## סדור עמנו־אַל

Prayers for Shabbat

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# This prayer book was made possible by a generous donation from TK.





## סדור עמנו־אַר

## Prayers for Shabbat

## Edited by RABBI JOSHUA M. DAVIDSON



congregation emanu-el of the City of New York









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#### ACKNOWLEDGMENTS

Profound thanks to the many Temple Emanu-El members who offered formal and informal feedback to sharpen and strengthen this volume in both substance and design. Deepest gratitude to the members of the Ritual Committee established by former temple president John H. Streicker: Alexander Chingas, Charles Cohen, Bettina Decker, Kim Hartman, Alexandra Jeydel, Dena Kleiman, Steven Rittmaster, Dr. Frederick Roden, Rita Sherman, and Marcia Waxman; and colleagues Rabbis Amy Ehrlich, Sara Sapadin and Andrue Kahn, and Cantor Mo Glazman. Ritual Committee chair Andrew Moses deserves special acknowledgment for navigating an always productive path through passionate debate, as does temple president Harris Diamond for driving the process to its completion. Scott-Martin Kosofsky of The Philidor Company rightly deserves his reputation as the dean of Jewish prayer book publishers. Warren Klein, Curator of Temple Emanu-El's Bernard Museum of Judaica, provided valuable assistance with the images and their sources. Rabbi Shira H. Gluck typeset the early drafts of this siddur. And Rabbi Howard A. Berman's generosity of spirit, and his knowledge of Temple Emanu-El and the evolution of Reform Jewish liturgy, enabled the project to begin.



#### Introduction

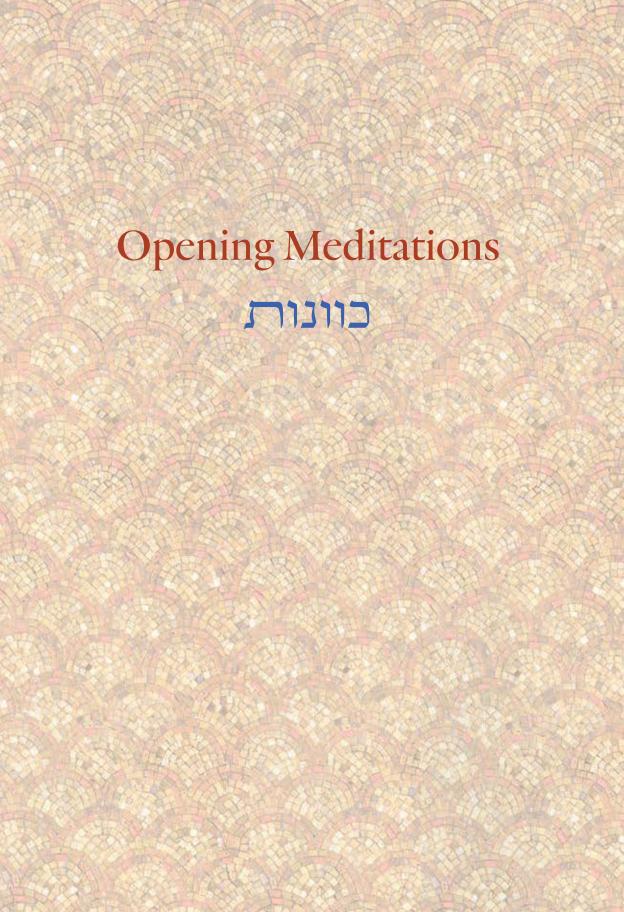
THENEVER WE ASSEMBLE for worship, we gather from different places, both physical and spiritual. Some arrive from work or school, others from home. For some the day, or the week, has wearied the soul; their hearts are heavy with anxiety or sadness. Others celebrate joy: births and birthdays, weddings and anniversaries, life's milestones, personal and professional accomplishments.

From wherever we come, whatever our happiness or sorrow, our worship must acknowledge our individuality, the distinctiveness of our experiences. . . . And then our worship must bind us as a congregation, unite us into one praying community.

No prayer book can do it alone, nor can a single hour of prayer. But a prayer book can recognize the diversity of human experience and spiritual yearning, ritual sensibility and personal theology. And every entrance through the gates of prayer can hint that all are possible, that over a course of visits all will be explored.

Ultimately, of course, the leaders of prayer and the worshipers themselves will determine, through tone and intention, whose hopes and fears and joys will be included in the congregation's collective prayers. May Temple Emanu-El ever remain a house of prayer for all people, where all who worship in peace are welcomed with love.

> RABBI JOSHUA M. DAVIDSON In honor of Lena's Bat Mitzvah New York, New York







### בְּנְנוּת Kavanot Opening Meditations

T

Emanu-El: "God is with us!" At the dawn of our people's spiritual journey, they conceived of a revolutionary idea: At a time when the deities of other civilizations were remote and capricious, our ancestors came to know a God of love and mercy who was always near to us.

Emanu-El: God is with us!

The Jewish people entered into a Covenantal relationship with God: an intimate connection that reflected a sense of partnership with the Divine.

Emanu-El: God is with us!

Our destiny became bound up with the constant search for God's presence . . . and greater knowledge of Divine truth. This truth was understood to be the way to fulfillment in life, and the path to justice and peace in the world.

Emanu-El: God is with us!

The reality of God, and the possibility of encounter and relationship with the Divine, remains the great challenge of faith today. God is—and with open minds and hearts, we struggle with the complexities as we each seek to embrace that reality for ourselves.

Emanu-El: God is with us!

Even as we search for the transcendent reality of God's power as the Source for goodness and meaning in the Universe, we also see the Divine presence most clearly reflected in us—in the human family . . . in the gathered community at prayer . . . in the eyes of those we love . . . and in our own hearts.

Emanu-El: God is with us!

As this ideal inspired those who founded and built this sacred community and this holy place, we affirm the truth and the possibilities it proclaims—as we live and worship, learn and serve together!

#### H

May the door of this synagogue be wide enough to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden, thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness and harshness.

May this synagogue be, for all who enter, the doorway to a richer and more meaningful life.

#### Ш

אֱלֹהַי נְשָׁמָה שֶׁנָתַהָּ בִּי טְהוֹרָה הִיא. אַתָּה בְּרָאתָהּ, אַתָּה יְצַרְתָּהּ, אַתָּה נְפַּחְתָּהּ בִּי, וְאַתָּה מְשַׁמְּרָהּ בְּקְרְבִּי. כְּל זְמַן שֶׁהַנְּשָׁמָה בְקְרְבִּי, מוֹדָה מוֹדָה אֲנִי לְפָנֶיף, יְיָ אֱלֹהַי וֵאלֹהֵי אֲבוֹתַי וְאִמּוֹתַי, רְבּוֹן כָּל הַמַּעֲשִׂים,

Elohai n'shamah shenatata bi t'horah hi.
Atah v'ratah, atah y'tzartah, atah
n'fachtah bi, v'atah m'shamrah b'kirbi.
Kol z'man shehanshamah v'kirbi, modeh/
modah ani l'fanecha, Adonai Elohai v'Elohei
avotai v'imotai, ribon kol hama-asim,

מברוֹץ כְּל הַבְּשָּׁמוֹת. בָּרוּךְ אֵתָּה יִיָּ, adon kol hanshamot. Baruch atah Adonai, אֵשֶׁר בְּיָדוֹ נֶפָשׁ כְּל חָי, וְרְוּחַ כְּל asher b'yado nefesh kol chai, v'ruach kol בַּשֵּׂר אִישׁ. בּשֵּׂר אִישׁ.

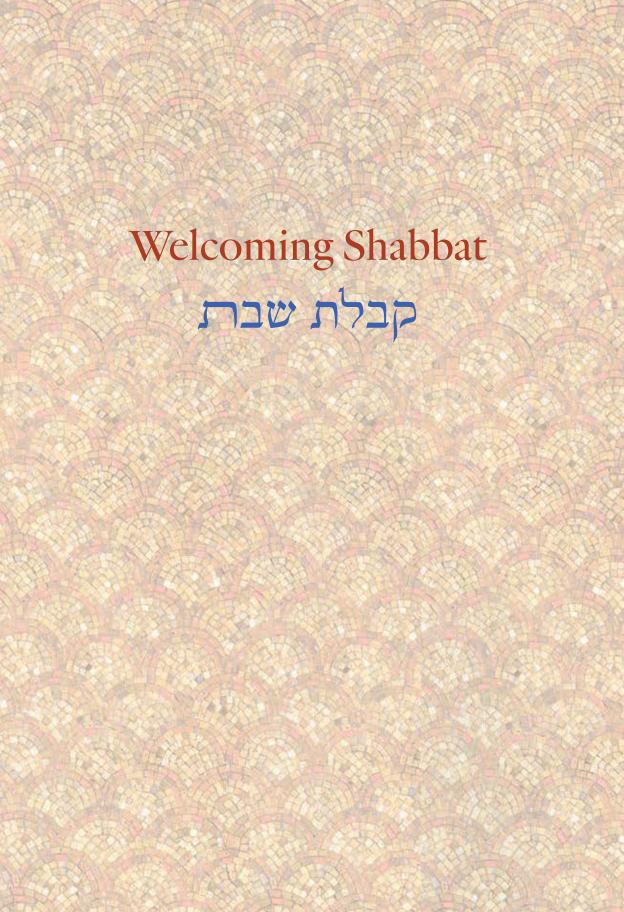
The soul that You have given to me came pure from You. You have created it and formed it. You breathed it into me and within me you sustain it. At the appointed time, You will take it from this earth that I may enter into eternity. Yet while the breath of life is within me, I will worship You, Creator of the universe. We praise You, our God, in whose hands are the souls of all the living and the spirits of all mortal beings.

