh'ma B'ni, Sh'mi Bi'ti.
~ Craig Taubman

*translations: Sh'ma B'ni - listen my son. Sh'mi Bi'ti - listen my daughter.
Ufros Aleinu sukkat sh'lomecha - spread over us the shelter of Your peace.

*Cling to knowledge, and you will forget wisdom;
Cease to learn, and you cease to live;
Exploit what you know, and wisdom will evade you.*
WISDOM ~ Pirkei Avot 1:13

HOLY GROUND

Every second, every minute, every hour, every day...
Everything, everyone, every place, every way.
Where you walk ~ where you stand. Where you love ~ where you praise.
All of life is holy ground.
Every he, every she, every what, every who...It's in her, it's in them, it's in me, it's in you.
In the bitter, in the sweet, in the calm, in the storm.
All of life is holy ground.
So walk as if it's holy ground, Breathe as if it's all around,
Talk and make a holy sound, Take your shoes off, you're on holy ground.
When you hurt ~ when you heal. When you laugh ~ when you pray.
When you hold ~ when you keep. When you give it away.
Every second, every minute, every hour, every day...All of life is holy ground.
So walk as if it's holy ground, Breathe as if it's all around,
Talk and make a holy sound, We take our shoes off, we're on holy ground.
We are one people, one story, one tapestry we weave...
One journey, one glory, one legacy we leave.
Every second, every minute, every hour, every day...
Everything, everyone, every place, every way.
Where you walk ~ where you stand. Where you love ~ where you praise.
All of life is holy ground. Can you feel the holy ground?
Take your shoes off, you're on holy ground.
~ Craig Taubman



PEACE, SALAAM, SHALOM

Peace...Salaam...Shalom

Peace...שלום...שָׁלוֹם

(repeat)

We believe in Peace....

We will work for Peace....

Jerusalem • Ramallah • in Tel Aviv • in Washington
in Hebron • in Kabul • in Damascus • in Chicago.
~ Pat Humphries and Sandy Opatow



HATIKVAH ~ התקווה

Kol od ba-lei-vav p'-ni-ma,

ne-fesh y'-hu-di ho-mi-ya.

Ul-fa-a-tei miz-rach ka-di-ma,

A-yin l'-Tzi-yon tzo-fi-ya.

Od lo av-da tik-va-tei-nu,

Ha-tik-va bat sh'-not al-pa-yim,

L'-hi-yot am chof-shi b'-ar-tzei-nu,

E-retz Tzi-yon vi-Y'-ru-sha-la-yim.

So long as still within the inmost heart the soul of the Jew longs, and they turn eastward, their eye looking toward Zion, Our hope is not yet lost, that hope of two thousand years, to be a free people in our land, the land of Zion and Jerusalem.

~ Naphtali Imber

כָּל עוֹד בְּלֵבב פְּנִימָה,
נֶפֶשׁ יְהוּדֵי הוֹמְיָה.
וּלְפָאֵתֵי מִזְרַח קְדִימָה,
עֵין לְצִיּוֹן צוֹפִיָה.

עוֹד לֹא אֶבְדָּה תְּקוּנָתִינוּ,
הַתְּקוּהָ בֵּת שְׁנוֹת אֲלָפִים,
לְהִיּוֹת עִם חֶפְזֵי בְּאֶרְצֵנוּ,
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

Do not judge others until you
are standing in their place.

WISDOM ~ Pirkei Avot 2:5

L'DOR VA-DOR

We are gifts and we are blessings, we are history in song
We are hope and we are healing, we are learning to be strong
We are words and we are stories, we are pictures of the past
We are carriers of wisdom, not the first and not the last.

L'dor vador nagid godlecha ~ לְדוֹר וָדוֹר נָגִיד גּוֹדְלֶחָה
(From generation to generation, we will tell of Your greatness.)

L'dor vador... we protect this chain
From generation to generation
L'dor vador, these lips will praise Your name.
Looking back on the journey that we carry in our heart
From the shadow of the mountain to the waters that would part
We are blessed and we are holy, we are children of Your way
And the words that bring us meaning, we will have the strength to say
L'dor vador...
~ Josh Nelson



TREE OF LIFE

Eitz cha-yim hi la-ma-cha-zi-kim ba, עֵץ-חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,
v'-to-m'-che-ha m'-u-shar. Sha-lom! וְתַמְכֶּיהָ מֵאֲשֶׁר. שְׁלוֹם!

