



TEMPLE EMANU-EL

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OPENING MEDITATIONS

I

On the Meaning of a Name

Emanu-El: “God is with us!” At the dawn of our people’s spiritual journey, they conceived of a revolutionary idea: At a time when the deities of other civilizations were remote and capricious, our ancestors came to know a God of love and mercy who was always near to us.

Emanu-El: God is with us!

The Jewish people entered into a Covenantal relationship with God: an intimate connection that reflected a sense of partnership with the Divine.

Emanu-El: God is with us!

Our destiny became bound up with the constant search for God’s presence . . . and greater knowledge of Divine truth. This truth was understood to be the way to fulfillment in life, and the path to justice and peace in the world.

Emanu-El: God is with us!

The reality of God, and the possibility of encounter and relationship with the Divine, remains the great challenge of faith today. God is — and with open minds and hearts, we struggle with the complexities as we each seek to embrace that reality for ourselves.

Emanu-El: God is with us!

Even as we search for the transcendent reality of God’s power as the Source for goodness and meaning in the Universe, we also see the Divine presence most clearly reflected in us — in the human family . . . in the gathered community at prayer . . . in the eyes of those we love . . . and in our own hearts.

Emanu-El: God is with us!

OPENING MEDITATIONS

As this ideal inspired those who founded and built this sacred community and this holy place, we affirm the truth and the possibilities it proclaims — as we live and worship, learn and serve together!

II

May the door of this synagogue be wide enough to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden, thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness and harshness.

May this synagogue be, for all who enter, the doorway to a richer and more meaningful life.

III

O Source of light and truth, Creator of the eternal law of goodness, and of the impulse within us for justice and mercy, we pray that this hour of worship may be one of vision and inspiration. Help us to find knowledge by which to live; lead us to take the words we speak into our hearts and our lives.

Bless all who enter this sanctuary in search and in need, all who bring to this place the offering of their hearts. May our worship here lead us to fulfill our words and our hopes with acts of kindness, peace, and love. Amen.

OPENING MEDITATIONS

IV

O God enthroned by Israel's praise, O God my hope, for You alone my soul waits in silence. By day extend Your steadfast love, and at night I shall sing to You, a prayer to the God of my life. Blessed is the Eternal who day by day upholds me, the God who is my Help.

V

Rabbi Chayim of Tszanz used to tell this parable: A man, wandering lost in the forest for several days, finally encountered another. He called out: Brother, show me the way out of this forest! The man replied: Brother, I too am lost. I can only tell you this: the ways I have tried lead nowhere; they have only led me astray. Take my hand, and let us search for the way together. Rabbi Chayim would add: So it is with us. When we go our separate ways, we may go astray; let us join hands and look for the way together.

VI

The meaning of Shabbat is to celebrate time rather than space. Six days a week we live under the tyranny of things in space; on Shabbat we try to become attuned to the holiness of time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of Creation to the mystery of Creation, from the world of Creation to the creation of the world.

Shalom Aleichem

שָׁלוֹם עָלֵיכֶם, מַלְאָכֵי הַשָּׁרַת, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shalom aleichem, mal-achei hashareit, mal-achei elyon,
Mi melech malchei ham'lachim, Hakadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, mal-achei hashalom, mal-achei elyon,
Mi melech malchei ham'lachim, Hakadosh Baruch Hu.

בְּרַחֲנוּי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, mal-achei hashalom, mal-achei elyon,
Mi melech malchei ham'lachim, Hakadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzei-t'chem l'shalom, mal-achei hashalom, mal-achei elyon,
Mi melech malchei ham'lachim, Hakadosh Baruch Hu.

Peace on you, messengers of God Most High, servant angels of the Highest! God is our Creator, high above all earthly power, the Holy Blessed One! Come in peace. Bless me with peace. Depart in peace.

Shabbat HaMalka

הַחֲמָה מְרֵאשׁ הָאֱלֹנוֹת נִסְתַּלְקָה—
בָּאוּ וְנִצַּא לְקִרְאָת שַׁבַּת הַמַּלְכָּה.
הִנֵּה הִיא יוֹרְדָת, הַקְּדוֹשָׁה הַבְּרוּכָה.
וְעִמָּהּ מַלְאָכִים צָבֵא שָׁלוֹם וּמְנוּחָה.
בּוֹאִי, בּוֹאִי, הַמַּלְכָּה! בּוֹאִי, בּוֹאִי, הַבְּלָה!
שָׁלוֹם עָלֵיכֶם, מַלְאָכֵי הַשָּׁלוֹם.

OPENING SONGS AND HYMNS

Hachama meirosh ha-ilanot nistal'ka—
Bo-u v'neitzei likrat Shabbat hamalka.
Hinei hi yoredet, hak'dosha, hab'rucha.
V'imah mal-achim tz'va shalom um'nucha.
Bo-i, bo-i, hamalka! Bo-i, bo-i, hakala!
Shalom aleichem, mal-achei hashalom.

The sun on the tree tops no longer is seen—
Come gather to welcome the Sabbath our queen.
Behold her descending, the holy, the blessed.
And with her the angels of peace and of rest.
Draw near, draw near, and here abide!
Draw near, draw near, O Sabbath bride!
Peace also to you, you angels of peace.

Hinei Ma Tov

הִנֵּה מַה־טּוֹב וּמַה־נְּעִים שֶׁבֶת אַחִים גַּם־יַחַד.

Hinei ma tov uma na-im shevet achim gam yachad.

How good it is and how lovely for people to dwell together.

L'chu N'ran'na

לְכוּ נִרְנְנָה לַיהוָה, נִרְיַעָה לְצוּר יִשְׁעֵנו.
נִקְדְּמָה פָּנָיו בְּתוֹדָה, בְּזִמְרוֹת נִרְיַע לוֹ.
כִּי אֵל גָּדוֹל יְהוָה, וּמִלְךְ גָּדוֹל עַל־כָּל־אֱלֹהִים.
אֲשֶׁר בְּיָדוֹ מְחַקְרֵי־אָרֶץ, וְתוֹעֲפוֹת הָרִים לוֹ.

L'chu n'ran'na IAdonai, naria l'tzur yisheinu.
N'kad'ma fanav b'toda, bizmirot naria lo.
Ki El gadol Adonai, umelech gadol al kol Elohim.
Asher b'yado mech-k'rei a-retz, v'to-afot harim lo.

Come, let us sing to the Eternal One, let our song ring out to our sheltering Rock. Let us come before God with thanksgiving, our voices loud with song. For great are You, Eternal One, high above the gods that are worshipped. In Your hands are the depths of the earth; Yours are the mountain-peaks.

Ozi V'zimrat Yah

עֲזִי וְזִמְרַת יְהוָה וַיְהִי־לִי לִישׁוּעָה.

Ozi v'zimrat Yah; vay-hi li lishua.

God is my strength and my song; God has been my deliverance.

L'cha Dodi

לְכָה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נְקַבְּלָה.

L'cha dodi likrat kala, p'nei Shabbat n'kab'la.

שְׁמוֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הִשְׁמִיעֵנוּ אֵל הַמִּיּוֹחָד.
יְיָ אֶחָד וְשְׁמוֹ אֶחָד, לְשֵׁם וּלְתַפְאֳרָתוֹ וּלְתִהְלָה.

Shamor v'zachor b'dibur echad, hishmianu El ham'yuchad.

Adonai echad ushmo echad, l'sheim ultif-eret v'lit-hila.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֵאשׁ מִקְדָּם נְסוּכָה, סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

Likrat Shabbat l'chu v'neil'cha, ki hi m'kor hab'racha.

Meirosh mikedem n'sucha, sof ma-asei b'machashava t'chila.

הִתְעוֹרְרֵי הִתְעוֹרְרֵי, כִּי בָּא אֲוִרָה! קוּמִי, אֲוִרִי.
עוֹרֵי עוֹרֵי שִׁיר דַּבְּרֵי, כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Hit-or'ri, hit-or'ri, ki va oreich! Kumi, ori.

Uri, uri, shir dabeiri, k'vod Adonai alayich nigla.

בּוֹאֵי בְּשָׁלוֹם עֲטֶרֶת בְּעָלָה. גַּם בְּשִׂמְחָה וּבְצַחָהּ.
תּוֹךְ אֲמוּנֵי עַם סְגָלָה, בּוֹאֵי כְלָה, בּוֹאֵי כְלָה.

Bo-i v'shalom, ateret ba-alah, gam b'simcha uvtzohola.

Toch emunei am s'gula, bo-i chala, bo-i chala.

OPENING SONGS AND HYMNS

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, for honor and glory and praise.

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!

Ma Yafeh Hayom

מַה יָּפֵה הַיּוֹם. שַׁבַּת שְׁלוֹם.

Ma yafeh hayom. Shabbat shalom.

How beautiful this day is. Shabbat Shalom.

Ma Tovu

מַה-טֹּבוֹ אֹהֲלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Ma tovu ohalecha Yaakov, mishk'notecha Yisrael.

How lovely are your tents, O Jacob, your dwelling places, O Israel.

Bo-i Chala

בּוֹאִי כְּלָה. לְכֵה דוּדֵי לְקִרְאָת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

Bo-i chala. L'cha dodi likrat kala, p'nei Shabbat n'kab'la.

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

KINDLING THE SABBATH LIGHTS

I

Come, let us welcome the Sabbath. May its radiance warm our hearts as we kindle these tapers.

Light is the symbol of God's Presence in our lives. "The Eternal One is our light and our salvation."

Light is the symbol of the holiness within each of us. "The human spirit is the light of God."

Light is the symbol of the Torah's teachings. "For the commandment is a lamp and the Torah is a light."

Light is the symbol of Israel's mission, as it is written: "I have made you a covenant people, to serve as a light to the nations."

Therefore, in the spirit of our ancient tradition that hallows and unites Israel in all lands and all ages, we kindle the lights of Shabbat.

II

Eternal God,
We have come together to pray as a congregation;
Yet each of us is strangely solitary in Your presence.
Each of us comes before you with special hopes and dreams;
Each of us has personal worries and concerns.

*Each of us has a prayer no one else can utter;
Each of us brings praise no one else can offer.*

Each of us feels a joy no one else can share;
Each of us has regrets which others cannot know.
And so, we pray:

If we are weary, give us strength;

If we are discouraged, give us hope.

If we have forgotten how to pray, remind us;
If we have been careless of time, forgive us.

*If our hearts have been chilled by indifference,
Warm them with Your mercy, and inspire us
With the glowing spirit of Your holy Shabbat.*

III

As these Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us.

As their brightness reminds us of the generations of Israel who have kindled light, so may we, in our own day, be among those who kindle light.

*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch ata Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik neir shel Shabbat.

We praise You, Eternal God, Creator of the universe, who hallows our lives through laws and ethical teachings. We are mindful of these timeless values as we kindle the lights of Shabbat.

“A HERITAGE HAS COME DOWN TO US”

Reader

Ruler of the universe, we lift up our hearts to Thee who made heaven and earth. The infinite heavens and the quiet stars tell of Thine endless power. We turn from our daily toil, from its difficulties and its conflicts, from its clamor and its weariness, to meditate on the serene calm of Thy presence which pervades all creation and hallows our life with the blessing of Sabbath peace.

Source of peace, bless Thou our worship on this Sabbath day. Enlighten our eyes to behold Thy guiding power in all nature from the remotest star to our inmost soul. Inspire our hearts to love Thee and to make Thy will the law of our life. Grant us comfort in sorrow, strength in trial and the courage to serve Thee in all our ways. May our words of prayer and our unspoken meditations be acceptable unto Thee, our Creator and Redeemer. Amen.

THE SH'MA AND ITS BLESSINGS שמע וברכתיה

(Congregation rises)

בְּרַחוּ אֶת יְיָ הַמְּבֹרָךְ.

Bar'chu et Adonai ham'vorach.

Praise the Lord to whom all praise is due!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

(Congregation is seated)

Reader

Praise be Thou, O Lord our God, ruler of the world, by whose law the shadows of evening fall and the gates of morn are opened. In wisdom Thou hast established the changes of times and seasons and ordered the ways of the stars in their heavenly courses. Creator of heaven and earth, O living God, rule Thou over us forever. Praised be Thou, O Lord, for the day and its work and for the night and its rest.

Congregation

Infinite as is Thy power, even so is Thy love. Thou didst, manifest it through Israel, Thy people. By laws and commandments, by statutes and ordinances hast Thou led us in the way of righteousness and brought us to the light of truth. Therefore at our lying down and rising up, we will meditate on Thy teachings and find in Thy laws true life and length of days. O that Thy love may never depart from our hearts. Praised be Thou, O Lord, who hast revealed Thy love through Israel.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים
אוֹתָנוּ לְמִדָּת. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׁכְבְּנוּ וּבְקוּמָנוּ וְנִשְׁיחַ בְּחֻקֶיךָ,
וְנִשְׁמַח בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךָ
יָמֵינוּ, וּבָהֶם נִהְגָּה יוֹמָם וְלַיְלָה. וְאַהֲבַתְךָ אֵל תָּסִיר מִמָּנוּ לְעוֹלָמִים.
בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat olam beit Yisrael am'cha ahavta, Torah umitzvot, chukim umishpatim otanu limad-ta. Al kein Adonai Eloheinu, b'shochveinu uvkumeinu nasiach b'chukecha, v'nismach b'divrei toratecha uvmitzvotecha l'olam va-ed. Ki heim chayeinu v'orech yameinu, uvahem nehgeh yomam valaila. V'ahavatcha al tasir mimenu l'olamim. Baruch ata Adonai ohev amo Yisrael.

(Congregation rises)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָךְ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרַתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכִתַּבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהֵיוֹת לְכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha
uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi
m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha
uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai, vih-yitem k'doshim
leiloeichem. Ani Adonai Eloheichem asher hotzeiti etchem
mei-eretz mitzrayim lihyot lachem leilohim, Ani Adonai
Eloheichem.

SHABBAT EVENING SERVICE I

Congregation

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: that ye may remember and do all My commandments, and be holy unto your God. I, the Lord, am thy God, who led thee out of Egypt to be thy God; I, the Lord, am thy God!

Responsive Reading

Eternal truth it is that Thou alone art God, and there is none else.

And through thy power alone has Israel been redeemed from the hand of oppressors.

Great deeds hast Thou wrought in our behalf and wonders without numbers.

Thou hast kept us in life; Thou hast not let our footsteps falter.

Thy love has watched over us in the night of oppression;

Thy mercy has sustained us in the hour of trial.

And now that we live in a land of freedom, may we continue to be faithful to Thee and Thy word.

May Thy law rule the life of all Thy children and Thy truth unite their hearts in fellowship.

O God, our refuge and our hope, we glorify Thy name now as did our ancestors in ancient days:

מִי־כִמּוֹחָה בְּאֵלִים יְהוּהָ? מִי כִמּוֹחָה נֹאדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִילַת, עֲשֵׂה פְּלֵא?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh,
nora t'hilot, osei fele?

Who is like unto Thee, O Lord, among the mighty? Who is like unto
Thee, glorious in holiness, awe-inspiring, working wonders?

מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה. זֶה אֱלֹהֵי, עָנוּ
וְאָמְרוּ:

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe. Zeh Eli, anu
v'am'ru:

Thy children acknowledged Thy sovereign power, and exclaimed:
The Lord shall reign forever and ever.

יְהוּהָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yimloch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

Reader

As Thou hast redeemed Israel and saved us from arms
stronger than our own, so mayest Thou redeem all who are
oppressed and persecuted. Praised be Thou, O God, Redeemer
of Israel.

יִשְׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עִם מְקַדְּשֵׁי
שְׁבִיעֵי כְּלָם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטוּבְּךָ וְהַשְּׁבִיעֵי רְצִיתָ בּוֹ
וְקַדְּשָׁתוֹ. חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זִכָּר לְמַעֲשֵׂה בְּרֵאשִׁית.

Yism'chu v'malchut'cha shom'rei Shabbat v'kor'ei oneg. Am
m'kad'shei sh'vi-i ku-lam yisb'u v'yit-angu mituvecha v'hash'vi-i
ratzita bo v'kidashto. Chemdat yamim oto karata, zeicher
l'ma-asei v'reishit.

Reader

Those who keep the Sabbath and call it a delight, rejoice in Thy glory. All who hallow the seventh day shall be gladdened by Thy goodness. This day is Israel's festival of the spirit, sanctified and blessed by Thee, the most precious of days, a symbol of the joy of creation.

AMIDAH עמידה

(Congregation rises)

אֲדֹנָי, שְׁפַתִּי תִפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips, that my mouth may declare Your glory!

Praised be Thou, O Lord, God of our fathers and mothers, God of Abraham, Isaac and Jacob, Sarah, Rebekah, Rachel and Leah. Great, mighty, and exalted. Thou bestowest lovingkindness upon all Thy children. Thou rememberest the devotion of our ancestors. In Thy love, Thou bringest redemption to their descendants for the sake of Thy name. Thou art our Ruler and Helper, our Savior and Protector. Praised be Thou, O Lord, Shield of Abraham, Help of Sarah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, יוֹזֵכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמִבִּיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה. מְלֹךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יְיָ, מְגַן
אֲבֹרָהִם וְעֹזֵר שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neihem, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

Congregation

Eternal is Thy power, O Lord, Thou art mighty to save. In lovingkindness Thou sustainest the living; in the multitude of Thy mercies, Thou perservest all. Thou upholdest the falling and healest the sick; freest the captives and keepest faith with Thy children in death as in life. Who is like unto Thee, Almighty God, Author of life and death, Source of salvation? Praised be Thou, O Lord, who hast implanted within us eternal life. Thou art holy, Thy name is holy and Thy worshipers proclaim Thy holiness. Praised be Thou, O Lord, the holy God.

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ
 נוֹפְלִים וְרוֹפֵא חוֹלִים וּבַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמּוֹנָתוֹ לִישְׁנֵי
 עֶפֶר. מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מְלֶךְ מִבְּמִית
 וּמְחַיֶּה וּבְמִצְמִיחַ יְשׁוּעָה. וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ
 אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam Adonai, m'chayei hakol ata, rav l'hoshia. M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim, someich nofl'im v'rofei cholim umatir asurim umkayeim emunato lisheinei afar. Mi chamocho ba-al g'vurot umi domeh lach, melech meimit umchayeh umatzmiach y'shua. V'ne-eman ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

(Congregation is seated)

Reader

Beloved God, may this Sabbath bring rest to every disquieted heart and be a healing balm to every wounded soul. Thou who hearest prayer, we beseech Thee to endow us with a contented disposition. When we pray for new blessings, may we come to Thee in the spirit of humility, remembering that we cannot know whether what we ask is really for our good. Help us to find meaning in times of joy, and hope in times of sadness. When we sing Thy praise, may our souls rise with

our songs to Thee, and when we render Thee our homage, may we remember that only by faithfulness to Thy commandments and the goodness of our deeds, can we make our worship acceptable to Thee.

Look with compassion upon Thy children and grant us strength of love and purity of purpose, that we may live together in unity and work together in peace and concord, so that the well-being of all may be promoted, and Thy name, O God, be glorified in all the earth. Amen.

Congregation

Our God and God of all generations, grant that our worship on this Sabbath be acceptable to Thee. Sanctify us through Thy commandments that we may share in the blessing of Thy word. Teach us to be satisfied with the gifts of Thy goodness and gratefully to rejoice in all Thy mercies. Purify our hearts that we may serve Thee in truth. O help us to preserve the Sabbath as Israel's heritage from generation to generation, that it may bring rest and joy, peace and comfort, and through it Thy name be hallowed in all the earth. Praised be Thou, O Lord, who sanctifiest the Sabbath.

רְצֵה, יי אֱלֹהֵינוּ, בְּעִמְךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקְבֵּל.
 וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב
 לְכָל-קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ, שִׁפְךָ רוּחְךָ עָלֵינוּ.
 וּתְחַיֶּינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יי,
 הַמְחַזֵּיר שְׁכִינָתוֹ לְצִיּוֹן.