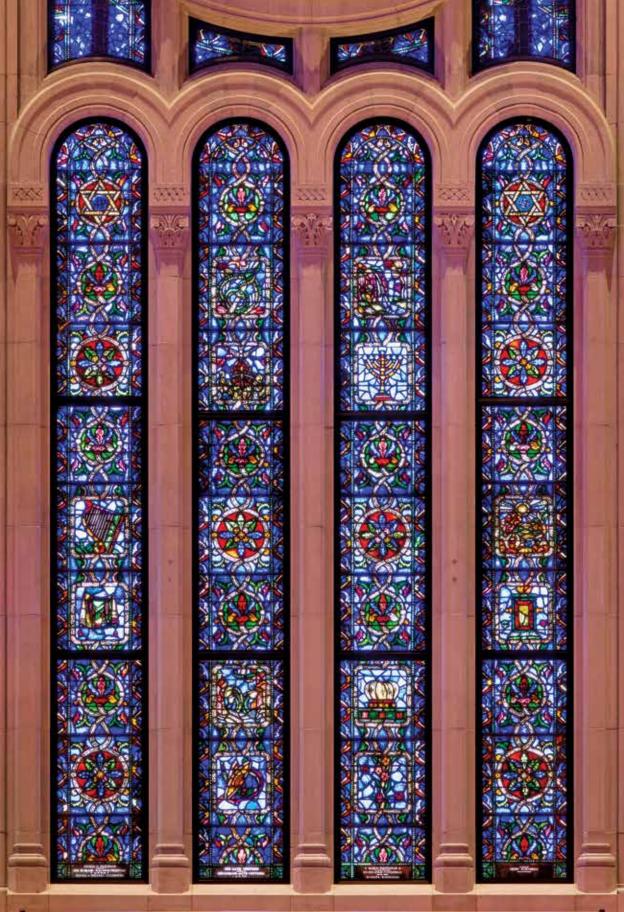
#### IV

O God enthroned by Israel's praise, O God my hope, for You alone my soul waits in silence. By day extend Your steadfast love, and at night I shall sing to You, a prayer to the God of my life. Blessed is the Eternal who day by day upholds me, the God who is my Help.

#### V

Rabbi Chayim of Tsanz used to tell this parable: A man, wandering lost in the forest for several days, finally encountered another. He called out: Brother, show me the way out of this forest! The man replied: Brother, I too am lost. I can only tell you this: the ways I have tried lead nowhere; they have only led me astray. Take my hand, and let us search for the way together. Rabbi Chayim would add: So it is with us. When we go our separate ways, we may go astray; let us join hands and look for the way together.







#### Shalom Aleichem י שלום עליכם Peace Unto You

Songs of Shabbat

בי הַשְּׁבִת, מַלְאֲבֵי הַשָּׁבת, Shalom aleichem, malchei hashareit,

מֶלְאֲבֵי עֶלְיוֹן, malachei elyon,

,בְּלְבִי הַמְּלֶבִי mimelech malchei hamlachim,

הַקְרוֹשׁ בַרוּךְ הוּא. hakadosh baruch hu.

,בּוֹאֲכֶם לְּשָׁלוֹם, מַלְאֲבֵי הַשָּׁלוֹם Bo·achem l'shalom, malachei hashalom,

מֶלְאֲבֵי עֶלְיוֹן, malachei elyon,

,מֶּלֶךְ מַלְבֵי הַמְּלְבִים, mimelech malchei hamlachim,

הַלְּרוֹשׁ בָּרוּךְ הוּא. hakadosh baruch hu.

Barchuni l'shalom, malachei hashalom, בַּרְבִוּנִי לְשֵׁלוֹם, מֵלְאֲבֵי הַשֵּׁלוֹם,

מַלְאַבִי עֶלְיוֹן, malachei elyon,

מְמֵלֵרִי הַמְּלֵבִי הַמְּלֵבִים, mimelech malchei hamlachim,

הַקְרוֹשׁ בַּרוּךְ הוּא. hakadosh baruch hu.

דצאתבם לְשֵׁלוֹם, מַלְאֲבֵי הַשֵּׁלוֹם, בזביניה Tzeit-chem l'shalom, malachei hashalom,

מַלְאַבֵי עֶלְיוֹן, malachei elyon,

,מְבֶלְדְּ מַלְבֵי הַמִּלֵבִים mimelech malchei hamlachim,

.hakadosh baruch hu.

Peace unto you, messengers of God Most High, servant angels of the Highest! God is our Creator, high above all earthly power, the Holy Blessed One! Come in peace. Bless me with peace. Depart in peace.

#### Shabbat HaMalkah י שבת המלבה The Sabbath Queen

—החמה מראש האילנות נסתלקה Hachama meirosh ha·ilanot nistalka— בואוּ וָנָצֵא לְקרָאת שֲבַּת הַמַּלְבַּה. הנה היא יובדת הקדושה, הברוכה, ועמה מלאכים צבא שלום ומנוחה. בואי, בואי, המלכה! בואי, בואי, הכלה! שַׁלוֹם עַלֵיכָם מַלְאַבֵי הַשַּׁלוֹם.

Bo·u v'neitzei likrat Shabbat hamalkah. Hinei hi yorede, hakdoshah, habruchah, v'imah malachim tz'va shalom umnuchah. Bo·i, bo·i, hamalkah! Bo·i, bo·i, hakalah! Shalom aleichem malachei hashalom.

The sun on the tree tops no longer is seen— Come gather to welcome the Sabbath our queen. Behold her descending, the holy, the blessed. And with her the angels of peace and of rest. Draw near, draw near, and here abide! Draw near, draw near, O Sabbath bride! Peace also to you, you angels of peace.

#### Dodi Li · דורי לי · My Beloved is Mine

. ביוֹ לי ואני לוֹ הרֹעה בשושבים. Dodi Li va ani lo haro ah bashoshanim.

מי זאת עולה מן המדבר, Mi zot ulah min hamidbar,

מי זאת עולה מקשרת מור ולבונה: mi zot ulah m'kuterat mur ul'vonah? Dodili... הוֹדי לי...

Libavtini achoti chalah, Libavtini chalah. לבבתיני אחוֹתי כלה, לבבתיני כלה.

הורי לי... Dodi li . . .

עורי צפון ובואי תֵימַן, ובואי תימַן, ובואי עורי צפון ובואי תימן, ובואי עורי עימן.

... Dodi li ...

My beloved is mine and I am my beloved's, who browses among the lilies. Who is this that comes from the desert, in clouds of myrrh and frankincense? You have captured my heart, my sister, my bride. Awake, O north wind; come, O south wind!

#### Y'did Nefesh יְרִיר נְפָשׁ י Heart's Delight

יִריד נֶפָשׁ, אָב הָרַחֲכָּן, Y'did nefesh, av harachamin, משוֹך עַבְדַּךְ אֵל רְצוֹנַךְ: m'soch avdach el r'tzonach, ירויץ עבדד במו איל yarutz avdach k'mo ayal ישתחוה מול הדרך. yishtachaveh mul hadarach. בי יערב לו ידידותה Ki ye∙erav lo y'didutach מוֹבֶל שׁעָם. minofeh tzuf v'chol ta am. הדור, נאה, זיו העולם, Hadur, na·eh, ziv ha·olam, מבתר: nafshi cholat ahavatach: ana, El na, r'fa na lah, שבהראות לה בעם זיוד. b'harot lah no∙am zivich. אז תתחזק ותתרפא, Az titchazeik v'titrapei, והיתה לך שפחת עולם. v'hay'tah lach shifchat olam. (יְהֵמוּ רַחֲמֵיך, יַהַמוּ רַחַמֵיך, Vatok, yehemu rachamecha, :ירָכּן אַל בֵּן אוֹהַבָּך v'chum na al bein ohavach: בי זה כמה נכסוף נכספת Ki zeh kamah nichsof nichsafti לראות בתפארת עזק. lirot b'tiferet uzach. אנא, אלי, מחמד לבי, Ana, Eili, machmar libi, חושה נא, ואל תתעלם. chushah na, v'al titalam. הגלה נא, ופרוס, חביב, Higaleih na, ufros, chaviv, עלי את סבת שלומך. alai et sukat shlomach. הָאִיר אֶרֶץ מִכְּבוֹדַה: Ta∙ir eretz mikvodach: נגילה ונשמחה בד. nagilah v'nism'chah bach. מהר אהוב, כי בא מועד, Maheir ahuv, ki va mo eid,

Heart's Delight, source of mercy, draw Your servant into Your arms: I leap like a deer to stand in awe before You. Your love is sweeter to me than the taste of honey.

v'choneini kimei olam.

וְחַבֵּנִי כִּימֵי עוֹלַם.

World's light, shining glory, my heart is faint with love for You: heal it, God, help my heart, show me Your radiant splendor. Let me return to strength and have joy forever.

Have compassion, O faithful One, pity Your loved child: how long have I hoped to see your glorious might. O God, my heart's desire, have pity, hold back no more.

Show Yourself, Beloved, and cover me with the shelter of Your peace. Light up the world with Your presence, that we may exult and rejoice in You. Hurry, loved One, the holy day has come: show us grace as long ago.

