



SAVVIV

at **TEMPLE EMANU-EL**

Friday Night Shabbat Service

Kabbalat Shabbat - Welcoming Shabbat

Mah yafeh ha-yom, Shabbat shalom.

מַה יָפֵה הַיּוֹם, שַׁבָּת שְׁלוֹם.

How lovely today is, Shabbat Shalom.

Hee-nei ma-tov u-ma na-eem

הִנֵּה מַה־טוֹב וּמַה־נְעִים

sheh-vet ah-kheem gam ya-khad.

שַׁבָּת אַחִים נִבְיָחַד.

How good it is, and how pleasant, when we dwell together in unity.

May the door of this place 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 to this place 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 place be, for all who enter, the doorway to a rich and more meaningful life.

Where has this week vanished?

Is it lost forever?

Will I ever recover anything from it?

The joy of life, the unexpected victory,
the realized hope, the task accomplished?

Will I ever be able to banish the memory of pain,
the sting of defeat, the heaviness of boredom?

On this day let me keep for a while what must drift away.

On this day let me be free of the burdens that must return.

Help me to withdraw for a while

from the flight of time.

Contain the retreat of the hours and days from the
grasp of frantic life.

Let me learn to pause, if only for this day.

Let me find peace on this day.

Let me enter into a quiet world this day.

PSALM 95:1-7

L'chu n'ra-n'na la-A-do-nai,
na-ri-yah l'tzur yi-shei-nu.
N'kad-mah fa-nav b'to-dah,
biz-mi-rot na-ri-a lo.

לְכוּ נִרְנְנָה לַיהוָה,
נְרִיעָה לְצוּר יִשְׁעֵנוּ.
נִקְדְּמָה פָּנָיו בַּתוֹדָה,
בְּזִמְרוֹת נְרִיעֵ לוֹ.

Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer;
let us come into God's presence with praise; let us raise a shout for God in song!

Ki eil ga-dol A-do-nai,
u'me-lech ga-dol al kol e-lo-him.
A-sher b'ya-do mech-k'rei a-retz,
v'to-a-fot ha-rim lo.
A-sher lo ha-yam v'hu a-sa-hu,
v'ya-be-shet ya-dav ya-tza-ru.

כִּי אֵל גָּדוֹל יְיָ,
וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.
אֲשֶׁר בְּיָדוֹ מַחְקְרֵי אֶרֶץ,
וְתוֹעֲפוֹת הָרִים לוֹ.
אֲשֶׁר לוֹ הַיָּם וְהוּא עֹשֶׂהוֹן,
וַיַּבְשֵׁת יַדָּיו יַצְרוֹן.

For Adonai is a great God, the great ruler of all divine beings.
In God's hand are the depths of the earth; the peaks of the mountains are God's.
God's is the sea, God made it; and the land, which God's hands fashioned.

Bo-u nish-ta-cha-veh v'nich-ra-ah,
niv-ra-cha lif-nei A-do-nai o-sei-nu.
Ki hu E-lo-hei-nu
va-a-nach-nu am mar-i-to v'tzon ya-do,

בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעָה,
נִבְרָכָה לְפָנֵי יְיָ עֹשֵׂנוּ.
כִּי הוּא אֱלֹהֵינוּ
וַאֲנַחְנוּ עִם מִרְעִיתוֹ וְצֹאן יָדוֹ,

Come, let us bow down and kneel, bend the knee before Adonai our maker,
for Adonai is the God, and we are the people God tends, the flock in God's care.

Ha-yom im b'ko-lo tish-ma-u.

הַיּוֹם אִם בְּקוֹלוֹ תִשְׁמָעוּ.

O if you would but heed God's charge this day.

SHALOM ALEICHEM

Sha-lom a-lei-khem mal-a-khei ha-sha-reit,
mal-a-khei el-yon, mee-meh-lekh mal-khei
ha-m'la-kheem, ha-ka-dosh ba-ru-kh hoo.

Bo-a-khem l'sha-lom, mal-a-khei ha-sha-lom,
mal-a-khei el-yon, mee-meh-lekh mal-khei
ha-m'la-kheem, ha-ka-dosh ba-ru-kh hoo.

Bar-khoo-nee l'sha-lom,
mal-a-khei ha-sha-lom, mal-a-khei el-yon,
mee-meh-lekh mal-khei ha-m'la-kheem,
ha-ka-dosh ba-ru-kh hoo.

Tzeit-khem l'sha-lom, mal-a-khei ha-sha-lom,
mal-a-khei el-yon, mee-meh-lekh mal-khei
ha-m'la-kheem, ha-ka-dosh ba-ru-kh hoo.

Peace be to you, ministering angels,
messengers of the Most High, of the Supreme
Sovereign, the Holy One, ever to be praised.

שָׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיּוֹן, מַמְלַךְ מַלְכֵי
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן, מַמְלַךְ מַלְכֵי
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנֵי לְשָׁלוֹם,
מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מַמְלַךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן, מַמְלַךְ מַלְכֵי
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

Enter in peace, O messengers of the Most
High, of the Supreme Sovereign, the Holy
One, ever to be praised.

CANDLE BLESSINGS

Ba-rukh atah Adonai E-lo-hei-nu meh-lekh
ha-olam, a-sher keed-sha-nu b'meez-vo-tav,
v'tzee-va-nu l'had-leek neir shel shab-bat.

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

Blessed are you, Adonai our God, Ruler of the Universe,
who sanctifies us with mitzvot and commands us to kindle the sabbath lights.

L'KHA DODI

L'kha do-di lik-rat ka-la,
p'nei Shabbat n'ka-b'la.

