

## Shabbat at Home: Winter Edition

Teach me, O God, a blessing, a prayer on the mystery of a withered leaf,  
on ripened fruit so fair, on the freedom to see, to sense,  
to breathe, to know, to hope, to despair.  
Teach my lips a blessing, a hymn of praise,  
as each morning and night You renew Your days,  
lest my day be today as the one before;  
lest routine set my ways.

הִנֵּה מָה טוֹב וּמָה 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.

מָה יָפֵה הַיּוֹם, שֶׁבֶת שְׁלוֹם.  
*Mah yafeh hayom, Shabbat shalom.*  
How lovely today is, Shabbat Shalom.

*Zamru l'Adonai b'chinar, b'chinar v'kol zimrah.*  
*B'chatzotz'rot v'kol shofar*  
*hariau lifnei HaMelech Adonai.*  
*Yiram hayam um'lo-o teivel v'yoshvei vah.*  
*N'harot yimcha-u chaf yachad harim y'raneinu.*  
*Lifnei Adonai ki va lishpot haaretz*  
*Yishpot teivel b'tzedek v'amim b'meisharim.*

Sing praise to Adonai with the lyre, with the lyre and melodious song. With trumpets and the blast of the horn raise a shout before Adonai, the Ruler. Let the sea and all within it thunder, the world and its inhabitants; let the rivers clap their hands, the mountains sing joyously together at the presence of Adonai, for God is coming to rule the earth; God will rule the world justly, and its peoples with equity.  
(from Psalm 98)

לְכוּ נְרַנְנָה לַיהוָה, נְרַיְעָה לְצִוּר יִשְׁעֵינוּ.

*L'chu n'ran'na l'Adonai, nariyah l'tzur*  
*yisheinu. (Psalm 95:1)*

Let us sing out to God, the Maker of all,  
sure and strong,

Let all of creation from mountain to sea  
hear our song.

For all of God's wonders and all of God's  
might we rejoice,  
so now let us listen with all of our hearts to  
hear God's voice!

זָמְרוּ לַיהוָה בְּכִנּוֹר, בְּכִנּוֹר וְקוֹל זִמְרָה.  
בְּחִצְצוֹרוֹת וְקוֹל שׁוֹפָר, הִרְיֵעוּ לְפָנֵי הַמֶּלֶךְ יְיָ.  
יִרְעֵם הַיָּם וּמְלֵאוֹ, תִּבֹּל וַיִּשְׁבִּי בָהּ.  
נְהַרּוֹת יִמְחֲאוּ כָף, יַחַד הַרִים יִרְנְנוּ.  
לְפָנֵי יְיָ כִּי בָא לְשַׁפֵּט הָאָרֶץ,  
יִשְׁפֹט תִּבֹּל בְּצֶדֶק, וְעַמִּים בְּמִישָׁרִים.

*Dodi li va'ani lo haro-eh bashoshanim.  
Mi zot olah min hamidbar,  
m'kuteret mor ul'vonah.*

הֲדָרִי לִי וְאֲנִי לוֹ הָרַעְהָ בְּשׁוֹשָׁנִים:  
מִי זֹאת עֹלָה מִן־הַמִּדְבָּר  
מִקְטֹרֶת מֹר וּלְבוֹנָה

My beloved is mine and I am my beloved's who browses among the lilies.  
Who is this that comes up from the desert, in clouds of myrrh and frankincense?  
(Song of Songs 2:16 and 3:6)

### Lighting of the Shabbat Candles

O Source of light and truth, Creator of the eternal law of goodness, help us find knowledge by which to live. Lead us to take the words we shall speak into our hearts and our lives. Bless all who join us in need, all who bring the offerings of their hearts. May our worship lead us to acts of kindness, peace and love.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

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

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

### Light These Lights (O Hear My Prayer)

Lyrics and Music by Debbie Friedman

Oh hear my prayer I sing to You, be gracious to the ones I love  
and bless them with goodness and mercy and peace. Oh hear my prayer to You.  
Let us light these lights and see the way to You. And let us say: Amen.

**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.*

## Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם, מַלְאֲכֵי הַשָּׁרֵת, מַלְאֲכֵי עֲלִיּוֹן, מַמְלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
*Shalom Aleichem, mal'achei ha sha-reit, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

בוֹאֲכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן, מַמְלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
*Boachem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

בְּרַכּוֹנֵי לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן, מַמְלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
*Barchuni l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

צֵאתְכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן, מַמְלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
*Tzeitchem l'shalom, mal'achei ha-shalom, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh baruch Hu.*

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

**There are days** when we seek things for ourselves and measure failure by what we do not gain.

*On Shabbat, we seek not to acquire but to share.*

There are days when we exploit nature as if it were a horn of plenty that can never be exhausted.

