Kabbalat Shabbat קַבָּלַת שַׁבָּת



Temple Chai

Thank you for adding your voice, your prayers, your presence, to our Friday night worship. Our community is strengthened by every individual who joins us in prayer. If you are new to Temple Chai, we invite you to take it in, enjoy, and participate.

Our Kabbalat Shabbat service is designed to help us transition from the work week to the beauty and holiness of Shabbat, our day of rest. The songs, prayers, and moments of silence encourage us to review the week that has passed and move toward renewal and refreshment. By the end of the service, you will have experienced a balance of joy, contemplation, and spiritual uplift. For one hour, we invite you to set aside tension and stress that have accumulated during the week and enjoy a few moments of healing, harmony, and hope. That's the feeling of Shabbat washing over you...That's what we call "Shabbat Shalom," the wholeness of Shabbat.

Why all the Hebrew? This has been a long-standing Temple Chai tradition that connects us to the modern state of Israel and to the ancient language of our people. If this feels unfamiliar – hang in there! Know that it is ***not*** a requirement to read, speak, or understand Hebrew to be a part of our community or to fall in love with our service. Don't worry about following every word – that will come with time.

Our rabbis and cantor would be very happy to meet with you to answer any questions you may have. Please call during the week to make an appointment with any of us. We will point out a few lines that are 'anchors' of the service and help you navigate through the various sections. We look forward to spending some time with you studying Shabbat, one of our favorite topics!

From our hearts to yours – Shabbat shalom.

Y’did ne-fesh, av ha-ra-cha-man,
m’shoch av-d’cha el r’tzo-ne-cha
Ya-rutz av-d’cha k’mo a-yal,
yish-ta-cha-veh el mul ha-da-re-cha.
Ye-eh-rav lo y’di-do-te-cha
mi-no-fet tzuf v’chol ta-am.

יְדִיד נֶפֶשׁ, אָב הָרַחֲמָן,
מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנֶךָ
יָרוּץ עַבְדְּךָ כְּמוֹ אַיָּל,
יִשְׁתַּחֲוֶה אֶל מוּל הֲדָרֶךָ.
יֶעֱרַב לוֹ יְדִידוֹתֶיךָ
מִנּוֹפֶת צוּף וְכָל טָעַם.

Ha-dur na-eh, ziv ha-o-lam,
naf’shi cho-lat a-ha-va-te-cha:
a-nah eil nah r’fah nah lah,
b’har’ot lah no-am zi-ve-cha.
Az tit-cha-zeik v’tit-ra-pei,
v’hai-ta lah sim’chat o-lam.

הָדוּר נָאֶה, זִיו הָעוֹלָם,
נַפְשִׁי חוֹלַת אַהֲבָתֶךָ:
אָנָּא אֵל נָא רְפָא נָא לָהּ,
בְּהַרְאוֹת לָהּ נוֹעַם זִיוֶךָ.
אָז תִּתְחַזֵּק וְתִתְרַפֵּא,
וְהָיְתָה לָהּ שִׂמְחַת עוֹלָם.

Va-tik, ya-he-mu nah ra-cha-meh-cha,
chu-sah nah al bein a-hu-ve-cha:
Ki zeh ka-mah nich’sof nich’saf-ti
lir’ot b’tif-e-ret, u-ze-cha
A-nah, ei-li, chem’dat li-bi,
chu-sah nah v’al tit’a-lam.

וָתִיק, יָהֱמוּ נָא רַחֲמֶיךָ,
חוּסָה נָא עַל בֵּן אֲהוּבֶךָ:
כִּי זֶה כַּמָּה נִכְסוֹף נִכְסַפְתִּי
לִרְאוֹת בְּתִפְאֶרֶת, עֻזֶּךָ
אָנָּא, אֵלִי, חֶמְדַּת לִבִּי,
חוּסָה נָא וְאַל תִּתְעַלָּם.

Hi-ga-leh na, uf’ros, cha-vi-vi,
a-lai et su-kat sh’lo-mach.
Ta-ir e-retz mik’vo-de-cha,
na-gi-lah v’nis-m’chah bach.
Ma-heir, a-huv, ki vo mo-eid,
v’cha-nei-nu ki-mei o-lam.

הָגֶלֵה נָא, וּפְרוֹשׂ, חֲבִיבִי,
עָלַי אֶת סֻכַּת שְׁלוֹמֶךָ.
תָּאִיר אֶרֶץ מִכְּבוֹדֶךָ,
נָגִילָה וְנִשְׂמְחָה בָּךְ.
מַהֵר, אָהוּב, כִּי בָא מוֹעֵד,
וְחָנֵנוּ כִּימֵי עוֹלָם.

Heart's delight, Source of mercy, draw Your servant into Your arms: I leap like a deer to stand in awe before You. Your love is sweeter to me than the taste of honey. World's light, shining glory, my heart is faint for love of You: heal it, God, help my heart, show me Your radiant splendor. Let me return to strength and have joy forever. Have compassion, O Faithful One, pity for Your loved child: how long have I hoped to see Your glorious might. O God, my heart's desire, have pity, hold back no more. Show Yourself, Beloved, and cover me with the shelter of Your peace. Light up the world with Your presence, that we may exult and rejoice in You. Hurry, Loved One, the holy day has come: show us grace as long ago.

יוֹם רִאשׁוֹן

Yom Rishon – First Day – Sunday

PSALM 95

L'chu n'ra-n'nah l'Adonai,	לְכוּ נְרַנְּנָה לַיְיָ,
na-ri-ah l'tzur yish-ei-nu.	נָרִיעָה לְצוּר יִשְׁעֵנוּ.
N'kad'ma fa-nav b'to-dah,	נְקַדְּמָה פָנָיו בְּתוֹדָה,
biz'mi-rot na-ri-yah lo.	בִּזְמִירוֹת נָרִיעַ לוֹ.
Ki eil ga-dol Adonai,	כִּי אֵל גָּדוֹל יְיָ,
u-me-lech ga-dol al-kol-E-lo-him.	וּמֶלֶךְ גָּדוֹל עַל-כָּל-אֱלֹהִים.
A-sher b'ya-do mech'k'rei a-retz,	אֲשֶׁר בְּיָדוֹ מֶחְקְרֵי אָרֶץ,
v'to-a-fot ha-rim lo.	וְתוֹעֲפוֹת הָרִים לוֹ.
A-sher lo ha-yam, v'hu a-sa-hu,	אֲשֶׁר לוֹ הַיָּם, וְהוּא עָשָׂהוּ,
v'ya-be-shet ya-dav ya-tza-ru.	וְיַבֶּשֶׁת יָדָיו יָצָרוּ.
Bo-u nish-ta-cha-veh v'nich'ra-ah,	בֹּאוּ נִשְׁתַּחֲוֶה וְנִכְרָעָה,
niv'r'cha lif'nei Adonai o-sei-nu.	נִבְרְכָה לִפְנֵי יְיָ עֹשֵׂנוּ.
Ki hu Eloheinu,	כִּי הוּא אֱלֹהֵינוּ,
va-a-nach-nu am mar-i-to v'tzon	וַאֲנַחְנוּ עַם מַרְעִיתוֹ וְצֹאן
ya-do: Ha-yom im b'ko-lo	יָדוֹ: הַיּוֹם אִם-בְּקֹלוֹ
tish-ma-u. Al tak'shu l'vav-chem	תִּשְׁמָעוּ. אַל תַּקְשׁוּ לְבַבְכֶם
kim-ri-vah, k'yom ma-sah	כִּמְרִיבָה, כְּיוֹם מַסָּה
ba-mid'bar. A-sher ni-su-ni	בַּמִּדְבָּר. אֲשֶׁר נִסּוּנִי
a-vo-tei-chem, b'cha-nu-ni gam	אֲבוֹתֵיכֶם, בְּחָנוּנִי גַּם
ra-u fa-a-li.	רָאוּ פָעֳלִי.

*Ar-ba-im sha-nah a-kut b'dor,	*אַרְבָּעִים שָׁנָה אָקוּט בְּדוֹר,
va-o-mar am to-ei lei-vav heim,	וָאֹמַר עַם תֹּעֵי לֵבָב הֵם,
v'heim lo yad'u d'ra-chai.	וְהֵם לֹא יָדְעוּ דְרָכָי.
a-sher nish-ba'ti v'a-pi	אֲשֶׁר נִשְׁבַּעְתִּי בְאַפִּי
im y'vo-un el m'nu-cha-ti.	אִם יְבֹאוּן אֶל מְנוּחָתִי.

Come, let us sing to Adonai; let our song ring out to our sheltering Rock. Let us approach God with thanksgiving, our voices loud with song. For Adonai is a great God, a Ruler high above the idols of every age. In God's hands are the depths of the earth; God's are the mountain peaks. God made the sea; it is God's; the dry land is the work of God's hands. Adonai is our God and our Shepherd; we are God's people and flock: if only today we would listen to God. Wander in the wilderness no longer, harden not your heart in the way of your ancestors. In the wilderness they tried and tested Me even though they had witnessed My miracles. Forty years contending with that generation led Me to say: "They are wayward, and care not for My ways." Therefore in indignation I vowed they would never reach My land of peace and rest.

יוֹם שֵׁנִי

Yom Sheni – Second Day – Monday

PSALM 96

Shi-ru la-Adonai shir cha-dash,	שִׁירוּ לַיְיָ שִׁיר חָדָשׁ,
Shi-ru la-Adonai kol-ha-a-retz!	שִׁירוּ לַיְיָ, כָּל-הָאָרֶץ!
Shi-ru la-Adonai bar-chu sh'mo,	שִׁירוּ לַיְיָ, בָּרְכוּ שְׁמוֹ,
bas-ru mi-yom l'yom y'shu-a-to	בַּשְּׂרוּ מִיּוֹם-לְיוֹם יְשׁוּעָתוֹ
sap'ru va-go-yim k'vo-do,	סַפְּרוּ בַגּוֹיִם כְּבוֹדוֹ,
b'chol ha-a-mim nif-lo-tav.	בְּכָל הָעַמִּים נִפְלְאוֹתָיו.
Ki ga-dol Adonai u-m'hu-lal m'od	כִּי גָדוֹל יְיָ, וּמְהֻלָּל מְאֹד
no-ra hu al kol E-lo-him.	נוֹרָא הוּא עַל-כָּל-אֱלֹהִים.
Ki chol Elohei ha'a-mim	כִּי כָל-אֱלֹהֵי הָעַמִּים
eh-li-lim, va-Adonai sha-ma-yim	אֱלִילִים, וַיְיָ שָׁמַיִם
a-sah. Hod v'ha-dar l'fa-nav,	עָשָׂה. הוֹד וְהָדָר לְפָנָיו,
oz v'tif-e-ret b'mik-da-sho.	עֹז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ.

Ha-vu l’Adonai, mish’p’chot a-mim,	הָבוּ לַיְיָ, מִשְׁפְּחוֹת עַמִּים,
Hav-u la-Adonai ka-vod va’oz.	הָבוּ לַיְיָ, כָּבוֹד וָעֹז.
Ha-vu la-Adonai k’vod sh’mo;	הָבוּ לַיְיָ כְּבוֹד שְׁמוֹ;
S’u min-chah u-vo-u	שְׂאוּ מִנְחָה וּבֹאוּ
l’chatz’ro-tav	לְחַצְרוֹתָיו.
Hish’ta-cha-vu la-Adonai	הִשְׁתַּחֲווּ לַיְיָ
b’ha-drat kodesh	בְּהַדְרַת קֹדֶשׁ.
Chi-lu mi-pa-nav kol ha-a-retz.	חִילוּ מִפָּנָיו כָּל-הָאָרֶץ.
Im-ru va-go-yim “Adonai ma-lach,	אִמְרוּ בַגּוֹיִם ”יְיָ מָלָךְ,
af ti-kon tei-veil bal ti-mot,	אַף תִּכּוֹן תֵּבֵל בַּל תִּמּוֹט,
ya-din a-mim b’mei-sha-rim.”	יָדִין עַמִּים בְּמֵישָׁרִים.“
Yis’m’chu ha-sha-ma-yim	יִשְׂמְחוּ הַשָּׁמַיִם
v’ta-geil ha-a-retz;	וְתָגֵל הָאָרֶץ;
yir’am ha-yam u-m’lo-o.	יִרְעַם הַיָּם וּמְלֹאוֹ.
Ya-a-loz sa-dai v’chol a-sher bo,	יַעֲלֹז שָׂדַי וְכָל-אֲשֶׁר בּוֹ,
az y’ran’nu kol a-tzei ya-ar.	אָז יְרַנְּנוּ כָּל-עֲצֵי יָעַר.
Lif-nei Adonai ki vah,	לִפְנֵי יְיָ כִּי בָא,
ki vah lish’pot ha-a-retz,	כִּי בָא לִשְׁפּוֹט הָאָרֶץ,
yish’pot tei-veil b’tze-dek,	יִשְׁפֹּט תֵּבֵל בְּצֶדֶק,
v’a-mim be-e-mu-na-to.	וְעַמִּים בֶּאֱמוּנָתוֹ.

Sing a new song to God; all the earth sing to Adonai! Sing to God, bless God’s name, tell of God’s power day after day. Declare God’s glory among the nations, God’s wonders among the peoples. For great is God, beyond all praise, and awesome, far above the gods that are worshiped! All the other gods are merely idols: it is Adonai who made the heavens. Honor and beauty attend God, strength and splendor are in God’s presence. Give honor to God, families of peoples, give honor to the Eternal for God’s glory and might. Give honor to God for the glory of God’s name; bring tribute and enter God’s courts; worship the Eternal in the beauty of holiness.

Worship Adonai in holy splendor; let the earth tremble in God’s presence. Declare to the world: Adonai is Ruler. God has steadied the world; it stands firm. God judges the nations impartially. Let the heavens rejoice, let the earth be glad. Let the sea and all it contains roar in praise. Let field and forest sing for joy; God comes to judge the earth, to judge the world with righteousness, the nations with constancy.

יוֹם שְׁלִישִׁי
Yom Sh'lishi – Third Day – Tuesday
PSALM 97

Adonai ma-lach: ta-geil ha-a-retz,	יְיָ מָלָךְ: תָּגֵל הָאָרֶץ,
yis'm'chu i-yim ra-bim.	יִשְׂמְחוּ אִיִּים רַבִּים.
A-nan va-ar-a-fel si-vi-vav,	עָנָן וַעֲרָפֶל סְבִיבָיו,
tze-dek u-mish'pat m'chon ki-s'o.	צֶדֶק וּמִשְׁפָּט מְכוֹן כִּסְאוֹ.
eish l'fa-nav tei-leich,	אֵשׁ לְפָנָיו תֵּלֵךְ,
u-t'la-heit sa-viv tza-rav.	וּתְלַהֵט סָבִיב צָרָיו.
hei-i-ru v'ra-kav tei-veil;	הֵאִירוּ בְרָקָיו תֵּבֵל,
ra-a-tah va-ta-cheil ha-aretz,	רָאֲתָה וַתָּחֶל הָאָרֶץ,
ha-rim ka-do-nag na-ma-su	הָרִים כַּדּוֹנַג נָמַסּוּ
mi-lif-nei Adonai,	מִלִּפְנֵי יְיָ,
mi-lif-nei Adon kol ha-a-retz,	מִלִּפְנֵי אֲדוֹן כָּל-הָאָרֶץ.
Hi-gi-du ha-sha-ma-yim tzid'ko,	הִגִּידוּ הַשָּׁמַיִם צִדְקוֹ,
v'ra-u chol ha-a-mim k'vo-do.	וְרָאוּ כָל-הָעַמִּים כְּבוֹדוֹ.
yei-vo-shu kol ov'dei fe-seil	יֵבֹשׁוּ כָּל-עֹבְדֵי פֶסֶל
ha-mit'ha-l'lim ba-el-li-lim,	הַמִּתְהַלְלִים בָּאֱלִילִים,
hish-ta-cha-vu lo kol Elohim.	הִשְׁתַּחֲווּ לוֹ כָּל-אֱלֹהִים.
*Sha-mah va-tis'mach Tzi-yon;	*שָׁמְעָה וַתִּשְׂמַח צִיּוֹן;
va-ta-geil'nah b'not Y'hu-dah,	וַתָּגֵלְנָה בְּנוֹת יְהוּדָה,
l'ma-an mish-pa-te-cha Adonai.	לְמַעַן מִשְׁפָּטֶיךָ יְיָ.
Ki A-tah Adonai	כִּי אַתָּה יְיָ
el'yon al kol ha-a-retz:	עֶלְיוֹן עַל-כָּל-הָאָרֶץ:
m'od na-a-lei-ta al kol Elohim.	מְאֹד נַעֲלֵיתָ עַל-כָּל-אֱלֹהִים.
*O-ha-vei Adonai sin'u ra!	*אֹהֲבֵי יְיָ שִׂנְאוּ רָע!
sho-meir naf-shot cha-si-dav,	שֹׁמֵר נַפְשׁוֹת חֲסִידָיו,
mi-yad r'sha-im ya-tzi-lem.	מִיַּד רְשָׁעִים יַצִּילֵם.
*Or za-ru-a la-tza-dik,	*אוֹר זָרֵעַ לַצַּדִּיק,
u-l'yish-rei leiv sim-chah.	וּלְיִשְׁרֵי-לֵב שִׂמְחָה.
sim-chu tza-di-kim ba-Adonai.	שִׂמְחוּ צַדִּיקִים בַּיְיָ.
v'ho-du l'zei-cher kad-sho.	וְהוֹדוּ לְזֵכֶר קָדְשׁוֹ.