R'tzei, Adonai Eloheinu, b'am'cha Yisrael, u-tfilatam b'ahava t'kabeil. Ut-hi l'ratzon tamid avodat Yisrael amecha. El karov l'chol kor'av, p'nei el avadecha v'choneinu, sh'foch ruchacha aleinu. V'techezena eineinu b'shuv'cha l'tziyon b'rachamim. Baruch ata Adonai, hamachazir sh'chinato l'tziyon.

Look with favor upon us and may our service be acceptable to Thee.
We praise Thee, whom alone we serve in reverence.

*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא
מְלִיךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עִמָּךְ
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ, עֹשֶׂה
הַשְּׁלוֹם.

Shalom rav al Yisrael am'cha tasim l'olam, ki ata hu melech
adon l'chol hashalom. V'tov b'einecha l'vareich et am'cha Yisrael
b'chol eit uvchol sha-a bishlomecha. Baruch ata Adonai, oseh
hashalom.

Reader

Grant us peace, Thy most precious gift, O Thou eternal source
of peace, and enable Israel to be its messenger unto the
peoples of the earth. Bless our country that it may ever be a
stronghold of peace, and its advocate in the council of nations.
May contentment reign within its borders, health and
happiness within its homes. Strengthen the bonds of
friendship and fellowship among the inhabitants of all lands.
Plant virtue in every soul, and may the love of Thy name
hallow every home and every heart. Praised be Thou, O God,
Giver of peace.

Prayer for Healing

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

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.

מִי שְׁבֵרַךְ אֲמוֹתֵינוּ, מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi shebeirach imoteinu, m'kor hab'racha la-avoteinu

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

Meditation

O God, keep my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice, and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in Thee. Help me to be strong in temptation and trial and to be patient and forgiving when others wrong me. Guide me by the light of Thy counsel, that I may ever find strength in Thee, my Rock and my Redeemer. Amen.

יְהִי לְרָצוֹן אִמְרֵי־פִי וְדַהְיֹן לִבִּי לְפָנֶיךָ, יְהוּדָה צוּרֵי וְגֹאֲלֵי.

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

May the words of my mouth and the meditation of my heart be acceptable unto Thee, O Lord, my Rock and my Redeemer.

“A LEGACY RENEWED”

Responsive Reading

There are days when we seek things for ourselves and measure failure by what we do not gain. On Shabbat, we seek not to acquire but to share.

There are days when we exploit nature as if it were a horn of plenty that can never be exhausted. On Shabbat, we stand in wonder before the mystery of creation.

There are days when we act as if we care nothing for the rights of others. On Shabbat, we remember that justice is our duty and a better world our goal.

So we embrace Shabbat: day of rest, day of wonder, day of peace.

Responsive Reading

The Synagogue is the sanctuary of Israel. Born out of our longing to feel God’s nearness, it has been to the Jewish people, throughout our wanderings, a visible token of the presence of God in our people’s midst. Its beauty is the beauty of holiness. Steadfast, it has stood as the champion of justice, mercy, and peace.

Its truths are true for all people. Its love is a love for all people. Its God is the God of all people, as it has been said: “My house shall be a house of prayer for all people.” Let all the family of Israel, all who hunger for righteousness, all who seek the eternal, find God here and here find life!

שמע וברכתיה THE SH'MA AND ITS BLESSINGS

(Congregation rises)

בְּרַחוּ אֶת יְיָ הַמְּבָרָךְ.

Bar'chu et Adonai ham'vorach.

Praise the Lord to whom all praise is due!

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

(Congregation is seated)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב
עַרְבִים, בְּחֻכְמָה פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֵּה עֵתִים,
וּמַחְלִיף אֶת הַזְּמַנִּים, וּמְסַדֵּר אֶת הַפּוֹכְבִים בְּמִשְׁמְרוֹתֵיהֶם
בְּרַקִּיעַ כְּרֻצוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ
וְחֹשֶׁךְ מִפְּנֵי אֹר, וּמַעְבִּיר יוֹם וַיְמַבִּיא לַיְלָה, וּמְבַדִּיל בֵּין יוֹם
וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם תָּמִיד יְמַלֵּךְ עָלֵינוּ
לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים.

Baruch ata Adonai Eloheinu melech ha-olam, asher bidvaro ma-ariv aravim, b'chochma poteiach sh'arim, uvitvuna m'shaneh itim, umachalif et haz'manim, umsadeir et hakochochavim b'mishm'roteihem barakia kir'tzono. Borei yom valaila, goleil or mip'nei choshech v'choshech mip'nei or, uma-avir yom umeivi laila, umavdil bein yom uvein laila, Adonai tz'va-ot sh'mo. El chai v'kayam tamid yimloch aleinu l'olam va-ed. Baruch ata Adonai, hama-ariv aravim.

Responsive Reading

Days pass and the years vanish, and we walk sightless among miracles. God, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illumines the darkness in which we walk.

Help us to see, wherever we gaze, that the bush burns unconsumed. And we, clay touched by God, will reach out for holiness, and exclaim in wonder: How filled with awe is this place, and we did not know it!

Be our inspiration in the tasks that confront us, both in seasons of joy and times of adversity. Send forth Your light and Your truth to lead us. When doubt and confusion assail us, help us remain constant in our devotion to You.

Deepen our loyalty to the sacred obligations which rest upon us. May our hearts never turn away from that covenant, and let our lives ever testify to our faith in You.

(Congregation rises)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאֶהְבֶּתָּ אֵת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָיִךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלִכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאָזְנוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכִתְבָתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם לֵהָיוֹת לְכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha
 uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi
 m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
 bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha
 uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
 einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih-yitem k'doshim
 leiloheichem. Ani Adonai Eloheichem asher hotzeiti etchem
 mei-eretz mitzrayim lihyot lachem leilohim, Ani Adonai
 Eloheichem.

Congregation

Thou shalt love the Lord thy God with all thy heart, with all
 thy soul, and with all thy might. And these words, which I
 command thee this day, shall be upon thy heart. Thou shalt
 teach them diligently unto thy children and shalt speak of
 them when thou sittest in thy house, when thou walkest by
 the way, when thou liest down, and when thou risest up.
 Thou shalt bind them for a sign upon thy hand and they shall
 be for frontlets between thine eyes. Thou shalt write them
 upon the doorposts of thy house and upon thy gates: that ye
 may remember and do all My commandments, and be holy
 unto your God. I, the Lord, am thy God, who led thee out of
 Egypt to be thy God; I, the Lord, am thy God!

Reader

We are a people in whom the past endures, in whom the
 present is inconceivable without moments gone by. The
 Exodus lasted a moment, a moment enduring forever. What
 happened once upon a time happens all the time.

Congregation

Standing on the parted shores of history, we still believe what we were taught before ever we stood at Sinai's foot: that wherever we go, it is eternally Egypt; that there is a better place, a Promised Land; that the winding way to that promise passes through the wilderness. That there is no way to get from here to there except by joining hands, marching together.

מִי־כַמֹּכָה בְּאֵלִים יְהוּדָה? מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פִּלְאָ?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh, nora t'hilot, osei fele?

Who is like You, Eternal One? Who is like You, glorious in holiness, awe-inspiring, working wonders?

מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה. זֶה אֱלֹהֵי עֲנוּ
וְאָמְרוּ:

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe. Zeh Eli, anu v'am'ru:

In their escape at the sea at the time of their liberation from bondage, our People acknowledged Your sovereign power and exclaimed:

יְהוּדָה יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yimloch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

Reader

As the Sabbath descends, it enfolds us in its mantle of peace. It brings to us the precious gift of time: time to embrace family and friends, to reflect more deeply on the meaning and purpose of our lives, and to worship in the beauty of holiness. May every Shabbat be for us a sanctuary of love and devotion, bringing contentment to our hearts, happiness to our homes, and blessings to our people.

Congregation

Those who celebrate Shabbat and call it a delight rejoice in Your creation. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of Creation.

יְשַׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג. עִם מְקַדְּשֵׁי
שַׁבְּעֵי כָּלֵם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ וְהַשְּׁבִיעֵי רַצִּיתָ בּוֹ
וְקִדְּשָׁתוּ. הַמְדַת יָמִים אוֹתוֹ קָרָאתָ, זִכָּר לְמַעֲשֵׂה בְּרֵאשִׁית.

Yism'chu v'malchut'cha shom'rei Shabbat, v'kor'ei oneg. Am m'kad'shei sh'vi-i kulam yisb'u v'yitan'gu mituvecha v'hash'vi-i ratzita bo v'kidashito. Chemdat yamim oto karata, zeicher l'ma-asei v'reishit.

Reader

Prayer invites God to let an Eternal presence suffuse our spirits, to let a will greater than our own prevail in our lives. Prayer cannot bring water to parched fields, nor mend a broken bridge, nor rebuild a ruined city; but prayer can water an arid soul, mend a broken heart, and rebuild a weakened will.

AMIDAH עמידה

(Congregation rises)

אֲדֹנָי, שְׁפַתַי תִּפְתַּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory!

We praise You, God of our mothers and fathers, God of Abraham, God of Sarah, God of all their generations. You bestow loving kindness on all Your people. You remember the devotion of those who came before us. As You guided our ancestors with love, You offer hope to us, their descendants. You are our Creator and Helper, our Guide and Protector. We praise You, Eternal God, Shield of Abraham and Help of Sarah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
 אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
 רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
 וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, זוֹכֵר
 חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ
 בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יְיָ, מְגַן
 אַבְרָהָם וְעִזְרַת שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neiheim, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

Congregation

Infinite is Your power, O God. Great is Your gift of life. In loving kindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep

faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

אַתָּה גְבוּר לְעוֹלָם, אֲדוֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוּמֵךְ
 נוֹפְלִים, וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ
 לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלֹךְ
 מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמָן אֶתָּה לְהַחְיֹת הַכֹּל.
 בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam, Adonai, m'chayei hakol ata, rav l'hoshia.
 M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim,
 someich noflim v'rofei cholim umatir asurim, umkayeim
 emunato lisheinei afar. Mi chamocho ba-al g'vurot umi domeh
 lach, melech meimit umchayeh umatzmiach y'shua. V'ne-eman
 ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

(Congregation is seated)

Responsive Reading

God of ages past and future, God of this day, as You were with our ancestors, be with us as well.

As You strengthened them, strengthen us. As You were their Guide, be ours as well.

Grant that we, too, may be bearers of Your teaching, Teachers of Your truth.

*Then our tradition shall endure and our people Israel will live:
 From mother and father, to daughter and son, and all who follow them.*

One generation comes; one generation passes. Each of us is a link in the endless chain of our heritage.

Students of the Torah become teachers. Our faith and our ideals endure. Our people and our values live on.

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נְצַחִים קִדְשָׁתְךָ נִקְדִּישׁ.
וְשִׁבְחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ
גָּדוֹל וְקָדוֹשׁ אַתָּה. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

L'dor vador nagid godlecha ulneitzach n'tzachim k'dushat'cha nakdish. V'shivchacha Eloheinu mipinu lo yamush l'olam va-ed, ki El melech gadol v'kadosh ata. Baruch ata Adonai, ha-El hakadosh.

From generation to generation, we will declare Your greatness, and throughout all ages proclaim Your holiness. Your praise shall never cease from our lips. We praise You, the holy God.

Responsive Reading

We give thanks: for the expanding grandeur of Creation, worlds known and unknown, galaxies beyond galaxies, filling us with awe and wonder,

For this fragile planet Earth, its times and tides, its sunsets and seasons,

For the joy of human life, its wonders and surprises, its hopes and achievements,

For human community, our common past and future dreams, our oneness transcending all separation, our capacity to work for peace and justice in the midst of hostility and oppression,

For high aspirations and noble causes, for faith without fanaticism, for understanding of views not shared,

For all who labor and suffer for a fairer world, who risk their personal well-being so that others might live in dignity and freedom,

For human liberties and sacred rites: for opportunities to change and grow, to affirm and choose,

We pray that we may live not by our fears but by our hopes, not by our words but by our deeds. Blessed are You, Eternal One, to whom all thanks are due.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא
מְלַךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ, עֹשֵׂה
הַשְּׁלוֹם.

Shalom rav al Yisrael am'cha tasim l'olam, ki ata hu melech adon l'chol hashalom. V'tov b'einecha l'vareich et am'cha Yisrael b'chol eit uvchol sha-a bishlomecha. Baruch ata Adonai, oseh hashalom.

Reader

Grant us peace, Your most precious gift, Eternal Source of peace, and enable our people Israel to be its messenger to all the world. Bless our country, that it may ever be a pursuer of peace and its advocate in the council of nations. May contentment reign within our borders, health and happiness within our homes. Strengthen the bonds of friendship and harmony among the inhabitants of all lands. Plant virtue in every soul and may our love for You hallow every home and every heart. We praise You, O God, Giver of peace.

Prayer for Healing

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

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.

מִי שְׁבֵרַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַבוֹתֵינוּ

Mi shebeirach imoteinu, m'kor hab'racha la-avoteinu

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

Meditation

The Lord is my Shepherd, I shall not want. He maketh me to lie down in green pastures; He leadeth me beside the still waters. He restoreth my soul; He guideth me in straight paths for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou hast anointed my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

אֱלֹהֵי, נֹצֵר לְשׁוֹנֵי מֵרַע וְשׁוֹפְתֵי מִדְּבַר מְרָמָה. וְלִמְקַלְלֵי
נַפְשֵׁי תְדוֹם, וְנַפְשֵׁי כְּעַפָּר לְכָל תְּהִיָּה. פֶּתַח לְבִי בְּתוֹרָתְךָ,
וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי רָעָה מְהֵרָה
הִפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֹךְ, עֲשֵׂה
לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן קִדְשֶׁךָ, עֲשֵׂה לִמְעַן תּוֹרָתְךָ.
לִמְעַן יַחְלִצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְנֵי.

Elohai, n'tzor l'shoni meira u's'fatai midabeir mirmah. V'limkal-lai nafshi tidom, v'nafshi ke-afar lakol tihyeh. P'tach libi b'toratecha, uv'mitzvotecha tirdof nafshi. V'chol ha'choshvim alai ra-ah m'heira hafeir atzatham v'kalkeil machashavtam. Asei l'ma-an sh'mecha, asei l'ma-an y'minecha, asei l'ma-an k'dushatecha, asei l'ma-an toratecha. L'ma-an yeichal'tzun y'didecha, hoshia y'min'cha va-aneini.

O God, guard my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice, and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in You. Help me to be strong in trial and temptation and to be patient and forgiving when others wrong me. Guide me by the light of Your counsel, that I may ever find strength in You.

יְהִי לְרַצוֹן אֱמֹרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יְהוָה צוּרִי וְגֹאֲלִי.

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

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

“THE SPIRITUAL SEARCH”

Reader

For our ancestors, Shabbat was a sign of God’s covenant of peace with the universe. They kept it faithfully; when their lives were torn, Shabbat made them whole; when their lives were bitter, it brought them sweetness; when their lives were peaceful, it deepened their joy.

Our ways are not like theirs. We have many idle days, but few Sabbaths; we speak many words, but few prayers; we make the earth yield to our purpose, but are unsure of the ground beneath us. But here, now, we can begin again. Or, having already begun, we can continue our quest for the wholeness we need.

THE SH’MA AND ITS BLESSINGS שמע וברכתיה

(Congregation rises)

בְּרָכוּ אֶת יְיָ הַמְבָרָךְ.

Bar’chu et Adonai ham’vorach.

Praise the Lord to whom all praise is due!

בָּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham’vorach l’olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

(Congregation is seated)

Responsive Reading

God, where shall I find You? Your glory fills the world.

Behold, I find You

*Where the farmer breaks through the hard soil,
Where the quarry worker explodes stone out of the hillside,
Where the miner digs metals out of the reluctant earth,
Where men and women earn their bread by the sweat of
their brow,
Among the lonely and the poor, the lowly, the lost,
You are with them in blazing heat and shattering storm.*

Behold, I find You

In the mind free to sail by its own star,
In words that spring from the depth of truth,
Where endeavor reaches undespairing for perfection,
Wherever people struggle for justice and freedom,
Where the scientist toils to unravel the secrets of Your world,
Where the poet makes beauty out of words,
Wherever noble deeds are done.

Behold, I find You

*In the merry shouts of children at their play;
In the mother's lullaby, as she rocks her baby in the cradle;
In the sleep falling on an infant's eyelids,
And in the smile that dances on a child's sleeping lips.*

Behold, I find You

When dawn comes up golden, bearing gifts,
And in the fall of evening, bringing peace and rest from the
Western sea,
In the joy that flows from heaven with morning light,
In the current of life, flowing day and night through all things,
throbbing in my sinews and in the dust of the earth,
In blades of grass beyond count, in every leaf and flower.

*Behold, I find You
In the wealth of joys that quickly fade,
In the pulse of the life that comes from eternity and dances in my
own blood,
In birth, which renews the generations continually,
And in death, knocking on the doors of life.*

O my God,
Give me the strength never to cast off one in need,
Never to bend the knee before any tyrant,
Give me strength to lift my spirit above the trivial,
To bear lightly my joys and my sorrows,
And in love to surrender all my strength to Your will.

*For great are the gifts You have given me:
The sky and the light. This my very being.
Life and the soul:
Treasures invaluable, treasures of life and of love.*

(Congregation rises)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבִנְיָן וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלִבְתֶּךָ בְּדַרְךָ וּבְשִׁכְבְּךָ וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהִיּוֹת לָכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha
uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi
m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha
uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih-yitem k'doshim
leiloeichem. Ani Adonai Eloheichem asher hotzeiti etchem
mei-eretz mitzrayim lihyot lachem leilohim, Ani Adonai
Eloheichem.

Congregation

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: that ye may remember and do all My commandments, and be holy unto your God. I, the Lord, am thy God, who led thee out of Egypt to be thy God; I, the Lord, am thy God!

Responsive Reading

In a world torn by violence and pain, a world far from wholeness and peace, a world waiting still to be redeemed, give us the courage to say: There is One God in heaven and earth.

The high heavens declare God's glory; may earth reveal God's justice and God's love.

From Egypt, the house of bondage, we were delivered; at Sinai, amid peals of thunder, we bound ourselves to God's purpose. Inspired by prophets and instructed by sages, we survived oppression and exile, time and again overcoming the forces that would have destroyed us.

Our failings are many — our faults are great — yet it has been our glory to bear witness to our God, and to keep alive in dark ages the vision of a world redeemed.

May this vision never fade; let us continue to work for the day when nations will be one and at peace. Then shall we sing with one accord, as Israel sang at the shores of the Sea.

מִי־כַמֹּחָה בְּאֵלִים יְהוּדָה? מִי כַמֹּחָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פִלְאָא?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh, nora t'hilot, osei fele?

Who is like You, Eternal One? Who is like You, glorious in holiness, awe-inspiring, working wonders?

מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה. זֶה אֱלֹהֵי, עָנוּ
וְאָמְרוּ:

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe. Zeh Eli, anu v'am'ru:

In their escape at the sea at the time of their liberation from bondage,

our People acknowledged Your sovereign power and exclaimed:

יהוה ימְלֹךְ לְעוֹלָם וָעֶד.

Adonai yimloch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

Responsive Reading

The shadows fall, but end of day fills the eye with brightness; the infinite heavens glow, and all creation sings its hymn of glory. With hope, therefore, we pray for light within: O God, reveal Yourself; hide no more; let Your face shine on all who seek You.

Eternal and infinite God, banish our darkness! Be present to us as the sudden light that lifts the heart and brings us joy.

Then shall we be at peace, O God, whose peaceful shelter we seek through all the days and nights of our lives.

