שיר הלב

Shir Ha-Lev

Song of the Heart

Shabbat Prayerbook
of Kerem Shalom

סדור לשבת

Kerem Shalom
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Foreword to the Second Edition

The Hebrew root of the word Siddur means "a state of being in a desired and good way." Since its first edition, Shir Ha-Lev (Song of the Heart) has fulfilled its mission as a wonderful spiritual framework of song, poetry and prayer that we have used at Kerem Shalom to flourish and grow as a warm, welcoming and inclusive Jewish congregation.

If the frayed pages of our first bound edition now need replacement, it can only mean that their content has been expressed and absorbed time and again, their beauty now an integral part of who we are. The fact that all of us—people from very different backgrounds—can find joy and meaning in the readings and translations of Shir Ha-Lev, is testament to its continuing relevance to our unique identity within the Jewish community at large.

I invite you to enjoy this new edition. It includes additional readings that Rabbi Michael Luckens and co-editor David Orlinoff have lovingly chosen, but its substance and style have not changed. I hope you will read, sing and pray with it, and with us, often.

Amir Viskin
President, Kerem Shalom

March, 2003
Adar II, 5763

Foreword to the First Edition

Praise Adonai
With the sound of the Shofar,
With drum and dance,
With lute and lyre,
And with resounding cymbals.
(Psalm 150)

It is said that a Jewish prayerbook is more than a collection of prayers; it is a guide to a way of life. It is fitting, then, that the Siddur of Kerem Shalom is entitled *Shir Ha-Lev*, Song of the Heart. We chose this name because it describes our tradition of worship through song and our commitment to prayer from the heart.

Our Siddur reflects the inclusiveness of our congregation, which welcomes the many Jewish and other traditions that comprise our community. Inclusiveness is reflected in many ways throughout *Shir Ha-Lev*: the readings and interpretations come from a variety of diverse sources; the Amidah includes the Matriarchs as well as the Patriarchs to remind us that we acknowledge women and men equally; and the text includes Hebrew, English and transliteration so that people of all backgrounds may participate in prayer and song.

Assembling a Siddur is both a Mitzvah and a demanding endeavor. We express our appreciation to Rabbi Michael Luckens and David Orlinoff, without whose dedication this book would not exist. We are also grateful to Grover Daniels and Daniels Printing Company, whose advice and generosity made it possible for us to go from the idea for *Shir Ha-Lev* to this permanent bound volume.

Lloyd Simon,
President, Kerem Shalom

May, 1996
Iyar, 5756

קבלת שבת

Kabbalat Shabbat

Service for
Welcoming Shabbat

Our noisy day has now descended with the sun beyond our sight.
In the quiet of the evening, we close the door upon
the hectic joys and fears,
the accomplishments and anguish of the week we have left behind.
What was but moments ago the substance of our life
has become memory;
what we did must now be woven into what we are.
On this day we shall not do, but be.
We are to walk the path of our humanity,
no longer ride unseeing through a world we do not touch
and only vaguely sense.
No longer can we tear the world apart to make our fire.
On this day heat and warmth and light must come
from deep within ourselves.

הִנֵּה מַה טּוֹב וּמַה נָּעִים שֶׁבֶת אַחִים גַּם יָחַד.

Hiney ma tov u-ma na-im, shevet achim gam yachad.

Behold, how good and how pleasant it is
For brothers and sisters to be together in unity!

Another week of work is ended;
again Shabbat brings welcome peace;
we pause from our labors
to let Shabbat add another dimension to our lives.
The Shabbat candles are symbols of the holiness we seek;
their brightness dispels gloom and lights a path to faith and hope.
Their glow reminds us of the sacred bonds
that link us to our people through space and time;
their radiance summons us to fulfill our people's mission:
to cast the light of freedom, justice, and peace upon all the world.

SHABBAT CANDLE BLESSING

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

Baruch atah Adonai, Eloheynu melech ha-olam, asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.

Blessed is the source of life, the essence of all creation, by whose power we sanctify life with the mitzvah of lighting the Shabbat candles.

Our God and God of all generations, may these candles cast their glow upon the earth and bring the radiance of Your light to all who dwell in darkness. Kindle in us a deeper love for all people, and may we be counted among those who light the way to a better world.

הַחַמָּה מֵרֹאשׁ הָאִילָנוֹת נִסְתַּלְקָה.
בֹּאוּ וְנֵצֵא לִקְרַאת שַׁבָּת הַמַּלְכָּה.
הִנֵּה הִיא יוֹרֶדֶת, הַקְּדוֹשָׁה הַבְּרוּכָה,
וְעִמָּהּ מַלְאָכִים, צְבָא שָׁלוֹם וּמְנוּחָה.
בֹּאִי בֹאִי הַמַּלְכָּה, בֹּאִי בֹאִי הַכַּלָּה.
שָׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָّלוֹם.

קִבַּלְנוּ פְּנֵי שַׁבָּת בִּרְנָנָה וּתְפִלָּה.
הַבַּיְתָה נָשׁוּבָה בְּלֵב מָלֵא גִילָה.
שָׁם עָרוּךְ הַשֻּׁלְחָן, הַנֵּרוֹת יָאִירוּ,
כָּל פִּנּוֹת הַבַּיִת יִזְרָחוּ יַזְהִירוּ.
שַׁבָּת שָׁלוֹם וּבְרָכָה, שַׁבָּת שָׁלוֹם וּמְנוּחָה.
בֹּאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָّלוֹם.

Ha-chama mey-rosh ha-ilanot nistalka,
Bo-u v'ney-tzey likrat-Shabbat ha-malka,
Hiney hi yoredet, ha-k'dosha, ha-b'rucha,
V'ima mal-achim tz'va shalom u-m'nucha.
Bo-i bo-i ha-malka, bo-i bo-i ha-kallah,
Shalom aley-chem, mal-achey ha-shalom.

Kibalnu p'ney Shabbat bi-r'nana u-t'fila,
Ha-bai-ta na-shuva b'leyv maley gila,
Sham aruch ha-shul-chan, ha-ney-rot ya-iru,
Kol pinot ha-ba-yit yiz-rachu, yaz-hiru,
Shabbat shalom u-v'racha, Shabbat shalom u-m'nucha,
Bo-achem l'shalom, mal-achey ha-shalom.

The sun on the treetops no longer is seen;
Come, gather to welcome the Sabbath, our Queen!
Behold her descending, the holy, the blest,
And with her the angels of peace and of rest.
Draw near, O Queen, and here abide;
Draw near, draw near, O Sabbath bride.
Peace be unto you, angels of peace.

KI IMCHA M'KOR CHAYIM

כִּי־עִמְּךָ מְקוֹר חַיִּים, בְּאוֹרְךָ נִרְאֶה אוֹר׃

Ki imcha m'kor chayim.
B'orcha nireh or.

For with you is the source of light.
In your light we see light.