Adonai reigns: let the earth rejoice, the many nations be glad.
Cloud and mist surround God, right and justice are the foundation of God's throne.
Lightning illumines the globe, fire consumes foes.
Mountains melt like wax in God's presence, the earth trembles.

The heavens will tell of God's righteousness, the peoples witness God's glory.
Shame covers those who worship images, who pride themselves on nothingness.
Zion hears and is glad; the cities of Judah rejoice, O God, over Your judgments.

For You, God, are supreme over all the earth,
You are exalted far above the gods that are worshipped.
Those who love God hate evil!
God protects the faithful, saves them from the wicked.
Light dawns for the righteous, gladness for the upright in heart.
Let the righteous rejoice in God, and give thanks to God's holy name.

יוֹם רְבִיעִי

Yom R'vi'i – Fourth Day – Wednesday

PSALM 98

Miz-mor. Shi-ru la-Adonai shir	מִזְמוֹר. שִׁירוּ לַיְיָ שִׁיר
cha-dash, ki nif'la-ot a-sah.	חָדָשׁ, כִּי נִפְלָאוֹת עָשָׂה.
Ho-shi-ah lo y'mi-no	הוֹשִׁיעָה לּוֹ יְמִינוֹ
uz'ro-ah kod'sho.	וּזְרוֹעַ קָדְשׁוֹ.
Ho-di-ah Adonai y'shu-a-to;	הוֹדִיעַ יְיָ יְשׁוּעָתוֹ;
l'ei-nei ha-go-yim gi-lah tzid'ka-to.	לְעֵינֵי הַגּוֹיִם גִּלָּה צִדְקָתוֹ.
Za-char chas-do ve'eh-mu-na-to;	זָכַר חַסְדּוֹ וֶאֱמוּנָתוֹ;
l'veit Yisrael.	לְבֵית יִשְׂרָאֵל.
Ra-u chol af-sei a-retz	רָאוּ כָל-אַפְסֵי-אָרֶץ
eit y'shu-at Eloheinu.	אֵת יְשׁוּעַת אֱלֹהֵינוּ.
Ha-ri-u la-Adonai kol ha-a-retz;	הָרִיעוּ לַיְיָ כָּל-הָאָרֶץ;
pitz'chu v'ran'nu v'za-mei-ru!	פִּצְחוּ וְרַנְּנוּ וְזַמֵּרוּ!
*Zam-ru la-Adonai b'chi-nor,	*זַמְּרוּ לַיְיָ בְּכִנּוֹר,
b'chi-nor v'kol zim-rah.	בְּכִנּוֹר וְקוֹל זִמְרָה.
Ba-cha-tzotz'rot v'kol shofar	בַּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר
ha-ri-u lif-nei ha-me-lech Adonai.	הָרִיעוּ לִפְנֵי הַמֶּלֶךְ יְיָ.
Yir'am ha-yam u-m'lo-o;	יִרְעַם הַיָּם וּמְלֹאוֹ;
tei-veil v'yosh-vei va.	תֵּבֵל וְיֹשְׁבֵי בָהּ.
N'ha-rot yim-cha-u chaf!	נְהָרוֹת יִמְחֲאוּ-כָף!

Ya-chad ha-rim y’ra-nei-nu	יַחַד הָרִים יְרַנֵּנוּ
lif-nei Adonai; ki vah	לִפְנֵי יְיָ; כִּי בָא
lish’pot ha-a-retz:	לִשְׁפֹּט הָאָרֶץ׃
yish’pot tei-veil b’tze-dek,	יִשְׁפֹּט תֵּבֵל בְּצֶדֶק,
v’a-mim b’mei-sha-rim.	וְעַמִּים בְּמֵישָׁרִים.

Sing a new song to God, for God has done wonders. The Eternal one has made known God’s power, God has revealed God’s justice for all to see. God has remembered the love for Jacob, God’s faithfulness to Israel. And the ends of the earth have seen the power of God. Let the earth ring out in song to God; break forth, sing aloud, shout praise! Sound trumpet and horn before the Royal God. Let the sea roar, and all that fills it; the world and all who dwell there. Let the rivers clap hands! Let all the mountains sing for joy before God. For God comes to rule the earth: God will rule the world with righteousness, and the peoples with integrity.

יוֹם חֲמִישִׁי

Yom Chamishi – Fifth Day – Thursday

PSALM 99

Adonai ma-lach: yir’g’zu a-mim.	יְיָ מָלָךְ׃ יִרְגְּזוּ עַמִּים.
Yo-sheiv k’ru-vim, ta-nut ha-a-retz.	יֹשֵׁב כְּרוּבִים, תָּנוּט הָאָרֶץ.
Adonai b’Tzi-yon ga-dol;	יְיָ בְּצִיּוֹן גָּדוֹל,
v-ram hu al kol ha-a-mim.	וְרָם הוּא עַל-כָּל-הָעַמִּים.
Yo-du shim-cha: ga-dol v’no-ra,	יוֹדוּ שִׁמְךָ׃ גָּדוֹל וְנוֹרָא,
ka-dosh hu.	קָדוֹשׁ הוּא.
V’oz me-lech, mish-pat a-heiv:	וְעֹז מֶלֶךְ, מִשְׁפָּט אָהֵב׃
A-tah ko-nan’ta mei-sha-rim,	אַתָּה כּוֹנַנְתָּ מֵישָׁרִים,
Mish-pat u-tz’da-kah	מִשְׁפָּט וּצְדָקָה
b’ya-a-kov a-tah a-si-ta.	בְּיַעֲקֹב אַתָּה עָשִׂיתָ.
Ro-m’mu Adonai Eloheinu	רוֹמְמוּ יְיָ אֱלֹהֵינוּ
v’hish’ta-cha-vu la-ha-dom rag’lav	וְהִשְׁתַּחֲווּ לַהֲדֹם רַגְלָיו
ka-dosh hu.	קָדוֹשׁ הוּא.
Moshe v’Aharon b’cho-ha-nav	מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו
u-Sh’mu-eil b’ko-r’ei sh’mo	וּשְׁמוּאֵל בְּקֹרְאֵי שְׁמוֹ
kor-im el Adonai v’hu ya-a-neim.	קֹרְאִים אֶל יְיָ וְהוּא יַעֲנֵם.
*B’a-mud a-nan y’da-beir a-lei-hem,	*בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם,
shom’ru ei-do-tav v’chok	שָׁמְרוּ עֵדֹתָיו וְחֹק
na-tan la-mo.	נָתַן לָמוֹ.

Adonai Eloheinu A-tah a-ni-tam,	יְיָ אֱלֹהֵינוּ אַתָּה עָנִיתָם,
Eil no-sei ha-yi-ta la-hem,	אֵל נֹשֵׂא הָיִיתָ לָהֶם,
v’no-keim al a-li-lo-tam.	וְנֹקֵם עַל עֲלִילוֹתָם.
***Ro-m’mu** Adonai Eloheinu	*רוֹמְמוּ יְיָ אֱלֹהֵינוּ
v’hish’ta-cha-vu l’har kod-sho	וְהִשְׁתַּחֲווּ לְהַר קָדְשׁוֹ
ki ka-dosh Adonai Eloheinu.	כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

Adonai reigns: let the peoples shake with awe. God sits enthroned, and the earth trembles. Adonai is exalted in Zion, high above all the peoples. Let them praise Your name, great and awesome and holy. Your power, O God, is Your love of justice. You make righteousness stand firm; justice and right take root in Jacob. We will exalt Adonai our God, and worship at God’s holy mountain, for our God Adonai is holy. Adonai, You answered Moses, Aaron, and Samuel when they called upon You. They obeyed Your decrees, You spoke to them in a pillar of cloud. You were forgiving in answering them, though You rebuked them for their offenses. Exalt God, bow toward Jerusalem. For Adonai our God is holy.

יוֹם הַשִּׁשִּׁי

Yom HaShishi – Sixth Day – Friday

PSALM 29

Miz-mor l’David.	מִזְמוֹר לְדָוִד.
Ha-vu la-Adonai b’nei ei-lim,	הָבוּ לַיְיָ, בְּנֵי אֵלִים,
ha-vu la-Adonai ka-vod va-oz!	הָבוּ לַיְיָ כָּבוֹד וָעֹז!
Ha-vu la-Adonai k’vod sh’mo,	הָבוּ לַיְיָ כְּבוֹד שְׁמוֹ,
hish-ta-cha-vu la-Adonai b’had’rat	הִשְׁתַּחֲווּ לַיְיָ בְּהַדְרַת-
ko-desh. Kol Adonai al ha’ma-yim!	קֹדֶשׁ. קוֹל יְיָ עַל-הַמָּיִם!
El ha-ka-vod hir-im!	אֵל-הַכָּבוֹד הִרְעִים!
Adonai al-ma-yim ra-bim!	יְיָ עַל-מַיִם רַבִּים!
Kol Adonai ba-ko-ach, kol Adonai	קוֹל יְיָ בַּכֹּחַ, קוֹל יְיָ
be-ha-dar, kol Adonai sho-veir	בֶּהָדָר, קוֹל יְיָ שֹׁבֵר
a-ra-zim, va-y’sha-beir Adonai	אֲרָזִים, וַיְשַׁבֵּר יְיָ
et ar-zei hal’va-non. Va-yar’ki-deim	אֶת-אַרְזֵי הַלְּבָנוֹן. וַיַּרְקִידֵם
k’mo ei-gel l’va-non v’sir-yon	כְּמוֹ-עֵגֶל לְבָנוֹן וְשִׂרְיוֹן
k’mo ven r’ei-mim.	כְּמוֹ בֶן-רְאֵמִים.
Kol Adonai cho-tzeiv la-ha-vot eish;	קוֹל-יְיָ חֹצֵב לַהֲבוֹת אֵשׁ;
kol Adonai ya-chil mid’bar;	קוֹל יְיָ יָחִיל מִדְבָּר;
ya-chil Adonai mid’bar ka-deish;	יָחִיל יְיָ מִדְבָּר קָדֵשׁ;

kol Adonai y'cho-leil a-ya-lot,	קוֹל יְיָ יְחוֹלֵל אַיָּלוֹת,
va-ye-che-sof y'a-rot, u-v'hay-cha-lo	וַיֶּחֱשֹׂף יְעָרוֹת, וּבְהֵיכָלוֹ
ku-lo o-meir: "ka-vod!"	כֻּלּוֹ אֹמֵר: "כָּבוֹד!"
Adonai la-ma-bul ya-shav,	יְיָ לַמַּבּוּל יָשָׁב,
va-yei-shev Adonai me-lech l'o-lam.	וַיֵּשֶׁב יְיָ מֶלֶךְ לְעוֹלָם.
Adonai oz l'a-mo yi-tein,	יְיָ עֹז לְעַמּוֹ יִתֵּן,
Adonai y'va-rech et a-mo va-sha-lom.	יְיָ יְבָרֵךְ אֶת-עַמּוֹ בַּשָּׁלוֹם.

A Song of David. Praise God, all celestial beings, praise God for God's glory and strength! Praise God, whose name is great; worship God in the beauty of holiness. The Eternal's voice above the waters! The God of glory thunders! The Eternal's voice, with power – the Eternal's voice, majestic – the Eternal's voice breaks cedars, shatters Lebanon's cedars, 'til Lebanon skips like a calf, Sirion like a wild young ox. Kol Adonai: God's voice sparks fiery flames; God: whose voice makes the desert spin; whose voice shakes the Kadesh desert; whose voice uproots the oaks, and strips the forests bare, while in God's temple all shout: "Glory!" Adonai, enthroned above the flood, Adonai will reign for ever. Adonai will give strength to the people, Adonai will bless the people with peace.

ANA B'KOACH **אנא בכח**

A-na b'ko-ach g'du-lat y'min'cha	אָנָּא בְּכֹחַ גְּדֻלַּת יְמִינְךָ
ta-tir tz'ru-ra: Ka-beil	תַּתִּיר צְרוּרָה: קַבֵּל
ri-nat am'cha, sag'vei-nu,	רִנַּת עַמְּךָ שַׂגְּבֵנוּ
ta-ha-rei-nu no-ra: Nah gi-bor,	טַהֲרֵנוּ נוֹרָא: נָא גִבּוֹר,
do-r'shei yi-chud'cha, k'va-vat	דּוֹרְשֵׁי יִחוּדְךָ כְּבָבַת
shom-reim: Bar'chem ta-ha-reim	שָׁמְרֵם: בָּרְכֵם טַהֲרֵם
ra-cha-meim, tzid'kat'cha ta-mid	רַחֲמֵם צִדְקָתְךָ תָּמִיד
gam'lem: Cha-sin ka-dosh	גָּמְלֵם: חָסִין קָדוֹשׁ
b'rov tu-v'cha, na-heil a-da-te-cha:	בְּרֹב טוּבְךָ נַהֵל עֲדָתֶךָ:
Ya-chid ge-eh l'am'cha	יָחִיד גֵּאֶה לְעַמְּךָ
p'nei zoch'rei k'du-sha-te-cha:	פְּנֵה זוֹכְרֵי קְדֻשָּׁתֶךָ:
Shav'a-tei-nu ka-be'l, u-sh'ma	שַׁוְעָתֵנוּ קַבֵּל וּשְׁמַע
tza-a-ka-tei-nu, yo-dei-ah	צַעֲקָתֵנוּ יוֹדֵעַ
ta-a-lu-mot. Ba-ruch sheim k'vod	תַּעֲלֻמוֹת. בָּרוּךְ שֵׁם כְּבוֹד
mal-chu-to l'o-lam va-ed.	מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Please! With the strength and greatness of Your right hand, untangle the knotted. Receive the joy of Your people, lift us, cleanse us, Awesome One. Please, Strong One, those who seek Your one-ness – guard them like the pupil of an eye. Bless them, cleanse them, have compassion on them, reward them with Your righteousness. Powerful Holy One, with the abundance of Your goodness, guide Your community. Uniquely Exalted One, turn towards those who recall Your holiness. Our pleas – receive them; hear our cries, You who knows our deepest mysteries.

Blessed is the name of Your glorious majesty forever and ever.