*On Shabbat, we stand in wonder before the mystery of creation.*

There are days when we act as if we cared nothing for the rights of others.

*On Shabbat, we remember that justice is our duty and a better world our goal.*

So we embrace Shabbat: day of rest, day of wonder, day of peace.

## 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 הַמְּיֻחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם וּלְתַפְאֵרֶת וּלְתַהֲלָה.

*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 לָכֵן וְנִלְכְּהָ, כִּי הִיא מְקוֹר הַבְּרָכָה, מֵרֵאשׁ מִקְדָּם נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תַּחֲלָה.

*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 דְּבָרֵי, כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה.

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

בּוֹאֵי בְּשָׁלוֹם עֲטִירַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבְצַחֲלָה, תּוֹךְ אֲמוּנֵי עִם סִגְלָה, 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.*

*Tzaddik katamar yifrach*

*k'erez bal'vanon yisgeh.*

*Sh'tulim b'veit Adonai,*

*b'chatzrot Eloheinu yafrichu.*

*Od y'nuvun b'seivah,*

*d'sheinim v'raananim yih'yu.*

*L'hagid ki yashar Adonai,*

*tzuri v'lo avlatah bo.*

צְדִיק כְּתֵמַר יִפְרַח,  
כְּאֲרוֹז בְּלְבָנוֹן יִשְׁגֶּה.  
שְׁתוּלִים בְּבַיִת יְיָ,  
בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.  
עוֹד יִנּוּבוּן בְּשֵׁיבָה,  
דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ.  
לְהַגִּיד כִּי יָשָׁר יְיָ,  
צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ.

The righteous bloom like a date-palm; they thrive like a cedar in Lebanon;  
planted in the house of Adonai, they flourish in the courts of our God.

In old age they still produce fruit; they are full of sap and freshness,  
attesting that Adonai is upright, my Rock, in Whom there is no wrong.

(From Psalm 92)

## Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן :  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא: יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם  
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכְתָּא  
וְשִׁירְתָּא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמְרִין בְּעֵלְמָא, 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.  
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!

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב 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 speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan. You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other. Adonai Tz'vaot is Your Name. Ever-living God, may You reign continually over us into eternity.**

בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים:

*Baruch ata adonai, hama-ariv aravim.*

Blessed are You, Adonai, who brings on evening.

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

אֶהְבֶּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּת, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ. עַל  
כֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ נְשִׁיחַ בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם  
וָעֵד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבְהֵם נִהְנֶה יוֹמָם וְלַיְלָה, וְאֶהְבֶּתְךָ אֶל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.

*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.*

**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.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Baruch atah, Adonai, ohev amo Yisrael.*

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

**Wisdom and wonder**, passion and instruction, story and symbol.

All these things Your Torah gives to us.

And the more we devote ourselves to it, the more it grows and gives.

What could be a truer token of Your abiding love than this holiest of Your works, and the living language that gives it form?

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Baruch atah, Adonai, ohev amo Yisrael.*

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

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 מְלֻכּוּתוֹ לְעוֹלָם וָעֶד:

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

Blessed is God's glorious majesty forever and ever.

וְאַהֲבַת אֵת יְיָ | אֱלֹהֶיךָ, בְּכָל-לֵבְבְךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,  
אֲשֶׁר | אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לֵבְבְךָ: וְשָׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְמַטְפֵּת 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, וְהָיִיתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יְיָ | אֱלֹהֵיכֶם,  
אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מֵאֶרֶץ מִצְרַיִם, לְהָיִית לְכֶם לְאֱלֹהִים, אֲנִי יְיָ | אֱלֹהֵיכֶם:

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

Love your God with every heartbeat, with every breath, with every conscious act.

Keep in mind the words I command you today.

Teach them to your children, talk about them at work: whether you are tired or you are rested.

Let them guide the work of your hands; keep them in the forefront of your vision.

Do not leave them at the doorway fo your house, or outside your gate.

They are reminders to do all of My mitzvot, so that you can be holy for God.

I am Adonai your God.

I led you out of Egypt to become your God,

I am Adonai your God.

**Standing** on the parted shores of history  
we still believe what we were taught  
before we ever stood at Sinai's foot;  
that wherever we go, it is eternally Egypt  
that there is a better place, a promised land;  
that the winding way to that promise passes through the wilderness.  
That there is no way to get from here to there  
except by joining hands, marching together.