לְכָה דוּדִי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה:

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

Sha-mor v'za-khor b'di-bur eh-khad,
hish-mi-anu Eil ha-m'yu-khad;
Adonai Eh-khad u-sh'mo Eh-khad,
l'sheim u-l'tif-eh-ret v'li-t'hi-la.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד,
הַשְּׁמִיעֵנוּ אֵל הַמַּיְחָד.
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד.
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְיֶה:

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. Beloved...

Lik-rat Shabbat l'khu v'nei-l'kha,
ki hi m'kor ha-b'ra-kha.
Mei-rosh mi-keh-dem n'su-kha,
sof ma-a-seh b'ma-kha-sha-va t'khi-la.

לְקִרְאֵת שַׁבָּת לָכֹוּ וְנִלְכָה.
כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֵאשִׁית מְקֻדָּם נְסוּכָה.
סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּתְחַלֵּה:

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. Beloved...

Hit-o-rei-ri, hit-o-rei-ri,
ki vah o-reich, ku-mi o-ri,
U-ri u-ri, shir da-bei-ri,
k'vod A-do-nai a-la-yich ni-glah.

הִתְעוֹרְרִי, הִתְעוֹרְרִי,
כִּי בָהּ אוֹרֵךְ, קוֹמִי אוֹרִי,
עוֹרִי עוֹרִי, שִׁיר דַּבְּרִי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Awake, awake, your light has come! Arise, shine, awake and sing:
the Eternal's glory dawns upon you. Beloved...

WE RISE AND TURN TOWARD THE ENTRANCE AS IF TO GREET THE SABBATH BRIDE.

Bo-i v'sha-lom a-teh-ret ba-a-lah.
Gam b'sim-khah u-v'tso-ho-la.
Tokh eh-mu-nei am s'gu-la.
Bo-i kha-la! Bo-i kha-la!

בּוֹאִי בְּשָׁלוֹם עִמָּרֶת בַּעֲלָה.
גַּם בְּשִׂמְחָה וּבְצַחָה.
תּוֹךְ אֲמוּנֵי עַם סִגְלָה.
בּוֹאִי כְּלָה, בּוֹאִי כְּלָה:

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! Beloved...

PSALM 92:1-7; 13-16

Miz-mor shir l'yom Ha-sha-bat.
Tov l'ho-dot la-A-do-nai ul'za-meir
l'shim-cha el-yon.
L'ha-gid ba-bo-keir chas-dec-ha,
ve-e-mu-nat-cha ba-lei-lot. A-lei a-sor
va'a-lei na-vel a-lei hi-ga-yon b'chi-nor.
Ki si-mach-ta-ni A-do-nai b'fo-ole-cha
b'ma-a-sei ya-de-cha a-ra-nein.

מְזֹמֹר שִׁיר לַיּוֹם הַשַּׁבָּת.
טוֹב לְהַדוֹת לַיהוָה, וּלְזַמֵּר
לְשִׁמְךָ עֲלֵי־יּוֹן.
לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ,
וְאִמּוֹנְתְךָ בַלַּיְלוֹת. עָלַי עָשׂוֹר
וְעָלַי נָבֵל, עָלַי הַגַּיּוֹן בְּכִנּוֹר.
כִּי שִׂמַּחְתָּנִי יְיָ בְּפַעֲלֶיךָ,
בְּמַעֲשֵׂי יְדֶיךָ אֲרַנֵּן.

A psalm. A song for Shabbat. It is good to praise Adonai; to sing hymns to Your name, O Most High, to proclaim Your steadfast love at daybreak, Your faithfulness each night, with a ten-stringed harp, with voice and lyre together.
You have gladdened me by Your deeds, Adonai; I shout for joy at Your handiwork.

Mah gad-lu ma-a-sec-ha A-do-nai,
m'od am-ku ma-ch-sh'vo-te-cha.

מַה גָּדְלוֹ מַעֲשֵׂי־יְיָ,
מְאֹד עֲמָקוֹ מַחֲשַׁבְתֶּיךָ.

How great are Your works, Adonai, how very subtle Your designs!

Tza-dik ka'ta-mar yi-frach,
k'er-ez bal-va-non yis-geh.
Sh'tu-lim b'veit A-do-nai,
b'chatz-rot E-lo-hei-nu ya-fri-chu.
Od y'nu-vun b'sei-vah,
d'shai-nim v'ra-a-na-nim yih-yu.
L'ha-gid ki ya-shar A-do-nai,
tzu-ri v'lo av-la-ta bo.

צַדִּיק כַּתְּמָר יִפְרַח,
כְּאַרְזוֹ בְּלְבָנוֹן יִשְׁגֶּה.
שְׁתוּלִים בְּבַיִת יְיָ,
בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.
עוֹד יִנּוּבוּן בְּשֵׁיבָה,
דְּשַׁיִּים וְרַעֲנָנִים יִהְיוּ.
לְהַגִּיד כִּי יָשָׁר יְיָ,
צוּרִי וְלֹא עוֹלָתָהּ בּוֹ.

The righteous bloom like a date-palm; they thrive like a cedar in Lebanon; planted in the house of Adonai, they flourish in the courts of our God. In old age they still produce fruit; they are full of sap and freshness, attesting that Adonai is upright, my Rock, in whom there is no wrong.

The Shema and its Blessings

BARCHU

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

Bar'khu et Adonai ha-m'vo-rakh!

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Ba-rukh Adonai ha-m'vo-rakh l'o-lam va-ed!

Praise God, to whom our praise is due.
Praised be God, to whom our praise is due,
now and forever.