יוֹם שַׁבַּת
Welcoming Shabbat

LECHA DODI **לכה דודי**

Chorus

Le-chah do-di lik'rat ka-lah, **לְכָה דוֹדִי לִקְרַאת כַּלָּה,**
pe'nei Shabbat ne'ka-b'lah. **פְּנֵי שַׁבָּת נְקַבְּלָה.**

*Sha-mor v'za-chor b'di-bur e'chad, *שָׁמוֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
hish'mi-a-nu eil ha-m'yu-chad. הִשְׁמִיעָנוּ אֵל הַמְיֻחָד.
Adonai e-chad ush'mo e-chad, יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
l'sheim u-l'ti-f'e-ret v'li-t'hi-lah. לְשֵׁם וּלְתִפְאֶרֶת וְלִתְהִלָּה.
Le-chah do-di... **לְכָה דוֹדִי...**

*Li-krat Shabbat l'chu v'nei-l'cha, *לִקְרַאת שַׁבָּת לְכוּ וְנֵלְכָה,
ki hi m'kor ha-b'ra-chah. כִּי הִיא מְקוֹר הַבְּרָכָה.
mei-rosh mi-ke-dem n'su-chah, מֵרֹאשׁ מִקֶּדֶם נְסוּכָה,
sof ma-a-seh, b'ma-cha-sha-vah סוֹף מַעֲשֶׂה, בְּמַחֲשָׁבָה
t'chi-lah. תְּחִלָּה.
Le-chah do-di... **לְכָה דוֹדִי...**

*Mik-dash mel-ech ir m'lu-cha. *מִקְדַּשׁ מֶלֶךְ עִיר מְלוּכָה.
ku-mi tz'i mi-toch ha-ha-fay-cha. קוּמִי צְאִי מִתּוֹךְ הַהֲפֵכָה.
rav lach she-vet b'ay-mek ha-ba-cha, רַב לָךְ שֶׁבֶת בְּעֵמֶק הַבָּכָא,
v'hu ya-cha-mol a-la-yich chem-la. וְהוּא יַחֲמוֹל עָלַיִךְ חֶמְלָה.
Le-chah do-di... **לְכָה דוֹדִי...**

Hi-t'na-a-ri! mei-a-far ku-mi!
liv'shi bi-g'dei ti-f'ar'teich a-mi,
al yad ben yi-shai beit ha-lach'mi.
kor'vah el naf-shi g'a-lah.
Le-chah do-di...

הִתְנַעֲרִי מֵעָפָר קוּמִי
לִבְשִׁי בִּגְדֵי תִפְאַרְתֵּךְ עַמִּי,
עַל יַד בֶּן-יִשַׁי בֵּית הַלַּחְמִי.
קָרְבָה אֶל נַפְשִׁי גְּאָלָהּ.
לְכָה דוֹדִי...

*__H__i-t'o-r'ri, hi-t'o-r'ri,
ki va o-reich! Ku-mi, o-ri,
u-ri u-ri, shir da-bei-ri:
k'vod Adonai a-la-yich nig-lah.
Le-chah do-di...

***הִתְעוֹרְרִי, הִתְעוֹרְרִי,**
כִּי בָא אוֹרֵךְ! קוּמִי, אוֹרִי,
עוּרִי עוּרִי, שִׁיר דַּבֵּרִי:
כְּבוֹד יְיָ עָלַיִךְ נִגְלָה.
לְכָה דוֹדִי...

__L__o tei-vo-shi v'lo ti-kal'mi,
ma tish'to-cha-chi u-ma te-he-mi.
bach ye-che-su a-ni-yei a-mi,
v'ni-v'n'tah ir al ti-lah.
Le-chah do-di...

לֹא תֵבֹשִׁי וְלֹא תִכָּלְמִי,
מַה תִּשְׁתּוֹחֲחִי וּמַה תֶּהֱמִי.
בָּךְ יֶחֱסוּ עֲנִיֵּי עַמִּי,
וְנִבְנְתָה עִיר עַל תִּלָּהּ.
לְכָה דוֹדִי...

__V__'ha-yu li-m'shi-sah sho-sa-yich
v'ra-cha-ku kol m'va-la-yich.
ya-sis a-la-yich e-lo-ha-yich
ki-m'sos cha-tan al ka-lah.
Le-chah do-di...

וְהָיוּ לִמְשִׁסָּה שֹׁאסָיִךְ
וְרָחֲקוּ כָּל-מְבַלְּעָיִךְ.
יָשִׂישׂ עָלַיִךְ אֱלֹהָיִךְ
כִּמְשׂוֹשׂ חָתָן עַל כַּלָּה.
לְכָה דוֹדִי...

__Y__a-min us'm'ol tif-ro-tzi
v'et Adonai ta-a-ri-tzi.
al yad ish ben par'tzi,
v'nis'm'cha v'na-gi-lah.
Le-chah do-di...

יָמִין וּשְׂמֹאל תִּפְרֹצִי
וְאֶת-יְיָ תַּעֲרִיצִי.
עַל יַד אִישׁ בֶּן-פַּרְצִי,
וְנִשְׂמְחָה וְנָגִילָה.
לְכָה דוֹדִי...

Please rise and face the entrance of the sanctuary

*Bo-i v'sha-lom, a-te-ret ba'lah;	*בּוֹאִי בְשָׁלוֹם, עֲטֶרֶת בַּעְלָהּ;
gam b'sim-chah u-v'tza-ha-lah.	גַּם בְּשִׂמְחָה וּבְצָהֳלָה.
toch e-mu-nei am se-gu-lah.	תּוֹךְ אֱמוּנֵי עַם סְגֻלָּה.
bo-i cha-lah! Bo-i cha-lah!	בּוֹאִי כַלָּה! בּוֹאִי כַלָּה!
Le-chah do-di...	**לְכָה דוֹדִי...**

Come, my love, to greet the bride; Let us receive the presence of Shabbat.

Keep and Remember – in one utterance; The unique God caused us to hear Adonai is one, God's name is one; in name, in beauty, and in praise

To greet Shabbat – come! Let's go!; It is the source of blessing; Pouring forth from the beginning, from antiquity; The last thing created, the first conceived

Royal holy place, royal city; Get up! Go forth from the midst of ruin;
Enough of sitting in the valley of tears; God, out of compassion, pities you

Shake yourself off, get up from the dust; My people – put on your splendid clothes;
At the hand of the son of Yishai of Bethlehem; Your soul's redemption draws close

Wake yourself up! Wake yourself up!; Your light has come, arise and shine
Wake up! Wake up! give voice to song; God's holy presence is revealed upon you

Don't be ashamed, don't be embarrassed; What is your astonishment? What is your hesitation? Within you, the poor of my people find shelter; The city shall be rebuilt upon ruins

Those who ravaged you shall be ravaged; And distant shall be all who swallowed you up; Your God will rejoice over you; Like the rejoicing of a groom with a bride

Right and left you will expand; Admiring God with reverence;
At the hand of the son of Peretz; We will be happy and joyful

(At this time, it is customary to rise and face the door, bowing on the words Bo-i chal-ah as we symbolically welcome Shabbat as a bride)

Come in peace, the crown of her partner; With happiness and also rejoicing
From the midst of the faithful, a treasured people; Come, o bride, come, o bride.

During the week of shivah, we welcome those who mourn as they join with the community—

NICHUM AVEILIM **נחום אבלים**

Ha-mah-kom y'na-cheim et-chem	הַמָּקוֹם יְנַחֵם אֶתְכֶם
b'toch sh'ar a-vei-lei	בְּתוֹךְ שְׁאָר אֲבֵלֵי
Tzi-yon vi-Y'ru-sha-la-yim	צִיּוֹן וִירוּשָׁלָיִם

May the Holy One comfort you among the mourners of Zion and Jerusalem.

יוֹם שַׁבָּת
Yom Shabbat – Seventh Day

A SONG FOR SHABBAT **PSALM 92**

Chorus:

Miz'mor shir l'yom ha-Shabbat:	מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת׃
tov l'ho-dot l'Adonai,	טוֹב לְהֹדוֹת לַיְיָ,
u-l'za-meir l'shim'cha el'yon,	וּלְזַמֵּר לְשִׁמְךָ עֶלְיוֹן,
l'ha-gid ba-bo-keir chas'de-cha,	לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ,
ve-e-mu-na-t'cha ba-lei-lot,	וֶאֱמוּנָתְךָ בַּלֵּילוֹת,
a-lei a-sor va-a-lei na-vel	עֲלֵי עָשׂוֹר וַעֲלֵי נָבֶל,
a-lei hi-ga-yon b'chi-nor.	עֲלֵי הִגָּיוֹן בְּכִנּוֹר.

Ki si-mach'ta-ni Adonai, b'fa-a-le-cha,	כִּי שִׂמַּחְתַּנִי יְיָ, בְּפָעָלֶךָ,
b'ma-a-sei ya-de-cha a-ra-nein.	בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן.
ma gad-lu ma-a-se-cha, Adonai!	מַה גָּדְלוּ מַעֲשֶׂיךָ, יְיָ
m'od am'ku ma-ch'sh'vo-te-cha:	מְאֹד עָמְקוּ מַחְשְׁבֹתֶיךָ׃

Ish ba-ar lo yei-dah,	אִישׁ בַּעַר לֹא יֵדָע,
u-ch'sil lo ya-vin et zot:	וּכְסִיל לֹא יָבִין אֶת זֹאת׃
bif-roach r-sha-im k-mo eisev,	בִּפְרֹחַ רְשָׁעִים כְּמוֹ עֵשֶׂב,
va-ya-tzi-tzu kol po-a-lei a-ven,	וַיָּצִיצוּ כָּל פֹּעֲלֵי אָוֶן,
l'hi-sham'dam a-dei ad.	לְהִשָּׁמְדָם עֲדֵי עַד.
V'a-tah ma-rom l'o-lam, Adonai.	וְאַתָּה מָרוֹם לְעֹלָם, יְיָ.

Ki hi-nei o-y’ve-cha, Adonai,	כִּי הִנֵּה אֹיְבֶיךָ, יְיָ,
ki hi-nei o-y’ve-cha yo-vei-du,	כִּי הִנֵּה אֹיְבֶיךָ יֹאבֵדוּ,
yit’par’du kol po-a-lei a-ven.	יִתְפָּרְדוּ כָּל פֹּעֲלֵי אָוֶן.
Va-ta-rem kir’eim kar’ni,	וַתָּרֶם כִּרְאֵים קַרְנִי,
ba-lo-ti b’she-men ra-a-nan.	בַּלֹּתִי בְּשֶׁמֶן רַעֲנָן.
Va-ta-beit ei-ni b’shu-rai,	וַתַּבֵּט עֵינִי בְּשׁוּרָי,
ba-ka-mim a-lai m’rei-im,	בַּקָּמִים עָלַי מְרֵעִים,
tish’ma-nah oz’nai:	תִּשְׁמַעְנָה אָזְנָי:

*Tza-dik ka-ta-mar yif’rach,	*צַדִּיק כַּתָּמָר יִפְרָח,
k’e-rez bal-va-non yis’geh.	כְּאֶרֶז בַּלְּבָנוֹן יִשְׂגֶּה.
Sh’tu-lim b’veit Adonai,	שְׁתוּלִים בְּבֵית יְיָ,
b’hatz’rot Eloheinu yaf’ri-chu.	בְּחַצְרוֹת אֱלֹהֵינוּ יַפְרִיחוּ.
Od y’nu-vun b’sei-vah,	עוֹד יְנוּבוּן בְּשֵׂיבָה,
d’shei-nim v’ra-a-na-nim yih’yu,	דְּשֵׁנִים וְרַעֲנַנִּים יִהְיוּ,
L’ha-gid ki ya-shar Adonai,	לְהַגִּיד כִּי יָשָׁר יְיָ, צוּרִי,
tzu-ri, v’lo av’la-tah bo.	וְלֹא עַוְלָתָה בּוֹ.

It is good to give thanks to Adonai, to sing hymns to Your name, O Most High!; To tell of Your love in the morning, to sing at night of Your faithfulness; to pluck the strings, to sound the lute, to make the harp vibrate.

Your deeds, O Adonai, fill me with gladness, Your work moves me to sing. How great are Your works, O Adonai! How profound Your thoughts!

The ignorant one will not know, the fool will not understand: the wicked may flourish like grass, all who do evil may blossom, yet they are doomed to destruction, while You, O Adonai, are exalted for all time.

See how Your enemies, O Adonai, see how Your enemies shall perish, how all who do evil shall be scattered. You lift up my head in pride, I am bathed in freshening oil, I shall see the defeat of my foes, my ears shall hear of their fall.

The righteous shall flourish like palms, grow tall like cedars in Lebanon. Rooted in the house of Adonai, they shall be ever fresh and green, proclaiming that Adonai is just, my Rock, in whom there is no wrong.

CHATZI KADDISH

חצי קדיש

Yit’ga-dal v’yit’ka-dash	יִתְגַּדַּל וְיִתְקַדַּשׁ
sh’mei ra-bah	שְׁמֵהּ רַבָּא
b’al’ma di-v’ra ch’ru-tei,	בְּעָלְמָא דִּי-בְרָא כִרוּתֵהּ,
v’yam’lich mal’chu-tei,	וְיַמְלִיךְ מַלְכוּתֵהּ,
b’cha-yei-chon u-v’yo-mei-chon	בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
u-v’cha-yei d’chol beit Yisrael,	וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
ba-a-ga-lah u-viz’man ka-riv,	בַּעֲגָלָא וּבִזְמַן קָרִיב,
v’im’ru: Amen.	וְאִמְרוּ: אָמֵן.

Let the glory of God be extolled, let God’s great name be praised in the world whose creation was willed. May God’s rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say: Amen.

Y’hei sh’mei ra-bah m’va-rach	יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
l’a-lam u-l’al’mei al’ma-ya.	לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Let God’s great name be blessed for ever and ever.

Yit’ba-rach v’yish’ta-bach, v’yit’pa-ar	יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאַר
v’yit’ro-mam v’yit’na-sei,	וְיִתְרוֹמַם וְיִתְנַשֵּׂא,
v’yit’ha-dar v’yit’a-leh v’yit’ha-lal	וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל
sh’mei d’kud’sha, b’rich hu.	שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא.
L’ei-la (u-l’ei-lah) min kol	לְעֵלָּא (וּלְעֵלָּא) מִן-כָּל-
bir’cha-tah v’shi-ra-tah,	בִּרְכָתָא וְשִׁירָתָא,
tush’b’cha-tah v’ne-che-ma-tah	תֻּשְׁבְּחָתָא וְנֶחֱמָתָא
da-a-mi-ran b’al’ma,	דַּאֲמִירָן בְּעָלְמָא,
v’im’ru: Amen.	וְאִמְרוּ: אָמֵן.

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

Please Rise

THE SHEMA AND ITS BLESSINGS

בָּרְכוּ אֶת-יְיָ הַמְבֹרָךְ׃

Bar'chu et Adonai ha-m'vo-rach!
Praise the One to whom praise is due!

בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד׃

Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed!
Praised be the One to whom praise is due, now and forever!

MA'ARIV ARAVIM **מעריב ערבים**

Ba-ruch a-tah, Adonai Eloheinu, בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
me-lech ha-ol-lam, a-sher מֶלֶךְ הָעוֹלָם, אֲשֶׁר
bi-d'va-ro ma-a-riv a-ra-vim. בִּדְבָרוֹ מַעֲרִיב עֲרָבִים.
B'choch-mah po-tei-ach sh'a-rim, בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,
u-vi-t'vu-nah m'sha-neh i-tim, וּבִתְבוּנָה מְשַׁנֶּה עִתִּים,
u-ma-cha-lif et ha-z'ma-nim, וּמַחֲלִיף אֶת-הַזְּמַנִּים,
u-m'sa-deir et ha-ko-cha-vim וּמְסַדֵּר אֶת-הַכּוֹכָבִים
b'mish'm'ro-tei-hem בְּמִשְׁמְרוֹתֵיהֶם
ba-ra-ki-ah kir'tzo-no. בָּרָקִיעַ כִּרְצוֹנוֹ.
Bo-rei yom va-lai'la, בּוֹרֵא יוֹם וָלָיְלָה,
go-leil or mi-p'nei cho-shech גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ
v'cho-shech mi-p'nei or, וְחֹשֶׁךְ מִפְּנֵי אוֹר,
u-ma-a-vir yom u-mei-vi lai'la, וּמַעֲבִיר יוֹם וּמֵבִיא לָיְלָה,
u-mav'dil bein yom u-vein lai'la, וּמַבְדִּיל בֵּין יוֹם וּבֵין לָיְלָה,
Adonai tz'va-ot sh'mo. יְיָ צְבָאוֹת שְׁמוֹ.

Eil chai v'ka-yam, אֵל חַי וְקַיָּם,
ta-mid yim'loch a-lei-nu, תָּמִיד יִמְלוֹךְ עָלֵינוּ,
l'o-lam va-ed. לְעוֹלָם וָעֶד.
Ba-ruch a-tah Adonai, בָּרוּךְ אַתָּה, יְיָ,
ha-ma-ariv a-ra-vim. הַמַּעֲרִיב עֲרָבִים.

