

~~~~Virtual Kabbalat Shabbat Zervice ~~~~

**Bim bam** bim bim bim bam (2x)

Shabbat shalom Shabbat shalom Shabbat [4x] shalom (2x) Shabbat Shabbat Shabbat Shabbat shalom (2x)

**Y'did Nefesh ידיד נפש**

|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                     |                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beloved of the soul, Source of Compassion,<br>draw your servant to your will; Then like a<br>darting deer I will flee to You. Before Your<br>glorious Presence Humbly I do bow. Your<br>friendship will be sweeter than the dripping<br>of the honeycomb and any dainty. | Yedid nefesh, Av harachaman,<br>meshoch Avdecha el Retzonecha.<br>Yarutz avdecha kemo ayal,<br>yishtachave mul hadarach.<br>Ki ye'erav lo yedidutach,<br>minofet tsuf vechol ta'am. | יְדִיד נֶפֶשׁ אָב הָרַחֲמָן מְשֹׁךְ עַבְדְּךָ אֶל רְצוֹנְךָ<br>יָרוּץ עַבְדְּךָ כְּמוֹ אֵיל יִשְׁתַּחֲוֶה מוֹל הַדָּרֶךְ<br>כִּי יַעֲרֵב לוֹ יְדִידוּתְךָ מִנֹּפֶת צוּף וְכָל טַעַם. |
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**L'chu n'ran'na (Psalm 95) לְכוּ נִרְנְנָה**

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

L'chu n'ran'na l'Adonai,  
nariah l'tzur yisheinu.  
N'kadma fanav b'todah,  
bizmirot nariah lo

לְכוּ נִרְנְנָה לַיהוָה  
נִרְיָעָה לְצוּר יִשְׁעֵנוּ  
נִקְדָּמָה פְּנֵי בְּתוּלָה  
בְּזִמְרוֹת נִרְיָע לֹה:

**Yismechu Hashamayim (from Psalm 96) יִשְׁמְחוּ הַשָּׁמַיִם**

Let the heavens rejoice and the earth exult, let the  
sea and its fullness thunder!

Yismechu Hashamayim ( x 3 ) v'Tagel ha'Aretz.  
Yiram hayam (x 3 ) um'lo'o.

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגֵּל הָאָרֶץ  
יִרְעַם הַיָּם וּמְלֹאוֹ:

|                                                                                                                                                                           |                                                                                                                     |                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Please, Source of Mercy, with the strength<br>and greatness of your right arm, untie our<br>tangles. Accept your people's song,<br>elevate and purify us, oh Awesome One. | <b>A-na B'cho-ach</b> gdu-lat y'min-cha<br>ta-tir tze-ru-ra Ka-bel ri-nat am-cha,<br>sag-vei-nu, ta-ha-rei-nu no-ra | <b>אָנָּה, בְּכַח גְּדֻלַּת יְמִינְךָ,</b><br><b>תְּתִיר צְרוּרָה. קַבֵּל רִנַּת עַמְּךָ,</b><br><b>שִׁגְבֵנוּ, טְהַרְנוּ, נוֹרָא.</b> |
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### Come My Dear One

**לכה דודי** Let us go, my dear one, to greet the Bride  
Let us welcome the Shabbat.

**שמור** "Keep" and "remember", both words together,  
did the one God cause us to hear.  
Adonai is one, and God's name is one,  
telling God's fame, beauty and praise. Let us go...

**לקראת** Let us go toward Shabbat to greet her, she is the  
source of all blessing. Before the earth was created, God  
planned to make her the holiest day. Let us go...

**מקדש** Holy city, regal shrine, arise, go out from the midst  
of desolation. Too long have you lived in the valley of  
tears, God will restore you with mercy. Let us go...

**התנערי** Arise and shake off the dust, wear your garments  
of glory my people. The Messiah will lead us to rebirth,  
my soul wants you to come near. Let us go...

**התעוררי** Arise and awaken out of the dust, your light has arrived, rise  
and shine. Arise, arise, sing a song, God's presence is revealed to you.  
Let us go...



The imagery of L'cha Dodi is based on an ancient rabbinic interpretation of the biblical Song of Songs taught by Rabbi Akiva (100 C.E.). He believed that this book of love poetry describes the love between God and Israel. The poem helps prepare us to welcome the Sabbath, who we imagine enters the sanctuary dressed as a bride and a queen.

Rabbi Shimon bar Yochai taught: "The Sabbath said to the Holy One, 'Eternal One of the Universe, every day has a mate – Sunday has Monday, Tuesday has Wednesday, Thursday has Friday – but I have no mate!' Said the Holy One to her, 'Israel will be your mate.' Thus, when Israel stood before Mount Sinai, the Holy One said to her, 'Remember what I said to the Sabbath: 'Israel will be your mate.' Thus the command: 'Remember the Sabbath day to make it holy (i.e., enter into marriage – kiddushin – with it)'" [Exodus 20:8]

Midrash, Genesis Rabbah 11:8

### לכה דודי

**לכה דודי לקראת כלה,**  
**פני שבת נקבלה.**

**שמור וזכור בדבור אחד,**  
**השמיענו אל המיחד,**  
**יי אחד ושמו אחד,**  
**לשם ולתפארת ולתהלה.**  
לכה

**לקראת שבת לכו ונלכה,**  
**כי היא מקור הברכה,**  
**מראש מקדם נסוכה,**  
**סוף מעשה במחשבה תחלה.**  
לכה

**מקדש מלך עיר מלוכה,**  
**קומי צאי מתוך ההפכה,**  
**רב לך שבת בעמק הבכא,**  
**והוא יחמול עליך חמלה.**  
לכה

**התנערי מעפר קומי,**  
**לבשי בגדי תפארתך עמי,**  
**על יד בן ישי בית הלחמי,**  
**קרבה אל נפשי גאלה.**  
לכה

**התעוררי התעוררי,**  
**כי בא אורך קומי אורי,**  
**עורי עורי שיר דברי,**  
**כבוד יי עליך**  
נגלה. לכה

### L'cha Dodi

**לכה דודי** L'cha do-di, li-k'rat ka-lah  
p'nei shab-bat n'ka-b'lah.

**שמור** "Sha-mor" "v'za-chor" b'di-bur echad,  
hish'mi-a-nu Eil ha-m'yu-chad.  
Adonai e-chad, u-sh'mo e-chad,  
l'sheim u-l'tif-e-ret v'lit-hi-lah.  
L'cha dodi...

**לקראת** Li-k'rat shab-bat l'chu v'neil-chah,  
ki hi m'kor ha-b'ra-chah.  
Mei-rosh mi-ke-dem n'su-chah,  
sof ma-a-seh b'ma-cha-sha-vah t'chi-lah.  
L'cha dodi...

**מקדש** Mik-dash me-lech, ir m'lu-chah,  
ku-mi, tz'i mi-toch ha-ha-fei-chah.  
Rav lach she-vet b'ei-mek ha-ba-cha,  
v'hu ya-cha-mol a-la-yich chemlah.  
L'cha dodi...

**התנערי** Hit-na-a-ri mei-a-far ku-mi,  
liv-shi big-dei tif-ar-teich a-mi.  
Al yad ben Yi-shai beit ha-lach-mi,  
kar-vah el naf-shi g'a-lah.  
L'cha dodi...

**התעוררי** Hit-o-r'ri hit-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.  
L'cha dodi...



**לא תבושי** Do not be ashamed or embarrassed, why are you  
so sad and downcast? My peoples' poor will take refuge  
in you, the city will rise from its ruins. Let us go...

**והיו** Those who destroy you will be destroyed, all that  
ravage you will be devoured. God will then celebrate  
you, as a groom rejoices over his bride. Let us go...

**ימין** Burst out to the right and left, revere God in  
whom you take delight. By the hand of the Messiah,  
we will rejoice and find joy. Let us go...

**בואי** Come in peace, Crown of God, with joy and happiness.  
Walking among God's faithful, beloved people,  
come in, O Bride, come in, O Bride!



*When mourners come to the synagogue on the first Friday evening during  
or after shivah, we greet them with these words of consolation.*

**המקום** Ha-ma-kom y'na-cheim  
et-chem b'toch sh'ar a-vei-lei  
Tzi-yon virusha-la-yim.

**המקום ינחם אתכם**  
**בתוך שאר אבלי**  
**ציון וירושלים.**



**המקום** May God's Presence comfort you among all  
the mourners for Zion and Jerusalem.

**לא תבושי** Lo tei-vo-shi v'lo ti-kal-mi,  
mah tish-to-cha-chi u-mah te-he-mi  
Bach ye-che-su a-ni-yei a-mi,  
v'niv-n'tah ir al ti-lah.

L'cha dodi...

**והיו** V'ha-yu li-m'shi-sah sho-sa-yich,  
v'ra-cha-ku kol m'val-a-yich.  
Ya-sis a-la-yich E-lo-ha-yich,  
ki-m'sos cha-tan al ka-lah.

L'cha dodi...

**ימין** Ya-min u-s'mol tif-ro-tzi,  
v'et Adonai ta-a-ri-tzi.  
Al yad ish ben Par-tzi,  
v'nis-m'chah v'na-gi-lah.

L'cha dodi...

**בואי** Bo-i v'shal-om, a-te-ret ba-lah,  
gam b'sim-chah u-v'tza-ho-lah.  
Toch e-mu-nei, am s'gu-lah,  
bo-i cha-lah, bo-i chalah!

L'cha dodi...