Adonai, we thank You for the privilege of ushering in another Shabbat of rest and peace.
With a full heart, we thank You for the blessings of the week which has passed, and for the strength which You have given us as individuals and as a community.

Adonai, we ask Your blessings for the week that lies ahead. Grant health and contentment to our loved ones and friends. Help us to strengthen each other with gentle words and acts of kindness. We pray that You will bestow Your blessings upon us and upon all the human family.

MA YAFEH HAYOM

מַה יָּפֶה הַיּוֹם, שַׁבָּת שָׁלוֹם.

Ma ya-feh ha-yom, Shabbat Shalom.

How beautiful is this day, the Sabbath day.
We wish you peace.

As the great doors of night are opening
we come into the clean quiet room of Shabbat.

Let us be thankful, as we light these candles
for moments of quiet and peace.

Let us savor the fruit of the trees
and the harvest of the earth that sustains us.

Let us be thankful for grain, fruit of grasses,
that feeds the cow, the gazelle and us.

Let us be grateful for our loved ones
the work of our week
the seeds that we plant.

Let us never forget that the food we eat comes
from the earth we must cherish and heal,
through labor we must respect and reward.

Baruch atah Adonai, m'ka-deysh ha-Shabbat.

Praised is Adonai for the peace of Shabbat.

הִנֵּה מַה טּוֹב וּמַה נָּעִים שֶׁבֶת אַחִים גַּם יָחַד.
וְשַׁבְתִּי בְּבֵית הַשֵּׁם כָּל־יְמֵי חַיָּי.

Hiney ma tov u-ma na-im, shevet achim gam yachad.
V'shavti b'veyt hashem kol y'mey cha-yai.

Oh how good and oh how pleasant
It is for brothers and for sisters to dwell as one.

יְדִיד נֶפֶשׁ אָב הָרַחֲמָן, מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנֶךָ.
יָרוּץ עַבְדְּךָ כְּמוֹ אַיָּל, יִשְׁתַּחֲוֶה אֶל מוּל הֲדָרֶךָ.
תֶּעֱרַב לוֹ יְדִידוּתֶךָ, מִנֹּפֶת צוּף וְכָל טָעַם.

הָדוּר נָאֶה זִיו הָעוֹלָם, נַפְשִׁי חוֹלַת אַהֲבָתֶךָ.
אָנָּא אֵל נָא רְפָא נָא לָהּ, בְּהַרְאוֹת לָהּ נֹעַם זִיוֶךָ.
אָז תִּתְחַזֵּק וְתִתְרַפֵּא, וְהָיְתָה לָּהּ שִׂמְחַת עוֹלָם.

וָתִיק יֶהֱמוּ נָא רַחֲמֶיךָ, וְחוּסָה נָא עַל בֵּן אֲהוּבֶךָ.
כִּי זֶה כַּמָּה נִכְסֹף נִכְסַפְתִּי, לִרְאוֹת בְּתִפְאֶרֶת עֻזֶּךָ.
אֵלֶּה חָמְדָה לִבִּי, חוּסָה נָא וְאַל תִּתְעַלָּם.

הִגָּלֵה נָא וּפְרוֹשׂ חֲבִיבִי עָלַי, אֶת סֻכַּת שְׁלוֹמֶךָ.
תָּאִיר אֶרֶץ מִכְּבוֹדֶךָ, נָגִילָה וְנִשְׂמְחָה בָּךְ.
מַהֵר אָהוּב כִּי בָא מוֹעֵד, וְחָנֵּנוּ כִּימֵי עוֹלָם.

YEDID NEFESH

Yedid nefesh av ha-rachaman, m'shoch av-decha el r'tzo-necha,
Yarutz av-decha k'mo ayal, yish-tachaveh el mul ha-darecha,
Te-erav lo y'didu-techa, mi-nofet tzuf v'chol ta-am.

Ha-dur naeh ziv ha-olam, naf-shi cholat ahava-techa,
Ana Eyl na r'fa na la, b'ha-rot la noam zivecha,
Az tit-chazeyk v'tit-rapey, v'ha-y'ta la simchat olam.

Vatik ye-hemu na ra-chamecha, v'chusa na al ben ahuvecha,
Ki zeh kama nich-sof nich-safti, lirot b'tiferet uzecha,
Eyleh chamda libi, chusa na v'al tit-alam.

Hi-galeh na u'fros chavivi alai, et sukkat sh'lomecha,
Ta-ir eretz mikvodecha, nagila v'nismecha bach,
Ma-her ahuv ki va mo-eyd, v'chaneynu kimey olam.

Dear God, our hearts yearn with an age-long yearning
for the embrace of Your compassion
and the refuge of Your strength.

Spread Your canopy of peace throughout the world,
embracing all life in your light.

DODI LI

דּוֹדִי לִי וַאֲנִי לוֹ
הָרֹעֶה בַּשּׁוֹשַׁנִּים.

מִי זֹאת עֹלָה מִן הַמִּדְבָּר
מְקֻטֶּרֶת מֹר וּלְבוֹנָה.

לִבַּבְתִּינִי אֲחֹתִי כַּלָּה
לִבַּבְתִּינִי כַּלָּה.

עוּרִי צָפוֹן וּבוֹאִי תֵימָן
וּבוֹאִי תֵימָן.

Dodi li, va-ani lo, ha-ro'eh ba-shoshanim.

Mi zot olah min ha-mid-bar, me-kuteret mor u-levonah.

Libavtini, achoti kalah, libavtini kalah.

Uri, tzafon, u-vo'i teyman.

I open myself to love:
The feelings rising within me, swirling about me.

Look, it is my companion, coming from the garden of lilies,
Fragrant with myrrh and with frankincense.

It is my soul-mate, my friend.
You have touched my heart.

SHALOM ALEICHEM

שָׁלוֹם עֲלֵיכֶם, מַלְאֲכֵי הַשָּׁרֵת, מַלְאֲכֵי עֶלְיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

בָּרְכוּנִי לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

צֵאתְכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֶלְיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

Shalom aleichem, malachey ha-shareyt, malachey el-yon,
mi-melech mal'chey ha-m'lachim, hakadosh baruch hu.

Bo-achem l'shalom, malachey ha-shalom, malachey el-yon,
mi-melech mal'chey ha-m'lachim, hakadosh baruch hu.

Bar-chuni l'shalom, malachey ha-shalom, malachey el-yon,
mi-melech mal'chey ha-m'lachim, hakadosh baruch hu.

Tzeit-chem l'shalom, malachey ha-shalom, malachey el-yon,
mi-melech mal'chey ha-m'lachim, hakadosh baruch hu.

We greet you, Shabbat,
with a song of welcome:
Shalom Aleychem.

Peace be to you,
To us and our family,
To our community,
To all humanity.

Come to us in peace,
Bless us with peace,
Depart in peace,
Shabbat of peace.

