

The book cover features a central circular motif containing a sunset scene. This circle is held by two hands at the bottom, which are wearing a blue and white striped kippah. Above the circle is a yellow triangular shape with a Star of David and a red heart inside. The background is dark blue with stars, a crescent moon, and a sun. The title is written in a stylized font across the center.

*A Siddur for
Erev Shabbat*

Rabbi Marcia Prager

לְשֵׁם יְחִוּד קוֹדֶשׁא בְּרִיךְ הוּא וְשְׁכִינָתָהּ
הַנְּנִי מוֹכֵן וּמְזוּמָן לְקַבֵּל עָלַי
מִצְוֹת עֲשֵׂה שֶׁל

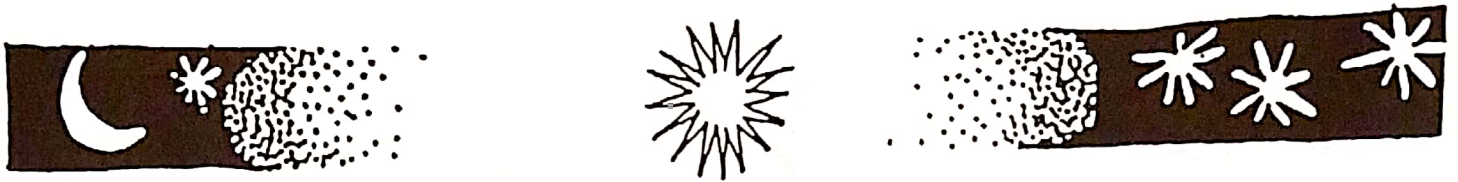
וְאַהֲבַת לְרֵעֶךָ כָּמוֹךָ

וּבְזָכוֹת זֶה אֶפְתָּח פִּי:

For the sake of the union
of the Holy One Blessed Be He, and the *Shekhinah*
I am prepared to take upon myself the *mitzvah*

You Shall Love Your Fellow Person as Yourself
V'ahavta l'rey-acha kamocha

and by this merit I open my mouth.



Hadlakat

הדלקת נרות

Nerot

Lighting *Shabbat* Candles

Candles are traditionally lit in the home before sundown,
just as the sky is turning pink
with the promise of the coming sunset
that marks the moment of our passage into the next day.

In the Jewish calendar, transitions in time are marked by natural, observable events. New months are literally new 'moon-ths.' The new day begins, not at an abstract time while we sleep, but at the event of sunset. We see this awareness reflected in the Torah account of creation: "There was evening and there was morning, day one."

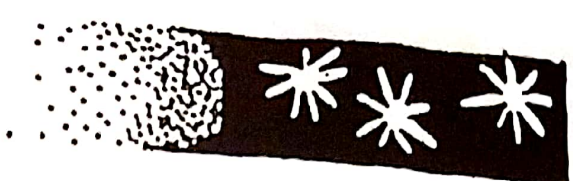
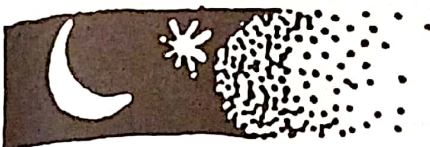
When we enter *Shabbat*, we enter creation's culmination and perfection. On this, the seventh day, the process of Divine unfolding into the realm of the physical is completed and a final crowning stage begins. We learn in Torah: "And on the seventh day, (God) made *Shabbat*, "va-y'nafash" - "and souled" (the world). This is the time of Divine unfolding in the realm of spirit: literally the "ensouling" of the world.

Thus, as we enter *Shabbat*, we step aside from the physical world of doing and making, of controlling and manipulating, into the world of the soul. *Shabbat* is not a time of "no-work," rather it is our time of soul-work.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וַיַּצֵּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch Ata יהוה, Eloheynu Melech ha-Olam
Asher Kidshanu b'Mitzvotav
v'Tzivanu l'Hadlik Ner Shel Shabbat.*

A Fountain of Blessings are You יהוה, our God and Guide, Power of Time and Space.
You make us sacred through these *mitzvot* (spiritual practices)
and join us to You as we light the lights of *Shabbat*.



Tonight is a time to catch our breath.
Whatever we have been
doing,
making,
working,
creating...

Tonight is a time to catch our breath.

No matter how necessary our work,
how important to the world,
how urgent that we continue it;

No matter how joyful our work,
how fully and profoundly human;

No matter how flawed our work,
how urgent that we set it right;
No matter how hard we have worked to gather
our modest fame,
our honorable livelihood,
our reasonable power,

Tonight we pause to catch our breath.
Tonight we pause to share whatever we have gathered.

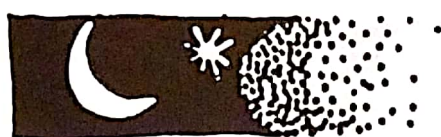


בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל *B'shem Ha-Shem Elohey Yisrael*
 מִיְּמִינִי מִיְּכָאֵל *Meey'meenee Micha-El*
 וּמִשְׁמָאֵלִי גַבְרִיאֵל *U-mis'mol-ee Gavri-El*
 וּמִלְּפָנַי אֱוִרִיאֵל *U-mil'fanay Uri-El*
 וּמֵאַחֲרָי רַפָּאֵל *U-mey-achoray Rafa-El*
 וְעַל רֹאשִׁי שְׁכִינַת אֵל *V'al roshi Shekhinat El*

In the Name, the Name of God,
 God of Israel,
 May *Micha-El* be on my right,
 and on my left *Gavri-El*,
Uri-El before me
 Behind me *Rafa-El*,
 And o'er my head, surrounding me
Shekhinat-El

(traditional text;
 song-
 R' Shlomo Carlebach)





Shalom

שלום עליכם

Aleychem

שְׁלוֹם עֲלֵיכֶם · מַלְאָכֵי הַשָּׁרֵת · מַלְאָכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים · הַקָּדוֹשׁ בָּרוּךְ הוּא:

*Shalom aleychem mal'achey ha-shareyt, mal'achey elyon
Mi-melech, mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.*

Welcome among us, ministering angels,
messengers of the Most High, the supreme Holy One Blessed Be!

בּוֹאֲכֶם לְשָׁלוֹם · מַלְאָכֵי הַשָּׁלוֹם · מַלְאָכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים · הַקָּדוֹשׁ בָּרוּךְ הוּא:

*Bo-a-chem l'shalom, mal'achey ha-shalom, mal'achey elyon,
Mi-melech, mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.*

Come bringing wholeness, messengers of *shalom*,
messengers of the Most High, the supreme Holy One Blessed Be!

בְּרַכּוּנִי לְשָׁלוֹם · מַלְאָכֵי הַשָּׁלוֹם · מַלְאָכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים · הַקָּדוֹשׁ בָּרוּךְ הוּא:

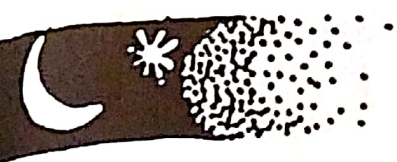
*Barchu-ni l'shalom, mal'achey ha-shalom, mal'achey elyon
Mi-melech, mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.*

Bless me with fulfillment, messengers of *shalom*,
messengers of the Most High, the supreme Holy One Blessed Be!

צֵאתְכֶם לְשָׁלוֹם · מַלְאָכֵי הַשָּׁלוֹם · מַלְאָכֵי עֲלִיוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים · הַקָּדוֹשׁ בָּרוּךְ הוּא:

*Tzeyt-chem l'shalom, mal'achey ha-shalom, mal'achey elyon
Mi-melech, mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.*

May you depart in peace, messengers of *shalom*,
messengers of the Most High, the supreme Holy One Blessed Be!



Yedid

יְדִיד נֶפֶשׁ

Nefesh

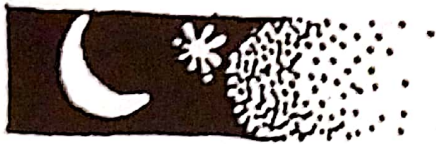
You who love my soul, sweet source of tenderness
Take my inner nature and shape it to Your will.
Like a darting deer I will flee to You.
Before Your glorious presence, humbly do I bow.
Let your sweet love delight me with its thrill.
Because no other dainty will my hunger still.

How splendid is Your light which worlds do reflect
My soul is worn from craving for Your love's delight.
Please good God do heal her, and show to her Your face
So my soul can see You, and bathe in Your grace.
There she will find strength, and healing in this sight.
Her joy will be complete then; eternal her delight!

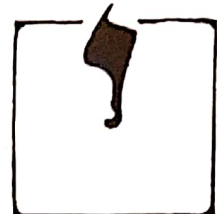
What pity stirs in You, since days of old, my God!
Be kind to me, Your own child, begotten by Your love.
For long and longing hours, I yearned for Your embrace.
To see my light in Your light, basking in Your grace
My heart's desire is to harmonize with Yours.
Do not conceal your pity, hide not that light of Yours.

Help, my lover, spread your canopy of peace.
Enfold all human beings. Give all pain surcease.
Your Presence on this earth-plane do make known to us.
And we shall respond then with song and with dance.
Rush my love, be quick! The time for love is now!
Let Your gentle favor grace us as of old!

(Hebrew text: R' Eliezer Azikri, 16th c. – singable translation: R' Zalman Schachter-Shalomi)



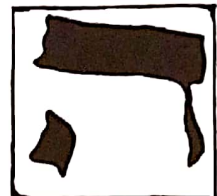
דִּיד נֶפֶשׁ אָב הַרְחָמָן מְשׁוֹךְ עֲבָדְךָ אֶל רְצוֹנְךָ;
יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרֶךְ;
תַּעֲרַב לוֹ יְדִידוּתְךָ מִנֶּפֶת צִוְיָ וְכָל־טָעַם:



:

*Yedid nefesh Av ha-Rachaman m'shoch av'd'cha el r'tzon-echa.
Yarutz avd'cha k'mo ayal. Yish'ta-cha-veh el mul ha-da-recha.
Teh-erav lo y'didu-techa, mi-nofet tzuf v'chol ta-am.*

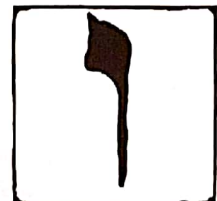
דוֹר נָאָה זִיו הָעוֹלָם נִפְשֵׁי חוֹלֵת אֶהְבֶּתְךָ;
אָנָּה אֵל נָא רָפָא נָא לָהּ בְּהִרְאוֹת לָהּ נֶעֱם זִיוָךְ;
אֲזוֹ תִתְחַזֵּק וְתִתְרַפָּא וְהִיתָה לָהּ שְׂמִיחַת עוֹלָם:



ט

*Hadoor na-eh zeev ha-olam nafshee cholat ahava-techa.
Ana El na, r'fa na lah. B'har'ot lah noam zee-vecha.
Az tit'chazeyk v'tit'rapey, v'hay'tah lah sim'chat olam.*

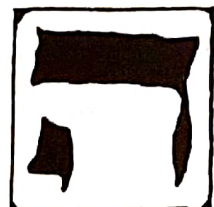
תִּיק יְהִמּוּ נָא רַחֲמֶיךָ וְחוּסָה נָא עַל בֵּין אֶהוּבְךָ;
כִּי זֶה כַּמָּה נִכְסֹף נִכְסַּפְתִּי לִרְאוֹת בְּתַפְאֶרֶת עֲזָךְ;
אֵלֶּה חֲמֻדָּה לְבִי חוּסָה נָא וְאֵל תִּתְעַלֵּם:



ל

*Vateek yeh-heh-mu na rachamecha v'chusah na al beyn ahuvecha.
Kee zeh chamah nichsof nich'saf'ti lir'ot b'tif'eret uzecha.
Ayleh cham'dah lee-bee chu-sah na v'al tit'alam.*

גָּלָה נָא וּפְרוֹשׁ חֲבִיבִי עָלַי אֶת־סִכַּת שְׁלוֹמְךָ;
תְּאִיר אֶרֶץ מִכְבוֹדְךָ נִגִּילָה וְנִשְׂמַחָה בָּךְ;
מִהֵר אֶהוּב כִּי בָּא מוֹעֵד וְחַנּוּנוֹ כִּימִי עוֹלָם:



.

