

Shabbat at Home

with Congregation Ahavath Chesed

הִנֵּה מַה טוֹב וּמַה נְעִים שֶׁבֶת אַחִים גַּם יַחַד.

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

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

מַה יָפֵה הַיּוֹם, שֶׁבֶת שְׁלוֹם.

Mah yafeh hayom, Shabbat shalom.

How lovely today is, Shabbat Shalom.

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

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

But I need them.

Through prayer, I can sense my inner strength, my inner purpose,
my inner joy, my capacity to love.

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

To love God is to love each other, to work to make our lives better.

To love God is to love the world God created and to work to perfect it.

To love God is to love dreams of peace and joy that illumine all of us,
and to bring that vision to life.

When We Sing By Michael Hunter Ochs

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

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

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

Shir Chadash By Julie Silver (based on Psalm 96)

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

Sing unto God all the earth, a new song

I will sing unto God a new song

Sing unto God and we'll all sing along

all the earth, a new song, unto God.

Lighting of the Shabbat Candles

As these Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us. As their brightness reminds us of the generations of Israel who have kindled light, so may we, in our own day, be among those who kindle light.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו להדליק נר של שבת.

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

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

Shalom Aleichem

שלום עליכם, מלאכי השרת, מלאכי עליון, ממלך מלאכי המלכים, הקדוש ברוך הוא.

Shalom Aleichem, mal'achei ha sha-reit, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.

בואכם לשלום, מלאכי השלום, מלאכי עליון, ממלך מלאכי המלכים, הקדוש ברוך הוא.

Boachem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.

ברכונני לשלום, מלאכי השלום, מלאכי עליון, ממלך מלאכי המלכים, הקדוש ברוך הוא.

Barchuni l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.

צאתכם לשלום, מלאכי השלום, מלאכי עליון, ממלך מלאכי המלכים, הקדוש ברוך הוא.

Tzeitchem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.

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

We offer thanks, O God, for this Shabbat which unites us in faith and hope.

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

L'cha Dodi

לְכֵה דוֹדֵי לְקַרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

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

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

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׂמִיעֵנוּ אֵל הַמְיֻחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלָהּ.

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

לְקַרְאֵת שַׁבַּת לָבוֹ וְנִלְכָּהּ, כִּי הִיא מְקוֹר הַבְּרָכָה, מֵרֵאשׁ מִקְדָּם נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָהּ.

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

הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי, כִּי בָּא אֲוִירָךְ קוּמֵי אֲוִרֵי, עוֹרֵי עוֹרֵי שִׁיר דְּבַרֵי, כְּבוֹד יְיָ עֲלֶיךָ נִגְלָהּ.

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

בּוֹאֵי בְּשָׁלוֹם עֲטִירַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבְצִהְלָהּ, תּוֹךְ אֲמוּנֵי עִם סִגְלָהּ, בּוֹאֵי כַלָּה, בּוֹאֵי כַלָּה.

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

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

Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵנְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא: יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאִמְרִין בְּעֵלְמָא, וְאִמְרוּ אָמֵן:

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

Y'hei sh'mei raba m'va-rach l'a-lam u-l'almei al'maya. Yit-ba-rach v'yish-ta-bach v'yit-pa-ar

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

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

Barechu et Adonai ha-m'vo-rach

Praise Adonai to whom praise is due!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

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

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

Creation

1.

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

Your wisdom sets the way on which time and season glide;

Your breath guides the sail of the stars.

Creator of the tide of time and light, You guide the current of day into night.

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

בְּרוּךְ אַתָּה יְיָ, הַמְּעַרֵּב עַרְבִים :

Baruch ata adonai, hama-ariv aravim.

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

2.

Roll into Dark by Noam Katz

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

Borei yom valaila, goleil or mipnei choshech , בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵיל אוֹר מִפְּנֵי חֹשֶׁךְ,

Goleil or mipnei choshech, v'choshech mipnei or. . גּוֹלֵיל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.

3.

בְּרוּךְ אַתָּה יְיָ , אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם , אֲשֶׁר בְּדַבְּרוֹ מְעַרֵּב עַרְבִים.

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

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

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

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

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

בְּרוּךְ אַתָּה יְיָ, הַמְעַרֵב עֶרְבִים :

Baruch ata adonai, hama-ariv aravim.

Blessed are You, Adonai, who brings on evening.

Revelation

1.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמִדָּתְךָ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְּרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבְהֵם נִהְיֶה יוֹמָם וְלַיְלָה, וְאַהֲבָתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים. בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

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

2.

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

בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah, Adonai, ohev amo Yisrael.

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

3.

In each age we receive and transmit Torah.

At each moment we are addressed by the World.

In each age we are challenged by our ancient teaching.

At each moment we stand face to face with Truth.

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

At each moment the knowing heart is filled with wonder.