*It is a tree of life to them that hold fast to it,
and all of its supporters are happy.
Shalom, Shalom!*



BLESSINGS OVER WINE AND CHALLAH

Wine is a symbol of joy. Challah is an egg bread eaten on Shabbat and special occasions. These blessings are said to both remind us to pause and set apart celebratory moments in our lives and to thank God.

~ Blessing over the Wine ~

Ba-ruch a-ta, A-do-nai, בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
bo-rei p'-ri ha-ga-fen. בּוֹרֵא פְרֵי הַגֶּפֶן.

Blessed are You, Eternal God, Ruler of the universe,
who creates the fruit of the vine.

~ Blessing over the Challah ~

Ba-ruch a-ta, A-do-nai, בָּרוּךְ אַתָּה יְיָ,
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha-mo-tzi le-chem min ha-a-retz. הַמּוֹצֵא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Eternal God, Ruler of the universe,
who causes bread to come forth from the earth.

Get for yourself a teacher, acquire for yourself a friend.

~ Pirkei Avot 1:6

WISDOM

KABBALAT SHABBAT ~ קַבָּלַת שַׁבָּת

SUPPLEMENT TO WELCOME SHABBAT

For use when Erev Shabbat (Friday evening) overlaps the service.

HADLAKAT HA-NEIROT ~ הַדְּלָקַת הַנֵּרוֹת

BLESSING FOR LIGHTING THE SHABBAT CANDLES

Ba-ruch a-ta A-do-nai, E-lo-hei-nu Me-lech ha-o-lam,

a-sheer kid-sha-nu b'-mitz-vo-tav,

v-tzi-va-nu l'-had-lik-neir shel Sha-bat.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are You, Eternal God, Ruler of the Universe, who makes us holy with mitzvot,
and commands us to kindle the Shabbat lights.



L'CHA DODI ~ לָכָה דּוֹדִי

This song is traditionally used to usher in Shabbat. Customs include turning to the entrance of the sanctuary as the words bo-i v'-sha-lom (enter in peace) are sung, as if to greet the Presence of Shabbat. It was composed Shlomo Halevi Alkabets, one of a group of 16th century Jewish Kabbalists in Safed, who would greet Shabbat in the fields outside their villages with song and dance.

L'-cha do-di lik-rat ka-la,

p'-nei Sha-bat n'-ka-ba-la.

לָכָה דּוֹדִי לְקִרְאָת כָּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Sha-mor v'-za-chor b'-di-bur e-chad,

hish-mi-a-nu eil ham'-yu-chad.

A-do-nai e-chad u-sh-mo e-chad.

L'-sheim ul-tif-e-ret v'-lit-hi-la. L'-cha...

שְׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֶל הַמִּיָּחָד.
יי אֶחָד וּשְׁמוֹ אֶחָד.
לְשֵׁם וּלְתִפְאַרֶת וּלְתִהְיֶיךָ. לָכָה...

Li-krat Sha-bat l'-chu v'-neil-cha,

ki hi m'-kor ha-b'ra-cha,

mei-rosh mi-ke-dem n'-su-cha,

sof ma-a-seh b'-ma-cha-sha-va t'-chi-la. L'-cha...

לְקִרְאָת שַׁבָּת לָכוּ וְנִלְכָּה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֵּדָם נְסוּכָה,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה. לָכָה...

Bo-i v'-sha-lom a-te-ret ba-a-la,

gam b'-sim-cha uv-tza-ha-la.

Toch e-mu-nei am s'-gu-la.

Bo-i cha-la! Bo-cha-la! L'-cha...

בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצִהָלָה.
תּוֹךְ אֲמוּנֵי עַם סִגְלָה.
בּוֹאִי כָלָה! בּוֹאִי כָלָה! לָכָה...

Beloved, come to meet the bride; beloved come to greet Shabbat.

"Keep" and "remember": a single command the Only God caused us to hear;
the Eternal is One, God's Name is One; honor and glory and praise are God's.

Come with me to meet Shabbat, forever a fountain of blessing.

Still it flows, as from the start: the last of days, for which the first was made.

Enter in peace, O crown of your husband; enter in gladness, enter in joy.

Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

Be very careful in your prayers not to pray in fixed form.

Be mindful and pay attention. Do not pray by rote.

But, seek compassion and grace before God.

~ Pirkei Avot 2:18

WISDOM

ABOUT THE COVER

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Rabbi Nachman of Bratslav

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A Teacher's Guide to A Bridge to Prayer
Nachama Skolnik Moskowitz

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