#### Shiru L'Adonai · שירו ליי · Sing Unto God

יִשִירוּ לַיְיָ בָּל־הָאֵרֶץ. Shiru l'Adonai kol ha aretz. שירו לַיִי שיר חַדַש. Shiru l'Adonai shir chadash.

Sing unto God all the earth a new song, I will sing unto God a new song. Sing unto God and we'll all sing along, All the earth, a new song onto God. I will sing unto God a new song.

#### V'asu Li Mikdash י ועשו לי מקדש Sanctuary

עשו לי מקדש ושבנתי בתוכם. V'asu lu mikdash v'shachanti b'tocham. . וַאֲנַחְנוּ נְבַרֶךְ יֵה מֶעַתַּה וְעַר־עוֹלֶם Va·anachnu n'vareich Yah mei·atah v'ad-olam.

> O Lord prepare me to be a sanctuary, Pure and holy, tried and true. And with thanksgiving, I'll be a living Sanctuary for you.

Mah Yafeh Hayom , מה יפה היום , How Beautiful This Day . מה יַפַה הַיּוֹם, שבת שלוֹם Mah yafeh hayom, Shabbat shalom. How beautiful this day, this Sabbath of peace.

Boi Chalah · בואי בלה · Come, O Bride Boi chalah. L'cha dodi likrat kalah, p'nei Shabbat n'kablah. Come, O bride. Beloved, come to meet the bride; beloved, come to greet Shabbat.

> Mah Tovu , מה יפה היום , How Lovely ,מה־מְבוּ אֹהָלֶידּ, יַעֲקֹב, Ma tovu ohalecha Yaakov, משבנתיד ישראל. mishk'notecha Yisrael. How lovely are your tents, O Jacob, your dwelling places, O Israel.

Ozi V'zimrat Yah י שֶבֶת הַמֵּלְבָה י God Is My Strength . עזי וומרת יה ויהי־לי לישועה Ozi v'zimrat Yah vay'hi-li lishuah. God is my strength and my song; God has been my deliverance.

Hineih Ma-Tov י שַבָּת הַמֵּלְכָּה י How Good It Is Hineih mah-tov uma-na im ישבת אַחִים נַם־יַחַד. shevet achim gam-yachad. How good it is and how lovely for people to dwell together.



## הַדְלָקת גֵרוֹת Hadlakat Neirot - Candlelighting

I

Come, let us welcome the Sabbath. May its radiance warm our hearts as we kindle these tapers.

Light is the symbol of God's Presence in our lives. "The Eternal One is our light and our salvation."

Light is the symbol of the holiness within each of us. "The human spirit is the light of God."

Light is the symbol of the Torah's teachings. "For the commandment is a lamp and the Torah is a light."

Light is the symbol of Israel's mission, as it is written: "I have made you a covenant people, to serve as a light to the nations."

Therefore, in the spirit of our ancient tradition that hallows and unites Israel in all lands and all ages, we kindle the lights of Shabbat.

II

Eternal God,

We have come together to pray as a congregation; Yet each of us is strangely solitary in Your presence. Each of us comes before you with special hopes and dreams; Each of us has personal worries and concerns.

Each of us has a prayer no one else can utter; Each of us brings praise no one else can offer.

Each of us feels a joy no one else can share; Each of us has regrets which others cannot know. And so, we pray: If we are weary, give us strength; If we are discouraged, give us hope.

If we have forgotten how to pray, remind us; If we have been careless of time, forgive us.

If our hearts have been chilled by indifference, Warm them with Your mercy, and inspire us With the glowing spirit of Your holy Shabbat.

#### III

As these Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us.

As their brightness reminds us of the generations of Israel who have kindled light, so may we, in our own day, be among those who kindle light.

Baruch ata Adonai Eloheinu melech בָּרוּדְ אַרְּגָה יְיָ אֱלֹהֵינוּ מֶלֶךְ העוֹלֶם, אֲשֶׁר קּרְשֶׁנוּ בְּמִצְוֹתָיוּ ha-olam, asher kid'shanu b'mitzvotav, עצוְנוּ לְהַדְלִיק נֵר שֶׁל שֵׁבָּת. v'tzivanu l'hadlik neir shel Shabbat.

We praise You, Eternal God, Creator of the universe, who hallows our lives through laws and ethical teachings. We are mindful of these timeless values as we kindle the lights of Shabbat.







### סֶדֵר קַבְּלַת שֻבָּת Seder Kabbalat Shabbat

#### י תהלים צה י from Psalm 95

לבו ברננה ליי, L'chu n'ran'na ladonai,

נְרֵיעָה לְצוּר יִשְׁעֲבוּ. nariyah l'tzur yisheinu.

biz'mirot naria lo. בזמרות נריע לוֹ.

ני אל גַּדוֹל יִי, Ki El gadol Adonai,

. וּמֱלֶךְ גָּדוֹל עַל־כָּל־אֱלֹהִים umelech gadol al-kol-Elohim.

הינו, אלהינו, Ki hu Eloheinu,

,בַּקְרַמָה פַנִיו בִּתוֹדֵה, N'kadmah fanav b'todah,

אַשֶּׁר בִּיָרוֹ מֵחָקְרֵי־אֵרִץ, Asher b'yado mechk'rei-aretz,

יתועפות הרים לו. v'to afot harim lo.

אשר־לו הים והוא עשהו. Asher-lo hayam v'hu asahu,

יַבְעוֹ יַצְרוּ. v'yabeshet yadav yatzaru.

ונברעה, Bo u nishtachaveh v'nichra ah,

. וברבה לפני ייַ עשׁנוּ. nivr'chah lifnei Adonai oseinu.

!Hayom im-b'kolo tishma u

Come, let us sing to the Eternal One; let our song ring out to our sheltering Rock. Let us come before God with thanksgiving, our voices loud with song. For great are You, Eternal One, high above the gods that are worshipped.

In Your hands are the depths of the earth;

Yours are the mountain peaks.

You made the sea, it is Yours;

the dry land is the work of Your hands.

You are our God and our Shepherd;

we are Your people and Your flock:

If only today we would listen to Your voice!

#### י תהלים צו י from Psalm 96

שירו ליי שיר חדש; Shiru ladonai shir chadash; ישְירוּ לַיְיָ בָּל־הָאָרֶץ! shiru ladonai kol-ha-aretz! ישירוּ לַיְיָ בָּרְכוּ שָׁמוֹ; Shiru ladonai barchu sh'mo; בַשְּׂרוּ מִיּוֹם לְיוֹם יִשׁוּעַתוֹ. basru miyom l'yom y'shu·ato. ספרו בגוים כבודו, Sapru vagoyim k'vodo, בכל־העמים נפלאותיו. b'chol-ha-amim niflotav. בי גדול יי, ומהלל מאד, Ki gadol Adonai, umhulal m'od, נוֹרָא הוּא עַל כַּל־אֵלהִים. nora hu al kol-Elohim. בִּי בָּל־אֱלֹהֵי הָעַמִּים אֱלִילִים, Ko kol-Elohai ha-amim elilim, וִייַ שַׁמַיִם עַשַּה. vadonai shamayim asah. הוד והדר לפניו, Hod v'hadar l'fanav. עז ותפארת במקדשו. oz v'tiferet b'mikdasho. הבו ליי משפחות עמים, Havu ladonai mishp'chot amim, הבוּ ליי כבוד ועז. havu ladonai kavod va·oz. הַבְוּ לַיִי כְבוֹד שְׁמוֹ: Havu ladonai k'vod sh'mo: השתחוו ליי בהדרת קדש. hishtachvu ladonai b'hadrat-kodesh. חילו מפניו כל-הארץ. Hilu mipanav kol-ha·aretz. אמרו בגוים יי מלך; Imru vagoyim Adonai malach; אף־תַּבוֹן תַבַל, בּל תַמוֹט; Af-tikon teiveil, bal timot; ידין עמים במישרים. yadin amim b'meisharim.

Sing a new song to God;

all the earth sing to the Eternal One!

Sing to the Eternal One, praise God's name.

tell of God's power from day to day.

Declare God's glory among the nations,
God's wonders among the peoples.
For great is the Eternal One, beyond all praise,
and awesome, far above the gods that are worshipped!
Other gods are but idols;
the Eternal One made the heavens.
Honor and beauty attend You;
strength and splendor are in Your presence.

Honor the Eternal One, all races and peoples; acknowledge the Eternal One's glory and might.

Honor the Eternal One's glory;

worship your God in the beauty of holiness.

Let all the earth tremble at God's presence.

Declare to the nations: God reigns; now the world is secure and firmly based; God rules the peoples with justice.

יִשְׁמְחוּ הַשָּׁמְיִם וְתָגֵל הָאֶרֶץ;
יִשְׁמְחוּ הַשָּׁמְיִם וְתָגֵל הָאֶרֶץ;
יִרְעַם הַיָּם וּמְלֹאוֹ.
יִרְעַם הַיָּם וּמְלֹאוֹ.
יִרְעַם הַיָּם וּמְלֹאוֹ.
יִרְעַם הַיָּם וּמְלֹאוֹ.
יִמְלוֹ שָׁדֵי וְכָל־אֲשֶׁר־בּוֹ;
מצ y'ran'nu kol-atzei-ya ar lifnei Adonai.
יִרְבָּנוּ בְּל־עֲצִי־יְעֵר לִפְנִי יִיָּ.
Ki va, ki va lishpot ha aretz:
יִשְׁפַּט הָאֶרֶץ;
yishpot-teiveil b'tzedek,
יִמְמוּנְתוֹ.