MA'ARIV ARAVIM

Ba-ruch a-tah A-do-nai,

E-lo-hei-nu Mel-ech ha'o-lam,

a-sher bid'va-ro ma-a-riv a-ra-vim,

b'choch-mah po-tei-ach sh'a-rim,

u'vit-vu-nah m'sha-neh i-tim

u'ma-cha-lif et ha'zma-nim

u'm'sa-der et ha-ko-cha-vim

b'mish-m'ro-tei-hem ba-ra-kia kir-tzo-no.

Bo-rei yom va-lai-lah,

go-leil or mip-nei cho-shech,

v'cho-shech mip-nei or.

U'ma-a-vir yom u'mei-vi lail-ah,

U'mav-dil bein yom u'vein lilah,

A-do-nai Tz'va-ot sh'mo. Eil chai v'ka-yam,

ta-mid yim-loch a-lei-nu l'o-lam va-ed.

Ba-ruch a-tah A-do-nai, ha-ma-a-riv a-ra-vim.

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֲרָבִים,

בְּחֶכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחְלִיף אֶת הַזְּמַנִּים,

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי הַשֶּׁדֶךְ,

וְהוֹשֵׁף מִפְּנֵי אוֹר.

וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם,

תָּמִיד יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרָבִים.

Blessed are You, Adonai our God, Ruler of the universe,
who speaks the evening into being, skillfully opens the gates,
thoughtfully alters the time and changes the seasons,
and arranges the stars in their heavenly courses according to plan.
You are Creator of day and night,
rolling light away from darkness and darkness from light,
transforming day into night and distinguishing one from the other.
Ever-living God, may You reign continually over us into eternity.
Blessed are You, Adonai, who brings on evening.

Adonai, Your majesty is proclaimed by the marvels of earth and sky. Sun, moon,
and stars testify to Your power and wisdom.

Day follows day in endless succession, and the years vanish, but Your sovereignty
endures.

Though all things pass, let not Your glory depart from us. Help us to become
co-workers with You, and endow our fleeting days with abiding worth.

בְּרוּךְ אַתָּה יי, הַמַּעֲרִיב עֶרְבִים.

Ba-ruch a-tah A-do-nai, ha-ma-a-riv a-ra-vim.

Blessed are You, Adonai, who brings on evening.

Praise to You, Adonai our God,
from whom the evening flows.
Your wisdom sets the way on which time and season glide;
Your breath guides the sail of the stars.
Creator of the tide of time and light,
You guide the current of the day into night.
As heaven spans to infinity,
You set its course for eternity.
Praise to You, Adonai our God,
from whom the evening flows.

בְּרוּךְ אַתָּה יי, הַמַּעֲרִיב עֶרְבִים.

Ba-ruch a-tah A-do-nai, ha-ma-a-riv a-ra-vim.

Blessed are You, Adonai, who brings on evening.

Ahavat Olam

A-ha-vat o-lam beit yis-ra-el
am-cha a-hav-ta. To-rah u'mitz-vot,
chu-kim u'mish-pa-tim, o-ta-nu li-ma-d'ta.
Al kein, A-do-nai E-lo-he-inu,
b'shoch-bein-u uv-ku-mei-nu
na-si-ach b'chu-ke-cha, v'nis-mach b'divr-ei
To-ra-te-cha uv-mitz-vo-te-cha l'o-lam va-ed.
Ki heim cha-yei-nu v'o-rech ya-mei-nu
u-va-hem neh-geh yo-mam va-lai-lah.
V'a-ha-vat-cha al ta-sir mi-me-nu
l'o-la-mim.
Ba-ruch a-tah, A-do-nai, o-heiv a-mo yis-ra-el.

אַהַבַת עוֹלָם בֵּית יִשְׂרָאֵל
עִמָּךְ אָהַבְתָּ, תּוֹרָה וּמִצְוֹת,
חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.
עַל כֵּן יְיָ אֱלֹהֵינוּ,
בְּשׂוֹכְבֵינוּ וּבְקוּמֵנו
נִשְׂיַח בְּחֻקֶיךָ, וְנִשְׂמַח בְּדִבְרֵי
תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ וְאֶרֶץ יְמֵינוּ,
וּבָהֶם נִהְיֶה יוֹמָם וְלַיְלָה,
וְאָהַבְתָּךְ אֵל תָּסִיר מִפָּנֵינוּ
לְעוֹלָמִים.
בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Everlasting love You offered Your people Israel by teaching us Torah and mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and Your commandments. We will rejoice in Your Torah forever. Day and night we will reflect on them for they are our life and doing them lengthens our days. Never remove Your love from us.
Praised are You, Eternal God, who loves Your people Israel.

SHEMA

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

Sh'ma Yis-ra-eil: Adonai E-lo-hei-nu, Adonai e-khad.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Bar-ukh sheim k'vod mal-khu-to l'olam va-ed.

Hear, O Israel, Adonai is our God, Adonai is one!
Blessed is God's glorious rule for ever and ever!

V'AHAVTA

V'a-hav-ta et Adonai El-o-heh-kha
b'khol l'vav'kha u-v'khol naf-sh'kha
u-v'khol m'o-deh-kha.
V'ha-yu ha-d'va-reem ha-ei-leh a-sher
a-no-khee m'tza-v'kha ha-yom al l'va-veh-kha.
V'shee-nan-tam l'va-nekha v'dee-bar-ta bam
b'sheev't'kha b'vei-teh-kha uv'lekh-t'kha
va-deh-rekh uv'shokh-b'kha uv'koo-meh-kha.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אֲנִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ:
וּשְׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֻכְתְּךָ
בְּדָרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

Uk'shar-tam l'oht al ya-deh-kha v'ha-yoo
l'toe-ta-foht bein ei-nekha. Ukh'tav-tam al
m'zoo-zot bei-tekha u-vee-sh'a-reh-kha.

