

# Shabbat at Home

## with Congregation Ahavath Chesed

הִנֵּה מָה טֹוב וּמָה נָעֵם שְׁבָת אֶחָדִים גָּם יְחָד.

*Hinei mah tov u-mah na'im shevet achim gam yachad.*

How good and how pleasant it is that brothers and sisters dwell together.

מָה יָפָה הַיּוֹם, שְׁבָת שְׁלֹום.

*Mah yafeh hayom, Shabbat shalom.*

How lovely today is, Shabbat Shalom.

I begin with a prayer of gratitude for all that is holy in my life.

God needs no words, no English or Hebrew, no semantics and no services.

But I need them.

Through prayer, I can sense my inner strength, my inner purpose,

my inner joy, my capacity to love.

As I reach upward in prayer, I sense these qualities in my Creator.

To love God is to love each other, to work 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 that vision to life.

### When We Sing By Michael Hunter Ochs

When we sing, when we sing, when we sing, we pray twice.

When we sing, when we sing, when we sing, we are one.

*Shiru l'Adonai, shiru l'Adonai, shiru l'Adonai, shiru shiru l'Adonai.*

### Shir Chadash By Julie Silver (based on Psalm 96)

*Shiru l'Adonai kol ha'araetz, shiru l'Adonai shir chadash*

Sing unto God all the earth, a new song

I will sing unto God a new song

Sing unto God and we'll all sing along

all the earth, a new song, unto God.

## Lighting of the Shabbat Candles

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.

**ברוך אתה ייִשְׁאָלָה יְהוָה מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְמִצְוֹתָיו, וַצְוָנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.**

*Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav vitzivanu l'hadlik neir shel Shabbat.*

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the lights of Shabbat.

## Shalom Aleichem

**שָׁלוֹם עֲלֵיכֶם, מֶלֶךְ הַשִּׁירָת, מֶלֶךְ עַלְיוֹן, מֶלֶךְ מֶלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.**  
*Shalom Aleichem, mal'achei ha sha-reit, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

**בָּוֹאֶכֶם לְשָׁלוֹם, מֶלֶךְ הַשָּׁלוֹם, מֶלֶךְ עַלְיוֹן, מֶלֶךְ מֶלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.**  
*Boachem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

**בָּרְכֻנִי לְשָׁלוֹם, מֶלֶךְ הַשָּׁלוֹם, מֶלֶךְ עַלְיוֹן, מֶלֶךְ מֶלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.**  
*Barchuni l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

**צְאַתְכֶם לְשָׁלוֹם, מֶלֶךְ הַשָּׁלוֹם, מֶלֶךְ עַלְיוֹן, מֶלֶךְ מֶלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.**  
*Tzeitchem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

Peace unto you, ministering angels, messengers of the Highest, from the King of the kings —  
the Holy One, blessed be God.

We offer thanks, O God, for this Shabbat which unites us in faith and hope.  
*For Shabbat holiness, which inspires sacred living,  
for Shabbat memories, glowing even in darkness,  
for Shabbat peace, born of friendship and love,  
we offer thanks and blessing, O God.*

## L'cha Dodi

לְכָה דָוִדִי לְקַרְאַת כָּלָה, פְנֵי שְׁבָת נְקַבָּה.

*L'cha dodi likrat kallah, p'nei Shabbat n'kab'lah.*

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

שְׁמֹר וַיְכֹר בְּדָבָר אֶחָד, הַשְׁמִיעָנו אֶל הַמִּיחָר, יְי אֶחָד וְשֵׁמו אֶחָד, לְשֵׁם וְלִתְפָּאָרָת וְלִתְהַלָּה.

*Shamor v'zachor b'dibur echad hish-mi'anu el ham'yuchad, Adonai echad u'shmo echad, l'sheim ul'tiferet v'lit'hilah.*

לְקַרְאַת שְׁבָת לְכָה וְגַלְכָה, בַּי הִיא מִקּוֹר הַבָּרְכָה, מֶרֶאשׁ מִקְדָּם נְסִכָּה, סֹוףּ מַעַשָּׁה בְמַחְשָׁבָה תְּחִלָּה.

*Likrat Shabbat l'chu v'neilchah, ki hi m'kor ha-b'rachah, meirosh mikedem n'suchah, sof ma-aseh b'mach'shava t'chilah.*

הַתְּעוֹרֵר הַתְּעוֹרֵר, בַּי אָוֹרֵךְ קּוֹמֵי אָוֹרֵי, עָוֹרֵי שִׁיר דָבָרִי, בְּבוֹד יְי עַלְיָה נְגַלָּה.

*Hit-oh-r'ri, hit-oh-r'ri, ki va oreich kumi ori, uri, uri, shir dabeiri k'vod Adonai alayich niglah.*

בּוֹאֵי בְשָׁלוֹם עַטְרָת בָּעֵלה, גַם בְשִׁמְחָה וּבְצָהָלָה, תֹזֵךְ אֲמֻנֵי עַם סְגָלָה, בּוֹאֵי בְּלָה.