לְכָה דוֹדִי לִקְרַאת כַּלָּה. פְּנֵי שַׁבָּת נְקַבְּלָה:

(1)

שָׁמוֹר וְזָכוֹר בְּדִבּוּר אֶחָד, הִשְׁמִיעָנוּ אֵל הַמְיֻחָד.
יְיָ אֶחָד וּשְׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֶרֶת וְלִתְהִלָּה:

(2)

לִקְרַאת שַׁבָּת לְכוּ וְנֵלְכָה. כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֹאשׁ מִקֶּדֶם נְסוּכָה. סוֹף מַעֲשֶׂה בְּמַחֲשָׁבָה תְּחִלָּה:

(3)

מִקְדַּשׁ מֶלֶךְ עִיר מְלוּכָה. קוּמִי צְאִי מִתּוֹךְ הַהֲפֵכָה.
רַב לָךְ שֶׁבֶת בְּעֵמֶק הַבָּכָא. וְהוּא יַחֲמוֹל עָלַיִךְ חֶמְלָה:

(4)

הִתְנַעֲרִי מֵעָפָר קוּמִי. לְבְשִׁי בִּגְדֵי תִפְאַרְתֵּךְ עַמִּי:
עַל יַד בֶּן יִשַׁי בֵּית הַלַּחְמִי. קָרְבָה אֶל נַפְשִׁי גְּאָלָהּ:

(5)

הִתְעוֹרְרִי הִתְעוֹרְרִי. כִּי בָא אוֹרֵךְ קוּמִי אוֹרִי.
עוּרִי עוּרִי שִׁיר דַּבֵּרִי. כְּבוֹד יְיָ עָלַיִךְ נִגְלָה:

LECHA DODI

Le-cha do-di lik-rat ka-la, pe-ney Shabbat ne-kabela.

(1)

Shamor v'zachor b'dibur echad, hish-mianu Eyl ha-meyuchad.
Adonai echad u-shemo echad, le-sheym u-letiferet v'lit-hila.

Le-cha do-di. . .

(2)

Likrat Shabbat lechu ve-neylecha, ki hi mekor ha-be-racha.
Meyrosh mi-kedem nesucha, sof ma-a-seh, be-machashava te-chila.

Le-cha do-di. . .

(3)

Mik-dash melech, ir me-lucha, ku-mi tse-i mitoch ha-hafeicha.
Rav lach shevet be-eymek habacha, v'hu ya-chamol ala-yich chemla.

Le-cha do-di. . .

(4)

Hitna-ari mey-afar ku-mi, livshi bigdey tifar-teych ami.
Al yad ben yi-shai, beyt ha-lachmi, kor-va el nafshi ge-ala.

Le-cha do-di. . .

(5)

Hit-oreri, hit-oreri, ki va oreych ku-mi, ori,
uri uri, shir dabeyri, ke-vod Adonai ala-yich nigla.

Le-cha do-di. . .

(6)

לֹא תֵבוֹשִׁי וְלֹא תִכָּלְמִי. מַה תִּשְׁתּוֹחֲחִי וּמַה תֶּהֱמִי.
בָּךְ יֶחֱסוּ עֲנִיֵּי עַמִּי, וְנִבְנְתָה עִיר עַל תִּלָּהּ:

(7)

וְהָיוּ לִמְשִׁסָּה שֹׁאסָיִךְ. וְרָחֲקוּ כָּל מְבַלְּעָיִךְ.
יָשִׂישׂ עָלַיִךְ אֱלֹהָיִךְ. כִּמְשׂוֹשׂ חָתָן עַל כַּלָּה:

(8)

יָמִין וּשְׂמֹאל תִּפְרוֹצִי. וְאֶת־יְיָ תַּעֲרִיצִי.
עַל יַד אִישׁ בֶּן פַּרְצִי. וְנִשְׂמְחָה וְנָגִילָה:

(9)

בּוֹאִי בְשָׁלוֹם עֲטֶרֶת בַּעְלָהּ. גַּם בְּשִׂמְחָה וּבְצָהֲלָה.
תּוֹךְ אֱמוּנֵי עַם סְגֻלָּה. בּוֹאִי כַלָּה, בּוֹאִי כַלָּה:

(6)
Lo teyvoshi ve-lo ti-kalmi, ma tish-to-cha-chi u-ma te-he-mi.
Bach ye-che-su ani-yey ami, ve-niv'neta ir al tila.
Le-cha do-di. . .
(7)
Ve-hayu li-m'shisa shosa-yich, ve-rachaku kol m'val-ayich,
ya-sis ala-yich Elo-hayich, ki-m'sos chatan al kala.
Le-cha do-di. . .
(8)
Ya-min u-semol tif-rotsi, ve-et Adonai ta-a-ritsi.
Al yad ish ben partsi, ve-nis-m'cha ve-nagila.
Le-cha do-di. . .
(9)
Bo-i ve-shalom ateret bala, gam b'simcha uve-tso-hola,
toch emu-ney am se-gula, bo-i chala, bo-i chala.
Le-cha do-di. . .

Let us welcome the bride,
the fountain of blessing that is Shabbat;
Shabbat is the love resting in every heart.

I smile softly and breath slowly,
feeling her presence.

Let the feeling of oneness embrace you.
Grow in the light of Shabbat.
Dance in the company of your soul.

Let the light of these moments shine within you,
Filling you with joy and with song.

Let us welcome the flowing dance of Shabbat.
Come in joy, come in peace.

BARCHU

בָּרְכוּ אֶת יְיָ הַמְבֹרָךְ:
בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד:

Bar-chu et Adonai ha-m'vo-rach.
Baruch Adonai ha-m'vo-rach l'olam va-ed.

Bless Adonai, the source of all blessing.
Bless Adonai, source of blessing, now and forever.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מַעֲרִיב עֲרָבִים, בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עִתִּים, וּמַחֲלִיף אֶת הַזְּמַנִּים, וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בָּרָקִיעַ כִּרְצוֹנוֹ. בּוֹרֵא יוֹם וָלָיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעֲבִיר יוֹם וּמֵבִיא לָיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לָיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיָּם, תָּמִיד יִמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֲרָבִים:

Baruch atah Adonai Eloheynu melech ha-olam asher bi-d'varo ma-ariv aravim b'chochma poteyach sh'a-rim, uvi-t'vunah m'shaneh itim, u-machalif et ha-z'manim, u-m'sadeyr et ha-kochavim b'mish-m'roteyhem ba-ra-ki-a kir-tzono. Borey yom va-laila, goleyl or mipney choshech v'choshech mipney or. U'ma-avir yom u-meyvi laila, u-mavdil beyn yom uveyn laila. Adonai tzeva-ot sh'mo. Eyl chai v'kayam tamid yimloch aleynu l'olam va-ed. Baruch atah Adonai, ha-ma-ariv aravim.

Blessed are You, Adonai, the source of life,
the essence of creation, whose nature it is to spin day into dusk.

With wisdom the gates of dawn are opened,
with understanding the times and seasons come and go.