**לא תבושי ולא תכלמי,**  
**מה תשתוּחחי ומה תהמי,**  
**בך יחסו עניי עמי,**  
**ונבנתה עיר על תלה.**  
לכה

**והיו למשסה שאסיה,**  
**ורחקו כל מבלעיה,**  
**ישיש עליך אלהיה,**  
**כמשוש חתן על כלה.**  
לכה

**ימין ושמאל תפוצי,**  
**ואת יי תעריצי,**  
**על יד איש בן פרצי,**  
**ונשמחה ונגילה.**  
לכה

**בואי בשלום עטרת בעלה,**  
**גם בשמחה ובצלה,**  
**תוך אמוני עם סגלה,**  
**בואי כלה, בואי כלה.**  
לכה



## EVENING SERVICE FOR SABBATH AND FESTIVALS

## Praised Is God

**בָּרְכוּ** Barchu: Praised is God. Bless Adonai, the Blessed One. Praised is Adonai, who is to be praised forever.

**בָּרְכוּ** Praised are You, Adonai our God, Ruler of the universe, whose word brings the evening dusk. With wisdom God opens the gates of the heavens, changes the times of day with understanding. Exchanges the seasons, and puts the stars in their proper place, and order in the sky. Creator of day and night, rolling the light away before the darkness, and the darkness before the light. God causes the day to pass and brings night, separating between day and night. Adonai Tzeva'ot is God's name. God will live forever, God will rule over us forever and ever. Praised are You Adonai, who brings the evening dusk.



The sun is setting, singing a song  
Of cool dark blues and warm reds and oranges.

Stars and constellations come out to decorate the night  
They tell us that time is passing.

It is the border of the new day:  
A good time to thank God.

To thank God for the day that is ending.  
To thank God for the day that begins.  
To thank God for creating the world.

God made the earth, the sun, the moon and stars,  
God made time itself, and the seasons.

God made a world that is always changing  
And times and seasons that are always the same.

God gave us a world that is beautiful, a world we can trust,  
Praised are You, God, for bringing us this evening.

*Siddur Shir Chadash for Youth and Family*

MAARIV FOR SHABBAT  
AND FESTIVALSעֲרֵבִית לַשַּׁבָּת  
יוֹם טוֹב

*As Kabbalat Shabbat prepares us to receive the Sabbath, the evening Maariv service prepares us to proclaim and affirm God's unity with the words of the Shema prayer. The first prayer of the Maariv service – the Barchu – is the leader's call to bring our individual experiences together and witness how, beyond each one's uniqueness, we are all one, as God is One. We pray to God as individuals, yet at times something much more powerful can occur when we pray in a congregation, allowing us to voice our words as one large chorus of people. Come now and together let us rise and praise God.*

## Barchu

Reader

**בָּרְכוּ** Ba-r'chu et Adonai ha-m'vo-rach

*Congregation, then Reader*

**בָּרְכוּ** Ba-ruch Adonai ha-m'vo-rach  
l'o-lam va-ed.

**בָּרוּךְ** Ba-ruch a-tah Adonai E-lo-hei-nu  
me-lech ha-o-lam,  
a-sheer bi-d'var-o ma-a-riv a-ra-vim.  
B'choch-mah po-tei-ach sh'a-rim,  
u-vit-vu-nah m'sha-neh i-tim.  
U-ma-cha-lif et ha-z'ma-nim  
um'sa-deir et ha-ko-cha-vim,  
b'mish-m'ro-tei-hem ba-ra-ki-a kir'tzo-no.  
Bo-rei yom va-lai-la,  
go-leil or mi-p'nei cho-shech  
v'cho-shech mi-p'nei or.  
U'ma-a-vir yom u-mei-vi lai-lah,  
u-mav-dil bein yom u'vein lai-lah.  
Adonai Tz'va-ot sh'mo.  
Eil chai v'ka-yam  
ta-mid yim-loch a-lai-nu l'o-lam va-ed.  
Ba-ruch a-tah Adonai,  
ha-ma-a-riv a-ra-vim.

## בָּרְכוּ

Reader

**בָּרְכוּ** אֶת יְיָ הַמְּבָרָךְ.

*Congregation, then Reader*

**בָּרוּךְ** יְיָ הַמְּבָרָךְ  
לְעוֹלָם וָעֶד.

**בָּרוּךְ** אַתָּה יְיָ, אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בְּדַבָּרוֹ מַעְרִיב עֶרְבִים,  
בְּחִכְמָה פּוֹתֵחַ שְׁעֵרִים,  
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
וּמַחְלִיף אֶת הַזְּמַנִּים,  
וּמַסְדִּיר אֶת הַכּוֹכָבִים  
בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ.  
בוֹרֵא יוֹם וְלַיְלָה,  
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,  
וְחֹשֶׁךְ מִפְּנֵי אוֹר.  
וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה,  
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,  
יְיָ צְבָאוֹת שְׁמוֹ.  
אֵל חַי וְקַיִם,  
תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
**בָּרוּךְ** אַתָּה יְיָ,  
הַמַּעְרִיב עֶרְבִים.



### Everlasting Love

**אַהֲבַת עוֹלָם** With everlasting love You have loved Your people. Torah and mitzvot, laws and justice, You taught us. Therefore, Adonai our God, when we lie down and when we get up, we will talk about Your laws. We will always be happy with words of Your Torah, and Your commandments forever. Because they are our life and length of our days, we will think about them day and night. May You never take Your love away from us. Praised are You, Adonai, who loves the people Israel.



Close your eyes and try to remember a time when you felt so embraced by human love that it seemed that its very source might be from God. Now try to recall when an experience of Torah – studying a story, reading from the scroll, or touching the Torah in procession was so powerful that you felt yourself in God's presence. Now try to picture the Torah as a gift from God, a gift of love and joy. Torah is also a light that shines through the darkness. Picture it lighting up your eyes, your mind, and your heart. The Torah is also a beautiful gown, clothing God's Presence. Picture the Torah as life – giving medicine, that can heal the hurts of the world and offer vitamins to our souls.

Help us, God, to learn Torah, to love Torah, to live Torah, so that we will truly treasure Your loving gift.

### Ahavat Olam

**אַהֲבַת עוֹלָם** A-ha-vat o-lam  
 beit Yis-ra-eil am-cha a-hav-ta.  
 To-rah u-mitz-vot,  
 chu-kim u-mish-pa-tim,  
 o-ta-nu li-mad'ta.  
 Al kein, Adonai E-lo-hei-nu,  
 b'shoch-vei-nu u-v'ku-mei-nu,  
 na'si-ach b'chu-ke-cha.  
 V'nis-mach b'div-rei To-ra-te-cha,  
 u-v'mitz-vo-te-cha l'o-lam va-ed.  
 Ki heim cha-yei-nu v'o-rech ya-mei-nu,  
 u-va-hem neh-geh yo-mam va-lai-lah.  
 V'a-ha-vat-cha al ta-sir mi-me-nu l'o-la-mim.  
 Ba-ruch a-tah, A-do-nai,  
 o-heiv a-mo Yis-ra-eil.

### אהבת עולם

**אַהֲבַת עוֹלָם**  
 בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבַת,  
 תּוֹרָה וּמִצְוֹת,  
 חֻקִּים וּמִשְׁפָּטִים  
 אוֹתָנוּ לְמַדָּת.  
 עַל כֵּן יְיָ אֱלֹהֵינוּ,  
 בְּשׂוֹחַ-בְּנֵינוּ וּבְקוֹמֵנוּ,  
 נָשִׂיחַ בְּחֻקֶּיךָ,  
 וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ  
 וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
 כִּי הֵם חַיֵּינוּ וְאַרְץ יְמֵינוּ,  
 וּבָהֶם נִהְגָּה יוֹמָם וּלְיָלָה,  
 וְאַהֲבַתְךָ אֶל תִּסֹּר מִמֶּנּוּ לְעוֹלָמִים.  
 בָּרוּךְ אַתָּה יְיָ,  
 אוֹהֵב עַמּוֹ יִשְׂרָאֵל.



שמע Hear, Israel, Adonai is our God, Adonai is One.

ברוך Praised be God's glorious name forever.

ואהבת You will love Adonai your God, with all your mind, soul and might. These words which I command you today, shall you take to heart. Teach them carefully to your children, repeat them at home, when you sit in your house, when you walk on your way, when you lie down, and when you arise. Bind them as a sign on your hand, let them be a symbol between your eyes. Write them on the doorposts of your homes and on your gates.



The large Hebrew letter "ayin" at the end of Shema and the larger letter "dalet" at the end of "echad" spell "ayd", meaning "witness." Imagine that you are a witness before a court of all the countless people who believe that nothing in life is connected to anything else, that there are no causes or effects, no unifying principles – and you bravely, anxiously, not sure of your own evidence but wanting desperately to believe that harmony is possible – you are going to say, Shema Yisrael: "I want to believe there is one unifying God."

Richard Levy, *On Wings of Light*

### If You Will Listen

והיה If you will listen to My commandments that I command you this day. To love Adonai your God, with all your heart, and with all your might. I will favor your land with rain, rain in autumn and rain in spring, and you will have ample harvest of grain, wine and oil. I will assure abundance in the fields, for your cattle and you will be



שמע Sh'ma Yis-ra-eil,  
Adonai E-lo-hei-nu, Adonai e-chad.

ברוך Ba-rch sheim k'vod

mal-chu-to l'o-lam va-ed.

ואהבת V'a-hav-ta eit A-do-nai El-lo-he-cha,

b'chol l'vav-cha, u-v'chol naf-sh'cha

u-v'chol m'o-de-cha.

V'ha-yu ha-d'va-rim ha-ei-leh

a-sheer a-no-chi m'tza-v'cha ha-yom.

Al l'va-ve-cha.

V'shi-nan-tam l'va-ne-cha,

v'di-bar-ta 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.

U-k'shar-tam l'ot al ya-de-cha,

v'ha-yu l'to-ta-fot bein ei-ne-cha.

U-ch'tav-tam al m'zu-zot bei-te-cha

u-vi-sh'a-re-cha.

### Vehaya Im Shamo'a

והיה V'ha-yah im sha-mo-a

tish-m'u el mitz-vo-tai

a-sheer a-no-chi m'tza-veh et-chem ha-yom.

L'a-ha-vah et Adonai E-lo-hei-chem,

u-l'ov-do b'chol l'vav-chem,

u-v'chol naf-sh'chem.