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ
לְטַטְפֹּת בֵּין עֵינֶיךָ: וּכְתַבְתָּם
עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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.

L'ma-an teez-k'ru va-a-see-tem
et kol meetz-vo-tai, vee-h'yee-tem
k'do-sheem lei-lo-hei-khem.
Anee Adonai E-lo-hei-khem, a-sher ho-tzei-tee
et-khem mei-eh-retz meetz-ra-yeem,
lee-h'yot la-khem lei-lo-heem,
Anee Adonai E-lo-hei-khem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי וְהִייתֶם
קְדוּשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לְהִיּוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם:

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 by your God; I am your Eternal God.

HASHKIVEINU

Hash-ki-vei-nu A-do-nai E-lo-hei-nu l'sha-lom,

v'ha-a-mi-dei-nu mal-kei-nu l'cha-yim.

Uf-ros a-lei-nu su-kat sh'lo-me-cha. A-men.

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מִלְּכֵנוּ לְחַיִּים,
וּפְרוֹשׂ עַלֵּינוּ סֶכֶת שְׁלוֹמְךָ.

Shelter us beneath Your wings, O Adonai. Guard us from all harmful things, O Adonai. Keep us safe throughout the night, 'till we wake with morning's light. Teach us God, wrong from right. Amen.

Help us, O God, to lie down in peace;
And teach us that peace means more than quiet.
Remind us that if we are to be at peace at night,
we must take heed of how we live by day.
Grant us the peace that comes from honest dealing,
so that no fear of discovery will haunt our sleep.
Rid us of resentments and hatreds that rob us of the peace we crave.
May we inflict no pain, bring no shame, and seek no profit by another's loss.
May we live so that we can face the whole world with serenity.
May we feel no remorse at night for what we have done during the day.
May we feel no remorse in the daytime for what we have done during the night.
May we lie down in peace tonight, and waken tomorrow to a richer and fuller life.

Let there be love and understanding among us.
Let peace and friendship be our shelter from life's storms.
Adonai, help us to walk with good companions,
to live with hope in our hearts and eternity in our thoughts,
that we may lie down in peace and rise up waiting to do your will.

T'FILAH

אֲדֹנָי, שִׁפְתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

A-do-nai, s'fa-tai tif-tach, u-fi ya-gid t'hi-la-te-cha.

Eternal God, open up my lips,
that my mouth may declare Your praise.

AVOT V'IMAHOT - GOD OF ALL GENERATIONS

Ba-ruch a-tah A-do-na E-lo-hei-nu, v'Ei-lo-hei

a-vo-tei-nu v'i-mo-tei-nu, E-lo-hei Av-ra-ham,

E-lo-hei Yitz-chak, v'Ei-lo-hei Ya'a-kov

Ei-lo-hei Sa-rah, Ei-lo-hei Riv-ka,

Ei-lo-hei Ra-chel, v'Ei-lo-hei Lei-ah.

Ha'Eil ha'ga-dol ha'gi-bur v'ha-no-rah

Eil el-yon, go-meil cha-sa-dim to-vim

v'ko-nei ha-kol v'zo-cheir chas-dei a-vot

v'i-ma-hot, u'mei-vi ge-u-lah liv-nei

v'nei-hem, l'ma-an sh'mo b'a-ha-vah.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים,
וְקַנְיַת הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת
וְאִמָּהוֹת, וְיֹמְבִיא גְּאֻלָּה לְבָנָי
בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאֶהְבֶּה.

Blessed are You, Adonai our God, God of our Ancestors, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty, and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name.

Me-lech o-zeir u'mo-shi-a u-ma-gein.

Ba-ruch a-tah A-do-nai, ma-gein Av-ra-ham

v'ez-rat Sa-rah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגִּן.
בְּרוּךְ אַתָּה יי, מַגִּן אַבְרָהָם
וְעֹזֵרֵת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

G'VUROT - LIFE-GIVING

A-tah gi-bur l'o-lam A-do-nai;

m'cha-yeih ha-kol a-tah rav l'ho-shi-a.

אַתָּה גְּבוּר לְעוֹלָם אֲדֹנָי,
מַחֲיֵה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.

You are forever mighty, Adonai; You give life to all.

M'hal-keil chayim b'che-sed m'cha-yeih ha'kol

b'ra-cha-mim ra-bim, so-meich no-flim,

v'ro-fei cho-lim, u'ma-tir a-su-rim,

u'm'ka-yeim e-mu-na-to li'shei-nei a-far,

mi cha-mo-cha ba-al g'vu-rot u'mi do-meih

l'ach, me-lech mei-mit u'm'cha-yeih

u'matz-mi-ach y'shu-ah.

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מַחֲיֵה הַכֹּל
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׁנֵי עָפָר,
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה
לָךְ, מֶלֶךְ מַמְיֵת וּמַחֲיֵה
וּמַצְמִיחַ יְשׁוּעָה.

You sustain life through love, giving life to all through great compassion, supporting the fallen,
healing the sick, freeing the captive, keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and give life,
causing deliverance to spring up and faithfully giving life to all?

V'ne-e-man a-tah l'ha-cha-yot ha-kol.

Ba-ruch a-tah- A-donai, m'cha-yeih ha-kol.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.
בָּרוּךְ אַתָּה יְיָ, מַחֲיֵה הַכֹּל.