Praised be Adonai our God, Ruler of the Universe, whose word brings on the evening. Your wisdom opens heaven's gates; Your understanding makes the ages pass and the seasons alternate; and Your will controls the stars as they travel through the skies.

Creator of day and night, rolling light away from darkness, and darkness from light; You cause day to pass and bring on the night; who separates day from night; You are Adonai Tz'vaot.

May the living and eternal God rule us always, to the end of time! Blessed are You, Adonai ma'ariv aravim (who "evenings the evening").

AHAVAT OLAM **אהבת עולם**

A-ha-vat o-lam beit Yisrael	אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל
am'cha a-hav-tah: Torah u-mitz'vot,	עַמְּךָ אָהַבְתָּ: תּוֹרָה וּמִצְוֹת,
chu-kim u-mish'pa-tim o-ta-nu	חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ
l'ma-d'ta. Al kein, Adonai, Eloheinu,	לִמַּדְתָּ. עַל-כֵּן, יְיָ אֱלֹהֵינוּ,
b'shoch-bei-nu u-v'ku-me-nu na-si-ach	בְּשָׁכְבֵּנוּ וּבְקוּמֵנוּ נָשִׂיחַ
b'chu-ke-cha, v'nis'mach b'div'rai	בְּחֻקֶּיךָ, וְנִשְׂמַח בְּדִבְרֵי
Torah-te-cha u-v'mitz-vo-te-cha	תוֹרָתֶךָ וּבְמִצְוֹתֶיךָ
l'o-lam va-ed.	לְעוֹלָם וָעֶד.
Ki heim cha-yei-nu v'o-rech	כִּי הֵם חַיֵּינוּ וְאוֹרֶךְ
ya-mei-nu, u-va-hem ne-h'geh	יָמֵינוּ, וּבָהֶם נֶהְגֶּה
yo-mam va-lai'lah.	יוֹמָם וָלָיְלָה.
V'a-ha-vat'cha al-ta-sir	וְאַהֲבָתְךָ אַל-תָּסִיר
mi-meh-nu l'o-la-mim!	מִמֶּנּוּ לְעוֹלָמִים!
Ba-ruch a-tah, Adonai,	בָּרוּךְ אַתָּה, יְיָ,
o-heiv a-mo Yisrael.	אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Unending is Your love for Your people, the House of Israel: Torah and mitzvot, laws and precepts have You taught us.

Therefore, O Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and rejoice in Your Torah and mitzvot for ever.

Day and night we will reflect on them, for they are our life and the length of our days. Your love shall never depart from our hearts! Blessed is Adonai, who loves Your people Israel.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד׃

Sh’ma Yisrael: Adonai Eloheinu Adonai Eh-chad!

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

Pray privately:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד׃

Ba-ruch sheim k’vod mal-chu-to l’o-lam va-ed!

Blessed is God’s glorious majesty forever and ever.

V’a-hav-ta et Adonai E-lo-he-cha,	וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ,
b’chol l’vav’cha, u-v’chol naf-sh’cha,	בְּכָל-לְבָבְךָ, וּבְכָל-נַפְשְׁךָ,
u-v’chol m’o-de-cha. V’ha-yu	וּבְכָל-מְאֹדֶךָ. וְהָיוּ
ha-d’va-rim ha-ei-leh,	הַדְּבָרִים הָאֵלֶּה,
a-sher a-no-chi m’tza-v’cha ha-yom,	אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם,
al l’va-ve-cha: V’shi-nan’tam	עַל-לְבָבֶךָ׃ וְשִׁנַּנְתָּם
l’va-ne-cha, v’di-bar’ta bam	לְבָנֶיךָ, וְדִבַּרְתָּ בָּם
b’shiv’t’cha b’vei-te-cha,	בְּשִׁבְתְּךָ בְּבֵיתֶךָ,
u-v’lech’t’cha va-de-rech	וּבְלֶכְתְּךָ בַדֶּרֶךְ
u-v’shoch’b’cha, u-v’ku-me-cha.	וּבְשָׁכְבְּךָ, וּבְקוּמֶךָ.
U-k’shar’tam l’ot al ya-de-cha,	וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶךָ,
v’ha-yu l’to-ta-fot bein ei-ne-cha,	וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֶיךָ,
u-ch’tav-tam al m’zu-zot	וּכְתַבְתָּם עַל מְזוּזֹת
bei-te-cha u-vi-sh’a-re-cha:	בֵּיתֶךָ וּבִשְׁעָרֶיךָ׃

The following 2 paragraphs are often prayed privately:

V’ha-yah im sha-mo-a tish’m’u	וְהָיָה אִם-שָׁמֹעַ תִּשְׁמְעוּ
el mi-tz’vo-tai, a-sher a-no-chi	אֶל-מִצְוֹתַי, אֲשֶׁר אָנֹכִי
m’tza-ve et-chem ha-yom,	מְצַוֶּה אֶתְכֶם הַיּוֹם,
l’a-ha-vah et Adonai e-lo-hei-chem,	לְאַהֲבָה אֶת יְיָ אֱלֹהֵיכֶם,
u-l’av’do b’chol l’vav-chem	וּלְעָבְדוֹ בְּכָל-לְבַבְכֶם
u-v’chol naf-sh’chem. V’na-ta-ti	וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי
m’tar ar’tz’chem b’ee-to,	מְטַר-אַרְצְכֶם בְּעִתּוֹ,
yo-reh u-mal-kosh, v’asaf’ta	יוֹרֶה וּמַלְקוֹשׁ, וְאָסַפְתָּ
d’ga-ne-cha v’ti-rosh’cha v’yitz’ha-re-cha.	דְגָנֶךָ וְתִירֹשְׁךָ וְיִצְהָרֶךָ.

V’na-ta-ti ei-sev b’sad’cha
li-v’hem’te-cha, v’a-chal’ta v’sa-va’ta.
Hi-sham’ru la-chem pen yif-teh
l’vav’chem, v’sar’tem va-a-vad’tem
E-lo-him a-chei-rim v’hi-sh’ta-cha-vee-tem
la-hem. V’cha-rah af Adonai ba-chem,
v’a-tzar et ha-sha-ma-yim v’lo yi-h’yeh
ma-tar, v’ha-a-da-mah lo ti-tein
et y’vu-lah va-a-vad’tem m’hei-rah
mei-al ha-a-retz ha-to-vah a-sher
Adonai no-tein la-chem: V’sam’tem et
d’va-rai ei-leh al l’va-v’chem
v’al naf’sh’chem, u-k’shar-tem o-tam
l’ot al yed’chem, v’ha-yu
l’to-ta-fot bein ei-nei-chem.
V’li-mad’tem o-tam et b’nei-chem,
l’da-beir bam, b’shiv’t’cha b’vei-te-cha,
u-v’lech’t’cha va-de-rech, u-v’shoch’b’cha
u-v’ku-me-cha: Uch’tav-tam al
m’zu-zot bei-te-cha u-vi-sha-re-cha.
L’ma-an yir’bu y’mei-chem vi-mei
v’nei-chem al ha-a-da-mah a-sher
nish’ba Adonai la-a-vo-tei-chem
la-teit la-hem, kee-mei
ha-sha-ma-yim al ha-a-retz:

וְנָתַתִּי עֵשֶׂב בְּשָׂדְךָ
לִבְהֶמְתֶּךָ, וְאָכַלְתָּ וְשָׂבָעְתָּ.
הִשָּׁמְרוּ לָכֶם פֶּן-יִפְתֶּה
לְבַבְכֶם, וְסַרְתֶּם וַעֲבַדְתֶּם
אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
לָהֶם. וְחָרָה אַף-יְיָ בָּכֶם,
וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה
מָטָר, וְהָאֲדָמָה לֹא תִתֵּן
אֶת-יְבוּלָהּ וַאֲבַדְתֶּם מְהֵרָה
מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר
יְיָ נֹתֵן לָכֶם: וְשַׂמְתֶּם אֶת
דְּבָרַי אֵלֶּה עַל-לְבַבְכֶם
וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם
לְאוֹת עַל-יֶדְכֶם, וְהָיוּ
לְטוֹטָפֹת בֵּין עֵינֵיכֶם:
וְלִמַּדְתֶּם אֹתָם אֶת-בְּנֵיכֶם,
לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתֶךָ,
וּבְלֶכְתְּךָ בַדֶּרֶךְ, וּבְשָׁכְבְּךָ
וּבְקוּמֶךָ: וּכְתַבְתָּם עַל-
מְזוּזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ:
לְמַעַן יִרְבּוּ יְמֵיכֶם וִימֵי
בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר
נִשְׁבַּע יְיָ לַאֲבֹתֵיכֶם
לָתֵת לָהֶם, כִּימֵי
הַשָּׁמַיִם עַל-הָאָרֶץ:

Va-yo-mer Adonai el Moshe lei-mor:
Da-beir el b’nai Yisrael
v’a-mar-ta a-lei-hem: v’a-su la-hem
tzi-tzit al kan’fei vi-g’dei-hem
l’do-ro-tam, v’nat’nu al tzi-tzit
ha-ka-naf p’til t’chei-let. V’ha-yah
la-chem l’tzi-tzit, ur’i-tem o-to
u-z’char-tem et kol mitz-vot Adonai,
va-a-si-tem o-tam, v’lo
ta-tu-ru a-cha-rei l’vav’chem
v’a-cha-rei ei-nei-chem a-sher
a-tem zo-nim a-cha-rei-hem.

וַיֹּאמֶר יְיָ אֶל-מֹשֶׁה לֵּאמֹר:
דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל
וְאָמַרְתָּ אֲלֵהֶם: וְעָשׂוּ לָהֶם
צִיצִת עַל-כַּנְפֵי בִגְדֵיהֶם
לְדֹרֹתָם, וְנָתְנוּ עַל-צִיצִת
הַכָּנָף פְּתִיל תְּכֵלֶת. וְהָיָה
לָכֶם לְצִיצִת, וּרְאִיתֶם אֹתוֹ
וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְיָ,
וַעֲשִׂיתֶם אֹתָם, וְלֹא
תָתוּרוּ אַחֲרֵי לְבַבְכֶם
וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר-
אַתֶּם זֹנִים אַחֲרֵיהֶם:

*L’ma-an tiz-k’ru va-a-si-tem	*לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
et kol mitz-vo-tai, vi-h’yi-tem	אֶת-כָּל-מִצְוֹתָי, וִהְיִיתֶם
k’doh-shim lei-lo-hei-chem:	קְדֹשִׁים לֵאלֹהֵיכֶם׃
A-ni Adonai Eh-lo-hei-chem,	אֲנִי יְיָ אֱלֹהֵיכֶם,
a-sher ho-tzei-ti et-chem	אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
mei-eh-retz mitz-ra-yim,	מֵאֶרֶץ מִצְרַיִם,
li-h’yot la-chem lei-lo-him,	לִהְיוֹת לָכֶם לֵאלֹהִים,
A-ni Adonai Eh-lo-hei-chem:	אֲנִי יְיָ אֱלֹהֵיכֶם׃

You shall love the Eternal One, your God with all your heart, with all your soul, 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 a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates.

*How good it will be when you really listen to all my directions which I give to you today for loving Adonai your God and to act godly with feeling and inspiration. Your earthly needs will be met at the right time appropriate to the season. You will reap what you’ve planted for your delight and health. Also your animals will have ample feed...all of you will eat and be content. Be careful, watch out, don’t let your cravings delude you. Don’t let your cravings become your gods. Don’t debase yourself to them. Because the God-sense within you will become distorted. Heaven will be shut to you. Grace will not descend. Earth will not produce. Your rushing will destroy you and earth will not be able to recover her good balance in which God’s gifts manifest. May these values of mine reside in your feelings and aspirations marking what you produce, guiding what you perceive. Teach them to your children. Mark your entrances and exits with them so you’ll be more aware. Then will you and your children and their children’s children live out on earth the divine promise given to your ancestors to live heavenly days right here on this earth.**

And God said to Moses: speak to the children of Israel and tell them to make for themselves fringes (tzitzit) on the corners of their garments throughout their generations and to attach a thread of blue to the fringe; look at it, and remember to do all My mitzvot so that you will not follow the desires of your heart and your eyes which lead you astray.

Be mindful of all My mitzvot, and do them: so shall you consecrate yourselves to your God. I, the Eternal, am your God who led you out of Egypt to be your God; I, the Eternal, am your God.

** Translation by Rabbi Zalman Schachter-Shalomi*

REDEMPTION **מי-כמכה**

Mi cha-mo-cha ba-ei-lim, Adonai? מִי-כָמֹכָה בָּאֵלִים, יְיָ?
Mi ka-mo-cha, ne-dar ba-ko-desh, מִי כָּמֹכָה, נֶאְדָּר בַּקֹּדֶשׁ,
no-ra t'hi-lot, o-seh fe-leh? נוֹרָא תְהִלֹּת, עֹשֵׂה פֶלֶא?

Mal'chu-t'cha ra-u va-ne-cha, מַלְכוּתְךָ רָאוּ בָנֶיךָ,
bo-kei-a yam lif-nei Moshe; בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה;
"zeh Ei-li!" a-nu v'am'ru: "זֶה אֵלִי!" עָנוּ וְאָמְרוּ:

"Adonai yim'loch l'o-lam va-ed!" "יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!"

V'neh-eh-mar: "Ki fa-da Adonai et וְנֶאֱמַר: "כִּי-פָדָה יְיָ אֶת
Ya-a-kov, u-g'a-lo mi-yad cha-zak יַעֲקֹב, וּגְאָלוֹ מִיַּד חָזָק
mi-me-nu." Ba-ruch a-tah, Adonai, מִמֶּנּוּ." בָּרוּךְ אַתָּה, יְיָ,
ga-al Yisrael. גָּאַל יִשְׂרָאֵל.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders? Your children saw Your powerful might displayed. "This is our God!" they cried. "Adonai will reign forever and ever!" And it has been said: "Adonai delivered Jacob, and redeemed him from the hand of one stronger than himself." Blessed is Adonai, the Redeemer of Israel.

PEACE **השכיבנו**

Hash'ki-ve-nu, Adonai Eloheinu, הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ,
l'sha-lom, v'ha-a-mi-dei-nu לְשָׁלוֹם, וְהַעֲמִידֵנוּ,
mal'kei-nu l'cha-yim. מַלְכֵּנוּ, לְחַיִּים.
U-f'ros a-lei-nu su-kat sh'lo-me-cha, וּפְרוֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ,
v'tak'nei-nu b'ei-tzah to-vah וְתַקְּנֵנוּ בְּעֵצָה טוֹבָה
mi-l'fa-ne-cha, v'ho-shi-ei-nu l'ma-an מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן
sh'me-cha, v'ha-gein ba-a-dei-nu. שְׁמֶךָ, וְהָגֵן בַּעֲדֵנוּ.
V'ha-seir mei-a-lei-nu o-yeiv, וְהָסֵר מֵעָלֵינוּ אוֹיֵב,
de-ver v'che-rev v'ra-ah v'ya-gon; דֶּבֶר וְחֶרֶב וְרָעָה וְיָגוֹן;
v'ha-seir sa-tan mi-l'fa-nei-nu וְהָסֵר שָׂטָן מִלְּפָנֵינוּ

u’mei-a-cha-rei-nu; u-v’tzeil k’na-fe-cha	וּמֵאַחֲרֵינוּ; וּבְצֵל כְּנָפֶיךָ
tas’ti’rei’nu, ki Eil shom’rei-nu	תַּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרֵנוּ
u’ma-tzi-lei-nu A-tah, ki Eil	וּמַצִּילֵנוּ אָתָּה, כִּי אֵל
me-lech cha-nun v’ra-chum A-tah.	מֶלֶךְ חַנּוּן וְרַחוּם אָתָּה.
U-sh’mor tzei-tei-nu u-vo-ei-nu	וּשְׁמוֹר צֵאתֵנוּ וּבוֹאֵנוּ
l’cha-yim u-l’sha-lom,	לְחַיִּים וּלְשָׁלוֹם,
me-a-tah v’ad o-lam,	מֵעַתָּה וְעַד עוֹלָם,
u’fros a-lei-nu su-kat sh’lo-me-cha.	וּפְרוֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ.
Ba-ruch a-tah Adonai	בָּרוּךְ אַתָּה, יְיָ,
ha-po-reis su-kat sha-lom a-lei-nu,	הַפּוֹרֵשׂ סֻכַּת שָׁלוֹם עָלֵינוּ,
v’al kol a-mo Yisrael,	וְעַל־כָּל־עַמּוֹ יִשְׂרָאֵל
v’al Y-ru-sha-la-yim	וְעַל יְרוּשָׁלָיִם.