V'na-ta-ti m'tar ar-tz'chem b'i-to,

yo-reh u-mal-kosh,

v'a-saf-ta.

שמע ישראל,  
יהי אלהינו, יהי אחד.

ברוך שם כבוד

מלכותו לעולם ועד.

ואהבת את יהי אלהיך,

בכל לבבך, ובכל נפשך,

ובכל מאדך.

והיו הדברים האלה,

אשר אנכי מצוה היום,

על לבבך.

ושננתם לבניך,

ודברת בם,

בשבתך בביתך,

ובלכתך בדרךך,

ובשכבך, ובקומך.

וקשרתם לאות על ידך,

והיו לטטפת בין עיניך.

וכתבתם על מזוזות ביתך

ובשערך.

### והיה אם שמע

והיה אם שמע

תשמעו אל מצותי,

אשר אנכי מצוה אתכם היום,

לאהבה את יהי אלהיכם

ולעבדו, בכל לבבכם

ובכל נפשכם.

ונתתי מטר ארצכם בעתו,

יורה ומלקוש,

ואספת



Who is like You God, among the mighty, who is like You, majestic in holiness, awesome in splendor, performing wonders? Your children beheld Your sovereignty, as you divided the sea before Moses, "This is my God," they responded saying: God will rule throughout all time. And thus is it written: God has rescued Jacob, God redeemed him from those more powerful. Praised are You, Adonai, Redeemer of Israel.



Close your eyes and picture yourself as one of the Israelites leaving Egypt after 400 years of slavery. Now imagine yourself seeing the spectacular view of the sea splitting open, and your ability to literally walk through water. How do you now feel? What do you feel like singing when you reach the other side of the Red Sea?

Moses now begins to sing and you feel yourself drawn into his melody. Miriam his sister plays the timbrel and dances with the women in joyous rapture. Now your body begins to sway to and fro, back and forth. You are in a state of ecstasy and the song permeates your entire being. For once in your life you truly feel free and at peace. How can you ever forget this moment!

Mi-cha-mo-chah ba-ei-lim Adonai,  
mi-ka-mo-chah, ne-dar ba-ko-desh,  
no-ra t'hi-lot, o-seh fe-le.  
Mal-chut-cha ra-u va-ne-cha,  
bo-kei-a yam li-f'nei Mo-sheh,  
"zeh Ei-li", a-nu v'am-ru:  
Adonai yim-loch l'ol-am va-ed.  
V'ne-e-mar: Ki fa-dah Adonai et Ya-a-kov,  
u-g'a-lo cha-zak mi-me-nu.  
Bar-uch a-tah, Adonai, ga-al Yis-ra-eil.

מִי כְמוֹכָה בְּאֵלִים יי,  
מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ,  
נֹרָא תְהִלָּתוֹ, עֹשֶׂה פֶלֶא.  
מַלְכוּתְךָ רָאוּ בְנֵיךָ,  
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,  
זֶה אֱלֹהֵינוּ וְאָמְרוּ:  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.  
וְנֵאמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב,  
וַגָּאֵלוּ מִיַּד חֲזַק מִמֶּנּוּ.  
בָּרוּךְ אַתָּה יְיָ, גֹאֵל יִשְׂרָאֵל.

## השְׁכִיבֵנוּ

הַשְׁכִּיבֵנוּ יְיָ  
 אֱלֹהֵינוּ לְשָׁלוֹם,  
 וְהַעֲמִידֵנוּ מִלְכָּנוּ לַחַיִּים,  
 וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ,  
 וְתַקֵּנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,  
 וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.  
 וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ  
 אוֹיֵב, דָּבָר, וְחָרָב,  
 וְרָעָב, וְיָגוֹן,  
 וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,  
 וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ,  
 כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה,  
 כִּי אֵל מֶלֶךְ חֲנוּן וְרַחוּם אַתָּה,  
 וְשׁוֹמֵר צִדְקָתֵנוּ וּבֹאֵנוּ,  
 לַחַיִּים וּלְשָׁלוֹם,  
 מִעַתָּה וְעַד עוֹלָם.  
 וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ.  
 בְּרוּךְ אַתָּה יְיָ,  
 הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ  
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל  
 וְעַל יְרוּשָׁלַיִם.

## Hashkivenu

Hash-ki-vei-nu Adonai  
 E-lo-hei-nu l'sha-lom,  
 v'ha-a-mi-dei-nu mal-kei-nu l'cha-yim.  
 U'frosh a-lei-nu suk-kat sh'lo-me-cha,  
 v'tak-nei-nu b'ei-tzah to-vah mi-l'fa-ne-cha.  
 V'ho-shi-ei-nu l'ma'an sh'me-cha,  
 v'ha-gein ba-a-dei-nu v'ha-seir mei-a-lei-nu  
 o-yeiv, de-ver, v'che-rev.  
 V'ra'av v'ya-gon,  
 v'ha-seir sa-tan mi-l'fa-nei-nu u-mei-a-cha-rei-nu,  
 u'v'tzeil k'na-fe-cha tas-ti-rein-nu.  
 Ki Eil shom-rei-nu u-ma-tzi-lei-nu a-tah,  
 ki Eil me-lech cha-nun v'ra-chum a-tah  
 u'sh'mor tzei-tei-nu u-vo-ei-nu,  
 l'cha-yim u-l'sha-lom,  
 mei-a-tah v'ad o-lam.  
 U'f'rosh a-lei-nu suk-kat sh'lo-me-cha.  
 Baruch a-tah Adonai,  
 ha-po-reis suk-kat sha-lom a-lei-nu,  
 v'al kol a-mo Yis-ra-eil,  
 v'al Y'ru-sha-la-yim.

## Make Us Lie Down

הַשְׁכִּיבֵנוּ Help us God to lie down in peace, awaken us, Sovereign, to life again. Spread over us Your shelter of peace, guide us with Your good counsel. Save us because of Your mercy, shield us and remove from us enemy, sword, disease, starvation, and sorrow. Remove the evil forces that envelop us, shelter us in the shadow of Your wings. You are a kind and merciful God, guard our coming and our going, grant us life and peace, now and always. Spread over us a shelter or peace. Praised are You, God, who spreads a shelter of peace over us, and all over God's people Israel, and over Jerusalem.

## Reflections (Choose one or more):

Has your sleep been troubled of late? You might ask for guidance during this prayer on how to deal with those issues that may be troubling you. Are there amends you need to make? A confession to offer, to God or another person?

Are you anxious about enemies, plagues, hunger, grief in the world? You might ask during your prayer how you might help solve some of these ills, in a way that will let you find some comfort in the contribution you are making.

Imagine how it would feel, now that Shabbat has come, if you had just entered a Sukkah of Peace and sat down inside its walls. You might pray for guidance on what you need to do to make that feeling a reality.

Richard Levy, *On Wings of Light*





**They Shall Keep**

**וְשָׁמְרוּ** The children of Israel shall keep the Sabbath. Making the Sabbath an eternal covenant throughout all generations. Between Me and the Israelites, it is an everlasting sign. For in six days God made the heavens and the earth, and on the seventh day God stopped working and rested.

**וַיְדַבֵּר** And Moses proclaimed the festivals of Adonai to the children of Israel.



Imagine driving a car along a highway and you come upon a sign that says: "Stop: Rest." That is what the prayer V'shamru is all about, reminding us that once a week we need to stop working and give our souls a rest. Take a couple of deep breaths and imagine God now breathing a new soul into your body. You now feel totally animated by your Sabbath soul, as if you had a special visitor inside of you. Soon you feel totally rested and completely relaxed. Shabbat has completely taken hold of you – and both you and Shabbat are one with the other! Now say the words "Shabbat Shalom." That's what you are wishing someone else when greeting them with these words. You are wishing them a day of health, peace, contentment, and wholeness. There is no more beautiful wish than this!

**V'shamru**

**וְשָׁמְרוּ** V'sham'ru v'nei Yis-ra-eil et ha-shab-bat.  
la-a-sot et ha-shab-bat  
l'do-ro-tam b'rit olam.  
Bei-ni-u-vein b'nei Yis-ra-eil,  
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.

*On Festivals Recite:*

**וַיְדַבֵּר** Va-y'da-beir Mo-she et mo-adei  
Adonai el b'nei Yis-ra-eil.

**וְשָׁמְרוּ**

**וְשָׁמְרוּ** בני ישראל את השבת,  
לעשות את השבת  
לדורתם ברית עולם.  
ביני ובין בני ישראל  
אות היא לעולם,  
כי ששת ימים עשה יי  
את השמים ואת הארץ,  
וביום השביעי שבת  
וינפשו.

**וַיְדַבֵּר** משה את מועדי  
יי, אל בני ישראל.



### Half Kaddish

**יְתִגְדַּל** May God's great name be made great and holy, in the world of God's own creation. May God's rule be established, in your lifetime and in your day. And in the lifetime of all the people Israel, speedily and soon, and let us say: Amen. May God be praised throughout all time. Hallowed, praised, exalted, glorified, lauded, honored, extolled, beautified, be the name of the Holy Blessed One. Beyond all blessing and song, praise and consolation, that are said in the world, and let us say: Amen.



### Chatzi Kaddish

*Reader*

**יְתִגְדַּל** Yit-ga-dal v'yit-ka-dash sh'mei ra-ba,  
b'al-ma di v'ra chi-r'u-tei.  
V'yam-lich mal-chu-tei,  
b'cha-yei-chon v-v'yo-mei-chon.  
U-v'cha-yei d'chol beit Yis-ra-eil,  
ba-a-ga-la u-vi-z'man ka-riv, v'im-ru:  
A-mein.

*Congregation and Reader*

**יְהִי** Y'hei sh'mei ra-ba m'va'rach l'alam  
ul'al-mei al-ma-ya.

*Reader*

**יְתַבַּרְךָ** 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'ku-d'sha b'rich hu.  
L'ei-la (l'ei-la) 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: A-mein.

