



**CONGREGATION  
B'NAI JESHURUN**  
Established in 1848

**Congregation B'nai Jeshurun**  
**Shabbat Evening Prayerbook**

Baruch Atah, Adonai  
Eloheinu, Melech haolam  
shehecheynau, v'kiy'manu  
v'higiyanu lazman hazeh.

בָּרוּךְ אַתָּה יְהוָה  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהַחַיָּנוּ וְקִיַּמָּנוּ  
וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

For Special  
Occasions

Our praise to You, Adonai, Sovereign of all  
Who has created us, sustained us, and enabled us to reach this season.

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav,  
v'tzivanu l'hadlik  
ner shel Shabbat.

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

Candles

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to kindle the light of Shabbat.

Hineih mah tov u'mah na-im  
shevet achim gam yachad.

הִנֵּה מַה טוֹב וּמַה נְעִים  
שֵׁבֶת אַחִים גַּם יַחַד.

Hinei Mah  
Tov

How good and how pleasant it is that brothers and sisters dwell together.  
(Psalm 133:1)

Ki eshm'rah Shabbat El yishm'reini.  
Ot hi l'olmei ad beino uveini.

כִּי אֲשַׁמְרָה שַׁבָּת אֶל יִשְׁמַרְנִי  
אוֹת הִיא לְעוֹלְמֵי עַד בֵּינוּ וּבֵינִי.

Ki Eshmera  
Shabbat

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

Mah yafeh hayom, Shabbat shalom.

מַה יָּפֵה הַיּוֹם שַׁבָּת שְׁלוֹם.

Mah Yafeh  
Hayom

How lovely is today, Shabbat Shalom.

SHALOM aleichem, malachei hashareit,	שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת,
malachei elyon,	מַלְאָכֵי עֲלִיוֹן,
mimelech mal'chei hamlachim,	מִמְלֶךְ מַלְכֵי הַמְּלָכִים,
HaKadosh Baruch Hu.	הַקָּדוֹשׁ בָּרוּךְ הוּא.
Bo-achem l'shalom, malachei hashalom,	בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם,
malachei elyon,	מַלְאָכֵי עֲלִיוֹן,
mimelech mal'chei hamlachim,	מִמְלֶךְ מַלְכֵי הַמְּלָכִים,
HaKadosh Baruch Hu.	הַקָּדוֹשׁ בָּרוּךְ הוּא.
Bar'chuni l'shalom, malachei hashalom,	בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם,
malachei elyon,	מַלְאָכֵי עֲלִיוֹן,
mimelech mal'chei hamlachim,	מִמְלֶךְ מַלְכֵי הַמְּלָכִים,
HaKadosh Baruch Hu.	הַקָּדוֹשׁ בָּרוּךְ הוּא.
Tzeit'chem l'shalom, malachei hashalom,	צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם,
malachei elyon,	
mimelech mal'chei hamlachim,	מַלְאָכֵי עֲלִיוֹן,
HaKadosh Baruch Hu.	מִמְלֶךְ מַלְכֵי הַמְּלָכִים,

הַקָּדוֹשׁ בָּרוּךְ הוּא.  
PEACE BE TO YOU, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Enter in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Bless me with peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Depart in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

## Kabbalat Shabbat

Y'did nefesh, av harachaman,  
m'shoch avd'cha el r'tzonecha.

Yarutz avd'cha k'mo ayal,  
yishtachaveh el mul hadarecha.

יְדִיד נֶפֶשׁ, אָב הַרְחָמָן,

מִשׁוֹךְ אַבְדְּךָ אֶל־רְצוֹנְךָ.

יָרוּץ אַבְדְּךָ כְּמוֹ אֵיל,

יִשְׁתַּחֲוֶה מוֹל הַדָּרֶךְ.

Y'did Nefesh

Heart's delight, Source of mercy, draw Your servant into Your arms:  
I leap like a deer to stand in awe before You.

L'CHU n'ran'na l'Adonai,  
nariyah l'tzur yisheinu.

N'kadmah fanav b'todah,  
biz'mirot naria lo.

Ki El gadol Adonai,  
uMelech gadol al kol elohim.

Asher b'yado mech'k'rei aretz,  
v'to-afot harim lo.

Asher lo hayam v'hu asahu,  
v'yabeshet yadav yatzaru.

Bo-u nishtachaveh v'nichraah,  
nivr'cha lifnei Adonai oseinu.