Grant, Adonai, that we may lie down in peace, and raise us up, Eternal God, to life renewed. Spread over us the sukkah of Your peace; guide us with Your good counsel; and for Your name’s sake, be our Help.

Shield us from hatred and plague; keep us from war and famine and anguish; subdue our inclination to evil. O God, our Guardian and Helper, our gracious and merciful Ruler, give us refuge in the shadow of Your wings. O guard our coming and our going, that now and always we have life and peace.

Blessed is Adonai, whose sukkah of peace is spread over us, over all Your people Israel, and over Jerusalem.

***

SHELTER US

Shelter us beneath thy wings, O Adonai. Guard us from all harmful things, O Adonai. Keep us safe throughout the night, 'til we wake with morning’s light. Teach us God wrong from right, Amen (x6).

THE BLESSING OF SHABBAT **ושמרו**

V'sha-m'ru v'nei Yisrael
et ha-Shabat, la-a-sot
et ha-Shabat l'do-ro-tam b'rit
o-lam. Bei-ni u-vein b'nei
Yisrael ot hi l'o-lam.
Ki shei-shet ya-mim a-sah
Adonai et ha-sha-ma-yim v'et
ha-a-retz, u-va-yom ha-sh'vi-i,
sha-vat va-yi-na-fash.

וְשָׁמְרוּ בְנֵי-יִשְׂרָאֵל
אֶת-הַשַּׁבָּת, לַעֲשׂוֹת
אֶת-הַשַּׁבָּת לְדֹרֹתָם בְּרִית
עוֹלָם. בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אוֹת הִיא לְעֹלָם.
כִּי שֵׁשֶׁת יָמִים עָשָׂה
יְיָ אֶת-הַשָּׁמַיִם וְאֶת-
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנָּפַשׁ.

The people of Israel shall keep the Sabbath, observing the Sabbath in every generation as a covenant for all time. It is a sign forever between Me and the people of Israel, for in six days the Eternal God made heaven and earth, resting and exhaling on the seventh day.

Please rise. Pray the Amidah silently.

T'FILAH **תפלה**

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

אֲדֹנָי, שְׂפָתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתֶךָ.

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

AVOT V'IMAHOT **אבות ואמהות**

Ba-ruch a-tah, Adonai, Eloheinu
vei-lo-hei a-vo-tei-nu v'i-mo-tei-nu:
E-lo-hei Av'ra-ham, E-lo-hei
Yitz'chak, vei-lo-hei Ya-a-kov.
E-lo-hei Sarah, E-lo-hei Riv-kah,
E-lo-hei Le-ah, vei-lo-hei Ra-cheil.
Ha-Eil ha-ga-dol ha-gi-bor,
v'ha-no-rah, Eil el-yon, go-meil
cha-sa-dim toh-vim, v'ko-nei
ha-kol, v'zo-cheir chas-dei a-vot

בָּרוּךְ אַתָּה, יְיָ, אֱלֹהֵינוּ
וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וֵאלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי לֵאָה, וֵאלֹהֵי רָחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל
חֲסָדִים טוֹבִים וְקוֹנֵה
הַכֹּל וְזוֹכֵר חַסְדֵי אָבוֹת

v'i-ma-hot. U-mei-vi g'u-lah	וְאִמָּהוֹת. וּמֵבִיא גְּאֻלָּה
li-v'nei v'nei-hem, l'ma-an	לִבְנֵי בְנֵיהֶם, לְמַעַן
sh'mo, b'a-ha-va. Meh-lech	שְׁמוֹ בְּאַהֲבָה. מֶלֶךְ
o-zeir u-mo-shi-a u-ma-gein.	עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן.
Ba-ruch a-tah Adonai, ma-gein	בָּרוּךְ אַתָּה יְיָ, מָגֵן
Av'ra-ham v'ez-rat Sa-rah.	אַבְרָהָם וְעֶזְרַת שָׂרָה.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah, God of Rachel: great, mighty, and awesome God. God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name. You are our Ruler and our Help, our Redeemer and our Shield. We praise You, O God, shield of Abraham, protector of Sarah.

GOD'S POWER	**גבורות**
A-tah gi-bor l'o-lam Adonai,	אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
m'cha-yei ha-kol (mei-tim)*	מְחַיֵּה הַכֹּל (מֵתִים)*,
a-tah rav l'ho-shi-ya.	אַתָּה רַב לְהוֹשִׁיעַ.

WINTER — Ma-shiv ha-ru-ach	מַשִׁיב הָרוּחַ — WINTER
u-mo-rid ha-ga-shem.	וּמוֹרִיד הַגָּשֶׁם.

Winter — You blow the wind and bring down the rain.

SUMMER — Mo-rid ha-tal.	מוֹרִיד הַטַּל. — SUMMER

Summer — You bring down the dew.

M'chal-keil cha-yim b'che-sed,	מְכַלְכֵּל חַיִּים בְּחֶסֶד,
m'cha-yei ha-kol (mei-tim)*	מְחַיֵּה הַכֹּל (מֵתִים)*
b'ra-cha-mim ra-bim. So-meich	בְּרַחֲמִים רַבִּים. סוֹמֵךְ
no-f'lim, v'ro-fei cho-lim,	נוֹפְלִים, וְרוֹפֵא חוֹלִים,
u-ma-tir a-su-rim, u-m'ka-yeim	וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם
e-mu-na-to li-shei-nei a-far.	אֱמוּנָתוֹ לִישֵׁנֵי עָפָר.
Mi cha-mo-cha, ba-al g'vu-rot,	מִי כָמוֹךָ, בַּעַל גְּבוּרוֹת,

WINTER: Shemini Atzeret to Pesach SUMMER: Peasach to Shimini Atzeret

*Traditionally reads "m'cha-yei mei-tim" which means "brings the dead to life." Some Jews feel more comfortable saying "m'cha-yei ha-kol" (who gives life to all) not wanting to utter a belief in the resurrection of the dead. Others understand this verse metaphorically: God brings the dead parts of our being back to life.

u-mi do-me lach, me-lech	וּמִי דּוֹמֶה לָּךְ, מֶלֶךְ
mei-mit u-m'cha-ye u-matz'mi-ach	מֵמִית וּמְחַיֶּה וּמַצְמִיחַ
y'shu-a? V'ne-e-man a-tah	יְשׁוּעָה? וְנֶאֱמָן אַתָּה
l'ha-cha-yot ha-kol (mei-tim).	לְהַחֲיוֹת הַכֹּל (מֵתִים)*.
Ba-ruch a-tah Adonai,	בָּרוּךְ אַתָּה, יְיָ,
m'cha-yei ha-kol (mei-tim).	מְחַיֵּה הַכֹּל (מֵתִים)*.

Eternal is Your might, Adonai; all life is Your gift; great is Your power to save! With love You sustain the living, with great compassion, You give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust.

Who is like You, Master of Might: Who is Your equal, O Adonai of life and death, Source of salvation? You are faithful, giving life to all. Blessed is Adonai, the Source of life.

On Shabbat Shuvah insert:

Mi cha-mo-cha, av ha-ra-cha-mim,	מִי כָמוֹךָ, אַב הָרַחֲמִים,
zo-cheir y'tzu-rav l'cha-yim b'ra-cha-mim?	זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

Who is like You, Source of compassion, who in compassion sustains the life of Your children?

GOD'S HOLINESS **קדושת השם**

A-tah ka-dosh v'shim'cha ka-dosh,	אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
u-k'do-shim b'chol yom	וּקְדוֹשִׁים בְּכָל-יוֹם
y'ha-l'lu-cha se-lah.	יְהַלְלוּךָ סֶּלָה.*
Ba-ruch a-tah, Adonai,	בָּרוּךְ אַתָּה, יְיָ,
ha-eil ha-ka-dosh.	הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy, praise Your glory day by day. Blessed is Adonai, the holy God.*

**On Shabbat Shuvah conclude:*

Ba-ruch a-tah, Adonai,	בָּרוּךְ אַתָּה, יְיָ,
ha-me-lech ha-ka-dosh.	הַמֶּלֶךְ הַקָּדוֹשׁ.

Blessed is Adonai, the holy Ruler.

A-tah ki-dash-tah et yom
ha-sh'vi-i li-sh'me-chah; ta-ch'lit
ma-a-sei sha-ma-yim va-a-retz,
u-vei-rach'to mi-kol ha-ya-mim
v'ki-dash'to mi-kol ha-z'ma-nim,
v'chein ka-tuv b'to-ra-techah:

אַתָּה קִדַּשְׁתָּ אֶת-יוֹם
הַשְּׁבִיעִי לִשְׁמֶךָ; תַּכְלִית
מַעֲשֵׂה שָׁמַיִם וָאָרֶץ,
וּבֵרַכְתּוֹ מִכָּל הַיָּמִים
וְקִדַּשְׁתּוֹ מִכָּל-הַזְּמַנִּים,
וְכֵן כָּתוּב בְּתוֹרָתֶךָ:

Va-y'chu-lu ha-sha-ma-yim
v'ha-a-retz v'chol tz'va-am.
Va-y'chal Elohim ba-yom
ha-she'vi-i m'lach'to a-sher
a-sah; va-yish'bot ba-yom ha-sh'vi-i
mi-kol m'lach'to a-sher a-sah.
Va-y'va-rech Elohim et yom
ha-sh'vi-i va-y'ka-deish o-to,
ki vo sha-vat mi-kol m'lach-to
a-sher ba-ra Elohim la-a-sot.

וַיְכֻלּוּ הַשָּׁמַיִם
וְהָאָרֶץ וְכָל-צְבָאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר
עָשָׂה; וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מִכָּל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם
הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ,
כִּי בוֹ שָׁבַת מִכָּל-מְלַאכְתּוֹ
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת.

Eloheinu vei-lo-hei a-vo-tei-nu,
r'tzei vi-m'nu-cha-tei-nu. Kad-shei-nu
b'mitz'vo-te-chah, v'tein chel'kei-nu
b'to-ra-te-cha. Sa-b'ei-nu mi-tu-ve-cha,
v'sam'-chei-nu bi-shu-a-te-cha,
v'ta-heir li-bei-nu l'o-v'd'chah
be-e-met. V'han'chi-lei-nu, Adonai
Eloheinu, b'a-ha-vah uv'ra-tzon
Shabbat kod'she-cha, v'ya-nu-chu vah
Yisrael m'kad-shei sh'me-cha.
Ba-ruch a-tah, Adonai,
m'ka-deish ha-Shabbat.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ,
רְצֵה בִמְנוּחָתֵנוּ. קַדְּשֵׁנוּ
בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ
בְּתוֹרָתֶךָ. שַׂבְּעֵנוּ מִטּוּבֶךָ,
וְשַׂמְּחֵנוּ בִּישׁוּעָתֶךָ,
וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ
בֶּאֱמֶת. וְהַנְחִילֵנוּ, יְיָ
אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרָצוֹן
שַׁבַּת קָדְשֶׁךָ, וְיָנוּחוּ בָהּ
יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ.
בָּרוּךְ אַתָּה, יְיָ,
מְקַדֵּשׁ הַשַּׁבָּת.

You set the seventh day apart for Your service; it is the goal of creation, more blessed than other days, more holy than other times as we read in the story of creation:

Now the whole universe – sky, earth, and all their array – was completed. With the seventh day God ended God's work of creation; on the seventh day God rested, with all God's work completed. Then God blessed the seventh day and called it holy, for with this day God had completed the work of creation.

Our God and God of ages past, may our rest on this day be pleasing in Your sight. Make us holy with Your mitzvot, and let Your Torah be our way of life. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, O Adonai our God, let Your holy Sabbath remain our heritage, that all Israel, making Your name holy, may find rest and peace. Blessed is Adonai, for the Sabbath and its holiness.

WORSHIP **עבודה**

R'tzei, Adonai Eloheinu b'am-cha
Yisrael, u-t'fi-la-tam b'a-ha-vah
t'ka-beil, u-t'hi l'ra-tzon ta-mid
a-vo-dat Yisrael a-me-cha. Eil
ka-rov l'chol kor'av, p'nai
el a-va-de-cha v'cha-nei-nu: sh'foch
ru-cha-cha a-lei-nu, v'te-che-zeh-nah
ei-nei-nu b'shuv'cha l'Tzi-yon
b'ra-cha-mim. Ba-ruch a-tah, Adonai,
ha-ma-cha-zir sh'chi-na-to l'Tzi-yon.

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ
יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה
תְקַבֵּל, וּתְהִי לְרָצוֹן תָּמִיד
עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ. אֵל
קָרוֹב לְכָל-קוֹרְאָיו, פְּנֵה
אֶל עֲבָדֶיךָ וְחָנֵנוּ: שְׁפוֹךְ
רוּחֲךָ עָלֵינוּ, וְתֶחֱזֶינָה
עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן
בְּרַחֲמִים. בָּרוּךְ אַתָּה, יְיָ,
הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious, O Adonai our God, to Your people Israel, and receive our prayers with love. O may our worship always be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and in the midst of our people in Zion. Blessed is Adonai, who restores Your Shechinah to Zion.

Modim a-nach-nu lach, sheh-a-tah	מוֹדִים אֲנַחְנוּ לָךְ, שֶׁאַתָּה
hu Adonai Eloheinu vei-lo-hei	הוּא יְיָ אֱלֹהֵינוּ וֵאלֹהֵי
a-vo-tei-nu, l'o-lam va-ed. Tzur	אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר
cha-yei-nu mah-gein yi-sh'ei-nu, a-tah	חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ, אַתָּה
hu l'dor vador. No-deh l'cha	הוּא לְדוֹר וָדוֹר. נוֹדֶה לְךָ
u-n'sa-peir t'hi-la-te-cha, al cha-yei-nu	וּנְסַפֵּר תְּהִלָּתֶךָ, עַל-חַיֵּינוּ
ha-m'su-rim b'ya-de-cha, v'al	הַמְּסוּרִים בְּיָדֶךָ, וְעַל
ni-sh'mo-tei-nu ha-p'ku-dot lach,	נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,
v'al ni-se-cha she-b'chol yom	וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם
i-ma-nu, v'al nif'lo-te-cha	עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ
v'to-vo-te-cha she-b'chol eit,	וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת,
e-rev va-vo-ker v'tzo-ho-ra-yim,	עֶרֶב וָבֹקֶר וְצָהֳרָיִם,
ha-tov: ki lo cha-lu	הַטּוֹב: כִּי לֹא כָלוּ
ra-cha-me-cha, v'ham'ra-cheim:	רַחֲמֶיךָ, וְהַמְרַחֵם:
ki lo ta-mu cha-sa-de-cha	כִּי לֹא תַמּוּ חֲסָדֶיךָ,
mei-o-lam ki-vi-nu lach.	מֵעוֹלָם קִוִּינוּ לָךְ.
V'al ku-lam yit'ba-rach	וְעַל כֻּלָּם יִתְבָּרַךְ
v'yit-ro-mam shim'cha, mal'kei-nu,	וְיִתְרוֹמַם שִׁמְךָ מַלְכֵּנוּ,
ta-mid l'o-lam va-ed. V'chol	תָּמִיד לְעוֹלָם וָעֶד. וְכֹל
ha-cha-yim yo-du-cha se-lah,	הַחַיִּים יוֹדוּךָ סֶּלָה,
vi-ha-l'lu et shim'cha be-e-met,	וִיהַלְלוּ אֶת שִׁמְךָ בֶּאֱמֶת,
ha-eil y'shu-ah-tei-nu	הָאֵל יְשׁוּעָתֵנוּ
v'ez-rah-tei-nu se-lah.	וְעֶזְרָתֵנוּ סֶלָה.
Ba-ruch a-tah, Adonai, ha-tov	בָּרוּךְ אַתָּה, יְיָ, הַטּוֹב
shim'cha u-l'cha na-eh l'ho-dot.	שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת.