Morning dawns, evening darkens;
darkness and light yielding one to the other,
yet each distinguished and unique.

Baruch atah Adonai, ha-ma-ariv aravim.
We give thanks for the passages of time.

הַאֲזִינָה אֱלֹהִים תְּפִלָּתִי,
וְאַל־נָא תִּתְעַלַּם מִתְּחִנָּתִי.
מִי יִתֵּן לִי כָנָף כַּיּוֹנָה
אָעוּפָה לִי וְאֶשְׁכֹּנָה.
אֲנִי אֶל אֱלֹהַי אֶקְרָא,
וְהוּא יוֹשִׁיעֵנִי.

Ha'azina Elohim tefilati,
v'al na titalam mitechinati.

Mi yiteyn li kanaf kayonah,
a'ufah li v'eshkonah.

Ani el Elohai ekrah,
V'Hu yoshi-eyni.

Who will give me the wings of a dove,
so that I can soar through the air to my home?

We look to the source of life for sustenance and strength.
May the prayers of our hearts be heard.

You are praised, Adonai
Author of time and space
Who brings on evening with a word,
Opens heaven's gates with wisdom,
Adjusts the ages with sensitive judgment,
Varies the seasons,
And orders the orbits of a sky full of stars.
You create each day and each night afresh,
Roll light in front of darkness
And darkness in front of light
So gently
That no moment is quite like the one before
Or after.
Second by second
You make day pass into night
And You alone know the boundary point
Dividing one from the other.
Unifier of all beings is Your name.
Timeless God,
Rule forever.
Baruch atah Adonai, ha-ma-ariv aravim.
You who brings the evening in
Are praised.

אֶשָּׂא עֵינַי אֶל הֶהָרִים מֵאַיִן יָבֹא עֶזְרִי.
עֶזְרִי מֵעִם יְיָ עֹשֵׂה שָׁמַיִם וָאָרֶץ.

Esa ey-nai el he-harim, mey-ayin ya-vo ezri.
Ezri me-im Adonai, o-seh sha-mayim va-aretz.

I will lift up mine eyes unto the hills whence cometh my help.
My help cometh from God; maker of heaven, maker of earth.

AHAVAT OLAM

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עַמְּךָ אָהָבְתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים
וּמִשְׁפָּטִים, אוֹתָנוּ לִמַּדְתָּ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשָׁכְבֵנוּ
וּבְקוּמֵנוּ נָשִׂיחַ בְּחֻקֶּיךָ, וְנִשְׂמַח בְּדִבְרֵי תוֹרָתֶךָ וּבְמִצְוֹתֶיךָ
לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאֹרֶךְ יָמֵינוּ, וּבָהֶם נֶהְגֶּה יוֹמָם
וָלַיְלָה. וְאַהֲבָתְךָ אַל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beyt Yisrael am'cha ahavta, Torah u-mitzvot chu-kim u-mish-patim otanu li-mad'ta. Al keyn Adonai Eloheynu b'shoch-veynu uv'kumeynu nasi-ach b'chu-kecha. V'nismach b'divrey Tora-techa uv-mitzvo-techa l'olam va-ed. Ki heym cha-yeynu v'orech yameynu uva-hem neh-geh yomam va-laila. V'aha-vat-cha al tasir mi-menu l'olamim.

Baruch atah Adonai, oheyv amo Yisrael.

Praised are You, Adonai, who has given us the gift of love.

ROM'MU

רוֹמְמוּ יְיָ אֱלֹהֵינוּ וְהִשְׁתַּחֲוּו לְהַר קָדְשׁוֹ, כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ:

Rom'mu Adonai Eloheynu v'hishtachavu l'har kodsho, ki kadosh Adonai Eloheynu.

We give thanks for life's gentle spirit, which fills the universe.
We give thanks for each unique and sacred life.

With love we embrace creation,
seeking the source within and without.

Through tales and traditions
we strive to learn and to teach
a Torah of compassion and peace.

When sleep beckons us
let us marvel at the passing of the day;
when morning awakens us
let us be thankful for the power of rest and renewal.

Let wisdom fill us with a knowing joy,
measuring our days that we might hold them precious.

May love never abandon us,
nor we abandon it.

Blessed is Adonai, the source of all,
whose love embraces all of creation.

Since ancient times, many truths and questions have made their home within our minds, but the truth we affirm tonight is the oldest we remember. With the words of the Shema we affirm the oneness of God, the God who forever calls forth being from nothingness.

SHEMA

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

SHEMA YISRAEL, ADONAI ELOHEYNU, ADONAI ECHAD.
Baruch shem k'vod mal-chu-to l'olam va-ed.

HEAR, O ISRAEL: ADONAI OUR GOD, ADONAI IS ONE!
Blessed is the One whose presence fills eternity.

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל-לְבָבְךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-
מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל-
לְבָבֶךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתֶךָ, וּבְלֶכְתְּךָ
בַדֶּרֶךְ וּבְשָׁכְבְּךָ, וּבְקוּמֶךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶךָ, וְהָיוּ
לְטֹטָפֹת בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל מְזֻזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ:

V'ahavta eyt Adonai Elohecha b'chol l'vavcha uv-chol naf-shecha uv-chol m'odecha. V'hayu ha-d'varim ha-eyleh asher anochi m'tzav'cha ha-yom al l'vavecha. V'shi-nantam l'vanecha v'dibarta bam, b'shiv-t'echa b'veytecha uv-lech-t'cha va-derech uv'shoch-b'cha uv-kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot beyn eynecha. U-ch'tavtam al m'zuzot beytecha uvish'arecha.

Let us love peace and compassion
with all our heart,
with all our soul,
and with all our might.

Let us take these words to heart,
teaching them to our children,
and let us recite them at home and away,
morning and night.

Let us bind them upon our hands
that our deeds be just,
and keep them ever before our eyes
that our vision be daring and true.

Let us inscribe them upon the doorposts of our homes
and upon our gates,
so that our going out and our coming in
will be for peace.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. You shall take to heart these words which I command you this day. You shall teach them diligently to your children. You shall repeat them at home and away, when you lie down at night and when you rise up in the morning. You shall bind them as a sign upon your arm, and they shall be a reminder above your eyes. You shall inscribe them on the doorposts of your homes and on the gates of your cities.

Listen. Listen to the gentle voice inside of you.
Listen compassionately to the voices outside.
Listen with love to the sounds of life.

With love we take what is ours to do
And plant it in our hearts.
With love we teach our children
The language of our people's soul.
We speak with them in that tongue
Not only at home but also on the road,
At tired, spent, or ending times,
And at waking, hopeful, or beginning times.

Let us not forget the signs,
Because sometimes we forget
To remind the hand to do,
The eyes to see,
The mind to think and wonder and remember.

Let our houses and our towns be places of caring
and spiritual sustenance.
Let us feel our connections to all of life,
to the weave of generations past and of those to come.

Then we will hear the voices of the seasons,
And we will live in harmony with the earth and its cycles,
And we will be blessed with the fullness of creation.