### חצי קדיש

*Reader*

**יְתִגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.**  
**בְּעֵלְמָא דִּי בְּרָא כְּרַעוּתָהּ,**  
**וְיִמְלִיךְ מַלְכוּתָהּ**  
**בְּחַיֵּינוּ וּבְיוֹמֵינוּ**  
**וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,**  
**בְּעֵגְלָא וּבְזְמַן קָרִיב, וְאָמְרוּ**  
**אָמֵן.**

*Congregation and Reader*

**יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלָם**  
**וּלְעֵלְמֵי עֲלְמֵיָא.**

*Reader*

**יְתַבַּרְךָ וְיִשְׁתַּבַּח**  
**וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא**  
**וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל**  
**שְׁמֵהּ דְקָדְשָׁא בְּרִיךְ הוּא,**  
**לְעֵלָא (לְעֵלָא) מִן כָּל בְּרִכְתָּא וְשִׁירָתָא**  
**תְּשַׁבַּחְתָּא וְנַחֲמָתָא,**  
**דְּאָמְרִין בְּעֵלְמָא, וְאָמְרוּ אָמֵן.**



## AMIDAH FOR SHABBAT EVE

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

**בְּרוּךְ** Praised are You, Adonai, Our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob, (God of Sarah, God of Rebecca, God of Rachel, God of Leah). The great, mighty exalted God Supreme God. Who bestows acts of kindness and creates all things and remembers the pious deeds of our ancestors. And brings a redeemer to their children's children because of Your loving nature.

**זְכֵרֵנוּ** Remember us that we may live O Ruler. Inscribe us in the Book of Life. For your sake, living God, Ruler who helps save and protect. Praised are You, Adonai shield of Abraham (who remembers Sarah).

**אֲתָהּ** Your might, God, is boundless, You give life to the dead. You abound in deliverance.



May a person who recites the Amidah privately do so out loud? We have learned the answer from Chanah, Samuel the Prophet's mother: "Now Chanah was praying in her heart; only her lips moved, but her voice could not be heard" [1 Samuel 1:13]

Midrash, Deuteronomy Rabbah 2:1

Once the Baal Shem stopped on the threshold of a House of Prayer and refused to go in "I cannot go in," he said. "It is crowded with teachings and prayers from wall to wall and from floor to ceiling. How could there be room for me?" And when he saw that those around him were staring at him and did not know what he meant, he added: "The words from the lips of those whose teaching and praying does not come from hearts lifted to heaven cannot rise, but fill the house from wall to wall and from floor to ceiling."

Martin Buber

## AMIDA L'SHABBAT

## עמידה לשבת

*Amida Directions:*

1. Starting with your right foot, take three steps backward and three steps forward, acting as you might if you could physically approach God's holy throne.
2. Stand with your feet together at attention, like an angel would guarding God's holy throne.
3. Pray without hurrying, and add some of your own personal prayers and thoughts too.
4. You might even want to consider closing your eyes for part of this prayer, for added concentration.

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

**אֲדֹנָי שְׁפָתַי תִּפְתָּח**  
**וּפִי יַגִּיד תְּהִלָּתְךָ.**

**בְּרוּךְ** Ba-ruch a-tah, Adonai E-lo-hei-nu  
v'Ei-lo-hei a-vo-tei-nu (v'i-mo-tei-nu),  
E-lo-hei Av-ra-ham, E-lo-hai Yitz-chak,  
vEi-lo-hei Ya-a-kov,  
(E-lo-hei Sa-rah, E-lo-hei Riv-kah,  
E-lo-hei Ra-chel, Vei-lo-hei Lei-ah).  
Ha-Eil ha-ga-dol, ha-gi-bor v'ha-no-ra  
Eil El-yon.  
Go-meil cha-sa-dim to-vim  
v'ko-nei ha-kol  
v'zo-cheir chas-dei a-vot.  
U-mei-vi go-eil li-v'nei v'neihem  
l'ma'an sh'mo b'a-ha-vah.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ**  
**וְאֱלֹהֵי אֲבוֹתֵינוּ, (וְאִמּוֹתֵינוּ)**  
**אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,**  
**וְאֱלֹהֵי יַעֲקֹב,**  
**(אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,**  
**אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה)**  
**הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,**  
**אֵל עֲלִיוֹן,**  
**גּוֹמֵל חַסְדִּים טוֹבִים,**  
**וּקְנֵה הַכֹּל,**  
**וְזוֹכֵר חַסְדֵי אֲבוֹת,**  
**וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם,**  
**לְמַעַן שְׁמוֹ בְּאֵהָבָה.**

*On Shabbat before Yom Kippur add:*

**זְכֵרֵנוּ** Zoch-rei-nu l'chayim  
Me-lech cha-feitz ba-cha-yim  
v'chot-vei-nu be-sefer ha-cha-yim.  
L'ma-an-cha E-lo-him cha-yim.

**זְכֵרֵנוּ לַחַיִּים,**  
**מֶלֶךְ חֲפֵץ בַּחַיִּים,**  
**וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים,**  
**לְמַעַן אֱלֹהִים חַיִּים.**

**מֶלֶךְ** Me-lech o-zeir u-mo-shi-a u-ma-gein  
Ba-ruch a-tah, Adonai  
ma-gein Av-ra-ham (u-fo-keid Sa-rah).

**מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.**  
**בְּרוּךְ אַתָּה יי,**  
**מַגֵּן אַבְרָהָם (וּפְקֵד שָׂרָה).**

**אֲתָהּ** A-tah gi-bor l'o-lam Adonai,  
m'chayei mei-tim a-tah  
rav l'hoshi-ah.

**אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,**  
**מַחְיֶה מֵתִים אַתָּה,**  
**רַב לְהוֹשִׁיעַ.**



*From Shemini Atzeret until first day of Passover say:*

**מְשִׁיב** You cause the wind to blow and the rain to fall.

*From the second day of Passover until last day of Sukkot say:*

**מוֹרִיד** You cause the dew to fall.

**מְכַלְכֵּל** Your kindness sustains the living, you give life to the dead in great mercy. You support the falling, heal the ailing. You free the bound. You keep faith with those who sleep in the dust. Whose power can compare with Yours? And who compares to You? Ruler who causes death and brings to life. And causes deliverance to flourish. Faithful are You in giving life to the departed. Praised are You, Adonai, who revives the dead.

*On Shabbat before Yom Kippur add:*

**מִי** Whose mercy is comparable to Yours, in kindness remembering Your creatures for life. Dependable are You in giving life to the dead. Praised are You Adonai who gives life to the departed. You are holy and so is Your name. Holy beings praise You every day. Praised are You, Adonai, the holy God.

*On The Sabbath before Yom Kippur conclude instead:*

**בְּרוּךְ** Praised are You, Adonai the holy ruler.

**אֲתָה קְדִישָׁתְךָ** You sanctified the seventh day for Your name's sake. The day that finished the creation of heaven and earth, You blessed it more than other days. And made it holier than other times, as it is written in Your Torah: The heavens and earth were completed and



*From Shemini Atzeret until first day of Passover say:*

**מְשִׁיב** Ma-shiv ha-ru-ach  
u-mo-rid hageshem.

**מְשִׁיב הָרוּחַ**  
וּמוֹרִיד הַגֶּשֶׁם.

*From the second day of Passover until last day of Sukkot say:*

**מוֹרִיד** Mo-rid ha-tal.

**מוֹרִיד הַטַּל.**

**מְכַלְכֵּל** M'chal-keil cha-yim b'che-sed,  
m'cha-yei mei-tim b'ra-cha-mim ra-bim.  
So-meich nof-lim v'ro-fei cho-lim,  
u-ma-tir a-su-rim.  
U'm'ka-yeim e-mu-na-to li-shei-nei a-far.  
Mi cha-mo-cha ba-al g'vu-rot?  
U'mi do-meh lach?  
Me-lech mei-mit u-m-cha-yeh,  
u-matz-mi-ach y'shu-ah.

**מְכַלְכֵּל חַיִּים בְּחֶסֶד,**  
**מְחִיָּה מֵתִים בְּרַחֲמִים רַבִּים,**  
**סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,**  
**וּמַתִּיר אֲסוּרִים,**  
**וּמַקְיֵם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר,**  
**מִי כְמוֹךְ בְּעַל גְּבוּרוֹת,**  
**וּמִי דוֹמָה לָךְ,**  
**מֶלֶךְ מִמִּית וּמְחִיָּה**  
**וּמַצְמִיחַ יְשׁוּעָה.**

*On Shabbat before Yom Kippur add:*

**מִי** Mi-cha-mo-cha av ha-ra-cha-mim,  
zo-cheir y'tzu-rav l'cha-yim b'racha-mim.

**מִי כְמוֹךְ אֲבִי הַרְחָמִים,**  
**זוֹכֵר יְצוּרָיו לַחַיִּים בְּרַחֲמִים.**

**וְנֶאֱמַן** V'ne-e-man a-tah l'ha-cha-yot mei-tim.  
Ba-ruch a-tah, Adonai, m'cha-yei ha-mei-tim.

**וְנֶאֱמַן אֲתָה לְהַחְיֹת מֵתִים.**  
**בְּרוּךְ אַתָּה יְיָ, מְחִיָּה הַמֵּתִים.**

**אֲתָה** A-tah Ka-dosh v'shim-cha Ka-dosh,  
u-k'do-shim b'chol yom y'hal'lu-cha se-lah.  
Ba-ruch a-tah, Adonai,  
ha-Eil ha-ka-dosh.

**אֲתָה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ,**  
**וּקְדוּשִׁים בְּכָל יוֹם יִהְלְלוּךָ סֵלָה.**  
**בְּרוּךְ אַתָּה יְיָ,**  
**הָאֵל הַקְדוֹשׁ.**

*On the Sabbath before Yom Kippur conclude instead:*

**בְּרוּךְ** Ba-ruch a-tah, Adonai  
ha-Me-lech ha-ka-dosh.