We gratefully acknowledge that You are our God and the God of our people, the God of all generations. You are the Rock of our life, the Power that shields us in every age. We thank You and sing Your praises: for our lives, which are in Your hand; for our souls, which are in Your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope. For all these things, O Sovereign God, Your name is goodness and we therefore thank You.

Al ha-ni-sim v'al ha-pur-kan,
v'al ha-g'vu-rot, v'al ha-t'shu-ot,
v'al ha-mil'cha-mot, she'a-si-ta
la-a-vo-tei-nu v'i-mo-tei-nu ba-ya-mim
ha-heim ba-z'man ha-zeh

עַל הַנִּסִּים וְעַל הַפֻּרְקָן,
וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּעוֹת,
וְעַל הַמִּלְחָמוֹת, שֶׁעָשִׂיתָ
לַאֲבוֹתֵינוּ וְאִמּוֹתֵינוּ בַּיָּמִים
הָהֵם בַּזְּמַן הַזֶּה.

Bi-mei Ma-ti-t'ya-hu ben Yo-cha-nan
ko-hein ga-dol, cha-sh'mo-nai u-va-nav,
k'she-am'dah mal'chut ya-van
har'sha-ah al am'cha Yisrael
l'ha-sh'ki-cham To-ra-te-cha,
u-l'ha-a-vi-ram mei-chu-kei r'tzo-ne-cha.
V'A-tah b'ra-cha-me-cha ha-ra-bim
a-ma-d'ta la-hem b'eit tza-ra-tam,
rav'ta et ri-vam, dan'ta et
di-nam, na-kam'ta et ni-k'ma-tam,
ma-sar-ta gi-bo-rim b'yad cha-la-shim,
v'ra-bim b'yad m'a-tim,
u-t'mei-im b'yad t'ho-rim,
u-r'sha-im b'yad tza-di-kim,
v'zei-dim b'yad o-s'kei to-ra-te-cha.

בִּימֵי מַתִּתְיָהוּ בֶּן יוֹחָנָן
כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,
כְּשֶׁעָמְדָה מַלְכוּת יָוָן
הָרְשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
לְהַשְׁכִּיחָם תּוֹרָתֶךָ,
וּלְהַעֲבִירָם מֵחֻקֵּי רְצוֹנֶךָ.
וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים
עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
רַבְתָּ אֶת רִיבָם, דַּנְתָּ אֶת
דִּינָם, נָקַמְתָּ אֶת נִקְמָתָם,
מָסַרְתָּ גִּבּוֹרִים בְּיַד חַלָּשִׁים,
וְרַבִּים בְּיַד מְעַטִּים,
וּטְמֵאִים בְּיַד טְהוֹרִים,
וּרְשָׁעִים בְּיַד צַדִּיקִים,
וְזֵדִים בְּיַד עוֹסְקֵי תוֹרָתֶךָ.

U-l'cha a-si-ta sheim ga-dol v'ka-dosh
b'o-la-me-cha, u-l'am'cha Yisrael
a-si-ta t'shu-ah g'do-lah
u-fur-kan k'ha-yom ha-zeh. V'a-char
kein ba-u va-ne-cha li-d'vir bei-te-cha,
u-fi-nu et hei-cha-le-cha,
v'ti-ha-ru et mi-k'da-she-cha,
v'hi-d'li-ku nei-rot b'chatz-rot
kod'she-cha, v'kav'u sh'mo-nat y'mei
cha-nu-kah ei-lu, l'ho-dot
u-l'ha-leil l'shim'cha ha-ga-dol.

וּלְךָ עָשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ
בְּעוֹלָמֶךָ, וּלְעַמְּךָ יִשְׂרָאֵל
עָשִׂיתָ תְּשׁוּעָה גְּדוֹלָה
וּפֻרְקָן כְּהַיּוֹם הַזֶּה. וְאַחַר
כֵּן בָּאוּ בָנֶיךָ לִדְבִיר בֵּיתֶךָ,
וּפִנּוּ אֶת הֵיכָלֶךָ,
וְטִהֲרוּ אֶת מִקְדָּשֶׁךָ,
וְהִדְלִיקוּ נֵרוֹת בְּחַצְרוֹת
קָדְשֶׁךָ, וְקָבְעוּ שְׁמוֹנַת יְמֵי
חֲנֻכָּה אֵלּוּ לְהוֹדוֹת
וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.

We give thanks for the redeeming wonders and the mighty deeds by which at this season our people was saved in the days of old.

In the days of Mattathais, son of Yochanan, the High Priest, a tyrant arose against our ancestors, determined to make them forget Your Torah, and to turn them away from obedience to Your will. But You were at their side in time of trouble. You gave them strength to struggle and to triumph, that they might serve You in freedom.

Through the power of Your spirit the weak defeated the strong, the few prevailed over the many, and the righteous were triumphant. Then Your children returned to Your house, to purify the sanctuary and kindle its lights. And they dedicated these days to give thanks and praise to Your great name.

ON PURIM **לפורים**

Al ha-ni-sim v'al ha-pur-kan,
v'al ha-g'vu-rot, v'al ha-t'shu-ot,
v'al ha-mil'cha-mot, she'a-si-ta
la-a-vo-tei-nu v'i-mo-tei-nu ba-ya-mim
ha-heim ba-z'man ha-zeh.

עַל הַנִּסִּים וְעַל הַפֻּרְקָן,
וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּעוֹת,
וְעַל הַמִּלְחָמוֹת, שֶׁעָשִׂיתָ
לַאֲבוֹתֵינוּ וְאִמּוֹתֵינוּ בַּיָּמִים
הָהֵם בַּזְּמַן הַזֶּה.

Bi-mei Mor-de-chai v'Es-teir
b'Shu-shan ha-bi-rah, k'she-a-mad
a-lei-hem Ha-man ha-rah-sha,
bi-keish l'ha-shmid, l'ha-rog,
u'l'abeid et kol ha-ye-hu-dim,
mi-na-ar v'ad za-kein, taf
v'na-shim, b'yom e-chad
bi-sh'lo-shah a-sar l'cho-desh
sh'neim a-sar, hu cho-desh
A-dar, u-sh'la-lam la-voz.
V'A-tah b'rah-cha-meh-cha ha-ra-bim
hei-far'ta et a-tza-to,
v'kil-kal'ta et ma-cha-shav'to,
v'ha-shei-vo-ta g'mu-lo
b'ro-sho, v'ta-lu o-to
v'et ba-nav al ha-eitz.

בִּימֵי מָרְדְּכַי וְאֶסְתֵּר
בְּשׁוּשַׁן הַבִּירָה, כְּשֶׁעָמַד
עֲלֵיהֶם הָמָן הָרָשָׁע,
בִּקֵּשׁ לְהַשְׁמִיד, לַהֲרֹג
וּלְאַבֵּד אֶת כָּל הַיְּהוּדִים,
מִנַּעַר וְעַד זָקֵן, טַף
וְנָשִׁים, בְּיוֹם אֶחָד
בִּשְׁלשָׁה עָשָׂר לְחֹדֶשׁ
שְׁנֵים עָשָׂר, הוּא חֹדֶשׁ
אֲדָר, וּשְׁלָלָם לָבוֹז.
וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים
הֵפַרְתָּ אֶת עֲצָתוֹ,
וְקִלְקַלְתָּ אֶת מַחֲשַׁבְתּוֹ,
וַהֲשֵׁבוֹתָ גְּמוּלוֹ
בְּרֹאשׁוֹ, וְתָלוּ אוֹתוֹ
וְאֶת בָּנָיו עַל הָעֵץ.

We give thanks for the redeeming wonders and mighty deeds by which at this season our people was saved in days of old.

In the days of Mordechai and Esther, in Shushan the capital, when the wicked Haman arose, plotting the destruction of all the Jews. He planned to destroy them in a single day, the thirteenth of Adar, and to permit the plunder of their possessions. But through Your great mercy, his plan was thwarted, his scheme frustrated. We therefore thank and bless You, O great and gracious God.

PEACE

ברכת שלום

Sha-lom rav al Yisrael a-m'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 le-va-reich et
a-m'cha Yisrael be-chol eit u-ve-chol
sha-ah bi-sh'lo-me-cha. Ba-ruch a-tah,
Adonai, ha-m'va-reich et a-mo
Yisrael ba-sha-lom.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תָּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא
מֶלֶךְ אָדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת
עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל
שָׁעָה בִּשְׁלוֹמֶךָ. בָּרוּךְ אַתָּה,
יְיָ, הַמְבָרֵךְ אֶת-עַמּוֹ
יִשְׂרָאֵל בַּשָּׁלוֹם.

God of peace, let Israel Your people know enduring peace, for it is good in Your sight continually to bless Israel with Your peace. Praised be Adonai, who blesses Your people Israel with peace.

SILENT PRAYER

E-lo-hai, n'tzor l'sho-ni mei-ra
u-s'fa-tai mi-da-beir mi-r'mah,
v'lim'kal'lai naf-shi ke-a-far la-kol
ti-h'yeh. P'tach li-bi b'To-ra-te-cha,
u-v'mitz-vo-te-cha ti-r'dof naf'shi.
V'chol ha-chosh'vim a-lai ra'ah,
m'hei-rah ha-feir atz-a-tam
v'ka-l'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-sha-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.

אֱלֹהַי נְצֹר לְשׁוֹנִי מֵרָע,
וּשְׂפָתַי מִדַּבֵּר מִרְמָה,
וְלִמְקַלְלַי נַפְשִׁי כֶּעָפָר לַכֹּל
תִּהְיֶה. פְּתַח לִבִּי בְּתוֹרָתֶךָ,
וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
וְכֹל הַחוֹשְׁבִים עָלַי רָעָה,
מְהֵרָה הָפֵר עֲצָתָם
וְקַלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה
לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן
יְמִינֶךָ, עֲשֵׂה לְמַעַן
קְדֻשָּׁתֶךָ, עֲשֵׂה לְמַעַן
תּוֹרָתֶךָ. לְמַעַן יֵחָלְצוּן
יְדִידֶיךָ, הוֹשִׁיעָה
יְמִינְךָ וַעֲנֵנִי.

O God, keep my tongue 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.

Silent prayer continues on page 32

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Yi-h'yu l'ra-tzon im-rai fi	יִהְיוּ לְרָצוֹן אִמְרֵי-פִי
v'heg'yon li-bi l'fa-ne-cha, Adonai,	וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יְיָ,
tzu-ri v'go-a-li.	צוּרִי וְגוֹאֲלִי.

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

***

O-seh sha-lom bim'ro-mav,	עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
hu ya-a-seh sha-lom a-lei-nu	הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
v'al kol Yisrael, v'im'ru Amen.	וְעַל כָּל-יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

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

***

PRAYER FOR PEACE

Adon Hashalom, Melech Hashalom,
Grant *shalom* to all peoples of the world.
Let *shalom* spread to all Your creatures.
Let there be an end to hatred, jealousy, and violence.
Let there be great love and *shalom* between us all –
So that each person "may sit under his vine and under her fig tree and none shall make them afraid," and let us say, Amen.

PRAYER FOR ISRAEL

Tzur Yisrael, O Rock of Israel, bless the State of Israel, the beginning of our redemption. Shield it beneath the wings of Your love and spread over it the shelter of Your peace. Inspire Israel's leaders and bless the soldiers of Israel's Defense Forces and everyone who stands guard in order to protect our people. May the words of our prophets come to fruition, "and they shall beat their swords into plough shares and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more."

PRAYER FOR THE STATE OF ISRAEL

A-vi-nu she-ba-sha-ma-yim,	אָבִינוּ שֶׁבַּשָּׁמַיִם,
Tzur Yisrael v'go-a-lo,	צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ
ba-reich et m'di-nat Yisrael,	בָּרֵךְ אֶת-מְדִינַת יִשְׂרָאֵל,
rei-shit tz'mi-chat g'u-la-tei-nu.	רֵאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ.

Avinu Shebashamayim,
Rock and redeemer of the people of Israel:
Bless the State of Israel, with its promise of redemption.
Shield it with Your peace.
Guide its leaders with Your light and Your truth.
Strengthen the hands of those who defend the Land.
Deliver them; crown their efforts with triumph.
Bless the Land with peace, and its inhabitants with lasting joy.
And let us say: Amen.

Ha-gein a-le-ha b'ev'rat cha-s'de-cha,	הָגֵן עָלֶיהָ בְּאֶבְרַת חַסְדֶּךָ,
U-f'ros a-lei-ha su-kat sh'lo-me-cha	וּפְרֹשׂ עָלֶיהָ סֻכַּת שְׁלוֹמֶךָ
sh'lach o-r'cha va-a-mit-cha	שְׁלַח אוֹרְךָ וַאֲמִתְּךָ
l'rash-e-ha, sa-re-ha v'yo-a-tze-ha,	לְרָאשֶׁיהָ, שָׂרֶיהָ וְיוֹעֲצֶיהָ,
v'tak-neim b'ei-tzah to-vah.	וְתַקְּנֵם בְּעֵצָה טוֹבָה.
Mi-l'fa-ne-cha. Cha-zek et y'dei	מִלְּפָנֶיךָ חַזֵּק אֶת-יְדֵי
m'gi-nei e-retz kod'shei-nu,	מְגִנֵּי אֶרֶץ קָדְשֵׁנוּ,
V'ha-n'chi-leim Eloheinu y'shu-ah,	וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
va-a-te-ret ni-tza-chon t'at'reim.	וַעֲטֶרֶת נִצָּחוֹן תְּעַטְּרֵם.
V'na-ta-ta sha-lom ba-a-retz	וְנָתַתָּ שָׁלוֹם בָּאָרֶץ
v'sim-chat o-lam l'yo-sh've-ha,	וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֶיהָ,
v'no-mar Amen.	וְנֹאמַר אָמֵן.

MI SHEBEIRACH **מי שברך**

Mi she-bei-rach a-vo-tei-nu מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
M'kor ha-b'ra-cha l'i-mo-tei-nu מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ
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 she-bei-rach i-mo-tei-nu מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ
M'kor ha-b'ra-cha la-a-vo-tei-nu מְקוֹר הַבְּרָכָה לַאֲבוֹתֵינוּ
Bless those in need of healing with *r'fu-a sh'lei-ma*
The renewal of body, the renewal of spirit
And let us say, Amen.

EL NA R'FA NA **אל נא רפא נא**

Eil na r'fa na lah אֵל נָא רְפָא נָא לָהּ
Eil na r'fa na lo אֵל נָא רְפָא נָא לוֹ
Eil na r'fa na lanu אֵל נָא רְפָא נָא לָנוּ
R'fu-ah sh'lei-mah רְפוּאָה שְׁלֵמָה

Adonai, pray heal her
Adonai, pray heal him
Adonai, pray heal us
Healing and wholeness

MI SHEBEIRACH **מי שברך**

Mi she-bei-rach a-vo-tei-nu מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
v'i-mo-tei-nu, Av'ra-ham, Yi-tz'chak, וְאִמּוֹתֵינוּ, אַבְרָהָם, יִצְחָק,
v'Ya-a-kov, Sa-rah, Ri-v'kah, וְיַעֲקֹב, שָׂרָה, רִבְקָה,
Ra-cheil, v'Le-ah hu y'va-reich רָחֵל, וְלֵאָה, הוּא יְבָרֵךְ
et ha-cho-lim *[names]*. אֶת הַחוֹלִם *[names]*.
Ha-ka-dosh baruch hu yi-ma-lei הַקָּדוֹשׁ בָּרוּךְ הוּא יְמַלֵּא
ra-cha-mim a-lei-hem, רַחֲמִים עֲלֵיהֶם,
l'ha-cha-li-mam u-l'rap-o-tam לְהַחֲלִימָם וּלְרַפּאתָם
u-l'ha-cha-zi-kam, v'yish'lach וּלְהַחֲזִיקָם, וְיִשְׁלַח
la-hem m'hei-rah r'fu-ah, לָהֶם מְהֵרָה רְפוּאָה,

r’fu-ah sh’lei-mah min
ha-sha-ma-yim, r’fu-at ha-ne-fesh
u-r’fu-at ha-guf, hash’ta
ba-a-ga-la u-viz’man ka-riv.
V’no-mar: Amen.