*Bo-i v'shalom ateret ba-alah, gam b'simchah uv'tzo-ho-lah, toch emunei am s'gulah, bo-i challah, bo-i challah.*

Entrances to holiness are everywhere. The possibility of ascent is all the time, even at unlikely times and through unlikely places. There is no place on earth without the Presence.

## Chatzi Kaddish

יַתְגַּדֵּל וַיְתַקְדִּשׁ שְׁמָה רַבָּא. בְּעַלְמָא דִי בְּרָא כְּרוּוֹתָה, וַיְמַלֵּיךְ מֶלֶכְוֹתָה בְּחַיִכּוֹן וּבְיוֹמִיכּוֹן וּבְחַיִי דְכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְמַן קָרִיב וְאָמְרוּ אָמֵן : יְהָא שְׁמָה רַבָּא מִבְרָךְ לְעַלְמָם וּלְעַלְמִי עַלְמִיא: יַתְבָּרֵךְ וַיְשַׁתְּבַח, וַיְתַפְּאֵר וַיַּתְּרוּם וַיִּתְגַּשֵּׂא וַיִּתְהַדֵּר וַיִּתְעַלֶּה וַיִּתְהַלֵּל שְׁמָה דְקָרְדְּשָׁא בְּרִיךְ הִיא לְעַלְמָא מִן כָּל בְּרִכָּתָא וְשִׁירָתָא, תְשַׁבְּחָתָא וְנִחְמָתָא, דְאָמִין בְּעַלְמָא, וְאָמְרוּ אָמֵן :

*Yitgadal v'yitkadash sh'mei rabah. B'alma di v'ra chi-r'utei, v'yan-lich mal'chutei b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv v'im-ru: Ah-mein. Y'hei sh'mei raba m'va-rach l'a-lam u-l'almei al'maya. Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'kud'sha b'rich hu. L'ei-lah min kol bir-cha-ta v'shi-ra-ta tush-b'cha-ta v'ne-che-ma-ta da-a-mi-ran b'al-ma, v'im-ru Amein.*

ברכו את יי' המבורך:

*Barechu et Adonai ha-m'vo-rach*

Praise Adonai to whom praise is due!

ברוך יי' המבורך לעולם ועד:

*Baruch Adonai ha-m'vo-rach l'o-lam va-ed*

Praise Adonai to whom praise is due, now and forever!

## Creation

1.

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 day into night.  
As heaven spans to infinity, You set its course for eternity.

ברוך אתה יי' המערב ערבים:

*Baruch ata adonai, hama-ariv aravim.*

Praise to You, Adonai our God, from whom the evening flows.

2.

**Roll into Dark** by Noam Katz

Roll into dark, roll into light, night becomes day, day turns to night.

Borei yom valaila, goleil or mipnei choshech

בורא יום ולילה, גולל אור מפני חשך,

Goleil or mipnei choshech, v'choshech mipnei or.

גולל אור מפני חשך, וחשך מפני אור.

3.

ברוך אתה יי' אלהינו מלך העולם אשר ברכו מערב ערבים.

*Baruch ata adonai eloheinu melech ha'olam asher bid'varo ma'ariv aravim.*

Blessed are You, Adonai our God, Sovereign of the universe, who brings on evening.

God of all creation, eternal Source of hope, be with me when hope seems foolish; O Creator of light, be with me when day grows dark; O God of life, be with me when life seems to have lost its meaning. In my darkness, be my source of light; in my loneliness, help me find a soul akin to my own.

*Give me strength to live with courage. And give me courage to draw blessing from life even in the midst of suffering, to hold fast against the storm, to respond with love to a loved one's glance, to face each night with hope for the morrow.*

Teach me, my God, to pray and to recite blessings for the withered leaf no less than for the splendor of the ripened fruit; for freedom to see, to feel, to breathe, to know, to hope--and to fail.

**ברוך אתה יי, המעריב ערבים :**

*Baruch ata adonai, hama-ariy aravim.*

Blessed are You, Adonai, who brings on evening.

## Revelation

1.

**אהבת עולם בית ישראל עמך אהבת, תורה ומצוות, חקיקים ומשפטים אותנו למדתך. על בן יי אלהינו, בשכובנו ובគומנו נשיכ בחקיקה, ונשמח בדברי תורה ובמצוותיך לעולם ועד. כי הם חיינו ואך ימינו, ובهم נתקה יומם ולילה, ואהבתך אל תסיר מטנו לעולם.**  
**ברוך אתה יי, אוהב עמו ישראל.**

*Ahavat olam, beit Yisrael amcha ahavta, Torah umitzvot, chukim umishpatim, otanu l'mad'ta. Al kein, Adonai Eloheinu, b'shochbeinu uv'kumeinu nasiach b'chukecha, v'nismach b'divrei Toratecha uv'mitzvotecha l'olam va-ed. Ki heim chayeinu v'orech yameinu uvahem neh'geh yomam valailah. V'ahavat'cha al tasir mimenu l'olamim. Baruch atah, Adonai, ohev amo Yisrael.*

2.

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 for ever. 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. Praise to You, Adonai, who loves Your people Israel.