*Hee-galey na u'fros cha-vee-vee alay et-sukkat shlomecha.
Ta-er eretz mik'vo-decha nageelah v'nis'm'cha bach.
Ma-heyr ahoov ki va mo-eyd v'cha-ney-nu keeymey olam.*

Psalm 96

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ שִׁירוּ לַיהוָה כָּל הָאָרֶץ:
שִׁירוּ לַיהוָה בָּרְכוּ שְׁמוֹ בַּעֲשָׂרוֹ מִיּוֹם לַיּוֹם יְשׁוּעָתוֹ:
סִפְּרוּ בַּגּוֹיִם כְּבוֹדוֹ בְּכָל הָעַמִּים נִפְלְאוֹתָיו:

Shiru la-יהוה shir chadash, shiru la-יהוה kol ha-aretz.
Shiru la-יהוה barchu Sh'mo, basru mi-yom l'yom y'shuato.
Sapru va-goyim k'vodo b'chol ha-amim nifl'otav.

כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד נֹרָא הוּא עַל כָּל אֱלֹהִים:
כִּי כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים וַיהוָה שָׁמַיִם עָשָׂה:
הוֹד וְהָדָר לִפְנֵי עֹז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ:

Ki gadol יהוה u-m'hulal m'od, norah hu al kol elohim.
Ki kol elohey ha-amim elilim, va-יהוה shamayim asah.
Hod v'hadar l'fanav, oz v'tiferet b'mikdasho.

הָבוּ לַיהוָה מְשִׁפְחוֹת עַמִּים הָבוּ לַיהוָה כְּבוֹד וְעֹז:
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ שְׂאוּ מִנְחָה וּבֹאוּ לְחַצְרוֹתָיו:
הַשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ חִילוּ מִפְּנֵי כָּל הָאָרֶץ:

Havu la-יהוה mish'p'chot amim, havu la-יהוה kavod va-oz.
Havu la-יהוה k'vod Sh'mo, s'u mincha u-vo-u l'chatz'rotav.
Lish'tachavu la-יהוה b'hadrat kodesh, chee-lu mi-panav kol ha-aretz.

אָמְרוּ בַּגּוֹיִם יְהוָה מָלַךְ אֶף תִּכּוֹן תִּבְלָה
בְּלֹ תִמּוֹט יָדִין עַמִּים בְּמִישְׁרִים:

Imru va-goyim יהוה malach af tee-kon tey-veyl,
Bal timot yadin amim b'mey-sharim.

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ יִרְעֶם הַיָּם וּמִלֵּאוּ:

Yis'm'chu ha-shamayim v'tageyl ha-aretz! Yir'am ha-yam u-m'lo-o.

יַעֲלֹז שָׂדֵי וְכָל אֲשֶׁר בּוֹ אִז יִרְנְנוּ כָּל עֵצֵי יַעַר:
לִפְנֵי יְהוָה כִּי בָּא כִּי בָּא לְשֹׁפֵט הָאָרֶץ
יִשְׁפֹּט תִּבְלָה בְּצֶדֶק וְעַמִּים בְּאֱמוּנָתוֹ:

Ya-aloz saday v'chol asher bo, az y'ranenu kol atzey yaar,
Lif'ney יהוה ki va, ki va lish'pot ha-aretz,
Yish'pot teyveyl b'tzedek, v'amim bel-emunato.

Sing to יהוה a new song!
Sing all the Earth! Praise
God's Name. Proclaim
God's saving power!

Tell everyone about the
Presence, among all
peoples tell of God's
wonders! For יהוה is
Great! Praised and more
awesome than any
power. All lesser
manifestations of
divinity that people
serve, it is idolatry.
Only יהוה is creating the
heavens! Majesty and
splendor flow before
God's Presence, Strength
and Beauty fill God's
sanctuary!

Ascribe to יהוה, all
families of nations,
ascribe to יהוה dignity
and strength...raise up
your gift and enter
God's court!

Worship the One in
splendorous holiness,
Let the earth tremble
before יהוה's Presence.
Declare among the
nations: "יהוה is the sole
Power, the world is set
firm and will not totter.
God judges the nations
in fairness!"

Let the Heavens rejoice
and the Earth be glad,
let the sea roar praise,
let the fields exult with
all that is in them!
Let the trees of the forest
sing before יהוה who
comes, yes, who comes
to judge the world with
righteousness, and
peoples with divine
faithfulness.



Psalm 29

מִזְמוֹר לְדָוִד

הָבוּ לַיהוָה בְּנֵי אֱלֹהִים הָבוּ לַיהוָה כְּבוֹד וְעֹז:
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ הַשְׁמַחְוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ:
קוֹל יְהוָה עַל הַמַּיִם אֵל הַכְּבוֹד הַרְעִים יְהוָה עַל מַיִם רַבִּים:



Mizmor l'David

Havu la-יהוה b'ney eyllm,
Havu la-יהוה k'vod sh'mo,
Kol יהוה al ha'maylm,

Havu la-יהוה kavod va-ohz.
Hlsh'ta-cha-vu la-יהוה b'hadrat kodesh.
El ha'kavod hirim, יהוה al mayim rabim.

קוֹל יְהוָה בִּכְחָת קוֹל יְהוָה שֹׁבֵר אֲרָזִים
וַיִּשְׁבֵּר יְהוָה אֶת אֲרָזֵי הַלְבָּנוֹן וַיִּרְקִידֵם כְּמוֹ עֵגֶל
לְבָנוֹן וַשִּׁרְיוֹן כְּמוֹ בֶן רְאֵמִים

Kol יהוה ba-koach,
Kol יהוה shoveyr arazlm,
Va-yar'kldeym k'mo egel,

Kol יהוה beh-hadar.
Va-y'shabeyr יהוה et ar'zey hal'vanon.
L'vanon v'siryon k'mo ven r'eymim.

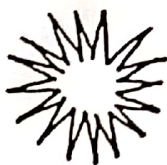
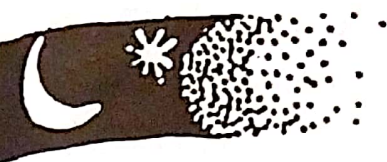


קוֹל יְהוָה יַחֲלִיל מִדְּבַר קוֹל יְהוָה יַחֲלִיל אֵילֹת
וַיִּחַשֵּׁף יַעֲרֹת וּבִהֲיָכְלוֹ כָּלוּ אִמֹר כְּבוֹד:
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם: יְהוָה לְמַבּוּל יֵשֶׁב
יְהוָה עַז לְעַמּוֹ יִתֵּן יְהוָה עַז לְעַמּוֹ יִתֵּן

Kol יהוה chotzeyv la-havot eysh,
Yacheel יהוה mid'bar kadeysh,
Va-yeh-cheh-sof y'arot u-v'heychoalo kulo omeyr kavod.
יהוה la-mabul yashav,
יהוה oz l'amo ylteyn,

Kol יהוה yacheel mid'bar.
Kol יהוה y'choleyl ayalot.
Va-yey-sheyv יהוה Melech l'olam.
יהוה y'vareych et amo va-shalom.

To יהוה belongs the Glory and the Power! The voice of יהוה thunders over the waters, full of might. The voice of יהוה shatters the cedars of Lebanon, making mountains leap like cattle! The voice of יהוה carves out flames of fire. The desert tremble, oak trees dance and the forests are stripped bare! In the Temple, everything proclaims God's Presence. יהוה ruled over the Flood and will rule forever. May יהוה give strength to us and bless us with peace!



Ana

אנא בכח

B'Cho-ach

אֲנָא בְּכַח גְּדֻלַּת יְמִינָה תַּתִּיר צְרוּרָה.	Ana b'cho-ach g'dulat y'min-cha tatir tz'ru-rah.
קַבֵּל רִנַּת עַמָּךְ שֶׁגִּבּוֹ טְהוּרָנוּ נוֹרָא.	Kabeyl rinat amcha sag'veynu ta-hareynu nora.
נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוּדָה כְּבַבְתָּ שְׁמָרֵם.	Na gibor dor'shey yichud-cha k'va-vat sham'reym.
בָּרַכְם טְהוּרֵם רַחֲמֵי צְדָקָתְךָ תָּמִיד גָּמְלֵם.	Bar'cheym taha-reym racha-mey tzid'kat'cha tamid gam-ley.
חֲסִין קָדוֹשׁ בְּרוּב טוֹבָה נֶהַל עֲדָתְךָ.	Cha-sin kadosh b'rov tuv-cha na-heyl ada-techa.
יְחִיד גֵּאָה לְעַמָּךְ פְּנֵה זֹכְרֵי קִדְשָׁתְךָ.	Ya-cheed gey-eh l'amcha p'neh zochrey k'dusha-techa.
שׁוּעֵתָנוּ קַבֵּל וּשְׁמַע צַעֲקָתָנוּ יוֹדַע תַּעֲלָמוֹת.	Shav'a-teynu kabeyl u'sh'ma tza-a-kateynu yodeya ta'alumot.
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.	Baruch Shem k'vod malchuto l'olam va-ed!

Reb Zalman's singable translation:

Source of Mercy! With loving strength untie our tangles.
Your chanting folk raise high, make pure, accept our song.
Like Your own eye, please keep us safe, who union seek with You.
Cleanse and bless us, infuse us ever with loving care.
Gracious Source, O Holy Power! Do guide Your folk.
Sublime and Holy One, do turn to us, of holy chant.
Receive our prayer, do hear our cry, who secrets knows.
Through time and space, Your glory shines, Majestic One!

(Tradition assigns this mystical prayer to the 2nd century *tanna* Rabbi Nechunyah ben Hakanah. The initials of its forty-two words together form the secret forty-two letter Name of God. The six initial letters of the verses also form Divine Names.)





לָכָה דוֹדֵי לְקִרְאָת כָּלָה. פְּנֵי שַׁבָּת נִקְבְּלָה:

L'cha dodee likrat Kallah, p'ney Shabbat n'kab'lah

Come my beloved! Welcome the Bride!
Let us receive the radiant face of Shabbat!

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד. הִשְׁמִיעֵנוּ אֵל הַמִּיָּחָד.
יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְיֶיהָ:

*Shamor v'zachor b'dibbur echad; hish-mee-anu El ha-m'yuchad,
יהוה echad u-sh'mo echad; l'shem ul'tif'eret, v'lit'hee-lah.*

לְקִרְאָת שַׁבָּת לָכוּ וְנִלְכָּה. כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֹאשׁ מִקֵּדֶם נְסוּכָה. סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה:

*Likrat Shabbat l'chu v'nel'cha; kee hee m'kor ha-b'racha,
Mey-rosh, ml-kedem, n'sucha; sof ma-a-seh, b'mach-shavah t'cheelah.*

"Keep Shabbat" and "Remember Shabbat"
Are said in the same breath.
All of divinity is One!
Let's go welcome Shabbat,
For She is a fountain of blessing.
Still this fountain flows as from the start.
She is the last day that is created,
But She is the one who redeems all the others!

מִקְדָּשׁ מֶלֶךְ עֵיר מְלוּכָה. קוּמֵי צְאִי מִתּוֹךְ הַהִפְכָּה.
רַב לָךְ שַׁבָּת בְּעֵמֶק הַבָּכָא. וְהוּא יַחֲמוֹל עָלֶיךָ חֶמְלָה:

*Mikdash melech eer m'luchah; kumee tz'ee, mee-toch ha-hafeycha,
Rav lach, shevet, b'emek ha-bacha; v'hu ya-cha-mol alayich chemlah.*



הִתְנַעֲרִי מֵעָפָר קוּמִי. לְבָשִׁי בְּגָדֵי תִפְאָרְתְּךָ עַמִּי.
עַל יָד בֶּן יִשָּׁי בֵּית הַלְחָמִי. קָרְבָה אֶל נַפְשִׁי גְאֻלָּה:

*Hit-na-a-ree, mey-afar kumee; Hoshee bigdey tif-ar-teych a-mee,
Al yad ben Yishai, beyt halach'mee; karvah el nafshee g'alah.*

Rise up and leave your ravaged state!
You have lived long enough in the valley of tears!
Now the Holy One will shower mercy on you.
Lift yourself up! Shake off the dust, O my people!
At hand is *Mashiach*, bringing deliverance into our lives.
Awake! Awake! Your light has come!
Arise! Shine! Awake and sing!
The glory of eternity dawns upon you!

