

The Shul of New York
Kabbalat Shabbat Highlights



Shalom Aleichem - Peace Upon Us

According to the Talmud (Shabbat 119), two angels accompany each of us on our way home from the synagogue on Erev Shabbat. One angel is good and the other is evil. Upon arriving home, if we have done anything to prepare for the Sabbath, the good angel brings blessings. If not, the evil one works mischief. ***Shalom Aleichem***, based upon this legend, is Kabbalistic in origin.

**Shalom aleichem, malachei hashareit malachei elyon
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.**

**Bo-achem l'shalom, malachei hashalom, malachei elyon,
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.**

**Bar'chuni l'shalom, malachei hashalom, malchei elyon,
mimelech mal'chei hamlachim HaKadosh Baruch Hu**

**Tzeit'chem l'shalom, malachei hashalom,
mimelech mal'chei hamlachim, HaKadosh Baruch Hu**

Peace be to you angels of peace
Enter in peace
Bless us with peace
Depart in peace

Candle Lighting

We lift our hands in circular motions over the flames six times to bring all six days into Shabbat. We draw the light into ourselves and spread the light to those in need. We close our eyes to complete the blessing before enjoying the light and to remember to use the light to look in as well as out.

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

Blessed are you Adonai, whose presence fills creation making us holy with your commandments and calling us to kindle the lights of Shabbat.

Lecha Dodi - Come My Beloved

Come, my beloved; call the bride as we welcome the light of Shabbat.

L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.

*Shamor v'zachor b'dibur echad
hishmianu El ham'yuchad.
Adonai echad ush'mo echad.
I'shem ul'tiferet v'lit'hilah.
L'chah...*

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

*Likrat Shabbat l'chu v'neilcha.
ki hi m'kor hab'rachah.
meirosh mikedem n'suchah.
sof ma'aseh b'machashava
t'chilah. L'Chah . . .*

**PLEASE RISE FOR THE LAST
VERSE**
*Bo-i v'shalom ateret ba'alah.
gam b'simchah uv'tzoholah.
toch emunei am s'gulah.
bo-i chalah, bo-i chalah. L'chah...*

Ahavat Olam - In Praise of the Source of Infinite Love

With unlimited love You have loved the house of Israel, Your people.

**Ahavat (x2)
Ahavat olam
beit Yisrael
amcha ahavta,**

Sh'ma Yisrael YHVH Eloheinu YHVH Echad!

Kavannah: The **Sh'ma**—Deuteronomy 6:4—is a call from God to Israel, from each one of us to the other. When Jacob was about to die, he gathered his children around him and asked whether they would remain faithful to the spiritual values he had taught them.

They responded, **Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!**

Listen Israel [Jacob], the One God is our God. Jacob replied with his last breath, *“Baruch shem k'vod I'olam vaed,”* thanking God for his children's commitment to carry on the tradition. ~ Talmud, Pesachim 56a

Mi Chamochah In Praise of the Source of Hope and Redemption

Our tradition calls us to remember *Yetsiat Mitsrayim*, our going out from Egypt in every service. We remember that we were slaves and affirm that until all people are free, not one of us is completely free. Though we mourn for the suffering of the Egyptians and know that the journey ahead is long and difficult, we join together in celebration of this precious moment of freedom. The wisdom of celebrating that moment has carried us through times of deep despair when a glimmer of hope came from remembering the miracle at the shores of the sea when Miriam the prophetess took her timbrel in her hand and together with Moses led the people in song and dance.

**Mi chamochah ba-eilim, Adonai
Mi kamochoh nedar bakodesh
nora t'hilot, oseih fele**

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

Hashkiveinu - Rise Up To Life Renewed

This is the last prayer in the *Sh'ma* and Her Blessings., recited only in the evening. We ask that a shelter of peace be spread over us that we may have a moment of Shabbat rest under the gentle wings of the *Shechinah* and the safety of our community. "To act in the spirit of religion is to unite what lies apart, to remember that humanity as a whole is God's beloved child." ~ Rabbi Abraham Joshua Heschel

***Hashkiveinu Adonai eloheinu l'shalom,
v'ha'amideinu shomreinu l'chayim,
Ufros aleinu sukat sh'lomecha,***

Allow us to lie down and rise up in peace, Shalom.

Amidah - Time for Silent Meditation

Kavannah: The central part of the prayer service is the T'filah, the Hebrew word for prayer. It is also called *Amidah* (Standing) Once this was the time for the spontaneous prayers of the congregation. The more popular prayers were preserved. These became *keva*. The *kavannot*, our own personal blessings and hopes, are for us to add.

