



**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 וְקִיָּמָנוּ
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 בְּרוּךְ 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 בְּרוּךְ 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 בְּרוּךְ הוּא.
Tzeit'chem l'shalom, malachei hashalom,	צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם,
malachei elyon,	מַלְאָכֵי עֲלִיוֹן,
mimelech mal'chei hamlachim,	מִמְלֶךְ מַלְכֵי הַמְּלָכִים,
HaKadosh Baruch Hu.	הַקָּדוֹשׁ בְּרוּךְ 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,

מִשׁוֹחַ 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.

נִקְדָּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נְרִיעַ לוֹ.

כִּי אֵל גָּדוֹל יְהוָה,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

אֲשֶׁר בְּיָדוֹ מַחְקְרֵי אָרֶץ,

וְתוֹעֲפוֹת הַרִים לוֹ.

אֲשֶׁר לוֹ הַיָּם וְהוּא עָשָׂהוּ,

וַיַּבֶּשֶׂת יַדָּיו יַצָּרוּ.

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 כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים
v'Adonai shamayim asah.	וַיהוָה שָׁמַיִם עָשָׂה.
Hod v'hadar l'fanav,	הוֹד וְהִדָּר 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 יִשְׁפֹּט 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'chinar,
 b'chinar 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
 תִבֵּל וַיִּשְׁבְּי בָהּ.
 נְהָרוֹת יִמְחֲאוּ כָף
 יַחַד הָרִים יִרְנְנוּ.
 לִפְנֵי יְהוָה כִּי בָא לְשַׁפֵּט הָאָרֶץ
 יִשַׁפֵּט תִּבְּל בְּצֶדֶק 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, לָכָה דוּדֵי לְקַרְאֵת כֵּלָה ,
 p'nei Shabbat n'kab'lah. פְּנֵי שַׁבָּת נִקְבְּלָה .

Shamor v'zachor b'dibur echad, שְׁמֹר וּזְכוֹר בְּדִבּוּר אֶחָד ,
 hishmianu El ham'yuchad, הַשְׁמִיעָנוּ אֵל הַמִּיְחָד ,
 Adonai echad ush'mo echad, יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד ,
 l'shem ul'tiferet v'lit'hilah. לְשֵׁם וּלְתִפְאוּרֵת וּלְתִהְלָה .

Likrat Shabbat l'chu v'neilcha, לְקַרְאֵת שַׁבָּת לָכוּ וְנִלְכָה ,
 ki hi m'kor hab'rachah, כִּי הִיא מִקּוֹר הַבְּרָכָה ,
 meirosh mikedem n'suchah, מֵרֹאשׁ מִקְדָּם נְסוּכָה ,
 sof maaseh b'machashava t'chilah. סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה .

Hitor'ri, hitor'ri, הִתְעוֹרְרִי הִתְעוֹרְרִי ,
 ki va oreich, kumi ori, כִּי בָּא אֶרְךָ קוּמִי אֲוִרִי ,
 uri uri shir dabeiri. עוּרִי עוּרִי שִׁיר דַּבְּרִי .
 k'vod Adonai alayich niglah. כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה .

Bo-i v'shalom ateret ba'lah, בּוֹאֵי בְשָׁלוֹם אֶטְרַת בַּעֲלָה ,
 gam b'simchah uv'tzoholah, גַּם בְּשִׂמְחָה וּבְצְהִלָּה ,
 toch emunei am s'gulah, תּוֹךְ אֲמוּנֵי עַם סִגְלָה ,
 bo-i chalah, bo-i chalah. 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 עֲלַמְיָא. 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,

בְּחִכְמָה 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 יִמְלֹךְ עָלֵינוּ

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 אהבתך,
תורה ומצוות
חקים ומשפטים אותנו למדתך.
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 אֲנֹכִי מְצַוְךָ
 הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם
 לְבִנְיָהּ וּדְבַרְתָּ בָּם בְּשַׁבְּתֶךָ
 בְּבֵיתֶךָ וּבְלִכְתֶּךָ בַּדֶּרֶךְ
 וּבְשֹׁכְבְּךָ וּבְקוּמֶךָ: וְקָשַׁרְתָּם
 לְאוֹת עַל-יָדֶיךָ וְהָיוּ לְטֹטְפוֹת
 בֵּין עֵינֶיךָ: וְכָתַבְתָּם
 עַל-מְזוּזוֹת 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 וְהִיִּיתֶם
 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. וַיִּגְאֹלוּ מִיַּד חֲזָק מִמֶּנּוּ.

Baruch atah, Adonai, gaal Yisrael. בָּרוּךְ אַתָּה יְהוָה. גָּאֵל יִשְׂרָאֵל.

מִי כָמֹכָה בְּאֱלִים יְהוָה.

מִי כָמֹכָה נֹאדָר בַּקֹּדֶשׁ.