**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 כַמּוֹכָה בְּאֵלִים יְיָ, מִי כַמּוֹכָה נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֲשֵׂה פְלֵא:  
מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַנּוּ וְאַמְרוּ:  
יְיָ יִמְלֹךְ 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!"



הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ סִכַּת 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.

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.

וּשְׁמֹר צֵאתָנוּ וּבֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.  
בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

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

*Baruch atah, Adonai, haporeis sukat shalom aleinu*

*v'al kol amo Yisrael v'al Yerushalayim.*

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

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

**English lyrics for Hashkiveinu by Dan Nichols:**

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 בְנֵי 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 מְקַדְשֵׁי שְׁבִיעִי, כָּלֵם יִשְׁבְּעוּ  
וַיִּתְעַנְּגוּ מִטּוֹבְךָ. וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ, חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זְכָר  
לְמַעֲשֵׂה בְרֵאשִׁית.

*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  
וְאִמָּהוֹת, וְיִמְבִּיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ  
וּמְגַן: בָּרוּךְ אַתָּה יי, מְגַן 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'avahavah. 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 הַכּל אַתָּה, רַב לְהוֹשִׁיעַ. מְשִׁיב הַרְוּחַ וּמוֹרִיד הַגֶּשֶׁם. מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לְיֹשְׁנֵי עֶפְרָי, מִי כְמוֹךְ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלֶכֶךְ יַמְּחִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה: וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכּל. בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכּל:

*Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. Mashiv haruach u-morid hagashem. 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'chayeh 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 cause the wind to shift and rain to fall.** 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.

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 לְרָצוֹן תָּמִיד עֲבוֹדַת  
יִשְׂרָאֵל עִמָּךְ.

*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 לְבִדְךָ בְּיִרְאָה נְעַבְדְּךָ.

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

You are with us in our prayer, our love and our doubt,  
in our longing to feel Your Presence and do Your will.

You are the still, clear voice within us.

Therefore, O God, when doubt troubles us, when anxiety makes us tremble,  
when pain clouds the mind, we look inward for the answer to our prayers.

There may we find You, and there find courage, insight and endurance.

and let our worship bring us closer to one another, that all Israel, and all who seek You, may  
find new strength for Your service.

בְּרוּךְ אַתָּה יְיָ, שְׂאוֹתֶךָ לְבִדְךָ בְּיִרְאָה נְעַבְדְּךָ.

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

## Thanksgiving

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ לְעוֹלָם וָעֶד, צוּר  
חַיֵּינוּ, מְגִן יְשׁוּעָנוּ, אֵתָהּ 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.*

God of goodness, we give thanks  
for the gift of life, wonder beyond words;  
for the awareness of soul, our light within;  
for the world around us, so filled with beauty;  
for the richness of the earth, which day by day sustains us;  
for all these and more, we offer thanks.

בְּרוּךְ אַתָּה יְיָ, הַטוֹב שְׂמִיךְ וְלָךְ נָאֵה לְהוֹדוֹת.

*Baruch atah Adonai, hatov shimcha ul'cha na-eh l'hodot.*

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of Thanksgiving.

## Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲרוֹן לְכָל הַשְּׁלוֹם. וְטוֹב  
בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוֹמֶךָ.

*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.

בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשִׁלּוֹם.

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

*We pray silently.*

Holy One, give me a quiet heart, and help me to hear the still, small voice within me.  
It calls me to come close to You and to grow in Your likeness.  
It teaches me to do my work faithfully, even when no one's eye is upon me.  
It counsels me to judge others kindly and to love them freely,  
for it persuades me to see divinity in everyone I meet.  
Help me, O God, to come to the end of each day feeling that I used its gifts wisely  
and faced its trials bravely.

I need strength, humility, courage and patience.  
Strength to control my passions,  
humility to assess my own worth,  
courage to rise above defeats,  
patience to cleanse myself of imperfections.

And wisdom: to learn and live by our sacred teachings.

Let me not become discouraged by my failings.  
Let me take heart from all that is good and noble in my character.  
Keep me from falling victim to cynicism.  
Teach me sincerity and enthusiasm.  
Endow me with perception and courage,  
that I may serve others with compassion and love.

יְהִי לְרָצוֹן אִמְרֵי וְהַגִּיוֹן לְבִי לְפָנֶיךָ, צוּרִי וְגוֹאֲלִי.

*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 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.*

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

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.