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׂוֹת אֶת־הַשַּׁבָּת
לְדוֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא
לְעוֹלָם, כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

V'sham'ru v'nei Yisrael et haShabbat, la-asot et haShabbat l'dorotam b'rit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheishet yamim asa Adonai et hashamayim v'et ha-aretz, uvayom hash'vi-i shavat vayinafash.

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.

Reader

Let me hear You, Holy One, when I hear my spirit soaring in prayer. May I sing because I love, not afraid to waste my sweetness upon the void, but reflecting in my soul's flight the universal God who sings through me.

AMIDAH עמידה

(Congregation rises)

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory!

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, זוֹכֵר
חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וּמִבִּיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ
בְּאַהֲבָה. מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יְיָ, מְגַן
אֲבֹרָהִם וְעִזְרַת שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neiheim, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

Responsive Reading

O world, where miracles spring up to meet us along the way, we hold You close and give thanks for morning light, for evening calm.

Sun and moon, sea and sky, snow and mist, city streets and country lanes: what joy to know You, how excellent to touch You!

To live, and nothing more, would be enough to make us glad.
Yet morning, noon, and night, a task awaits us:

The lost and hungry to be found and fed, the sick and sad to be healed and cheered, a peaceful world to be built and kept.

Blessed is the gift of life, blessed the source of life and its tasks!

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
מִכְּלַיִל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוּמְךָ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמּוֹנָתוֹ לִישְׁנֵי
עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מְלֶךְ מַמְיֵת
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ
אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam, Adonai, m'chayei hakol ata, rav l'hoshia.
M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim,
someich noflim v'rofei cholim umatir asurim, umkayeim
emunato lisheinei afar. Mi chamocho ba-al g'vurot umi domeh
lach, melech meimit umchayeh umatzmiach y'shua. V'ne-eman
ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

(Congregation is seated)

Responsive Reading

Let us rejoice in the light of day, in the glory and warmth of
the sun, in the reawakening of life to duty and labor.

We rejoice in the light of day.

In the quiet night, with its rest from toil and its revelation of
worlds beyond the dark.

We rejoice in the peace of night.

In the earth with its hills and valleys, its widespread fields of grain, its fruit and hidden treasures.

We rejoice in the beauty of earth.

We rejoice in the strength to win our daily bread, and in homes where we find refuge from the cold and storm.

We rejoice in the shelter of home.

In the love of fathers and mothers who have nurtured our lives, with whose blessing we have gone forth to our own work in the world.

We rejoice in the love of parents.

In the children who bless our homes, whose eager minds and hearts are the promise of tomorrow.

We rejoice in our children.

In friends who share our sorrows and joys, in the fullness of the abundant life, in the serenity of old age, and in the peace that comes at last.

We rejoice, and will rejoice for evermore.

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד. צוֹר חַיֵּינוּ, מִגֵּן יִשְׁעֵנוּ, אֵתָהּ הוּא
לְדוֹר וָדוֹר. נוֹדָה לָךְ וְנִסְפֵר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים
בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל יוֹם
עִמָּנוּ, וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת, עֶרֶב וּבֹקֶר
וְצַהֲרָיִם. הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרָחֵם כִּי לֹא תָמוּ
חַסְדֶיךָ. מֵעוֹלָם קִוִּינוּ לָךְ. וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ

מִלְכָּנוּ תְּמִיד לְעוֹלָם וָעֶד. וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ
 אֶת שְׁמֶךָ בְּאַמֶּת, הָאֵל יִשׁוּעַתָּנוּ וְעִזְרַתָּנוּ סֵלָה. בְּרוּךְ אַתָּה
 יי, הַטוֹב שְׁמֶךָ וְלֶךְ נֶאֱדָה לְהוֹדוֹת.

Modim anachnu lach, sha-ata hu Adonai Eloheinu veilohei
 avoteinu v'imoteinu l'olam va-ed. Tzur chayeinu, magein
 yish-einu, ata hu l'dor vador. Nodeh l'cha unsapeir t'hilatecha al
 chayeinu ham'surim b'yadecha, v'al nishmoteinu ha-p'ku-dot
 lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha
 v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim. Ha-tov ki lo
 chalu rachamecha, v'hamracheim ki lo tamu chasadecha.
 Mei-olam kivinu lach. V'al kulam yitbarach v'yitromam shimcha
 malkeinu tamid l'olam va-ed. V'chol hachayim yoducha selah,
 vihal'lu et shimcha be-emet, ha-El y'shuateinu v'ezrateinu selah.
 Baruch ata Adonai, hatov shimcha ulcha na-eh l'hodot.

Reader

May these hours of rest and renewal
 open our hearts to joy and our minds to truth.
 May all who struggle find rest on this day.
 May all who suffer find solace.
 May all who hurt find healing on this day.
 May all who despair find purpose.
 May all who hunger find fulfillment on this day.
 And may this day fulfill its promise.

Prayer for Healing

מִי שְׁבִרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַמוֹתֵינוּ

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

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.

מִי שְׁבִרַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַבוֹתֵינוּ

Mi shebeirach imoteinu, m'kor hab'racha la-avoteinu

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

Meditation

May my life be one link in a chain of goodness.
As I say the prayers of my ancestors,
Help me to recall their devotion and faithfulness,
their joy and suffering, which are in every word.
Holiness is my heritage, may I be worthy of it.

May our tradition live in me
and pass from me to generations I shall never know,
enriched by the truth that I have found
and the good deeds I have done.
So may I fulfill my task on earth and receive my blessing.

And when the service ends and the prayers have ceased,
help me to bring their spirit into the world in which I live.
May I love God above all, and my neighbor as myself,
and be a living witness to the truth that never changes.

אֱלֹהֵי, נִצֹר לְשׁוֹנֵי מִרְעַ וּשְׁפָתַי מִדַּבֵּר מִרְמָה. וְלִמְקַלְלֵי
נַפְשֵׁי תְדוּם, וְנַפְשֵׁי כַּעֲפָר לְכָל תְּהִיָּה. פֶּתַח לִבִּי בְּתוֹרָתְךָ,
וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי רָעָה מִהָרָה
הִפֵּר עֲצָתָם וְקַלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמִי, עֲשֵׂה
לְמַעַן יְמִינִי, עֲשֵׂה לְמַעַן קִדְשִׁתְּךָ, עֲשֵׂה לְמַעַן תּוֹרָתְךָ.
לְמַעַן יִחְלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינִי וְעֲנֵנִי.

Elohai, n'tzor l'shoni meira u's'fatai midabeir mirmah. V'limkal-lai
nafshi tidom, v'nafshi ke-afar lakol tihyeh. P'tach libi b'toratecha,
uvmitzvotcha tirdof nafshi. V'chol hachoshvim alai ra-ah m'heira
hafeir atzatham v'kalkeil machashavtam. Asei l'ma-an sh'mecha,
asei l'ma-an y'minecha, asei l'ma-an k'dushatecha, asei l'ma-an
toratecha. L'ma-an yeichal'tzun y'didecha, hoshia y'min'cha
va-aneini.

O God, guard my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice, and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in You. Help me to be strong in trial and temptation and to be patient and forgiving when others wrong me. Guide me by the light of Your counsel, that I may ever find strength in You.

יְהִי לְרָצוֹן אֱמֹרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יְהוָה צוּרִי וְגֹאֲלִי.

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

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

“IN PURSUIT OF JUSTICE”

Responsive Reading

We have come together to strengthen our bonds with our people Israel. Like Jews of generations past, we celebrate the grandeur of creation. Like Jews of every age, we echo our people's ancient call for justice.

Our celebration is a sharing of memory and hope.

We are Jews, but each of us is unique. We stand apart and alone, with differing feelings and insights. And yet we are not entirely alone and separate, for we are children of one people and one heritage.

Our celebration unites many separate selves into a single chorus.

And we are one in search of life's meaning. All of us know despair and exaltation; all bear burdens; all have moments of weakness and times of strength; all sing songs of sorrow and love.

May our celebration bring us strength along our way.

In this circle of hope, in the presence of the sacred, may the heart come to know itself and its best, finding a fresh impulse to love the good.

May our celebration lead us to work for the good; and may this Shabbat give strength to us and to our people Israel.

THE SH'MA AND ITS BLESSINGS שמע וברכתיה

(Congregation rises)

בְּרַחוּ אֶת יְיָ הַמְבָרָךְ.

Bar'chu et Adonai ham'vorach.

Praise the Lord to whom all praise is due!

בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

(Congregation is seated)

Reader

O God, how can we know You? Where can we find You? You are as close to us as breathing, yet You are farther than the farthest star. You are as mysterious as the vast solitudes of the night, yet as familiar to us as the light of the sun. To Moses You said: "You cannot see My face, but I will make all My goodness pass before you." Even so does Your goodness pass before us: in the realm of nature, and in the varied experiences of our lives.

Congregation

When justice burns like a flaming fire within us, when love evokes willing sacrifice from us, when, to the last full measure of selfless devotion, we demonstrate our belief in the ultimate triumph of truth and righteousness, then Your goodness enters our lives; then You live within our hearts, and we through righteousness behold your presence.

(Congregation rises)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאַהֲבַתְּ אֵת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשִׁנְתָם לְבִיךָ וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכִתְבָתָם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעֲרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהֵיוֹת לָכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha
uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi
m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha
uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih-yitem k'doshim
leiloeichem. Ani Adonai Eloheichem asher hotzeiti etchem
mei-eretz mitzrayim lihyot lachem leilohim, Ani Adonai
Eloheichem.

Congregation

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: that ye may remember and do all My commandments, and be holy unto your God. I, the Lord, am thy God, who led thee out of Egypt to be thy God; I, the Lord, am thy God!

Responsive Reading

I, the Eternal, have called you to righteousness, and taken you by the hand, and kept you; I have made you a covenant people, a light to the nations.

We are Israel: witness to the covenant between God and God's children.

This is the covenant I make with Israel: I will place My Torah in your midst, and write it upon your hearts. I will be your God, and you will be My people.

We are Israel: our Torah forbids the worship of race or nation, possessions or power.

You who worship gods that cannot save you, hear the words of the Eternal: "I am God, there is none else!"

We are Israel: our prophets proclaimed an exalted vision for the world.

Hate evil, and love what is good. Let justice well up as waters and righteousness as a mighty stream.

We are Israel, schooled in the suffering of the oppressed.

You shall not oppress your neighbors nor rob them. You shall not stand idle while your neighbor bleeds.

We are Israel, taught to beat swords into plowshares, commanded to pursue peace.

Violence shall no longer be heard in your land, desolation and destruction within your borders. All your children shall be taught of the Eternal, and great shall be the peace of your children.

We are Israel, O God, when we are witnesses to Your will and messengers of Your truth.

You are My witnesses, says the Eternal, and My servant whom I have chosen; know Me, therefore and put your trust in Me.

We are Israel, O God, when we proclaim You the God of freedom, as did our ancestors on the shores of the sea.

מִי־כַמּוֹחַ בְּאֵלִים יְהוּדָה? מִי כַמּוֹחַ נְאֻדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פִלְאָ?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh, nora t'hilot, osei fele?

Who is like You, Eternal One? Who is like You, glorious in holiness, awe-inspiring, working wonders?

מַלְכוּתְךָ רָאוּ בְּיַדְךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה, זֶה אֱלֹהֵי, עָנוּ
וְאָמְרוּ:

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe. Zeh Eli anu v'am'ru:

In their escape at the sea at the time of their liberation from bondage, our people acknowledged Your sovereign power and exclaimed:

יהוה ימלך לעולם ועד.

Adonai yimloch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

Responsive Reading

Cause us, Eternal our God, to lie down in peace, and to awaken each morning to renewed life and strength. Spread over us the shelter of Your peace.

Help us to order our lives by Your counsel, and lead us in the paths of righteousness. Be a shield about us, protecting us from hate and war, from pestilence and sorrow.

Curb also within us the inclination to do evil, and shelter us beneath the shadow of Your wings. Guard our going out and our coming in unto life and peace, from this time forth and forever.

Blessed is the Eternal, whose shelter of peace is spread over us, over all people, and over Jerusalem.

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים,
וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ, וְתִקַּנְנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדְנוּ, וְהִסֵּר מֵעַלְנוּ אוֹיֵב,
דָּבָר, וְחָרֵב, וְרָעַב וְיָגוֹן, וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ,
וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה. כִּי
אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה, וְשָׁמוֹר צְאֲתָנוּ וּבוֹאֲנָה לְחַיִּים

וְלִשְׁלוֹם, מִעֲתָה וְעַד עוֹלָם. וּפְרַשׁ עָלֵינוּ סִבַּת שְׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִבַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ
יִשְׂרָאֵל וְעַל יְרוּשָׁלָיִם.

Hashkiveinu Adonai Eloheinu l'shalom, v'haamideinu malkeinu l'chayim. Ufros aleinu sukat sh'lomecha, v'takneinu b'eitza tova mil'fanecha, v'hoshi-einu l'maan sh'mecha, v'hagein ba-adeinu. V'haseir mei-aleinu oyeiv dever v'cherev v'ra-av v'yagon v'haseir satan mil'faneinu umei-achareinu uvtzeil k'nafecha tastireinu. Ki El shom'reinu umatzileinu ata, ki El melech chanun v'rachum ata. Ush'mor tzeiteinu uvo-einu l'chayim ulshalom meiata v'ad olam. Ufros aleinu sukat sh'lomecha. Baruch ata Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Y'rushalayim.

*

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׂוֹת אֶת־הַשַּׁבָּת
לְדֹרוֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא
לְעוֹלָם, כִּי־שָׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.

V'sham'ru v'nei Yisrael et haShabbat, la-asot et haShabbat l'dorotam brit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheishet yamim asa Adonai et hashamayim v'et ha-aretz, uvayom hash'vi-i shavat vayinafash.

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.

Reader

O God of Israel, may our worship on this day help us to grow in loyalty to our covenant with You and to the way of life it demands: the way gentleness and justice, the path of truth and of peace.

עמידה AMIDAH

(Congregation rises)

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory!

We praise You, God of our mothers and fathers, God of Abraham, God of Sarah, God of all their generations. You bestow loving kindness on all Your people. You remember the devotion of those who came before us. As You guided our ancestors with love, You offer hope to us, their descendants. You are our Creator and Helper, our Guide and Protector. We praise You, Eternal God, Shield of Abraham and Help of Sarah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neihem, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

Responsive Reading

Eternal God, the power of Your spirit pervades all creation. When we open our hearts to You, we are filled with Your strength: the strength to bear our afflictions, the strength to refuse then victory, the strength to overcome them.

And then our will is renewed: to lift up the fallen, to set free the captive, to heal the sick, to bring light to all who dwell in darkness.

Add Your strength to ours, O God, so that when death casts its shadow, we shall yet be able to say: O Source of blessing, You are with us in death as in life!

אַתָּה גְבוּר לְעוֹלָם, אֲדוֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוּמָךְ
 נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמּוּנָתוֹ לִישׁוּי
 עֶפְרַי. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מְלֹךְ מִמִּית
 וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ
 אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam, Adonai, m'chayei hakol ata, rav l'hoshia.
 M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim,
 someich noflim v'rofei cholim umatir asurim, umkayeim
 emunato lisheinei afar. Mi chamocha ba-al g'vurot umi domeh
 lach, melech meimit umchayeh umatzmiach y'shua. V'ne-eman
 ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

(Congregation is seated)

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה בְּמִנוּחַתָּנוּ. קִדְּשָׁנוּ
 בְּמִצְוֹתֶיךָ וְתַן חֻלְקֵנוּ בְּתוֹרַתְךָ. שְׁבַעְנוּ מִטּוֹבְךָ וְשִׂמְחָנוּ
 בִּישׁוּעָתְךָ וְטַהַר לִבָּנוּ לְעִבְדֶּךָ בְּאַמֶּת. וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ
 בְּאַהֲבָה וּבְרַצוֹן שַׁבַּת קִדְּשְׁךָ, וְיִגְדּוּנוּ בְּהַ יִשְׂרָאֵל מְקִדְּשֵׁי
 שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ, מְקִדֵּשׁ הַשַּׁבָּת.

Eloheinu veilohei avoteinu v'imoteinu, r'tzei vimnuchateinu.
 Kad'sheinu b'mitzvatecha v'tein chelkeinu b'toratecha. Sab'einu
 mituvecha v'samcheinu bishuatecha v'taheir libeinu l'ovd'cha
 be-emet. V'hanchileinu Adonai Eloheinu b'ahava uvratzon
 Shabbat kodshecha, v'yanuchu va Yisrael m'kad'shei sh'mecha.
 Baruch ata Adonai, m'kadeish haShabbat.

Our God and God of all generations, grant that our worship on this Sabbath may be acceptable to You. Sanctify us through Your precepts that we may share in the blessings of the Torah. Help us to be satisfied with the gifts of Your goodness and grateful for all that You bestow. Purify our hearts that we may serve You in truth. May we preserve Shabbat as our people's heritage from generation to generation, that it will ever bring rest and joy, peace and comfort to our lives. We praise the Eternal God, who sanctifies Shabbat.

Responsive Reading

May the sense of God's presence be with us along our way, helping us to discover the peace and rest some have lost or never known, renewing our covenant of peace with all created things.

And may we become more than we have been, more than we are: reaching for a perfection beyond our grasp, growing and learning one day to make this day's peace a peace for all days, learning one day to do justly, and love mercy, and walk alongside the One who walks with us.

Prayer for Healing

מִי שְׂפִירָךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

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.

מִי שְׂפִירָךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi shebeirach imoteinu, m'kor hab'racha la-avoteinu

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

Meditations

I

Through prayer we struggle to experience the Presence of God. Let us be sure that the One we invoke is the Most High, not a god of battles, of status or ‘success’—but the Source of peace and mercy and goodness. For, truly: “The gods we worship write their names on our faces, be sure of that. And we will worship something—have no doubt of that either. We may think that our tribute is paid in secret in the dark recesses of the heart—but it will out. That which dominates our imagination and our thoughts will determine our life and character. Therefore it behooves us to be careful what we are worshipping, for what we are worshipping we are becoming.”

II

When people come to you for help, do not turn them off with pious words, saying: “Have faith and take your troubles to God!” Act instead as if there were no God, as though there were only one person in all the world who could help—only yourself.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׂימ לְעוֹלָם, כִּי אַתָּה הוּא מְלֶכֶךְ אֲדוֹנָי
 לְכֹל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל עֵת וּבְכֹל
 שָׁעָה בְּשִׁלּוּמֶיךָ. בְּרוּךְ אַתָּה יְיָ, עֹשֶׂה הַשְּׁלוֹם.

Shalom rav al Yisrael am'cha tasim l'olam, ki ata hu melech adon l'chol hashalom. V'tov b'einecha l'vareich et am'cha Yisrael b'chol eit uvchol sha-a bishlomecha. Baruch ata Adonai, oseh hashalom.

Grant us peace, Your most precious gift, Eternal Source of peace, and enable our people Israel to be its messenger to all the world. Bless our country, that it may ever be a pursuer of peace and its advocate in the council of nations. May contentment reign within our borders, health and happiness within our homes. Strengthen the bonds of friendship and harmony among the inhabitants of all lands. Plant virtue in every soul and may our love for You hallow every home and every heart. We praise You, O God, Giver of peace.

“FROM GENERATION TO GENERATION”

Reader

We begin with a prayer of gratitude for all that is holy in our lives. God needs no words in any language, no services of worship, no words of praise. We are the ones who need them. Through prayer, each of us can sense our inner strength, our inner joy, our capacity to love. As we reach upward in prayer, we sense these qualities in our Creator. To love God is to love each other, working to make our lives better. To love God is to love the world God created and to work to perfect it. To love God is to love dreams of peace and joy that illumine all of us and to bring this vision to life.

THE SH'MA AND ITS BLESSINGS שמע וברכתיה

(Congregation rises)

בְּרַחוּ אֶת יְיָ הַמְּבָרָךְ.