הִתְעוֹרְרִי הִתְעוֹרְרִי. כִּי בָא אוֹרְךָ קוּמִי אוֹרִי.
עוֹרִי עוֹרִי שִׁיר דְּבָרִי. כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה:

*Hit'o-r'ree, hit'o-r'reel ki va oreych, kumee oree,
Uree, uree sheer dabey-ree; k'vod יהוה ala-yich niglah.*

לֹא תִבוֹשִׁי וְלֹא תִכְלָמִי. מַה תִּשְׁתַּחֲוִי וּמַה תִּהְיֶה.
בְּךָ יִחַסּוּ עֲנִיִּי עַמִּי. וְנִבְנְתָה עִיר עַל תִּלָּה:

*Lo tey-vo-shee, v'lo tee-kal'me; Mah tish'to-cha-chee, u-mah teh-heh-mee.
Bach yeh-cheh-su anee-yay a-mee; v'niv'n'tah eer al tee-lah.*

There is an end to shame and degradation.
Forget your sorrow.
The afflicted of My people find respite in you.
The city is renewed upon its ancient ruins.
The scavengers are scattered, the devourers have fled.



וְהָיוּ לְמִשְׁסָּה שְׂאֵסִיד. וְרָחֲקוּ כָּל מְבִלְעֵיךָ.
יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ. כְּמִשְׁוֹשׁ חֲתָן עַל כִּלָּה:

*V'hayu lim'shee-sah sho-sa-yich; v'ra-chaku kawl m'val'ayich,
Yasis alayich Elohayich, kimsos chatan al kallah!*

יָמִין וּשְׂמָאל תִּפְרוּצִי. וְאֶת־יְהוָה תַּעֲרִיצִי.
עַל יַד אִישׁ בֶּן פֶּרֶצִי. וְנִשְׂמָחָה וְנִגִּילָה:

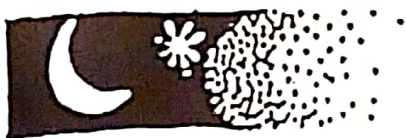
*Yameen u'smol tif-ro-tzee; v'et יהוה ta-aree-tzee
Al yad eesh, ben par'tzee; v'nis'm'cha v'nagee-lah!*

As bride and groom rejoice in one another,
So the Holy One will know joy with you.
You will know spaciousness and adoration.
The *Mashiach* will aid us;
We'll sing and know true happiness!

בּוֹאִי בְּשָׁלוֹם עֶטְרַת בִּעָלָהּ. גַּם בְּשִׂמְחָה וּבִצְחָלָה.
תּוֹךְ אֱמוּנֵי עַם סִגְלָהּ. בּוֹאִי כִלָּה - בּוֹאִי כִלָּה:

*Bo-ee v'shalom ateret baa'lah! gam b'simcha u-v'tza-halah!
Toch emuney am s'gulah; bo-ee Khallah - bo-ee Khallah!*

Enter in peace, O crown of your beloved!
Enter in gladness!
Enter in joy!
Come to your cherished people!
Enter my beloved! Enter my beloved!



from Psalm 92

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת:
טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלִיּוֹן:
לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ וְאֱמוּנָתְךָ בַּלַּיְלוֹת:
עָלַי עֲשׂוֹר וְעָלַי נָבֵל עָלַי הַגָּיוֹן בְּכִנּוֹר:

Mizmor shir l'yom ha-Shabbat!

*Tov l'hodote la-יהוה u-l'zameyr l'shimcha elyon,
L'hageed ba-boker chasdecha, veh-emunat'cha ba-leylot,
Aley asor, va-aley navel, aley hee-gayon b'chee-nor.*



A Psalm-Song for Shabbat !

How good it is to thank the Holy One and sing praises to Your Name, Highest One!
To declare Your loyal-love each morning, and your faithfulness every night,
with the ten-stringed lyre, lute and harp.

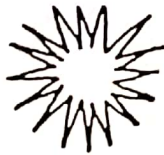
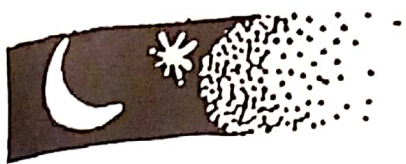
מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עֲמָקוֹ מִחִשְׁבֹּתֶיךָ:

Mah gadlu ma'ase-cha יהוה, m'od am'ku mach'sh'vo-techa!

How great are Your deeds יהוה, Your thoughts, so deep!

The whole world is waiting to sing a song of Shabbos!





Calling us to Community

As we bless the Source of Life
So we are blessed

And our blessings give us strength,
and make our visions clear,
and our blessings give us peace,
and the courage to dare

As we bless the Source of Life
So we are blessed

(Faith Rogow)

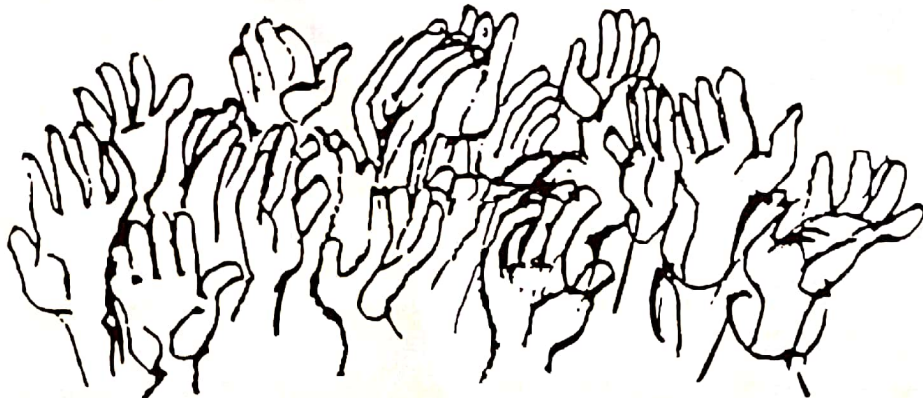
בָּרְכוּ אֶת יְהוָה הַמְבָרֵךְ:

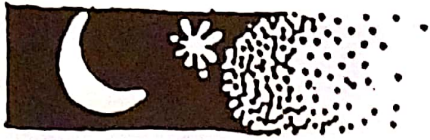
Barchu et יהוה Ha-M'vorach

בָּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וָעֶד:

Baruch יהוה Ha-M'vorach l'Olam Va-ed!

We praise and bless the Holy One, Source of all Blessing, for ever and ever!





Ma'ariv

מעריב ערבים

Aravim

A Prayer for the Night

Out of deep center
night passes through,
gates open,
seasons change,
stars swirl on their eternal pathways
through the light.
Light to dark to light,
spins the glorious heavenly array.
This too is the name of

יהוה

living and eternal until the end of time.

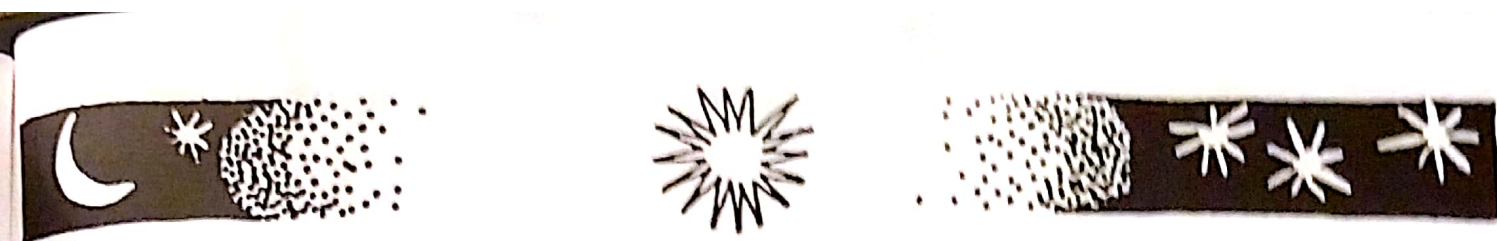
•

A Fountain of Blessing are You
Endless One
who blends the light of evening.

(transl: Rabbi Lynn Gottlieb)

ברוך אתה יהוה אלהינו מלך העולם אשר בדברו מעריב ערבים
בחכמה פותח שערים ובתבונה משנה עתים ומחליף את הזמנים
ומסדר את הפוכים במשמותיהם בקריע כרצונו. בורא יום
ולילה גולל אור מפני חשך וחשך מפני אור. ומעביר יום ומביא
לילה ומבדיל בין יום ובין לילה יהוה צבאות שמו. אל חי וקים
תמיד מלוח עלינו לעולם ועד. ברוך אתה יהוה המעריב ערבים:

Baruch Ata יהוה, Eloheynu Melech ha-Olam, asher bid'varo ma'ariv aravim, b'chochmah poteyach sh'arim, u-vi-t'vunah m'shanah ee-teem, u-machaleef et ha-z'manim, u-m'sader et ha-kochavim b'mish'm'ro-teyhem ba-rakiyah, ki'r'tzono. Borey yom va-laila, golel or mipney choshech, v'choshech mipney or. U-ma'avir yom u-may-vee laila, u-mavdil beyn yom u'veyn laila. יהוה Tz'vaot Shemo! El chai v'kayam! Tamid yimloch aleynu l'olam va-ed! Baruch Ata יהוה ha-Ma'ariv Aravim..



Source of all Blessings are You,

יהוה

Author of time and space.

You bring on evening with a word.

You open heaven's gates with wisdom.

You adjust the ages with sensitive discernment.

You vary the seasons and order the orbits of a sky full of stars.

You create each day and night afresh,
roll light in front of darkness and darkness in front of light
so gently,
that no moment is quite like the one before,
or after

Second by second
You make day pass into night and night into day,
and You alone know the boundary point
dividing one from the other.

Unifier-Of-All-Being is Your Name!

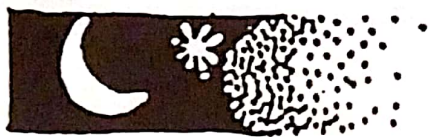
Timeless Power
Energize us forever!
You who brings in the evening
we praise.

(adapted by MIP from Rabbi Richard Levy)

A Ma'ariv Song

Powerful sun full of radiant light,
Weave us a web that spins the night.
Web of stars that holds the dark,
Weave us the earth that feeds the spark.

Strand by strand, hand over hand
Thread by thread, we weave the web.



מַעְרִיב עֶרְבִים *Ma'ariv Aravim*

by Rabbi G. Rayzel Raphael

Chorus: Evening the evenings;
Evening the frayed edges of our lives;
מַעְרִיב עֶרְבִים. אָמֵן. *Ma'ariv Aravim, Amen. (2x).*

Sacred words even the evenings;
Wisdom opens gates locked around our hearts,
אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֶרְבִים בְּחֶכְמָה פּוֹתַח שְׁעָרִים.
asher bid'varo ma'ariv aravim, b'chochmah potey-ach sh'arim,

Understanding alters with the times;
Changing seasons, cycles divine,
וּבִתְבוּנָה מְשַׁנָּה עֵתִים וּמַחְלִיף אֶת הַזְּמַנִּים.
u-vi-t'vunah m'shaneh ee-teem, u-machaleef et ha-z'manim,

Paint diamonds on the canvas called sky;
Soothe our souls with a lilting lullabye,
וּמְסַדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ.
u-m'sader et ha-kochavim b'mish'm'ro-teyhem ba-ra-kee-a, ki'r'tzono.

Rolling, rolling into the night;
Rolling rolling away the light,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר.
golel or mipney choshech, v'choshech mipney or.

Spirit of the night we bless Your Name,
Eternal Light, Eternal flame.
אֵל חַי וְקַיָּים תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
El chai v'kayam! Tamid yimloch aleynu l'olam va-ed!



Entering the Love Song

Ahavat

אהבת עולם

Olam

Calling on the Presence of Love in Creation

We are loved by an unending love.

We are embraced by arms that find us,
even when we are hidden from ourselves.
We are touched by fingers that soothe us,
even when we are too proud for soothing.
We are counseled by voices that guide us,
even when we are too embittered to hear.

We are loved by an unending love.

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

We are loved by an unending love.

