Shabbat for the Soul

Mount Zion Temple

הִנֵּה מַה־טּוֹב וּמַה־נָּעִים שֶׁבֶת אַחִים גַּם־יָחַד.

Hinei ma tov u-mana-im shevet achim gam yachad.

How good and pleasant it is for a community to dwell together in unity! - Psalm 133:1

הִגָּלֶה נָא וּפְרֹשׂ, חֲבִיבִי, עָלַי אֶת סֻכַּת שְׁלוֹמֶךָ.

Hi-gale na u-fros, cha-vivi, a-lai et sukat shlo-mecha.

Please, my beloved, reveal Yourself. Spread the sukkah *of Your love over me. - From "Yedid Nefesh"*

אָנָּא, בְּכֹחַ גְּדֻלַּת יְמִינְךָ, תַּתִּיר צְרוּרָה.

קַבֵּל רִנַּת עַמְּךָ, שַׂגְּבֵנוּ, טַהֲרֵנוּ, נוֹרָא.

Ana b'choach (b'choach) g'dulat y'mincha (y'mincha),

tatir tz'rurah kabeil rinat amcha, sagveinu, tahareinu, norah.

Please, through the strength of Your great right hand, release what is bound.

Receive the song of Your people; strengthen us, purify us, Awesome One.

Rabbi Nechunya ben HaKana (1st c. CE)

לְכוּ נְרַנְּנָה לַיְיָ, נָרִיעָה לְצוּר יִשְׁעֵנוּ.

נְקַדְּמָה פָנָיו בְּתוֹדָה, בִּזְמִרוֹת נָרִיעַ לוֹ.

L'chu n'ran'nah l'Adonai, nariah l'tzur yisheinu.

N'kadma fanav b'todah, biz'mirot naria lo.

Come, let us sing joyously to Adonai; raise a shout for our Rock and Deliverer; let us come into God's presence with praise; let us raise a shout for God in song! - Psalm 95

On the final verse, please rise and turn to face the doors, symbolically welcoming Shabbat.

לְכָה דוֹדִי לִקְרַאת כַּלָּה פְּנֵי שַׁבָּת נְקַבְּלָה.

L'cha Dodi likrat kalah; p'nei Shabbat n'kab'la.

Come out my Beloved, the Bride to meet; the inner light of Shabbat, let us greet.

Shamor v'zachor b'dibur echad, hish-mianu eil ham'yu-chad.
Adonai echad oo-sh'mo echad. L'sheim ul-tiferet v'li-t'hilah ***L'cha Do-di...***

Likrat Shabbat l'chu v'neil-cha. Ki hi m'kor ha-bracha.
Meirosh mi-kedem n'su-cha. Sof ma-a-seh b'mach-shavah t'chi-lah: ***L'cha Do-di...***

Hit-or'ri, hit-or'ri, ki va o-reich kumi ori! Uri uri, shir da-beiri.
K'vod Adonai a-layich nigla. ***L'cha Do-di...***

Bo-i v'sha-lom a-teret ba-ala. Gam b-simcha u-v'tso-hola.
Toch e-munay am s'gulah. Bo-i chala, boi chala. ***L'cha Do-di...***

AWAKENING

בָּרְכוּ אֶת יְיָ הַמְבוֹרָךְ

Praise the One to whom praise is due.

בָּרוּךְ יְיָ הַמְבוֹרָךְ לְעוֹלָם וָעֶד

Baruch Adonai ha-me-vo-rach l'olam va'ed.

Praised be the One to whom praise is due, now and forever!

AT-ONE-MENT

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד

Sh'ma Yisrael: Adonai Eloheinu, Adonai Echad.

Hear, O Israel: the Eternal One is our God, the Eternal God alone.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch shem k'vod mal-chuto l'olam va-ed.

Blessed be God's glorious majesty for ever and ever.

ACTING: Our response to God's love: ***v'ahavta.*** *(If desired, the words are on p. 36)*

ACTUALIZING: Our knowledge that redemption will come.

מִי כָמֹכָה בָּאֵלִם יְיָ, מִי כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ, נוֹרָא תְהִלֹּת, עֹשֵׂה פֶלֶא.

Mi chamocha ba-eilim Adonai? Mi kamocha ne'edar ba'kodesh,
nora t'hilot osei feleh?

Who is like You, Adonai, among the gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, working wonders?

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

V'shamru, v'nei Yisrael et haShabbat, la'asot et haShabbat l'do-ro-tam brit olam.
Bei-ni u-vein b'nei Yisrael ot hi l'olam.
Ki shei-shet ya-mim asa Adonai et ha-sha-mayim v'et ha'aretz.
U-va-yom ha-shvi'i sha-vat vayinafash.

... and on the seventh day God ceased from work and was refreshed.

Amidah *(Standing Prayer):* ***We turn to* Mishkan T'filah, *Page 46.***