Let the heavens be glad and the earth rejoice; let the sea roar, and all that fills it.

Let the field and its creatures exult; let the trees of the forest sing for joy before God, who comes to rule the earth:

to rule the world with justice, to rule the peoples with truth.

#### י תַּהְלִים צו rom Psalm 97

יַ מַלַד: תַּגֵּל הַאָּרֵץ, Adonai malach: tageil ha aretz, ישמחו איים רבים. Yism'chu iyim rabim. ענז וערפל סביביו; Anan va·arafel s'vivav; צַרֶק וּמִשָּפַט מִכוֹן כָּסָאוֹ. Tzedek umishpat m'chon kiso. הגידו השמים צדקו, Higidu hashamayim tzidko, יָרָאוּ כַל־הַעַמִים הָבוֹדוֹ. v'ra·u chol-ha·amim k'vodo. שמעה ותשמח ציון; Shamah vatismach tziyon; vatageilnah b'not y'hudah, למעז משפטיך, יי. I'ma·an mishpatecha Adonai. פי־אתה יי עליון על־כּל־הארץ, Ki-atah Adonai elyon al-kol-ha-aretz, מאד נעלית על-כל-אלהים. m'od na aleita al-kol-Elohim.

The Eternal One reigns: let the earth rejoice; *let the many isles be glad.* 

Cloud and mist surround You; right and justice are the foundation of Your throne.

The heavens tell of Your righteousness; *the peoples witness Your glory.* 

Zion hears and is glad;

the cities of Judah rejoice, Eternal One, over Your judgments.

For You are supreme over all the earth,

You are exalted far above all the gods that are worshipped.

אוֹר זָרֻעַ רַצַּדִּיק,
Or zarua latzadik,
וֹרְיִשְׁרֵי־לֵב שִּׁמְחָה.
וֹרְיִשְׁרֵי־לֵב שִּׁמְחָה.
Simcha tzadikim ba adonai,
v'hodo l'zeicher kodsho.

Light dawns for the righteous, gladness for the upright in heart.

Let the righteous rejoice in You, and give thanks to Your holy name.

#### י תַּהַלְּים צח י from Psalm 98

מזמור. Mizmor.

שיר חדש, Shiru la adonai shir chadash,

הַי־נִפְלַאוֹת עַשַּׂה, ki-nifla ot asah,

הושיעה לו יִמִינוֹ וּזְרְוֹעַ קַרְשׁוֹ. hoshiah lo y'mino uzro a kodsho.

אוניע יי ישועתו; hodiya Adonai y'shu ato;

וֹמינִי הַגּוֹיִם גִּלָּה צִרְקְתוֹ. I'anei hagoyim gilah tzidkato.

בר חסדו ואמונתו לבית ישראל. Zachar chasdo ve emunato l'veit yisrael,

ראוּ כְל־אַפְּטֵי־אָרֶץ אֵת ra·u chol-afsei-aretz eit

ישועת אֱלֹהֵינוּ. y'shu at Eloheinu.

Sing a new song to the Eternal One,

who has done wonders:

You have made known Your power, and revealed Your justice for all to see.

You have remembered Your love and faithfulness to Israel. *All the ends of the earth have seen the power of God.* 

;רְיַעֵּרְץ; כַּל־הַאַרֵץ; Hari u la adonai kol-ha aretz;

!pitchu v'ran'nu v'zamiru!

Let the earth ring out in song to God; break forth, sing aloud, shout praise!

זמרוּ ליהוה בכנוֹר Zamru la adonai b'chinor

בֹר וְקוֹל וְמְרֵה: b'chinor v'kol zimrah.

Bachatzotzrot v'kol shofar בַּחֲצֹצְרוֹת וָקוֹל שוֹפַר

יי. המלך יי. hari u lifnei hamelech Adonai.

יְרַעַם הַיָּם וּמְלֹּאוֹ; Yiram hayam umloto;

teiveil v'yoshvei vah.

!קבְרוֹת יִמְבְאוּ־כָּף N'harot yimcha·u-chaf!

יחר הרים ירבנו לפניייי, Yachad harim y'raneinu lifnei-Adonai,

:גי בָא לְשִׁפּט הָאֶרֶץ ki vah lishpot ha aretz:

,יְשְׁפַּט־תַּבֵל בְּצֶּדֶק, yishpot-teiveil b'tzedek,

עמִים בּמִישֵׁרִים. v'amim b'meisharim.

Sing praise to the Eternal One with the lyre, with the lyre and melodious song. Sound trumpet and horn before the sovereign God. Let the sea roar, and all that fills it, the world, and all who dwell there. Let the rivers clap hands! Let the mountains sing for joy before God, who comes to rule the earth: to rule the earth with justice, and the peoples with righteousness.

#### י תהלים צט , from Psalm 99

יי מלך: ירנזו עמים. Adonai malach: yirg'zu amim. ישב כּרוּבִים, תַנוּט הַאֵרִץ. Yosheiv k'ruvim, tanut ha aretz. יָיָ בְּצִיּוֹן גָּדוֹל, Adonai b'tziyon gadol, על פל-העמים. v'ram hu al kol-ha amim. יורו שָמְד: גַרוֹל וְנוֹרָא, קרוֹש הוּא. Yodu shimcha: gadol v'nora, kadosh hu. יעוֹ מלד, משפט אהב: v'oz melech, mishpat aheiv: מתה בּוֹנְנַתַּ מִישֵׁרִים, atah konanta meisharim, תַשְׁכָּט וּצְרַקָה בְּיַעֵקֹב אֲתָּה עַשְׂיתָ. mishpat utz'dakah b'Ya akov atah asita.

> The Eternal One reigns: let the peoples quake with awe; God sits enthroned, and the earth trembles. You are exalted in Zion, Eternal One, high above the peoples. Let them praise Your name, great and awesome and holy. Your power, O Sovereign God, is in Your love of justice. You make righteousness stand firm; justice and right take root in Jacob.

רוֹמְמוּ יִי אֵלהִינוּ, Rom'mu Adonai Eloheinu, יוֹהְשָׁתַּחווּ לְהַר קַדְשׁוֹ, v'hishtachavu l'chad kodsho, אלהינו. ki-kadosh Adonai Eloheinu.

We will exalt You, our Eternal God, and worship at Your holy mountain, for our Eternal God is holy.

#### פט - תְּהַלִּים כט Psalm 29

מזמור לדוד. Mizmor l'David. הבוּ ליי. בני אלים. Havu la∙adonai, b'nei eilim, הַבְּוּ לַיִּיֻ כָּבוֹד וָעז! havu la·adonai kavod va·oz! הבו ליי כבוד שמו, Havu la adonai k'vod sh'mo, השתחוו ליי בהדרת קדש. hishtachavu la·adonai b'hadrat-kodesh. קול יי על-המים! Kol Adonai al-hamayim! אל־הכבוד הרעים! El-hakavod hirim! יי על־מים רבים! Adonai al-mayim rabim! קול יִי בַּכִּחַ, Kol Adonai bako·ach, קול יי בהדר, kol Adonai behadar, קול יי שבר אַרַזִים, kol Adonai shoveir arazim, וַיִשַבר יִיָ אַת־אַרוֵי הַלְּבַנוֹץ, vay'shabeir Adonai et-arzei hal'vanon, וַיַּרָקִידָם כִּמוֹ־עַגַל לְבַנוֹן, vayarkideim k'mo-eiger l'vanon, ושָׁרִיֹן כִּמוֹ בֵּן־רָאֵמִים. v'siryon k'mo ven-r'eimim. קול־יִי חֹצֵב לַהַבוֹת אֵש: Kol-Adonai chotzeiv lahavot eish; קול יי יחיל מדבר; kol Adonai yachil midbar; יחיל יי מדבר קדש; yachil Adonai midbar kadeish; קול יי יחולל אילות, kol Adonai y'choleil ayalot, וַיְחֵשׂף יִעַרוֹת, vayechesof y'arot, וּבְהֵיכַלוֹ כִּלוֹ אֹמֵר: כַּבוֹד! uvheichalu kulo omeir: kavod! יי למבול ישב, Adonai lamabul yashav, וישב יי מלך לעולם. vayashev Adonai melech l'olam.

A Song of David.

Ascribe glory and strength to the Eternal One, all celestial beings!

Praise the Eternal One, whose name is great; worship your God in the beauty of holiness.

The Eternal One's voice above the waters! The God of glory thunders!

The Eternal One's voice, with power—the Eternal One's voice, majestic—the Eternal One's voice breaks cedars;
God shatters Lebanon's cedars, making Lebanon skip like a calf, Sirion like a wild young ox.
Eternal God! Your voice sparks fiery flames;
Eternal God! Your voice makes the desert spin;
Eternal God! Your voice shakes the Kadesh desert;
Eternal God! Your voice uproots the oaks, and strips the forest bare, while in Your Temple all cry: "Glory!"
The Eternal One, enthroned above the flood, the Eternal One reigns forever.

יָי עז לְעַמּוֹ יִתֵּן, Adonai oz l'amo yitein, יַי יִבַרֶּדְ אֵת־עַמּוֹ בַשֵּׁלוֹם. Adonai y'vareich et-amo vashalom.

You give strength to Your people, O God; You bless Your people with peace.