In each age the children of Torah become its builders

and seek to set the world firm on a foundation of Truth.

בְּרוּךְ אַתָּה יְיָ, אֱהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah, Adonai, ohev amo Yisrael.

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

4.

There lives a God:

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

There lives a God:

We meet God in the joys of human love.

We see God in our vision of a better world:

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

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

We sense God in our unending search for truth.

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

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד:

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

Blessed is God's glorious majesty forever and ever.

וְאָהַבְתָּ אֶת יי | אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר | אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְּךָ: וְשָׁנַנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִקְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְנְךָ, וּבְקוֹמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין | עֵינֶיךָ,
וּכְתַבְתָּם | עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'vavcha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim
ha'eileh asher anochi m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivot'cha
b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha v'hayu l'totafot
bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת-כָּל-מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יי | אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מִמִּצְרָיִם מְצָרִים, לְהֵיוֹת לָכֶם לְאֱלֹהִים, אֲנִי | יי | אֱלֹהֵיכֶם:

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

Thou Shalt Love

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

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

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

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

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

Redemption

1.

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

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

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

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

When will redemption come?

When we grant everyone what we claim for ourselves.

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

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

2.

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

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

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

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

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

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

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

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

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

let us proclaim liberty throughout the land.

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

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

מִי כְמוֹחַ בְּאֵילִים יי, מִי כְמוֹחַ נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֲשֵׂה פְלֵא:
מְלֻכּוֹתֶיךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:
יי יְמֻלּוֹךְ לְעוֹלָם וָעֶד.

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

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe u'Miryam, zeh Eli, anu v'amru,

Adonai yim-loch l'olam va-ed!

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

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

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה.

Ozi v'zimrat Yah vay'hi li lishuah.

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

Hashkiveinu

1. (Music by Debbie Friedman)

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ.

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

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

וּשְׁמֹר צֵאתָנוּ וּבואָנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.

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

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

2.

Let there be love and understanding among us.

Let peace and friendship be our shelter from life's storms.

Adonai, help us to walk with good companions,

to live with hope in our hearts and eternity in our thoughts,

that we may lie down in peace and rise up waiting to do Your will.

בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

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

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

3.

Give us a place to rest, O God.

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

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

Watch over us as we go forth.

Prepare for us as we return.

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

בָּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.
Baruch atah, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.

4.

Haskiveinu Adonai Eloheinu L'shalom:

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

V'Hamideinu Shomreinu L'chayim:

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

Ufros Aleinu Sukkat Sh'lomecha:

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

בָּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

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

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

5. (Music and English by Dan Nichols)

הַשְׁכִּיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

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

Spread the shelter of Your peace over us.

Guide us in wisdom, compassion and trust.

Save us for the sake of Your name.

Shield us from hatred, sorrow and pain.

V'shamru

וּשְׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם: בְּיַמֵּי
וּבֵין בְּנֵי יִשְׂרָאֵל אֹתָהּ הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

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

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

Yism'chu

יִשְׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עִם מְקַדְּשֵׁי שְׁבִיעִי, כָּלֵם יִשְׁבְּעוּ
וַיִּתְעַנְּגוּ מִטּוֹבְךָ. וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ, חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זְכָר
לְמַעֲשֵׂה בִּרְאשִׁית.

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

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

Prayer invites God's presence to suffuse our spirits,
God's will to prevail in our lives.
Prayer may not bring water to parched fields,
nor mend a broken bridge, nor rebuild a ruined city.
But prayer can water an arid soul,
mend a broken heart, rebuild a weakened will.

T'filah

Adonai S'fatai

Music and English Text: Lucy Greenbaum

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

Adonai s'fatai tiftach ufi yagid t'hilatecha.

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

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

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ:

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

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

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת
וְאֲמָהוֹת, וְיַמְבִּיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ
וּמְגִן: בָּרוּךְ אַתָּה יי, מְגִן אַבְרָהָם וְעִזְרַת שָׂרָה:

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

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

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכּוֹל אֶתְּךָ, רַב לְהוֹשִׁיעַ. מוֹרִיד הַטָּל. מְכַלְכֵּל
חַיִּים בְּחֶסֶד, מְחַיֶּה הַכּוֹל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר
אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׂרָאֵל עֲפָר, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ,
מִלְּךָ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: וְנֶאֱמָן אֶתְּךָ לְהַחְיֹת הַכּוֹל. בְּרוּךְ אַתָּה יְיָ,
מְחַיֶּה הַכּוֹל:

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

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

The Holiness of God

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוּשֵׁים בְּכָל יוֹם יְהַלְלוּךָ, סְלָה.
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

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

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

The Holiness of the Day

May these hours of rest and renewal open our hearts to joy and our minds to truth.
May all who struggle find rest on this day. May all who suffer find solace.
May all who hurt find healing on this day. May all who despair find purpose.
May all who hunger find fulfillment on this day. And may this day fulfill its promise.
Praise to You, Adonai, who sanctifies Shabbat.

בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

Worship

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקְבֵּל, וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת
יִשְׂרָאֵל עַמְּךָ.

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

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

בְּרוּךְ אַתָּה יְיָ, שְׂאוֹתֶךָ לְבָדֶךָ בְּיִרְאָה נֶעֱבֵד.

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

Thanksgiving

מוֹדִים אֲנִיחֵנוּ לָךְ, שְׂאֵתָה הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ לְעוֹלָם וָעֶד, צוּר
חַיֵּינוּ, מְגִן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר.

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

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

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

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

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

Peace

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב
בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

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

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

בָּרוּךְ אַתָּה יי, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.
Blessed are You, Adonai, who blesses Your people Israel with peace.

We pray silently.

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

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

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

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

יְהִיו לְרָצוֹן אִמְרֵי וְהַגִּיזוֹן לִבִּי לְפָנֶיךָ, צוּרֵי וְגוֹאֲלֵי.

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.

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

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

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

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

Oh Guide My Steps

Music and English text by Debra Winston

Hebrew text from *Hashkiveinu*

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

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ

Ufros aleinu sukat sh'lomecha.

Spread over us Your shelter of peace.

Olam Chesed Yibaneh

Music and English text by Menachem Creditor

Hebrew text from Psalm 89:3

Olam chesed yibaneh

עוֹלָם חֶסֶד יִבְנֶה.

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

Be Holy, Hear the Whisper

Music and English text by Peter and Ellen Allard

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

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

Prayers for Healing

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

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

Mi Shebeirach

Music and English by Debbie Friedman

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

May the source of strength, who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.

Mi shebeirach imoteinu, m'kor habrachah la'avoteinu

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

Heal Us Now

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

R'fa-einu Adonai v'neirafei

Heal us, Adonai, and we shall be healed

Hoshi-einu v'nivashei-ah

Save us and we shall be saved.

El karov l'chol kor-av

God is close to all who call out to God.

Ach karov lirei-av yish-o

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

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

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

Eil na r'fa na

God please, please heal.

Oh please, heal us now.

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

Healing of the soul and healing of the body

R'fuah shleimah

a complete healing

Heal us now.

Hoshiah et amecha

Save Your people

U'vareich et nachalatecha

and bless Your inheritance

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

care for them and exalt them forever

Mi shebeirach a-voteinu

You, who blessed our fathers

Mi shebeirach imoteinu

You, who blessed our mothers

Ana Adonai hoshiah na

Oh, please, God, please save us.

We pray for healing of our people

We pray for healing of the land

And peace for every race and nation

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

Aleinu

עָלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא
שָׂמְנוּ כְּמִשְׁפָּחוֹת הָאָרָמָה, שְׁלֹא שָׂם חֶלְקֵנוּ בָהֶם, וְגִרְלָנוּ כְּכֹל הַמוֹנִם. וְאִנְחָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.
וְנֹאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד, וְשִׁמוֹ אֶחָד.

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

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

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

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator whose unity we are charged to declare; whose realm it is our purpose to uphold. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One. Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's Name will be one.

Unending Love By Rabbi Rami Shapiro

We are loved by an unending love.

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

We are loved by an unending love.

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

We are loved by an unending love.

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

We are loved by an unending love.

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

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן :

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

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא
בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְאָמְרִין בְּעֵלְמָא, וְאָמְרוּ
אָמֵן:

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

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

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

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

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

Kiddush

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָנוּ וּזְכוּנוֹ לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמַקְרָאֵי קִדְּשׁ, זְכוּר
לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבַּת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ. בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ הַשִּׁבְתָּ.

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

Tefilat HaDerech

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy.
May this be our blessing, Amen.

May we be sheltered by the wings of peace.
May we be kept in safety and in love.
May grace and compassion find their way
to every soul.
May this be our blessing, Amen.

Adon Olam

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

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֵרֵם כָּל יַצִּיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

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

וְאַחֲרַי בְּכָלוֹת הַכֹּל
לְבַדּוֹ יִמְלֹךְ נוֹרָא
וְהוּא הָיָה, וְהוּא הוֹוֶה
וְהוּא יִהְיֶה, בְּתִפְאַרְהָ.

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

וְהוּא אֶחָד וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הָעֵז וְהַמְשָׁרָה.

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

וְהוּא אֵלַי וְחַי גָּאֵלַי,
וְצוּר חֶבְלֵי בְּעֵת צָרָה.
וְהוּא נָסִי וּמָנוּס לִי,
מִנֵּת כּוֹסֵי בַיּוֹם אֶקְרָא.

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

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעִירָה.
וְעִם רוּחִי גְּוִיָּתִי,
יְיָ לִי וְלֹא אִירָא.