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

(Rabbi Rami Shapiro)



Ahavat

אהבת עולם

Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהֲבָתְךָ תּוֹרָה וּמִצְוֹת חֻקִּים
וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּתְךָ עַל כֵּן יְהוּה אֱלֹהֵינוּ בְּשִׁכְבָּנוּ וּבְקוּמָנוּ
נְשִׁיחַ בְּחֻקֶּיךָ וְנִשְׁמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי
הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ וּבָהֶם נִהְיָה יוֹמָם וּלְיָלָה. וְאָהֲבָתְךָ לֹא
תִסּוּר מִמָּנוּ לְעוֹלָמִים. בָּרוּךְ אַתָּה יְהוּה אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beyt Yisrael, am'cha ahavta. Torah u-mitzvot, chukim u-mish'patim, otanu limad'ta. Al keyn יהוה Eloheynu, b'shoch'veynnu u-v'kumeynu, nasi-ach b'chu'kecha, v'nis'mach b'divrey Toratecha, u-v'mitz'vo-techa, l'olam va-ed. Kee heym cha-yeynu, v'orech yameynu, u-vahem neh'geh yomam va-laila. V'ahavat'cha lo tasur mimenu l'olamim! Baruch Ata יהוה, ohev amo Yisrael.

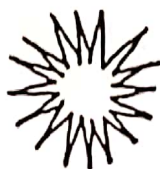
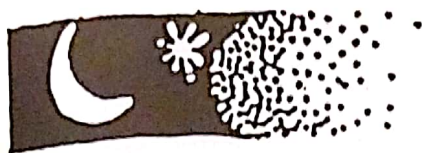
**People gathered, house of Israel!
The presence of Your love is continually with us
through all our struggles.
Your love is the Torah / wisdom
and mitzvot / sacred actions,
which guide us day and night.
Your love will never depart from us as long as worlds endure.**

**A Fountain of Blessing are You יהוה,
forever loving Your people.**

(Rabbi Lynn Gottlieb)

**Open to me! Open your heart!
Let my Presence dwell in you.
I am within you...all around you...
I fill the Universe.**

(Rabbi Aryeh Hirschfeld)



Listening to the Voice of Creation

The *Shema* and her Blessings

Listen, Listen, Listen to my heart's song
I will never forget you. I will never forsake you.

Paramahansa Yogananda

אֶחָד יָחִיד וּמְאֶחָד

Echad Yachid, u-M'uchad

One • Every single one • Each one joined and united in the One!

אֵל מֶלֶךְ נֶאֱמָן

El Melech Neh'eman

God is the Enduring Source

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

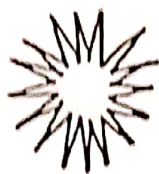
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael יהוה Eloheynu, יהוה Echad !

Baruch Shem K'vod Malchuto l'Olam Va-ed

Comprehend with a Total Comprehension,
All of you who "Yisra-El – Wrestle-with-God,"
יהוה – The-Breath-of-Life-of-all-Being – Is our God!
יהוה is the Eternal Infinite Oneness, All there Is!

Through Time and Space Your Glory Shines Majestic One!



Calling Forth Our Own Love in Response

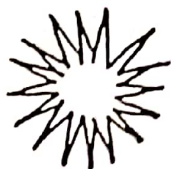
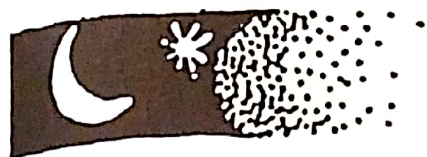
On the way

And you must love יהוה your God with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as *t'fillin* on your forehead and arm, as symbols of thoughts and acts sacred to Me. Write them in *mezzuzot* at the entrances to your home, as a sign that all people may discover Me as they enter your home and your life.

(transl: Rabbi Burt Jacobson)

V'ahavta et יהוה Elohecha, b'chol l'vav'cha, u-v'chol naf'sh'cha, u-v'chol m'odecha. V'hayu ha-dv'arim ha-eyleh, asher Anochi m'tzav'cha ha-yom, al l'va-ve-cha. V'shinan'tam l'vanecha, v'dibar'ta bam, b'shiv't'cha b'veytech, uv'lech't'cha va-derech, uv'shoch-b'cha uv'kumecha. Uk'shar'tam l'oh't al yadecha, v'hayu l'totafot beyn eynecha. Uch'tav'tam al m'zuzot beytecha, u-vi-sh'arecha.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ:
וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.
וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ.
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:



With the earth

It came to pass and will come to pass when we live by our word to love יהוה, the rains came in their season; the earth offered her fruits; cattle ate from the grassy fields; we worked hard and tasted the fruits of our labor and were satisfied. But then there was a turning-away. We came to revere many things without end. יהוה's anger came like a harvest fire among us. Harsh grew the wind. We reaped fear and violence. War estranged us from the land. So we carried this memory in our hearts, we made signs upon our hands and between our eyes to remember. We taught our children to speak loving Torah, to remember the way of יהוה, and what happened to our ancestors, to increase the days of our children upon the earth.

In our living

It came to pass and will come to pass that we wore *tzitzit*/fringes on the corners of our clothing; *tzitzit* with a twine of blue, to remember God in our deeds. And when we come to want things without end, we grasp the corners of our *tzitzit* and fly to the sacred ground to remember יהוה in our living, I am יהוה your God when I call you out of the narrow places, the *Mitzrayim* of your lives, so that I can become the Sacred Power among you.

(transl: Rabbi Lynn Gottlieb)

וְהָיָה אִם-שָׁמַעַתְּ שִׁמְעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֹתְכֶם הַיּוֹם לְאַהֲבָה אֶת יְהוָה אֱלֹהֵיכֶם
וּלְעֲבֹדוֹ בְּכָל-לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי
מִטְר-אֶרְצְכֶם בְּעֵתוֹ יוֹרֶה וּמִלְקוֹשׁ וְאֶסְפַּת דְּגָנְךָ
וְתִירְשֶׁךָ וְיִצְהָרְךָ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבִהֶמְתֶּךָ
וְאָכְלָתָּ וּשְׂבַעְתָּ. הִשְׁמָרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם
וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
לָהֶם. וְחָרָה אַף-יְהוָה בָּכֶם וְעָצָר אֶת-הַשָּׁמַיִם
וְלֹא-יִהְיֶה מִטָּר וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ
וְאֲבַדְתֶּם מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה
נָתַן לָכֶם: וְשָׁמַתֶּם אֶת דְּבָרֵי אֱלֹהֵי עַל-לִבְבְּכֶם
וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-יְדֵיכֶם
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמַדְתֶּם אֹתָם
אֶת-בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ
בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם
עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם לֵאמֹר
לָהֶם כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי
יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית
עַל-כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית הַכֶּנֶף
פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ
וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא
תִתּוּרוּ אַחֲרֵי לִבְבְּכֶם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר-אַתֶּם
זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי
יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֹתְכֶם מֵאֶרֶץ
מִצְרַיִם לֵהָיוֹת לָכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

Ani יהוה Elohey-chem asher ho-tzey-tee et'chem mey eretz Mitzrayim
lee'h'yoht lachem l'Elohim. Ani יהוה Eloheychem.

Shema Yisrael

(Interpretive translation by Reb Zalman Schacter-Shalomi)

Listen you Yisrael person, יהוה who Is, is our God.
יהוה who Is, is One, Unique, All there Is.

Through Time and Space Your Glory Shines Majestic One!

Love יהוה, who is your God,
in what your heart is in, in what you aspire to,
in what you have made your own.
May these values which I connect with your life
be implanted in your feelings.

May they become the norm for your children,
addressing them in the privacy of your home,
on the errands your run.
May they help you relax,
and activate you to be productive.
Display them visibly on your arm.
Let them focus your attention.
See them at all transitions,
at home and in your environment

How good it will be when you really listen
and hear my directions which I give you today,
for loving יהוה who is your God,
and acting Godly with feeling and inspiration.

Your earthly needs will be met at the right time,
appropriate to the season.
You will reap what you have planted
for your delight and health.
Also your animals will have ample feed.
All of you will eat and be content.

Be careful – watch out!
Don't let your cravings delude you.
Don't become alienated.
Don't let your cravings become your gods.
Don't debase yourself to them,
because the God-sense within you will become distorted.

וְהוֹדִיתָ

אֶת

שְׁמִי

Heaven will be shut to you. Grace will not descend.
Earth will not produce.
Your rushing will destroy you!
And Earth will not be able to recover her good balance,
in which God's gifts manifest.

May these values of mine reside in your feelings and aspirations,
marking what you produce, guiding what you perceive.
Teach them to your children,
so that they be addressed by them in making their homes,
in how they deal with traffic;
when they are depressed and when they are elated.
Mark your entrances and exits with them,
so you will be more aware.

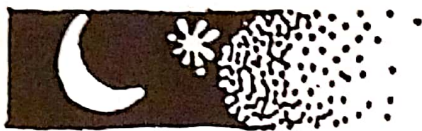
Then you and your children will live out on earth,
that divine promise given to your ancestors,
to live heavenly days right here on this earth.

יהוה who Is said to Moshe
"Speak, telling the *Yisrael* folks to make *tzitzit*
on the corners of their garments,
so they will have generations to follow them.

On each *tzitzit*-tassel let them set a blue thread.
Glance at it, and in your seeing,
remember all the other directives of יהוה who Is,
and act on them!

This way you will not be led astray,
craving to see and want,
and then prostitute yourself for your cravings.
This way you will be mindful to actualize my directions
for becoming dedicated to your God,
to be aware that I AM יהוה who is your God –
the One who freed you from the oppression
in order to God you.
I am יהוה your God.

That is the truth!



The Once and Future Promise

אַמֶּת וְאַמוּנָה כָּל זֹאת וְקִיָּם עָלֵינוּ כִּי הוּא יְהוָה אֱלֹהֵינוּ וְאֵין זִוְלָתוֹ וְאֶנְחָנוּ יִשְׂרָאֵל עִמּוֹ. הָעֲשֵׂה
גְּדֻלּוֹת עַד אֵין חֶקֶר וְנִפְלְאוֹת עַד אֵין מִסְפָּר. וְרָאוּ בָנָיו גְּבוּרָתוֹ. שִׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ. וּמַלְכוּתוֹ
בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם. מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לָהּ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כָּלָם:

אמת These things are TRUE! You are our God and Guide, no other! And we are *Yisrael*, Your people. What wonders You do! As we stand on the shore of the Sea of Reeds the waters part before our eyes! We join with Miriam and Moshe to sing our song of joy to You:

Mi chamocha ba-eylim יהוה
Mi kamocha nedar ba-kodesh!
Norah t'heeloht oseh feleh!

Who is like You among the powers! Who is like You, awesome in holiness, author of wonders!

Your children saw You in Your majesty, splitting the sea before Moshe.
"This is my God!" they cried, and said:

"יהוה yimloch l'olam va-ed."
"יהוה" will be our Power
as long as space and
time endure!" (Exodus 15:11,18)

And it was said: "Yes, God has rescued Ya'akov, saved him from a power stronger than his own!"
(Jeremiah 31:11)

Baruch Ata יהוה
Ga-al Yisrael.
A Fountain of Blessing
are You יהוה
Redeeming Power
of Yisrael.



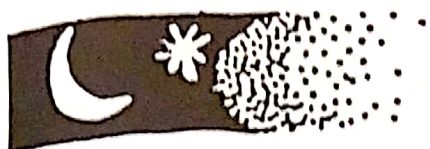
מִי־כַמֹּכָה בָּאֱלֹם יְהוָה
מִי כַמֹּכָה נֶאֱדָר בַּקֹּדֶשׁ
נֹרָא תִהְיֶה עֹשֶׂה פֶלֶא.

מַלְכוּתְךָ רָאוּ בָנֶיךָ בּוֹקֵעַ יָם
לִפְנֵי מֹשֶׁה זֶה אֱלֹהֵי עָנּוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

וְנֶאֱמַר: כִּי פָדָה יְהוָה אֶת יַעֲקֹב
וַיִּגְאֻלוּ מִיַּד חֲזָק מִמֶּנּוּ.