You are faithful in bringing life to all. Blessed are You, who gives life to all.

K'DUSHA - HOLINESS OF THE DIVINE

A-tah ka-dosh v'shim-cha k-adosh, u'k'do-shim

b'chol yom y'ha-l'lu-cha- selah.

Ba-ruch a-tah A-do-nai, ha-eil ha-ka-dosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקִדּוּשֵׁי
בְּכָל יוֹם יְהַלְלוּךָ סֵלָה.
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

You are holy, Your Name is holy, and those who are holy praise You every day.

Blessed are You, Adonai, the Holy God.

K'DUSHAT HAYOM - HOLINESS OF SHABBAT

A-tah ki-dash-ta et yom ha'sh'vi-i lish'me-cha,
tach-lit ma-a-seh sha-ma-yim va-a-retz,
u'vair-cha-to mi-kol ha-ya-mim, v'ki-dash-to
mi-kol ha-zma-nim, v'chein ka-tuv b'to-ra-te-cha:

אַתָּה קִדַּשְׁתָּ אֶת יוֹם הַשְּׁבִיעִי
לְשִׁמְךָ, תִּכְלִית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ,
וַיְבָרַכְתּוּ מִכָּל הַיָּמִים, וְקִדַּשְׁתּוּ
מִכָּל הַזְּמַנִּים, וּבֵן כָּתוּב בְּתוֹרַתְךָ:

You set aside the seventh day for Your Name, the pinnacle of Creation; and You
blessed it above all other days, more sacred than all festival times.

So it is written in Your Torah:

Va-y-chu-lu ha-sha-ma-yim v'ha-a-retz v'chol
tz-va-am. Va-y'chal E-lo-him ba-yom
ha-sh'vi-i m'lach-to a-sheer a-sah,
va'yish-bot ba'yom ha-sh'vi-i, mi-kol
m'lach-to a-sheer a-sah. Va'y'va-reich
E-lo-him et yom ha-sh'vi-i va-y'ka-deish
o-to, ki vo sha-bat mi-kol m'lach-to,
a-sheer ba-ra E-lo-him la-a-sot.

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכֹל
עֲבָאֵם. וַיְכַל אֱלֹהִים בַּיּוֹם
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ
אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ
אֹתוֹ, כִּי בּו שְׁבֹת מִכָּל מְלַאכְתּוֹ,
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

The heaven and the earth were finished and all their array.
On the seventh day, God had completed the work that had been done, ceasing then
on the seventh day from all the work that God had done. Then God blessed the
seventh day and made it holy, and ceased from all the creative work
that God had chosen to do.

E-lo-hei-nu vei-lo-hei a-vo-tei-nu v'i-mo-tei-nu,
 r'tzei vi'm'nu-cha-tei-nu, kad-shei-nu
 b'mitz-vo-te-cha, v'tein chel-kei-nu b'to-ra-te-cha,
 sa-bei-nu mi-tuv-cha, v'sam-chei-nu
 bi'shu-a-te-cha, v'ta-heir li-bei-nu l'av-d'cha
 be'e-met, v'chan-chi-lei-nu A-do-nai E-lo-hei-nu
 b'a-ha-vah uv'ra-tzon sha-bat kod-she-cha,
 v'ya-nu-chu vah yis-ra-el m'kad-shei sh'me-cha.
 Ba-ruch a-tah A-do-nai, m'ka-deish ha-sha-bat.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ,
 רִצֵּה בְּמִנוּחֶתְנוּ, קִדְּשָׁנוּ
 בְּמִצְוֹתֶיךָ, וְתֵן הַלְקֵנוּ בְּתוֹרָתְךָ,
 שְׂבַעֵנוּ מִטוֹבְךָ, וְשַׂמְחֵנוּ
 בִּישׁוּעָתְךָ, וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ
 בְּאֵמֶת, וְהִנְחֵלְנוּ יְיָ אֱלֹהֵינוּ
 בְּאַהֲבָה וּבְרִצּוֹן שַׁבַּת קִדְּשְׁךָ,
 וַיְנַוְחוּ בָּהּ יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ.
 בְּרוּךְ אַתָּה יְיָ, מִקִּדְּשֵׁי הַשַּׁבָּת.

Our God and God of our ancestors, be pleased with our rest.

Sanctify us with Your mitzvot, and grant us a share in Your Torah. Satisfy us with Your goodness and gladden us with Your salvation. Purify our hearts to serve You in truth. In Your gracious love, Adonai our God, grant as our heritage Your Holy Shabbat, that Israel who sanctifies Your Name may rest on it.

Praised are You, Adonai, who sanctifies Shabbat.

AVODAH - SERVICE

R'tzei A-do-nai E-lo-hei-nu, b'am'cha yis-ra-el,
 u't'fi-la-tam b'a-ha-vah t'ka-beil b'ra-tzon,
 u't'hi l'ra-tzon ta-mid a-vo-dat yis-ra-el
 a-me-cha. Eil ka-rov l'chol ko-rav, p'nei
 eil a-va-de-cha v'cho-nei-nu sh'foch
 ru-cha-cha a-lei-nu.

רִצֵּה יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל,
 וְתַפְּלֵתֵם בְּאַהֲבָה תִּקְבַּל בְּרִצּוֹן,
 וְתִהְיֶה לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל
 עִמָּךָ. אֵל קָרוֹב לְכָל קְרָאִיו, פְּנֵיהָ
 אֵל עֹבְדֶיךָ וְחַנּוּנוֹ שְׂפוּךְ
 רוּחְךָ עָלֵינוּ.

