

Congregation Ahavath Chesed Celebrates Shabbat Shireinu

How Do You Talk to God?

One way we talk to God is through prayer.

We experience this Shabbat and celebrate together with prayer.
When we pray together in a synagogue, we know that we belong.
We are touched by the feelings and experiences of others and they are touched by us.

*When we pray, we have a conversation and connection with God.
Prayer is a way of looking inside of ourselves and connecting to God in holiness.
Prayer connects us with our Jewish people both past and present.
It connects us with our history and our Jewish traditions.
Prayer reminds us to be thankful and grateful to God for the gifts we receive daily in life.*

*Our prayers must have thought behind the words.
Listen to yourself this Shabbat.*

Hinei Mah Tov By Elana Arian

הִנֵּה מַה טוֹב וּמַה נְעִים שֶׁבֶת אַחִים גַּם יַחַד.

Hinei mah tov, u-mah na-im shevet achim gam yachad (2x)

How good it is (how good it is)

How sweet it is (how sweet it is)

To be together on this day!

Shalom Aleichem, Shalom Aleichem.

Service Compiled by Cantor Carrie Barry. Most readings borrowed from *Shabbat Reflections* written by Rabbi Samuel M. Cohon and Nanci J. Freedberg.

When you look into the candle's flame, what do you see?

We light Shabbat candles to add brightness to our world. It is a time to stop, rest, and make the transition from last week to this week.

A great pianist was asked, "How do you play the notes so much better than everyone else?" He answered, "I play the notes the same as everyone else. It's the pauses between the notes that I do better than others."

*Shabbat is our pause between the notes.
As we light candles and welcome Shabbat,
We take a deep breath from the busy week,
Take time to greet Shabbat by opening our eyes, hearts, and minds.
We pause and take time to think about and to talk about God.*

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.

What did you do this week?

Think about the week you just lived: from last Shabbat to this Shabbat.

Think about the moments and memories over the past seven days.

How many choices did you make that were on target?
How many times were you unselfish?
How many times did you tell the truth?
How many times did you say "thank you?"
How many times did you say, "I'm sorry?"
How many times did you appreciate what you have?

Shabbat is a time to reflect on a week gone by.

Am I Awake?/Barchu By Noah Aronson

Am I Awake? Am I prepared? Are You listening to my prayers?
Can You hear my voice? Can You understand? Am I awake? Am I prepared?

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.*

Roll into Dark by Noam Katz

Roll into dark, roll into light, night becomes day, day turns to night.(2x)

*Borei yom valaila, goleil or mipnei choshech
Goleil or mipnei choshech, v'choshech mipnei or.*

בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי הַחֹשֶׁךְ,
גּוֹלֵל אוֹר מִפְּנֵי הַחֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.

What does it mean to love God with all your heart, mind and soul?

While we pray together this Shabbat,
We think of God, and we think about what it means to be Jewish.
Being Jewish is who we are throughout our lives, wherever we are.
To love God with all our heart, mind and soul
Means we are with God all the time and completely.

*God is with us when we are at home.
God is with us when we are at play, or at school, or at work.
God is with us in times of sorrow or recovery.
God is with us when we win and when we lose.
God is with us when we make both good and bad choices.
God is with us in our dreams.
How lucky we are that God is all around us—everywhere.*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד. בָּרוּךְ 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.

וְאַהַבְתָּ אֵת יְיָ | אֱלֹהֶיךָ, בְּכֹל-לֵבְבְךָ, וּבְכֹל-נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר | אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לֵבְבְךָ: וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִקְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפֹּת בֵּין | עֵינֶיךָ,
וּכְתַבְתָּם | עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahaavta 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.*

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 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.*

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.

מִי כַמֹּכָה בְּאֵלִים יי, מִי כַמֹּכָה נֹאדָר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֲשֵׂה פְלֵא:
מְלֻכּוֹתָ רָאוּ בְנֵיהָ, בּוֹקֵעַ יָם לְפָנַי מִשָּׁה וּמִרַיִם, זֶה אֱלֹהֵי עֲנוּ וְאָמְרוּ:
יי יִמְלֹךְ לְעוֹלָם וָעֶד.

*Mi chamocha ba-eilim, Adonai, mi kamocha 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!"

Standing at the Sea Words and Music by Peter and Ellen Allard

1. Standing at the sea, Mi Chamocha

Freedom's on our way.

Singing and dancing, Mi Chamocha

Freedom's on our way.

Chorus: Freedom, freedom's on our way!

2. They're coming up behind, Mi Chamocha

Freedom's on our way.

Bound no more, Mi Chamocha

Freedom's on our way. *Chorus*

3. The sea she parts, Mi Chamocha

Freedom's on our way.

Walking through the water, Mi Chamocha

Freedom's on our way. *Chorus*

4. We're on the other side, Mi Chamocha

Freedom's on our way.