לְכוּ נִרְנְנָה לַיהוָה,

נְרִיעָה לְצוּר יִשְׁעֵנוּ.

נִקְדְּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נְרִיעֵ לוֹ.

כִּי אֵל גָּדוֹל יְהוָה,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

אֲשֶׁר בְּיָדוֹ מַחְקְרֵי אֶרֶץ,

וְתוֹעֲפוֹת הַרִים לוֹ.

אֲשֶׁר לוֹ הַיָּם וְהוּא עָשָׂהוּ,

וַיַּבֶּשֶׂת יַדָּיו יַצְרוּ.

בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעָה,

נִבְרַכָּה לְפָנֵי יְהוָה עֲשֵׂנוּ.

Psalm 95

COME, LET US SING joyously to Adonai,  
raise a shout for our Rock and Deliverer;  
let us come into God's presence with praise;  
let us raise a shout for God in song!  
For Adonai is a great God,  
the great ruler of all divine beings.

SHIRU l'Adonai shir chadash,	שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,
shiru l'Adonai kol haaretz.	שִׁירוּ לַיהוָה כָּל הָאָרֶץ.
Shiru l'Adonai bar'chu sh'mo,	שִׁירוּ לַיהוָה בָּרְכוּ שְׁמוֹ,
basru miyom l'yom y'shuato.	בְּשָׂרוּ מִיּוֹם לְיוֹם יְשׁוּעָתוֹ.
Sapru vagoyim k'vodo,	סַפְּרוּ בְּגוֹיִם כְּבוֹדוֹ,
b'chol haamim niflotav.	בְּכָל הָעַמִּים נִפְלְאוֹתָיו.
Ki gadol Adonai um'hulal m'od,	כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד,
nora hu al kol elohim.	נוֹרָא הוּא עַל כָּל אֱלֹהִים.
Ki kol elohei haamim elilim	כִּי כָל אֱלֹהֵי הָעַמִּים אֱלִילִים
v'Adonai shamayim asah.	וַיהוָה שָׁמַיִם עָשָׂה.
Hod v'hadar l'fanav,	הוֹד וְהָדָר לְפָנָיו,
oz v'tiferet b'mikdasho.	עֹז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ.
Yism'chu hashamayim v'tageil haaretz	יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ
yiram hayam um'lo-o.	יִרְעַם הַיָּם וּמְלוֹ.
Yaaloz saddai v'chol asher bo	יַעֲלֶז שַׁדַּי וְכָל אֲשֶׁר בּוֹ
az y'ran'nu kol atzei jaar.	אֲזַ יִרְנְנוּ כָּל עֲצֵי יַעַר.
Lifnei Adonai ki va, ki va lishpot haaretz	לִפְנֵי יְהוָה כִּי בָּא כִּי בָּא
yishpot teiveil b'tzedek v'amim be-emunato.	לְשַׁפֵּט הָאָרֶץ יִשְׁפֹט תִּבְּל
	בְּצֶדֶק וְעַמִּים בְּאֵמוּנָתוֹ.

SING TO ADONAI a new song, sing to Adonai, all the earth.

Sing to Adonai, bless God's name, proclaim God's victory day after day.

Tell of God's glory among the nations, God's wondrous deeds, among all peoples.

For Adonai is great and much acclaimed, God is held in awe by all divine beings.

All the gods of the peoples are mere idols, but Adonai made the heavens.

Glory and majesty are before God; strength and splendor are in God's temple.

Let the heavens rejoice and the earth exult; let the sea and all within it thunder,  
the fields and everything in them exult; then shall all the trees of the forest shout for joy  
at the presence of Adonai, for God is coming, for God is coming to rule the earth;

God will rule the world justly, and its peoples in faithfulness.

Zamru l'Adonai b'chinor,  
 b'chinor v'kol zimrah.  
 Bachatzotz'rot v'kol shofar  
 hariu lifnei HaMelech Adonai.  
 Yiram hayam um'lo-o  
 teiveil v'yoshvei vah.  
 N'harot yimcha-u chaf  
 yachad harim y'raneinu.  
 Lifnei Adonai ki va  
 lishpot haaretz  
 yishpot teiveil b'tzedek  
 v'amim b'meisharim.