נוֹרָא תְהִלּוֹת עֲשֵׂה פֶלֶא!

מִלְכוּתְךָ רָאוּ בְנֵי־ךָ,

בּוֹקַעַיִם לִפְנֵי מֹשֶׁה.

זֶה אֱלֹהֵינוּ. וְאָמְרוּ,

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד!

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 sukot sh'lomecha, וּפְרוֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
 v'takneinu b'eitzah tovah milfanecha, וְתַקְנֵנוּ בְּעֶצְרָה טוֹבָה מִלְּפָנֶיךָ,
 v'hoshi-einu l'maan sh'mecha. וְהוֹשִׁיעֵנוּ מִהֲרָה לְמַעַן שְׁמֶךָ.

Baruch atah, Adonai, בָּרוּךְ אַתָּה יְהוָה
 haporeis sukot 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.

GIVE US A PLACE TO REST, Adonai, O' God.

Shelter us in the long, soft, evening shadows of your truth

You are true protection and safety

in Your presence we find love and acceptance

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.

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.

V'shamru v'nei Yisrael et haShabbat.	וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת.
La'asot et haShabbat	לַעֲשׂוֹת אֶת הַשַּׁבָּת
l'dorotam b'rit olam.	לְדֹרֹתָם בְּרִית עוֹלָם.
Beini u'vein b'nei Yisrael	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
ot hi l'olam.	אוֹת הִיא לְעוֹלָם.
Ki sheishet yamim asah Adonai	כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
Et hashamayim v'et ha'aretz.	אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.
Uv'yom hashvi'i shavat vayinafash.	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.

MI shebeirach avoteinu	מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ
M'kor hab'rachah l'imoteinu -	מִקּוֹר 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	מִי שֶׁבִּרַךְ אִמּוֹתֵינוּ,
M'kor hab'rachah l'avoteinnu -	מִקּוֹר 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.

HaT'filah - Standing Before God

אֲדֹנָי, שְׁפֹתַי 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 **אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה**
 hakol atah, rav l'hoshi-a. **הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.**

M'chalkel chayim b'chesed, m'chayeih **מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה**
 hakol b'rachamim rabim. Somech **הַכֹּל בְּרַחֲמִים רַבִּים סוֹמֵךְ**
 noflim, v'rofe cholim, **נוֹפְלִים, וְרוֹפֵא חוֹלִים**
 umatir asurim, um'kayeim **וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם**
 emunato lischeinei afar. **אֱמוּנָתוֹ לִישְׁנֵי עָפָר,**

Mi chamocha ba-al g'vurot, umi **מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי**
 domeh lach, Melech meimit **דוֹמֶה לָךְ, מֶלֶךְ מְמִית**
 um'chayeh umatzmiah y'shuah? **וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה?**

V'ne'eman Atah l'hachayot hakol. **וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל:**
 Baruch Atah Adonai, m'chayeh hakol. **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 **אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים**
 uk'doshim b'chol yom **בְּכָל יוֹם יְהִלְלוּךָ, שְׁלָה.**
 y'hal'lucha, selah.

Baruch atah Adonai, Ha-El hakadosh. **בָּרוּךְ אַתָּה יְהוָה, הַמְּלֹךְ הַקָּדוֹשׁ.**

YOU ARE HOLY, Your Name is holy,
 and those who are holy praise You every day.*

Blessed are You, Adonai, the Holy God.

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 לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל
בְּכֹל יֵת וּבְכֹל 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
וְהִגִּיוֹן 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 .

עלינו לשבּח לאדון הכל,
לתת גדלה ליוצר בראשית,
שלא עָשָנו כְּגוֹיֵי הָאָרְצוֹת,
ולא שָמָנו כְּמִשְׁפָּחוֹת
הָאָדָמָה שֶׁלֹא שָם חֵלְקֵנוּ
כָּהֵם וְגוֹרְלֵנוּ כְּכֹל הַמוֹנִים.
וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי
הַמַּלְכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

וְנֵאמַר 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:

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵם
וּלְעַלְמֵי עַלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקוּדְשָׁא, בְּרִיךְ הוּא לְעַלְמָא
וּלְעַלְמָא מְכָל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְּאָמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וּחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ אָמֵן:

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

May God's great name come to be magnified and santcified 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 פְּרֵי הַגָּפֶן.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבַּת קִדְּשׁוֹ. בְּאַהֲבָה וּבְרָצוֹן

הִנְחִילָנוּ,

זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ

זְכוֹר לִיצִיאַת מִצְרָיִם.

כִּי בָנוּ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ,

מִכָּל הָעַמִּים.

וְשַׁבַּת קִדְּשְׁךָ בְּאַהֲבָה וּבְרָצוֹן

הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה יְהוָה,

מִקְדֵּשׁ 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.