Bar'chu et Adonai ham'vorach.

Praise the Lord to whom all praise is due!

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

Congregation

You direct the play of creation and light the skies with the sun and moon and stars. Every day and always you continue to create this world anew. The light from the sun illuminates our days, but the light of Your Torah shines at all times. You gave us Your Torah to teach us how to live. Blessed are You, Eternal God, who guides us with love. Amen.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָן וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרַתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ. וְכִתַּבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהֵיוֹת לְכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha
uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi
m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha
uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih-yitem k'doshim
leiloheichem. Ani Adonai Eloheichem asher hotzeiti etchem
mei-eret mitzrayim lihyot lachem leilohim, Ani Adonai
Eloheichem.

You shall love your Eternal God with all your heart, with all your
mind, with all your being. 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 symbols before your eyes; inscribe them on the doorposts of your house, and on your gates. Be mindful of all My mitzvot, and do them: so shall you consecrate yourselves to Your God. I am your Eternal God who led you out of Egypt to be your God; I am your Eternal God.

Congregation

Standing on the parted shores of history, we still believe what we were taught before ever we stood at Sinai's foot: that wherever we go, it is eternally Egypt; that there is a better place, a Promised Land; that the winding way to that promise passes through the wilderness. That there is no way to get from here to there except by joining hands, marching together.

מִי־כַמֹּכָה בְּאֵלִים יְהוּדָה? מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פְּלֵאָ?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh, nora t'hilot, osei fele?

Who is like You, Eternal One? Who is like You, glorious in holiness, awe-inspiring, working wonders?

In their escape at the sea at the time of their liberation from bondage, our people acknowledged Your sovereign power and exclaimed:

יְהוּדָה יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yimloch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

Reader

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׂוֹת אֶת־הַשַּׁבָּת
לְדֹרוֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל הוּא
לְעוֹלָם, כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

V'sham'ru v'nei Yisrael et haShabbat, la-asot et haShabbat
l'dorotam b'rit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki
sheishet yamim asa Adonai et hashamayim v'et ha-aretz,
uvayom hash'vi-i shavat vayinafash.

AMIDAH עמידה

(Congregation rises)

אֲדַנְי, שְׁפַתִּי תִפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory!

We praise You, God of our mothers and fathers, God of Abraham, God of Sarah, God of all their generations. You bestow loving kindness on all Your people. You remember the devotion of those who came before us. As You guided our ancestors with love, You offer hope to us, their descendants. You are our Creator and Helper, our Guide and Protector. We praise You, Eternal God, Shield of Abraham and Help of Sarah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהּ, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רַבְּקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גְּאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ

בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן. בְּרוּךְ אַתָּה יְיָ, מֶגֶן
אֲבֹרָהֶם וְעִזְרַת שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neihem, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדוֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמּוֹנָתוֹ לִישְׁנֵי
עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ מִמִּית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ
אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam, Adonai, m'cha-yei ha-kol ata, rav l'hoshia. M'chalkeil chayim b'chesed. M'chayei hakol b'rachamim rabim, someich noflim v'rofei cholim umatir asurim, umkayeim emunato lisheinei a-far. Mi chamocho ba-al g'vurot umi domeh lach? Melech meimit umchayeh umatzmiach y'shua. V'ne-eman ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

Infinite is Your power, O God. Great is Your gift of life. In loving kindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

(Congregation is seated)

Congregation

May my life be one link in a chain of goodness.
As I say the prayers of my ancestors,
Help me to recall their devotion and faithfulness,
their joy and suffering, which are in every word.
Holiness is my heritage, may I be worthy of it.

May our tradition live in me
and pass from me to generations I shall never know,
enriched by the truth that I have found
and the good deeds I have done.
So may I fulfill my task on earth and receive my blessing.

And when the service ends and the prayers have ceased,
help me to bring their spirit into the world in which I live.
May I love God above all, and my neighbor as myself,
and be a living witness to the truth that never changes.

Reader

Grant us peace, Your most precious gift, O Eternal Source of peace, and enable our people Israel to be its messenger to all the world. Bless our country, that it may ever be a pursuer of peace and its advocate in the council of nations. May contentment reign within our borders, health and happiness within our homes. Strengthen the bonds of friendship and harmony among the inhabitants of all lands. Plant virtue in every soul and may our love for You hallow every home and every heart. We praise You, O God, Giver of peace.

Prayer for Healing

מִי שְׁפֵרָךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

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.

מִי שְׁפֵרָךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi shebeirach imoteinu, m'kor hab'racha la-avoteinu

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

Meditations

I

Dear God,

Create a clean heart within me; let me know Your light and Your goodness. Help me to speak kind words to those I love, to avoid telling lies when I should speak the truth. Let me learn from Your Torah and our heritage how to be a good person today and always. May my secret thoughts and the things I say always be pleasing to You, my one and only God.

II

God of Goodness,

We give thanks for the gift of life, wonder beyond words; for the awareness of soul, our light within; for the world around us, so filled with beauty; for the richness of the earth, which day by day sustains us; for all these and more, we offer thanks.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִיבִי לְפָנֶיךָ, יְהוָה צוּרִי וְגֹאֲלִי.

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

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

*

עֲשֵׂה שְׁלוֹם בְּמִרְמָוִי, הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

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

May God, the Source of all peace bless us with the holy gift of peace: Us, and all the world. And let us say: Amen!

The Ten Days of Repentance

Holy and awesome God, though there is greatness in us, and a deep longing for goodness, we have often denied our better selves and refused to hear Your voice within us calling us to rise to the full height of our humanity. At times we choose to walk in darkness, our vision obscured. We do not care to look within, and we are unwilling to look beyond at those who need our help. O God, be with us as a strong and wise Friend, and teach us to walk by the light of Your truth. When heavy burdens oppress us, help us to see through the darkness to the light beyond.

To You, O God, we turn for light; turn to us and help us.

When we come to doubt life's goodness, give us the understanding to bear pain without despair.

To You, we turn for understanding; turn to us and help us.

When we are tempted to suppress the voice of conscience, turn our hearts to the rights of others, and make us more responsive to their needs.

To You, we turn for guidance; turn to us and help us.

And when we become immersed in material cares and worldly pleasures, may we find that all things bear witness to You, O God, and let them lead us back into Your presence.

To You, we turn for meaning; turn to us and help us.

The Eternal, the Eternal God is merciful and gracious, endlessly patient, loving, and true, showing mercy to thousands, forgiving iniquity, transgression, and sin, and granting pardon.

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵי וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Hashiveinu Adonai eilecha v'nashuva. Chadeish yameinu k'kedem.

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

Sukkot

God of the universe, the stars in their courses and the changing seasons tell of Your infinite might. In these autumn days, the waning summer and the falling leaves bring no melancholy into our hearts. The season begins in joy with the bountiful gifts of Your unfailing goodness. We behold the fruits of tree and vine and gather to celebrate the harvest, the joyous festival of Sukkot.

The structures of stone and steel that our hands have wrought may make us boastful of human strength; but the fruits of field and orchard re-awaken our thoughts of You. When, on this festival, we bring into Your house the products of soil and sunlight, our thoughts turn to the miracle of the seed, the mystery of growth, the refreshing rain and the ripening sun. We learn anew that it is You who blesses our toil wherever we labor. All that we have comes from You.

Your bounty provides for all human needs if we are wise and generous in the use of Your blessings. Teach us to employ Your gifts for the well-being of all people. Let there be no famine or scarcity in any household or in any land. As soil and rain and sun unite to do Your will, so unify all of humankind to fulfill Your command to live together in mutual blessing. Spread over us the tabernacle of peace and unity, now and forevermore. Amen.

Kindling the Chanukah Lights

These lights are a symbol of the joy we feel that our faith was saved from extinction. May their flames burn ever more brightly, to illumine our lives and to give light to all the world.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו,
וצונו להדליק נר של חנוכה.

Baruch ata Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik neir shel Chanukah.

Let us praise God, Creator of the universe, who hallows our lives through laws and ethical teachings. We are mindful of these timeless values as we kindle the Chanukah lights.

ברוך אתה יי אלהינו מלך העולם, שעשה נסים לאבותינו
ולאמותינו בימים ההם בזמן הזה.

Baruch ata Adonai Eloheinu melech ha-olam she-asa nisim la-avoteinu ul'imoteinu bayamim haheim baz'man ha-zeh.

Let us praise God, Creator of the universe, who performed wondrous deeds for our ancestors in days of old at this season.

(On the first night of Chanukah only)

ברוך אתה יי אלהינו מלך העולם, שהחיינו וקימנו והגיענו
לזמן הזה.

Baruch ata Adonai Eloheinu melech ha-olam, shehecheyanu v'kiy'manu v'higi-anu laz'man ha-zeh.

Let us praise God, Creator of the universe, for giving us life, for sustaining us, and for enabling us to reach this day of joy.

Chanukah

We thank You, God, for the redeeming wonders and the mighty deeds with which You saved our people in days of old at this season. In the days of the Maccabees, a tyrant nation rose up against our ancestors, determined to make them forget the Torah, and to turn them away from obedience to Your will. But in Your abundant mercy, You were at their side in their time of trouble. You gave them strength to struggle and to triumph, that they might serve You in freedom.

Through Your spirit, the weak defeated the strong, the few prevailed over the many, and the righteous were victorious. Then did our people return to Your house, to purify Your sanctuary and kindle its lights. And they appointed these eight days of Chanukah, to give thanks and praise to You.

Grant that the heroic example of the Maccabees may inspire us always to be loyal to our heritage and valiant for truth. May You help us to overcome the darkness of prejudice and hatred, and spread the light of liberty and love.

Purim

Throughout the centuries, we have experienced the miracle of our survival in the face of cruelty. We remember how often our people has endured prejudice and slander, hatred and oppression. In many lands and ages, tyrants such as Haman have risen up against us. We have paid a high price for our loyalty to God and to the legacy of those who came before us.

Yet this legacy has given us courage to bear our suffering with dignity and fortitude, and to remain unshaken in the conviction that, in the end, good must triumph over evil, truth over falsehood, and love over hate.

On this Festival of Purim, we gratefully recall the steadfast devotion of Mordecai and the faithful courage of Esther.

We look back on our history not only with sorrow for its tragedies, but with joy for its deliverances and pride in its achievements.

At this season of rejoicing, inspire us anew with such loyalty to You, to our faith, and to our people. Let the heritage that has been entrusted to us ever be secure in our keeping. Amen.

Passover

God of all generations, on this festival of Passover, we gather in Your house to recall Your wonders of old. We remember with gratitude that we have been redeemed, not once, but many times, from the house of bondage. When we were slaves in Egypt and suffered under the taskmaster's whip, You sent Your servants, Moses and Aaron, to stand in the presence of Pharaoh and proclaim in Your name: Let My people go that they may serve Me. The cruel heart of the tyrant and the might of his armies did not avail against Your liberating word, and Israel marched forth with songs and rejoicing.

Teach us, O God, to accept and cherish Your law of liberty. May we become messengers of freedom, together striving for the redemption of the earth's oppressed. Let all Your children know that the might of armies and the fist of tyrants are powerless before Your spirit. May the coming year bring a new Passover of freedom to every people and every land. Amen.

Israel

Pray for the peace of Jerusalem; may those who love you prosper.

O God on High, Rock and Guardian of Israel, bless the people and the State of Israel that marks the dawning of hope for all who seek peace. Shield it within the embrace of Your love; spread over it the canopy of peace; send Your light and truth to

*all who lead and advise, guiding them with Your wise counsel.
May peace soon be established throughout the land and fullness
of joy for all who dwell there. And let us say: Amen.*

שְׁאֵלוּ שְׁלוֹם יְרוּשָׁלַיִם, יִשְׁלַיּוּ אַהֲבַיִךְ.

Sha-alu sh'lom Y'rushalayim, yishlayu ohavayich.

אָבִינוּ שֶׁבַשְׁמַיִם, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ, בִּרְךְּ אֶת מְדִינַת
יִשְׂרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלַּתְנוּ. הִגֵּן עָלֶיךָ בְּאַבְרַת חֲסִדֶיךָ
וּפְרִס עָלֶיךָ סֶכֶת שְׁלוֹמְךָ, וּשְׁלַח אוֹרְךָ וְאַמְתֶּךָ לְרֵאשִׁיָּהּ,
שְׂרִיָּה וְיוֹעֲצִיָּה, וְתִקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ. וְנַתַּת שְׁלוֹם
בְּאַרְץ וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֵיהָ. וְנֹאמַר: אָמֵן.

Avinu shebashamayim, tzur Yisrael v'go-alo, bareich et m'dinat
Yisrael, reishit tz'michat g'ulateinu. Hagein aleha b'evrat
chasdecha ufros aleha sukat sh'lomecha, ush'lach orcha
va-amit'cha l'rasheha, sareha v'yo-atzeha, v'tak'neim b'eitza
to-va mil'fanecha. V'natata shalom ba-aretz v'simchat olam
l'yosh'veha. V'nomar: Amen.

מֵה־טָבוֹ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל. וְאָנֹכִי בְּרַב חֲסִדֶיךָ
 אָבוֹא בֵיתְךָ, אֲשֶׁתַּחֲוֶה אֶל־הַיְיָכֹל־קֹדֶשְׁךָ בְּיִרְאַתְךָ. יְהוּה,
 אֶהְבֵּתִי מְעֹז בֵּיתְךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ. וְאָנֹכִי אֲשֶׁתַּחֲוֶה
 וְאֶכְרַעָה, אֲבָרְכָה לְפָנֶי יְהוּה עֲשֵׂי. וְאָנֹכִי תַפְלְתִי־לְךָ יְהוּה,
 עֵת רָצוֹן. אֱלֹהִים בְּרַב חֲסִדֶיךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶיךָ.

Ma tovu ohalecha Yaakov, mishk'notecha Yisrael. Va-ani b'rov chasd'cha avo veitecha, eshtachaveh el heichal kodsh'cha b'yir-atecha. Adonai, ahavti m'on beitecha, umkom mishkan k'vodecha. Va-ani eshtachaveh v'echra-a, evr'cha lifnei Adonai osi. Va-ani, t'filati l'cha Adonai, eit ratzon. Elohim b'rov chasdecha, aneini be-emet yish-echa.

How goodly are your tents, O Jacob, your dwelling places, O people of Israel! Through Your great mercy, I come to Your house to worship in awe in Your sacred place. O God, I love the place of Your house, and the abode in which Your glory dwells. Humbly I worship and seek Your blessing O God, my Maker. May my prayer be offered in an acceptable time. May You, in the greatness of Your mercy, answer me according to Your faithfulness.

I

Reader

We begin with a prayer of gratitude for all that is holy in our lives. God needs no words in any language, no services of worship, no words of praise. We are the ones who need them. Through prayer, each of us can sense our inner strength, our inner joy, our capacity to love. As we reach upward in prayer, we sense these qualities in our Creator. To love God is to love each other, working to make our lives better. To love God is to love the world God created and to work to perfect it. To love God is to love dreams of peace and joy that illumine all of us and to bring this vision to life.

Congregation

Help us to rid from our hearts self-centeredness, pride in material possessions, and the sense of deserving the countless blessings that have been bestowed upon us. Fill us instead

with the spirit of humility that we may grow in wisdom and in reverence. May we never forget that all we have and prize is but lent to us, a trust for which we must account to You. May we consecrate our lives to Your service and thereby reflect Your will in the eyes of all people.

II

Reader

Creator of all worlds, not in reliance on our own merit do we present our prayers before You, but trusting in Your infinite mercy alone. For what are we, what are our lives? What is our goodness? What are our powers? What can we say in Your presence? Are not all the mighty as naught before You, and those of great renown as though they had never been, the wisest as if without knowledge and those of understanding as if without discernment? Most of our works are vain and our days pass away like a shadow. Our lives would be altogether vanity were it not for our souls which, fashioned in Your image, give us assurance of a higher destiny. You impart to our fleeting days an abiding value.

Congregation

The soul that You have given to me came pure from You. You have created it and formed it. You breathed it into me and within me you sustain it. At the appointed time, You will take it from this earth that I may enter into eternity. Yet while the breath of life is within me, I will worship You, Creator of the universe. We praise You, our God, in whose hands are the souls of all the living and the spirits of all mortal beings.

III

Responsive Reading

Each of us has come here with different needs and experiences. Some hearts are full of gratitude and joy: They are overflowing with the happiness of love and the joy of life;

they are eager to confront the day, to make the world more fair; they are recovering from illness or have escaped misfortune.

And we rejoice with them.

Some hearts ache with sorrow: Disappointments weigh heavily on them and they have tasted despair; families have been broken; loved ones lie on a bed of pain; death has taken those whom they cherished.

May our presence and sympathy bring them comfort.

Some hearts are embittered: They have sought answers in vain; ideals have been mocked and betrayed; life has lost its meaning and value.

May the knowledge that we too are searching restore their hope and give them courage to believe that all is not emptiness.

Some spirits hunger: They long for friendship; they crave understanding. They yearn for warmth.

May we, in our common need and striving, gain strength from one another, as we share our joys, lighten each other's burdens, and pray for the well-being of our community.

THE SH'MA AND ITS BLESSINGS שמע וברכתיה

(Congregation rises)

בְּרַחוּ אֶת יְיָ הַמְבָרָךְ.

Bar'chu et Adonai ham'vorach.

Praise the Lord to whom all praise is due!

בְּרוּךְ יְיָ הַמְּבָרַךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

Let us praise the Lord to whom all praise is due now and forever.

(Congregation is seated)

Reader

We praise You, God, Creator of the universe. We are grateful for this new day: for morning sun and evening star, for flowering trees and flowing tides, for life-giving rains and cooling breezes, for the earth's constant turning, the changing seasons, the cycle of growth and decay, of life and death. How miraculous are Your works! In wisdom, You have made them all. The heavens declare Your glory. The earth reveals Your creative power. You form light and darkness, ordain good out of evil, bring harmony into nature, and peace to the human heart.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא הַשֶּׁמֶשׁ,
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל. הַמְּאִיר לְאָרֶץ וְלַדָּרִים עֲלֶיהָ
בְּרַחֲמִים, וּבְטוֹבוֹ מְחַדֵּשׁ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה בְּרֵאשִׁית.
מֵה־רְבוּ מַעֲשָׂיֶיךָ יְיָ, בְּלֵם בְּחֻכְמָה עֲשִׂיתָ, מְלַאָּה הָאָרֶץ
קִנְיָנְךָ. תַּתְּבָרַךְ יְיָ אֱלֹהֵינוּ עַל שֶׁבַח מַעֲשֵׂה יְדֶיךָ. וְעַל
מְאוּרֵי אוֹר שֶׁעָשִׂיתָ יְפָאֲרוֹךְ סֵלָה. בְּרוּךְ אַתָּה יְיָ יוֹצֵר
הַמְּאוּרוֹת.

Baruch ata Adonai, Eloheinu melech ha-olam, yotzeir or uvorei choshech, oseh shalom uvorei et hakol. Hamei-ir la-aretz v'ladarim aleha b'rachamim, uvtuvo m'chadeish b'chol yom tamid ma-asei v'reishit. Ma rabu ma-asecha Adonai, kulam b'chochma asita, mal-a ha-aretz kinyanecha. Titbarach Adonai Eloheinu al shevach ma-asei yadecha. V'al m'orei or she-asita y'fa-arucha selah. Baruch ata Adonai, yotzeir ham'orot.

Congregation

Great has been Your love for us and Your compassion boundless. Our ancestors put their trust in You as they learned the laws of life. Be gracious to us that we may understand and fulfill the teachings of Your word. Enlighten our eyes through the Torah, that we may live by Your commandments. Unite our hearts in love and reverence. We trust in You and rejoice in Your guiding power, for from You comes our help. You have called us and drawn us near to You to serve You in faithfulness. Joyfully, we lift up our voices and proclaim Your unity. We praise You, for in love You have called upon our people Israel to serve You.