Find favor, Adonai, our God, with Your people Israel and accept their prayer in love. May the worship of Your people Israel always be acceptable. God who is near to all who call, turn lovingly to Your servants. Pour out Your spirit upon us.

V'te-che-zey-nah ei-nei-nu b'shuv-cha l'tzi-on
b'ra-cha-mim. Ba-ruch a-tah A-do-nai,
ha'ma-cha-zir sh'chi-na-to l'tzi-yon.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן
בְּרַחֲמִים. בְּרוּךְ אַתָּה יי,
הַמַּחְזִיר שְׂבִינְתוֹ לְצִיּוֹן.

Let our eyes behold Your loving return to Zion.
Blessed are You, Adonai, whose Presence returns to Zion.

HODA'AH - THANKSGIVING

Mo-dim a-nach-nu lach, sha-a-tah hu A-do-nai
Ei-lo-hei-nu vei-lo-hei a-vo-tei-nu v'i-mo-tei-nu
l'o-lam va-ed. Tzur cha-yei-nu, ma-gein
yi-sh'ei-nu, a-tah hu l'dor va-dor.
No-deh l'cha u'n'sa-peir t'hi-la-te-cha al cha-yei-nu
ha-m'su-rim b'ya-de-cha, v'al nish-mo-tei-nu
ha-p'ku-dot lach, v'al ni-se-cha ahe-b'chol
yom i-ma-nu, v'al nif-lo-te-cha
v'to-vo-te-cha she-b'chol eit, e-rev va-vo-ker
v'tzo-ho-ra-yim. Ha-tov ki lo chalu
ra-cha-me-cha, v'hahm-rah-chem ki lo tamu
chas-decha, mei-olam ki-vi-nu lach.

מוֹדִים אֲנַחֲנוּ לָךְ, שְׂאֵתָה הוּא יי
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ
לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מִגֵּן
יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר.
גּוֹדֵה לָךְ וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשִׁמוֹתֵינוּ
הַמְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכְךָ
יוֹם עַמָּנוּ, וְעַל נְפְלְאוֹתֶיךָ
וְטוֹבוֹתֶיךָ שְׂבָכְךָ עֵת, עָרֵב וּבִקֵּר
וְצַהֲרַיִם. הַטּוֹב כִּי לֹא כָלוּ
רַחֲמֶיךָ, וְהִמְרָחֵם כִּי לֹא תָמוּ
חַסְדֶיךָ, מֵעוֹלָם קִוִּינוּ לָךְ.

We acknowledge with thanks that You are Adonai, our God and the God of our ancestors forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You - for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day; evening, morning, and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You.

בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמִיךְ וְלָךְ נֶאֱחָה לְהוֹדוֹת.

Ba-ruch a-tah A-do-nai, ha-tov shim-cha u'l'cha na-eh l'ho-dot.

Blessed are You, Adonai, Your Name is Goodness,
and You are worthy of thanksgiving.

SHALOM - PEACE

Sha-lom rav al yis-ra-el am-cha ta-sim
l'o-lam, ki a-tah hu me-lech a-don
l'chol ha-sha-lom. V'tov b'ei-ne-cha l'va-reich
et am-cha yis-ra-el b'chol eit u'v-chol
sha-ah bi-shlo-me-cha.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תָּשִׂים
לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכֹל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ
אֶת עַמָּךְ יִשְׂרָאֵל בְּכֹל עֵת וּבְכֹל
שָׁעָה בְּשָׁלוֹמְךָ.

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

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Ba-ruch a-tah A-do-nai, ha-m'va-reich et a-mo yis-ra-el ba-sha-lom.

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

T'FILAT HALEV - PRAYERS OF THE HEART

E-lo-hai n'tzor l'sho-ni mei-ra, u's'fa-tai
mi-da-beir mir-mah, u'lim-ka-l'lai naf-shi ti-dom,
v'naf-shi ke-a-far l'kol tih-yeh. P'tach li-bi
b'to-ra-te-cha, uv'mitz-vo-te-cha tir-dof naf-shi.
V'chol ha'chosh-vim a-lai ra'ah, m'hei-rah
ha-feir a-tza-tam v'kal-keil ma-cha-shav-tam.
A-sei l'ma-an sh'me-cha, a-sei l'ma-an
y'mi-ne-cha, a-sei l'ma-an k'du-sh-te-cha, a-sei
l'ma-an to-ra-te-cha. L'ma-an yei-chal-tzun
y'di-de-cha ho-shi-ah y'min-cha va-a-nei-ni.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָה, וּשְׁפַתִּי
מִדַּבֵּר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי תִדְּם,
וְנַפְשִׁי כַּעֲפָר לְכֹל תְּהִיָּה. פְּתַח לִבִּי
בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.
וְכֹל הַחֹשְׁבִים עָלַי רָעָה, מְהִרָּה
הִפֵּר עֲצָתָם וְקַלְקַל מַחֲשַׁבְתָּם.
עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן
יְמִינְךָ, עֲשֵׂה לְמַעַן קִדְשֹׁתְךָ, עֲשֵׂה
לְמַעַן תּוֹרַתְךָ. לְמַעַן יַחֲלִצוּן
יְדֵיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

My God, guard my speech from evil and my lips from deception. Before those who slander me, I will hold my tongue; I will practice humility. Open my heart to Your Torah, that I may pursue Your mitzvot. As for all who think evil of me, cancel their designs and frustrate their schemes. Act for Your own sake, for the sake of Your Power, for the sake of Your Holiness, for the sake of Your Torah; so that Your loved ones may be rescued, save with Your power. And answer me.