**Adonai s'fatai tiftach, ufi yagid t'hilatecha.
Adonai, open my lips that my mouth may declare your praise.**

Private Conversation with the Holy One of Blessings

Prayer for Healing

El na r'fa na lah. Refua sheleima

Please God, heal her now.

~ Numbers 12:13 (The perfect prayer of Moses praying for his sister, Miriam.)

Aleinu - It is Upon Us

Shechinah, we know your presence is here with us. You are the peace and joy of our days. But we also know that you dwell in the depths of suffering and sorrow. We pray now for the hungry, for the homeless, for the victims of war and catastrophe, for the sick and the dying, for those oppressed by racism. And we pray for our fragile earth, for all her inhabitants, and for life itself. We ask your blessing on all those engaged in *tikkun olam*, the healing and transforming of our planet. Open our hearts and stir us to struggle on behalf of your creations. May each of us, all of us, become your limbs and hands, bringing healing and compassion, social justice, love and peace to your world.

This prayer reminds us that we are no longer victims. We must be on guard to avoid becoming like those nations who oppress. We call out with humility and gratitude as we learn from the lessons of our own history and commit ourselves to *tikkun olam*--the restoration of wholeness to our broken world.

Ve'ha-she-vo ta---

El le va ve-e cha

Ki Adonai

Hu ha E-lo-him (x2)

Vene-e- mar . . .

Mourner's Kaddish

As all our prayers, the **Mourner's Kaddish** connects us with the Source of Life. May the memory of our loved ones remain in our hearts.

*Yitgadal v'yitkadash shmei raba. B'alma div'ra chirutei
v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael,
ba'agala uvizman kariv. V'im'ru: Amen.*

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

*Yitbarach v'yishtabach v'yitpa'ar y'vitromam v'yitnasei, v'yit-hadar, v'yitaleh
v'yit'halal sh'mei d'Kud'sha B'rich Hu,
l'eila min kol birchata v'shirata, tushb'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'imru: Amen.
Oseh shalom bimromav, Hu ya'aseh shalom. aleinu, v'al kol Yisrael, v'al kol
yoshvey tevel V'imru: Amen.*

Olam Chesed Yibaneh

Olam Chesed Yibaneh (x4)

*I will build this world from love, lalalala
You must build this world from love, daidaidai
And if we build this world from love, daidaidai
Then God will build this world from love. Yadaida*

Ozi v'Zimrat Yah Psalm 118:14, Exodus 15:2

Ozi V'Zimrat Yah Vayahi li lishuah

My Strength (balanced) with the Song of God will be my salvation

Rabbi Shefa Gold writes "In this practice I find and express my strength, my will, my effort and desire when I chant *Ozi*. When I chant *v'zimrat Yah*, I open and surrender to the God-song and let it be sung through me. Then in the last phrase, *Vayahi li lishuah*, I balance those two aspects of my practice."

Evening Blessings for Wine and Bread

*Baruch atah, Adonai Eloheinu, Melech haolam borei p'ri hagafen .
Baruch atah, Adonai Eloheinu, Melech haolam,
Asher kid'shanu b'mitzvotav v'ratzah V'Shabbat kodsho B'ahavah
uv'ratzon hinchilanu, Zikaron l'ma'aseih v'reishit.
Ki hu yom t'chilah l'mikra-ei kodesh, Zecher litziat Mitzrayim.
Ki vanu vacharta, v'otanu kidashta, "Mikol ha'amim
V'shabbat kodsh'cha B'ahavah uv'ratzon hinchaltanu.
Baruch atah, Adonai, m'kadeish haShabat*

Blessed are you Adonai, creator of the fruit of the vine.
Blessed are you, Adonai, whose presence fills creation, who blesses us with you commandments, and takes delight in us. In your love and favor, you have made this holy Shabbat our heritage, as a reminder of the work of creation. It is first among our sacred days, and a remembrance of the Exodus from Egypt.
O, God, You have chosen us and set us apart from all peoples, and in love and favor have given us the Sabbath Day as a sacred inheritance. Blessed are you, Adonai, for Shabbat and its holiness.

*Baruch atah, Adonai Eloheinu, Melech haolam
hamotzi lechem min ha'aretz*

Blessed are you, Adonai, whose presence fills creation; who brings forth bread from the earth.