אַהֲבָה רַבָּה אַהֲבַתְּנוּ, יי אֱלֹהֵינוּ, חֶמְלָה גְדוּלָה וַיִּתְּרָה
 חֶמְלַת עֲלֵינוּ. אָבִינוּ מִלְּכֵנוּ, בְּעִבּוּר אָבוֹתֵינוּ וְאֲמוֹתֵינוּ
 שֶׁבִטְחוּ בְךָ וַתִּלְמְדֵם חֻקֵי חַיִּים, בֵּן תַּחֲנֹנֵנוּ וַתִּלְמְדֵנוּ. אָבִינוּ,
 הָאֵב הַרְחֵמֵנוּ, הַמְרַחֵם, רַחֵם עֲלֵינוּ, וְתֵן בְּלִבֵּנוּ לְהִבִּין
 וְלִהְשָׁכִיל, לְשִׁמְעָה, לְלַמֵּד וּלְלַמֵּד, לְשִׁמּוֹר וְלַעֲשׂוֹת וּלְקַיֵּם
 אֵת כָּל דִּבְרֵי תַלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

Ahava raba ahavtanu, Adonai Eloheinu, chemla g'dola viteira chamalta aleinu. Avinu malkeinu, ba-avur avoteinu v'imoteinu shebat'chu v'cha vat'lamdeim chukei chayim, kein t'choneinu utlamdeinu. Avinu, ha-av harachamam, ham'racheim, racheim aleinu, v'tein b'libeinu l'havin ulhaskil, lishmo-a, lilmod ul'lameid, lishmor v'la-asot ulkayeim et kol divrei talmud toratecha b'ahava.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ. וַיַּחַד לְבַבֵּנוּ
 לְאַהֲבָה וְלִירְאָה אֵת שִׁמְךָ, וְלֹא יָבוֹשׁ וְלֹא נִפְלֵם וְלֹא
 נִפְשָׁל לְעוֹלָם וָעֶד. כִּי בְשֵׁם קְדוּשַׁךְ הַגְּדוֹל וְהַנּוֹרָא בְּטַחֲנוּ,
 נִגְלִיָּה וְנִשְׁמַחָה בִּישׁוּעָתְךָ. כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אֲתָהּ, וּבָנוּ
 בְּחַרְתָּ וְקִרְבַּתְנוּ לְשִׁמְךָ הַגְּדוֹל סֶלָה בְּאַמֶּת, לְהוֹדוֹת לְךָ
 וְלִיחָדְךָ בְּאַהֲבָה. בְּרוּךְ אַתָּה יי, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל
 בְּאַהֲבָה.

V'ha-eir eineinu b'toratecha, v'dabeik libeinu b'mitzvotcha. V'yacheid l'vaveinu l'ahava ulyira et sh'mecha, v'lo neivosh v'lo nikaleim v'lo nikasheil l'olam va-ed. Ki v'sheim kodsh'cha hagadol v'hanora batachnu, nagila v'nism'cha bishu-atecha. Ki El po-eil y'shu-ot ata, uvanu vacharta v'keiravtanu l'shimcha hagadol selah be-emet, l'hodot l'cha ulyachedcha b'ahava. Baruch ata Adonai, habocheir b'amo Yisrael b'ahava.

(Congregation rises)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: The Lord our God, the Lord is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam va-ed.

Let us praise God who rules in glory forever and ever.

(Congregation is seated following singing of the Shema)

וְאֵהָבֶתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשֶׁךָ
וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלִכְתּוֹךָ בְּדַרְוֶךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדֶיךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכִתְבָתָם עַל-מְזוּזוֹת בֵּיתְךָ
וּבְשַׁעֲרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לְהָיוֹת לְכֶם לְאֱלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

V'ahavta eit Adonai Elohecha b'chol l'av'cha uvchol nafsh'cha uvchol m'odecha. V'hayu had'varim ha-eileh asher anochi m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uvlecht'cha vaderech uvshoch-b'cha uvkumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein

SHABBAT MORNING SERVICE

einecha. Uchtavtam al m'zuzot beitecha uvish-arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih-yitem k'doshim leiloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei-eretz mitzrayim lihyot lachem leilohim, Ani Adonai Eloheichem.

Congregation

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: that ye may remember and do all My commandments, and be holy unto your God. I, the Lord, am thy God, who led thee out of Egypt to be thy God; I, the Lord, am thy God!

Responsive Reading

I rejoiced when they said to me: Let us go to the house of God.

How shall we come before God? How shall we express praise and gratitude to our Creator?

We have been told what is good and what God expects of us:

To do justly, to love mercy, and to walk humbly with our God.

Have we not all one Creator? Did not one God make us all?

Why do we behave divisively, setting one against the other?

Proclaim liberty throughout the land unto all the inhabitants thereof.

Let justice well up as waters, and righteousness like a mighty stream.

מִי־כַמֹּכָה בְּאֵלִים יְהוּדָה? מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פְּלֵאָה?

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh,
nora t'hilot, osei fele?

Who is like You, Eternal One? Who is like You, glorious in holiness,
awe-inspiring, working wonders?

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִּים לְשִׁמְךָ עַל שְׂפַת הַיָּם. יַחַד
בְּלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

Shira chadasha shib'chu g'ulim l'shimcha al s'fat hayam. Yachad
kulam hodu v'himlichu v'am'ru:

Our liberated people sang a new song. They proclaimed Your
sovereignty and said:

יְהוּדָה יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yim-loch l'olam va-ed.

“The Eternal God shall reign forever and ever!”

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה כְּנָאֲמֶךָ יְהוּדָה
וְיִשְׂרָאֵל. גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל. בָּרוּךְ אַתָּה
יְיָ, גְּאֲלֵ יִשְׂרָאֵל.

Tzur Yisrael, kuma b'ezrat Yisrael, ufdei chin-umecha Y'hudah
v'Yisrael. Go-aleinu Adonai tz'va-ot sh'mo, k'dosh Yisrael. Baruch
ata Adonai, ga-al Yisrael.

Reader

Rock of Israel, redeem those who are oppressed and deliver
those who are persecuted. We praise You, our Redeemer, the
Holy One of Israel. Amen.

AMIDAH עמידה

(Congregation rises)

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory!

We praise You, God of our mothers and fathers, God of Abraham, God of Sarah, God of all their generations. You bestow loving kindness on all Your people. You remember the devotion of those who came before us. As You guided our ancestors with love, You offer hope to us, their descendants. You are our Creator and Helper, our Guide and Protector. We praise You, Eternal God, Shield of Abraham and Help of Sarah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, זוֹכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ
בְּאַהֲבָה. מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יְיָ, מְגַן
אֲבֹרָהִם וְעֹזֶרֶת שָׂרָה.

Baruch ata Adonai Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak veilohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel veilohei Lei-ah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ula livnei v'neiheim, l'ma-an sh'mo b'ahava. Melech ozeir umoshia umagein. Baruch ata Adonai, magein Avraham v'ezrat Sarah.

Congregation

Infinite is Your power, O God. Great is Your gift of life. In loving kindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep

faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

אַתָּה גְבוּר לְעוֹלָם, אֲדוֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוּמֵךְ
 נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי
 עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ, מְלֹךְ מְמִית
 וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ
 אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Ata gibor l'olam Adonai, m'chayei hakol ata, rav l'hoshia.
 M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim,
 someich nof'lim v'rofei cholim umatir asurim, umkayeim
 emunato lisheinei afar. Mi chamocho ba-al g'vurot umi domeh
 lach, melech meimit umchayeh umatzmiach y'shua. V'ne-eman
 ata l'hachayot hakol. Baruch ata Adonai, m'chayei hakol.

*

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשִׁמֵי
 מְרוֹם, כְּכַתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל־זֶה וְאָמַר:

N'kadeish et shimcha ba-olam, k'sheim shemakdishim oto
 bishmei marom, kakatuv al yad n'vi-echa, v'kara zeh el zeh
 v'amar:

We reflect Your holiness in our world through deeds of love and
 kindness, as on high, the heavens declare Your glory. In the words
 written by the prophet we say:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְהוָה צְבָאוֹת, מְלֵא כָל־הָאָרֶץ כְּבוֹדוֹ.

Kadosh, kadosh, kadosh Adonai tz'va-ot, m'lo chol ha-aretz
 k'vodo.

Holy, holy, holy is the God of all creation. The whole universe is full
 of God's glory.

אָדיר אַדירֵינוּ, יהוה אֲדֹנֵינוּ, מָה אַדיר שְׁמֶךָ בְּכָל־הָאָרֶץ.

Adir adireinu, Adonai adoneinu, ma adir shimcha b'chol ha-aretz.

God our Strength, God our Creator, how majestic is Your presence in all the world!

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

Baruch k'vod Adonai mim'komo.

We praise the glory of God throughout the world.

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנו
וְהוּא יִשְׁמָעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל־חַי. אָנִי יְהוָה אֱלֹהֵיכֶם.

Echad hu Eloheinu, hu avinu, hu malkein, hu moshi-einu v'hu yashmi-einu, b'rachamav l'einei kol chai. Ani Adonai Eloheichem.

Our God is One. God is our Creator and our Guide. God is our Helper who, in loving kindness, will respond to our prayers in the sight of all the living.

יְמַלֵּךְ יְהוָה לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.

Yimloch Adonai l'olam, Elohayich tziyon l'dor vador, hal'luyah.

The Eternal One shall reign forever: your God, O Zion, from generation to generation. Halleluyah!

לְדוֹר וָדוֹר נָגִיד גְּדֻלָּךְ, וּלְנֵצַח נְצָחִים קִדְשָׁתְךָ נִקְדִּישׁ,
וְשִׁבְחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ
גָּדוֹל וְקָדוֹשׁ אַתָּה. בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

L'dor vador nagid god'lecha, ulneitzach n'tzachim k'dushat'cha nakdish. V'shivchacha Eloheinu mipinu lo yamush l'olam va-ed, ki El melech gadol v'kadosh ata. Baruch ata Adonai, ha-El hakadosh.

(Congregation is seated)

Reader

From generation to generation, we will declare Your greatness, and throughout all ages proclaim Your holiness. Your praise shall never cease from our lips. We praise You, the holy God.

Congregation

Our God and God of all ages, grant that our worship on this Shabbat may be acceptable to You. Sanctify us through Your commandments that the serenity of Shabbat may enter our lives. Teach us to be satisfied with the gifts of Your goodness and grateful to rejoice in all that You bestow. Purify our hearts that we may serve You in truth. Inspire us to preserve Shabbat as our heritage. May it ever bring rest and joy, peace and comfort to our homes. We praise You, God, who sanctifies the Sabbath. Amen.

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעֵמֶךָ יִשְׂרָאֵל, וּתְפַלְתֶּם בְּאַהֲבָה תִקְבַּל.
 וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב
 לְכָל-קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנְךָ שִׁפְךָ רוּחְךָ עָלֵינוּ.
 וּתְחַזְּקֵנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה יְיָ,
 הַמְּחַזְּרֵי שְׁכִינְתוֹ לְצִיּוֹן.

R'tzei, Adonai Eloheinu, b'am'cha Yisrael, utfilatam b'ahava t'kabeil. Ut-hi l'ratzon tamid avodat Yisrael amecha. El karov l'chol kor'av, p'nei el avadecha v'choneinu, sh'foch ruchacha aleinu. V'techezena eineinu b'shuv'cha l'tziyon b'rachamim. Baruch ata Adonai, hamachazir sh'chinato l'tziyon.

Reader

On this Shabbat day, as You receive our prayers, help us to more clearly hear Your call. Grant us health to fulfill our duties and the compassion we need to attend to others.

Congregation

Teach us humility that we may be more aware of our own faults, and grant us the wisdom to be more forgiving of others. Give us the courage to be true to our highest selves and the kindness of heart to see the best in those around us.

Reader

Give us patience enough not to be discouraged, hope enough to overcome our fears for the future, and the vision to be aware of Your Presence. O Source of all blessings, look with favor upon us and may our service be acceptable to You. We praise You, whom alone we serve in reverence.

Congregation

We gratefully acknowledge that the Eternal God is our Creator and Preserver, Rock of our life, and Shield of our help. We thank God and sing praises: for the gift of life itself, for our souls that are ever in God's keeping, for the signs of our Creator's Presence that we encounter every day, and for God's wondrous gifts at all times, morning, noon, and night. Truly, our blessings are without end and God's lovingkindness never ceases. Therefore we forever put our trust in the Eternal One.

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מְגִן יִשְׁעֵנוּ, אֵתָהּ הוּא
לְדוֹר וָדוֹר. נוֹדֶה לָּךְ וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים
בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל גְּסִיךָ שֶׁבְּכָל יוֹם
עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת, עֶרֶב וּבֹקֵר
וְצַהֲרָיִם. הַטּוֹב בִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם בִּי לֹא תִמוּ
חֲסָדֶיךָ. מֵעוֹלָם קִוִּינוּ לָךְ. וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ
מִלְּכַנּוּ תַמִּיד לְעוֹלָם וָעֶד. וְכָל הַחַיִּים יוֹדוּךָ סֶלְהָ, וַיְהִלְלוּ
אֶת שְׁמֶךָ בְּאֵמֶת, הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סֶלְהָ. בְּרוּךְ אַתָּה
יי הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

Modim anachnu lach, sha-ata hu Adonai Eloheinu veilohei avoteinu v'imoteinu l'olam va-ed. Tzur chayeinu, magein yish-einu, ata hu l'dor vador. Nodeh l'cha unsapeir t'hilatecha al chayeinu ham'surim b'yadecha, v'al nishmoteinu ha-p'ku-dot lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim. Ha-tov ki lo chalu rachamecha, v'hamracheim ki lo tamu chasadecha. Mei-olam kivinu lach. V'al kulam yitbarach v'yitromam shimcha malkeinu tamid l'olam va-ed. V'chol hachayim yoducha selah, vihal'lu et shimcha be-emet, ha-El y'shuateinu v'ezrateinu selah. Baruch ata Adonai, hatov shimcha ulcha na-eh l'hodot.

Reader

Grant us peace, Your most precious gift, O Eternal Source of peace, and enable our people Israel to be its messenger to all the world. Bless our country, that it may ever be a pursuer of peace and its advocate in the council of nations. May contentment reign within our borders, health and happiness within our homes. Strengthen the bonds of friendship and harmony among the inhabitants of all lands. Plant virtue in every soul and may our love for You hallow every home and every heart. We praise You, O God, Giver of peace.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל עַמְּךָ. בְּרַכְנוּ אֲבֵינוּ בְּלִנּוּ בְּאֶחָד בְּאוֹר פְּנֵיךָ, כִּי
בְּאוֹר פְּנֵיךָ נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ. בְּרוּךְ
אַתָּה יְיָ, עֹשֵׂה הַשְׁלוֹם.

Sim shalom tova uvracha, chein vachessed v'rachamim aleinu v'al kol Yisrael amecha. Barcheinu avinu kulanu k'echad b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, torat chayim v'ahavat chesed, utzdaka uvracha v'rachamim v'chayim v'shalom. V'tov b'einecha l'vareich et am'cha Yisrael b'chol eit uvchol sha-a bishlomecha. Baruch ata Adonai, oseh hashalom.

Meditation

We cannot merely pray to You, O God, to end war;
For we know that You have made the world so
that all of us must find our own path to peace
Within ourselves and with our neighbors.

*We cannot merely pray to You, O God,
To end starvation;
For You have already given us the resources
With which to feed the entire world,
If we would only use them wisely.*

We cannot merely pray to You, O God,
To root out prejudice;
For You have already given us eyes
With which to see the good in all people,
If we would only use them rightly.

*We cannot merely pray to You, O God,
To end despair;
For You have already given us the power
To clear away slums and to give hope,
If only we would use our power justly.*

We cannot merely pray to You, O God, to end disease;
For You have already given us great minds
With which to search out cures and healings,
If we would only use them constructively.

*Therefore, we pray to You instead, O God,
For strength, determination, and willpower,
To do as well as to pray,
To become as well as to wish,*

For Your sake and for ours, speedily and soon,
That our land may be safe,
And our lives may be blessed.

*May the words that we pray, and the deeds that we do
Be acceptable before You, O God,
Our Rock and our Redeemer.*

יְהִי לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יְהוָה צוּרֵי וְגֹאֲלִי.

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

For the New Month

Our God, God of all generations, be mindful of Your people Israel on this first day of the new month, and renew in us love and compassion, goodness, life and peace.

This day remember us for well-being. *Amen.*

This day bless us with Your nearness. *Amen.*

This day help us to a fuller life. *Amen.*

Short Hallel

Praise God, all you nations; extol the Eternal One, all you peoples, for great is God's love towards us, and God's faithfulness endures forever. Halleluyah!

Let us give thanks to the Eternal God, who is good, and whose mercy endures forever.

So let Israel now say, for God's mercy endures forever.

So let the house of Aaron now say, for God's mercy endures forever.

So let those who revere the Eternal now say, for God's mercy endures forever.

הודו לַיהוה כִּי־טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמְרוּ־נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמְרוּ־נָא בֵּית־אֶהְרֹן, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמְרוּ־נָא יִרְאֵי־יְהוָה, כִּי לְעוֹלָם חַסְדּוֹ.

Hodu l'adonai ki tov, ki l'olam chasdo.
Yomar na Yisrael, ki l'olam chasdo.
Yom'ru na veit Aharon, ki l'olam chasdo.
Yom'ru na yir-ei Adonai, ki l'olam chasdo.

I

Reader

It shall come to pass, in the end of days, that the mountain of God's house shall be exalted above the hills and all the nations shall flow unto it. And many people shall go and say: "Come and let us go up to the mountain of the Eternal, to the House of the God of Jacob; that we may be taught God's way and that we may walk in God's path. For out of Zion shall go forth the Torah and the word of the Eternal One from Jerusalem."

II

Responsive Reading

The earth is the Lord's, and all its fullness, the world and all who dwell there. For God has laid its foundation in the sea, and established it upon the currents. Who may ascend the mountain of the Eternal? Who may stand in God's holy place?

Those with clean hands and pure hearts, who never speak with malice, who never swear deceitfully. They shall receive blessings from the Lord, justice from God, their Helper.

Such are the people who turn to You, who seek Your presence, O God of Jacob.

III

Responsive Reading

Our light is Torah; Mitzvot are our lamp.

Pleasing are the ways of Torah, and all her paths are peace.

Dark and twisting is the road to peace; happy the generation whose light will guide them to its end.

The students of Torah add peace to the world, as it is said:

When all your children are taught of the Lord, great shall be the peace of your children.

IV

These are the obligations without measure, whose reward, too, is without measure:

*To honor father and mother;
to perform acts of love and kindness;
to attend the house of study daily;
to welcome the stranger;
to visit the sick;
to rejoice with bride and groom;
to console the bereaved;
to pray with sincerity;
to make peace when there is strife.*

And the study of Torah is equal to them all, because it leads to them all.

*

שְׂאוּ שְׁעָרִים רְאִשְׁכֶּם, וְהִנְשְׂאוּ פִתְחֵי עוֹלָם, וַיְבוֹא מֶלֶךְ
הַכְּבוֹד. מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד, יְהוָה צְבָאוֹת הוּא מֶלֶךְ
הַכְּבוֹד, סֵלָה.

S'u sh'arim ra-sheichem. V'hinas-u pitchei olam, v'yavo melech hakavod. Mi hu zeh melech hakavod, Adonai tz'va-ot hu melech hakavod, selah.

Lift up your heads, O gates, and be lifted up, you everlasting doors, that the Glorious Creator of all may enter! Who is the Glorious Creator? The God of all is the Glorious Creator.

SERVICE FOR THE READING OF THE TORAH

(Congregation rises, Ark is opened)

Responsive Reading

This is the covenant that binds our people Israel to the One and Eternal God.