רְפוּאָה שְׁלֵמָה מִן
הַשָּׁמַיִם, רְפוּאַת הַנֶּפֶשׁ
וּרְפוּאַת הַגּוּף, הַשְׁתָּא
בַּעֲגָלָא וּבִזְמַן קָרִיב.
וְנֹאמַר: אָמֵן

May the One who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal those who are ill [names]. May the Blessed 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.

MI SHEBEIRACH FOR ISRAEL’S DEFENSE FORCES

מי שברך לחיילי צה״ל

Mi she-bei-rach a-vo-tei-nu
Av’ra-ham, Yi-tz’chak, v’Ya-a-kov
v’i-mo-tei-nu Sarah, Riv-kah,
Le-ah, v’Ra-cheil hu y’va-reich
et cha-ya-lei tz’va ha-ha-ga-nah
l’Yis-ra-eil v’an’shei ko-chot
ha-be-ta-chon, ha-om’dim al
mish’mar ar’tzei-nu v’a-rei
Eloheinu, mi-g’vul ha-l’va-non
v’ad mid’bar mitz’ra-yim u-min
ha-yam ha-ga-dol ad l’vo
ha-a-ra-vah u-v’chol ma-kom
she-heim, ba-ya-ba-shah, ba-a-vir
u-va-yam yi-tein Adonai et
o-y’vei-nu ha-ka-mim a-lei-nu
ni-ga-fim lif’nei-hem. Ha-ka-dosh
baruch hu. Yish’mor v’ya-tzil
et cha-ya-lei-nu mi-kol tza-rah
v’tzu-kah u-mi-kol ne-ga
u-ma-cha-lah v’yish’lach b’ra-chah
v’ha-tz’la-chah b’chol ma-a-sei

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
אַבְרָהָם, יִצְחָק, וְיַעֲקֹב
וְאִמּוֹתֵינוּ שָׂרָה, רִבְקָה,
לֵאָה, וְרָחֵל הוּא יְבָרֵךְ
אֶת חַיָּלֵי צְבָא הַהֲגָנָה
לְיִשְׂרָאֵל וְאַנְשֵׁי כּוֹחוֹת
הַבִּטָּחוֹן, הָעוֹמְדִים עַל
מִשְׁמַר אַרְצֵנוּ וְעָרֵי
אֱלֹהֵינוּ, מִגְּבוּל הַלְּבָנוֹן
וְעַד מִדְבַּר מִצְרַיִם וּמִן
הַיָּם הַגָּדוֹל עַד לְבוֹא
הָעֲרָבָה וּבְכָל מָקוֹם
שֶׁהֵם, בַּיַּבָּשָׁה, בָּאֲוִיר
וּבַיָּם. יִתֵּן יְיָ אֶת
אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ
נִגָּפִים לִפְנֵיהֶם. הַקָּדוֹשׁ
בָּרוּךְ הוּא. יִשְׁמֹר וְיַצִּיל
אֶת חַיָּלֵינוּ מִכָּל צָרָה
וְצוּקָה וּמִכָּל נֶגַע
וּמַחֲלָה, וְיִשְׁלַח בְּרָכָה
וְהַצְלָחָה בְּכָל מַעֲשֵׂי

y’dei-hem. Ya-d’beir son’ei-nu	יְדֵיהֶם. יַדְבֵּר שׂוֹנְאֵינוּ
tach’tei-hem vi-at’reim b’che-ter	תַּחְתֵּיהֶם וִיעַטְּרֵם בְּכֶתֶר
y’shu-ah u-va-a-te-ret ni-tza-chon.	יְשׁוּעָה וּבַעֲטֶרֶת נְצָחוֹן.
Vi-ku-yam ba-hem ha-ka-tuv,	וְיִקַּיֵם בָּהֶם הַכָּתוּב,
“ki Adonai e-lo-hei-chem	”כִּי יְיָ אֱלֹהֵיכֶם
ha-ho-leich i-ma-chem l’hi-la-cheim	הַהֹלֵךְ עִמָּכֶם לְהִלָּחֵם
la-chem im o-y’vei-chem l’ho-shi-ya	לָכֶם עִם־אֹיְבֵיכֶם לְהוֹשִׁיעַ
et’chem: v’no-mar, Amen.	אֶתְכֶם׃ וְנֹאמַר, אָמֵן.

May the One who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebecca, Leah, and Rachel, bless the members of Israel’s Defense Forces and its security services who stand guard over our land and the cities of our God from the Lebanese border to the Egyptian desert, from the Mediterranean Sea to the approach of the Aravah, and wherever else they are, on land, in air, and at sea. May God make the enemies who rise against us be struck down before them. May the Holy One, blessed is God, protect and deliver them from all trouble and distress, affliction and illness, and send blessing and success to all the work of their hands. May God subdue our enemies under them and crown them with deliverance and victory. And may there be fulfilled in them the verse, “It is Adonai your God who goes with you to fight for you against your enemies, to deliver you.” [Deuteronomy 20:4] And let us say: Amen.

MI SHEBEIRACH (*Lisa Levine***)**

Mi she-bei-rach A-vo-tei-nu	מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
Av’ra-ham Yi-tz’chak v’Ya-a-kov	אַבְרָהָם, יִצְחָק, וְיַעֲקֹב
Mi she-bei-rach i-mo-tei-nu	מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ
Sa-ra, Riv’ka, Le-ah, v’Ra-cheil	שָׂרָה, רִבְקָה, לֵאָה, וְרָחֵל

May the One who blessed our Mothers
May the One who blessed our Fathers
Hear our prayer (hear our prayer)
Hear our prayer (hear our prayer)
Hear our prayer (hear our prayer)
Hear our prayer and bless us as well.

Bless us with the power of Your healing
Bless us with the power of Your hope
May our hearts be filled with understanding
And strengthened by the power of Your love.

COUNTING THE OMER — ספירת העמר

We count the Omer before Aleinu every evening from the second day of Pesach to the day before Shavuot.

Hi-n'ni mu-chan u-m'zu-man	הִנְנִי מוּכָן וּמְזֻמָּן
l'ka-yeim mi-tz'vat a-sei shel	לְקַיֵּם מִצְוַת עֲשֵׂה שֶׁל
s'fi-rat ha'O-mer.	סְפִירַת הָעֹמֶר.

I am ready to fulfill the mitzvah of counting the Omer

Ba-ruch a-tah Adonai,	בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
Eloheinu me-lech ha-o-lam	מֶלֶךְ הָעוֹלָם
a-sher ki-d'sha-nu b'mitz'vo-tav	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
v'tzi-va-nu al s'fi-rat ha-Omer.	וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Our praise to You, Adonai, Sovereign of all, Who makes us holy us with mitzvot, gving us the mitzvah of counting the Omer.

הַיּוֹם ____ יוֹם שֶׁהֵם ____ שָׁבוּעוֹת וְ____ יָמִים לָעֹמֶר.

Ha-yom ___ yom she-heim ___ sha-vu-ot v'___ ya-mim la-O-mer

Today is the ___ day, which is ___ weeks and ___ days of the Omer.

ALEINU

עלינו

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

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,
לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׂמָנוּ כְּמִשְׁפְּחוֹת
הָאֲדָמָה; שֶׁלֹּא שָׂם
חֶלְקֵנוּ כָּהֶם וְגֹרָלֵנוּ
כְּכָל-הֲמוֹנָם.

Va-a-nach’nu ko-r’im
u-mish’ta-cha-vim u-mo-dim
li-f’nei me-lech mal’chei
ha-m’la-chim, ha-ka-dosh
ba-ruch hu.

וַאֲנַחְנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים
לִפְנֵי מֶלֶךְ מַלְכֵי
הַמְּלָכִים, הַקָּדוֹשׁ
בָּרוּךְ הוּא.

She-hu no-te sha-ma-yim v’yo-seid
a-retz, u-mo-shav y’ka-ro ba-sha-ma-yim
mi-ma-al, ush’chi-nat u-zo
b’gav-hei m’ro-mim. Hu Eloheinu,
ein od; e-met mal’kei-nu e-fes
zu-la-to, ka-ka-tuv b’to-ra-to:
“V’ya-da’ta ha-yom va-ha-shei-vo-ta el
l’va-ve-cha, ki Adonai hu ha-e-lo-him
ba-sha-ma-yim mi-ma-al v’al ha-a-retz
mi-ta-chat, ein od:”

שֶׁהוּא נוֹטֶה שָׁמַיִם וְיֹסֵד
אָרֶץ, וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם
מִמַּעַל, וּשְׁכִינַת עֻזּוֹ
בְּגָבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ
אֵין עוֹד; אֱמֶת מַלְכֵּנוּ אֶפֶס
זוּלָתוֹ, כַּכָּתוּב בְּתוֹרָתוֹ:
”וְיָדַעְתָּ הַיּוֹם וַהֲשֵׁבֹתָ אֶל
לְבָבֶךָ, כִּי יְיָ הוּא הָאֱלֹהִים
בַּשָּׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ
מִתָּחַת ,אֵין עוֹד:“

We must praise our God of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations.
We therefore bow in awe and thanksgiving before the One who is Ruler over all, the Holy One, blessed be God.

God spread out the heavens and established the earth. Your precious dwelling is in the heavens above, Your mighty Shechinah is in the loftiest heights. God is our God, there is none else. In truth God alone is our Ruler, as it is written: “Know then this day and take it to heart: Adonai is God in the heavens and on the earth below; there is none else.” [Deuteronomy 4:39]

Al kein n’ka-veh l’cha, Adonai,
Eloheinu li-r’ot m’hei-rah
b’tif’eh-ret u-zeh-cha, l’ha-a-vir
gi-lu-lim min ha-a-retz, v’ha-e-li-lim
ka-rot yi-ka-rei-tun, l’ta-kein o-lam
b’mal’chut Sha-dai. V’chol b’nai
va-sar yi-k’ru vish’me-cha, l’haf’not
ei-le-cha kol rish-ei a-retz. Ya-ki-ru
v’yeid’u kol yosh’vei tei-veil ki
l’cha tich’rah kol be-rech, ti-sha-vah
kol la-shon. L’fa-ne-cha, Adonai,
Eloheinu yich’r’u v’yi-po-lu,
v’lich’vod shim’cha y’kar yi-tei-nu,
vi-kab’lu chu-lam et ol
mal’chu-te-cha, v’tim’loch a-lei-hem
m’hei-rah l’o-lam va-ed.
Ki ha-mal’chut shel’cha he,
u-l’ol’mei ad ti-m’loch
b’cha-vod, ka-ka-tuv b’to-ra-te-cha:
“Adonai yim-loch l’o-lam va-ed.”

עַל-כֵּן נְקַוֶּה לְךָ, יְיָ
אֱלֹהֵינוּ, לִרְאוֹת מְהֵרָה
בְּתִפְאֶרֶת עֻזֶּךָ, לְהַעֲבִיר
גִּלּוּלִים מִן-הָאָרֶץ, וְהָאֱלִילִים
כָּרוֹת יִכָּרֵתוּן, לְתַקֵּן עוֹלָם
בְּמַלְכוּת שַׁדַּי. וְכָל-בְּנֵי
בָשָׂר יִקְרְאוּ בִשְׁמֶךָ, לְהַפְנוֹת
אֵלֶיךָ כָּל-רִשְׁעֵי אָרֶץ. יַכִּירוּ
וְיֵדְעוּ כָּל-יוֹשְׁבֵי תֵבֵל כִּי
לְךָ תִכְרַע כָּל-בֶּרֶךְ, תִּשָּׁבַע
כָּל-לָשׁוֹן. לְפָנֶיךָ, יְיָ
אֱלֹהֵינוּ, יִכְרְעוּ וְיִפֹּלוּ,
וְלִכְבוֹד שִׁמְךָ יְקָר יִתֵּנוּ,
וִיקַבְּלוּ כֻלָּם אֶת-עֹל
מַלְכוּתֶךָ, וְתִמְלוֹךְ עֲלֵיהֶם
מְהֵרָה לְעוֹלָם וָעֶד.
כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא,
וּלְעוֹלְמֵי עַד תִּמְלוֹךְ
בְּכָבוֹד, כַּכָּתוּב בְּתוֹרָתֶךָ:
”יְיָ יִמְלֹךְ לְעֹלָם וָעֶד.“

*V’ne-e-mar: “V’ha-yah Adonai
l’me-lech al kol ha-a-retz:
ba-yom ha-hu yi-h’ye Adonai
e-chad, u-sh’mo e-chad.”

*וְנֶאֱמַר: ”וְהָיָה יְיָ
לְמֶלֶךְ עַל-כָּל-הָאָרֶץ:
בַּיּוֹם הַהוּא יִהְיֶה יְיָ
אֶחָד וּשְׁמוֹ אֶחָד.“

We therefore hope, O God, soon to behold the glory of Your might. Then will false gods vanish from our hearts, and the world will be perfected under Your unchallenged rule. And then will all acclaim You as their God, and, forsaking evil, turn to You alone.

Let all who dwell on earth acknowledge that unto You every knee must bend and every tongue swear loyalty. Before You, our God, let them humble themselves. To Your glorious name let them give honor. Let all accept the yoke of Your rule, that You may rule over them soon and forever.

For the heavens are Yours, and to all eternity You will reign in glory, as it is written: “Adonai will reign forever and ever.” [Exodus 15:18]

And it has been said: “Adonai shall reign over all the earth; on that day God shall be One and God’s name shall be One.” [Zecharya 14:9]

MOURNER'S KADDISH **קדיש יתום**

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba. יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
(**Cong. –Amen**) (**Cong. – אָמֵן.**)
b'al'ma di-v'ra chir-u-tei, בְּעָלְמָא דִּי בְרָא כִרְעוּתֵהּ,
v'yam-lich mal-chu-tei b'cha-yei-chon וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן
u-v'yo-mei-chon u-v'cha-yei d'chol beit וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
Yisrael, ba-a-ga-la u-viz'man ka-riv, יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב,
v'im'ru: (**Cong. – Amen.**) וְאִמְרוּ: (**Cong. – אָמֵן.**)

(**Cong.**) (**Cong**.)
Y'hei sh'mei ra-ba **יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ**
l'a-lam u-l'al'mei al'ma-ya. **לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.**

Yit-ba-rach v'yish-ta-bach v'yit'pa-ar, יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר
v'yit'ro-mam v'yit'na-sei v'yit'ha-dar וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדַּר
v'yit'a-leh v'yit'ha-lal sh'mei וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ
d'ku-d'sha (**Cong. – b'rich hu**.) דְּקוּדְשָׁא (**Cong. – בְּרִיךְ הוּא.**)

L'ei-la (u-l'ei-lah) min kol bir-cha-ta לְעֵלָּא (וּלְעֵלָּא) מִן כָּל בִּרְכָתָא
v'shi-ra-ta tush'b'cha-ta v'ne-che-ma-ta, וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא,
da-a-mi-ran b'al'ma, v'im'ru: דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ:
(**Cong. – Amen**.) (**Cong. – אָמֵן.**)

Y'hei sh'la-mah ra-bah min sh'ma-ya, יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
v'cha-yim a-lei-nu v'al kol Yisrael, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
v'im'ru: (**Cong. – Amen**.) וְאִמְרוּ: (**Cong. – אָמֵן.**)

O-seh sha-lom bim'ro-mav, hu ya-a-seh עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה
sha-lom a-lei-nu v'al kol Yisrael, שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
v'im'ru: (**Cong. – Amen**.) וְאִמְרוּ: (**Cong. – אָמֵן.**)

Let the glory of God be extolled, and God's great name be made holy in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen.

Let God's great name be blessed for ever and ever.

Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor and exalt. 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 highest heavens, let peace descend on us, on all Israel, and all the world, and let us say: Amen.

****

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

Yom ha-shi-shi. Va-y'chul-u
ha-sha-ma-yim v'ha-a-retz v'chol
tz'va-am. Va-y'chol E-lo-him
ba-yom ha-sh'vi-i m'lach-to
a-sher a-sah, va-yish'bot ba-yom
ha-sh'vi-i mi-kol m'lach-to
a-sher a-sah. Va'y-va-rech E-lo-him
et yom ha-sh'vi-i va-y'ka-deish
o-to, ki vo sha-vat mi-kol
m'lach-to a-sher ba-rah
E-lo-him la-a-sot.