זָמְרוּ לַיהוָה בְּכִנּוֹר,  
 בְּכִנּוֹר וְקוֹל זִמְרָה.  
 בַּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר  
 הָרִיעוּ לִפְנֵי הַמֶּלֶךְ יְהוָה.  
 יִרְעַם הַיָּם וּמְלֹאוֹ  
 תִבְלֵ וַיִּשְׁבְּי בָהּ.  
 נְהָרוֹת יַמְחֵאוּ כָף  
 יַחַד הָרִים יִרְנְנוּ.  
 לִפְנֵי יְהוָה כִּי בָא לְשַׁפֵּט הָאָרֶץ  
 יִשַׁפֵּט תִּבְלֵ בְצֶדֶק וְעַמִּים בְּמִישָׁרִים.

SING PRAISE TO ADONAI with the lyre,  
 with the lyre and melodious song.  
 With trumpets and the blast of the horn  
 raise a shout before Adonai, the ruler.

Let the sea and all within it thunder, the world and its inhabitants;  
 let the rivers clap their hands, the mountains sing joyously together  
 at the presence of Adonai, for God is coming to rule the earth;  
 God will rule the world justly, and its peoples with equity.

Adonai oz l'amo yitein  
 Adonai y'vareich et amo vashalom.

יְהוָה עֹז לְעַמּוֹ יִתֵּן  
 יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

May Adonai grant strength to God's people;  
 may Adonai bestow on God's people wellbeing.

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

לָכָה דוּדֵי לְקַרְאֵת כַּלָּה,  
 פְּנֵי שַׁבַּת נְקַבְּלָה.

Shamor v'zachor b'dibur echad,  
 hishmianu El ham'yuchad,  
 Adonai echad ush'mo echad,  
 l'shem ul'tiferet v'lit'hilah.

שָׁמֹר וְזָכֹר בְּדִבּוּר אֶחָד,  
 הַשְׁמִיעֵנוּ אֵל הַמְיֻחָד,  
 יְהוָה אֶחָד וּשְׁמוֹ אֶחָד,  
 לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה.

Likrat Shabbat l'chu v'neilcha,  
 ki hi m'kor hab'rachah,  
 meirosh mikedem n'suchah,  
 sof maaseh b'machashava t'chilah.

לְקַרְאֵת שַׁבַּת לָכוּ וְנִלְכָה,  
 כִּי הִיא מְקוֹר הַבְּרָכָה,  
 מִרֵאשִׁי מִקְדָּם נְסוּכָה,  
 סוֹף מַעֲשֵׂה בְּמַחְשַׁבָּה תְּחִלָּה.

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

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,  
 כִּי בָּא אֹרֶךְ קוּמִי אֹרִי,  
 עוֹרֵי עוֹרֵי שִׁיר דַּבְּרִי.  
 כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה.

Bo-i v'shalom ateret ba'lah,  
 gam b'simchah uv'tzoholah,  
 toch emunei am s'gulah,  
 bo-i chalah, bo-i chalah.

בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה,  
 גַּם בְּשִׂמְחָה וּבְצִהְלָה,  
 תּוֹךְ אֱמוּנֵי עַם סְגוּלָה,  
 בּוֹאֵי כָלָה. בּוֹאֵי כָלָה.

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; 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.

Awake, awake, your light has come! Arise, shine, awake and sing:

the Eternal's glory dawns upon you.

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!

YITGADAL v'yitkadash sh'meih  
 raba b'alma di vra chiruteih,  
 v'yamlich malchuteih  
 b'chayeichon uv'yomeichon  
 uv'chayei d'chol beit Yisrael,  
 baagala uvizman kariv,  
 v'imru: Amen. Y'hei sh'meih  
 raba m'varach l'alam ul'almei  
 almaya. Yitbarach  
 v'yishtabach v'yitpaar  
 v'yitromam v'yitnasei,  
 v'yit'hadar v'yitaleh v'yit'halal  
 sh'meih d'kudsha b'rich hu,  
 l'eila min kol birchata  
 v'shirata, tushb'chata  
 v'nechemata, daamiran  
 b'alma, v'imru: Amen.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,  
 וַיִּמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ  
 וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית  
 יִשְׂרָאֵל, בְּעֵגְלָא וּבְזָמַן  
 קָרִיב, וְאָמְרוּ: אָמֵן. יְהֵא  
 שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמִים  
 וּלְעַלְמֵי עַלְמַיָּא. יִתְבָּרַךְ  
 וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם  
 וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה  
 וַיִּתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.  
 בְּרִיךְ הוּא, לְעֵלְמָן כָּל  
 בְּרַכְתָּא וְשִׁירְתָּא, תִּשְׁבְּחָתָא  
 וְנַחֲמָתָא דְאָמִירוֹ בְּעֵלְמָא,  
 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 the life of all Israel – speedily, imminently. To which we  
 say: Amen. Blessed be God's great name to all eternity. Blessed, praised,  
 honored, exalted, extolled, glorified, adored, and lauded be the name of  
 the Holy Blessed One, beyond all earthly words and songs of blessing,  
 praise, and comfort. And let us say: Amen.