This is the Torah, a light for our eyes, a lamp for our way.

This is the Law that proclaims God the Creator of the entire human family.

We have been told what is good and what God expects of us: to do justly, to love mercy, and to walk humbly with our God.

Reader

בֵּית יַעֲקֹב, לְכוּ וְנִלְכֶה בְּאוֹר יְהוָה.

Beit Yaakov, l'chu v'neil'cha b'or Adonai.

O House of Jacob, come and let us walk by the light of the Eternal God.

Congregation

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel, the Lord our God; the Lord is One!

לְךָ יְהוָה הַגְּדֹלָה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְּח וְהַיְהוּד,
כִּי-כֹל בַּשָּׁמַיִם וּבָאָרֶץ. לְךָ יְהוָה הַמְּמֹלָכָה וְהַמְּתַנַּשֵּׂא לְכֹל
לְרֹאשׁ.

L'cha Adonai hag'dula v'hag'vura v'hatif-eret v'haneitzach
v'hahod, ki chol bashamayim uva-aretz. L'cha Adonai
hamamlacha v'hamitnasei l'chol l'rosh.

SERVICE FOR THE READING OF THE TORAH

Yours, O God, is the greatness, the power, the glory, the victory and the majesty. For all that is in heaven and earth is Yours. You are our Creator and are supreme over all.

*

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ, כִּי־קָדוֹשׁ יְהוָה
אֱלֹהֵינוּ.

Rom'mu Adonai Eloheinu v'hishtachavu l'har kodsho, ki kadosh Adonai Eloheinu.

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

*

עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד, עַל הַתּוֹרָה וְעַל הָעֲבוּדָה
וְעַל גְּמִילוֹת חֲסָדִים.

Al sh'losha d'varim ha-olam omeid, al haTorah v'al ha-avoda v'al g'milut chasadim.

On three things our world depends: Study, prayer, and acts of kindness.

*

עוֹד יָבוֹא שְׁלוֹם עֲלֵינוּ וְעַל כָּל־אֶחָד מֵעַמֵּי הָעוֹלָם, סָלָאָם.
סָלָאָם, סָלָאָם.

Od yavo shalom aleinu v'al kulam. Salaam, aleinu v'al kol ha-olam, salaam.

Soon peace will come upon us, everyone.

(Congregation is seated)

Before the Reading of the Torah

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ.
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va-ed.

Baruch Adonai ham'vorach l'olam va-ed.

Baruch ata Adonai Eloheinu melech ha-olam,
asher bachar banu mikol ha-amim,
v'natan lanu et torato.

Baruch ata Adonai notein haTorah.

Praise God to whom all praise is due! Let us praise God to whom all praise is due, now and forever. We praise You, our Eternal God, Creator of the universe. You have brought us near by giving us the Torah. Blessed are You, Eternal One, Giver of the Torah.

THE READING OF THE TORAH

After the Reading of the Torah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת
אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch ata Adonai Eloheinu melech ha-olam asher natan lanu
torat emet, v'chayei olam nata b'tocheinu. Baruch ata Adonai,
notein haTorah.

We praise You, our Eternal God, Creator of the universe. You have given us the Torah of truth, implanting within us eternal life. We praise You, giver of the Torah.

Before the Reading of the Haftarah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בַּנְּבִיאִים
טוֹבִים, וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת. בְּרוּךְ אַתָּה יי,
הַבוֹחֵר בַּתּוֹרָה וּבַמֹּשֶׁה עַבְדּוֹ, וּבְיִשְׂרָאֵל עַמּוֹ, וּבַנְּבִיאֵי
הָאֵמֶת וְצַדִּיק.

Baruch ata Adonai, Eloheinu melech ha-olam, asher bachar binviim tovim, v'ratza v'divreihem ha-ne-emarim be-emet. Baruch ata Adonai, habocheir batorah uvmoshe avdo, uv-yisrael amo, uvinvi-ei ha-emet vatzedek.

We praise You Eternal God, Creator of the universe. You have called faithful prophets to speak words of truth. We thank You for the revelation of the Torah, for Moses Your servant, for the people of Israel and for the prophets of truth and righteousness.

THE READING OF THE HAFTARAH

After the Reading of the Haftarah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כּל הָעוֹלָמִים,
צַדִּיק בְּכֹל הַדּוֹרוֹת, הָאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעֹשֶׂה, הַמְדַבֵּר
וּמְקַיֵּם, שֶׁכָּל דְּבָרָיו אֵמֶת וְצַדִּיק. עַל הַתּוֹרָה וְעַל הָעִבּוּדָה
וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה, שֶׁנִּתְּתָ לָנוּ יי אֱלֹהֵינוּ,
לְקֹדֶשׁה וּלְמִנוּחָה, לְכַבוֹד וּלְתִפְאַרֶת. עַל הַכֹּל, יי אֱלֹהֵינוּ,
אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שְׁמוֹךְ בְּפִי כָּל חַי
תָּמִיד לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch ata Adonai Eloheinu melech ha-olam, tzur kol ha-olamim, tzadik b'chol hadorot, haEl hane-eman, ha-omeir v'oseh, hamdabeir umkayeim, shekol d'varav emet vatzedek. Al haTorah v'al ha-avoda v'al han'vi-im, v'al yom haShabbat hazeh, shenatata lanu Adonai Eloheinu, likdusha v'limnucha, l'chavod ultif-aret. Al hakol, Adonai Eloheinu, anachnu modim lach, umvar'chim otach, yitbarach shimcha b'fi kol chai tamid l'olam va-ed. Baruch ata Adonai, m'kadeish haShabbat.

SERVICE FOR THE READING OF THE TORAH

Let us praise God, Creator of the Universe, the Rock of all creation, the Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, Eternal One, have given us for holiness and rest, for honor and glory, we thank and praise You. May You be praised forever by every living being. Blessed are You Eternal God, for Shabbat and its holiness.

I

Moses received Torah from Sinai and handed it on to Joshua, Joshua to the Elders, and the Elders to the Prophets. And the Prophets handed it on to the Members of the Great Assembly. The latter said three things: Be deliberate in judgment; raise up many disciples; and make a fence around the Torah.

Simeon the Righteous was one of the last survivors of the Great Assembly. He used to say: The world stands on three pillars: Torah, worship and acts of kindness.

Antigonus of Socho received Torah from Simeon the Righteous. He used to say: Do not be like servants who serve their employer in order to receive a reward; rather be like servants who serve their employer without thought of reward, and let the awe of Heaven be upon you.

Yosé ben Yoezer used to say: Let your house be a meeting-place for scholars, sit in the dust of their feet, and drink in their words with thirst.

Yosé ben Yochanan of Jerusalem used to say: Let your house be open wide, and let the poor be members of your household.

That means: your house should be open wide to the north and to the south, to the east and to the west, just as Job made a door on each side of his house, so that the poor should not have the trouble of walking all the way around it.

Joshua ben Perachyah used to say: Find yourself a teacher, get yourself a friend, and judge all people by their merits.

II

Hillel used to say: Be a disciple of Aaron, loving peace and pursuing peace, loving your fellow men and women, and drawing them near to the Torah.

Hillel also used to say: If I am not for myself, who will be for me? And if I am only for myself, what am I? And if not now, when?

Do not separate yourself from the community. Do not be sure of yourself until the day you die. Do not judge others until you are in their place. Say nothing that cannot be understood now in the hope that it will be understood later. And do not say: “When I have time I will study,” for you may never have time.

Where none behave like human beings, behave like a human being.

[The Holy One says:] If you enter my house, I will enter your house.

Do not do to others what you would not have them do to you. That is the whole Torah. All the rest is commentary. Now go and learn.

Shammai used to say: Make your study of Torah a fixed routine. Say little, do much. Greet everyone with a cheerful countenance.

“Say little, do much.” This teaches that the righteous promise little but do much; the wicked promise much but do not even do little.

“Greet everyone with a cheerful countenance.” This teaches that if you give your friends all the most precious gifts in the world, but do so with a long face, Scripture regards you as

having given nothing at all. But if you greet your friends with a cheerful face, even if you do not give them anything, Scripture regards you as though you had given them the most precious gifts in the world.

III

Rabbi Chananyah, Prefect of the Priests, used to say: Pray for the welfare of the government, for if it were not for their fear of it, people would swallow each other alive.

Rabbi Chanina ben Dosa used to say: If your fear of sin comes before your wisdom, your wisdom will endure. If your wisdom comes before your fear of sin, your wisdom will not endure. If your actions are louder than your words, your words will endure. If your words are louder than your actions, your words will not endure.

Rabban Gamaliel used to say: Act in secret as you do in public.

Rabban Simeon ben Gamaliel used to say: The world is sustained by three things: justice, truth, and peace.

Those who make peace in their own home are considered by Scripture as if they had made peace between all members of the House of Israel; and those who bring jealousy and strife into their own home are considered as if they had brought these into the whole House of Israel.

Rabbi Eliezer says: Let your friend's honor be as dear to you as your own; do not be easily angered; and repent one day before your death.

“Let your friend’s honor be as dear to you as your own.” This teaches that just as we care for our own honor, so should we care for the honor of others; and as we would not wish a rumor to go around impugning our honor, so we should not

wish to see a rumor go around impugning the honor of others.

“Do not be easily roused to anger.” This teaches that we should be patient like Hillel and not short-tempered like Shammai.

“Repent one day before your death.” Rabbi Eliezer's disciples asked him: “But do we know when we shall die, that we may repent the day before?” “All the more,” he replied, “should we repent today, lest we die tomorrow; and repent tomorrow, lest we should die the day after tomorrow; in that way our whole life will be spent in repentance.”

Rabbi Tarfon used to say: the day is short, there is much to do, the workers are lazy, the wages are high, the head of the household is pressing.

You are not required to complete the task, but neither are you at liberty to abstain from it.

IV

Rabbi Akiva used to say: How privileged we are to have been created in God's image; how much more privileged still to have been made aware that we were created in God's image.

Everything is foreseen, yet free-will is given; the world is judged with goodness, and all depends on the preponderance of our deeds.

Rabbi Eleazar ben Azaryah used to say: Without Torah, no civility; without civility, no Torah. Without wisdom, no reverence; without reverence, no wisdom. Without understanding, no knowledge; without knowledge, no understanding. Without bread, no Torah; without Torah, no bread.

One who has more learning than good deeds is like a tree with many branches but few roots. When the wind comes, it uproots it and topples it. . . . One who has more good deeds than learning is like a tree with few branches but many roots. Even if all the winds in the world were to come and blow against it, they would be powerless to shift it.

Ben Zoma used to say: Who is wise? One who learns from every person, as it says, "From all my teachers I have gained understanding." Who is mighty? One who exercises self-control, as it says, "One slow to anger is better than a hero, and one who practices self-restraint better than one who conquers a city." Who is rich? One who is content with life's portion, as it says, "When you eat what you have worked for, you will be happy, and it will be well with you." Who is respected? One who respects others, as it says, "For those who respect Me I will respect, and those who despise Me will be held in contempt."

Ben Azzai used to say: Run to perform a minor mitzvah as well as a major one; for one good deed leads to another, and one transgression to another; the reward of one good deed is another, and the punishment for a transgression is another.

Rabbi Simeon bar Yochai used to say: There are three crowns, the crown of Torah, the crown of priesthood, and the crown of royalty. But the crown of a good name exceeds them all.

V

Rabbi Yosé used to say: All who respect the Torah are themselves respected, and all who despise the Torah are themselves despised.

Rabbi Jacob used to say: This world is like a vestibule before the world-to-come; prepare yourself in the vestibule, so that you may enter the hall.

Better one hour of repentance and good deeds in this world than all the life of the world-to-come and better one hour of bliss in the world-to-come than all the life of this world.

Judah ben Teima used to say: Be bold as a leopard, light as an eagle, swift as a gazelle, and strong as a lion to do the will of your Divine Parent.

Love and revere God; tremble and rejoice at all the commandments. If you have done your neighbor a small wrong, let it seem great to you; if you have done your neighbor a great kindness let it seem small to you. But if your neighbor has done you a small kindness, let it seem great to you; and if your neighbor has done you a great wrong, let it seem small to you.

Never be the sole judge, for there is only One who may judge alone.

Rabbi Jonathan used to say: Whoever keeps the Torah in poverty will in the end keep it in prosperity; and whoever neglects the Torah in prosperity will in the end neglect it in poverty.

Rabbi Simeon ben Eleazar used to say: Do not try to placate a neighbor who is still enraged, or to console one who has only just been bereaved; do not question the wisdom of a vow newly made; and do not rush to visit a neighbor in disgrace.

Rabbi Judah used to say: What is the right path everyone should choose? One that wins respect for them both in their own eyes and in the eyes of others.

Keep these things before your mind's eye and you will not fall into sin. Know what is above you: a seeing eye and a hearing ear. All your actions are inscribed in a book.

Let your private life be open to full view; and what is unseemly to be heard by all, do not say even to a friend.

VI

There are four types of persons. Some say: “What’s mine is mine and what’s yours is yours:” average. “What’s mine is yours and what’s yours is mine:” stupid. “What’s mine is yours and what’s yours is yours:” saintly. “What’s mine is mine and what’s yours is mine:” wicked.

There are four temperaments. Easily offended and easily appeased — in such a case the virtue is nullified by the defect. Hard to offend and hard to appease — the defect is nullified by the virtue. Hard to offend and easy to appease — saintly. Easy to offend and hard to appease — wicked.

There are four types of students. Quick to learn and quick to forget — their virtue is nullified by their defect. Slow to learn and slow to forget — their defect is nullified by their virtue. Quick to learn and slow to forget — a scholar. Slow to learn and quick to forget — a misfortune.

There are four types among those who give charity. Willing to give but not that others should give — they are stingy with other people's money. Willing that others should give but not willing to give themselves — they are stingy with their own money. Willing to give but also that others should give — saintly. Unwilling to give or that others should give — wicked.

There are four types among those who attend the House of Study. Those who attend but do not practice what they learn — they are rewarded for attending. Those who practice but do not attend — they are rewarded for practicing. Those who attend and practice — saintly. Those who neither attend nor practice — wicked.

SAYINGS OF THE SAGES

There are four kinds of actions that bring benefits in this world but whose full reward is reserved for the world-to-come, and they are: Honoring father and mother; deeds of loving kindness; making peace between enemies; and the study of Torah, which is equal to them all.

PRAYERS FOR OUR COMMUNITY

For Healing

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ אַבְרָהָם, יִצְחָק, וְיַעֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה,
רִבְקָה, רָחֵל וְלֵאָה

Mi shebei-rach avoteinu Avraham, Yitzchak, v'Yaakov, v'imoteinu Sarah, Rivkah, Racheil, v'Lei-ah

May the One who blessed our ancestors Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah bestow the blessing of health and healing upon the sick and suffering in our temple family and community. May the Holy One look with compassion upon them, and send unto them the blessings of renewed strength and revived spirit, and let us say: Amen.

For our Congregation and our Country

O God, the source of all blessings, be with this congregation and with its members, their families and loved ones; may they prosper in their various callings and occupations; help them in their needs, and guide them in their difficulties. Bless those who guide and who serve this congregation, and those who contribute to its strength.

Hear the prayers of all who worship with us. Comfort the sorrowing and inspire with hope those who suffer in silence. Grant fulfillment and encouragement to the charitable and the merciful, who aid the poor, care for the sick, teach those who seek learning, and extend a helping hand to those who have lost their way in the world.

Fervently we invoke Your blessing upon our country.

Guard us, O God, from calamity and injury; may we face adversity with courage and resolve. May the strength and vision of a nation founded upon Your laws of liberty and justice, increase from age to age.

Enlighten with Your wisdom and inspire with humility those whom the people have set in authority: the President and those who counsel and advise our nation's leaders; the judges, legislators and all our elected officials entrusted with our safety and the guardianship of our rights and liberties.

May peace and good-will unite the people of our land; and may the shared ideals of our various faiths and cultures enrich our communities, blessing our nation with a renewed strength of spirit.

Bless the Jewish people wherever we dwell. May Your favor rest upon the State of Israel, and each of its diverse peoples and faiths. Grant that the promise of its rebirth may soon be fulfilled in healing and harmony. May those of our people and all Your children in other lands, who continue to live in fear and oppression, soon be granted freedom, justice and peace. Amen.

For the Approaching Month

God of holiness, let the coming month bring for us, and for the whole house of Israel, happiness and joy, deliverance and comfort; and let us say: Amen.

(Congregation rises)

Reader

גִּדְלוּ לַיְי אֶתִי וְנִרְוֹמָמָה שְׁמוֹ יַחְדָּו.

Gad'lu ladonai iti unrom'ma sh'mo yachdav.

Extol the Eternal One with me and let us exalt God's Presence together!

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם. וַיִּרָם קֶרֶן לְעַמּוֹ, תְּהִלָּה לְכֹל חֲסִידָיו,
לְבָנֵי יִשְׂרָאֵל עִם קְרוֹבוֹ. הִלְלוּיָהּ.

RETURNING THE TORAH TO THE ARK

Hodo al eretz v'shamayim. Vayarem keren l'amo, t'hila l'chol chasidav, livnei Yisrael am k'rovo. Hal'luyah.

God's glory abounds in the heavens. God has raised up a horn — a song of praise to the faithful, to the children of Israel, to all who seek God's presence. Halleluyah.

Responsive Reading

O God, You have guided our people with never-ending love. From the very beginning of our existence, You destined us for a sacred task: to toil for the speedy dawn of that day when You will be revered the whole world over, and all humanity will live in peace and unity.

Joyfully we consecrate ourselves anew today to the great task our people began long ago. Ours, as well, shall be the ceaseless aim to bring ever nearer that blessed age, when this shall be the affirmation that unites all of humanity:

One God over all. One human family of all.

תּוֹרַת יְהוָה תְּמִימָה מְשִׁיבַת נֶפֶשׁ,
עֲדוּת יְהוָה נְאֻמָּנָה מְחַכֵּמַת פֶּתִי.
פְּקוּדֵי יְהוָה יִשְׂרָיִם מְשַׂמְחֵי-לֵב,
מִצְוֹת יְהוָה בְּרָה מְאִירַת עֵינָיִם.
יִרְאַת יְהוָה טְהוֹרָה עוֹמְדַת לְעַד,
מִשְׁפָּטֵי-יְהוָה אֱמֶת צְדָקוֹ יִחַדּוּ.

Torat Adonai t'mima m'shivat nafesh,
Eidut Adonai ne'emana machkimat peti.
Pikudei Adonai y'sharim m'sam'chei leiv,
Mitzvat Adonai bara m'irat einayim.
Yir-at Adonai t'hora omedet la'ad,
Mishp'tei Adonai emet tzad'ku yachdav.

Responsive Reading

God's teaching is perfect, reviving the soul.

God's word is unfailing, making wise the simple.

God's precepts are right, delighting the mind.

God's mitzvah is clear, giving light to the eyes.

God's doctrine is pure, enduring forever.

God's guidance is true and altogether just.

Behold, a good doctrine has been given you. Guard it well! It is a tree of life to those who hold it fast and all who cling to it find happiness. Its ways are ways of pleasantness and all its paths are peace.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתִמְכֶּיָה מֵאֲשֶׁר. דְּרָכֶיהָ דְרָכֵי
נְעָם, וְכֹל נְתִיבוֹתֶיהָ שְׁלוֹם.

Eitz chayim hi lamachazikim bah, v'tom'cheha m'ushar.
D'racheha darchei no-am, v'chol n'tivoteha shalom.

It is a tree of life to those who hold fast to it and all of its supporters are happy!

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Hashiveinu Adonai eilecha v'nashuva. Chadeish yameinu k'kedem.

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

CONCLUDING PRAYERS סיום התפילה

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשָׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשִׁכְנַת עֶזוֹ בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵנוּ, אֵין עוֹד.

