

# Congregation Ahavath Chesed

## Spring 2021

Reb Nachman said that a human being reaches in three directions: inward to self, outward to people, and upward to God. The real secret, taught Nachman, is that the three are one. When we are connected to ourselves, we can reach out to others. When we reach out to others, we may come to know God.

*Adonai*, bless me with courage, help me to gain strength from You

Life has a way of handing us surprises that take an amazing amount of courage to overcome.

Create in me a clear and steady focus

a heart that is filled with the awareness that *Adonai* is with me

on the sunniest day and in the darkest night

I will be whatever life demands of me. Courage is my knowledge of You.

הִנֵּה מַה טוֹב וּמַה נְעִים

שֵׁבֶת 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, שֵׁבֶת 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.*

לְכוּ בְרִנְנָה לַיְי, נְרִיעָה לְצוּר 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 לַיְי בְּכִנּוֹר, בְּכִנּוֹר וְקוֹל זְמֶרָה.

בְּחִצְצוֹרוֹת וְקוֹל שׁוֹפָר, הִרְעוּ לִפְנֵי הַמֶּלֶךְ יְי.

יִרְעֵם הַיָּם וּמְלֵאוּ, תִּבֵּל וַיִּשְׁבִּי בָהּ.

נְהַרְוֹת יַמְחֵאוּ כָף, יַחַד הָרִים יִרְנְנוּ.

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. (from Psalm 98)

## 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 who have kindled light, so may we, in our own day, be among those who kindle light..

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד 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.

**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, מְלֶאכֵי הַשָּׁרַת, מְלֶאכֵי עֲלִיוֹן, מִמְּלֶכֶד מְלֶכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
*Shalom Aleichem, mal'achei ha sha-reit, mal'achei elyon, mimelech, mal'chei ham'lachim, ha-kadosh  
baruch Hu.*

בּוֹאֲכֶם לְשָׁלוֹם, מְלֶאכֵי הַשָּׁלוֹם, מְלֶאכֵי עֲלִיוֹן, מִמְּלֶכֶד מְלֶכֵי 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, מְלֶאכֵי הַשָּׁלוֹם, מְלֶאכֵי עֲלִיוֹן, מִמְּלֶכֶד מְלֶכֵי 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, מְלֶאכֵי הַשָּׁלוֹם, מְלֶאכֵי עֲלִיוֹן, מִמְּלֶכֶד מְלֶכֵי 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 לְקִרְאֵת כָּלָה, 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.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמְּיֻחָד, 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.*

לְקִרְאֵת שַׁבַּת לָבוֹ וְנִלְכְּהָ, כִּי הִיא מְקוֹר הַבְּרָכָה, מֵרֵאשׁ מִקְדָּם נְסוּכָה, סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תַּחְלָה.

*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 אֲוֵרֶךְ קוּמֵי אֲוֵרֵי, עוֹרֵי עוֹרֵי שִׁיר דְּבִרֵי, כְּבוֹד יְיָ עֲלֵיךְ 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 וּבְצִהְלָהּ, תּוֹךְ אֲמוּנֵי עִם סִגְלָהּ, בּוֹאֵי כָלָה, בּוֹאֵי כָלָה.

*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'nuvoun b'seivah,  
d'sheinim v'raananim yih'yu.  
L'hagid ki yashar Adonai,  
tzuri v'lo avlatah bo.*

צָדִיק כַּתְמָר יִפְרַח,  
כְּאֶרֶז בְּלְבָנוֹן יִשְׁגֶּה.  
שְׁתוּלִים בְּבֵית יי,  
בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.  
עוֹד יְנוּבוּן בְּשֵׁיבָה,  
דְּשֵׁינִים וְרַעֲנָנִים יִהְיוּ.  
לְהַגִּיד כִּי יָשָׁר יי,  
צוּרִי 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)

**O God, You are as near** as the very air we breathe, yet farther than the farthest star.  
We yearn to reach You. We seek the light and warmth of Your Presence.  
Though we say You are near, we are lonely and alone.  
O let our desire be so strong that it will tear the veil that keeps You from our sight!  
Let Your light release our darkness and reveal the glory and joy of Your Presence.

### Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן :  
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא: יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם  
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַבְתָּא  
וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנִחַמְתָּא, דְּאָמְרִין 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.*

## Barchu

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!

## Ma'ariv Aravim

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מְעַרֵּיב עֶרְבִים.

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

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 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, הַמְעַרֵּיב עֶרְבִים:

*Baruch ata adonai, hama-ariv aravim.*

Blessed are You, Adonai, from whom the evening flows.