**בְּרוּךְ אַתָּה יְיָ,**  
**הַמֶּלֶךְ הַקְדוֹשׁ.**

**אֲתָה קְדִישָׁתְךָ** A-tah ki-dash-ta et yom ha-sh'vi  
li-sh'me-cha.  
Tach-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,

**אֲתָה קְדִישָׁתְךָ אֶת יוֹם הַשְּׁבִיעִי**  
**לְשִׁמְךָ,**  
**תַּכְלִית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ,**  
**וּבִרְכָּתוֹ מִכָּל הַיָּמִים,**  
**וּקְדִישָׁתוֹ מִכָּל הַזְּמַנִּים,**





all their forces. On the seventh day God finished the work that God had been doing. God stopped working on the seventh day from the work that God had been doing. God blessed the seventh day and made it holy. Because God ceased from all the work in creation that God had made.

**אלהינו** Our God and God of our ancestors, be pleased with our Shabbat rest. Make us holy with Your mitzvot and let us share in Your Torah. Satisfy us with Your goodness. Make us happy with Your help. Purify our hearts so that we can serve You truly. Adonai our God, let us receive Your holy Shabbat with love and favor. On it may Israel rest, who sanctify Your name. Praised are You, Adonai, who makes the Shabbat holy.

**רצה** Be pleased, Adonai our God with Your people Israel and with their prayers. Restore worship to your temple. May Your people Israel's prayer always be pleasing to You.

*On Rosh Hodesh and/or on Chol Ha-Moed add:*

**אלהינו** Our God and God of our ancestors. Let ascend, come, arrive, appear, be accepted, and heard, be recalled and remembered. Our



v'chein ka-tuv b'To-ra-te-cha:  
Va-y'chu-lu ha-sha-ma-yim v'ha-a-retz  
v'chol tz'va-am.

Va-y'chal E-lo-him ba-yom ha-sh'vi-i  
m'lach-to a-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-ra E-lo-him la-a-sot.

**אלהינו** E-lo-hei-nu vei-lo-hei a-vo-tei-nu,  
r'tzei vi-m'nu-cha-tei-nu.

Ka-d'shei-nu b'mitz-vo-te-cha  
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'ov-d'cha be-e-met.

V'han-chi-lei-nu, Adonai E-lo-hei-nu  
b'a-ha-vah u-v-ra-tzon Shab-bat kod-she-cha.

V'ya-nu-chu va Yis-ra-eil  
m'ka-d'shei sh'me-cha.

Ba-ruch a-tah, Adonai,  
m'ka-deish ha-Shab-bat.

**רצה** R'tzei Adonai E-lo-hei-nu  
b'am-cha Yis-ra-eil u-vi-t'fi-la-tam.  
V'ha-sheiv et ha-a-vo-dah li-d'vir bei-te-cha.  
U-t'fi-la-tam b'a-ha-vah t'ka-beil b'ra-tzon  
u't'hi l'ra-tzon ta-mid a-vo-dat  
Yis-ra-eil a-me-cha.

*On Rosh Hodesh and/or on Chol Ha-Moed add:*

**אלהינו** E-lo-hei-nu vei-lo-hei a-vo-tei-nu  
ya-a-leh, v'ya'vo, v'ya-gi-a,  
v'yei-ra-eh, v'yei-ra-tzeh, v'yi-sha-ma  
viyi-pa-keid v'yi-za-cheir.

וכן כתוב בתורתך:  
ויכלו השמים והארץ  
וכל צבאם.

ויכל אלהים ביום השביעי  
מלאכתו אשר עשה,  
וישבת ביום השביעי,  
מכל מלאכתו אשר עשה.  
ויברך אלהים את יום השביעי  
ויקדש אותו,

כי בו שבת מכל מלאכתו,  
אשר ברא אלהים לעשות.

**אלהינו** ואלהי אבותינו,  
רצה במנוחתנו,

קדשנו במצותיך,

ותן חלקנו בתורתך,

שבחנו מטובך,

ושמחנו בישועתך,

וטהר לבנו לעבדך באמת,

והנחילנו יי אלהינו

באהבה וברצון שבת קדשך,

וינוחו בה ישראל

מקדשי שמך.

ברוך אתה יי,

מקדש השבת.

**רצה**, יי אלהינו,

בעמך ישראל ובתפלתם,

והשב את העבודה לדביר ביתך,

ותפלתם באהבה תקבל ברצון,

ותהי לרצון תמיד עבודת

ישראל עמך.

**אלהינו** ואלהי אבותינו,  
יעלה ויבא, ויגיע,  
ויראה, וירצה, וישמע,  
ויפקד, ויזכר

זְכוּרֵנוּ וּפְקֻדוֹנֵנוּ,  
וְזָכְרוֹן אֲבוֹתֵינוּ,  
וְזָכְרוֹן מְשִׁיחַ  
בֶּן דָּוִד עֲבָדְךָ,  
וְזָכְרוֹן יְרוּשָׁלַיִם  
עִיר קֹדֶשְׁךָ,  
וְזָכְרוֹן כָּל עַמְּךָ  
בֵּית יִשְׂרָאֵל לִפְנֶיךָ,  
לְפָלִיטָה, לְטוֹבָה,  
לְחַן וּלְחֶסֶד וּלְרַחֲמִים,  
לְחַיִּים וּלְשָׁלוֹם,  
בְּיוֹם

Select the occasion

רֵאשׁ הַחֹדֶשׁ הַזֶּה.  
חַג הַמִּצּוֹת הַזֶּה.  
חַג הַסֻּכּוֹת הַזֶּה.  
זְכוּרֵנוּ, יְיָ אֱלֹהֵינוּ,  
בּוֹ לְטוֹבָה,  
וּפְקֻדוֹנוֹ בּוֹ לְבִרְכָה,  
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.  
וּבְדִבְרֵי יְשׁוּעָה וּרַחֲמִים,  
חוֹס וְחֹנֵן, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,  
כִּי אֵלֶיךָ עֵינֵינוּ,  
כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

וְתַחֲזִינָה עֵינֵינוּ  
בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
בְּרוּךְ אַתָּה יְיָ,  
הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

מוֹדִים אֲנַחְנוּ לָךְ,  
שְׁאֵתָה הוּא, יְיָ אֱלֹהֵינוּ  
וְאַלֹהֵי אֲבוֹתֵינוּ,  
לְעוֹלָם וָעֶד,  
צוּר חַיִּינוּ,  
מִגֵּן יִשְׁעֵנוּ,

Zich-ro-nei-nu u-fik-do-nei-nu,  
v'zich-ron a-vo-tei-nu,  
v'zich-ron ma-shi-ach,  
ben David av-de-cha.  
V'zich-ron Y'ru-sha-la-yim,  
ir kod-she-cha.  
V'zich-ron kol am-cha,  
beit Yis-ra-eil l'fa-ne-cha.  
Li-f'lei-tah l'to-vah,  
l'chein u'l'che-sed u-l'ra-cha-mim,  
l'cha-yim u-l'shal-lom.  
B'yom

Rosh ha-cho-desh ha-zeh  
Chag ha-ma-tzot ha-zeh  
Chag ha-suk-kot ha-zeh

Zoch-rei-nu Adonai E-lo-hei-nu  
bo l'to-vah.  
U'fok-dei-nu vo li-v'ra-cha.  
V'ho-shi-ei-nu vo l'cha-yim  
u-vi-d'var y'shu-ah v'ra-cha-mim.  
V'ra-cheim a-lei-nu v'ho-shi-ei-nu.  
Ki Ei-le-cha ei-nei-nu.  
Ki Eil me-lech cha-nun v'ra-chum a-tah.

V'te-che-ze-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.

Mo-dim a-nach-nu lach  
she-a-tah hu Adonai E-lo-hei-nu,  
v'Ei-lo-hei a-vo-tei-nu.  
L'o-lam va-ed  
tzur cha-yei-nu.  
Ma-gein yish-ei-nu



memories and recollections, the remembrance of our ancestors, the remembrance of the messiah, the son of David Your servant. The remembrance of Jerusalem, Your holy city. The remembrance of Your people, the House of Israel, before You. For survival, for goodness, for grace, mercy, and kindness, for life and peace. On this day of

Select the occasion

(Rosh Chodesh) The new moon  
(Pesach) Passover  
(Sukkot) Feast of Tabernacles

Remember us, Adonai our God this day for good. Keep us in mind for blessing. Give us life with an act of salvation and kindness. Have pity on us and save us. For our eyes turn to You. You are a kind and merciful Ruler. May we see Your return to Zion in mercy. Praised are You Adonai, who restores Your presence to Zion.

**מודים** We thank You for being Adonai our God, and God of our ancestors. Throughout all time You are the rock of our lives. Our saving





shield in every generation. We will thank and praise You for our lives, which are in Your power. And for our souls which are in Your keeping. For Your miracles which are with us daily. And for Your wonders and good things that are with us at all times. Evening, morning, and noon, O Good One, Your mercies have never stopped O merciful one. Your kindness has never stopped. We have always placed our hope in You.

*Add on Hanukkah:*

**על** We thank You for the miracles, for salvation, for the great deeds, for the victories, and for the battles You performed for our ancestors, in those days and at this season. In the days of Mattathias, the son of Yochanan the High Priest, and his sons, a cruel Hellenic government rose against Your people Israel, demanding that they forget the Torah, and violate Your mitzvot. But in Your great mercy You stood by Your people in their time of trouble. You defended them, vindicated them, and avenged their wrongs. You delivered the strong into the hands of the feeble, the many into the hands of the few. The impure



אתה הוא לדור ודור,  
נודה לך ונספר תהלתך,  
על חיינו  
המסורים בידך,  
ועל נשמותינו  
הפקודות לך,  
ועל נסיון  
שבכל יום עמנו,  
ועל נפלאותיך וטובותיך  
שבכל עת,  
ערב ובקר וצהרים,  
הטוב,  
כי לא כלו רחמיה,  
והמרחם,  
כי לא תמו חסדיך,  
מעולם קיינו לך.