HASHKIVENU

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מַלְכֵּנוּ לְחַיִּים.
וּפְרוֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ, וְתַקְּנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהָגֵן בַּעֲדֵנוּ, וְהָסֵר מֵעָלֵינוּ אוֹיֵב,
דֶּבֶר, וְחֶרֶב, וְרָעָב וְיָגוֹן, וְהָסֵר שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ, וּבְצֵל
כְּנָפֶיךָ תַּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אָתָּה, כִּי אֵל מֶלֶךְ
חַנּוּן וְרַחוּם אָתָּה, וּשְׁמוֹר צֵאתֵנוּ וּבוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם,
מֵעַתָּה וְעַד עוֹלָם. וּפְרוֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ.
בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׂ סֻכַּת שָׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל
וְעַל יְרוּשָׁלָיִם.

Help us, O God, to lie down in peace;
But teach us that peace means more than quiet.

Remind us that if we are to be at peace at night
We must take heed how we live by day.
Grant us the peace that comes from honest dealing
So that no fear of discovery will haunt our sleep.

Rid us of resentments and hatreds
Which rob us of the peace we crave.
Liberate us from enslaving habits
Which disturb us and give us no rest.

May we inflict no pain, bring no shame,
And seek no profit by another's loss.
May we so live that we can face
The whole world with serenity.

May we feel no remorse at night
For what we have done during the day.
May we lie down in peace tonight,
And awaken tomorrow to a richer and fuller life.

V'SHAMRU

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפַשׁ.

V'shamru v'ney Yisrael et ha-Shabbat,
la-asot et ha-Shabbat l'dorotam b'rit olam.
Bey-ni u-veyn b'ney Yisrael ot hi l'olam.
Ki shey-shet yamim asa Adonai et ha-shama-yim v'et ha-aretz,
u-vayom ha-sh'vi-i shavat va-yina-fash.

You shall keep the Shabbat,
Doing what is fitting
Through all your generations
To make Shabbat an eternal covenant,
A sign throughout all time and space.

For Adonai did the work of heaven and earth
In six days,
And on the seventh day
Adonai ceased work,
Rested,
And breathed a new soul into the world.

אֲדֹנָי שְׂפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ׃ *Adonai s'fatai tiftach, u-fi yagid tehilatecha.*
Open up our hearts with gratitude and appreciation.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב: אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וֵאלֹהֵי רָחֵל: הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אָבוֹת, וּמֵבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן: בָּרוּךְ אַתָּה יְיָ, מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה:

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֵּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ:

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֵּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לִישֵׁנֵי עָפָר, מִי כָמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דּוֹמֶה לָּךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה:

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת מֵתִים. בָּרוּךְ אַתָּה יְיָ, מְחַיֵּה הַמֵּתִים:

AMIDAH

Baruch atah Adonai, Eloheynu v'Elohey avoteynu, Elohey Avraham, Elohey Yitzchak, v'Elohey Ya-akov. Elohey Sarah, Elohey Rivkah, Elohey Leah v'Elohey Rachel. Ha-Eyl ha-gadol ha-gibor v'ha-nora, Eyl elyon, gomel chasadim tovim v'koney ha-kol v'zocher chas'dey avot, u-meyvi go-eyl liv'ney v'neyhem, l'ma-an sh'mo b'ahava.

Melech ozer u-moshia u-mageyn. Baruch atah Adonai, mageyn Avraham v'ezrat Sarah.

Atah gibor l'olam, Adonai, m'cha-yeh meytim atah, rav l'ho-shi-a.

M'chal-keyl cha-yim b'che-sed, m'cha-yeh meytim b'ra-cha-mim rabim. So-meych nof-lim ve-rofey cho-lim u-matir asu-rim, u-m'ka-yem emu-nato li-sheyney afar. Mi cha-mocha, ba-al g'vurot, umi domeh lach, melech mey-mit u-m'cha-yeh u-matz-miach y'shu-a.

V'ne-eman atah l'ha-chayot mey-tim. Baruch atah Adonai, m'cha-yeh ha-meytim.

You are our God, even as You were the God of Abraham and Sarah. They are our past as we are their future. We recall their vision and pray for the strength to keep it alive. The vision that filled them is the one that fills all people who make a difference in our world through acts of caring, compassion and loving-kindness.

Thank You for the sense of responsibility that moves us to lift the fallen, heal the sick and work for the freedom of all people. Thank You for the sense of conscience that moves us to do justly and to sow the seeds of peace. We are grateful for the gift of love that restores hope and renews life.

Our God and God of the generations:
You who are called by a thousand names
and who sustains us each morning and evening.

Help us walk amidst the beauty of creation,
seeing the extraordinary in the ordinary,
aware of the great stream of life
in which we and all things move.

May we experience more deeply
the richness of our heritage,
and the simple miracle of life,
present in every leaf and raindrop.

Yours is the rain
that nourishes the earth,
and causes the grasses to laugh
with the joy of life.

You encourage the blossoms to flourish,
with the ripening fruit upon which we are sustained.

Your voice is heard in the stillness,
Your spirit gives life to us all.

We are small, ephemeral flowers on the tree of life,
part of the greater weave of existence.

May we be filled with love and respect for all life;
may we be a blessing to each other and a light to the world.

MI SHEBEIRACH

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

Mi shebeirach avoteinu
M'kor habracha 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.

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi shebeirach imoteinu
M'kor habracha l'avoteinu

Bless those in need of healing
with *refuah shleima*,
the renewal of body,
the renewal of spirit,
and let us say, Amen.

KOL HA-OLAM KULO

כָּל הָעוֹלָם כֻּלּוֹ, גֶּשֶׁר צַר מְאֹד.
וְהָעִקָּר לֹא לְפַחֵד כְּלָל:

Kol ha-olam kulo gesher tzar m'od.
V'ha-ikar lo lefacheid k'lal.

The world is a very narrow bridge.
Most important is not to be afraid.

SHALOM RAV

שָׁלוֹם רָב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אָדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכָל עֵת וּבְכָל שָׁעָה בִּשְׁלוֹמֶךָ.
בָּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

Shalom rav al-Yisrael am-cha ta-sim l'olam.
Ki atah hu melech adon l'chol ha-shalom.
V'tov b'eynecha l'va-reych et-am-cha Yisrael,
b'chol eyt uv'chol-sha-a bi-shlomecha.
Baruch atah Adonai, ha-m'vareych et-amo Yisrael ba-shalom.

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

For the strength to improve the world with our hearts and hands,
we give praise;

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

For all these we give thanks
to the Creator of life and all nature.

In the beginning there was chaos. And from that chaos came an order. An order from which evolved seas and soil; sky and earth; light and darkness; plants, animals and people.

An order found existent within the universe: from the relationship of moons and tides through space, to our dependence on jungles and rainforests across the continents.