בָּרוּךְ אַתָּה יְהוָה
גֹּאֲלֵי יִשְׂרָאֵל:



Hashkiveynu

השכיבנו

L'Shalom

We ask for God's Protection

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים וּפְרוֹשׁ עָלֵינוּ סִכַּת
שְׁלוֹמְךָ וְתַקֵּנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ וְהַגֵּן בְּעֵדֵנוּ
וְהַסֵּר מֵעָלֵינוּ אוֹיֵב דָּבָר וְחָרָב וְרָעָב וְיָגוֹן וְהַסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ
וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה כִּי אֵל מֶלֶךְ חַנוּן
וְרַחוּם אַתָּה וְשָׁמוֹר צְאִתָּנוּ וּבֹאֲנוּ לְחַיִּים וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם. וּפְרוֹשׁ
עָלֵינוּ סִכַּת שְׁלוֹמְךָ. בָּרוּךְ אַתָּה יְהוָה הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל
עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Hashkiveynu יהוה Eloheynu l'shalom, v'ha-amideynu malkeynu l'chayyim. U'fros
aleynu sukkat shlomecha Let us lie down, יהוה-Eloheynu, in peace, and rise up again,
our Melech – Living, Flowing Source - into life. Spread over us the sukkah of Your
Peace, and guide us well. Save us for Your Name's sake. Be a shield around us,
removing adversity and sorrow. Help us resist all that is not good for us. Shelter us
with Your protecting love, for You are the Power that guards and rescues. You are the
Source of grace and compassion. Guard our going out and our coming in, with life
and peace, now and forever. Spread over all of us the sukkah of Your peace! Baruch
Ata יהוה, ha-poreys sukkat shalom aleynu v'al kol amo Yisrael, v'al Yerushalayim.
A Fountain of Blessings are You, Holy One, spreading Your sukkah of peace over us,
over Yisrael and over Jerusalem – uniting all humanity in peace.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹם

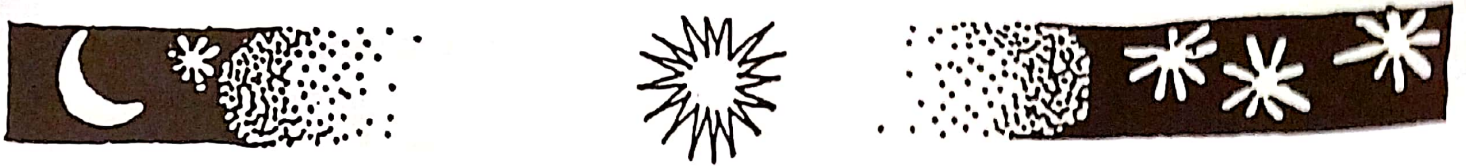
U'fros aleynu sukkat shalom

Spread over all of us, wings of peace, shalom

Draw water in joy from the Living Well

Mayim Chayyim מַיִם חַיִּים Waters of Life שְׁלוֹם Shalom

(music/English lyrics- Rabbi Aryeh Hirschfield)



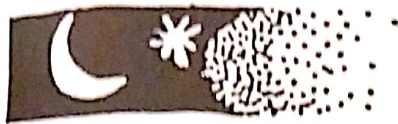
We Celebrate and Protect the Unique Holiness of *Shabbos*

וְשָׁמְרוּ בְּנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת
לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם
כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

*V'sham'ru v'ney Yisrael et ha-Shabbat,
la-asot et ha-Shabbat l'dorotam brit olam.
Beyni u-veyn b'ney Yisrael ot hee l'olam,
ki sheyshet yamim asah יהוה et ha-shamayim v'et ha-aretz,
u-va-yom ha-sh'vee-ee, shavat va-yi-nafash.*

The people Yisrael shall guard *Shabbat*,
making *Shabbat* a holy time for all generations.
It is an eternal covenant between Me and the people Yisrael,
For in six "days" יהוה made the heavens and the earth,
and on the seventh "day,"
יהוה made *Shabbat* - "ceasing"
and imparted *nefesh* - "soul/consciousness" - to the world.





During Pesach, Sukkot and Shavuot, instead of v'Shamru:

וַיְדַבֵּר מֹשֶׁה אֶת מוֹעֲדֵי יְהוָה אֶל בְּנֵי יִשְׂרָאֵל.

Vay'dabeyr Moshe et moadey יהוה el B'ney Yisrael

And Moshe proclaimed the Festivals of יהוה to the Children of Yisrael

Hatzi Kaddish Bridge to the Amidah

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
 בְּעֶלְמָא דִּי בָרָא כְרַעוּתָהּ וְיִמְלִיָּהּ מַלְכוּתָהּ
 בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
 בְּעֶגְלָא וּבְזִמָּן קָרִיב וְאִמְרוּ אָמֵן:
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָא:
 יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשָּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא
 לְעֵלְא (וּלְעֵלְא on High Holy Days add) מִן כָּל בִּרְכָתָא וְשִׁירָתָא
 תְּשַׁבַּחְתָּא וְנִחְמַתָּא דְאִמְרוּ בְּעֶלְמָא וְאִמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'mey Rabba

b'al'ma dee v'ra chee-r'ootey v'yam'leech mal'chutey

b'cha-yey-chon uv'yomey-chon uv'cha-yey d'chol Beyt Yisrael

ba-a-ga-la u-vee-zman kareev, v'im-roo: Ameyn

Y'hey Sh'mey Rabba m'va-rach l'alam, ul'al'mey al'maya

Yit'barach v'yish-ta-bach v'yit'pa-ar, v'yit'romam, v'yit'nasey

v'yit'hadar, v'yit'aleh, v'yit'halal Sh'mey d'Kud'sha, Brich Hu!

L'eyla (on High Holy Days add u-l'eyla) meen kol birchata v'shirata

toosh'b'chata v'nechemata da-amiran b'al'ma, v'im-roo: Ameyn

Ever greater and more holy be the Great Unifying Name, in the universe created by Divine will.

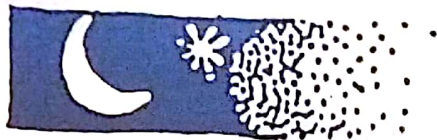
May the Holy One "Rule the Kingdom"

-May the Holy One's generativity flow unimpeded through *malchut* and fully nourish the world—
 in your lifetime and in your days, and in the lifetime of the entire House of Yisrael,
 quickly and in the near future! And let us say: Ameyn

May the Great Name be blessed forever and for all eternity!

Blessed, praised, glorified, exalted, uplifted, honored, elevated and extolled, be the Holy Name
 above all the blessings, songs, praises and consolations we could utter in the world.

And let us say: Ameyn



Amidah

עמידה

Standing Prayer

The *Shabbat Amidah* has seven blessings, seven opportunities for laying bare our most vulnerable private self before the One Self with whom pretense is useless. This is one of the most powerful meditations in Jewish spiritual practice. The Hebrew text, when memorized and softly chanted (or *davvened*), is an hypnotic mantra enabling the "davven-er" to use its images as aids to deep inner work. Seven is the number of *Shabbat*: creation completed, creation's purpose fulfilled. To aid your journey, three versions of the *Amidah* are here: A Hebrew *Amidah*, an interpretive *Amidah* for English *davvenen*', and an image-oriented *Amidah* using visualizations. Of course, *Amidah* time can also be used for the personal silent meditation of your heart.

Amidah for Hebrew *davvenen*'

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:

Adonay s'fatay tif'tach, u-fi yagid t'hilatecha
Open up my lips (widen the river banks of my soul) and I will sing Your praises!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי שָׂרָה
אֱלֹהֵי יִצְחָק אֱלֹהֵי רַבְקָה
וְאֱלֹהֵי יַעֲקֹב וְאֱלֹהֵי רָחֵל
וְאֱלֹהֵי לֵאָה

A Fountain of Blessings are You יהוה
God to each of us and our ancestors.
Baruch Ata יהוה, Eloheynu v'Elohey
avoteynu v'imoteynu: Elohey Avraham;
Elohey Yitzhak, v'Elohey Ya'akov.
Elohey Sarah; Elohey Rivkah;
Elohey Rachel; v'Elohey Leah.
Great! Mighty! Awesome!
Ancient Source of Kindness.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא - אֵל עֲלִיוֹן
גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה כָּל
וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Ha-El, ha-Gadol, ha-Gibor,
v'ha-Norah - El Elyon!
Gomel chasadim tovim
v'koneh ha-kol;
v'zocher chasdey avot v'ima-lot,
u'may-vee g'ulah livney v'neyhem;
l'ma'an Sh'mo b'ahavah!

(on *Shabbat Shuvah* add:
זְכָרְנוּ לַחַיִּים מֶלֶךְ חַפֵּץ בַּחַיִּים וְכֹתֵבנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים.)

Melech ozeyr, u-moshia u-mageyn.
Baruch Ata יהוה, mageyn Avraham,
v'ezrat Sarah!

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן:
בָּרוּךְ אַתָּה יְהוָה מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

A Fountain of Blessings are You,
Holy One, Shield of Avraham,
Protector of Sarah!

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי
מַחְיָה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ:

(in summer add: מוֹרֵד הַטָּל:)

(in winter add: מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם:)

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחְיָה מֵתִים בְּרַחֲמִים רַבִּים.
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים.
וּמַקְיֵם אֱמוּנָתוֹ לִישְׁנֵי עָפָר. מִי כְמוֹךָ בֹּעֵל
גְּבוּרוֹת וּמִי דוֹמֵה לָךְ. מֶלֶךְ מִמִּית וּמַחְיָה
וּמַצְמִיחַ יְשׁוּעָה:

(on Shabbat Shuvah add: מִי כְמוֹךָ אֲב הֶרְחַמְתָּם זֹכֵר יְצוּרֵי לְחַיִּים בְּרַחֲמִים:)

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.
בָּרוּךְ אַתָּה יְהוָה מַחְיָה הַמֵּתִים:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים בְּכָל יוֹם
יְהִלְלוּךָ סֵלָה. בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ:

(on Shabbat Shuvah conclude: הַמֶּלֶךְ הַקָּדוֹשׁ.)

אַתָּה קִדַּשְׁתָּ אֶת יוֹם הַשְּׁבִיעִי לְשִׁמְךָ
תְּכַלִּית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ.
וּבִרְכָּתוֹ מִכָּל הַיָּמִים וְקִדַּשְׁתּוֹ מִכָּל הַיָּמִים
וְכֵן כָּתוּב בַּתּוֹרָה:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם:
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ
כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

Ata gibor l'olam Adonay
M'chayey meytim Ata, rav l'hoshia
You are the Mighty Power who
brings life to the deadened with
your loyal love and nurturance.

(Moreed ha-tal) (Masheev ha-ruach
u-moreed ha-gashem)

You sustain all that lives with
loyal love, You give new life to the
dead, raise up those who fall, heal
the sick, free the captive, and
remain faithful to all life. Who
compares to YOU, Source of life
and death, who makes salvation
sprout anew! A Fountain of
Blessings are You, Holy One,
giving new life to the deadened.

M'chal'keyl chayim b'chesed,
M'chayey meytim b'rachamim
rabim, someych noslim, v'rofey
cholim; u-matir asurim; u-m'kayeym
emunato liy'sheyney afar. Mi
chamocha ba'al gevurot, u-mi domeh
lach. Melech meymeet u-m'chayeh
u-matz'miyach yeshuah. V'ne'eman
Ata l'ha'chayot meytim. Baruch Ata
יהוה, m'chayey ha-meytim.

You are Holy, Your Name Holy.
All Holy beings continually
praise You! A Fountain of
Blessings are You, Breath of Life,
Holy Power. Ata kadosh
v'shimcha kadosh u'k'doshim b'chol
yom y'hallelu-cha, selah. Baruch
Ata יהוה, ha-El ha-Kadosh.

You declared the seventh day
sacred, the culmination and
fulfillment of Creation. You
made it the most blessed of all
the days, and the holiest of
times, as is written in Torah:

"The material and fluid realms,
and all that dwell therein, were
finished. God completed on the
seventh "day" the work that had
been done. And God made
Shabbat on the seventh day,
blessed it, and set it apart. For
on the seventh day, God made a
Shabbat / ceasing from all the
materially productive work that
had been done in manifesting
Creation."