**ברוך אתה יי, אוהב עמו ישראל.**

*Baruch atah, Adonai, ohev amo Yisrael.*

Praise to You, Adonai, who loves Your people Israel.

3.

In each age we receive and transmit Torah.

At each moment we are addressed by the World.

*In each age we are challenged by our ancient teaching.*

*At each moment we stand face to face with Truth.*

In each age we add our wisdom to that which has gone before.

At each moment the knowing heart is filled with wonder.

*In each age the children of Torah become its builders  
and seek to set the world firm on a foundation of Truth.*

**ברוך אתה ייְהוָה עַמּוֹ יִשְׂרָאֵל.**

*Baruch atah, Adonai, ohev amo Yisrael.*

Praise to You, Adonai, who loves Your people Israel.

4.

There lives a God:

*God's presence is the glow in the human heart.*

There lives a God:

*We meet God in the joys of human love.*

We see God in our vision of a better world:

*When we choose life and blessing, and turn from death and destruction.*

We hear God in the still, small voice of conscience.

*We sense God in our unending search for truth.*

There lives a God, and in love we unite with God as we call God One:

**שָׁמָע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:**

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

Hear, O Israel, Adonai is our God, Adonai is One!

**בָּרוּךְ שֵׁם כְּבָדָלָה לְעוֹלָם וְעַד:**

*Baruch shem k'vod malchuto l'olam va-ed.*

Blessed is God's glorious majesty forever and ever.

וְאַהֲבָתָ אֶת־יְהוָה | אֱלֹהֵיךְ, בְּכָל־לְבָבֶךְ וּבְכָל־גַּפְשֶׁךְ, וּבְכָל־מְאֹדֶךְ. וְהִיא הַדְּבָרִים הַאֱלֹהִים,  
אֲשֶׁר | אָנֹכִי מִצְוֶה הַיּוֹם, עַל־לְבָבֶךְ: וְשִׁנְנַתָּם לְבָנֶיךְ, וְדָבַרְתָּ בָם בְּשִׁבְתְּךָ בְּבִיתֶךָ,  
וּבְלִכְתְּךָ בְּדֶרֶךְ וּבְשִׁבְבֶךְ, וּבְקִימֶךְ. וְקִשְׁרָתָם לְאֹתָהּ | עַל־יָדֶךְ, וְהִיא לְטַפֵּת בֵּין | עִינֶיךָ,  
וּכְתַבְתָּם | עַל מִזּוֹת בֵּיתֶךָ וּבְשַׁעֲרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'vavcha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim  
ha'eileh asher anochi m'tzav'cha hayom al l'vevecha. V'shinantam l'venecha v'dibarta bam b'shivt'cha  
b'veitecha uv'lech'tcha vaderech uv'shochb'cha uv'kumecha. Ul'shertam l'ot al yadecha v'hayu l'totafot  
bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.*

לְמַעַן תִּזְכְּרוּ וְעַשְׂיוֹתֶם | אֶת־כָּל־מִצְוָתִי, וְהִיִּתְם קָדְשִׁים לְאֱלֹהִיכֶם: אַנְיִי | אֱלֹהִיכֶם,  
אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מִאָרֶץ מִצְרָיִם, לְהִיוֹת לְכֶם לְאֱלֹהִים, אַנְיִי | אֱלֹהִיכֶם :

*L'ma'an tizk'ru va'asitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem,  
asher hotzeiti etchem mei'eretz Mitzrayim lih'yon lachem l'Elohim: Ani Adonai Eloheichem.*

## Thou Shalt Love

Text: Translation of V'ahavta from the Union Prayer Book    Music: Debbie Friedman

And thou shalt love the Lord thy God with all thy heart,  
with all thy soul and with all thy might,  
And all these words which I command you on this day  
shall be in thy heart, shall be in thy heart.

And thou shalt teach them diligently unto thy children,  
and thou shalt speak of them when thou sittest in thy house,  
When thou walkest by the way and when thou risest up,  
And when thou liest down, and when thou liest down.

And thou shalt bind them for a sign upon thy hand,  
And they shall be for frontlets between thine eyes,  
And thou shalt write them on the doorposts of thy house  
And upon thy gates, and upon thy gates.

That ye may remember and do all of My commandments  
and be holy unto your God, unto your God, unto your God.

## Redemption

### 1.

We worship the power that unites the universe, a promise of harmony for all.

*Yet that oneness eludes our grasp as imperfection and evil abound.*

Before our eyes there is a vision of perfection, order and goodness.

*There is evil enough to break the heart, and there is good enough to exult the soul.*

When will redemption come?

*When we grant everyone what we claim for ourselves.*

Long ago, we escaped the tyranny of Egypt. Our people saw the power of the Most High.