#### L'chah Dodi י לְבָה דוֹּדִי · Beloved, Come לְבָה דוֹּדִי לְקְרַאת בַּיָּה, גרָה בוֹדִי לִקְרַאת בַּיָּה,

p'nei Shabbat n'kablah.

אָחָר וְזָבוֹר בְּדִבּוּר אָחָד Shamor v'zachor b'dibur echad, הְשְׁמִיעֲנוּ אֵל הַמְיָחָר. hishmianu El hamyuchad.

אָחָדְ אֶּחָדְ אָּחָדְ Adonai echad ushmo echad,

וֹלְתְהִלְּה. אָרֶת וְלְתְהִלְּה. I'sheim ultiferet v'lit-hilah.

בּקרָבה לְבוּ וְגַּלְבָה Likrat Shabbat I'chu v'neilchah,

. בִּי הִיא מְקוֹר הַבְּרָכָה ki hi m'kor hab'rachah.

בראש מקדם נְסוּכָה Meirosh mikedem n'suchah,

. סוֹף מַעֲשֶׂה בְּמֵחֲשֶׁבָה הְּתִּחְלָּה sof ma·asei b'machashava t'chilah.

יהְעוֹרְרִי הִתְעוֹרְרִי Alitor-ri, hitor-ri,

. בִּי בָא אוֹרֵךְ קוּמִי אְוֹרִי ki va oreich! Kumi, ori. עוּרי עוּרי שיר דבּרי, Uri, uri, shir dabeiri,

בבור יִי עַלַיִּדְ בִּגְלָה. k'vod Adonai alayich niglah.

פּרוֹאִי בְּשָׁלוֹם עֲטֶכֶרת בַּעְּלָה, Bo·i v'shalom, ateret ba·alah, בּם בְּשִׂמְחָה וּבְצָהֵלָה, gam b'simchah uv'tzoholah.

תוֹך אֱמוּנֵי עַם סְגֶּלְה, Toch emunei am s'gulah, bo·i chalah, bo·i chalah.

Beloved, come to meet the bride; beloved, come to greet Shabbat.

Keep and Remember: a single command, the Only God caused us to hear. The Eternal is One, God's name is One, for honor and glory and praise.

Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as from the start: the last of days, for which the first was made.

Awake, awake, your light has come! Arise, shine, awake and sing; the Eternal's glory dawns upon you.

Enter in peace, O crown of your husband; enter in gladness, enter in joy. Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

#### י תהלים צב י from Psalm 92

מזמור שיר ליום השבת. Mizmor shir I'yom hashabbat. טוב להדות ליי. ולומר לשמה. Tov l'hodot la·adonai, ul'zameir l'shimcha, עליון, להגיד בבקר חסדק, elyon, l'hagid baboker chasd'cha, ואמונתד בּלּילות, ve·emunatecha baleilot, עלי עשור ועלי נבל, עלי הגיון בכנור. alei asor va·alei navel, alei higyon b'chinor. בִי שִּׁמַחִתַּנִי, יִי, בִּפּעַלַּה. Ki simachtani, Adonai, b'fo·olecha, במעשי ידיד ארנן. b'ma·asei yadecha aranein. מה גדלו מעשיך, יי! Ma gadlu ma·asecha, Adonai! מאד עמקו מַחשבתיך. M'od amku machsh'votecha.

A song for the Sabbath day.

It is good to give thanks to the Eternal One, to sing hymns to Your name, O Most High!

To tell of Your love in the morning, Your faithfullness in the night; to pluck the strings, to sound the lute, to make the harp vibrate.

Your deeds, O God, fill me with gladness, Your work moves me to song. How great are Your works, O God! How profound Your design!

עַּרִיק בַּתָּמֶר יִפְרָח, בּיִּבְנוֹן יִשְּׁנֶּה. בְּיִבְנוֹן יִשְּׁנֶּה. בְּיִבְנוֹן יִשְׁנֶּה. בּיְבְנוֹן יִשְׂנֶה. אׁ(erez bal'vanon yisgeh. אַרוֹ בַּיְבְנוֹן יִשְׂנֶה Sh'tulim b'veit Adonai, b'chatzrot Eloheinu yafrichu. b'chatzrot Eloheinu yafrichu. Od y'nuvun b'seivah, d'sheinim v'ra-ananim yihyu, וְרֹשִנְנִים יִהְיוֹ, וְרֹא־עַנְבִּיִם יִהְיוֹ, וֹלֹא־עַוְלֶבְנִים יִּהְיוֹ, וֹלֹא־עַוְלֶבְנִים בּוֹ, בֹוֹנִי, יִיֹם בּוֹלִי, וְלֹא־עַוְלֶבְתָה בּוֹ.

The righteous shall flourish like palms, grow tall like cedars in Lebanon.
Rooted in the house of their God, they shall be ever fresh and green, proclaiming that God is just, my Rock, in whom no fault is found.

## 23 תַּהְלִּים צג Psalm פּק

> The Eternal One is enthroned, robed in grandeur; The Eternal One is robed, girded with strength the One who founded the solid earth to be unmoving.

Ageless is Your throne, endless Your being.

The oceans cry out, Eternal God, the oceans cry out their thunder, the oceans rage in their fury; but greater than the thunder of the torrents, mightier than the breakers of the sea, is the majesty of God on high!

Your law stands firm; and in Your Temple, O Eternal God, holiness abides to the end of time!

# Shabbat Evening Services תפילת ערבית לשבת



Shabbat Evening Service I

## "A Heritage Has Come Down to Us"

RULER OF THE UNIVERSE, we lift up our hearts to Thee who made heaven and earth. The infinite heavens and the quiet stars tell of Thine endless power. We turn from our daily toil, from its difficulties and its conflicts, from its clamor and its weariness, to meditate on the serene calm of Thy presence which pervades all creation and hallows our life with the blessing of Sabbath peace.

Source of peace, bless Thou our worship on this Sabbath day. Enlighten our eyes to behold Thy guiding power in all nature from the remotest star to our inmost soul. Inspire our hearts to love Thee and to make Thy will the law of our life. Grant us comfort in sorrow, strength in trial and the courage to serve Thee in all our ways. May our words of prayer and our unspoken meditations be acceptable unto Thee, our Creator and Redeemer.



## שָׁמַע וּבִרְבוֹתֵּיהָ

## Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

## Bar'chu · בַרבוּ · The Call to Prayer

!Bar'chu et-Adonai hamvorach! Praise the Eternal, to whom our praise is due!

!שריב וֹעֵר לְעוֹלֶם וַעֵר Baruch Adonai hamvorach l'olam va-ed! Praised be the Eternal, to whom our praise is due, now and forever!

All are seated.

#### Ma·ariv Aravim · מַעַרִיב עַרַבִּים · Creation

Baruch atah Adonai, Eloheinu melech הַעוֹלַם, אֲשֶׁר בָּדְבַרוֹ מַעַרִיב עַרָבִים. בַּחַבְמַה פּוֹתֵחַ שָעַרִים, וּבִתְבוּנַה משנה עתים, ומחליף את־הומנים, וּמְסַדֵּר אֵת־הַבּוֹבַבִים בְּמְשָׁמְרוֹתֵיהֶם בַרַקִיעַ בַּרְצוֹנוֹ. בּוֹרֵא יוֹם וַלַיִּלָה, גולל אור מפני חשד וחשד מפני אור, ומעביר יום ומביא לילה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לֵיִלָּה, יִיַ צָבַאוֹת שָמוֹ. אֱל חֵי וָקַיַם, תַּמִיד ימלד עלינו. לעולם ועד. בַרוּךְ אַתַּה יִיָ, הַמַּעַרִיב עַרַבִים.

ha∙olam, asher bidvaro ma∙ariv aravim. B'chochmah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et-hazmanim, umsadeir et- hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or mipnei choshech v'choshech mipnei or, uma·avir yom umeivi lailah, umavdil bein yom uvein lailah, Adonai Tz'va·ot sh'mo. El chai v'kayam, tamid yimloch aleinu, l'olam va∙ed. Baruch atah Adonai, hama ariv aravim.

Praise be Thou, O Lord our God, ruler of the world, by whose law the shadows of evening fall and the gates of morn are opened. In wisdom Thou hast established the changes of times and seasons and ordered the ways of the stars in their heavenly courses. Creator of heaven and earth, O living God, rule Thou over us forever. Praised be Thou, O Lord, for the day and its work and for the night and its rest.

## Ahavat Olam · אַהַבַת עוֹלְם · Revelation

אַהְבַת עוֹלָם בֵּית יִשְּׂרָאֵל עַמְּדְ אָהְבְתָּ: תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְּפָּטִים אוֹתֵנוּ לִמְּדְתָּ. עַל־בֵּץ, יְיָ אֶלֹהֵינוּ, בְּשְׁרְבֵּנוּ וּבְקוּמֵנוּ נָשְׂיחַ וּבְמִצְוֹתֶיךְ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאְרֶךְ יָמִינוּ, וּבָהֶם נָהְנָּה חַמֵּנוּ לְעוֹלָמִים! בָּרוּךְ אַתָּה יְיָ, מִמֶּנוּ לְעוֹלָמִים! בָּרוּךְ אַתָּה יְיָ, אוֹהב עמוֹ ישׂראל.