**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.*

**Olam Chesed Yibaneh** Music and English text by Menachem Creditor (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.*

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.*



## 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, Heal us now.*

a complete healing

*Hoshiah et amecha*

Save Your people

*U'vareich et nachalatecha*

and bless Your inheritance

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

care for them and exalt them forever

*Mi shebeirach a-voteinu*

You, who blessed our fathers

*Mi shebeirach imoteinu*

You, who blessed our mothers

*Ana Adonai hoshiah na*

Oh, please, God, please save us.

We pray for healing of our people

We pray for healing of the land

And peace for every race and nation

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

## Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא  
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ בָּהֶם, וְגָרְלָנוּ כְּכֹל הַמוֹנִים. וְאִנְהֵנוּ כּוֹרְעִים  
וּמְשַׁתְּחָוִים וּמוֹדִים, לְפָנָי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

*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.*

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.

**May we gain wisdom** in our lives, overflowing like a river with understanding.

Loved, each of us, for the peace we bring to others.

May our deeds exceed our speech, and may we never lift up our hand  
but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity.

Cause light to go forth over all the lands between the seas

and light up the universe with the joy of wholeness, of freedom, and of peace.

וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

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

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.*

## **Yeish Kochavim** by Hannah Szenesh

**There are stars** up above,  
so far away we only see their light  
long, long after the star itself is gone.  
And so it is with people that we loved--  
their memories keep shining ever brightly  
though their time with us is done.  
But the stars that light up the darkest night,  
these are the lights that guide us.  
As we live our days, these are the ways we remember.

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 בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ 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, דְאִמְרִין בְּעֵלְמָא, וְאִמְרוּ  
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, וְאִמְרוּ 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, וְאִמְרוּ 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 פְרִי הַגֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצוֹן הִנְחִילָנוּ וּזְכָרוֹן לְמַעֲשֵׂה  
בְּרָאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ כְּחֶרֶת וְאוֹתָנוּ  
קִדְּשַׁת מְכַל הָעַמִּים, וְשִׁבַּת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרַצוֹן הִנְחִלְתָּנוּ. בְּרוּךְ אַתָּה יְיָ, מִקְדָּשׁ  
הַשַּׁבָּת.

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

## Tefilat HaDerech

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

## L'chi Lach

*L'chi lach* to a land that I will show you,  
*Lech l'cha* to a place you do not know,  
*L'chi lach* on your journey I will bless you,  
And you shall be a blessing, you shall be a  
blessing, You shall be a blessing, *L'chi lach*.

## Adon Olam

**Adon olam** asher malach  
B'terem kol y'tzir nivrah  
L'eit na'asah v'cheftzo kol  
Azai Melech sh'mo nikrah  
**V'acharei** kichlot hakol  
L'vado yimloch nora  
V'hu haya v'hu hoveh  
Vhu yih-yeh, b'tif-arah  
**V'hu echad** v'ein sheini  
L'hamshil lo l'hachbirah  
B'li reishit b'li tachlit  
V'lo ha'oz v'hamisrah  
**V'hu eili** v'chai go-ali  
V'tzur chevli b'eit tzarah  
V'hu nisi umanos li  
M'nat kosi b'yom ekrah  
**B'yado** afkid ruchi  
B'eit ishan v'a-irah  
V'im ruchi g'viyati  
Adonai li, v'lo ira.

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.

*L'chi lach* and I shall make your name great,  
*Lech l'cha* and all shall praise your name,  
*L'chi lach* to the place that I will show you,  
*L'sim-chat chay-yim* (3X), *L'chi lach*.  
And you shall be a blessing, you shall be a  
blessing, You shall be a blessing, *L'chi lach*.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,  
בְּטֶרֶם כָּל יַעִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל,  
אֲזִי מְלֶךְ שְׁמוֹ נִקְרָא.  
וְאַחֲרֵי כִכְלוֹת הַכֹּל  
לְבָדוֹ יִמְלֹךְ גּוֹרָא  
וְהוּא הָיָה, וְהוּא הוּהוּ  
וְהוּא יִהְיֶה, בְּתַפְאָרָה.  
וְהוּא אֶחָד וְאֵין שֵׁנִי  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,  
וְלוֹ הָעֵז וְהַמְשָׁרָה.  
וְהוּא אֱלֹהֵי וְחֵי גֹאֲלִי,  
וְצוּר חֲבֻלִי בְּעֵת צָרָה.  
וְהוּא נָסִי וּמְנוּס לִי,  
מִנֵּת כּוֹסֵי בַיּוֹם אֶקְרָא.  
בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאֶעֱרָה.  
וְעַם רוּחִי גְּוִיָּתִי,  
יְיָ לִי וְלֹא אֵירָא.