We called the light day and the darkness night. We made our home on the dry land, in the trees and in the sky. And in the depths of the oceans.

God blessed each of us with the breath of life, and said: "This is very good." And there was evening, and there was morning, for six days. And on Shabbat we renewed our lives.

Teach us to notice and to listen: for the mystery of the multi-colored leaf; for the glow of the ripened fruit; for the ability to see, to feel, to breathe, to know, to hope and to pray.

Teach our lips a blessing, some words of thanks, as You renew each morning and each evening. Lest this day appear as yesterday, and the day before. Help us experience the miracles of creation.

Va-yar Elohim et kol asher asah, ve-hiney tov m'od.
And God beheld what had been created, and it was very good.

Baruch atah Adonai, yotzeyr or u-vorey cho-shech, oseh shalom u-vorey et ha-kol.
Praised are You, Adonai, who brings the fullness of peace to all creation.

YISMECHU

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֶג,
עַם מְקַדְּשֵׁי שְׁבִיעִי, כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטּוּבֶךָ,
וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ, חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ,
זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית:

Yismechu b'mal-chut'cha shomrey Shabbat v'korey oneg.
Am m'kad-shey sh'vi-i, kulam yis-b'u v'yitan-gu mi-tuvecha.
V'hash'vi-i ra-tzi-ta bo v'ki-dash-to. Chem-dat yamim oto ka-rata.
Zey-cher l'ma-a-sey v'reyshit.

Those who keep Shabbat and call it a delight shall rejoice in the wonders of the world. This day is our festival of the spirit, the most precious of days, a symbol of the joy of creation.

EYLI, EYLI

Eyli, Eyli	אֵלִי, אֵלִי
she-lo yiga-meyr l'olam:	שֶׁלֹּא יִגָּמֵר לְעוֹלָם.
Hachol v'hayam,	הַחוֹל וְהַיָּם,
rish-rush shel ha-mayim,	רִשְׁרוּשׁ שֶׁל הַמַּיִם,
b'rak ha-sha-mayim,	בְּרַק הַשָּׁמַיִם,
t'fi-lat ha-adam.	תְּפִלַּת הָאָדָם.
Hachol v'hayam,	הַחוֹל וְהַיָּם,
rish-rush shel ha-mayim,	רִשְׁרוּשׁ שֶׁל הַמַּיִם,
b'rak ha-sha-mayim,	בְּרַק הַשָּׁמַיִם,
t'fi-lat ha-adam.	תְּפִלַּת הָאָדָם.

O, Lord, my God,
I pray that these things never end:

The sand and the sea,
The rush of the waters,
The crash of the heavens,
The prayer of the heart.

The sand and the sea,
The rush of the waters,
The crash of the heavens,
The prayer of the heart.

May it be Your will
and ours

That there be an end to war and injustice,
and that a deep and genuine peace pervade the world.

May all those who live on this planet learn
that we have not come here
to hate or to envy or to kill.

We have come into this world
to live and to labor and to love,
and to be a blessing.

May we transform our prayers for justice and peace
into deeds of compassion and loving-kindness.

OSEH SHALOM

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ: אָמֵן.

Oseh shalom bim'romav, hu ya-aseh shalom aleynu v'al kol Yisrael, v'imru, amen.

May the One who establishes peace in the universe, grant peace unto us, to all Israel, and to all the human family. Amen.

VA-YECHULU

וַיְכֻלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

Va-yechulu ha-sha-mayim v'ha-aretz v'chol tz'va-am. Va-y'chal Elohim ba-yom ha-sh'vi-i m'lachto asher asa. Va-yishbot ba-yom ha-sh'vi-i mi-kol m'lachto asher asa. Va-y'varech Elohim et yom ha-sh'vi-i va-y'kadeysh oto, ki vo shavat mi-kol m'lachto asher bara Elohim la-asot.

The heavens and the earth and all that they contain were completed. On the seventh day, Adonai completed the work which Adonai had made and rested on the seventh day from all the work which Adonai had made. And Adonai blessed the seventh day and made it special, because on it Adonai rested from all the work which Adonai created and made.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב: אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וֵאלֹהֵי רָחֵל: הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן קוֹנֵה שָׁמַיִם וָאָרֶץ:

Baruch atah Adonai, Eloheynu v'Elohey avoteynu, Elohey Avraham, Elohey Yitzchak, v'Elohey Ya-akov. Elohey Sarah, Elohey Rivkah, Elohey Leah v'Elohey Rachel. Ha-Eyl ha-gadol ha-gibor v'ha-nora, Eyl elyon, ko-ney shamayim va-aretz.

Praised is Adonai, from whom our ancestors drew strength and inspiration.

MAGEYN AVOT

מָגֵן אָבוֹת בִּדְבָרוֹ, מְחַיֵּה מֵתִים בְּמַאֲמָרוֹ, הָאֵל הַקָּדוֹשׁ שֶׁאֵין כָּמוֹהוּ, הַמֵּנִיחַ לְעַמּוֹ בְּיוֹם שַׁבַּת קָדְשׁוֹ, כִּי בָם רָצָה לְהָנִיחַ לָהֶם. לְפָנָיו נַעֲבוֹד בְּיִרְאָה וָפַחַד, וְנוֹדֶה לִשְׁמוֹ בְּכָל יוֹם תָּמִיד, מֵעֵין הַבְּרָכוֹת. אֵל הַהוֹדָאוֹת אֲדוֹן הַשָּׁלוֹם, מְקַדֵּשׁ הַשַּׁבָּת, וּמְבָרֵךְ שְׁבִיעִי, וּמֵנִיחַ בִּקְדֻשָּׁה לְעַם מְדֻשְּׁנֵי עֹנֶג, זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית:

Mageyn avot bi-d'varo m'chayey meytim b'ma-amaro. Ha-Eyl ha-kadosh she-eyn kamohu ha-meyni-ach l'amo b'yom Shabbat kod-sho. Ki vam ratza l'haniach lahem, l'fanav na-avod b'yira va-fa-chad, v'no-deh li-sh'mo b'chol yom tamid mey-eyn ha-b'rachot. Eyl ha-hoda-ot adon ha-shalom, m'kadeysh ha-Shabbat u-m'vareych sh'vi-i, u-meyni-ach bi-k'dusha l'am m'dush-ney oneg. Zeycher l'ma-asey v'reyshit.

We give thanks for the joy of Shabbat and for being partners in the ongoing work of creation.

In the beginning, You made a simple world: day and night, water and earth, plants and animals.

But now You create galaxies in the unending curve of space.

Now we know You create with subtlety the invisible atom with its heart of power;

You create with delicacy, with intensity, the cell, splitting, becoming life.

Filled with joy, You make each of us a whole world, mysterious, delicate, powerful;

Overflowing with joy, You create myriads of people and fling galaxies across space, sowing them with countless forms of life.

Your love, massive, cosmic, joyful, explodes around us, as in the beginning, in a burst of light, a rush of waters, in the cry of birth, in ourselves, even in ourselves.