Aleinu l'shabeiach la-adon hakol, lateit g'dula l'yotzeir b'reishit, shehu noteh shamayim v'yoseid aretz, umoshav y'karo bashamayim mima-al, ush-chinat uzo b'govhei m'romim. Hu Eloheinu, ein od.

Let us adore the ever-living God, and render praise unto You who spread 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. We bow our heads in reverence and worship the Holy One praised be God.

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי
הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Va-anachnu kor'im umishtachavim umodim lifnei melech malchei ham'lachim, HaKadosh Baruch Hu.

(Congregation is seated)

I

May the time not be distant, O God, when You shall be worshipped throughout the earth, when unbelief shall disappear and error be no more. Fervently we pray that the day may come when all people shall be guided by Your teachings. Corruption and evil shall give way to purity and goodness. Superstition shall no longer enslave the mind, nor idolatry blind the eye.

Then, all who dwell on earth shall know that to You alone every knee shall bend and every voice give praise. May all, created in Your image, recognize that we are brothers and sisters, so that, one in spirit and one in harmony, we may be forever united before You. Then shall Your reign be

ADORATION

established on earth, and the word of Your ancient prophet be fulfilled: The Eternal God will reign forever and ever.

II

Responsive Reading

Where there are ignorance and superstition,
Let there be enlightenment and knowledge.

Where there are prejudice and hatred,
Let there be acceptance and love.

Where there are fear and suspicion,
Let there be confidence and trust.

Where there are tyranny and oppression,
Let there be freedom and justice.

Where there are poverty and disease,
Let there be prosperity and health.

Where there are strife and discord,
Let there be harmony and peace.

III

Responsive Reading

May we gain wisdom in our lives,
overflowing like a river with understanding.
Loved, each of us, for the peace we bring to others.
May our deeds exceed our speech,
and may we never lift up our hand
but to conquer fear and doubt and despair.

*Rise up like the sun, O God, over all humanity.
Cause light to go forth over all the lands between the seas.
And light up the universe with the joy
of wholeness, of freedom, and of peace.*

IV

Responsive Reading

Eternal God, we face the morrow with hope made stronger by the vision of your deliverance, a world where poverty and war are banished, where injustice and hate are gone. Teach us more and more to respond to the pain of others, to heed Your call for justice, that we may bring nearer the day when all the world shall be one.

*On that day the age-old dream shall come true. On that day,
O God, You shall be One and Your Name shall be One.*

*

וְנִאֲמַר, יְהוָה יְהוּה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ. בַּיּוֹם הַהוּא יְהוָה
יְהוּה אֶחָד וְשֵׁמוֹ אֶחָד.

V'ne-emar, v'haya Adonai l'melech al kol ha-aretz. Bayom hahu yih-yeh Adonai echad ushmo echad.

I

In nature's ebb and flow, God's eternal law abides. When tears dim our vision and grief clouds our understanding, we often lose sight of God's plan. Yet we know that both growth and decay, life and death, all reveal God's purpose.

God, who is our support in the struggles of life, is also our hope in death. We have set the Eternal One before us and shall not despair. In God's hands are the souls of all the living. Under God's protection we abide and by God's love we are comforted.

O Life of our life, Soul of our soul, cause Your light to shine into our hearts and fill our spirits with abiding trust in You.

II

Birth is a beginning and death is a destination.

And life is a journey:

From childhood to maturity

And youth to age;

From innocence to awareness

And ignorance to knowing;

From foolishness to discretion

And then, perhaps, to wisdom;

Life is a journey:

From weakness to strength

Or strength to weakness

And, often, back again;

From health to sickness

And back, we pray, to health again;

From offense to forgiveness,

From loneliness to love,

From joy to gratitude,

From pain to compassion,

And from grief to understanding.

From fear to faith.

Life is a journey:
From defeat to defeat to defeat
Until, looking backward or ahead,
We see that victory lies
Not at some high place along the way,
But in having made the journey, stage by stage,
A sacred pilgrimage.
Birth is a beginning
And death is a destination and life is a journey,
A sacred pilgrimage to life everlasting.

III

The light of life is a finite flame. Like the Sabbath candles, life is kindled, it burns, it glows, it is radiant with warmth and beauty. But soon it fades, its substance is consumed, and it is no more.

In light we see; in light we are seen. The flames dance and our lives are full. But as night follows day, the candle of our life burns down and gutters. There is an end to the flames. We see no more and are no more seen. Yet we do not despair, for we are more than a memory slowly fading into the darkness. With our lives we give life. Something of us can never die: we move in the eternal cycle of darkness and death, of light and life.

IV

It is a fearful thing to love
what death can touch.

A fearful thing to love,
hope, dream: to be—
to be, and oh! To lose.

A thing for fool this, and
a holy thing,
a holy thing to love.

For
your life has lived in me,
your laugh once lifted me,
your word was a gift to me.

To remember this brings a painful joy.
'Tis a human thing, love,
a holy thing,
to love
what death has touched.

V

Death will come. Its hand will not be stayed even an instant; nor can we enter into judgment with it. Our question "Why?" will go unanswered. But this does not mean that we are helpless in the face of death. We can and we do rob death of ultimate victory, by living life as long as it is ours to live. To ask of death that it never come is futile, but it is not futile to pray that when death does come for us, it may take us from a world one corner of which is a little better because we were there. When we are dead, and people weep for us and grieve, let it be because we touched their lives with beauty and simplicity. Let it not be said that life was good to us, but rather, that we were good to life.

VI

There are stars up above,
so far away we only see their light
long, long after the star itself is gone.
And so it is with people that we loved—
their memories keep shining ever brightly
though their time with us is done.
But the stars that light up the darkest night,
these are the lights that guide us.
As we live our days, these are the ways we remember.

VII

To open eyes when others close them
to hear when others do not wish to listen
to look when others turn away
to seek to understand when others give up
to rouse oneself when others accept
to continue the struggle even when one is not the strongest
to cry out when others keep silent

to be a Jew
it is that
it is first of all that

and further
to live when others are gone
and to remember when others have forgotten.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ
וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל, בְּעֻגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba. B'al'ma di v'ra chir-utei,
v'yamlich malchutei b'chayeichon uv'yomeichon uv-chayei d'chol
beit Yisrael, ba-agala uvizman kariv, v'imru: Amein.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעֻלְמֵי עֻלְמַיָּא.

Y'hei sh'mei raba m'vorach l'alam ulal'mei almaya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא.

Yitbarach v'yishtabach v'yitpa-ar v'yit-romam v'yitnasei
v'yit-hadar v'yit-aleh v'yit-halal, sh'mei d'kud'sha, b'rich hu.

לְעֻלָּא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תִּשְׁבַּחְתָּא וְנַחֲמָתָא,
דְּאִמְרִין בְּעֻלְמָא, וְאִמְרוּ אָמֵן.

L'eila min kol birchata v'shirata, tush-b'chata v'nechemata,
da-amiran b'alma, v'imru: Amein.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol Yisrael,
v'imru: Amein.

עֲשֵׂה שְׁלֹום בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלֹום עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kol
Yisrael, v'im-ru: A-mein.

KADDISH

Let the glory of God be extolled. May God's greatness be revered in the world whose creation God willed. May God's dominion soon prevail, in our own day, in our own lives, and in the life of all Israel, and let us say: Amen.

Let God's greatness be praised forever and ever.

Let the Holy One be glorified, exalted, and honored, though God is beyond all praises, songs, and adorations that we can speak. And let us say: Amen.

For us and for all Israel, may the blessing of peace and the promise of life, come true, and let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and on all the world, and let us say: Amen.

*

May the Source of peace send peace to all who mourn and comfort all who are bereaved. Amen.

Reader

Shabbat teaches us that all life is sacred, that all our work and joys can be dedicated to God, and that we may find the truest happiness in serving the Eternal One.

Let us praise God with this symbol of joy, as we express gratitude for all the blessings of the past week; for life and strength, for home, and love and friendship; for the lessons we learn from our trials and temptations, and for the happiness that has come to us out of our labors.

You have ennobled us by the blessings of work and, in love, have given us the gift of Sabbath rest and worship as ordained in the Torah: "Six days shall you labor and do all your work, but the seventh day is Shabbat, to be sanctified to the Eternal God."

(The cup of wine is raised)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch ata Adonai Eloheinu melech ha-olam, bo-rei p'ri hagafen.

Let us praise the Eternal God, Creator of the Universe, who creates the fruit of the vine.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ, וְכָרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זִכָּר לְיִצְיַאת מִצְרַיִם. כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁת מִכָּל הָעַמִּים, וְשָׁבַת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָתָנוּ. בְּרוּךְ אַתָּה יְיָ מִקְדֵּשׁ הַשָּׁבֶת.

KIDDUSH

Baruch ata Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'ratza vanu, v'Shabbat kodsho b'ahava uvratzon hinchilanu, zikaron l'ma-asei v'reishit, ki hu yom t'chila l'mikra-ei kodesh, zeicher litziyat mitzrayim. Ki vanu vacharta v'otanu kidashta mikol ha-amim, v'Shabbat kodsh'cha b'ahava uv'ratzon hinchaltanu. Baruch ata Adonai, m'kadeish haShabbat.

Let us praise our Eternal God, Creator of the universe, who hallows our lives through the commandments. In love and favor, God has made Shabbat our heritage, as a reminder of the work of creation. It is first among our sacred days, a remembrance of the Exodus from Egypt. O God, You have called upon us and have given us the day of Shabbat as a sacred inheritance. We thank you, O God, for Shabbat and its holiness.

For Bread

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא לֶחֶם מִן
הָאָרֶץ.

Baruch ata Adonai Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.

Blessed are you, Adonai our God, Ruler of the Universe, who brings forth bread from the earth.

For the New Month

Our God, God of all generations, be mindful of Your people Israel on this first day of the new month, and renew in us love and compassion, goodness, life and peace.

This day remember us for well-being. *Amen.*

This day bless us with Your nearness. *Amen.*

This day help us to a fuller life. *Amen.*

Reader

Behold, the symbols of Havdalah: Wine, spices, and braided candle. These symbols will carry us into the coming week. May it be for all of us a week of love and laughter, of health and happiness, of serenity and peace.

(The candle is lit)

Behold, God is my Help; trusting in the Eternal God, I am not afraid. For the Eternal One is my Strength and my Song, and has become my guiding presence. With joy we draw water from the wells of salvation. The Eternal One brings deliverance, and blessing to the people. The God of the hosts of heaven is with us; the God of Jacob is our stronghold. How blessed is the one who trusts in You! Be with us, Eternal One; answer us, when we call upon You. Give us light and joy, gladness and honor, as in the happiest of days of our people's past. Then shall we lift up the cup to rejoice in Your guidance, and call out to You in praise.

הִנֵּה אֵל יִשׁוּעָתִי, אֶבְטַח וְלֹא אֶפְחָד, בִּי־עֲזִי וְזִמְרַת יְהוָה
 יְהוּדָה, וַיְהִי־לִי לִישׁוּעָה. וּשְׁאֲבַתֶּם־מַיִם בְּשִׁשׁוֹן, מִמַּעַיְנֵי
 הַיִּשׁוּעָה. לַיהוָה הַיִּשׁוּעָה, עַל־עַמּוֹךְ בְּרִכְתְּךָ סֵלָה. יְהוּדָה
 צְבָאוֹת עֲמֻנָה, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה. יְהוּדָה צְבָאוֹת,
 אֲשֶׁר־י אָדָם בְּטַח בְּךָ. יְהוּדָה הוֹשִׁיעָה, הַמְלִיךְ יַעֲנֵנוּ
 בְּיוֹם־קָרְאֵנוּ. לַיהוּדִים הִזְתָּה אוֹרָה וְשִׂמְחָה, וְשִׁשׁוֹן וִיקָר,
 כֵּן תַּהְיֶה לָנוּ. כּוֹס־יִשׁוּעוֹת אֲשָׂא, וּבְשֵׁם יְהוָה אֶקְרָא.

Hinei El y'shu-ati, evtach v'lo efchad, ki o-zi v'zimrat Yah Adonai,
 vay'hi li lishua. Ush-avtem mayim b'sason, mima-aynei hay'shua.
 La-donai ha-y'shu-a, al am'cha virchatecha sela. Adonai tz'vaot
 imanu, misgav lanu Elohei Yaakov sela. Adonai tz'vaot, ashrei
 adam botei-ach bach. Adonai hoshia, hamelech ya-aneinu v'yom
 koreinu. Lay'hudim hay'ta ora v'simcha, v'sason vikar, kein
 tih-yeh lanu. Kos y'shuot esa, uvsheim Adonai ekra.

HAVDALAH

For the Wine

Wine is the symbol of our joy. The commandment to bless the wine is a commandment to drink life as deeply as we drink from this cup. It is a commandment to bless life and to love deeply. It is a commandment to remember with Sabbath heart, to act with Sabbath hands, and to see the world with Sabbath eyes.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

Baruch ata Adonai Eloheinu melech ha-olam, borei p'ri hagafen.

We praise You, Eternal God, Creator of the Universe who creates the fruit of the vine.

For the Spices

These are the spices of memory. Their sweetness reminds us of all the Sabbaths that we have known. May their fragrance ever evoke within us memories of this sweet, sweet Sabbath in our lives.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְּנֵי בְשָׂמִים.

Baruch ata Adonai Eloheinu melech ha-olam, borei minei v'samim.

We praise You, Eternal God, Creator of the Universe who creates the world's spices.

For the Light of Fire

The wicks of the Havdalah candle are intertwined, as our lives are intertwined. Joined together, our individual flames burn even more brightly. May we, united in our love for one another and for our people Israel, bring light and warmth to all the world.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוֹרֵי הָאֵשׁ.

Baruch ata Adonai Eloheinu melech ha-olam, borei m'orei ha-eish.

We praise You, Eternal God, Creator of the Universe, who creates the light of fire.

For Havdalah

As we extinguish now this Havdalah candle, we pray for wisdom to discern that which is sacred and holy in our lives from that which is profane. May our daily priorities reflect our highest ideals and the values of our Jewish tradition.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה יי, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

Baruch ata Adonai, Eloheinu melech ha-olam, hamavdil bein kodesh l'chol, bein or l'choshech, bein Yisrael la-amim, bein yom hash'vi-i l'sheishet y'mei hama-aseh. Baruch ata Adonai, hamavdil bein kodesh l'chol.

We praise You, Eternal God, Creator of the universe. You enable us to distinguish the commonplace from the sacred. You create light and darkness, the seventh day of rest and the six days of labor. We praise You, God, who call us to separate the ordinary from the holy.

(The wine is sipped and the candle is extinguished)

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, חֲטֹטֵינוּ הוּא יְמַחֵל. זְרַעֵנוּ וְכַסְפֵּנוּ יִרְבֶּה כְּחוֹל, וְכַכּוֹכָבִים בְּלַיְלָה.

Hamavdil bein kodesh l'chol, chatoteinu hu yimchol. Zar-einu v'chaspeinu yarbeh chachol, v'chakochavim balaila.

May the One who distinguishes between sacred and secular forgive our sins. May our offspring become as numerous as sand, and as the stars in the night sky.

Shavua tov. A good week, a week of peace. May gladness reign and joy increase.

אֱלֹהֵינוּ הַנּוֹבִיאַ, אֱלֹהֵינוּ הַתְּשׁוּבָה,
אֱלֹהֵינוּ, אֱלֹהֵינוּ, אֱלֹהֵינוּ הַגִּלְעָדִי,
בְּמִהְרָה בְּיָמֵינוּ יָבוֹא אֱלֵינוּ,
עִם מָשִׁיחַ בֶּן־דָּוִד, עִם מָשִׁיחַ בֶּן־דָּוִד.

Eliyahu hanavi, Eliyahu hatishbi,
Eliyahu, Eliyahu, Eliyahu hagil-adi,
Bimheira v'yameinu, yavo eileinu,
Im mashiach ben David, im mashiach ben David.

Elijah the prophet, Elijah the Tishbite, Elijah of Gilead, come to us speedily in our day heralding redemption.

Adon Olam

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל-יִצִיר נִבְרָא.
לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אַזֵּי מֶלֶךְ שְׁמוֹ נִקְרָא.

Adon olam asher malach, b'terem kol y'tzir nivra.
L'eit na-asa v'cheftzo kol, azai melech sh'mo nikra.

וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹוֶה, וְהוּא יִהְיֶה בְּתַפְאָרָה.

V'acharei kichlot hakol, l'vado yimloch nora.
V'hu haya, v'hu hoveh, v'hu yihyeh b'tif-ara.

וְהוּא אֶחָד וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעוֹז וְהַמְשֻׁרָה.

V'hu echad v'ein sheini, l'hamshil lo l'hachbira,
B'li reishit b'li tachlit, v'lo ha-oz v'hamisra.

וְהוּא אֵילִי וְחִי גֹאֲלִי, וְצוּר חֻבְלִי בְּעֵת צָרָה.
וְהוּא נְסִי וּמְנוֹס לִי, מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא.

V'hu Eili v'chai go-ali, v'tzur chevli b'eit tzara.
V'hu nisi umanos li, m'nat kosi b'yom ekra.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעֲרִירָה.
וְעַם רוּחִי גְוִיָּתִי, יֵי לִי וְלֹא אִירָא.

B'yado afkid ruchi, b'eit ishan v'a-ira.
V'im ruchi g'viyati, Adonai li v'lo ira.

The God of all, who reigned supreme, ere first creation's form was framed; when all was finished by Your will, Your name Almighty was proclaimed. You are my God, my Helper true, to whom I turn in sorrow's hour; my banner proud, my refuge sure; who hears and answers with Your power. Then in Your hand myself I lay, and trusting sleep, and wake with cheer; my soul and body are in Your care. You are with me, I have no fear.

Ein Keiloheinu

אֵין כְּאֱלֹהֵינוּ, אֵין כְּאֲדוֹנֵינוּ, אֵין כְּמַלְכֵינוּ, אֵין כְּמוֹשִׁיעֵינוּ.

Ein keiloheinu, ein kadoneinu, ein k'malkeinu, ein k'moshi-einu.

מִי כְּאֱלֹהֵינוּ, מִי כְּאֲדוֹנֵינוּ, מִי כְּמַלְכֵינוּ, מִי כְּמוֹשִׁיעֵינוּ.

Mi cheiloheinu, mi chadoneinu, mi ch'malkeinu, mi ch'moshi-einu.

נוֹדֶה לְאֱלֹהֵינוּ, נוֹדֶה לְאֲדוֹנֵינוּ, נוֹדֶה לְמַלְכֵינוּ, נוֹדֶה לְמוֹשִׁיעֵינוּ.

Nodeh leiloheinu, nodeh ladoneinu, nodeh l'malkeinu, nodeh l'moshi-einu.

בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ, בָּרוּךְ מַלְכֵינוּ, בָּרוּךְ מוֹשִׁיעֵינוּ.

Baruch Eloheinu, baruch adoneinu, baruch malkeinu, baruch moshi-einu.

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ, אַתָּה הוּא מַלְכֵינוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

Ata hu Eloheinu, ata hu adoneinu, ata hu malkeinu, ata hu moshi-einu.

There is none like our God. Who can be compared to You? Let us thank our Maker. Blessed is our Redeemer.

All the World Shall Come to Serve You

All the world shall come to serve You
And bless Your glorious name,
And Your righteousness triumphant,
The islands shall proclaim.
And the people shall go seeking
Who knew You not before,
And the ends of earth shall praise You
And tell Your greatness o'er.

They shall build for You their altars,
 Their idols overthrown,
 And their graven gods shall shame them,
 As they turn to You alone.
 They shall worship You at sunrise,
 And feel Your Sovereign might,
 And impart their understanding,
 To those astray in night.

When we see Your vast dominion,
 The hills shall shout with song,
 And the islands laugh exultant,
 That they to God belong.
 And through all Your congregations,
 So loud Your praise shall ring,
 That the utmost peoples, hearing,
 Shall then Your greatness sing.