*We learned: God's presence redeems time and event; so we celebrate this power that makes for freedom!*

### 2.

When evil darkens our world, *let us be the bearers of light.*

When fists are clenched in self-righteous rage, *let our hands be open for the sake of peace.*

When injustice slams doors on the ill, the poor, the old and the stranger, *let us pry the doors open.*

Where shelter is lacking, *let us be the builders.*

Where food and clothing are needed, *let us be providers.*

Where knowledge is denied, *let us be champions of learning.*

When dissent is stifled, *let our voices speak truth to power.*

When the earth and its creatures are threatened, *let us be their guardians.*

When bias, greed, and bigotry erode our country's values,

*let us proclaim liberty throughout the land.*

In the places where no one acts like a human being,

*let us bring courage; let us bring compassion; let us bring humanity.*

מֵי כָמָכָה בָּאֵלִים יְיָ, מֵי כָמָכָה נָאָדָר בְּקָדֵשׁ, נֹרָא תְּהִילָתְךָ עֲשֵׂה פָּלָא:  
מְלֹכָותְךָ רָאוּ בְּגִידָה, בּוֹקָע יָם לִפְנֵי מֹשֶׁה וּמִרְיָם, זֶה אֵלִי עַנוּ וְאָמָרוּ:  
יְיָ יַמְלֹךְ לְעוֹלָם וְעַד.

*Mi chamocha ba-eilim, Adonai, mi kamocha nedar bakodesh, nora t'hilot, oseih feleh!*

*Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe u'Miryam, zeh Eli, anu v'amru,  
Adonai yim-loch l'olam va-ed!*

Who is like You, O God, among the gods that are worshipped?  
Who is like You, majestic in holiness, awesome in splendor, working wonders?  
Your children witnessed Your sovereignty, the sea splitting before Moses.  
"This is our God!" they cried. "Adonai will reign forever and ever!"

**Ozi V'Zimrat Yah** By Rabbi Shefa Gold (Psalm 118:14; Exodus 15:2)

עָזִי וַזְמָרָת יְהָ וַיְהִי לִי לִישְׁעָה.

*Ozi v'zimrat Yah vay'hi li lishuah.*

My strength (balanced) with the song of God will be my salvation.

## Hashkiveinu

### 1. (Music by Debbie Friedman)

השְׁכִיבָנו יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידָנו שׁוֹמְרָנו לְחַיִם, וּפֶרֶשׁ עַלְיָנו סְכָת שְׁלֹמָךְ.

*Hashkiveinu, Adonai Eloheinu, l'shalom, v'ha-amideinu shomreinu l'chayim, ufros aleinu sukkat sh'lomecha.*

Grant, O God that we lie down in peace, and raise us up, our Guardian, to life renewed.  
Spread over us a shelter of peace.

וִשְׁמֹר צָאתֵנו וּבוֹאנו, לְחַיִם וּלְשָׁלוֹם, מַעַתָּה וְעַד עוֹלָם.

*Ushmor tzeiteinu uvo-einu l'chayim ul'shalom, mei-atah v'ad olam.*

Guard our coming and going, to life and to peace, evermore.

### 2.

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.

בָּרוּךְ אַתָּה יְיָ, הַפֹּרֵשׁ סְכָת שְׁלֹמָם עַלְיָנו וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָם.

*Baruch atah, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

3.

Give us a place to rest, O God.

Shelter us in the long, soft, evening shadows of Your truth.

You are true protection and safety, in Your Presence we find love and acceptance.

Watch over us as we go forth.

Prepare for us as we return.

Spread over us Your shelter of peace, over all we love--over our Jerusalem and Yours.

**ברוך אתה ייִה הַפָּורֶשׁ סְכָתֶ שָׁלוֹם עֲלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָם.**

*Baruch atah, Adonai, haporeis sukot shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*

4.

*Haskiveinu Adonai Eloheinu L'shalom:*

We promise our loved ones that we will do our best to protect and provide for them.

*V'Hamideinu Shomreinu L'chayim:*

That they will be the center of our lives. That we will be there to support them, just as we know they are there to support us.

*Ufros Aleinu Sukkat Sh'lomecha:*

that even as we seek the shelter we need in the present, we will continue to work toward a better future: for us, for our children, and the world.

**ברוך אתה ייִה הַפָּורֶשׁ סְכָתֶ שָׁלוֹם עֲלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָם.**

*Baruch atah, Adonai, haporeis sukot shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

5. (Music and English by Dan Nichols)

**הַשְׁכִּיבָנוּ ייִה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידָנוּ שׁוֹמְרָנוּ לְחִיִּם.**

*Hashkiveinu, Adonai Eloheinu, l'shalom, v'ha-amideinu shomreinu l'chayim.*

Spread the shelter of Your peace over us.

Guide us in wisdom, compassion and trust.

Save us for the sake of Your name.

Shield us from hatred, sorrow and pain.

## V'shamru

וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשְׁבָּת, לְעֹשֹׂת אֶת הַשְׁבָּת לְדֹרֶתֶם בְּרִית עוֹלָם: בֵּין  
וּבֵין בְּנֵי יִשְׂרָאֵל אָזֶת הִיא לְעוֹלָם, בַּי שְׁשַׁת יְמִים עָשָׂה יְהוָה אֶת הַשְׁמִינִים וְאֶת  
הָאָרֶץ, וּבַיּוֹם הַשְׁבִּיעִי שְׁבָת וַיַּנְפֵשׁ.