Ahavat olam beit Yisrael amcha ahavta: Torah umitzvot, chukim umishpatim otanu limadta. Al-kein, Adonai Eloheinu, b'shochbeinu uvkumeinu nasiach b'chukecha, v'nismach b'divrei toratecha uvmitzvotecha l'olam va·ed. Ki heim chayeinu v'orech yameinu, uvahem negeh yomam valailah. V'ahavat·cha al-tasir mimenu l'olamim! Baruch atah Adonai, oheiv amo Yisrael.

Infinite as is Thy power, even so is Thy love. Thou didst manifest it through Israel, Thy people. By laws and commandments, by statutes and ordinances hast Thou led us in the way of righteousness and brought us to the light of truth. Therefore at our lying down and our rising up, we will meditate on Thy teachings and find in Thy laws true life and length of days. O that Thy love may never depart from our hearts. Praised be Thou, O Lord, who hast revealed Thy love through Israel.

All rise.

## יַיְ אֶרְבֵינוּ, יְיָ אֶרְבֵינוּ, יְיָ אֶחְד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

בָּרוּךְ שֵׁם כְּבוֹד מֵלְכוּתוֹ לְעוֹלָם וְעֶד!

Baruch sheim k'vod malchuto l'olam va∙ed! Blessed is God's glorious majesty, forever and ever!

All are seated.

וְאָהַבְתָּ אֵת יְיָ אֶלּהֶיךְ, בְּכְל־ לְבָבְךּ וּבְכָל־נַפְּשְׁךּ וּבְכָל־מְאֹרֵדְ. וְהִיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹבִי מְצַיְּךְּ הַיּוֹם, עַל־לְבָבֶךּ, וְשִׁנַּנְתָּם וְבָלֶרְתְּדְ בַדֶּרָךְ, וּבְשְׁבְבְּדְּ וּבְלֶרְתְּדְ בַדֶּרָדְ, וּבְשְׁבְבְּדְּ וְהִיוּ לְטֹטָפֹת בֵּין עֵינֶיךְ, וּבְשְעַרֵידְ. לְמַעַן תַּל־מְזוֹת בֵּיתֶדְ, וּבִשְעַרֵידְ. לְמַעַן תַל־מְזוֹת בֵּיתֶדְ, וּבִשְעַרֵידְ. לְמַעַן תַל־מְזוֹת בִּיתֶדְ, וּבִשְעַרֵידְ. לְמַעַן תוְבְּרוּ וַעֲשִׂיתָם אֶת־בְּל־מִצְוֹתִי, וְהְיִיתָם לְדְשִׁים לִאְלֹהֵיכָם. אֲבִי יְיָ אָלְהִיכָם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מַאֶּרֶץ מִצְרַיִם לְהְיוֹת לַכֶּם לֵאלֹהִים. אני יי אלהיכם.

V'ahavta eit Adonai Elohecha, b'choll'vavcha uvchol-nafsh'cha uvchol-m'odecha.
V'hayu hadvarim ha·eileh, asher anochi
m'tzavcha hayom, al-l'vavecha. V'shinantam
l'vanecha, v'dibarta bam b'shivt-cha b'veitecha,
uvlecht-cha vaderech, uvshochb'cha
uvkumecha. Ukshartam l'ot al-yadecha,
v'hayu l'totafot bein einecha, uchtavtam
al-m'zuzot beitecha, uvish·arecha. L'ma·an
tizk'ru va·asitem et-kol-mitzvotai,
viyitem k'doshim l'Eloheichem. Ani Adonai
Eloheichem, asher hotzeiti et·chem
mei·eretz Mitzrayim liyot lachem l'Elohim.
Ani Adonai Eloheichem.

Thou shalt love the Lord, thy God, with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God.

## G'ulah · גאַלָה · Redemption

Eternal truth it is that Thou alone art God, and there is none else.

And through thy power alone has Israel been redeemed from the hand of oppressors.

Great deeds hast Thou wrought in our behalf and wonders without number.

Thou hast kept us in life; Thou hast not let our footsteps falter. Thy love has watched over us in the night of oppression;

Thy mercy has sustained us in the hour of trial.

And now that we live in a land of freedom, may we continue to be faithful to Thee and Thy word.

May Thy law rule the life of all Thy children and Thy truth unite their hearts in fellowship.

O God, our refuge and our hope, we glorify Thy name now as did our ancestors in ancient days:

מִי־כַמְבַה בַּאֵלְם, יַיַּיִּ מי כַּמכַה, נַאַדַר בַּקְדֵשׁ, נוֹרַא תהלת, עשה פלא: מלכותה ראו בַנִיך, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה; ״זֵה ברוך אתה יי, גאל ישראל.

Mi-chamochah ba-eilim, Adonai? Mi-kamochah, nedar bakodesh, nora t'hilot, oseh feleh? Malchut·cha ra·u vanecha, bokei-a yam lifnei Mosheh; "Zeh בוווי" מבר ואמרו: "יי ימלף לעלם Eili!" anu v'amru: "Adonai yimloch I'olam יי ונאמר: "בי־פרה יי va·ed!" V'ne·emar: "Ki-fadah Adonai "בונאלו מיד חזק ממנו." et-Ya-akov ug-alo miyad chazak mimenu." Baruch atah Adonai, ga-al Yisrael.

Who is like unto Thee, O Lord, among the mighty? Who is like unto Thee, glorious in holiness, awe-inspiring, working wonders?

Thy children acknowledged Thy sovereign power, and exclaimed: "The Lord shall reign forever and ever!"

As Thou hast redeemed Israel and saved us from arms stronger than our own, so mayest Thou redeem all who are oppressed and persecuted. Praised be Thou, O Lord, Redeemer of Israel.

### Yism'chu · ישמחוי · The Joy of Shabbat

ישמחוּ במלבוּתְדְּ שוֹמרי שבּת Yism'chu v'malchut cha shomrei Shabbat יְנִיעִי פָּרַם מְקַדְּשֵׁי שָׁבִיעִי בָּלַם v'korei oneg. Am m'kadshei sh'vi $\cdot$ i kulam ישַבעו ויַתענגו מטובד. וַהַשְביעי ַרצִיתַ בּוֹ וָקְדַשָּׁתוֹ. חֲמְדַּת יַמִים אוֹתוֹ קראת, זכר למעשה בראשית.

yisb'u v'yitangu mituvecha. V'hashvi-i ratzita bo v'kidashto. Chemdat yamim oto karata, zeicher l'ma·aseih v'reishit.

Those who keep the Sabbath and call it a delight, rejoice in Thy glory. All who hallow the seventh day shall be gladdened by Thy goodness. This day is Israel's festival of the spirit, sanctified and blessed by Thee, the most precious of days, a symbol of the joy of creation.



## עַפַלַה T'filah - Prayer

All rise.

ארני, שַּׁפַתִי תִּפְתַח, ופִי יַגִּיד תַּהְלַּתֵּד. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Thy praise.

### Avot v'Imahot י אַבוֹת וָאִמָהוֹת · God of All Generations

Baruch atah Adonai, Eloheinu v'Elohei אַבותינוּ וָאָמּוֹתִינוּ: אַלֹהֵי אַבְרַהַם, שַׂרַה, אֵלהֵי רִבְקָה, אֱלהֵי לֵאָה, ואלהי רחל. האל הגדול, הגבור והבורא, אל עליון. גומל חסדים טובים וקונה הַכֹּל, וזובר חַסְדִי אַבות ואַמַהות, וּמְבִיא גָאַלָּה לְבַנֵי בניהם, למעז שמו באהבה. מלד עווֶר וּמוֹשֵיעַ וּמַגַן. בַּרוּךְ אַתַּה יַי, מַגַן אַבַרַהַם וְעַזְרַת שַּׁרַה.

avoteinu v'imoteinu: Elohei Avraham, בוסר, ואלהי יעקב, אלהי Elohei Yitzchak, v'Elohei Ya-akov, Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Rachel. HaEl hagadol, hagibor v'hanora, El elyon. Gomeil chasadim tovim v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be Thou, O Lord, God of our fathers and mothers, God of Abraham, Isaac, and Jacob, Sarah, Rebekah, Leah, and Rachel. Great, mighty, and exalted. Thou bestowest lovingkindness upon all Thy children. Thou rememberest the devotion of our ancestors. In Thy love, Thou bringest redemption to their descendants for the sake of Thy name. Thou art our Ruler and Helper, our Savior and Protector. Praised be Thou, O Lord, Shield of Abraham, Help of Sarah.

### G'vurot · גבורות · God's Power

אתה גבור לעולם, אדני, Atah gibor I'olam, Adonai, . מְחַיֵּה הַבּּל אֲהַגה, רַב לְהוֹשִׁיע. m'chayeih hakol atah, rav l'hoshia. מכלפל חיים בחסר, מחיה הפל בְּרַחֲמִים רַבִּים. סוֹמֵך נוֹפִּלִים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישני עפר. מי בַמִּוּך, בַּעַל גָבוּרוֹת, וּמִי דִּוֹמֶה לַדָּ, מַלֶּדְ מַמִית וּמְחַיֶּה וּמַצְמֵיחַ ישועה: ונאמן אתה להחיות הכל. ברוך אתה יי, מחיה הכל.

M'chalkeil chayim b'chesed, m'chayeih hakol b'rachamim rabim. Someich noflim, v'rofei cholim, umatir asurim, umkayeim emunato lisheinei afar. Mi chamocha, ba·al g'vurot, umi domeh lach, melech meimit umchayeh umatzmiach y'shuah? V'ne-eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

Eternal is Thy power, O Lord, Thou art mighty to save. In lovingkindness Thou sustainest the living; in the multitude of Thy mercies, Thou preservest all. Thou upholdest the falling and healest the sick; freest the captives and keepest faith with Thy children in death as in life. Who is like unto Thee, Almighty God, Author of life and death, Source of salvation? Praised be Thou, O Lord, who hast implanted within us eternal life.