a-tah hu l'dor va-dor.  
No-deh l'cha u-n'sa-peir t'hi-la-te-cha.  
Al cha-yei-nu,  
ha-m'su-rim b'ya-de-cha.  
V'al nish-mo-tei-nu  
ha-p'ku-dot lach.  
V'al ni-se-cha  
she-b'chol yom i-ma-nu.  
V'al nif-l'o-te-cha v'to-vo-te-cha  
she-b'chol eit.  
E-rev va-vo-ker v'tza-ho-ra-yim  
Ha-Tov,  
ki lo cha-lu ra-cha-me-cha  
v'ha-m'ra-cheim.  
Ki lo ta-mu cha-sa-de-cha.  
Mei-o-lam ki-vi-nu lach.

*Add on Hanukkah:*

**על** 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-sita la-a-vo-tei-nu.  
Ba-ya-mim ha-heim ba-z'man ha-zeh,  
bi-mei Ma-tit-ya-hu ben Yo-cha-nan  
kohen gadol.  
Chash-mo-nai u-va-nav,  
k'she-am-dah mal-chut  
Ya-van ha-r'sha-ah al am-cha Yis-ra-eil,  
l'hash-ki-cham To-ra-te-cha,  
u-l'ha'a-vi-ram mei-chu-kei r'tzo-ne-cha.  
V'a-tah b'ra-cham-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 nik-ma-tam.  
Ma-sar-ta gi-bo-rim,

על הנסים, ועל הפרקו,  
ועל הגבורות, ועל התשועות,  
ועל המלחמות,  
שעשית לאבותינו  
בימים ההם בזמן הזה.  
בימי מתתיהו בן יוחנן  
כהן גדול,  
חשמונאי ובניו,  
כשעמדה מלכות  
יוון הרשעה על עמך ישראל  
להשכיחם תורתך,  
ולהעבירם מחקי רצונך,  
ואתה ברחמיה הרבים  
עמדת להם בעת צרתם,  
רבת את ריבם,  
דנת את דינם,  
נקמת את נקמתם,  
מסרת גבורים





into the hands of the pure, the corrupt into the hands of the righteous. The arrogant into the hands of students of Torah. You made for Yourself a great and holy name in the world. For Your people Israel You won a large victory and performed an act of salvation unto this day. Then Your children came into Your shrine. They cleansed Your Temple, lit candles in Your sacred courts, and set aside these eight days of Hanukkah for giving thanks and praise to Your great name. For all these things, Our Ruler, may Your name be blessed and honored forever. May every living thing thank you, and praise You sincerely, our rescue and our help. Praised are You, Adonai. Your name is "the Good One," and it is good to thank You.

**שלום** Grant peace upon Israel forever. For You are the supreme ruler of peace. It is good in Your eyes to bless Your people Israel. In every



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 os-kei To-ra-te-cha.  
U-l'cha a-si-ta  
sheim ga-dol v'ka-dosh b'o-la-me-cha.  
U-l'am-cha Yis-ra-eil 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,  
ve-ti-ha-ru et Mik-da-she-cha  
v'hid-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.

בִּיד חֲלָשִׁים,  
וְרַבִּים בִּיד מַעֲטִים,  
וְטַמְאִים בִּיד טְהוֹרִים,  
וְרָשָׁעִים בִּיד צְדִיקִים,  
וְזֵדִים בִּיד עוֹסְקֵי תוֹרָתְךָ.  
וְלָךְ עֲשִׂיתָ שֵׁם גָּדוֹל  
וְקָדוֹשׁ בְּעוֹלָמְךָ,  
וְלַעֲמֶךָ יִשְׂרָאֵל עֲשִׂיתָ  
תְּשׁוּעָה גְדוֹלָה  
וּפְרָקוֹן כְּהַיּוֹם הַזֶּה.  
וְאַחַר כֵּן בָּאוּ בְנֵיךָ  
לְדַבֵּיר בֵּיתְךָ,  
וּפָנּוּ אֶת הַיְכָלְךָ,  
וְטָהְרוּ אֶת מִקְדָּשְׁךָ,  
וְהִדְלִיקוּ נֵרוֹת בְּחִצְרוֹת קֹדֶשְׁךָ,  
וְקָבְעוּ שְׁמוֹנַת יָמֵי חֲנֻכַּת אֱלֹהֵינוּ,  
לְהוֹדוֹת וּלְהַלֵּל  
לְשִׁמְךָ הַגָּדוֹל.

ועל V'al ku-lam, yit-ba-rach v'yit-ro-mam  
shim-cha mal-kei-nu ta-mid  
l'o-lam va-ed.  
V'chol ha-cha-yim yo-du-cha se-lah,  
vi-ha-l'lu et shim-cha be-e-met.  
Ha'Eil y'shu-a'tei-nu v'ez-ra-tei-nu se-lah.  
Ba-ruch a-tah, Adonai,  
"Ha-tov" shim-cha.  
U'l'cha na-eh l'ho-dot

וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרוֹמֵם  
שִׁמְךָ מַלְכֵנוּ תָמִיד  
לְעוֹלָם וָעֶד.  
וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,  
וְיִהְיוּ אֶת שִׁמְךָ בְּאֵמֶת,  
הָאֵל יְשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה.  
בָּרוּךְ אַתָּה יְיָ,  
הַטּוֹב שִׁמְךָ  
וְלָךְ נָאֵה לְהוֹדוֹת.

שלום Sha-lom rav al Yis-ra-eil ta-sim  
l'o-lam.  
ki a-tah hu Me-lech a-don l'chol ha-sha-lom.  
V'tov b'ei-ne-cha l'va'reich  
et am-cha Yis-ra-eil.  
B'chol eit u-v'chol sha-ah bi-sh'lo-me-cha.  
Ba-ruch a-tah, Adonai,

שְׁלוֹם רַב עַל יִשְׂרָאֵל תִּשְׁיֵם  
לְעוֹלָם,  
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
אֶת עַמְּךָ יִשְׂרָאֵל  
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.  
בָּרוּךְ אַתָּה יְיָ,





season at all times. Praised are You, Adonai, who blesses the people Israel with peace.

*On the Shabbat before Yom Kippur conclude instead:*

**בְּסֵפֶר** In the Book of life, blessing, peace, and sustenance, may we be remembered and inscribed before You, we and all Your people, the House of Israel, for a good life and for peace. Praised are You, Adonai, maker of peace.

**אֱלֹהֵי** Guard my tongue from evil, and my lips from speaking lies. To those who slander me let me keep silent. And may my soul be like dust to all. Open my heart to Your Torah, so I may pursue Your mitzvot. All who plot evil against me quickly frustrate their plan. Make nothing of their schemes. Do it for the sake of Your name, do it for the sake of Your right hand. Do it for the sake of Your holiness, do it for the sake of Your Torah. So that Your loved ones be delivered. Save with Your right hand and answer me. May the words of my mouth, and the meditation of my heart be acceptable before You, Adonai my Rock and my Redeemer. May God who makes peace in the heavens make peace for us and for all Israel. And let us say: Amen.



Watch your thoughts, they can become words.  
Watch your words, they can become actions.  
Watch your actions, they can become habits.  
Watch your habits, they can become character.  
Watch your character, it becomes your destiny.

The Hebrew term for words is “devarim.” With a slight change in vowels, words can become “devorim” – bees that sting. How do people generally react to the words that you speak to them? Do they fall upon people like stinging bees, or like light and soft dew? This prayer, “Guard my tongue,” reminds us to watch our words!

הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל  
בְּשָׁלוֹם.

*On the Shabbat before Yom Kippur conclude instead:*

**בְּסֵפֶר** B'sei-fer cha-yim, b'ra-cha, v'sha-lom,  
u'far-na-sah to-vah ni-za-cheir  
v'ni-ka-teiv l'fa-ne-cha,  
a-nach-nu v'chol am-cha  
beit Yis-ra-eil,  
l'cha-yim to-vim u-l'sha-lom.  
Ba-ruch a-tah, Adonai,  
o-seh ha-sha-lom.

בְּסֵפֶר חַיִּים, בְּרָכָה, וְשָׁלוֹם,  
וּפְרִנְסָה טוֹבָה, נִזְכָּר  
וְנִכְתָּב לְפָנֶיךָ,  
אֲנַחְנוּ וְכָל עַמְּךָ  
בֵּית יִשְׂרָאֵל,  
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.  
בְּרוּךְ אַתָּה יי,  
עֹשֶׂה הַשָּׁלוֹם.

**אֱלֹהֵי** E-lo-hai n'tzor l'sho-ni mei-ra,  
u's'fa-tai mi-da-beir mir-mah.  
V'li-m'ka-l'lai  
naf-shi ti-dom.  
V'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 tir-dof naf-shi.  
V'chol ha-chosh-vim a-lai ra-ah  
m'hei-rah ha-feir a-tza-tam.  
V'kal-keil ma-cha-shav-tam.  
A-sei l'ma-an sh'me-cha,  
a-sei l'ma-an y'mi-ne-cha.  
A-sei l'ma-an k'du-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.  
Yi-h'yu l'ra-tzon im-rei fi,  
v'heg-yon li-bi li-fa-ne-cha,  
Adonai tzu-ri v'go-a-li.  
O-seh sha-lom bi-m'ro-mav  
hu ya-a-seh sha-lom a-lei-nu  
v'al kol Yis-ra-eil:  
v'im-ru: A-mein.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנִי מִרָע,  
וּשְׁפָתֵי מִדְּבַר מִרְמָה,  
וּלְמַקְלָלִי  
נִפְשִׁי תִּדּוֹם,  
וְנִפְשִׁי כַּעֲפָר לְכָל תְּהִיָּה.  
פָּתַח לְבִי בְּתוֹרָתְךָ,  
וּבְמִצְוֹתֶיךָ תִּרְדּוּף נִפְשִׁי.  