# Sh'ma U'virchotecha - Sh'ma & Its Blessings

Barchu et Adonai ham'vorach!

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

בְּרַחוּ אֶת יְהוָה הַמְּבָרָךְ!

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Bar'chu

Bless the Eternal, the Blessed One.

Blessed is the Eternal, the Blessed One, now and forever.

BARUCH atah, Adonai

Eloheinu, Melech haolam,

asher bid'varo maariv aravim,

b'chochmah potei-ach sh'arim,

uvit'vunah m'shaneh itim

umachalif et haz'manim,

um'sadeir et hakochavim

b'mishm'roteihem barakia kirtzono.

Borei yom valailah,

goleil or mipnei choshech,

v'choshech mipnei or.

Umaavir yom umeivi lailah,

umavdil bein yom uvein lailah,

Adonai Tz'vaot sh'mo.

El chai v'kayam,

tamid yimloch aleinu l'olam va-ed.

Baruch atah, Adonai, hamaariv aravim.

בְּרוּךְ אַתָּה, יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדָבָרוֹ מַעְרִיב עֲרָבִים,

בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים

וּמַחְלִיף אֶת הַזְּמַנִּים,

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעְבִּיר יוֹם וּמְבִיא לַיְלָה,

וּמְבַדֵּל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיָּם, תָּמִיד יְמַלּוּךְ עֲלֵינוּ

לְעוֹלָם וָעֶד.

BLESSED are You, Adonai our God, Ruler of the universe,

who speaks the evening into being,

skillfully opens the gates, thoughtfully alters the time and changes the seasons,

and arranges the stars in their heavenly courses according to plan.

You are Creator of day and night,

rolling light away from darkness and darkness from light,

transforming day into night and distinguishing one from the other.

Adonai Tz'vaot is Your Name.

Ever-living God, may You reign continually over us into eternity.

Blessed are You, Adonai, who brings on evening.

Ma'ariv  
Aravim

AHAVAT OLAM

beit Yisrael amcha ahavta,  
Torah umitzvot,  
chukim umishpatim, otanu limad'ta.  
Al kein, Adonai Eloheinu,  
b'shochbeinu uv'kumeinu  
nasiach b'chukecha,  
v'nismach b'divrei Torat'cha  
uv'mitzvotcha l'olam va-ed.  
Ki heim chayeinu v'orech yameinu  
uvahem neh'geh yomam valailah.  
V'ahavat'cha  
al tasir mimenu l'olamim.  
Baruch atah, Adonai,  
ohav amo Yisrael.

אהבת עולם  
בית ישראל עמך אהבת,  
תורה ומצוות  
חקים ומשפטים אותנו למדת.  
על כן יהנה אלהינו  
בשכבנו ובקומנו נשיח בחקיך.  
ונשמח בדברי תורתך  
ובמצוותיך לעולם ועד.  
כי הם חיינו וארך ימינו  
ובהם נהגה יומם וליילה.  
ואהבתך אל תסיר ממנו לעולמים.  
ברוך אתה יהוה, אוהב עמו ישראל.

In each age we receive and transmit Torah.  
At each moment we are addressed by the World.  
In each age we are challenged by our ancient teaching.  
At each moment we stand face to Face with Truth.  
In each age we add our wisdom to the which has gone before.  
At each moment the knowing heart is filled with wonder.  
In each age the children of Torah become its builders  
and seek to set the world firm on a foundation of Truth.

שִׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael Adonai Eloheinu, Adonai Echad!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va'ed!

Hear O, Israel: Adonai is our God, Adonai is One!  
Blessed is God's glorious majesty forever & ever!