ALTERNATIVE SILENT PRAYERS:

Days pass and 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 lightening, 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!

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. May all who despair find purpose. May all who hunger find fulfillment. And may this day fulfill its promise.

O Eternal God, in Your abundant goodness, we have been preserved during the past week. Through all our days flow the refreshing waters of Your loving kindness, yet we often forget the Source. May this hour awaken within us a sense of our dependence upon You. Create in us a clean heart and renew Your spirit within us that we may face our daily duties with greater courage and clarity of purpose. May we discover that in loving and serving others, we are loving and serving You. Guard us and our dear ones in the coming week. May we live together in love and unselfishness, so that happiness and peace may abide within our homes. May the spirit of the Sabbath envelop our lives with blessings of peace. Amen.

Yi-h'yu l'ra-tzon im-rei fi v'heg-yon li-bi

l'fa-ne-cha, A-do-nai tzu-ri v'go-a-li.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהַגִּיזוֹן לְבִי
לְפָנֶיךָ, יְיָ צוּרִי וְגֹאֲלִי.

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

O-seh sha-lom bim-ro-mav, hu ya-a-seh

sha-lom a-lei-nu, v'al kol yis-ra-el,

v'im-ru a-mein.

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

May the One who makes peace in the high heavens make peace for us, for all Israel
and all who inhabit the earth. Amen.

MI SHEBEIRACH - PRAYER FOR HEALING

Mi she-bei-rakh av-o-tei-nu Avraham,
Yitz-khak v'Ya-akov, v'ee-mo-tei-nu Sa-rah,
Reev-kah, Rah-khel, v'Lay-ah...

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ אֲבָרָהם
יִצְחָק וַיַּעֲקֹב וְאִמּוֹתֵנוּ שָׂרָה,
רִבְקָה, רַחֵל, וְלֵאָה...
...וְלֵאָה...

May the one who blessed our ancestors Abraham, Isaac and Jacob, Sarah, Rebekah, Rachel and Leah bless and heal those who are ill. May the Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say... *Amen*.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

Mi she-bei-rach a-vo-tei-nu
m'kor ha-b'ra-cha l'i-mo-tei-nu.

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 שֶׁבֵרַךְ אִמּוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִבּוֹתֵינוּ.

Mi she-bei-rach i'mo-tei-nu
m'kor ha-b'ra-cha l'a-vo-tei-nu.

Bless those in need of healing with *r'fuah sh'leimah*, the renewal of body, the renewal of spirit, and let us say, *Amen*.

ALEINU L'SHABEIACH

A-lei-nu l'sha-bei-ach la-a-don ha-kol, la-teit
g'du-lah l'yo-tzeir b'rei-shit, she-lo a-sa-nu
k'go-yei ha-a-ra-tzot, v'lo sa-ma-nu
k'mish-p'chot ha-a-da-mah.
She-lo sam chel-kei-nu ka-hem, v'go-ra-lei-nu k'chol
ha-mo-nam. Va-a-nach-nu kor'im
u-mish-ta-cha-vim u-mo-dim, lif-nei Mel-ech
mal'chei ham-la-chim ha-ka-dosh ba-ruch hu.

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵית
גְּדוּלָה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹא עָשָׂנוּ
כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ
כְּמִשְׁפְּחוֹת הָאֲדָמָה,
שֶׁלֹא שָׂם חֶלְקֵנוּ בָהֶם, וְגָרְלָנוּ בְּכָל
הַמוֹנָם. וְאִנְחָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ
מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

Let us adore the ever-living God, and render praise unto You who spreads out the heavens and established the earth, whose glory is revealed in the heavens above, and whose greatness is manifest throughout the world. You are our God, there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

V'ne-e-mar, v'ha-yah A-do-nai l'me-lech al kol
ha-a-retz. Ba-yom ha-hu yih'yeh A-do-nai e-chad
u-sh'mo e-chad.

וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל
הָאָרֶץ. בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד,
וּשְׁמוֹ אֶחָד.

Thus is has been said, Adonai will be Sovereign over all the earth.
On that day, Adonai will be one, and God's name will be one.

Here, indeed, is an option worthy of our best efforts and noblest strivings: To believe that we are fashioned in the image of God, and possessed, therefore, of infinite dignity and worth. That we share with our Creator in the tasks of creation, in the building of a society in which human beings are encouraged to fulfill themselves in creative ways, to rise to their full stature as children of God, and to dwell together in justice and understanding, in freedom and peace. Here are goals within the reach of our minds and hearts and hands. Though we may not witness their fulfillment in our day and time, to believe in them is our destiny and to labor for them is our responsibility. And in that enterprise life finds its deepest and fullest and holiest meaning.

Let the time not be distant, O God, when all shall turn to You in love,
when corruption and evil shall give way to integrity and goodness,
when superstition shall no longer enslave the mind, nor idolatry blind the eye.
O may all, created in Your image, become one in spirit and one in friendship,
forever united in Your service. Then shall Your realm be established on earth,
and the word of Your prophet fulfilled: "Adonai will reign for ever and ever."

REMEMBERING

In the rising of the sun and its going down, we remember them.

In the blowing of the wind and in the chill of winter, we remember them.

In the opening of the buds and in the rebirth of spring, we remember them.

In the blueness of the sky and in the warmth of the summer, we remember them.

In the rustling of the leaves and in the beauty of autumn, we remember them.

In the beginning of the year and when it ends, we remember them.

When we are weary and in need of strength, we remember them.

When we are lost and sick at heart, we remember them.

When we have joys we yearn to share, we remember them.