We give thanks for life's blessings and for the gift of Shabbat, a time for rest and renewal.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ, רְצֵה בִמְנוּחָתֵנוּ. קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ, שַׂבְּעֵנוּ מִטּוּבֶךָ, וְשַׂמְּחֵנוּ בִּישׁוּעָתֶךָ,
וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ בֶּאֱמֶת, וְהַנְחִילֵנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה
וּבְרָצוֹן שַׁבַּת קָדְשֶׁךָ, וְיָנוּחוּ בָהּ יִשְׂרָאֵל, מְקַדְּשֵׁי שְׁמֶךָ. בָּרוּךְ
אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת:

Eloheynu v'Eylohey avo-teynu, r'tzey vi-m'nucha-teynu. Kad-sheynu b'mitzvo-techa, v'teyn chel-keynu b'Tora-techa. Sab-eynu mi-tuvecha, v'sam-cheynu bi-y'shu-atecha. V'taheyr libeynu l'ov-d'cha be-emet. V'han-chi-leynu Adonai Eloheynu b'ahava u-v'ratzon Shabbat kod-shecha. V'ya-nu-chu va Yisrael m'kad-shey sh'me-cha. Baruch atah Adonai, m'kadeysh ha-Shabbat.

KIDDUSH

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָנוּ, וְשַׁבַּת קָדְשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זִכָּרוֹן לְמַעֲשֵׂה בְרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ, זֵכֶר לִיצִיאַת מִצְרָיִם, כִּי בָנוּ בָחַרְתָּ וְאוֹתָנוּ קִדַּשְׁתָּ מִכָּל הָעַמִּים, וְשַׁבַּת קָדְשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah Adonai, Eloheynu melech ha-olam, borey p'ri ha-gafen.

Baruch atah Adonai, Eloheynu melech ha-olam, asher kid'shanu b'mitz-votav v'ratza vanu. V'Shabbat kod-sho b'ahava uv'ratzon hin-chi-lanu, zikaron l'ma-asey v'reyshit. Ki hu yom t'chila, l'mik-ra-ey kodesh, zeycher li-tzi-at Mitz-ra-yim. Ki vanu vacharta v'otanu kidashta mi-kol ha-amim, v'Shabbat kod-sh'cha b'ahava uv-ratzon hin-chal-tanu. Baruch atah Adonai, m'kadeysh ha-Shabbat.

Praised are You, Adonai, Creator of the fruit of the vine.

Praised are You, Adonai, whose presence fills creation. You have taught us the way of holiness through mitzvot. In love You have given us the gift of Shabbat, a heritage which recalls the work of creation. It is the first day among holy days, reminding us of our going forth from Egypt. You gave us the Shabbat as a treasure to grace all our generations. Praised are You, Adonai, who has set Shabbat apart as a time for us to rest and renew ourselves.

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל, לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׂמָנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֶם, וְגֹרָלֵנוּ כְּכָל הֲמוֹנָם. וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

שֶׁהוּא נוֹטֶה שָׁמַיִם וְיֹסֵד אָרֶץ, וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל, וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מַלְכֵּנוּ אֶפֶס זוּלָתוֹ, כַּכָּתוּב בְּתוֹרָתוֹ: וְיָדַעְתָּ הַיּוֹם וַהֲשֵׁבֹתָ אֶל לְבָבֶךָ, כִּי יְיָ הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתָּחַת, אֵין עוֹד:

וְנֶאֱמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד:

Aleynu l'sha-beyach la-adon ha-kol, la-teyt g'dula l'yotzeyr b'reyshit. Shelo asanu k'go-yey ha-ara-tzot, v'lo samanu k'mish-p'chot ha-adama. Shelo sam chel-keynu ka-hem, v'gora-leynu k'chol ha-mo-nam. Va'anach-nu kor-im u-mishta-chavim u-modim, lif'ney melech, mal-chey ha-m'lachim, ha-Kadosh baruch hu.

She-hu noteh sha-mayim v'yosed aretz, u-moshav y'karo ba-sha-mayim mi-ma-al, u-sh'chinat uzo b'gov-hey m'romim. Hu Eloheynu, eyn od. Emet mal-keynu, efes zulato. Ka-katuv b'Torato: v'yadata ha-yom v'hashey-vota el l'va-vecha. Ki Adonai hu ha-Elohim, ba-sha-mayim mi-ma-al v'al ha-aretz mi-tachat, eyn od.

V'ne-emar, v'haya Adonai, l'melech al kol ha-aretz, ba-yom hahu, yi-h'yeh Adonai echad u-sh'mo echad.

It is up to us to hallow creation,
to respond to life with the fullness of our lives.

It is up to us to meet the world,
to embrace the whole even as we wrestle with its parts.

It is up to us to repair the world,
and bind our lives to compassion and to peace.

Therefore we bend the knee and shake off the stiffness
that keeps us from the simple gestures of love
and the subtle graces of life.

With reverence, gratitude, and joy,
we commit ourselves to the pursuit of justice.

Eternal is the source of life
whose presence fills all creation.

Source of all being, we turn to You
as did our people in ancient days.
They felt You in their hearts;
they sought You in their lives.

Now their quest is ours.
We know what is needed to live a good life:
To do justly, to be a person of compassion,
and to walk humbly in the world.

So shall we, by our lives and our labors,
bring nearer to realization the great hope
inherited from ages past,
for a world transformed
by freedom, justice, and peace.

We give thanks for the shared history we call family,
For the joyous laughter and the sorrowful tears,
For the wisdom and compassion of our parents,
And for the hopeful dreams of our children's future.

We give thanks for the shared values we call community,
For the caring neighbors and the generous friends,
For a birth, a bris, a bat mitzvah, a wedding,
And for the strength to comfort each other's sadness.

We give thanks for the shared voyage we call life,
For the memories, the jokes, the stories,
For the ones who came before and the ones yet to be,
And for the spirit of those who will be with us always.

To everything there is a season,
And a time for every purpose under heaven:
A time to be born and a time to die
A time to grieve and a time to heal
A time to speak and a time to be silent.

This is the time we remember those who gave meaning to our lives
The bonds that united us
The love that we shared
And the memories that remain with us still.
May the memories of those we loved and lost
strengthen and inspire us.
God of compassion,
be with us now and grant us peace.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְרָא כִרְעוּתֵהּ, וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בַּעֲגָלָא וּבִזְמַן קָרִיב וְאִמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא. לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא, תֻּשְׁבְּחָתָא וְנֶחֱמָתָא, דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

Yitgadal v'yitkadash shmey raba.

B'alma divra chirutey v'yamlich malchutey,
b'chayechon uv'yomeychon uv'chayey d'chol beyt Yisrael,
ba-agala uvizman kariv, v'imru amen.

Y'hey shmey raba m'varach l'alam ul'almey almaya.