### K'dushat Hashem , קרשת השם God's Holiness

Baruch atah Adonai, haEl hakadosh.

אָתַה קרוש וְשִׁמְדְּ קרוֹשׁ, Atah kadosh v'shimcha kadosh, עkdoshim b'chol-yom y'hal'lucha selah.

Thou art holy, Thy name is holy and Thy worshipers proclaim Thy holiness. Praised be Thou, O Lord, the holy God.

All are seated.

O Loving God, may this Sabbath bring rest to every disquieted heart and be a healing balm to every wounded soul. Thou who hearest prayer, we beseech Thee to endow us with a contented disposition. When we pray for new blessings, may we come to Thee in the spirit of humility, remembering that we cannot know whether what we ask is really for our good. Help us to find meaning in times of joy, and hope in times of sadness. When we sing Thy praise, may our souls rise with our songs to Thee, and when we render Thee our homage, may we remember that only by faithfulness to Thy commandments and the goodness of our deeds, can we make our worship acceptable to Thee.

Look with compassion upon Thy children and grant us strength of love and purity of purpose, that we may live together in unity and work together in peace and concord, so that the well-being of all may be promoted, and Thy name, O God, be glorified in all the earth.

Our God and God of all generations, grant that our worship on this Sabbath be acceptable to Thee. Sanctify us through Thy commandments that we may share in the blessings of Thy word. Teach us to be satisfied with the gifts of Thy goodness and gratefully to rejoice in all Thy mercies. Purify our hearts that we may serve Thee in truth. O help us to preserve the Sabbath as Israel's heritage from generation to generation, that it may bring rest and joy, peace and comfort, and through it Thy name be hallowed in all the earth. Praised be Thou, O Lord, who sanctifiest the Sabbath.

### Avodah , עבורה Worship

רצה, ייַ אַלהינוּ, בַּעַמַּדְ יִשְׂרָאֵל, ותפלתם באהבה תקבל, ותהי לרצון תמיד עבודת ישראל עמק. אל קרוב לכל-קראיו, פנה אל עַבַריד וְחַנֵּנוּ; שָפַּדְ רוּחַדְּ עלינו, ותחזינה עינינו בשובף לְצִיוֹן בָּרַחַמִים. בַּרוֹךְ אַתַּה יִיַ, המחזיר שבינתו לציון.

R'tzeih, Adonai Eloheinu, b'amcha Yisrael, utfilatam b'ahavah t'kabeil, ut·hi l'ratzon tamid avodat Yisrael amecha. El karov l'chol-korav, p'neih el avadecha v'choneinu; sh'foch ruchacha aleinu, v'techezenah eineinu b'shuvcha l'Tziyon b'rachamim. Baruch atah Adonai, hamachazir sh'chinato l'Tziyon.

Be gracious, Eternal God, to Thy people Israel, and receive our prayers with love. O may our worship always be acceptable to Thee. Fill us with the knowledge that Thou art near to all who seek Thee in truth. Pour out Thy spirit upon us; let our eyes behold Thy presence in our midst and in the midst of our people in Zion. Praised be Thou, O Lord, whose presence gives life to Zion and all Israel.

## Blessing for Peace ברבת שלום י Blessing for Peace

שלום רב על ישראל עמף ועל Shalom rav al Yisrael amcha v'al kol-ha amim tasim l'olam, ki atah בָּל־הָעַמִּים הָּשִּים לְעוֹלַם, בִּי אַתַּה בּעִינֵידְ לְבַרֶדְ אֵת־עַמִּדְ יִשְׂרָאֵל בכל-עת ובכל-שעה בשלומק.

hu melech adon l'chol-hashalom. V'tov b'einecha l'vareich et-amcha Yisrael b'chol-eit uvchol-sha·ah bishlomecha. . ברוּך אתה יי, עוֹשה השלום Baruch atah Adonai, oseih hashalom.

Grant us peace, Thy most precious gift, O Thou eternal source of peace, and enable Israel to be its messenger unto the peoples of the earth. Bless our country that it may ever be a stronghold of peace, and its advocate in the council of nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship and fellowship among the inhabitants of all lands. Plant virtue in every soul, and may the love of Thy name hallow every home and every heart. Praised be Thou, O Lord, Giver of peace.



Shabbat Evening Service II

## "A Legacy Renewed"

T

THERE ARE DAYS when we seek things for ourselves and measure failure by what we do not gain. On Shabbat, we seek not to acquire but to share.

There are days when we exploit nature as if it were a horn of plenty that can never be exhausted. On Shabbat, we stand in wonder before the mystery of creation.

There are days when we act as if we care nothing for the rights of others. On Shabbat, we remember that justice is our duty and a better world our goal.

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

П

THE SYNAGOGUE is the sanctuary of Israel. Born out of our longing to feel God's nearness, it has been to the Jewish people, throughout our wanderings, a visible token of the presence of God in our people's midst. Its beauty is the beauty of holiness. Steadfast, it has stood as the champion of justice, mercy, and peace.

Its truths are true for all people. Its love is a love for all people. Its God is the God of all people, as it has been said: "My house shall be a house of prayer for all people." Let all the family of Israel, all who hunger for righteousness, all who seek the eternal, find God here and here find life!



## שָׁמַע וּבִרְבוֹתֵיהָ

## Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

Bar'chu · בַּרְכוּ · The Call to Prayer

!ברבוּ אֵת־ייִ הַמְבֹרַך Bar'chu et-Adonai hamvorach! Praise the Eternal, to whom our praise is due!

!Baruch Adonai hamvorach l'olam va-ed בַּרוּך יִי הַמְבֹרֵךְ לְעוֹלֵם וַעֵּר! Praised be the Eternal, to whom our praise is due, now and forever!

All are seated.

## Ma·ariv Aravim · מַעֲרִיב עֲרָבִים · Creation

Baruch atah Adonai, Eloheinu melech הַעוֹלֶם, אֲשֶׁר בִּדְבַרוֹ מֵעֲרִיב עַרְבִים. ha·olam, asher bidvaro ma·ariv aravim. בַּחַבְמַה פּוֹתֵח שָׁעַרִים, וּבִתְבוּנַה ַ מְשַׁנָּה עָתִּים, וּמַחַלִּיף אֶת־הַוּמַנִּים, וּמסדֵר אֵת־הַכּוֹכַבִים בִּמְשָׁמְרוֹתֵיהֶם ברקיע פרצונו. בורא יום ולילה, גוֹלֵל אוֹר מִפְּנֵי חִשֶׁךְ וְחִשֶּׁךְ מִפְנֵי אור, ומעביר יום ומביא לילה, וֹמַבְרִיל בֵּין יוֹם וּבֵין לֵילַה, ייַ צְבָאוֹת שְׁמוֹ. אֱלֹ חֵי וְקַיָּם, תַּמִיד יִמְלֹדְ עֲלֵינוּ, לְעוֹלֵם וַעֶר. בַּרוּךְ אַתַּה יִי, הַמַּעַרִיב עַרַבִּים.

B'chochmah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et-hazmanim, umsadeir et- hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or mipnei choshech v'choshech mipnei or, uma·avir yom umeivi lailah, umavdil bein yom uvein lailah, Adonai Tz'va·ot sh'mo. El chai v'kayam, tamid yimloch aleinu, l'olam va-ed. Baruch atah Adonai, hama-ariv aravim.

Days pass and the years vanish, and we walk sightless among miracles. God, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illumines the darkness in which we walk.

Help us to see, wherever we gaze, that the bush burns unconsumed. And we, clay touched by God, will reach out for holiness, and exclaim in wonder: How filled with awe is this place, and we did not know it!

Be our inspiration in the tasks that confront us, both in seasons of joy and times of adversity. Send forth Your light and Your truth to lead us. When doubt and confusion assail us, help us remain constant in our devotion to You.

Deepen our loyalty to the sacred obligations which rest upon us. May our hearts never turn away from that covenant, and let our lives ever testify to our faith in You.

All rise.

## יַשְׁמַע יִשְׂרָאֵל: יִיָ אֱלֹהֵינוּ, יִיָ אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

## בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלֶם וָעֶד!

Baruch sheim k'vod malchuto l'olam va·ed! Blessed is God's glorious majesty, forever and ever!

All are seated.