*V'shamru v'nei Yisrael et HaShabbat, la'asot et HaShabbat l'dorotam b'rit olam. Beini u'vein b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et hashamayim v'et ha'aretz, u'vayom hashvi-i shavat vayinafash.*

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

## Yism'chu

יִשְׁמְחוּ בְּמַלְכָוֶת שֹׁׁמְרֵי שְׁבָת וּקְוֹרְאֵי עֲנָגָן. עִם מִקְדְּשֵׁי שְׁבִּיעִי, כָּלָם יִשְׁבְּעָוָן  
וַיִּתְעַנְגֵן מַטּוּבָךְ. וְהַשְׁבִּיעִי רָצִית בּוֹ וְקִדְשָׁתָו, חִמְדָת יְמִים אָזֶת קָרָאת, זֶכֶר  
לְמַעֲשָׂה בִּרְאָשִׁית.

*Yism'chu v'malchut'cha shomrei Shabbat v'korei oneg. Am m'kad'shei sh'vi-i, kulam yisb'u v'yetangu mituvecha. V'hashvi-i ratzita bo v'kidashto, chemdat yamim oto karata, zecher l'maaseih v'reishit.*

Those who keep Shabbat by calling it a delight will rejoice in Your realm. The people that hallows Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

Prayer invites God's presence to suffuse our spirits,

God's will to prevail in our lives.

Prayer may not 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, rebuild a weakened will.

## T'filah

### Adonai S'fatai

Music and English Text: Lucy Greenbaum

You are blessed and You are holy, You are blessed and You are praised,  
You are blessed and You are faithful to the ones who praise Your name.  
You are kind and You are healing, You are cleansing of my soul,  
You are loved and pure and gracious, You are real and make me whole.

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

Open my lips for Your praises, they'll show through Your graces,  
open up my lips, open up my lips.

You are wise and You are sparing, You are merciful and clear,  
You are utter perfection, no more wrong directions,  
I'm loved and I am here.

### אָדָנֵי שְׁפָתִי תִּפְתַּח וּפִי יְגִיד תְּהִלָּתֶךָ:

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

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

ברוך אתה יי' אֱלֹהֵינוּ וָאֱלֹהֵי אֲבוֹתֵינוּ וָאֶמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגָּבוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֶסְדִּים טוֹבִים, וּקְוִינה הַפְּלִל, וּוֹכֵר חֶסְדִּי אֲבוֹת  
וְאֶמְהוֹת, וּמְבִיא גָּאֵלָה לְבָנֵי בְּנֵיָהּ לְמַעַן שְׁמוֹ בְּאַהֲבָה. מֶלֶךְ עֹזֵר וּמוֹשִׁיעֵ  
וּמֶגֶן: בָּרוּךְ אַתָּה יי', מֶגֶן אַבְרָהָם וּעֲזֹרֶת שָׂרָה:

*Baruch atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei  
Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah. Ha-El hagadol hagibor v'hanora, El  
elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, u-meivi g'ulah liv'nei  
v'neihem l'ma-an shmo b'ahavah. Melech ozeir u-moshia u-magein. Baruch atah, Adonai, magein  
Avraham v'ezrat Sarah.*

Blessed are You, Adonai our God, GOd of our fathers and mothers, God of abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel and God of Leah, 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. Sovereign, Deliverer, Helper, and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

אתה גיבור לעוֹלָם אָדָנִי, מְחִיה הַכָּל אַתָּה, רַב לְהוֹשִׁיעַ. מַזְרִיךְ הַטָּל. מְכַלֵּל  
חַיִּים בְּחֶסֶד, מְחִיה הַכָּל בְּרָחָםִים רַבִּים, סָמֵךְ נֹפְלִים, וּרְופֵא חֹלִים, וּמַתִּיר  
אֲסּוּרִים, וּמְקִים אֲמֹנוֹתָנוּ לִישְׁנֵי עֶפֶר, מֵי כָּמוֹךְ בַּעַל גְּבוּרוֹת וּמֵי דָוָמָה לְךָ,  
מֶלֶךְ מְמִית וּמְחִיה וּמְצִמְתִּיחַ יִשְׁוֹעָה: וּנְאָמֵן אַתָּה לְחַיּוֹת הַכָּל. בָּרוּךְ אַתָּה יְיָ,  
מְחִיה הַכָּל:

*Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim, someich noflim, v'rofei cholim, u-matir asurim, u-m'kayeim emunato lisheinei afar. Mi chamocha ba-al g'vurot u-mi do-meh lach melech meimit um'chayei u-matzmiach yeshuah. V'ne-eh-man atah l'ha-chayot hakol. Baruch atah Adonai, m'chayei hakol.*

You are forever mighty, Adonai; You give life to all. You rain dew upon us. You sustain life through love, giving life to all through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping the faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all? Blessed are You, Adonai, who gives life to all.