So long as we live, they too shall live, for they are now a part of us, as we remember them.

When I die give what's left of me away
to children and old men that wait to die.

And if you need to cry, cry for your brother walking the street beside you.

And when you need me, put your arms around anyone

and give them what you need to give me.

I want to leave you something,
something better than words or sounds.
Look for me in the people I've known or loved,
and if you cannot give me away,
at least let me live in your eyes and not in your mind.

You can love me best by letting hands touch hands,
and by letting go of children that need to be free.

Love doesn't die, people do.

So, when all that's left of me is love,
give me away.

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.

These things I know:

how the living go on living
and how the dead go on living
with them

so that in a forest
even a dead tree casts a shadow
and the leaves fall one by one
and the branches break in the wind
and the bark peels off slowly
and the trunk cracks
and the rain seeps in through the cracks
and the trunk falls to the ground
and the moss covers it
and in the spring the rabbits find it
and build their nest
inside the dead tree
so that nothing is wasted in nature
or in love

MOURNER'S KADDISH

Yeet-ga-dal v'yeet-ka-dash sh'mei ra-ba b'al-ma
dee-v'ra khee-r'u'tei, v'yam-leekh mal-khu-tei
b'kha-yei-khon u-v'yo-mei-khon u-v'kha-yei
d'khol beit Yis-ra-eil, ba-a-ga-la u-veez'man
ka-reev, v'eem'ru: A-mein.

Y'hei sh'mei ra-ba m'vo-rakh l'o-lam u-l'al-mei
al-ma-ya.

Yeet-ba-rakh v'yeesh-ta-bakh, v'yeet-pa-ar
v'yeet-ro-mam v'yeet -na-sei, v'yeet -ha-dar
v'yeet -a-leh v'yeet -ha-lal sh'mei d'kud-sha,
b'reekh hu,

l'ei-la meen kol beer-kha-ta v'shee-ra-ta,
tush-b'kha-ta v'neh-kheh-ma-ta da-a-mee-ran
b'al-ma, v'eem'ru: A-mein.

Y-hei sh'la-ma ra-ba meen sh'ma-ya v'kha-yeem,
a-lei-nu v'al kol Yis-ra-eil, v'eem'ru:
A-mein.

O-seh sha-lom bee-m'ro-mav, hu ya-a-seh
sha-lom a-lei-nu v'al kol Yis-ra-eil,
v'eem-ru: A-mein.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא
דִּי—בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי
דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ: אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא, וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא,
בְּרִיךְ הוּא,

לְעֵלְא מִן—כָּל—בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבַּחְתָּא וְנִחַמְתָּא דְאִמְרִין
בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן—שְׁמַיָּא וְחַיִּים
עָלֵינוּ וְעַל—כָּל—יִשְׂרָאֵל, וְאָמְרוּ:
אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

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

SHABBAT BLESSINGS

V'SHAMRU

V'sham'ru v'nay yis-ra-eil

et ha-sha-bat, la'a-sot et ha-sha-bat

l'do-ro-tam b'reet o-lam.

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל
אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם.

Bay-nee u'vein b'nay yis-ra-el

oht hee l'o-lam,

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם,

Kee shay-shet ya-meem a-sah Adonai

et ha-sha-ma-yim v'et ha-a-retz,

כִּי שֵׁשֶׁת יָמִים עָשָׂה יי
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

U'va-yom ha-sh'vee-ee

sha-vat va-yee-na-fash.

וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפֹּשׁ.

The people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations,
as a covenant for all time. It is a sign forever between Me and the people of Israel.

For in six days the Eternal One made the heavens and the earth,
but on the seventh day God rested and was refreshed.

BLESSING FOR WINE

Ba-rukhh atah Adonai E-lo-hei-nu meh-lekh

ha-olam, bo-ray p-ree ha-gah-fen.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Blessed are you, Adonai our God, Ruler of the Universe, Creator of the fruit of the vine.

Ba-rukhh atah Adonai E-lo-hei-nu meh-lekh
 ha-olam, ah-sheer keed-shah-nu b-meetz-vo-tav
 v-ratz-ah vah-nu, v-shabbat kod-sho b-ah-havah
 u-v-ratz-on heen-khee-lah-nu zee-kah-ron
 l-mah-ah-say v-ray-sheet, kee hu yom
 t-khee-lah l-mee-krah-ay ko-desh,
 zay-kher lee-tzee-at meetz-rah-yim, kee vah-nu
 vah-khar-tah v-o-tah-nu kee-dash-tah mee-kol
 hah-ah-meem, v-shabbat kod-sheh-kha b-ah-havah
 u-v-ratz-on heen-khal-tah-nu.
 Ba-rukhh atah Adonai, m-kah-desh ha-shabbat.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
 הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
 וְרָצָה בָּנוּ, וְשִׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה
 וּבְרָצוֹן הַנְּחִילָנוּ וּזְכוּנוֹ
 לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם
 תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,
 זָכוֹר לְיִצְיַאת מִצְרַיִם, כִּי בָנוּ
 בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל
 הָעַמִּים, וְשִׁבֵּת קִדְּשְׁךָ בְּאַהֲבָה
 וּבְרָצוֹן הַנְּחִילָתָנוּ.
 בְּרוּךְ אַתָּה יְיָ, מִקְדֵּשׁ הַשַּׁבָּת.

BLESSING FOR BREAD

Ba-rukhh atah Adonai E-lo-hei-nu meh-lekh
 ha-olam, ha-mo-tzi le-khem meen ha-a-retz.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
 הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

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



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