V'ahavta et Adonai elohecha

b'chol-l'vav'cha uv'chol-naf'sh'cha

uv'chol-m'odecha: V'hayu had'varim

ha'eileh asher anochi m'tzavecha

hayom al-l'vavecha: V'shinan'tam

l'vanecha v'dibar'ta bam b'shiv'techa

b'veitecha uv'lech'te'cha vaderech

uv'shochb'cha uv'kumecha: Uk'shartam

l'ot al-yadecha v'hayu l'totafot

bein einecha: Uch'tavtam

al-m'zuzot beitecha uvi'sh'arecha:

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ

וּבְכָל-מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים

הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְךָ

הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתֶּם

לְבַבְיֶיךָ וְדַבַּרְתָּ בָם בְּשַׁבְּתֶךָ

בְּבֵיתֶךָ וּבְלִכְתֶּךָ בַּדֶּרֶךְ

וּבְשֹׁכְבְּךָ וּבְקוּמֶךָ: וְקִשְׂרַתֶּם

לְאוֹת עַל-יָדֶיךָ וְהָיוּ לְטֹטְפֹת

בֵּין עֵינֶיךָ: וְכָתַבְתֶּם

עַל-מַזְזוֹת בֵּיתֶךָ וּבְשַׁעְרֶיךָ:

You shall love Adonai your God with all your mind, with all your soul, and with all your strength. Set these words, which I command you this day, upon your heart. 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.

L'ma'an tiz'k'ru va'asitem

et-kol-mitzvotai vi'yitem

k'doshim leiloheichem: Ani Adonai

Eloheichem asher hotzeiti etchem

mei'erezt mitzrayim lihyot lachem

leilohim ani Adonai eloheichem:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִיתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה

אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם

מִמִּצְרַיִם לְהִיּוֹת לָכֶם

לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

Be mindful of all My mitzvot, and do them; thus you will become holy to your God.

I, Adonai, am your God, who brought you out of Egypt to be your God -

I, Adonai, your God.

Sing the song of men and women  
joined in understanding and respect.  
The song of God's miracles,  
an earth protected and cherished;  
a gift for our children  
and the generations to come.  
The song of a land once ravished by war,  
now quiet and content;  
her soldiers home to leave no more.  
The song of a world redeemed:  
the song of peace.

IN A WORLD torn by violence and pain,  
a world far from wholeness and peace,  
give us the courage to say, Adonai:  
There is one God in heaven and earth.  
The high heavens declare Your glory;  
may earth reveal Your justice and love.  
From bondage in Egypt, we were delivered;  
at Sinai, we bound ourselves to Your way.  
Inspired by prophets and instructed by sages,  
time and again, we overcame oppressive forces.  
Though our failings are many and our faults are great,  
it has been our glory to bear witness to our God,  
keeping alive in dark ages  
Your vision of a world redeemed.  
Let us continue to work for the day  
when the nations will be one and at peace.  
Then shall we rejoice as Israel did,  
singing on the shores of the Sea:

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh,

nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,

bokei-a yam lifnei Moshe uMiryam.

Zeh Eli, anu v'amru,

Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov, וְנֵאמָר. כִּי פָדָה יְהוָה אֶת יַעֲקֹב,

ug'alo miyad chazak mimenu.

Baruch atah, Adonai, gaal Yisrael.

מִי כָמֹכָה בְּאֵלִים יְהוָה.

מִי כָמֹכָה נֹאדָר בְּקֹדֶשׁ.

נֹרָא תְהִלּוֹת עֲשֵׂה פֶלֶא!

מִלְכוּתְךָ רָאוּ בְנֵיךָ,

בּוֹקַע יָם לְפָנַי מֹשֶׁה.

זֶה אֱלֹהֵינוּ. וְאָמְרוּ,

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד!

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בָּרוּךְ אַתָּה יְהוָה. גֹּאֵל יִשְׂרָאֵל.

WHO IS LIKE YOU, O God,  
among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, working wonders?  
Your children witnessed Your sovereignty,  
the sea splitting before Moses and Miriam.

“This is our God!” they cried.

“Adonai will reign forever and ever!”

Thus it is said,

“Adonai redeemed Jacob,

from a hand stronger

than his own.”

Praised are You, Adonai, for redeeming Israel.

HASHKIVEINU, Adonai Eloheinu,                   השְׁכִיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם,  
 l'shalom, v'haamideinu shomreinu l'chayim,                   וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים,  
 ufros aleinu sukat sh'lomecha,                   וּפְרוֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,  
 v'takneinu b'eitzah tovah milfanecha,                   וְתַקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,  
 v'hoshi-einu l'maan sh'mecha.                   וְהוֹשִׁיעֵנוּ מִהֲרָה לְמַעַן שְׁמֶךָ.

