

## Congregation Ahavath Chesed Celebrates ShaBark Shalom

**“All things bright and beautiful, All creatures great and small,  
All things wise and wonderful, God made them all.”**

לְכוּ נְרַנְנָה לַיהוָה, נְרִיעָה לְצִוְרֵי יִשְׁעָנוּ.

*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!

### Shabbat Candle Blessing

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

בְּרוּךְ 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.

## L'cha Dodi

לְכֵה דוֹדִי לְקַרְאֵת כְּלָה, 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 בְּדִבּוּר אֶחָד, הַשְּׂמִיעֵנוּ אֵל הַמְּיֻחָד, יְיָ אֶחָד וְשִׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

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

בּוֹאֵי בְּשָׁלוֹם עֲטֵרֵת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבְצִהְלָהּ, תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ, בּוֹאֵי כְּלָה, בּוֹאֵי כְּלָה.

*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.*

## Barchu, Sh'ma, V'ahavta

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!

*We thank you God for every sunset and sunrise.*

*Time simply passes bringing us new seasons and new life experiences.*

*There is a purpose to each element in the universe.*

*God designed it with beauty and distinction.*

*The powerful forces of God surround us.*

*We praise You each and every day.*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד. בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad! Baruch shem k'vod malchuto l'olam va-ed.*

Hear, O Israel, Adonai is our God, Adonai is One! Blessed is God's glorious majesty forever.

וְאַהֲבַת אֵת יְיָ | אֱלֹהֶיךָ, בְּכָל-לֵבְבְךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ תְהִלָּתְךָ הָאֱלֹהִים,  
 אֲשֶׁר | אֲנֹכִי מְצַוֶּה הַיּוֹם, עַל-לֵבְבְךָ: וְשִׁנְנָתָם לְבָנֶיךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
 וּבְלִקְחֶךָ בְּדַרְדָּרְךָ וּבְשֹׂכְבְךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין | עֵינֶיךָ,  
 וּכְתַבְתָּם | עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'avvcha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim  
 ha'eileh asher anochi m'tzav'cha hayom al l'avvecha. 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.*

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.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת-כָּל-מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יְיָ | אֱלֹהֵיכֶם,  
 אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מִמִּצְרַיִם מְצָרִים, לְהֵיוֹת לָכֶם 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.*

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.

**When Evil Darkens Our World** By Rabbi Chaim Stern

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.*

## Mi Chamocha

מי כְּמֹכָה בְּאֵלִים יְיָ, מִי כְּמֹכָה נִאֲדָר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֲשֵׂה פְּלֵא:  
מְלֻכּוֹתֶיךָ רָאוּ בְּנִיחָה, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, 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!"

## Rise and Shine

The Lord said to Noah:  
there's gonna be a floody, floody (2x)  
Get those children out of the  
muddy, muddy  
Children of the Lord

*Chorus:* Rise and shine and give God  
your glory, glory! (3x) Children of the Lord

So Noah, he built them, he built them  
an arky, arky (2x)  
Made it out of hickory barky, barky  
Children of the Lord (*Chorus*)

The animals they came on, they came on  
by twosie, twosies (2x)  
Elephants and kangaroosie, roosies  
Children of the Lord (*Chorus*)

It rained and poured for  
forty daysie, daysies (2x)  
Drove those animals nearly crazy, crazy  
Children of the Lord (*Chorus*)

The sun came out and dried all the  
landy, landy (2x)  
Everything was fine and dandy, dandy  
Children of the Lord (*Chorus*)

## For what should we be thankful?

On the sixth day, the heaven and the earth and everything in between, were finished.  
By the seventh day, God had completed the work.  
Then God blessed the seventh day, made it holy, and rested from the work of creation.

*God created us both free and intelligent.  
How lucky we are to be able to share in God's power of creation.  
We feel God's power when we experience God's creations,  
A vivid sunset, the crash of the waves, or the birth of a wild stallion.  
Oh God, inspire us to create what is good throughout our lives.  
Help us to appreciate and delight in all You create.*

### V'shamru

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי  
יִשְׂרָאֵל אֹת הַיּוֹם 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 sheisheet 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.