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ רְצֵה בְּמִנוּחָתֵנוּ.
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֵלְקֵנוּ בְּתוֹרָתְךָ שְׂפָעֵנוּ מִטּוֹבָךָ
וְשִׂמְחָנוּ בִּישׁוּעָתְךָ וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת וְהִנְחִילֵנוּ
יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שְׂבֵת קִדְּשָׁךָ וַיְנוּחוּ בָּהּ
יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ. בָּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת:

God of our parents, accept our rest. Help us be sacred beings through the guidance of Your spiritual practices, Your *mitzvot*, Your Torah, so we will feel fully nourished by Your goodness. Purify our hearts to serve You in truth. Let us inherit Your sacred *Shabbat* with love and desire. Sacred Essence, A Fountain of Blessings are You, making *Shabbat* holy.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וְלֵהֵב תִּפְלָתָם בְּאַהֲבָה
תִּקְבַּל בְּרָצוֹן וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

Take pleasure in *Yisrael* Your people, lovingly accept our passionate prayer.

(When *Shabbat* coincides with *Rosh Chodesh* or a Festival add:)

On *Rosh Chodesh* and Festivals:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ יַעֲלֶה וַיְבֹא וַיִּגְיַע וַיִּרְאֶה וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד וַיִּזְכֹּר
זְכוּרֵנוּ וּפְקֻדוֹתֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבָדֶךָ וְזִכְרוֹן יְרוּשָׁלַיִם
עִיר קִדְּשָׁךָ וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לִפְנֵיךָ לִפְלִיטָה לְטוֹבָה לְחַן וּלְחֶסֶד וּלְרַחֲמִים
לְחַיִּים וּלְשָׁלוֹם בְּיוֹם

God of our ancestors, remember us just as You remembered those who came before us. Remember David Your servant, Jerusalem Your city, and all Your people everywhere.

(on *Rosh Chodesh*) רֹאשׁ הַחֹדֶשׁ

(on *Pesach*) חַג הַמַּצּוֹת

(on *Sukkot*) חַג הַסֻּכּוֹת (on *Shavuot*) חַג הַשְּׁבִיעוֹת

Grant us safety, well-being, compassion, life and peace on this Festival of – *Rosh Chodesh*

– The Feast of *Matzah*

– *Sukkot* – *Shavuot*

הַזֶּה. זְכוּרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים וּבְדִבְרֵי יְשׁוּעָה
וּרְחֻמִּים חֹסֶם וְחַנּוּן וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ כִּי אֱלֹהֶיךָ עֵינֵינוּ כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

Remember us today for good and grant us a life filled with blessing.

וְתִחְזִינָה עֵינֵינוּ בְּשׁוּבָךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

May our eyes behold Your return to Zion. A Fountain of Blessings are You, bringing Your *Shekhinah* home to Zion.

מוֹדִים אֲנִיחָנוּ לָךְ שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ
אַתָּה הוּא לְדוֹר וָדוֹר נֹדֶה לָּךְ וְנִסְפָּר תְּהִלָּתְךָ. עַל
חַיֵּינוּ הַמְּסוּרִים בִּיָּדְךָ וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָּךְ
וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שְׂבָכָל עֵת עָרֵב וּבֹקֶר וְצַהֲרָיִם. הַטּוֹב כִּי לֹא כָלוּ
רַחֲמֶיךָ וְהַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוֹיֵנוּ
לָּךְ. וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְּרוּמָם שְׁמֶךָ מִלִּפְנֵי תָמִיד
לְעוֹלָם וָעֶד. (on *Shabbat Shuvah* add: וְכָתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.)

We thank You, for You are The Breath of Life, our Source, God of our ancestors - firm, enduring Source of Life!

We give praise for our lives, our souls, for daily miracles, and the wonder of it all! Source of ceaseless nurturance, we align ourselves with You.

For all this, may Your Holy Name be blessed and raised high forever!



וְכָל הַחַיִּים יוֹדוּךָ סֶלָה
וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת
הָאֵל יִשׁוּעַתָּנוּ וְעִזְרָתָנוּ סֶלָה.
בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ וְלָךְ נִאֲמָה לְהוֹדוֹת.

Each living thing praises You
and sings *Hall'lu* in its
unique way, with its own
truth. A Fountain of
Blessings are You Holy One,
goodness is Your essence,
and to thank You is pleasure.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תָּשִׂים לְעוֹלָם.
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמָךְ.

*Shalom rav al Yisrael am'cha
taseem l'olam, ki Ata hu melech
adon l'chol ha-shalom. V'tov
b'ey-necha l'vareych et amcha
Yisrael b'chol eyt u-v'chol
sha-ah beesh'lomecha..*
Source of Shalom, bless Your
People Yisrael with Shalom.



(On Shabbat Shuvah add)
בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם
וּפְרִנָּסָה טוֹבָה
נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
אֲנַחְנוּ וְכָל עַמָּךְ בֵּית יִשְׂרָאֵל
(לְחַיִּים טוֹבִים וּלְשָׁלוֹם.)

(On Shabbat Shuvah add:
*B'sefer chayyim, brachah
v'shalom, u-far'nasah tovah,
ni-zacheyr v'ni-kateyv
l'fanecha. Anachnu v'chol
am'cha beyt Yisrael,
l'chayyim tovim u-l'shalom.*
Inscribe us in the Book of
Life and Blessing for lives of
goodness and peace.)

בְּרוּךְ אַתָּה יְהוָה
הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל
וְכָל יוֹשְׁבֵי תֵבֶל בְּשָׁלוֹם.

*Baruch Ata יהוה ,
ha-m'vareych et amo Yisrael
v'chol yosh'vey tey-veyt ba-shalom!*
You are a Fountain of Blessings,
blessing Your people and all
who dwell on earth with Shalom.

سَلام

שְׁאַלוּ שָׁלוֹם יְרוּשָׁלַיִם. שָׁלוֹם שָׁלוֹם.

Sha'alu Sh'lom Y'rushalayim..... Shalom, Shalom..... Salaam.

Pray for the peace of Yisrael. Pray for the peace of Yishmael.

Pray for the peace of all the world.

The whole world shall live in peace.

שָׁלוֹם

(Psalm 122:6 - English lyrics and melody by Joseph and Nathan Segal)

(Both we who are Yisrael/Jews and the children of Yishmael/Arabs are descendants of our ancestor Abraham.

We pray for peace for both our peoples, and for Jerusalem, City of Peace.)

Amidah for English davvenen' (chanting)

adapted from text by Rabbis Mordechai Liebling and Devora Bartnoff z"l

1. Avot: We Call upon our Ancestors for Support in our Journey.

We bless You Infinite Source who empowers us,
In whom our forebears found their strength:
Power of *Avraham*, Power of *Yitzhak*, Power of *Ya'akov*
Power of *Sarah*, Power of *Rivkah*, Power of *Rachel*, Power of *Leah*,
Power of all who hear truth age after age,
Boundless, vibrant, awesome, sublime,
Surrounding and filling all space and time.
Gradually embracing all things into One.
We bless the Infinite Source, alive within us.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה יְהוָה מִגֵּן אֲבֹרָהִם וְעֶזְרַת שָׂרָה:

Melech Ozeyr u-Moshia u-Mageyn. Baruch Ata יהוה, mageyn Avraham v'ezrat Sarah.

Helping, saving and protecting Power! A Fountain of Blessing are You, Holy One, protector of Avraham, supporter of Sarah.

2. Chesed and Gevurah: We Open to Divine Expansiveness and Power.

Who is like You!
Source of all strength,
Source of all compassion, all healing.
Inspiration in time of despair,
Keeping alive our ideals, hopes and dreams,
Making the dead live again through us,

וְנִאֲמָן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה מְחַיֵּה הַמֵּתִים:

V'ne'eman Ata l'ha-chayot meytim. Baruch Ata יהוה, m'chayey ha-meyteem.

Loyal restorer of life! A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

(The *Amidah* for English chanting continues on next page)

5. Avodah: We Open Ourselves to Sacred Service

We bless the One who enables us to feel deeply,
To know our needs, and the needs of our world.
May our actions flow with Your goodness, grace, love and care.
May our prayer arise and find acceptance with love.
May our lives turn always towards You,
So Your *Shekhinah* will dwell within us always.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָךְ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

V'teche-zenah eyneynu b'shuv-chah l'Tzion b'rachamim.

Baruch Ata יְהוָה, ha-machazir Shekhinahto l'Tzion.

May our eyes behold Your loving homecoming to Zion.
A Fountain of Blessing are You, Holy One, who brings Your *Shekhinah* home.

[*Shekhinah* is our name for the Divine Feminine, that aspect of God which dwells most closely and intimately with us, and which most profoundly feels the pain of being exiled by our hardness of heart and alienation.]

6. Modim: We Open Ourselves to Gratitude

We are thankful for all the generations that came before us,
For our parents who brought us into this world,
For the miracles that greet us every day,
For morning, noon and night,
For the joy of continual discovery,
For the beauty that surrounds us and is us.
For all these things may Your Name be praised forever.

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה. בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמֵחַ וְלֵךְ נָאֶה לְהוֹדוֹת.

V'chol ha-chayyim yoducha, Selah. Baruch Ata יְהוָה, ha-tov shimcha, u-l'cha na-eh l'hodot.

Let all life acknowledge you! A Fountain of Blessing are You, Holy One,
Your Name is Goodness and it gives us pleasure to give You thanks.

(The *Amidah* for English chanting continues on next page)

7. *Shalom*: We Open to Wholeness, Completeness, Fulfillment and Peace.

Source of *Shalom*: Fulfillment and Peace
May we drink deeply from the fountain of peace,
Know peace in ourselves,
Live in peace with our neighbors,
Create peace in the world.
We bless the Holy One,
Creator of Wholeness, Source of Peace.

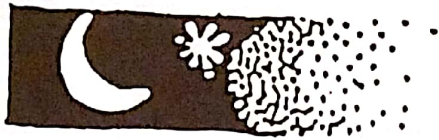
בְּרוּךְ אַתָּה יְהוָה הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Baruch Ata יהוה, ha-m'vareych et amo Yisrael ba-Shalom.

A Fountain of Blessing are You, Holy One, You bless us with *Shalom*.



continue on pg. 43



Meditation after the Amidah

אֱלֹהֵי נְצוֹר לְשׁוֹנִי מִרָע
וּשְׁפָתִי מִדַּבֵּר מְרָמָה.
וּלְמַקְלָלִי נִפְשֵׁי תִדָּם
וּנְפֹשֵׁי כַּעֲפָר לְכָל תְּהִיָּה.
פֶּתַח לְבִי בְּתוֹרָתְךָ
וּבְמִצְוֹתֶיךָ תִּרְדּוּף נִפְשִׁי.

*Elohay n'tzor l'shoni mey-ra,
U-s'fatay mi-daber mirmah (2x)
V'lim'kal'lay nafshi ti-dom,
V'nafshi keh-afar la-kol tih'yeh.
P'tach libi b'Tora-techa
U-v'mitz'vo-techa tir'dof nafshi.*

וְכָל הַחוֹשְׁבִים עָלַי רָעָה
מִהֲרָה הִפֵּר עֲצָתָם וּמִלְקָל מַחֲשַׁבְתָּם.
עֲשֵׂה לִמְעַן שְׁמָךְ. עֲשֵׂה לִמְעַן יְמִינְךָ.
עֲשֵׂה לִמְעַן קִדְשָׁתְךָ. עֲשֵׂה לִמְעַן תּוֹרָתְךָ.
לִמְעַן יִחְלְצוּן יְדִידֶיךָ הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.
יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ
יְהוָה צוּרִי וְגֹאֲלִי.

*My God,
Guard my tongue from all evil,
And my lips from spouting lies.
May I think before I begin to speak,
May my words be gentle and wise.
Help me ignore those who wish me ill.
Help me be humble before all.
Open my heart to Your Torah.
That I know how to answer Your call.*

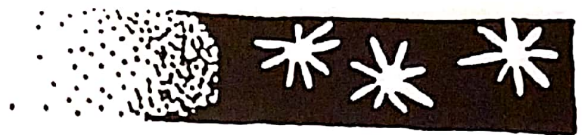
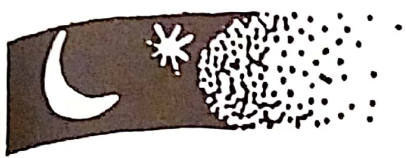
(English lyrics and melody: Juliet Spitzer)

May You guard my tongue from evil,
and my lips from speaking lies.
Help me ignore the taunts of my foes,
and to forgive those who wrong me.
Open my heart to the wisdom of Torah,
so that my soul will follow the path of righteousness
May all who study destruction have their designs frustrated.
May this happen for the sake of the holiness of the world.
May the words of my mouth and the meditations of my heart
remain true and loving, and be acceptable in Your sight.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵּבֵל וְאָמְרוּ: אָמֵן.