וְכָל הַחוֹשִׁים עָלַי רָעָה,  
מִהֲרָה הִפֵּר עֲצָתָם  
וְקִלְקַל מַחֲשַׁבְתָּם.  
עֲשֵׂה לְמַעַן שְׁמֶךָ,  
עֲשֵׂה לְמַעַן יְמִינְךָ,  
עֲשֵׂה לְמַעַן קִדְשְׁתָּךְ,  
עֲשֵׂה לְמַעַן תּוֹרָתְךָ.  
לְמַעַן יִחַלְצוּן יְדִידֶיךָ,  
הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.  
יִהְיוּ לְרִצּוֹן אֲמָרֵי פִי  
וְהִגִּיוּ לְבִי לְפָנֶיךָ,  
יי צוּרִי וְגֹאֲלִי.  
עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,  
הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל,  
וְאָמְרוּ אָמֵן.



### Our God, God of Our Ancestors

אֱלֹהֵינוּ Our God and God of our ancestors, accept our rest. Make us holy with Your mitzvot, and give us a portion in Your Torah. Satisfy us with Your goodness, and gladden us with your deliverance. Purify our hearts to serve You in truth. Give us our inheritance Adonai our God. In love and in desire Your holy Shabbat. On it may Israel rest who makes the Sabbath holy. Praised are You, Adonai, who hallows the Shabbat.



What are some ways that you rest on Shabbat? What are some things that you can do to purify your heart in order to serve God truthfully? According to the Midrash (Genesis Rabbah 10:9), what the world lacked after the six days of creation of toil was rest. So God finished all of God's labors on the seventh day by the creation of the day of rest. We are even told in the Ten Commandments that God, too, rested on the seventh day. Being made in God's image, how could we not choose to emulate God and do the same?

### Eloheinu V'Eilohei Avoteinu

אֱלֹהֵינוּ E-lo-hei-nu Vei-lo-hei a-vo-tei-nu,  
r'tzei vi-m'nu-cha-tei-nu.

Ka-d'shei-nu b-mitz-vo-te-cha,  
v'tein chel-kei-nu b'To-ra-te-cha.

Sa-b'ei-nu mi-tu-ve-cha,  
v'sa-m'chei-nu bi-shu-a-te-cha.

V'ta-heir li-bei-nu l'ov-d'cha be-met.

V'han-chi-lei-nu

Adonai E-lo-hei-nu.

B'a-ha-vah u-v-ra-tzon Shab-bat kod-she-cha.

V'ya-nu-chu vah Yis-ra-eil

m'ka-d'shei sh'me-cha.

Ba-ruch a-tah, Adonai,

m'ka-deish ha-Shab-bat.

### אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

רְצֵה בְּמִנוּחֵינוּ,

קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ,

וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ,

שְׂבַעֲנוּ מִטוֹבְךָ,

וְשִׂמְחֵנוּ בִּישׁוּעֶתְךָ,

וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת,

וְהִנְחֵלֵנוּ

יְיָ אֱלֹהֵינוּ

בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קִדְּשְׁךָ,

וַיְנַחֵנוּ בְּהַ יִשְׂרָאֵל

מִקְדָּשֵׁי שְׁמֶךָ.

בָּרוּךְ אַתָּה יְיָ,

מִקְדָּשְׁ הַשַּׁבָּת.



### Full Kaddish

**יְתַגְדֵּל** May God's great name be made great and holy in the world which God created according to God's will. May God establish divine rule in your lifetimes and in your days. And in the lifetimes of the whole House of Israel. Quickly and in the near future, and let us say: Amen.

*Congregation and Reader respond:*

**יְהֵא** May God's great name be praised in all worlds, for ever and ever. Blessed, praised, glorified, raised high, extolled, honored, and elevated and praised be the name of the Holy Blessed One. (Far) Beyond all blessing and song, praise and consolation that are said in the world. And let us say: Amen. May the prayers and pleas of the whole House of Israel be acceptable to their Parent in heaven. And let us say: Amen. May there be abundant peace from heaven, with life for us and Israel. And let us say: Amen. May the One who makes peace in the heavens make peace for us, and for all Israel. And let us say: Amen.



### Kaddish Shalem

*Reader*

**יְתַגְדֵּל** Yit-ga-dal v'yit-ka-dash sh'mei ra-ba  
b'al-ma di v'ra chi-r'u-tei.  
v'yam-lich mal-chu-tei  
b'cha-yei-chon u-v'yo-mei-chon.  
U'v'cha-yei d'chol beit Yis-ra-eil.  
Ba-a-ga-la u-vi-z'man ka-riv  
v'im-ru a-mein.

*Congregation and Reader respond:*

**יְהֵא** Y'hei sh'mei ra-ba m'va-rach  
l'a-lam u-l'al-mei al-ma-ya.  
**יְתַבְרַךְ** 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'ku-d'sha b'rich hu.  
L'ei-la (l'ei-la) 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: A-mein.  
Tit-ka-bal tz'lot-hon u-va-ut-hon  
d'chol beit Yis-ra-eil  
ko-dam a-vu-hon di vish-ma-ya.  
V'im-ru: A-mein.  
Y-hei sh'la-ma ra-ba min sh'ma-ya,  
v'cha-yim a-lei-nu v'al kol Yis-ra-eil  
v'im-ru: A-mein.  
O-seh sha-lom bi-m'ro-mav  
hu ya-a-seh sha-lom a-lei-nu,  
v'al kol Yis-ra-eil.  
V'im-ru: A-mein.

### קדיש שלם

*Reader*

**יְתַגְדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.**  
**בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתָהּ,**  
**וְיִמְלִיךְ מַלְכוּתָהּ**  
**בְּחַיֵּינוּ וּבְיוֹמֵינוּ**  
**וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,**  
**בְּעֵגְלָא וּבְזִמְנָא קָרִיב,**  
**וְאָמְרוּ אָמֵן.**

**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ**  
**לְעֵלָם וּלְעָלְמֵי עָלְמַיָּא.**  
**יְתַבְרַךְ וְיִשְׁתַּבַּח**  
**וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא**  
**וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל**  
**שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא,**  
**לְעָלָא (לְעָלָא) מִן כָּל**  
**בְּרַכְתָּא וְשִׁירָתָא**  
**תְּשַׁבְּחָתָא וְנִחְמָתָא,**  
**דְּאָמְרִין בְּעֵלְמָא,**  
**וְאָמְרוּ אָמֵן.**  
**תִּתְקַבֵּל צְלוֹתָהוֹן וּבְעוּתָהוֹן**  
**דְּכָל בֵּית יִשְׂרָאֵל**  
**קָדָם אֲבוּהוֹן דִּי בְשִׁמְיָא**  
**וְאָמְרוּ אָמֵן.**  
**יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא,**  
**וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,**  
**וְאָמְרוּ אָמֵן.**  
**עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,**  
**הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ**  
**וְעַל כָּל יִשְׂרָאֵל,**  
**וְאָמְרוּ אָמֵן.**

## עלינו לשבח

עלינו לשבח  
לאדון הכל,  
לתת גדלה  
ליוצר בראשית,  
שלא עשנו כגויי הארצות,  
ולא שמנו כמשפחות האדמה,  
שלא שם חלקנו בהם,  
וגרלנו ככל המונם,  
ואנחנו כורעים  
ומשתחוים ומודים,  
לפני מלך מלכי המלכים,  
הקדוש ברוך הוא.  
שהוא נוטה שמים  
ויסד ארץ,  
ומושב יקרו  
בשמים ממעל,  
ושכינת עזו  
בגבהי מרומים,  
הוא אלהינו  
אין עוד.  
אמת מלכנו,  
אפס זולתו,  
כפתוב בתורתו:  
וידעת היום  
והשבת אל לבבך,  
כי יי הוא האלהים  
בשמים ממעל,  
ועל הארץ מתחת, אין עוד.  
על כן נקנה לך  
יי אלהינו,  
לראות מהרה  
בתפארת עזה,  
להעביר גלולים מן הארץ,  
והאלילים פרות יפרתון,

## ALEINU L'SHABEIACH

A-lei-nu l'sha-bei-ach  
la-A-don ha-kol.  
La-teit g'du-lah  
l'yo-tzeir b'rei-shit.  
She-lo a-sa-nu k'go-yei ha'a-ra-tzot,  
v'lo sa-ma-nu k'mish-p-chot ha-a-da-mah.  
She-lo sam chel-kei-nu ka-hem,  
v'go-ra-lei-nu k'chol ha-mo-nam.  
Va-a-nach-nu ko-rim,  
u'mish-ta-cha-vim u'mo-dim  
lif-nei Me-lech mal-chei ha-m'la-chim,  
Ha-Ka-dosh Ba-ruch Hu.  
She-hu no-teh sha-ma-yim  
v'yo-seid a-retz.  
U'mo-shav y'ka-ro  
ba-sha-ma-yim mi-ma-al.  
U'sh'chi-nat u-zo  
b'gov-hei m'ro-mim.  
Hu E-lo-hei-nu,  
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  
v'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.  
Al kein n'ka-veh le-cha,  
Adonai E-lo-hei-nu,  
li-r'ot m'hei-rah  
b'tif-e-ret u-ze-cha.  
L'ha-a-vir gi-lu-lim min ha-a-retz,  
v'ha-e-li-lim ka-rot yi-ka-rei-tun.

## WE PRAISE YOU

**עלינו** We should praise God, Sovereign of everything. To attribute greatness to God who formed creation. Who did not make us like the other families of the earth, and has not placed us like the families of the earth. Who did not make our destiny like theirs, nor our fate like the other multitude. We bend the knee and bow, and give thanks before the supreme Ruler, the Holy Blessed One. God spread out the heavens and built the earth's foundations. Whose glory dwells in the highest heights. Whose powerful presence is in the exalted heavens. God is our God, there is no other. Our Ruler is true, there is nothing besides God. As it is written in Your Torah: know today and keep in mind. And on earth below, there is no other.