Yitbarach v'yishtabach v'yitpa-ar vi'yitromam v'yitnasey,
v'yit-hadar v'yitaleh v'yit-halal shmey d'kudsha, b'rich hu.
L'eyla min kol bir-chata v'shirata, tush-b'chata v'nechemata,
da-amiran b'alma, v'imru amen.

Y'hey shlama raba min sh'maya, v'chayim aleynu
v'al kol Yisrael v'imru amen.

Oseh shalom bim'romav, hu ya-aseh shalom,
aleynu v'al kol Yisrael, v'imru, amen.

May the presence of Adonai flower in our lives,
and expand throughout the world.

May we learn to let life's spirit shine through,
so we can increase its strength, and let us say, Amen.

May our prayers for love and justice, freedom and peace;
our prayers for the Jewish people; and our prayers for all peoples and faiths: may these prayers find their way into the core of every human heart, bringing wholeness to our planet,
and let us say, Amen.

May the time soon come when our lives are blessed with harmony and with peace, and let us say, Amen.

יִגְדַּל אֱלֹהִים חַי וְיִשְׁתַּבַּח, נִמְצָא וְאֵין עֵת אֶל מְצִיאוּתוֹ:
אֶחָד וְאֵין יָחִיד כְּיִחוּדוֹ, נֶעְלָם וְגַם אֵין סוֹף לְאַחְדּוּתוֹ:
אֵין לוֹ דְּמוּת הַגּוּף וְאֵינוֹ גּוּף, לֹא נַעֲרוֹךְ אֵלָיו קְדֻשָּׁתוֹ:
קַדְמוֹן לְכָל דָּבָר אֲשֶׁר נִבְרָא, רִאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ:
הִנּוֹ אֲדוֹן עוֹלָם וְכָל נוֹצָר, יוֹרֶה גְדֻלָּתוֹ וּמַלְכוּתוֹ:
שֶׁפַע נְבוּאָתוֹ נְתָנוֹ, אֶל אַנְשֵׁי סְגֻלָּתוֹ וְתִפְאַרְתּוֹ:
לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד, נָבִיא וּמַבִּיט אֶת תְּמוּנָתוֹ:
תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ אֵל, עַל יַד נְבִיאוֹ נֶאֱמַן בֵּיתוֹ:
לֹא יַחֲלִיף הָאֵל וְלֹא יָמִיר דָּתוֹ, לְעוֹלָמִים לְזוּלָתוֹ:
צוֹפֶה וְיוֹדֵעַ סְתָרֵינוּ, מַבִּיט לְסוֹף דָּבָר בְּקַדְמָתוֹ:
גּוֹמֵל לְאִישׁ חֶסֶד כְּמִפְעָלוֹ, נוֹתֵן לְרָשָׁע רָע כְּרִשְׁעָתוֹ:
יִשְׁלַח לְקֵץ יָמִין מְשִׁיחֵנוּ, לִפְדּוֹת מְחַכֵּי קֵץ יְשׁוּעָתוֹ:
מֵתִים יְחַיֶּה אֵל בְּרוֹב חַסְדּוֹ, בָּרוּךְ עֲדֵי עַד שֵׁם תְּהִלָּתוֹ:

YIGDAL

Yigdal Elohim chai v'yish-tabach,
Echad v'eyn yachid k'yi-chudo,

Eyn lo d'mut ha-guf v'eyno guf,
Kadmon l'chol davar asher niv-ra,

Hino adon olam v'chol notzar,
She-fa n'vu-ato n'tano,

Lo kam b'Yisrael, k'Moshe od,
Torat emet natan l'amo Eyl,

Lo yacha-lif ha-Eyl v'lo yamir dato,
Tzo-feh v'yo-dey-a s'ta-reynu,

Gomeyl l'ish chesed k'mifalo,
Yishlach l'keytz yamin m'shi-cheynu,

Meytim y'cha-yeh Eyl b'rov chasdo,

Nimtza v'eyn eyt el m'tzi-uto.
Ne-lam v'gam eyn sof l'achduto.

Lo na-aroch eylav k'dushato.
Rishon v'eyn reyshit l'reyshito.

Yoreh g'dulato u'mal-chuto.
El anshey s'gulato v'tif-arto.

Navi u-mabit et t'munato.
Al yad n'vi-o ne-eman beyto.

L'olamim l'zulato.
Mabit l'sof davar b'kad-mato.

Noteyn l'rasha ra k'rishato.
Lifdot m'chakey keytz y'shu-ato.

Baruch adey ad sheym t'hilato.

We give thanks to the spirit of life,
living beyond time and space,
without form or boundary.
Living at the core of our being,
the substance of our souls.

ADON OLAM

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל יְצִיר נִבְרָא.
לְעֵת נַעֲשָׂה בְחֶפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.
וְאַחֲרֵי כִּכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלוֹךְ נוֹרָא.
וְהוּא הָיָה וְהוּא הוֹוֶה, וְהוּא יִהְיֶה בְּתִפְאָרָה.
וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֹז וְהַמִּשְׂרָה.
וְהוּא אֵלִי וְחַי גֹּאֲלִי, וְצוּר חֶבְלִי בְּעֵת צָרָה.
וְהוּא נִסִּי וּמָנוֹס לִי, מְנָת כּוֹסִי בְּיוֹם אֶקְרָא.
בְּיָדוֹ אַפְקִיד רוּחִי, בְּעֵת אִישַׁן וְאָעִירָה.
וְעִם רוּחִי גְּוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

Adon olam asher malach,
L'eyt na-asa v'cheftzo kol,
V'acharey kichlot hakol,
V'hu haya v'hu hoveh,
V'hu echad v'eyn sheyni,
B'li reyshit b'li tachlit,
V'hu eyli v'chai go-ali,
V'hu nisi u-manos li,
B'yado afkid ruchi,
V'im ruchi g'viyati,
b'terem kol y'tzir nivra,
azai melech sh'mo nikra.
l'vado yimloch nora,
v'hu yi-h'yeh b'tifara.
l'hamshil lo l'hachbira,
v'lo ha-oz v'hamisra.
v'tzur chevli b'eyt tzara,
m'nat kosi b'yom ekra.
b'eyt ishan v'a-ira,
Adonai li v'lo ira.

Spirit of all worlds, before and beyond creation's time,
without beginning and without end.
You are the source of spirit's strength,
anchored deeply within our souls
and within the soul of the universe.

CONCLUDING MEDITATION

We have shared many words together. That we could speak them, and hear them spoken, means that there is a place in the world for them, and that our songs of thanks and prayers of hope have not gone empty from our mouths, but remain in the air, waiting for other words to join them.

Let the prayers we have shared not remain behind. Rather, let them be with us as we walk on the road, as we lie down, and as we rise up. Let them illumine the doorposts of our homes, enrich the work of our hands, and inspire our visions.

Let the world remember the words it has so long forgotten, and form with us a new song for all to sing: a celebration of hope and joy, peace and freedom.

Amen.