*Oseh shalom bim'romav. Hu ya'aseh shalom aleynu,
v'al kol Yisrael, v'al kol yoshvey teyvey, v'imru: Amen!*

May Your light show us the way to bring peace to all.



Va-essa

ואשא אתכם

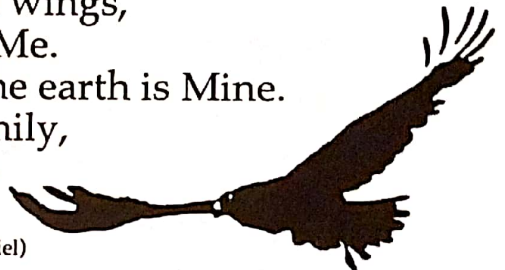
Etchem

וַאֲשָׂא אֶתְכֶם עַל-כַּנְפֵי נְשָׁרִים וְאָבֹא אֶתְכֶם אֵלַי:
וְהֵייתֶם לִי סִגְלָה כִּי-לִי כָל-הָאָרֶץ:
וְאַתֶּם תִּהְיוּ-לִי מִמְּלַכֶּת כֹּהֲנִים וְגוֹי קָדוֹשׁ ...

*Va-essa et'chem al kanfey n'shareem, va-avee etchem eylay
Vee-h'yee-tem lee s'gulah, kee lee kol ha-aretz,
V'atem tee'hyoo lee mamlechet Kohanim, v'goy kadosh...*

I did lift you up on loving eagle wings,
I have brought you back to Me.
You will be My treasured ones, for all the earth is Mine.
And you will be a sacred family,
In touch with the Divine
Forever, for all time.

(Exodus 19: 4-6. music/lyrics Rabbi Yaakov Gabriel)



ויכלו *Vay'chulu*

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם:
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ
כִּי בּו שְׁבֹת מְכָל מְלַאכְתּוֹ
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*Va-y'chulu ha-shamayim v'ha-aretz
v'chol tz'va-am. Va-y'chal Elohim
ba-yom ha-sh'vee-ee
m'lachto asher asah.
Va-yish'bot ba-yom ha-sh'vee-ee
mee-kol m'lachto asher asah.
Va-y'vareych Elohim et
yom ha-sh'vee-ee,
va-y'kadeysh oto. Ki vo shavat
mi-kol m'lachto
asher bara Elohim la'asot*

Six waves of creation, the birthing of the universe.
—waves and particles, heavens and earth— was completed.
With the seventh and final cycle of creativity God ceased, made *Shabbat*,
complete release from the urge to create!
The Creator blessed the rhythm of seven cycles, infusing the seventh cycle
with unique holiness, for following labor God made *Shabbat* and ceased,
basking in the array formed by the surges of creativity.

(Genesis 2: 1-3 transl. Rabbi David Wolf-Blank)



Aleynu

עלינו לשבח

L'Shabeyach

We Rise to Praise and Weave the Dream

עלינו לשבח לאדון הכל לתת גדלה ליוצר בראשית

alternative wordings

אשר נתן לנו

תורת אמת

נתיי עולם

נטע בתוכנו:

שלו * עשנו כגויי הארצות

ולו * שמנו כמשפחות האדמה

שלו * שם חלקנו בהם

ונרלנו בכל העולם

ואנחנו כורעים ומשתחוים ומוזים
לפני מלך מלכי המלכים הקדוש ברוך הוא.

Aleynu l'shabeyach la'Adon ha-kol, lateyt gedulah l'Yotzer B'reysheet

Asher natan lanu

Torat emet

V'cha-yey olam

Nata b'tocheynu

Sheh-Lo asah-nu k'goyey ha-ara-tzot,

v'Lo samanu k'mishpachot ha-adamah

Sheh-Lo sam chelkeynu kahem,

v'goraleynu k'chol ha-olam

We rise to praise You, Source of All. (You give us a Torah of Truth, and plant eternal life within us)
(You have made us a unique people, as are all the nations of the earth whose destiny we share)

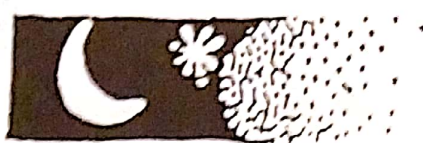
Va-anachnu kor'eem (we bend our knees with humility) *u-mish'tacha-veem* (and bow)
u-modeem (offer our gratitude) *lifney Melech Malchey ha-M'lacheem, ha-Kadosh-Baruch-Hu,*
before the Holy One of Blessing, the Ultimate Melech / Sourcing Power!

שהוא נוטה שמים ויסד ארץ ומושב יקרו בשמים ממעל ושכינת עזו
בגבהי מרומים הוא אלהינו אין עוד. אמת מלכנו אפס זולתו ככתוב
בתורתו: וידעת היום ונהשבת אל לבבה כי יהוה הוא האלהים
בשמים ממעל ועל הארץ מתחת אין עוד:

על כן נקנה לה יהוה אלהינו לראות מהרה בתפארת עזה להעביר וגלולים
מן הארץ והאילילים פרות יפרתיו. לתקן עולם במלכות שדי וכל בני
בשר יקראו בשמה. להפנות אליה כל רשעי ארץ. יפירו וידעו כל
יושבי תבל כי לה תכרע כל ברה תשבע כל לשון: לפניך יהוה אלהינו
יכרעו ויפלו. ולקבוע שמה יקר יתנו. וימלאו כלם את עול מלכותה.
ותמלא עליהם מהרה לעולם ועד. כי המלכות שלה היא ולעולמי עד
תמלוך בקבוע: ככתוב בתורתך יהוה ימלא לעולם ועד:

For God stretched forth the heavens and laid the foundations of the earth... As is written in Torah: *V'yada'ta ha-yom va-hashey-vota el l'vavecha ki Hu ha-Elohim ba-shamayim mi-ma-al v'al ha-aretz mi-tachad. Eyn od!* Know fully with mind and heart – יהוה is God! There is nothing else.

We trust that the day will come when the many gods of divisiveness and distortion – the broken pieces of the whole – will be re-united in the One, and true Godliness will shine throughout the world.



Some communities place this chant for healing here

(אנא) אֵל נָא רְפָא נָא לָהּ:

(Ana) El na r'fa-nah lah – (Please) God heal her please.

We hold in our hearts a vision of a world made whole and healed!

These words were chanted by Moshe when Miriam was stricken, and she was healed. (Exodus 12:13)

The chant can be directed to the אדמה/earth, or any נשמה/soul, as these are feminine in Hebrew.

(One can also chant נָא לֹו רְפָא *r'fa-nah lo*, using the masculine form)

And then all that has divided us will merge,
And then compassion will be wedded to power,
And then softness will come to a world that is harsh and unkind,
And then both men and women will be gentle,
And then both women and men will be strong,
And then no person will be subject to another's will,
And then all will be rich and free and varied,
And then the greed of some will give way to the needs of many,
And then all will share equally in the earth's abundance,
And then all will care for the sick and the weak and the old,
And then all will nourish the young,
And then all will cherish life's creatures,
And then all will live in harmony with each other and the earth,
And then everywhere will be called Eden once again.

(Judy Chicago)

**וְנֵאמַר וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ
בְּיוֹם הַהוּא יְהָיָה יְהוָה אֶחָד וּשְׁמוֹ אֶחָד:**

V'ne-emar, v'hayah l'melech al kol ha-aretz.

Ba-yom ha-hu yih-yeh echad u'shmo echad!

As it is written: The Source will be the center around which the world will turn. On that day we will comprehend all expressions and dimensions of Divinity as true Oneness, and unite all manifestations of God's glory.

* note: Without altering the pronunciation, in this version the Hebrew spelling of שֶׁלֹו *sheh-lo* changes the meaning of the traditional text from שֶׁלֹא – who has not" (...made us like other nations) to "שֶׁלֹו – who has made us God's" (implying – with the other nations) making the text more universalistic and inclusive. – Reb Zalman

(To make this inclusivity more emphatic, Reb Zalman and others have begun to say עִם as in עִם גּוֹיֵי הָאָרְצוֹת – with all the nations.)

Mourner's

קדיש יתום

Kaddish

Yit'gadal v'yit'kadash
Sh'mey Rabba
b'al'ma dee vra chee-r'ootey
v'yam'leech mal'chutey
b'cha-yey-chon uv'yomey-chon
uv'cha-yey d'chol Beyt Yisrael
ba-a-ga-la u-vee-zman kareev, v'eem-ru:

Ameyn

Y'hey Sh'mey Rabba m'va-rach
l'alam, ul'al'mey al'maya
Yit'barach v'yish-ta-bach
v'yit'pa-ar, v'yit'romam, v'yit'nasey
v'yit'hadar, v'yit'aleh, v'yit'halal
Sh'mey d'Kud'sha, Brich Hu!

L'eyla (on High Holidays add u-l'eyla)
meen kol birchata v'shirata
toosh'b'chata v'nechemata
da-amiran b'al'ma v'imru:

Ameyn

Y'hey shlama rabba min sh'maya
v'chayyim aleynu v'al kol Yisrael, v'imru

Ameyn

Oseh shalom bim'ro-mav
Hu ya'aseh shalom
aleynu, v'al kol Yisrael
v'al kol yoshvey teyveyl,
v'imru
Ameyn

יִתְגַּדַּל וְיִתְקַדַּשׁ
שְׁמֵהּ רַבָּא
בְּעֻלְמָא דִּי בְרָא כְרַעוּתָהּ
וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעֻלְמָא וּבְזְמַן קָרִיב וְאָמְרוּ
אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמֵינָא:
יִתְבָּרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא
לְעָלָא (וּלְעָלָא) מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאִמְרוּן בְּעֻלְמָא וְאָמְרוּ
אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ
אָמֵן:

May God's essence
be revealed as great and holy
throughout the universes
that were created by divine desire.

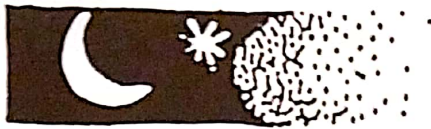
May the realm of the sacred be completed in our lifetime.

May the Holy Name be blessed as long as worlds endure:

hailed, praised and exalted though beyond any song or praise or description we could utter!

May there be universal peace, life for us, for all Yisrael, and all who dwell on earth.

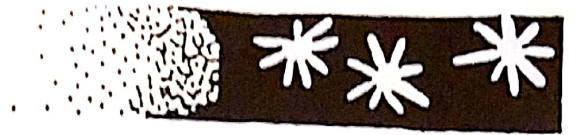
Amen.



Adon



אדון עולם



Olam

בְּטָרֶם כָּל יִצִּיר נִבְרָא.
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.
לְבִדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא יִהְיֶה בְּתַפְאָרָה.
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
וְלוֹ הָעוֹז וְהַמְשָׁרָה.
וְצוּר חֲבִלִי בְּעֵת צָרָה.
מִנָּת כּוֹסִי בְּיוֹם אֶקְרָא.
בְּעֵת אֵישָׁן וְאֶעִירָה.
יֵהוּה לִי וְלֹא אִירָא.

*Adon Olam asher malach
b'terem kol y'tzir nivra,
L'eyt na'asah v'cheftzo kol,
azay Melech Sh'mo nikra.*

*V'acharey kichlot ha-kol,
l'va-do yimloch norah,
V'Hu hayah, v'Hu hoveh,
v'Hu yih-yeh b'tif'arah.*

*V'Hu echad v'eyn shayni,
l'hamshil lo l'hachbira,
B'li reyshit, b'li tachlit,
v'lo ha-oz v'ha-misra.*

*V'Hu Eli v'chay goali,
v'tzur chevli b'eyt tzarah,
V'Hu ni-si, u-manos li,
m'nat kosi b'yom ekrah.*

*B'yado afkeed ruchì,
b'eyt ishan, v'a-irah,
V'im ruchì, g'vi-ya-ti,
יהוה li, v'lo irah.*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ
לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל
וְאַחֲרֵי כָּלֹת הַכֹּל
וְהוּא הָיָה וְהוּא הוּא
וְהוּא אֶחָד וְאֵין שְׁנֵי
בְּלִי רֵאשִׁית בְּלִי תַּכְלִית
וְהוּא אֵלִי וְחִי גֵּאֲלִי
וְהוּא נָפִסִי וּמָנוֹס לִי
בְּיָדוֹ אֶפְקִיד רוּחִי
וְעַם רוּחִי גּוֹיָתִי

*Adon Olam: Master of Time and Space,
who "malach" – sourced and sustained all –
before any form was created;
When Your desire brought all into being,
Then your Name was called Melech:
Source of Power!
After all has ceased to be, You,
Awesome One, "yimloch" alone.
Was-ness, Is-ness, and Will-be-ness, in splendor!
Perfect Oneness without other to compare
or declare equal!
Beginningless, Endless! Power and Dominion!
My God, Living Source of saving power:
Anchoring rock for my pain in time of distress,
My banner, my refuge,
The portion in my cup on the day I call out!
Into your hand I entrust my life-breath,
When I sleep and when I wake,
So too my physical body
יהוה is with me. I shall not fear.*

קידוש

Erev Shabbos Kiddush

וַיְהִי עֶרֶב וַיְהִי בֹקֶר

And there was evening, and morning ...
Va-y'hee erev, va-y'hee voker. . .

יּוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם

... Yom Ha-shee-shee. Vay'chulu Ha-shamayim
v'ha-aretz v'chol tz'va-am.

וְהָאָרֶץ וְכָל צְבָאָם:

Va-y'chal Elohim ba-yom ha-sh'v'ee-ee
m'lachto asher asah.

וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי

Va-yish'bot ba-yom ha-sh'v'ee-ee
mee-kol m'lachto asher asah.

מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה

V-y'vareych Elohim et yom ha-sh'v'ee-ee,
v-y'kadeysh oto.

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי

Ki vo shavat mi-kol m'lachto
asher bara Elohim la'asot

מְכַל מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה:

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי

...the sixth day. With six waves of creation the
birthing of the universe – waves and particles,
heavens and earth – was completed. With the
seventh and final cycle of creativity God ceased -
made Shabbat: complete release from the urge to
create. The Creator blessed the rhythm of seven
cycles, infusing the seventh cycle with unique
holiness, for following labor God made Shabbat and
ceased, basking in the array formed by the surges
of creativity.

וַיְקַדֵּשׁ אֹתוֹ

כִּי בּוֹ שָׁבַת מְכַל מְלֹאכְתּוֹ

אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

סְבָרִי חֲבֵרִי:

Savree, chavayray – By your leave, my friends:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Ata יהוה Eloheynu Melech Ha-Olam,
Borey Pri Ha-Cafen

בּוֹרֵא פְּרִי הַגֶּפֶן.

A Fountain of Blessing are You, Holy One, Source
of Creation, Who creates the fruit of the vine.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Ata יהוה Eloheynu Melech Ha-Olam asher
kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kodsho,
b'ahavah u'v'ratzon hinchilanu,
zikaron l'ma'aseh v'reysheet.

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ

Ki hu yom l'cheelah l'mik'ra-ey kodesh,
zecher li-tzi-at Mitzrayim.

וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ

Ki vanu vacharta,
v'otanu kidashta mi-kol ha-amim.

זְכָרוֹן לְמַעֲשֵׂה בְּרָאשִׁית

V'Shabbat kod'sh'cha,
b'ahavah uv'ratzon hinchal'tanu.

כִּי הוּא יוֹם תְּחִלָּה

Baruch Ata יהוה, m'kadeysh ha-Shabbat.

לְמִקְרָאֵי קֹדֶשׁ

זָכָר לִיצִיאַת מִצְרַיִם

A Fountain of Blessings are You, Holy One, Source
of Creation, Who has made us holy with Godly
mitzvot and takes pleasure in us; Who with love
and desire gave us holy Shabbos, reminding us of
the flaring forth of Creation – first of all the holy
days, a reminder of our escape from Mitzrayim, the
place of Constriction. For with loving desire You
have chosen us from among all peoples to be the
guardians of Your holy Shabbos.

כִּי בָנוּ בְּחִרָתָ

וְאוֹתָנוּ קִדְּשָׁתָּ מְכַל הָעַמִּים

A Fountain of Blessings are You, Holy One,
pouring holiness into Shabbos.

וְשָׁבַת קִדְּשָׁהּ

בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ.

בָּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשָּׁבֶת.



Selections from Shir Ha-Shirim ~ Song of Songs

Batí L'gani

2:9, 5:1-2

הִנֵּה-זֶה עֹמֵד אַחֵר כְּתִלָּנוּ
מִשְׁגִּיחַ מִן-הַחֲלֹנוֹת מֵצִיץ מִן-הַחֲרָכִים:

Hiney zeh omeyd achar kot'leynu,
Mash'gee-ach min-ha-chalonot
mey-tzitz min-ha-charakim.

בָּאתִי לְגַנִּי אַחֲתִי כָלָה אָרִיתִי מוֹרִי עִם-בִּשְׁמִי
קוֹל דּוֹדִי דּוֹפֵק פֶּתַח-יָלִי אַחֲתִי רַעִיתִי

Ba-tee l'ganee achotee chalah,
a-ree-tee moree im-b'samee.
Kol dodee dofeyk, pitchee-lee,
achotee, ra'ya-tee.

Behold! He stands behind our wall,
Gazing in at the windows, looking in through the lattice.
"I have come into my garden, my sister, my bride!"
The voice of my beloved; "Open to me, my sister, my bride!"

Yonati

2:14

יוֹנָתִי בְּחֻגֵּי הַסֵּלַע בְּסִתְרֵי הַמַּדְרֵגָה
הִרְאִינִי אֶת-מַרְאֵיךְ הַשְּׁמִיעִינִי אֶת-קוֹלְךָ
כִּי-קוֹלְךָ עֵרֵב וּמַרְאֵיךְ נָאוֶה:

Yonatee b'chag-vey ha-sela
b'sey-ter ha-mad'rey-gah.
Har'ee-nee et-mar'a-yich
hash'mee-ee-nee et-koleych.
Ki koleych areyv u-mar'eych na-veh.

My dove in the clefts of the rock, in the shadow of the cliff,
Let me see you, let me hear your voice!
Your voice is so sweet, you are so beautiful!

Kol Dodi

2:8

קוֹל דּוֹדִי הִנֵּה-זֶה בָּא
מִדָּלֵג עַל-הַהָרִים
מִקַּפֵּץ עַל-הַגְּבָעוֹת:

Kol dodee hiney zeh ba,
M'daleyg al-heh-harim,
M'ka-peytz al-hag'va-ot

The voice of my beloved -- look he's coming!
Dancing on the mountains, leaping on the hills!



דודי לי ואני לו הרעה בשושנים: *Dodee lee va-anee lo ha-ro-eh ba-shoshanim.*
 מי זאת עלה מן-המדבר. מי זאת עלה *Mee zot olah min ha-midbar? mee zot olah?*
 מקטרת מור ולבונה *M'kuteret mor ul'vonah,*
 לבבתני אחתי כלה. לבבתני כלה *Libavtini achotee kalah, libavtini kalah,*
 עורי צפון ובואי תימן *Uri tzafon u-vo-ee teyman*

My love is mine and I am his, who feasts in the field of lilies.
 Who is this coming out of the wilderness, perfumed with myrrh and frankincense?
 You have ravished my heart, my sister, my bride.
 Awake north wind, south wind, come!

Et Dodím (assorted phrases)

עת דודים בואי כלה בואי אל גני *Eyt dodim bo-ee challah, bo-ee el ganee.*
 פרחתה הגפן הניצו הרמונים *Par'chah ha-gefen hey-ney-tzu ha-rimonim,*
 חלף הגשם הסתו עבר *Chalaf ha-geshem, ha-stav avar.*
 קומי לך רעיתי החשק גבר *Kumee lach ra'ya-tee ha-cheyshek gavar.*
 ירדנו הרעים לרעות בגנים *Yarad'nu ha-rey-im lir'ot ba-ganim,*
 שם בבית דודי עיניך יונים *Sham b'veyt doday ey-na-yich yonim.*
 מה יפית ומה נעמית כשלג שניך *Mah yafeet u-mah na-amt ka-sheleg shineych*
 דבש וחלב תחת לשונך *D'vash v'chalav tachat l'sho-neych.*

A time for making love! Come into my garden!
 The vine has budded, the pomegranate is in flower.
 The rains are done, winter is over. Hurry my love!
 We lovers went down to the gardens..there, the house of our love...your eyes like doves.
 How beautiful you are! Your teeth (white as) snow. Milk and honey under your tongue.

Hareyni M'kabeyl Alay

הֲרִינִי מְקַבֵּל עָלַי אֶת מִצְוַת הַבּוֹרֵא
וְאֶהְבֶּתָּ לְרֵעֶךָ כְּמוֹךָ:

*Hareyni m'kabeyl alay, et mitzvat ha-Borey
V'ahavta l'rey-acha kamocho*

I am prepared to take upon myself the mitzvah of The Creator
You Shall Love Your Fellow Person as Yourself. (Leviticus 19:18)

One Love, One Heart

One love, one heart!
Let's get together and feel all right.
One love, one heart!
Give thanks and praise to the One,
And we can feel all right.



Let us be lifted by our high intentions.
There is a future that we all can seek:
To end our bickering through peaceful intervention,
To hear the blessings that our children speak.

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שֶׁבֶת כָּלֵנוּ גַם יַחַד:

Hiney mah tov u-mah na'im, shevet kulanu gam yachad (Psalm 133:1 adapted)

Lets get together for a true solution,
Embrace each other in a holy, happy way.
There is no sense in endless retribution.
We need to open to a brand new day!

(melody: Bob Marley, verses: Rabbi Yaakov Gabriel)

Od Yavo Shalom Aleynu

*Od Yavo Shalom Aleynu, (3x)
V'al kulam!
Shalom, aleynu v'al kol ha-olam
Shalom – Salaam*

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּל
עָלֵינוּ וְעַל כָּל הָעוֹלָם
שְׁלוֹם סָלָם

Peace will yet come for us and for everyone, for us and for the whole world!

(lyrics and melody by Moshe Ben Ari of the musical group Sheva)

L'ma-an Achay v'Rey-ay

לְמַעַן־אֲחֵי וְרֵעֵי אֲדַבְרָה־נָּא שְׁלוֹם בְּךָ
לְמַעַן בֵּית־יְהוָה אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב לָךְ:

L'ma-an achay v'rey-ay, a-dabrah-na shalom bach.

L'ma-an beyt HaShem Eloheynu, avak'shah tov lach.

Because of my brothers and friends, because of my sisters and friends,

Please let me ask, please let me say, "Peace to you!"

This is the house, the house of the Lord, I wish the best for you!

(Psalm 122:8-9/ Talmud Berachot 64a. Translation and song by R' Shlomo Carlebach)

Ivdu

עֲבֹדוּ אֶת־יְהוָה בְּשִׂמְחָה בָּאוּ לְפָנָיו בְּרִנָּה:

Ivdu et יהוה b'simcha, bo-u l'fanav bir'nah-nah.

Come serve the Holy One with joy!

(Psalm 100:2)

Chant for Healing

(אנא) אֵל נָּא רַפָּא נָּא לָהּ:

(Ana) *Eyl Na R'fa-nah Lah*

(Exodus 12:13)

(Please) God heal her please.

These words were chanted by Moshe when Miriam was stricken, and she was healed. As the text is in the feminine, the chant can also be directed to any soul, any *neshamah*, as soul is feminine in Hebrew. One can also chant *לָהּ* *r'fanah lo*, using the masculine.

M'maley Kol Olmin

מִמָּלָא כָּל עֲלָמִין וְסוּבָב כָּל עֲלָמִין
וּמִבְּלַעְדֶּיהָ אֵין שׁוּם מְצִיאוֹת כָּלֵל:

M'maley kol olmin, v'soveyv kol olmin

U'mee-bal' adecha eyn shoom m'tziut klal.

(adapted from Zohar)

You fill all worlds and surround all worlds; nothing but You exists.

Va-anachnu n'vareych Yah

וְאֶנְחֵנוּ נִבְרַךְ יְהִי מְעַתָּה וְעַד עוֹלָם הַלְלוּיָהּ:

Va-anachnu n'vareych Yah, mey-ata v'ad olam, hallelu-Yah.

We will praise Yah forever, Praise Yah!

(final verse of Psalm 145)