One God, Mi Chamocha

Freedom's on our way. *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 הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפָשׁ.

*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.

What gift has God given you?

*We thank You, God, for our senses.
The sun is not bright without eyes that see.
The laughter of children can't be heard without ears that listen.
The fragrance of a flower can't be enjoyed without the sense of smell.
The warmth of family can't be felt without touch.
Our Shabbat dinner would have no meaning without taste.
Thank you, God, for giving us the ability to enjoy our world.*

T'filah

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתֶךָ:

Adonai s'fatai tiftach u-fi yagid tehilatecha

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 רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וְיִמְבִּיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יי, 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, 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 הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ (מוֹרִיד הַטָּל. *summer:*) (מְשִׁיב הַרְיוּחַ וּמוֹרִיד הַגֶּשֶׁם. *winter:*). מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמְחַיֵּי אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרַי, מִי כְמוֹד בַּעַל גְּבוּרֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ מְחַיֶּה וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: וְנִצְמָן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יי, 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 lisheinei afar. Mi chamocho 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 וְקְדוּשֵׁי יוֹם יְהִלְלוּךָ, סְלָה.
בְּרוּךְ אַתָּה יי, 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.

Does God hear your prayer?

God hears my prayers, because my words come from my heart.

They are sincere and God hears my truth. God knows me.

God listens to my hopes and dreams.

Please, God, accept my prayers,

For my family, my friends, my people, and my world.

How can you make this world a better place?

Look within yourself

And God will look within as well.

It is up to us today and tomorrow

To make peace, to face each other, to face ourselves,

And to face God.

*When I make my daily world a better place,
In turn, I make the whole world a better place.
We pray for peaceful hearts and homes.
We pray for understanding and compassion between parents and children.
We pray for friendship.
We pray for forgiveness and unselfishness.
We pray for peace in our country.
And we pray for peace among nations.*

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם .
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ .
בְּרוּךְ אַתָּה יי, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*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

Can you make a promise to God this Shabbat?

This Shabbat I will make a promise to God.
I will help those in need by healing the sick,
Supporting the less fortunate,
Feeding the hungry, housing the homeless,
Befriending the lonely, and by giving hope to people.

As You have helped us live better lives, I will help others too.
I praise You, who gives meaning to my life.

I make a promise to You this Shabbat, God, by loving, caring, and giving to others.

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.

Building a Better World Music and English text by Ellen Allard

We're building a better world (3x) One person at a time.

Chorus: And the world goes round and round
 The world goes round and round and round
 And the world goes round and round
 The world goes round and round and round

We're building a world with peace (3x) One person at a time..*Chorus*

We're building a world with love (3x) One person at a time..*Chorus*

We're building a world with friends (3x) One person at a time..*Chorus*

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.

Mi Shebeirach

How can you pray for someone you care about?

We pray for healing.

God, You create our bodies.

You make them complete and whole, wonderful, complicated, growing and healthy.

But sometimes bodies don't work as well as we wish.

And sometimes the people we love get sick.

Please help them to heal. Make their bodies well again.

Please give those who are ill a *r'fuah sh'leimah*,

A complete healing of body and soul, spirit and heart and mind.

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 הָאֲרָצוֹת, וְלֹא
שָׂמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ בָּהֶם, וְגִדְּלָנוּ כְּכֹל הַמוֹנֵם. וְאִנְחָנוּ כּוֹרְעִים
וּמְשַׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.
וְנֹאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי 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.

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.*

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא 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-o'yo-mei-chon u-o'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv v'im-ru: Ah-mein.*

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי 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 דְקֻדְשָׁא
בְּרִיךְ הוּא לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשֻׁבְחָתָא וְנִחְמָתָא, 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 בָּנוּ, וְשִׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ וּזְכָרוֹן לְמַעֲשֵׂה
בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, וְזָכַר לִיציאת מצרים, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ
קִדְּשֵׁת מִכָּל הָעַמִּים, וְשִׁבֵּת קִדְּשֵׁךְ 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-va-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.

Zmirot (Songs)

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.

I Have a Voice Words and Music by Elana Arian

I will open my eyes (*I will open my eyes*)
I will not look away (*I will not look away*)
I will use this gift I've been given every day:

*Baruch atah, Adonai Eloheinu, Melech ha-olam,
sheh-asanu, sheh-asanu B'tzelem Elohim.*
(Chorus)*

Chorus: I have a voice, my voice is
powerful, my voice can change the world.
Change the world!

I will fight for the truth (*I will...*)
I'll stand up for what's right (*I'll stand...*)
I will use this strength I've been given to be
a light (Chorus)

I will give of myself (*I will give ...*)
I will reach out my hand (*I will reach ...*)
I will use this heart I've been given
to take a stand (Chorus)

*Blessed are You, Adonai our God,
sovereign of the universe,
who has made us in the image of God.

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...

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*.