## 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, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

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

## Ahavat Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבַת, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ. עַל  
בֶּן יְיָ אֱלֹהֵינוּ, בְּשֹׂכְבֵינוּ וּבְקוֹמֵנוּ נְשִׁיחַ בְּחֻקֶיךָ, וְנִשְׁמַח בְּדְבָרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם  
וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבְהֵם נִהְיֶה יוֹמָם וְלַיְלָה, וְאַהֲבַתְךָ אֵל 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.*

**Communal Declaration of Faith** Marcia Falk, *The Book of Blessings*

Hear, Oh Israel,

The divine abounds everywhere and dwells in everything; the many are One.

Loving life and its mysterious source with all our heart and our spirit,

All our senses and strength, we take upon ourselves and into ourselves these promises:

To care for the earth and those who live upon it,

To pursue justice and peace, to love kindness and compassion.

We will teach this to our children throughout the passage of the day--as we dwell in our homes and as we go on our journeys, from the time we rise until we fall asleep.

and may our actions be faithful to our words, that our children's children may live to know:

Truth and kindness have embraced, peace and justice have kissed and are one.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵי עַמּוֹ יִשְׂרָאֵל.

*Baruch atah, Adonai, ohev amo Yisrael.*

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

**Shma/V'ahavta**

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 מַלְכוּתוֹ לְעוֹלָם וָעֶד:

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

Blessed is God's glorious majesty forever and ever.

וְאַהֲבַת אֵת יְיָ | אֱלֹהֶיךָ, בְּכֹל-לִבְבְּךָ, וּבְכֹל-נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,  
אֲשֶׁר | אֲנֹכִי מְצַוֶּה הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
וּבְלִקְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין | עֵינֶיךָ,  
וּבְתַבְתָּם | עַל מְזוֹזוֹת 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 לֵאלֹהֵיכֶם: אֲנִי יי | אֱלֹהֵיכֶם,  
אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מֵאֶרֶץ מִצְרַיִם, לְהֵיוֹת לָכֶם לֵאלֹהִים, 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'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 of 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.

## **Mi Chamocha**

**When justice** burns within us like a flaming fire,  
when love evokes willing sacrifice from us,  
when to the last full measure of selfless devotion,  
we demonstrate our belief in the ultimate triumph of truth and righteousness,  
then goodness enters our lives and we can begin to change the world.

**The good** in us will win,  
over all the wickedness, over all the wrongs we have done.  
We will look back at the pages of written history, and be amazed,  
and then we will laugh and sing,  
and the good that is in us, children in their cradles, will have won.  
Our hearts beat with certainty  
that there is a day and an hour, and a mountain called Zion,  
and that all of the sufferings will gather there and become song,  
ringing out into every corner of the earth, from end to end,  
and the nations will hear it,  
and like the caravans in the desert will all to that morning throng.

מִי כַמֹּכָה בְּאֵלִים יְיָ, מִי כַמֹּכָה נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא תְהִילָת, עֲשֵׂה פְלֵא:  
מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מִשָּׁה וּמַרִים, זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:  
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!"

### Hashkiveinu

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.

בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָיִם.

*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.

### 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.



**Hebrew for Debbie Friedman's Hashkiveinu:**

הַשְּׂפִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ.

*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 צֵאתֵנוּ וּבואֵנוּ, 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.

**V'shamru**

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֵם בְּרִית עוֹלָם: בֵּינִי  
וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הַיָּא 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'aretz, 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, זְכוֹר  
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.

**The meaning of Shabbat** is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on Shabbat we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

**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.

A thought has blown the market place away.  
There is a song on the wind and joy in the trees.  
Shabbat has arrived in the world,  
scattering a song in the silence of the night:  
Eternity utters a day.

## T'filah

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ:

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

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

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וּמְבִיא גְּאֻלָּה לְבָנָי בְּנִיחָם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יְיָ, מַגֵּן 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, transcendent 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.

אתה גבור לעולם אדני, מחיה הכל אתה, רב להושיע. מוריד הטל. מכלכל חיים בחסד, מחיה הכל ברחמים רבים, סומך נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישני עפר, מי כמוך בעל גבורות ומי דומה לך, מלך כמית ומחיה ומצמיח ישועה: ונאמן אתה להחיות הכל. ברוך אתה יי, מחיה הכל:

*Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. Morid hatai. M'chalkeil chayim b'chesed, m'chayeh hakol b'rachamim rabim, someich noflim, v'rofei cholim, u-matir asurim, u-m'kayem 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 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.

אתה קדוש ושמך קדוש וקדושים בכל יום יהלולך, סלה.  
ברוך אתה יי, האל הקדוש.

*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 נֶעֱבֵד.

*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 נֶעֱבֵד.