## The Holiness of God

אַתָּה קָדוֹשׁ וְשָׁמֵךְ קָדוֹשׁ וְקָדוֹשִׁים בְּכָל יוֹם יְהִלְלֹךְ, סָלה.  
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

*Atah kadosh v'shimcha kadosh u-k'doshim b'chol yom y'hal'lucha, selah.*

*Baruch Atah Adonai, ha-El ha-kadosh.*

You are holy. Your name is holy. Seekers of holiness praise You day by day. Blessed are You, Adonai, holy God.

## The Holiness of the Day

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.  
Praise to You, Adonai, who sanctifies Shabbat.

**ברוך אתה ייִשְׁרָאֵל מֶקְדֵּשׁ הַשְׁבָּתָה.**

Baruch atah, Adonai, m'kadeish HaShabbat.

## Worship

**רָצַח, יְיָ אֱלֹהֵינוּ, בְּעֵמֶךְ יִשְׂרָאֵל, וַתִּפְלַתֵּם בְּאַהֲבָה תְּקַבֵּל, וַתֵּתְהִי לְرַצּוֹן תָּמִיד עֲבוֹדָת יִשְׂרָאֵל עַמְּךָ.**

*R'tzei Adonai Eloheinu, b'amcha Yisrael, ut'filatam b'ahavah t'kabeil, ut'hi l'ratzon tamid avodat Yisrael amecha.*

Everpresent One, may we, Your people Israel, be worthy in our deeds and our prayer.  
Wherever we live, wherever we seek You--in this land, in Zion restored, in all lands--You are our God, whom alone we serve in reverence.

**ברוך אתה ייִשְׁאֹוֹתָךְ לְבָרֵךְ בַּיְרָאָה נָעָבֵד.**

Baruch atah, Adonai, sheh-oh-t'cha l'vadcha b'yirah na'avod.

## Thanksgiving

**מָרְדִּים אֲנָחָנוּ לְךָ, שָׁאַתָּה הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמוֹתֵינוּ לְעוֹלָם וְעַד, צַוֵּר חַיָּינוּ, מָגֵן יִשְׁעָנוּ, אֲתָה הוּא לְדוֹר וּדוֹר.**

*Modim anachnu lach, sha-atah hu, Adonai Eloheinu vay-lohei Avoteinu v'Imoteinu, l'olam va-ed, tzur chayeinu, magein yish-einu, atah hu l'dor v'dor.*

For the good in us, which calls us to a better life, we give thanks.

*For the strength to improve the world with our hearts and our hands, we offer praise.*

For the desire in us which leads us to work for peace, we are grateful.

*For life and nature, harmony and beauty, for the hope of tomorrow,  
all praise to the Source of Being.*

## Peace

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אָדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב  
בְּעִינֵיכֶם לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוֹם.

*Shalom rav al Yisrael amcha tasim l'olam, ki atah hu Melech Adon l'chol hashalom. V'tov b'einecha l'vareich et amcha Yisrael b'chol eit uv'chol sha-ah bishlomecha. Baruch atah, Adonai, ham'vareich et amo Yisrael ba-shalom.*

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 יְהָוָה, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.**

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

*We pray silently.*

Help me, O God, to find still moments, quiet spaces within to refresh my soul; cease my questions, my inner debates, and let me meditate on Your goodness.

Help me, O God, to nurture my courage, recalling moments of strength.

Let me remember days of fortitude and the certainty of Your regard.

Help me, O God, to turn to the light, to feel the warmth of Your touch, my own face and fingers outstretched, alive, alive in Your sight.

**יְהִי לְرָצְוָן אָמְרֵי וְהַגְיוֹן לְבִי לְפָנֶיךָ, צוֹרִי וְנוֹאָלִי.**

*Yih'yu 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, Adonai, my Rock and my Redeemer.

**עֲשֵׂה שָׁלוֹם בְּמַרְומֵי הָוּא יְעַשֵּׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:**

*Oseh shalom bim-romav hu ya-ah-seh shalom aleinu v'al kol Yisrael, v'imru Amen.*

May the Maker of peace on high make peace for us, for all Israel and let us say: Amen.

## Oh Guide My Steps

Music and English text by Debra Winston

Hebrew text from *Hashkiveinu*

Oh guide my steps and help me find my way,  
I need your shelter now, rock me in Your arms and guide my steps  
and help me make this day a song of praise to You,  
rock me in Your arms and guide my steps.

וּפֶרֶשׁ עַלְינוּ סְכָת שְׁלוֹמָךְ

*Ufros aleinu sukat sh'lomecha.*

Spread over us Your shelter of peace.

## Olam Chesed Yibaneh

Music and English text by Menachem Creditor

Hebrew text from Psalm 89:3

*Olam chesed yibaneh*

עוֹלָם חֶסֶד יִבָּנֶה.

I will build this world from love, ya da dai dai...  
You must build this world from love, ya da dai dai...  
and if we build this world from love, ya da dai dai...  
Then God will build this world from love, ya da dai dai...