Baruch atah, Adonai,                   בָּרוּךְ אַתָּה יְהוָה  
 haporeis sukat shalom aleinu                   הַפּוֹרֵשׂ סִכַּת שָׁלוֹם  
 v'al kol amo Yisrael                   עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל  
 v'al Yerushalayim.                   וְעַל יְרוּשָׁלָיִם.

GRANT, O GOD, that we lie down in peace,  
 and raise us up, our Guardian, to life renewed.

Spread over us the shelter of Your peace.

Guide us with Your good counsel; for Your Name's sake, be our help.

Shield and shelter us beneath the shadow of Your wings.

Defend us against enemies, illness, war, famine and sorrow.

Distance us from wrongdoing.

For You, God, watch over us and deliver us. For You, God,  
 are gracious and merciful.

Guard our going and coming, to life and to peace, evermore.

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace  
 is spread over us,

over all Your people Israel, and over Jerusalem.

LET THERE BE love and understanding among us.

Let peace and friendship be our shelter from life's storms.

Adonai, help us to walk with good companions,  
 to live with hope in our hearts and eternity in our thoughts,  
 that we may lie down in peace and rise up waiting to do Your will.

GIVE US A PLACE TO REST, Adonai, our God.  
 Bring us into shelter  
 in the soft, long, evening shadows of Your truth.  
 For with You are true protection and safety,  
 and in Your Presence are acceptance and gentle love.  
 Watch over us as we go forth.  
 Prepare for us as we return.  
 Spread over us Your shelter of peace,  
 over all we love – over our Jerusalem and Yours.

V'shamru v'nei Yisrael et haShabbat.

La'asot et haShabbat

l'dorotam b'rit olam.

Beini u'vein b'nei Yisrael

ot hi l'olam.

Ki sheishet yamim asah Adonai

Et hashamayim v'et ha'aretz.

Uv'yom hashvi'i shavat vayinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת.

לַעֲשׂוֹת אֶת הַשַּׁבָּת

לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם.

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

V'shamru

The people of Israel shall keep Shabbat,  
 observing Shabbat throughout the ages as a covenant for all time.

It is a sign for all time between Me and the people of Israel.

For in six day Adonai made heaven and earth,  
 and on the seventh day God ceased from work and was refreshed.

## HaT'filah - Standing Before God

אֲדֹנָי, שְׁפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתֶךָ.

Adonai, s'fatai tiftach u'fi yagid t'hilatecha

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

Baruch Atah Adonai Eloheinu

v'elohei avoteinu v'imoteinu,

Elohei Avraham, Elohai Yitzchak,

v'Elohai Ya-akov. Elohei Sarah,

Elohei Rivkah, Elohei Rachel

v'elohai Leah. Ha-El hagadol

hagibor v'hanora, El elyon

Gomeil chasadim tovim, v'koneih

hakol, v'zocheir chasdei avot

v'imahot, umeivi g'ulah liv'nei v'neihem,

l'maan sh'mo b'ahavah.

Melech ozeir umoshia umagen.

Baruch Atah Adonai, magen

Avraham v'ezrat Sarah.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק

וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה,

אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל

וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל

הַגְּבוּר וְהַנּוֹרָא אֵל עֲלִיוֹן

גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה

הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גְאוּלָּה לְבָנֵי בְנֵיהֶם

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה, מַגֵּן

אַבְרָהָם וְעֵזְרַת שָׂרָה.

Avot v'Imahot

You are the Source of blessing, Adonai, our God and God of our fathers and mothers:

God of Abraham, God of Isaac, and God of Jacob;

God of Sarah, God of Rebecca, God of Rachel, and God of Leah;

exalted God, dynamic in power, inspiring awe, God sublime, Creator of all -

yet You offer us kindness, recall the loving deeds of our fathers and mothers and bring

redemption to their children's children, acting in love for the sake of Your name.

Remember us for life, sovereign God who treasures life.

Inscribe us in the Book of Life, for Your sake, God of life.

Sovereign of salvation, Pillar of protection -

Blessed are You in our lives, Adonai, Shield of Abraham, Sustainer of Sarah.