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

## Thanksgiving

מוֹדִים אֲנִיחֵנוּ 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.

בָּרוּךְ אַתָּה יְיָ, הַטּוֹב שְׂמֵךְ וְלֵךְ נְאֻה 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.

**May it be Your will**, O our God, that we be allowed to stand in places of astonishing light and not in dark places, and may our hearts know no pain, and may our vision not be so clouded that we would not see all the blessings of Life that You have given us. --Danny Siegel

## To a Dreamer

Some dreams are of things past, warm and wonderful, or sad, or frightening;

When we wake from them we shake them off.

Some dreams are in the present, shutting out the world around us

and letting us drift on a cloud more than reality.

And what dreams about the future, the dreams that are creative,  
imaginative, seeds of events to come?

Those dreams don't deal with nostalgia or fear, not do they keep us suspended in time or space,  
but they propel us into action.

We need them. We need all three. We need the dreamers.

Pity the minds that do not dream.

## Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ 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.

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

*We pray silently.*

Listening comes hard to us. We can sing and read and look,  
Taste and smell and touch, but listening comes hard to us.  
Other people's joy and tragedy enter our minds,  
But listening to the person behind the joy,  
Letting in the person underneath the tragedy,  
That takes concentration, and a strong will.  
But Shabbat is to be listened for.  
And another human being is to be listened to.

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 וְהִגִּיוֹן 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 בְּמִרוֹמָיו 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 סִבַּת שְׁלוֹמְךָ

*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.*

**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. Give strength and purpose, unflagging energy and deep wells of patience to all who seek healing, and to their caregivers, family and friends.

**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*  
*Mi shebeirach imoteinu*  
*Ana Adonai hoshiah na*

You, who blessed our fathers  
You, who blessed our mothers  
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 לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל, לְתַתּוֹת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא  
שָׂמְנוּ כְּמִשְׁפַּחַת הָאָדָמָה, שְׁלֹא שָׂם חֶלְקֵנוּ בָהֶם, וְגִדְּלָנוּ כְּכֹל הַמּוֹנֵם. וְנִאֲנַחֵנוּ כְּבוֹרְעִים  
וּמְשַׁתְּחָוִים וּמוֹדִים, לְפָנֵי 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.

וְנֹאמַר, 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.

## Do we ever really say goodbye?

Remembering is a gift. We treasure our wonderful memories.  
Our sad memories are softened by the passing seasons.  
We will always remember those who were a part of us,  
And share those memories with those who now share our lives.

*We honor and remember the ones we have loved who are no longer with us physically but are here with us  
in spirit. We love them, we think of them, we remember them.  
There are tears in our remembering, but there are smiles as well.  
So we never really have to say "goodbye" to those we love,  
Because they live in our hearts and minds forever.  
We give thanks; remembering is a gift. We give thanks; their lives were a blessing.  
We give thanks for what we had. We give thanks for what we have.  
With our Kaddish prayer, we thank You, God, for life and 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.*

## Motzi

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Baruch atah Adonai, Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.*

Blessed are You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.

## 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,  
בְּמִתְרַם כָּל יִצִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ 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

וְאַחֲרֵי כְּבִלּוֹת הַכֹּל  
לְבַדּוֹ יִמְלֹךְ נוֹרָא  
וְהוּא הָיָה, וְהוּא הוֹה  
וְהוּא יִהְיֶה, בְּתִפְאַרְהוֹ.

**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 הָעֹז 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 גַּאֲלַי,  
וְצוּר חֲבֻלִי בְּעֵת צָרָה.  
וְהוּא נִסִּי וּמְנוּס לִי,  
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.

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

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

## 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.

## 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*.

*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*.

## One Day                      Matisyahu

Sometimes I lay under the moon, I thank God I'm breathing.  
Then I pray don't take me soon, 'cause I am here for a reason.  
Sometimes in my tears I drown, but I never let it get me down.  
So when negativity surrounds, I know someday it'll all turn around because

*Chorus: All my life I've been waiting for, I've been praying for, for the people to say  
That we don't want to fight no more, there'll be no more wars, and our children will play  
One day, one day, one day*

It's not about win or lose, 'cause we all lose when they feed on the  
Souls of the innocent, blood-drenched pavement, keep on movin' though the waters stay ragin'  
In this maze you could lose your way, your way  
It might drive you crazy, but don't let faze you no way, no way  
Sometimes in my tears I drown, but I never let it get me down.  
So when negativity surrounds, I know someday it'll all turn around because. (*chorus*)

One day this all will change, treat people the same, Stop with the violence, down with the hate.  
One day we'll all be free, and proud to be under the same sun singing songs of freedom like  
"Way oh!" (*chorus*)