יוֹם הַשִּׁשִּׁי. וַיְכֻלּוּ
הַשָּׁמַיִם וְהָאָרֶץ וְכָל-
צְבָאָם. וַיְכַל אֱלֹהִים
בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם
הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים
אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ
אֹתוֹ, כִּי בוֹ שָׁבַת מִכָּל-
מְלַאכְתּוֹ אֲשֶׁר בָּרָא
אֱלֹהִים לַעֲשׂוֹת.

Ba-ruch a-tah, Adonai,
Eloheinu me-lech ha-o-lam,
bo-rei p'ri ha-ga-fen.

בָּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בּוֹרֵא פְּרִי הַגָּפֶן.

Ba-ruch a-tah, Adonai Eloheinu,
me-lech ha-o-lam, a-sher ki-d'sha-nu
b'mitz'vo-tav v'rah-tzah va-nu,
v'Shabbat kod'sho be-a-ha-vah
u-v'ra-tzon hin-chi-la-nu, zi-ka-ron
l'ma-a-sei v'rei-shit. Ki
hu yom t'chi-la l'mik-ra-ei
ko-desh, zei-cher li-tzi-yat
Mitz'ra-yim. Ki va-nu va-char-ta
v'o-ta-nu ki-dash'ta mi-kol
ha-a-mim, v'Shabbat kod'sh'cha
b'a-ha-vah u'v-ra-tzon hin-chal'ta-nu.
Ba-ruch a-tah, Adonai,
m'ka-deish ha-Shabbat.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
וְשַׁבָּת קָדְשׁוֹ בְּאַהֲבָה
וּבְרָצוֹן הִנְחִילָנוּ, זִכָּרוֹן
לְמַעֲשֵׂה בְרֵאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי
קֹדֶשׁ, זֵכֶר לִיצִיאַת
מִצְרָיִם. כִּי בָנוּ בָחַרְתָּ
וְאוֹתָנוּ קִדַּשְׁתָּ מִכָּל
הָעַמִּים, וְשַׁבָּת קָדְשְׁךָ
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.
בָּרוּךְ אַתָּה, יְיָ,
מְקַדֵּשׁ הַשַּׁבָּת.

Blessed is Adonai our God, Ruler of the universe, Creator of the fruit of the vine.

Blessed is Adonai our God, Ruler of the universe who makes us holy us with the mitzvot and takes delight in us. In God's love and favor God has made the holy Sabbath our heritage, as a reminder of the work of creation. It is first among our holy days, and a remembrance of the Exodus from Egypt. O God, You have chosen us and set up apart from all the peoples, and in love and favor have given us the Sabbath day as a holy inheritance. Blessed is Adonai, for the Sabbath and its holiness.

KOL HA'NESHAMA **כל הנשמה**

Kol ha-n'sha-mah t'ha-leil ya. כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ.
Halleluyah! הַלְלוּיָהּ!

Let every soul praise God. Halleluyah!

SHALOM / SALAAM **שלום / סאלאם**

Od ya-vo sha-lom a-lei-nu (3) עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ (3)
V'al ku-lam. וְעַל כּוּלָם.
Sa-laam. A-lei-nu v'al kol סאלאם. עָלֵנוּ וְעַל כָּל
ha-o-lam, sha-lom, sha-lom. הָעוֹלָם, שָׁלוֹם, שָׁלוֹם.

Peace will yet come over all of us, and over everyone.
Peace, peace, over us and over all the world.

MI HA-ISH **מי האיש**

Mi ha-ish he-cha-feitz cha-yim, מִי הָאִישׁ הֶחָפֵץ חַיִּים,
o-heiv ya-mim, lir'ot tov? אֹהֵב יָמִים, לִרְאוֹת טוֹב?

N'tzor l'sho-n'cha mei-ra, נְצֹר לְשׁוֹנְךָ מֵרָע,
u-s'fa-te-cha mi-da-beir mir'ma; וּשְׂפָתֶיךָ מִדַּבֵּר מִרְמָה;
sur mei-ra va-a-sei tov, סוּר מֵרָע וַעֲשֵׂה טוֹב,
ba-keish sha-lom v'ro-d'fei-hu. בַּקֵּשׁ שָׁלוֹם וְרָדְפֵהוּ.

Who among you loves life, and longs to enjoy good for many days? Then guard your tongue from evil, and your lips from deceitful speech; turn away from evil, and do good; seek peace and pursue it.

OSEH SHALOM **עשה שלום**

O-seh sha-lom bim'ro-mav, עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו,
hu ya-a-se sha-lom a-lei-nu הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
v'al kol Yisrael, וְעַל כָּל יִשְׂרָאֵל,
v'al kol yo-sh'vei tei-veil וְעַל כָּל יוֹשְׁבֵי תֵבֵל
v'im'ru Amen. וְאִמְרוּ אָמֵן.

May the One who makes peace in the highest heavens, cause peace descend on us, on all Israel, on all who dwell in the world. Amen.

These are a few more modern Hebrew songs whose words and melodies remind us of Shabbat and of the psalms.

EREV SHEL SHOSHANIM **ערב של שושנים**

E-rev shel sho-sha-nim nei-tzei
na el ha-bus-tan

עֶרֶב שֶׁל שׁוֹשַׁנִּים נֵצֵא
נָא אֶל הַבֻּסְתָּן

mor b'-sa-mim u-l'vo-nah
l'rag'leich mif'tan.

מוֹר בְּשָׂמִים וּלְבוֹנָה
לְרַגְלֵךְ מִפְתָּן.

Lai-lah yo-reid l'at v'ru-ach
sho-shan nosh'vah.

לַיְלָה יוֹרֵד לְאַט וְרוּחַ
שׁוֹשַׁן נוֹשְׁבָה.

Ha-va el'chash lach shir
ba-lat ze-mer shel a-ha-vah.

הָבָה אֶלְחַשׁ לָךְ, שִׁיר
בַּלָאט זֶמֶר שֶׁל אַהֲבָה.

Sha-char ho-ma yo-na ro-sheich
ma-lei t'la-lim.

שַׁחַר הוֹמָה יוֹנָה רֹאשֵׁךְ
מָלֵא טְלָלִים.

Pich el ha-bo-ker sho-sha-nah
ek't'fe-nu li.

פִּיךְ אֶל הַבֹּקֶר שׁוֹשַׁנָּה
אֶקְטְפֶנּוּ לִי.

Lai-lah yo-reid l'at v'ru-ach
sho-shan nosh'vah.

לַיְלָה יוֹרֵד לְאַט וְרוּחַ
שׁוֹשַׁן נוֹשְׁבָה.

Ha-va el'chash lach shir
ba-lat ze-mer shel a-ha-vah.

הָבָה אֶלְחַשׁ לָךְ, שִׁיר
בַּלָאט זֶמֶר שֶׁל אַהֲבָה.

It is an evening fragrant with roses; let us go out to the fruit garden; myrrh, spices, and frankincense as a threshold for your feet. Night is slowly falling; the fragrance of the rose is wafting; I shall whisper a song to you quietly, a song of love. It is dawn, a dove is cooing; your hair is filled with dew drops; your mouth turned to the morning like a lily. I will pluck it for me.

DODI LI **דודי לי**

(**Chorus**) (**Chorus**)
Do-di li va'a-ni lo ha-ro-eh דּוֹדִי לִי, וַאֲנִי לוֹ הָרוֹאֶה
ba-sho-sha-nim. בַּשּׁוֹשַׁנִּים.

1. Mi zot o-lah min ha-mid'bar, **1.** מִי זֹאת עוֹלָה מִן הַמִּדְבָּר,
mi zot o-lah. מִי זֹאת עוֹלָה.

M'ku-te-ret mor, mor u'l-vo-nah מְקֻטֶּרֶת מוֹר, מוֹר וּלְבוֹנָה,
mor u'l-vo-nah. (chorus) מוֹר וּלְבוֹנָה. (chorus)

2. Li-bav'ti-ni a-cho-ti ka-lah, **2.** לִבַּבְתִּנִי אֲחוֹתִי כַּלָּה,
li-bav'ti-ni ka-lah (2) (chorus) לִבַּבְתִּנִי כַּלָּה (2) (chorus)

3. U-ri, tza-fon, u-vo-i tei-man (2) **3.** עוּרִי צָפוֹן, וּבוֹאִי תֵּימָן (2)
(chorus) (chorus)

My beloved is mine, and I am his. He tends his flocks among the lilies. Who is that going up from the wilderness burning myrrh and frankincense? You have captured my heart, my sister, my bride, you have captured my heart, my bride. Awaken, north wind, and come, O south wind.

LO YISA GOI **לא ישא גוי**

Lo yi-sa goi el goi che-rev, לֹא יִשָּׂא גוֹי אֶל גּוֹי חֶרֶב,
v'lo yil'm'du od mil'cha-mah. וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

Nation shall not take up sword against nation; they shall never again study war.

HINEI MAH TOV **הנה מה טוב**

Hi-nei mah tov u'mah na-im הִנֵּה מַה טּוֹב וּמַה נָּעִים
she-vet a-chim gam ya-chad. שֶׁבֶת אַחִים גַּם יָחַד.

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

MAH YAFEH HAYOM **מה יפה היום**

Mah ya-feh ha-yom, מַה יָּפֶה הַיּוֹם,
Shabbat shalom. שָׁבָּת שָׁלוֹם.

How lovely today is – Shabbat shalom.

KI ESHM'RAH SHABBAT **כי אשמר אבת**

Ki esh'm'rah Shabbat כִּי אֶשְׁמְרָה שָׁבָּת
el yish'rei-ni. אֵל יִשְׁמְרֵנִי.
Ot hi l'ol'mei אוֹת הִיא לְעוֹלְמֵי
ad bei-no u-vei-ni. עַד בֵּינוֹ וּבֵינִי.

When I keep Shabbat, God watches over me. It is a sign forever between God and me.

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V'al zeh a-ni mo-deh! וְעַל זֶה אֲנִי מוֹדֶה!

For this I give thanks!

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Ei-zeh ach'lah o-lam! אֵיזֶה אַחְלָה עוֹלָם!

What a wonderful world!

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Mah no-rah ha-ma-kom ha-zeh! מַה נּוֹרָא הַמָּקוֹם הַזֶּה!

How awesome is this place!

HATIKVAH

התקוה

Kol od ba-lei-vav p’ni-mah,
Ne-fesh ye-hu-di ho-mi’yah.
U’l’fa-a-tei miz’rach ka-di-mah
A-yin l’Tzi-yon tzo-fi-ah.
Od lo av’dah tik’va-tei-nu,
Ha-tik’vah bat sh’not al-pa-yim,
Li-h’yot am chof’shi b’ar-tzei-nu,
E-retz Tzi-yon v’Y’ru-sha-la-yim.

כָּל עוֹד בַּלֵּבָב פְּנִימָה,
נֶפֶשׁ יְהוּדִי הוֹמִיָּה.
וּלְפַאֲתֵי מִזְרָח קָדִימָה
עַיִן לְצִיּוֹן צוֹפִיָּה.
עוֹד לֹא אָבְדָה תִּקְוָתֵנוּ,
הַתִּקְוָה בַּת שְׁנוֹת אַלְפַּיִם,
לִהְיוֹת עָם חָפְשִׁי בְּאַרְצֵנוּ,
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

As long as within our innermost hearts,
The Jewish soul abides.
As long as from the farthest east, forward
The eye looks out towards Zion.
Our hopes are not lost,
The hope, the hope born of two thousand years,
To be a free people in our own land,
The land of Zion and Jerusalem.

TEFILAT HADERECH
THE TRAVELER'S PRAYER

תפלת הדרך

Y'hi ra-tzon mi-l'fa-ne-cha Adonai	יְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ
Eloheinu v'Ei-lo-hei	אֱלֹהֵינוּ וֵאלֹהֵי
a-vo-tei-nu v'i-mo-tei-nu,	אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
she-to-li-chei-nu l'sha-lom	שֶׁתּוֹלִיכֵנוּ לְשָׁלוֹם
v'ta-tz'i-dei-nu l'sha-lom	וְתַצְעִידֵנוּ לְשָׁלוֹם
v'tad'ri-chei-nu l'sha-lom,	וְתַדְרִיכֵנוּ לְשָׁלוֹם
v'ta-gi-ei-nu lim'hoz chef'tzei-nu	וְתַגִּיעֵנוּ לְמָחוֹז חֶפְצֵנוּ
l'cha-yim u-l'sim-cha u-l'sha-lom.	לְחַיִּים וּלְשִׂמְחָה וּלְשָׁלוֹם.
V'ta-tzi-lei-nu mi-kaf kol o-yev	וְתַצִּילֵנוּ מִכַּף כָּל אוֹיֵב
v'o-reiv v'lis'tim v'cha-yot ra'ot	וְאוֹרֵב וְלִסְטִים וְחַיּוֹת רָעוֹת
ba-de-rech, u-mi-kol mi-nei	בַּדֶּרֶךְ וּמִכָּל מִינֵי
fur'a-ni-yot ha-mit'rag'shot	פּוּרְעָנִיּוֹת הַמִּתְרַגְּשׁוֹת
la-vo la-o-lam, v'tish'lach	לָבוֹא לָעוֹלָם, וְתִשְׁלַח
b'ra-cha b'chol ma-a-sei ya-dei-nu	בְּרָכָה בְּכָל מַעֲשֵׂה יָדֵינוּ,
v'tit'nei-nu l'chen u-l'che-sed	וְתִתְּנֵנוּ לְחֵן וּלְחֶסֶד
u-l'ra-cha-mim b'ei-ne-cha	וּלְרַחֲמִים בְּעֵינֶיךָ
u-v'ei-nei chol ro-ei-nu,	וּבְעֵינֵי כָל רוֹאֵינוּ,
v'tish'ma kol ta-cha-nu-nei-nu	וְתִשְׁמַע קוֹל תַּחֲנוּנֵינוּ,
ki el sho-mei-a t'fi-lah	כִּי אֵל שׁוֹמֵעַ תְּפִלָּה
v'ta-cha-nun A-tah. Ba-ruch	וְתַחֲנוּן אָתָּה. בָּרוּךְ
a-tah Adonai sho-mei-a t'fi-lah.	אַתָּה יְיָ, שׁוֹמֵעַ תְּפִלָּה.

May it be Your will, Adonai, our God and the God of our ancestors, that You lead us toward peace, guide our footsteps toward peace, and make us reach our desired destination for life, gladness, and peace. May You rescue us from the hand of every foe, ambush thieves and wild beasts along the way, and from all manner of punishments that assemble to come to earth. May You send blessing on our handiwork, and grant us grace, kindness, and mercy in Your eyes and in the eyes of all who see us. May You hear the sound of our humble request because You are God who hears prayer requests. Blessed are You, Adonai, who hears prayer.

Prayer is meaningless unless it is subversive, unless it seeks to overthrow and to ruin the pyramids of callousness, hatred, opportunism, falsehoods. The liturgical movement must become a revolutionary movement seeking to overthrow the forces that destroy the promise, the hope, the vision.

~Rabbi Abraham Joshua Heschel

Our prayers are answered not when we are given what we ask but when we are challenged to be what we can be.

~Rabbi Morris Adler

We do not even know how we are supposed to pray. All we do is call for help because of the need of the moment. But what the soul intends is spiritual need, only we are not able to express what the soul means. That is why we do not merely ask God to hear our call for help, but also beg God who knows what is hidden, to hear the silent cry of the soul.

~Martin Buber

To pray is not to hear oneself speak, but it is to be silent, and to remain silent, to wait, until the one who prays hears God.

~Soren Kierkegaard

Silence is the mother tongue of awe.

~Rabbi David Wolpe

Prayer is our humble answer to the inconceivable surprise of living.

~Rabbi Abraham Joshua Heschel

Prayer is like playing jazz. You can pray alone – but exciting things happen in sessions with other musicians.

~Rabbi Levi Weiman-Kelman

When you pour out your heart it feels lighter

~Moses Maimonides

Transliteration conventions followed for Kabbalat Shabbat prayerbook:

English transliteration:	*Hebrew:*
’ (apostrophe)	׃
a, (ah when ה at end of word)	ַ ־ ָה
i	ִ
e	ֵ
ei	ֵי ֶי
o	וֹ
u	וּ ֻ
ch	ח כ ך
ai	ַי ָי
f	פ
k	ק כּ