### T'filah

אֲדֹנָי שְׁפַתִּי תִפְתָּח וּפִי יִגִּיד תְּהִלָּתֶךָ:

*Adonai s'fatay tiftach u-fi yagid tehilatecha*

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 רַבְקָה, אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכּוֹל, וְזוֹכֵר חַסְדֵי אֲבוֹת  
וְאֲמָהוֹת, וּמְבִיא גְּאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שָׂמוּ בְּאֵהָבָה. מִלֶּךְ עוֹזֵר וּמוֹשִׁיעַ  
וּמְגַן: בְּרוּךְ אַתָּה יְיָ, 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'neiheim 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.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ (מִזְרִיד הַטָּל. *summer:* (מְשִׁיב הַרְרוּחַ וּמִזְרִיד הַגֶּשֶׁם. *winter:*). מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמְחַיֶּה אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לְיִשְׂרָאֵל עֶפְרָיִם, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלַךְ מַמְיֵת וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה: וְנִצְמָן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל:

*Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. Mashiv ha-ruach u-morid ha-gashem. M'chalkeil chayim b'chesed, m'chayeh hakol b'rachamim rabim, someich noflim, v'rofei cholim, u-matir asurim, u-m'kayeim emunato lischeinei 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. (*Winter:* You cause the wind to shift and rain to fall. *Summer:* 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 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.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.  
*Baruch atah, Adonai, m'kadeish HaShabbat.*

## Birkat Shalom

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁימֵם לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוּמֶיךָ.  
בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשִׁלּוֹם.

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

## Silent Prayer

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.

## Blessing of the Animals

We pray to God, our Creator, to bless our pets with Your light and love. May our animal friends have good health, happy lives and always be protected. We ask for better understanding as we learn from our animal friends' wisdom, their innocence, their loyalty, and particularly their seeming ability to not judge human beings unkindly.

*Thank You for the pleasures and playfulness and sometimes the surprising humor our pets display*

Thank You for their companionship and friendship especially during those lonely hours we may have experienced.

*Thank You for our companions' natural ability to teach us to be aware of the present moment.*

Thank You for the pure beauty of every animal--their form, color, texture, motion--for each is a work of art. May we appreciate Your creation of these masterpieces.

*Bless all animals in harm's way, protect those who are lost, and guide them to safety.*

*Dear God, we are filled with gratitude for all the blessings bestowed upon us by You through (pet's name). From the moment this animal arrived in our home, he/she has inspired joy in our lives and in those of others. Surround this creature with devotion; continue to allow him/her to increase love and laughter for the individuals he/she encounters. Keep him/her safe from harm. We ask that you give this animal strength in body, mind and spirit. Guide him/her to live in harmony within the household. Permit this animal always to have loving, kind companionship for the rest of his/her life, and grant him/her a good old age filled with contentment and happiness. We praise You, Adonai our God, for Your sweet blessings for (pet's name).*

### **Mi Shebeirach**

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. Our congregation is especially thinking of:

Also, hear our humble prayer, O God, for our friends the animals, especially for animals who are suffering; for animals that are overworked, underfed and cruelly treated; for all wistful creatures in captivity that beat their wings against bars; for any that are hunted or lost or deserted or frightened or hungry; for all that must be put to death.



*We entreat for them all Your mercy, and for those who deal with them we ask a heart of compassion and gentle hands and kindly words. Make us to be true friends to animals, and so to share Your blessings.*

*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.

## **Aleinu**

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא  
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ כְּהֵם, וְנִגְרַלְנוּ כְּכֹל הַמוֹנִם. וְאַנְהֵנוּ כּוֹרְעִים  
וּמְשִׁתְּחִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מְלִכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.  
וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ 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-arets, 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.

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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

## Paw Prints in the Sand

With my pal gone my side is bare  
Just looking down she is not there  
A heavy heart, a saddened soul  
A weight of passage, tears untold  
Now all alone I feel the space  
Where oft my friend would lick my face.  
Yet life goes on. God's outstretched hand  
Sends hope through paw prints in the sand.

## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא . בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ , וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל . בְּעֵנְגָלָא 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 לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא:

*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 דְקֻדְשָׁא  
בְּרִיךְ הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא , תְּשַׁבְּחָתָא וְנַחֲמָתָא , 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 and Motzi

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ, וְשִׁבֶת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ וְזָכְרוֹן לְמַעֲשֵׂה  
בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, וְזָכַר לַיְצִיאַת מִצְרָיִם, כִּי בָנוּ בְּחֶרֶת וְאוֹתָנוּ  
קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבֶת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִלָּתָנוּ. בְּרוּךְ אַתָּה יְיָ, מִקְדֵּשׁ  
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.*

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine. Praise to You, Adonai our God, Sovereign of the universe, who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of creation. As first among our sacred says, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

בְּרוּךְ אַתָּה יְיָ 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.

## 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.