**על** Therefore, we hope in You, Adonai our God, soon to see Your power in a wonderful way. Removing false gods from the earth, and destroying idols. Fixing the brokenness of the world, for God's dominion. All humanity will call Your name, to turn back to You all





the earth's wicked. Then all will realize and know, to you every knee must bend, and every tongue pledge loyalty. Before You, God, will they bow and prostrate themselves. And to the glory of Your name, give honor. All will accept the authority of Your rule. And You will soon reign over them speedily. Sovereignty is Yours in glory, now and forever. As it is written in Your Torah: Adonai will reign for ever and ever. And it is said: Adonai will become Ruler over all the earth. On that day Adonai will be one, and God's name one.



The Aleinu is a blend of the particular and the universal. In its two paragraphs it expresses the twin polarities of loyalty to one's own people, together with deep concern for the welfare of a redeemed world in which all humanity will recognize one day God's sovereignty. Imagine what the world might look like when all on earth will acknowledge the One Creator of all and abide by God's expectations. Close your eyes and picture all the people in the world holding hands around the equator and being at peace, one with the other. Will this ever be possible? Such was the vision of Zechariah 14:9 whose words end the Aleynu prayer: "on that day Adonai will be One, and Adonai's Name One."

L'ta-kein o-lam,  
b'mal-chut sha-dai.  
V'chol b'ne va-sar yik-r'u vish-me-cha  
l'ha-fnot ei-le-cha kol rish-ei a-retz.  
Ya-ki-ru v'yei-d'u kol yosh-vei tei-veil,  
ki l'cha tich-ra kol be-rech,  
ti-sha-va kol la-shon.  
L'fa-ne-cha, Adonai, E-lo-hei-nu,  
yich-r'u v'yi-po-lu.  
V'li-ch'vod shim-cha y'kar yi-tei-nu.  
Vi-ka-b'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 hi,  
u-l'ol-mei ad tim-loch b'cha-vod.  
Ka-ka-tuv b'To-ra-te-cha:  
Adonai yim-loch l'o-lam va-ed.  
V'ne-e-mar: v'ha-yah Adonai  
l'me-lech al kol ha-a-retz.  
Ba-yom ha-hu yi-h'yeh Adonai e-chad,  
u'sh'mo e-chad.

לְתִקֵּן עוֹלָם  
בְּמַלְכוּת שְׁדֵי,  
וְכָל בְּנֵי בָשָׂר יִקְרְאוּ בְשִׁמְךָ,  
לְהַפְנוֹת אֵלֶיךָ כָּל רִשְׁעֵי אֶרֶץ.  
יִכְיְרוּ וַיֵּדְעוּ כָּל יוֹשְׁבֵי תֵבֵל,  
כִּי לְךָ תִכְרַע כָּל בָּרָךְ,  
תִּשָּׁבַע כָּל לָשׁוֹן.  
לְפָנֶיךָ יְיָ אֱלֹהֵינוּ  
יִכְרְעוּ וַיִּפְּלוּ,  
וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְנוּ,  
וַיִּקְבְּלוּ כָלֵם אֶת עוֹל מַלְכוּתְךָ,  
וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד.  
כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא, וְלְעוֹלָמֵי עֶד  
תִּמְלֹךְ בְּכָבוֹד,  
כַּכְתוּב בְּתוֹרָתְךָ,  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.  
וְנֹאמַר, וְהָיָה יְיָ  
לְמֶלֶךְ עַל כָּל הָאָרֶץ,  
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד,  
וּשְׁמוֹ אֶחָד.



**יְתַגְדֵּל** May God's great name be made great and holy, in the world which God created according to God's will. May God establish divine rule soon, in your lifetimes and in your days, and in the lifetimes of all Israel. Quickly and in the near future, and let us say: Amen. May God's great name be praised for ever and ever. Blessed, praised, glorified, raised high, honored, beautified, elevated, and praised, be the name of the Holy Blessed One. (Far) beyond all blessing and song, praise and words of comfort, which people can say, and let us say: Amen. May there be abundant peace for heaven and life for us and for all Israel, and let us say: Amen. May God who makes peace in the high heavens, make peace for us and for all Israel. And let us say: Amen.



The Kaddish recited by mourners is one of a number of different forms of the Kaddish, the prayer sanctifying God and praising God's Name. Originally recited at the conclusion of a biblical discourse, it became connected to death and mourning when the custom arose of giving the honor of reciting the prayer to the bereaved at the end of worship services. The custom seems to have been connected to the ancient belief that the souls of those who had died who were being punished are released on the Sabbath. The prayer then recited by the mourner could earn merit for the deceased by showing how loyal their children were to God's mitzvot.

If you have recently lost someone you love, if tonight is the *yahrzeit* of someone you love, or if this moment stirs memories of someone you love, try to bring your memories into the room with you. What Shabbat recollections does this person evoke? In what ways has s/he become part of you? Try to be aware of that part of you.

On Shabbat, when all the desires of our hearts are meant to be fulfilled, try to feel some thankfulness that your desire for the presence of this person whom you miss is partially fulfilled in the manner in which you have woven some of what s/he was into your being.

Richard Levy, *On Wings of Light*

## MOURNER'S KADDISH

**יְתַגְדֵּל** Yit-ga-dal v'yit-ka-dash sh'mei ra-ba,  
b'al-ma di v'ra chi-r'u-tei.  
V'yam-lich mal-chu-tei,  
b'cha-yei-chon u-v'yo-mei-chon,  
u'v'cha-yei d'chol beit Yis-ra-eil.  
Ba'a-ga-la u-vi-z'man ka-riv,  
v'im-ru: A-mein.

*Congregation and Reader respond:*

**יְהִי** Y'hei sh'mei ra-ba m'va-rach  
l'a-lam u-l'al-mei al-ma-ya.

**יְתַבָּר** 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'ku-d'sha b'rich hu.  
l'ei-la (l'ei-la) 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: A-mein.  
Y'hei sh'la-ma ra-ba min sh'ma-ya  
v'cha-yim a-lei-nu v'al kol Yis-ra-eil,  
v'im-ru: A-mein.

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

## קדיש יתום

**יְתַגְדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.**  
**בְּעֵלְמָא דִּי בְּרָא כְּרֵעוּתָהּ,**  
**וְיִמְלִיךְ מַלְכוּתָהּ**  
**בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן**  
**וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,**  
**בְּעֵגְלָא וּבְזִמְנָן קָרִיב,**  
**וְאָמְרוּ אָמֵן.**

**יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ**  
**לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.**

**יְתַבָּר וְיִשְׁתַּבַּח**  
**וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא**  
**וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל**  
**שְׁמֵהּ דְקָדְשָׁא בְּרִיךְ הוּא,**  
**לְעָלָא (וּלְעָלָא) מִן כָּל**  
**בְּרַכְתָּא וּשְׁיִרְתָּא**  
**תְּשַׁבַּחְתָּא וְנַחֲמַתָּא,**  
**דְּאִמְרִין בְּעֵלְמָא,**  
**וְאָמְרוּ אָמֵן.**  
**יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא,**  
**וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,**  
**וְאָמְרוּ אָמֵן.**

**עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,**  
**הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ**  
**וְעַל כָּל יִשְׂרָאֵל,**  
**וְאָמְרוּ אָמֵן.**

*Adon Olam is perhaps the best known and most frequently sung of all synagogue hymns, often attributed to Solomon ibn Gabirol, the great Spanish philosopher-poet. It begins by lauding God as the Infinite, the Creator of all, destined to reign over all. But in the end, the poet can place his ultimate trust only in God's loving embrace, for "God is with me; I have no fear."*

Before creation shaped the world,  
eternally God reigned alone;  
but only with creation done  
could God as Sovereign be known.

When all is ended, God alone  
will reign in awesome majesty.

God was, God is, always will be  
glorious in eternity.

God is unique and without peer,  
with none at all to be compared.

Without beginning, endlessly,  
God's vast dominion is not shared.

But still — my God, my only hope,  
my one true refuge in distress,  
my shelter sure, my cup of life,  
with goodness real and limitless.

I place my spirit in God's care;  
my body too can feel God near.

When I sleep, as when I wake,  
God is with me; I have no fear.

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ  
לֵעַת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל  
וְאַחֲרֵי כָכָלֹת הַכֹּל  
וְהוּא הָיָה וְהוּא הוֹיָה,  
וְהוּא אֶחָד וְאֵין שֵׁנִי  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,  
וְהוּא אֵלִי וְהוּא גּוֹאֲלִי,  
וְהוּא נָסִי וּמְנוֹס לִי  
בִּידוֹ אֶפְקִיד רוּחִי  
וְעַם רוּחִי גּוֹיָתִי

בְּטֶרֶם כָּל־יִצְיֵר נִבְרָא.  
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.  
לְבַדּוֹ יְמֹלֶךְ נוֹרָא.  
וְהוּא יְהִיָּה בְּתַפְאָרָה.  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
וְלֹ הָעֹז וְהַמְשָׁרָה.  
וְצוּר חֲבֵלִי בְּעַת צָרָה.  
מִנָּת כּוֹסִי בְּיוֹם אֶקְרָא.  
בְּעַת אִישָׁן וְאֶעֱיָרָה.  
יְהוּה לִי וְלֹא אֵירָא.

Adon olam asher malakh  
Leit na'asah b'heftzo kol,  
V'aharei kikhlot ha-kol  
V'hu hayah v'hu hoveh,  
V'hu ehad v'ein sheni  
B'li rei-sheet b'li takhleet,  
V'hu e-li v'hai go'ali  
V'hu nisi u-manos li,  
B'yado afkid ruhi  
V'im ruhi g'viyati

b'terem kol y'tzir nivra,  
azai Melekh sh'mo nikra.  
l'vado yimlokh nora,  
v'hu yih'yeh b'tif'arah.  
l'hamshil lo l'hahbirah,  
v'lo ha-oz v'hamisrah.  
v'tzur hevli b'et tzarah,  
m'nat kosi b'yom ekra.  
b'et ishan v'a-irah,  
Adonai li v'lo ira.