T'filat HaDerech

May we be blessed as we go on our way.
 May we be guided in peace.
 May we be blessed with health and joy.
 May this be our blessing. Amen.

May we be sheltered by the wings of peace.
 May we be kept in safety and in love.
 May grace and compassion find their way to every soul.
 May this be our blessing. Amen.

Od Yavo Shalom

עוֹד יָבוֹא שְׁלוֹם עֲלֵינוּ וְעַל כָּל
 הָעוֹלָם, סָלָאָם, סָלָאָם.

Od yavo shalom aleinu v'al kulam. Salaam, aleinu v'al kol
 ha-olam. Salaam, salaam.

SONGS AND HYMNS

Soon peace will come upon us, everyone.

Kol Han'shama

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּ, הַלְלוּיָהּ

Kol han'shama t'haleil Yah, hal'lu, hal'luyah.

Let all that breathes praise God! Halleluyah!

Hava Nashira

הִבֵּה נְשִׁירָהּ, שִׁיר הַלְלוּיָהּ.

Hava nashira, shir hal'luyah.

Come let us praise God, sing Halleluyah.

Lo Yisa Goy

לֹא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב, לֹא-יִלְמְדוּ עוֹד מִלְחָמָה.

Lo yisa goy el goy cherev, lo yilm'du od milchama.

Nation shall not lift up sword against nation, nor ever again shall they learn war.

Oseh Shalom

עֹשֶׂה שְׁלוֹם בְּמִרְוַמָּיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

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

May God, the Source of all peace, bless us with the holy gift of peace, for us and all the world. And let us say: Amen!

God of Might

אָדיר הוּא, אָדיר הוּא, יְבַנֶּה בֵּיתוֹ בְּקָרוֹב,
בְּמִהְרָה, בְּמִהְרָה, בְּיָמֵינוּ בְּקָרוֹב.
אֵל בְּנֵה, אֵל בְּנֵה, בְּנֵה בֵּיתְךָ בְּקָרוֹב.

Adir hu, adir hu, yivneh veito b'karov,
Bimheira, bimheira, b'yameinu b'karov.
El b'nei El b'nei, b'nei veitcha b'karov.

God of might, God of right, Thee we give all glory.
Thine all praise in these days as in ages hoary,
When we hear, year by year, freedom's wondrous story.

Now as erst, when Thou first mad'st the proclamation,
Warning loud every proud, every tyrant nation.
We Thy fame still proclaim, sing in adoration!

Be with all who in thrall, to their tasks are driven;
By Thy power speed the hour when their chains are riven.
Earth around will resound gleeful hymns to heaven!

Rock of Ages

מַעוֹז צוֹר יְשׁוּעָתִי, לְךָ נֶאֱחָה לְשִׁבְחָךְ.
תִּכּוֹן בֵּית תְּפִלָּתִי, וְשָׁם תּוֹדָה נִזְבְּחָךְ.
לֵעֵת תִּכְיִן מִטְּבַחַךְ, מִצָּר הַמִּנְבָּחַךְ.
אֲז אֶגְמֹר בְּשִׁיר מִזְמוֹר, חֲנֻכַּת הַמִּזְבֵּיחַךְ.

Ma-oz tzur y'shuati, l'cha na-eh l'shabeiach.
Tikon beit t'filati, v'sham toda n'zabeiach.
L'eit tachin matbeiach, mitzar ham'nabeiach.
Az egmor b'shir mizmor, chanukat hamizbeiach.

Rock of Ages, let our song praise Your saving power;
 You, amid the raging foes, were our sheltering tower.
 Furious, they assailed us, but Your strength availed us,
 And Your word broke their sword,
 When our own strength failed us.

Kindling new the holy lamps, priests approved in suffering,
 Purified the nation's shrines, brought to God their offering.
 And in courts surrounding, hear, in joy abounding,
 Happy throngs, singing songs, with a mighty sounding.

Children of the Maccabees, whether free or fettered,
 Wake the echoes of the songs, where you may be scattered.
 Yours the message cheering, that the time is nearing,
 Which will see each one free, tyrants disappearing.

Y'rushalayim Shel Zahav

אֲוִיר הָרִים צָלוּל כַּיָּיִן וְרֵיחַ אֲרָנִים
 נִשָּׂא בְרוּחַ הָעֲרָבִים עִם קוֹל פְּעֻמוֹנִים.
 וּבַתְּרֵדֵמַת אֵילָן וְאֶבֶן שְׁבוּיָהּ בַּחֲלוּמָהּ
 הָעִיר אֲשֶׁר בְּדָד יוֹשֶׁבֶת וּבְלִבָּהּ חוּמָהּ.
 יְרוּשָׁלַיִם שֶׁל זָהָב וְשֶׁל נְחֹשֶׁת וְשֶׁל אֹר,
 הֵלֵא לְכָל שִׁירֵיךָ אָנִי כִנּוֹר.

A-vir harim tzalul kayayin v'reiach oranim
 Nisa b'ruach ha-arbayim im kol pa-amonim.
 Uvtardeimat ilan va-even shvuya bachaloma
 Ha-ir asher badad yoshevet uv'libah choma.

Y'rushalayim shel zahav v'shel n'choshet v'shel or,
 Halo l'chol shirayich ani kinor.

The olive trees that stand in silence upon the hills of time,
 To hear the voices of the city as bells of evening chime.
 The shofar sounding from the Temple to call the world to
 prayer.

The shepherd pauses in the valley and peace is everywhere.

Jerusalem of gold, and of bronze and of light:

Am I not a harp to all of your songs?

The water well for those who thirsted, the ancient market square,

Your golden sun that lights the future for people everywhere.

And far away beyond the desert a thousand suns will glow.

We shall be going to the Jordan by way of Jericho.

How many songs, how many stories the stony hills recall.

Around her heart, the city carries a lonely ancient wall.

My simple voice cannot acclaim thee, too weak the words I choose.

Jerusalem, if I forget thee, may my right hand its power lose.

HaTikva

כָּל עוֹד בַּלֵּב פְּנִימָה, נֶפֶשׁ יְהוּדֵי הוֹמִיָּה
וּלְפָאֲתֵי מִזְרַח קְדִימָה, עֵין לְצִיּוֹן צוֹפִיָּה
עוֹד לֹא אָבְדָה תִּקְוַתֵינוּ, הַתִּקְוָה בַּת שְׁנוֹת אֲלָפִים
לְהִיּוֹת עִם חֲפְשֵׁי בְּאֶרְצֵנוּ, אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

Kol od baleivav p'nima, nefesh y'judi homiya

Ulfa-atei mizrach kadima, ayin l'tziyon tzofiya

Od lo avda tikvateinu, hatikva bat sh'not alpayim

Lih-yot am chofshi b'artzeinu, eretz tzion virushalayim.

So long as within the inmost heart a Jewish spirit sings, so long as the eye looks eastward, gazing toward Zion, our hope is not lost — the hope of two thousand years: to be a free people in the land of our origin, the land of Zion and Jerusalem.

America the Beautiful

O beautiful for spacious skies,
For amber waves of grain,
For purple mountains' majesties,
Above the fruited plain!
America! America! God shed His grace on Thee!
And crown thy good with brotherhood,
From sea to shining sea.

O beautiful for pilgrim feet,
Whose stern impassioned stress,
A thoroughfare for freedom beat,
Across the wilderness!
America! America! God mend thine every flaw.
Confirm thy soul in self-control,
Thy liberty in law.

O beautiful for heroes proved,
In liberating strife,
Who more than self their country loved,
And mercy more than life!
America! America! May God thy gold refine,
'Til all success be nobleness,
And every gain divine!

O beautiful for patriot dream,
That sees beyond the years,
Thine alabaster cities gleam,
Undimmed by human tears!
America! America! God shed His grace on thee!
And crown thy good with brotherhood,
From sea to shining sea!

PRIESTLY BENEDICTION

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ.

Y'va-rech'cha Adonai v'yishm'recha.

May God bless you and keep you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ.

Ya-eir Adonai panav eilecha vichuneka.

May the light of God's presence shine on you and be gracious to you.

יֵשֵׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׂם לְךָ שְׁלוֹם.

Yisa Adonai panav eilecha v'yasem l'cha shalom.

May God bestow favor on you and grant you peace. Amen.

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Opening Songs and Hymns

- “Peace be on you,” *UPB Sinai*, 6.
“The sun on the tree tops,” *UPB Sinai*, 4.
“Come, let us sing,” *Gates of Prayer for Shabbat and Weekdays*, 39.
“Beloved, come to meet,” *Gates of Prayer for Shabbat and Weekdays*, 47.
“These lights are a symbol,” *UPB Sinai*, 393.

Kindling the Shabbat Lights

- “Come, let us welcome,” *UPB Sinai*, 7.
“Eternal God, We have come,” *Likrat Shabbat*, 21.
“As these Shabbat candles,” Chaim Stern, *Gates of Prayer*, 142.

Shabbat Evening Service I: “A Heritage Has Come Down to Us”

UPB, 10–24, adapted.

Shabbat Evening Service II: “A Legacy Renewed”

- “There are days,” *UPB Emanu-El*, 17.
“The Synagogue,” *UPB Sinai*, 96.
“Days pass,” Chaim Stern, *Gates of Prayer*, 170.
“Be our inspiration,” *UPB Sinai*, 216, adapted.
“We are a people,” Abraham Joshua Heschel, *Likrat Shabbat*, 104.
“Standing on the parted,” Michael Walzer, adapted, *Mishkan T’filah*, 157.
“As the Sabbath descends,” *UPB Emanu-El*, 9.
“Prayer invites God,” Abraham Joshua Heschel, adapted, *Gates of Prayer*, 152.
“We praise You,” *UPB Emanu-El*, 10.
“Infinite is Your power,” *UPB Emanu-El*, 26.
“God of ages past,” *UPB Emanu-El*, 11.
“From generation to generation,” *UPB Emanu-El*, 49.
“We give thanks,” Eugene Picket, adapted, *Mishkan T’filah*, 214–15.
“Grant us peace,” *UPB Sinai*, 30.
“Mi shebeirach,” Debbie Friedman and Dvorah Setel, *Mishkan T’filah*, 371.
“O God, guard my tongue,” *UPB Sinai*, 31.

Shabbat Evening Service III: “The Spiritual Search”

- “For our ancestors,” Chaim Stern, *Gates of Prayer*, 246.
“God, where shall I find you?” *UPB Sinai*, 329–30.
“In a world torn,” John Rayner and Chaim Stern revised by Chaim Stern, *Gates of Prayer*, 149–50.
“The shadows fall,” Chaim Stern, *Gates of Prayer*, 168.
“Grant that we may,” *UPB Sinai*, 13.

SOURCE CITATIONS

- “The people of Israel,” *UPB Sinai*, 24.
“Let me hear You,” Chaim Stern, *Gates of Prayer*, 232.
“O world,” Chaim Stern, *Gates of Repentance*, 66–67.
“Let us rejoice,” from Hymns for the Celebration of Life, Beacon Press, 1964 in *Gates of Prayer*, 235.
“May these hours,” Rami Shapiro, *Mishkan T’filah*, 173.
“May my life,” Ronald Aigen, *Mishkan T’filah*, 170.

Shabbat Evening Service IV: “In Pursuit of Justice”

- “We have come,” Liberal Jewish Prayer Book, p. 62, adapted by Chaim Stern, *Gates of Prayer*, 145.
“O God, how can know You?” *UPB Sinai*, 32, adapted.
“I, the Eternal,” biblical verses arranged by Harvey Fields and Chaim Stern, *Gates of Prayer*, 182–83.
“Cause us, Eternal,” *Gates of Prayer*, 197, adapted.
“O God of Israel,” Chaim Stern, *Gates of Prayer*, 151.
“Eternal God, the power,” Robert I. Kahn and Chaim Stern, *Gates of Prayer*, 356–57.
“Our God and God of all,” *UPB Sinai*, 111.
“May the sense,” Chaim Stern, *Gates of Prayer*, 246.
“Through prayer,” Chaim Stern adapting Ralph Waldo Emerson, *Gates of Prayer*, 240.
“When people come,” Martin Buber, *Mishkan T’filah*, 155.

Shabbat Evening Service V: “From Generation to Generation”

- “We begin,” Ruth Brin, *Mishkan T’filah*, 126, adapted.
“You direct the play,” *Shabbat Kodesh*, 3.

Meditations on Special Themes

- “God of the universe,” *UPB Sinai*, 108.
“Our God, God of all generations,” *Gates of Prayer for Shabbat and Weekdays*, 60–61, adapted.
“We thank you,” *UPB Sinai*, 114, adapted.
“Throughout the centuries,” *UPB Sinai*, 193, adapted.
“God of all generations,” from *UPB*, adapted in *UPB Sinai*, 195.
“Pray for the peace,” *UPB Sinai*, 205.

Shabbat Morning Service

- “How goodly,” *UPB Emanu-El*, 31.
“We begin,” Ruth Brin, *Mishkan T’filah*, 126, adapted.
“Help us,” *UPB Emanu-El*, 33.
“Creator of all,” *UPB Emanu-El*, 33.
“The soul,” *UPB Emanu-El*, 32, adapted.
“Each of us,” *UPB Sinai*, 34–35.
“We praise You,” *UPB Emanu-El*, 37.
“Great has been,” *UPB Emanu-El*, 38.
“I rejoiced,” *UPB Emanu-El*, 17.
“Infinite is Your power,” *UPB Emanu-El*, 46.
“We reflect Your holiness,” *UPB Emanu-El*, 47–49.

SOURCE CITATIONS

- “Our God and God of all,” *UPB Emanu-El*, 49.
“On this Shabbat day,” *UPB Emanu-El*, 50–51.
“We cannot merely,” from *The Joy of Shabbat*, reprinted in *Likrat Shabbat*, 123.
“Our God, God of all generations,” *Gates of Prayer for Shabbat and Weekdays*, 60–61, adapted.
“Praise God, all you nations,” Psalm 117, *Gates of Prayer for Shabbat and Weekdays*, 176.
“Let us give thanks,” Psalm 118, *UPB Sinai, draft version*, 398.

The Reading of the Torah

- “It shall come,” *UPB Emanu-El*, 56, adapted.
“The earth is the Lord’s,” Psalms 24:1–6, *Gates of Prayer*, 442.
“Our light is Torah,” Richard N. Levy quoting Proverbs 6:23 and Isaiah 54:13, *Gates of Prayer*, 431.
“This is the covenant,” *UPB Emanu-El*, 57.
“O God, the source” *UPB Emanu-El*, 62, adapted.
“God of holiness,” *Gates of Prayer for Shabbat and Weekdays*, 162.
“O God, You have guided,” *UPB Sinai*, 63–65.
“These are the obligations,” Talmud Bavli, Shabbat 127a, *Gates of Prayer*, 285.

Sayings of the Sages

I

- Moses received Torah from Sinai . . . *Mishnah Avot 1:1*.
Simeon the Righteous was one of the last . . . *Mishnah Avot 1:2*.
Antigonus of Socho received Torah . . . *Mishnah Avot 1:3*.
Yosé ben Yoezer used to say . . . *Mishnah Avot 1:4*.
Yosé ben Yochanan of Jerusalem . . . *Mishnah Avot 1:5*.
That means: your house should be . . . *Avot d’Rabbi Natan 7:1*.
Joshua ben Perachyah used to say . . . *Mishnah Avot 1:6*.

II

- Hillel used to say: Be a disciple . . . *Mishnah Avot 1:12*.
Hillel also used to say . . . *Mishnah Avot 1:14*.
Do not separate yourself from . . . *Mishnah Avot 2:5*.
Where none behave like human . . . *Mishnah Avot 2:6*.
[The Holy One says:] If you enter . . . *Tosefta Sukkah 4:2*.
Do not do to others . . . *Babylonian Talmud, Shabbat 31a*.
Shammai used to say: Make your study . . . *Mishnah Avot 1:15*.
“Say little, do much.” This teaches . . . *Avot d’Rabbi Natan 13:3*.
“Greet everyone with a cheerful countenance.” This teaches . . . *Avot d’Rabbi Natan 13:4*.

III

- Rabbi Chananyah, Prefect of the Priests . . . *Mishnah Avot 3:2*.
Rabbi Chanina ben Dosa used to say . . . *Mishnah Avot 3:9–10*.
Rabban Simeon ben Gamaliel used to say . . . *Mishnah Avot 1:18*.
Rabbi Eliezer says: Let your friend’s honor . . . *Mishnah Avot 2:10*.
“Let your friend’s honor be as dear to you as your own.” This teaches . . . *Avot d’Rabbi Natan 15:1*.

“Do not be easily roused to anger.” This teaches . . . *Babylonian Talmud Shabbat 30b*.

“Repent one day before your death.” Rabbi Eliezer's disciples . . . *Babylonian Talmud Shabbat 153a*.

Rabbi Tarfon used to say . . . *Mishnah Avot 2:15*.

You are not required to complete . . . *Mishnah Avot 2:16*.

IV

Rabbi Akiva used to say . . . *Mishnah Avot 3:14*.

Everything is foreseen . . . *Mishnah Avot 3:15*.

Rabbi Eleazar ben Azaryah used to say . . . *Mishnah Avot 3:17a*.

One who has more learning . . . *Mishnah Avot 3:17b*.

Ben Zoma used to say . . . *Mishnah Avot 4:1*.

Ben Azzai used to say . . . *Mishnah Avot 4:2*.

Rabbi Simeon bar Yochai used to say . . . *Mishnah Avot 4:13*.

V

Rabbi Yosei used to say . . . *Mishnah Avot 4:6*.

Rabbi Jacob used to say . . . *Mishnah Avot 4:16*.

Better one hour of repentance . . . *Mishnah Avot 4:17*.

Judah ben Teima used to say . . . *Mishnah Avot 5:20*.

Love and revere God . . . *Avot d'Rabbi Natan 41:11*.

Never be the sole judge . . . *Mishnah Avot 4:8*.

Rabbi Jonathan used to say . . . *Mishnah Avot 4:9*.

Rabbi Simeon ben Eleazar used to say . . . *Mishnah Avot 4:18*.

Rabbi Judah used to say . . . *Mishnah Avot 2:1*.

Keep these things before your mind's eye . . . *Mishnah Avot 2:1*.

VI

There are four types of persons. . . . *Mishnah Avot 5:10*.

There are four temperaments. . . . *Mishnah Avot 5:11*.

There are four types of students. . . . *Mishnah Avot 5:12*.

There are four types among those who give charity. . . . *Mishnah Avot 5:13*.

There are four types among those who attend the House of Study. . . .

Mishnah Avot 5:14.

There are four kinds of actions . . . *Mishnah Peah 1:1*.

Adoration

“May the time,” *UPB Emanu-El*, 68.

“Where there are,” *UPB Sinai*, 358–59.

“May we gain wisdom,” Richard N. Levy, *Mishkan T'filah*, 591.

“Eternal God, we face the morrow,” Harvey Fields and Chaim Stern, *Gates of Prayer*, 149.

Meditations before the Kaddish

“In nature's ebb,” Chaim Stern adapting Samuel S. Cohon in *UPB*, p. 73, in *Gates of Prayer*, 627.

“Birth is a beginning,” Alvin I. Fine, *Gates of Repentance*, 283, adapted.

“The light of life,” A Common Service, adapted in *Gates of Prayer*, 627.

“It is a fearful thing,” Chaim Stern, *Mishkan T’filah*, 594.
“Death will come,” Jacob P. Rudin, *With All Your Heart*, 37.
“There are stars,” Hannah Senesh, *Mishkan T’filah*, 595.
“To open eyes,” Emmanuel Eydoux, *The Joy of Shabbat*, 33.

Kiddush

“Shabbat teaches,” *UPB Emanu-El*, 75, adapted.
“Our God, God of all generations,” *Gates of Prayer for Shabbat and Weekdays*,
60–61, adapted.

Songs and Hymns

“The God of all,” *UPB Sinai*, 425.