## Be Holy, Hear the Whisper

Music and English text by Peter and Ellen Allard

Be holy, hear the whisper, a quiet gentle voice  
Be holy, hear the whisper, that helps us make the choice  
To be like God, to be like God.  
Be holy, hear the whisper, present every day  
Be holy, hear the whisper, it teaches us the way  
To be like God, to be like God. *Ha-kadosh, Baruch Hu. (Blessed be the Holy One)*

Be holy, hear the whisper, that guides each word and deed  
Be holy, hear the whisper, reminding us we need  
To be like God, to be like God.  
Be holy, hear the whisper, the warmth of love's embrace  
Be holy, hear the whisper, giving us the grace  
To be like God, to be like God. *Ha-kadosh, Baruch Hu. (Blessed be the Holy One)*

## Prayers for Healing

We pray for family, friends, members of this congregation and for everyone who is injured or ill in body or in spirit. Some of us pray for ourselves. Others pray for those who are dearest to us. Give strength and purpose, unflagging energy and deep wells of patience to all who seek healing, and to their caregivers, family and friends.

*O God, gracious Parent, hear our prayer and make our lives a blessing.*

### **Mi Shebeirach**

Music and English by Debbie Friedman

*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.

*Mi shebeirach imoteinu, m'kor habrachah la'avoteinu*

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

### **Heal Us Now**

Music and English by Leon Sher, Hebrew from Liturgy;  
Numbers 12:13; Psalms 145:18; 85:10; 28:9; 118:25

*R'fa-einu Adonai v'neirafei*

Heal us, Adonai, and we shall be healed

*Hoshi-einu v'nivashei-ah*

Save us and we shall be saved.

*El karov l'chol kor-av*

God is close to all who call out to God.

*Ach karov lirei-av yish-o*

Surely, help is near to all who call out to God.

We pray for healing of the body. We pray for healing of the soul.

For strength of flesh and mind and spirit, We pray to once again be whole.

*Eil na r'fa na*

Oh please, heal us now.

*R'fuat ha-nefesh, r'fuat ha-guf*

*R'fuah shleimah*

Heal us now.

God please, please heal.

Healing of the soul and healing of the body  
a complete healing

*Hoshiah et amecha*

Save Your people

*U'vareich et nachalatecha*

and bless Your inheritance

*Ur'eim v'nas'eim ad ha-olam*

care for them and exalt them forever

*Mi shebeirach a-voteinu*

You, who blessed our fathers

*Mi shebeirach imoteinu*

You, who blessed our mothers

*Ana Adonai hoshiah na*

Oh, please, God, please save us.

We pray for healing of our people

We pray for healing of the land

And peace for every race and nation

Every child, every woman, every man. Eil na...

## Aleinu

עֲלֵינוּ לְשָׁבָח לְאָדוֹן הָכָל, לְתָת גָּדְלָה לְיוֹצֵר בְּרִאָשִׁית, שֶׁלֹּא עָשָׂנו בְּנֵי הָאָרֶצֶת, וְלֹא  
שָׁמְנוּ בְּמִשְׁפָּחוֹת הָאָדָמָה, שֶׁלֹּא שָׁם חָלְקָנוּ בָּהֶם, וְנִגְּרָלָנוּ בְּכָל הַמּוֹנָם. וְאַנְחָנוּ כּוֹרָעִים  
וּמְשַׁתְּחִוִּים וּמוֹרִדים, לְפָנֵי מֶלֶךְ, מֶלֶכְיָה הַמֶּלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.  
וְנִאָמֶר, וְהִיא יִי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יְהִיא אֶחָד, וְשַׁמוֹ אֶחָד.

*Aleinu l'shabeitach la-adon hakol lateit g'dulah l'yonotzir b'reishit, she-lo asanu k'go-yei ha-aratot, v'lo  
samanu k'mish-p'chot ha-adamah, she-lo sam chelkeinu ka-hem v'goraleinu k'chol hamonam.*

*Va-anachnu korim, umishtachavim u'modim, lifnei melech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

*V'ne-emar v'hayah Adonai, l'melech al kol ha-aretz, bayom hahu yihyeh Adonai echad, u-sh'mo echad.*

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator  
whose unity we are charged to declare; whose realm it is our purpose to uphold. Therefore we  
bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed  
One. Thus it 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.

## **Unending Love** By Rabbi Rami Shapiro

*We are loved by an unending love.*

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

*We are loved by an unending love.*

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

*We are loved by an unending love.*

    Embraced, touched, soothed, and counseled...  
        Ours are the arms, the fingers, the voices:  
        Ours are the hands, the eyes, the smiles;

*We are loved by an unending love.*

Our Thoughts turn to those who have departed this earth: our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death

## Mourner's Kaddish

וַיְתַגֵּדֶל וַיַּתְקַדֵּשׁ שְׁמָה רַبָּא בְּעַלְמָא דִי בָּרָא בְּרוּתָה וַיַּמְלִיךְ מַלְכָוֶתָה בְּחִיכָּוֹן וּבְיוֹמָיכָוֹן וּבְחִיָּי דְּכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזָמָן קָרִיב וְאָמָרָו אָמָן :

*Yitgadal v'yitkadas sh'mei rabah. B'alma di v'ra chi-r'utei, v'yan-lich mal'chutei b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv v'im-ru: Ah-mein.*