Atah gibor l'olam, Adonai, m'chayeih hakol atah, rav l'hoshi-a.	אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.
M'chalkel chayim b'chesed, m'chayeih hakol b'rachamim rabim. Somech noflim, v'rofe cholim, umatir asurim, um'kayeim emunato lisheinei afar.	מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,
Mi chamocha ba-al g'vurot, umi domeh lach, Melech meimit um'chayeh umatzmiah y'shuah?	מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה?
V'ne'eman Atah l'hachayot hakol. Baruch Atah Adonai, m'chayeh hakol.	וְנֶאֱמָן אַתָּה לְהַחַיּוֹת הַכֹּל: בָּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַכֹּל.

Your life-giving power is forever, Adonai - with us in life and in death.

You liberate and save, cause dew to descend;

and with mercy abundant, lovingly nurture all life.

From life to death, You are the force that flows without end -

You support the falling, heal the sick, free the imprisoned and confined;

You are faithful, even to those who rest in the dust.

Power-beyond-Power, from whom salvation springs,

Sovereign over life and death - who is like You?

Merciful God, who compares with You?

With tender compassion You remember all creatures for life.

Faithful and true, worthy of our trust - You sustain our immortal yearnings;

in You we place our undying hopes.

Wellspring of blessing, Power eternal, you are the One who gives and renews all life.

ATAH kadosh v'shimcha kadosh  
uk'doshim b'chol yom  
y'hal'lucha, selah.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים  
בְּכָל יוֹם יְהִלְלֶנּוּךָ, סֵלָה.  
בָּרוּךְ אַתָּה יְהוָה, הַמְלִיךְ הַקָּדוֹשׁ.

K'dushah

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

MI shebeirach avoteinu  
M'kor hab'rachah l'imoteinu -

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ,

Prayer for  
those in Need  
of Healing

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 shebeirach imoteinu  
M'kor hab'rachah l'avoteinnu -

מִי שֶׁבִּרַךְ אִמּוֹתֵינוּ,  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ,

Bless those in need of healing with R'fuah Shleimah,  
The renewal of body, the renewal of spirit.  
And let us say, Amen.

SHALOM RAV al Yisrael amcha  
tasim l'olam,  
ki atah hu Melech Adon  
l'chol hashalom.

V'tov b'einecha l'vareich  
et amcha Yisrael

b'chol eit uv'chol shaah bish'lomecha.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תְּשִׂים לְעוֹלָם  
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן  
לְכֹל הַשְּׁלוֹם

וְטוֹב יְהִיָּה בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל  
בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוּמֶךָ.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom. : הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשִׁלּוֹם :

GRANT ABUNDANT PEACE to Israel Your people forever,  
for You are the Sovereign God of all peace.  
May it be pleasing to You to bless Your people Israel  
in every season and moment with Your peace.

Blessed are You, Adonai, who blesses Your people Israel with peace.

Yih'yu l'ratzon imrei fi  
v'hegyon libi'fanecha,  
Adonai tzuri v'go-ali.

יְהִיּוּ לְרָצוֹן אִמְרֵי פִי  
וְהִגְיוֹן לִבִּי לְפָנֶיךָ.  
יְהִיָּה צוּרִי וְגוֹאֲלִי:

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

Oseh shalom bim'romav,  
hu ya-aseh shalom aleinu  
v'al-kol-Yisrael, v'imru: Amen.

עוֹשֵׂה הַשְּׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

May the One who creates peace  
grant peace to us and all of Israel  
And let us say: Amen.

Shalom Rav

Yih'yu  
L'ratzon

Prayer for  
Peace

## Concluding Blessings

Aleinu l'shabei-ach la-Adon ha-kol,  
lateit g'dulah l'yotzeir b'reishit,  
shelo asanu k'goyei ha-aratzot,  
velo samanu k'mishp'chot  
ha-adamah; shelo sam chelkeinu  
kahem, v'goraleinu k'chol-hamonam.  
Va-anachnu kor'im umish'tachavim  
umodim lif'nei Melech Mal'chei  
haM'lachim, haKadosh, baruch hu.

V'ne-emar: v'hayah Adonai l'Melech  
al-kol-ha-aretz; bayom hahu  
yih'yeh Adonai echad, ush'mo echad .

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל,  
לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹא אֲסָנֵנוּ כְּגוֹיֵי הָאֲרָצוֹת,  
וְלֹא שָׁמַנּוּ כְּמִשְׁפָּחוֹת  
הָאֲדָמָה שֶׁלֹא שָׁם חֵלְקֵנוּ  
כְּהֵם וְגוֹרְלֵנוּ כְּכֹל הַמוֹנִים.  
וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים לְפָנָי מֶלֶךְ מַלְכֵי  
הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

וְנֵאמָר וְהָיָה יְהוָה לְמֶלֶךְ  
עַל כָּל הָאָרֶץ בַּיּוֹם הַהוּא  
יְהִי יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד .

Aleinu

Bayom Hahu

Let us adore the ever-living god, and render praise unto you who spreads  
out the heavens and established the earth, whose glory is revealed  
in the heavens above,  
and whose greatness is manifest throughout the world.

You are our God; there is none else.

Therefore we bow in awe and thanksgiving before the One  
who is Sovereign over all, the Holy and Blessed One.

Yitgadal v'yit'kadash sh'meih raba.  
B'alma di-v'ra chire'uteih,  
v'yamlich mal'chuteih b'chayeichon  
uv'yomeichonuv'chayei d'chol beit  
Yisrael, ba-agala uviz'man kariv,  
v'im'ru: Amen.

Y'hei sh'meih raba m'vorach l'alam  
ul'almei almaya.

Yit'barach v'yish'tabach v'yit'pa-ar  
v'yit'romam v'yitnasei v'yit'hadar  
v'yit'aleh v'yit'halal sh'meih  
d'kud'sha, b'rich hu.

L'eila min-kol-bir'chata v'shirata  
tush b'chata v'nechemata da-amiran  
b'alma: v'imru: Amen.

Y'hei sh'lama raba min-sh'maya  
v'chayim aleinu v'al-kol-Yisrael,  
v'im'ru: Amen.

Oseh shalom bim'romav,  
hu ya-aseh shalom aleinu  
v'al-kol-Yisrael, v'imru: Amen.

יִתְגַּדַּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ  
וְיַמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוּן  
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב  
וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם  
וּלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ

דְּקוּדְשָׁא, בְּרִיךְ הוּא לְעָלְמָא  
וּלְעָלְמָא מְכָל בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְּאָמְרוּ  
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן:

עוֹשֵׂה הַשְּׁלוֹם בְּמְרוֹמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן

May God's great name come to be magnified and sanctified in the world God brought  
into being. May God's majestic reign prevail soon in your lives,  
in your days, and in the life of the whole House of Israel; and let us say: Amen.

May God's great name be blessed to the end of time.

May God's holy name come to be blessed, acclaimed, and glorified; revered, raised, and  
beautified; honored and praised. Blessed is the One who is entirely beyond all the  
blessings and hymns, all the praises and words of comfort that we speak in the world;  
and let us say: Amen.

Let perfect peace abound; let there be abundant life for us and for all Israel. May the  
One who makes peace in the high heavens make peace for us, all Israel,  
and all who dwell on earth; and let us say: Amen.

May the Source of peace bestow peace on all who mourn,  
and may we be a source of comfort to all who are bereaved. Amen.

BARUCH atah, Adonai

Eloheinu, Melech haolam,  
borei p'ri hagafen.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav

v'ratzah vanu, v'Shabbat kodsho

b'ahavah uv'ratzon hinchilanu,  
zikaron l'maaseih v'reishit.

Ki hu yom t'chilah l'mikra-ei kodesh,  
zecher litziat Mitzrayim.

Ki vanu vacharta, v'otanu kidashta,  
mikol haamim.

V'Shabbat kodsh'cha

b'ahavah uv'ratzon hinchaltanu.

Baruch atah, Adonai, m'kadeish HaShabbat.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרִי הַגֶּפֶן.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבַּת קֹדֶשׁוֹ. בְּאַהֲבָה וּבְרָצוֹן  
הִנְחִילָנוּ,

זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ  
זְכוֹר לִיצִיאַת מִצְרָיִם.

כִּי בָנוּ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ,  
מִכָּל הָעַמִּים.

וְשַׁבַּת קֹדֶשְׁךָ בְּאַהֲבָה וּבְרָצוֹן  
הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה יְהוָה,

מְקַדֵּשׁ הַשַּׁבָּת,  
PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe  
who finding favor with us, sanctified us with mitzvot.

In love and favor, You made the holy Shabbat our heritage as a reminder of the  
work of Creation. As first among our sacred days, it recalls the Exodus from Egypt

You chose us and set us apart from the peoples.

In love and favor You have given us Your holy Shabbat as an inheritance.

Baruch Atah Adonai,

Eloheinu Melech haolam

hamotzi lechem min ha'aretz.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Praise to You, Adonai our God,  
Sovereign of the universe,  
who brings forth bread from the earth.