יְהָא שְׁמָה רַבָּא מָבָרָךְ לְעָלָם וּלְעַלְמִי עַלְמִיא :

*Y'hei sh'mei raba m'va-rach l'a-lam u-l'almei al'maya.*

וַיְתַבְּרַךְ וַיְשַׁתְּבַחַ, וַיְתַפְּאֵר וַיְתַרְוּם וַיְתַנְשָׁא וַיְתַהְדֵּר וַיְתַעַלָּה וַיְתַהְלֵל שְׁמָה דְּקָדְשָׁא בְּרִיךְ הוּא לְעַלָּא מִן כָּל בָּרְכָתָא וּשְׁירָתָא, תְּשִׁבְחָתָא וּנְחַמְתָּא, דָּאָמִירָן בְּעַלְמָא, וְאָמָרָו אָמָן :

*Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'kud'sha b'rich hu. L'ei-lah min kol bir-cha-ta v'shi-ra-ta tush-b'cha-ta v'ne-che-ma-ta da-a-mi-ran b'al-ma, v'im-ru Amein.*

יְהָא שְׁלָמָה רַבָּא מִן שְׁמִיא וְחַיִים עַלְמִיא וְעַל כָּל יִשְׂרָאֵל, וְאָמָרָו אָמָן :

*Y'hei sh'la-ma raba min sh'maya v'cha-yim aleinu v'al kol Yisrael, v'imru Amein.*

עֲשֵׂה שָׁלֹום בְּמַרְוּמִיו הוּא יָעַשֶּׂה שָׁלֹום עַלְמִיא וְעַל כָּל יִשְׂרָאֵל, וְאָמָרָו אָמָן :

*Oseh shalom bim-romav hu ya-ah-seh shalom aleinu v'al kol Yisrael, v'imru Amen.*

## Kiddush

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בָּרוּךְ פָּרִי הַגֶּפֶן. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קָדְשָׁנוּ בְמִצּוֹתָיו וּרְצָחָבָנוּ, וּשְׁבַתְּ קָדְשׁוּ בְאַהֲבָה וּבְרָצֹן הַנְּחִילָנוּ וּבְרוֹזָן לְמַעֲשָׂה בְּרָאשִׁית, בַּיְהָוָה יוֹם תְּחִלָּה לְמִקְרָאֵי קָדֵשׁ, וּבְרָאשׁ לִיצְיאָת מִצְרָיִם, בַּיְבָנָה בְּחִרְתָּה וְאַוְתָּנוּ קָדְשָׁתָם מִבְּלַ הָעִמִּים, וּשְׁבַתְּ קָדְשׁ בְּאַהֲבָה וּבְרָצֹן הַנְּחִילָתָנוּ. בָּרוּךְ אַתָּה יְיָ, מִקְדָּשׁ הַשְּׁבָתָה.

*Baruch atah Adonai, Eloheinu melech ha-olam, bo-ray p'ri ha-ga-fen. Baruch atah Adonai, Eloheinu melech ha-olam, asher kid-sha-nu b'-mitz-vo-tav v'-ra-tza va-nu, v'-sha-bat kod-sho, b'ah-ha-va uv-ra-tzon, hin-chi-la-nu, zi-ka-ron l'-ma-ah-say v'ray-shit. Ki hu yom t'chi-lah l'mik-ra-ay ko-desh, ze-cher l'tzi-at mitz-ra-yim. Ki va-nu va-char-ta v'-oh-ta-nu ki-dash-ta mi-kol ha-ah-mim. V'sha-bat kod'-sh'-cha b'ah-ha-vah uv-ra-tzon hin-chal-ta-nu. Ba-ruch Atah Adonai, m'-ka-deish ha-sha-bat.*

## Tefilat 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.

## Adon Olam

Adon olam asher malach  
B'terem kol y'tzir nivrah  
L'et na'asah v'cheftzo kol  
Azai Melech sh'mo nikrah

אדון עולם אשר מלך,  
בטרם כל יציר נברא.  
לעת נעשה בחפצו כל,  
אוֹי מלך שמו נקרא.

V'acharei kichlot hakol  
L'vado yimloch nora  
V'hu haya v'hu hoveh  
V'hu yih-yeh, b'tif-arah

ואחרי כלות הפל  
לבדו ימלך נורא  
וهو היה, והוא היה  
וهو יהיה, בתפארה.

V'hu echad v'ein sheini  
L'hamshil lo l'hachbirah  
B'li reishit b'li tachlit  
V'lo ha'oz v'hamisrah

וهو אחד ואין שני  
להמשיל לו להחבירה.  
בלי ראשית בלי תחילת,  
ולו חנו והמשורה.

V'hu eili v'chai go-ali  
V'tzur chevli b'beit tzarah  
V'hu nisi umanos li  
M'nat kosi b'yom ekrah

וهو אלי וחי גאלי,  
וצור חביבי בעת צרה.  
וهو נסי ומנוס לי,  
מנת פסוי ביום אקרא.

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

בידו אפקיד רוחי,  
בעת אישן ואעירא.  
עם רוחי גויה,  
יי לי ולא אירא.