וְאָהַרְתָּ אֵת יְיָ אֱלֹהֵיךְּ, בְּכָל־ לְבָבְךְּ וּבְכָל־נַפְשְׁךְּ וּבְכָל־מְאֹדֶךְּ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךְּ הַיּוֹם, עַל־לְבָבֶךְּ. וְשִׁנַּנְתָּם בְּבֵיתֶךְּ, וּבְלֶבְתְּךְ בַבֶּרֶךְ, וּבְשֶׁרְתָּם לְאוֹת עַל־יֵדֶךְ, וָהִיוּ לִטֹטֵפֹת בֵּין עֵינִיךְּ,

V'ahavta eit Adonai Elohecha, b'choll'vavcha uvchol-nafsh'cha uvchol-m'odecha.
V'hayu hadvarim ha-eileh, asher anochi
m'tzavcha hayom, al-l'vavecha. V'shinantam
l'vanecha, v'dibarta bam b'shivt-cha
b'veitecha, uvlecht-cha vaderech,
uvshochb'cha uvkumecha. Ukshartam l'ot
al-yadecha, v'hayu l'totafot bein einecha,

וּכְתַבְתָּם עַל־מְזָזוֹת בֵּיתֶדְּ, וּבִשְּעֶרֶידְ. לְמֵעַן תִּוְבְּרוּ וַעֲשִׁיתָם אָת־בְּל־מִצְוֹתָי, וִהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצְאתִי אָתְכֶם מֵאֶרֶץ מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים. אֲנִי יְיָ אֵלֹהֵיכֶם.

uchtavtam al-m'zuzot beitecha,
uvish-arecha. L'ma-an tizk'ru va-asitem
et-kol-mitzvotai, viyitem k'doshim
l'Eloheichem. Ani Adonai Eloheichem, asher
hotzeiti et-chem mei-eretz Mitzrayim
liyot lachem l'Elohim. Ani Adonai
Eloheichem.

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God!

## G'ulah · גאלה · Redemption

What does it mean to be a Jew? "You shall be holy."

In the face of the many, to stand for the one; in the presence of fragments, to make them whole.

What does it mean to be a Jew? "You shall be a holy people."

To hold fast to our vision of truth, to retain our faith in tomorrow.

Holy in our past is the memory of redemption from Egyptian bondage.

Holy in our day is the hope of a redemption we still await.

Twice holy in our past are those who gave their lives to hallow this world.

Holy is the Jew, today and tomorrow, who bears witness to the goodness of life.

And holy are those whose lives are songs in freedom's cause:

מִי־כָמְכָה בָּאֵלְם, יְיָי; מִי בָּמְכָה, נָאְדָּר בַּקְּדָש, נוֹרָא תְּהִלּת, עְשֵׁה פֶּלֶאי מַלְכוּתְךְּ רָאוּ בָנֶיךְ, בּוֹקֵעַ יָם יְיִי יִמְלֹךְ לְעֹלָם וָעֶד!" יְיִי יִמְלֹךְ לְעֹלָם וָעֶד!" וְנָאֶמַר: "בִּי־פָּדָה יְיָ אֶת־יִעֲקֹב וֹגְאָלוֹ מִיַּד חָזָק מִמְּנוּ." בָּרוּךְ אַתָּה יְיָ, נָּאַל יִשְׂרָאֵל.

Mi-chamochah ba·eilim, Adonai?
Mi-kamochah, nedar bakodesh,
nora t'hilot, oseh feleh?
Malchut·cha ra·u vanecha, bokei·a yam
lifnei Mosheh; "Zeh Eili!" anu v'amru:
"Adonai yimloch l'olam va·ed!"
V'ne·emar: "Ki-fadah Adonai et-Ya·akov
ug·alo miyad chazak mimenu."
Baruch atah Adonai, ga·al Yisrael.

Who is like You, Eternal One, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

In their escape from the sea, Your children saw Your sovereign might displayed. "This is my God!" they cried. "The Eternal will reign forever and ever!"

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

As the Sabbath descends, it enfolds us in its mantle of peace. It brings to us the precious gift of time: time to embrace family and friends, to reflect more deeply on the meaning and purpose of our lives, and to worship in the beauty of holiness. May every Shabbat be for us a sanctuary of love and devotion, bringing contentment to our hearts, happiness to our homes, and blessings to our people.

בּי אֶשְמְרָה שַבָּת אֵל יִשְמְרְבִּי, אוֹת היא לְעוֹלְמֵי עַד בֵּינוֹ וּבֵינִי. Ot hi l'olmei ad beino uveini.

As I keep Shabbat, God keeps me. It is a sign forever between God and me.

וַיָבָלוּ הַשַּׁמַיִם וְהַאַרֵץ וְבַל צבאם. ויכל אלהים ביום השביעי מלאכתו אשר עשה. וישבת ביום השביעי מכל מלאכתו אשר עשה. ויברך אלהים את יום השביעי מלאכתו אשר ברא אלהים לעשות.

Vay'chulu hashamayim v'ha·aretz v'chol tz'va·am. Vay'chal Elohim bayom hash'vi·i milachto asher asah. Vayishbot bayom hash'vi-i mikol milachto asher asah. Vay'varech Elohim et yom hash'vi'i ייקרש אתו. בי בו שבת מבל vay'kadesh oto. Ki vo shabbat mikol m'lachto asher bara Elohim la·asot.

And the heavens and the earth and all they contained were completed, and on the seventh day God desisted from all the work that God had done. And God rested on the seventh day from all the work that God had done. And God blessed the seventh day and sanctified it, for on that day God rested from all the work which God had done in creating the world.

### V'shamru י ושמרו י The Covenant of Shabbat

ומים ברית לדרתם ברית la asot et-haShabbat l'dorotam b'rit סולם. ביני ובין בני ישראל אות olam. Beini uvein b'nei Yisrael ot היא לעלם, כי ששת ימים עשה יי אַת־הַשַּׁמֵים וָאַת־הַאַרֵץ, וּבַיוֹם השביעי שבת ויִנפש.

ע'shamru v'nei Yisrael et-haShabbat, hi l'olam, ki sheishet yamim asah Adonai et-hashamayim v'et-ha·aretz, uvayom hashvi•i shavat vayinafash.

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.

#### MEDITATION

Prayer invites God to let an Eternal presence suffuse our spirits, to let a will greater than our own prevail in our lives. Prayer cannot bring water to parched fields, nor mend a broken bridge, nor rebuild a ruined city; but prayer can water an arid soul, mend a broken heart, and rebuild a weakened will.



## עַפַלָּה T'filah · Prayer

#### All rise.

ארני, שַּבַתִי תִּבְּתַח, ופִי יַגִּיד תִּהְלַּתֵּד. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Your praise.

## Avot v'Imahot י אַבוֹת וְאָמָהוֹת · God of All Generations

,אבוֹתֵינוּ: אֱלֹהֵי אַבְרָהַם avoteinu v'imoteinu: Elohei Avraham, שַׁרַה, אֵלהֵי רַבָּקַה, אֵלהֵי לַאַה, ואלהי רחל. האל הגדול, הגבור וְהַבּוֹרֵא, אֱל עֵלְיוֹץ. גּוֹמֵל חֵסַדִים טובים וקונה הכל, וזוכר חסדי אַבות וָאָמָהות, וּמֶבִיא גָאַלַּה לְבָנֵי בניהם, למעז שמו באהבה. מלד עוֹזֶר וּמוֹשֵיעַ וּמַגַּן. בַּרוּדְ אַתַּה יַי, מַגַן אַבְרַהַם וְעַזְרַת שַּׂרָה.

Baruch atah Adonai, Eloheinu v'Elohei ב, אֵלהֵי יַעַקֹב, אֵלהֵי Elohei Yitzchak, v'Elohei Ya-akov, Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Rachel. HaEl hagadol, hagibor v'hanora, El elyon. Gomeil chasadim tovim v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children, for the sake of Your name. You are our Sovereign and our Help, our Savior and our Shield. Blessed is the Eternal One, Shield of Abraham, Protector of Sarah.

### G'vurot · גבורות · God's Power

אַתַה גָבוֹר לְעוֹלֶם, אַדנַי, Atah gibor l'olam, Adonai, מְחַיֵּה הַכּּל אַתַּה, רַב לְהוֹשֵיע. מבלבל חיים בחסה, מחיה הכל בַּרַחַמִים רַבִּים. סוֹמֵדְ נוֹפְּלִים, ורופא חולים, ומתיר אסורים, וּמְקַיָם אֵמוּנַתוֹ לִישֵׁנֵי עַפַּר. מִי בַמִּוֹדְ, בַּעֵל גָבוּרוֹת, וּמִי דִּוֹמֵה לַדָּ, מַלֶּדְ מַמִית וּמְחַיֶּה וּמַצְמֵיחַ ישועה: וָנַאָבֶן אַתַּה לְהַחֵיות הַכּל. בַרוּך אַתַּה יִי, מְחֵיֵה הַכֹּל.

m'chayeih hakol atah, rav l'hoshia. M'chalkeil chayim b'chesed, m'chayeih hakol b'rachamim rabim. Someich noflim, v'rofei cholim, umatir asurim, umkayeim emunato lisheinei afar. Mi chamocha, ba-al g'vurot, umi domeh lach, melech meimit umchayeh umatzmiach y'shuah? V'ne-eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

Infinite is Your power, O God. Great is Your gift of life. In lovingkindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

#### All are seated.

GOD OF AGES past and future, God of this day, as You were with our ancestors, be with us as well.

As You strengthened them, strengthen us. As You were their Guide, be ours as well.

Grant that we, too, may be bearers of Your teaching, Teachers of Your truth.

Then our tradition shall endure and our people Israel will live: From mother and father, to daughter and son, and all who follow them.

One generation comes; one generation passes. Each of us is a link in the endless chain of our heritage.

Students of the Torah become teachers. Our faith and our ideals endure. Our people and our values live on.

לְדוֹר וָדוֹר נַגִּיד גְּדְלֶךְ, וּלְבֵצַח נְצָחִים קֹדָשָּׁתְךְ נַקְדִּישׁ. וְשִׁבְחַךְּ, אֱלֹהֵינוּ, מִפְּינוּ לֹא יָמוּשׁ לְעוֹלֶם וָעֶד, כִּי אֵל מֶלֶךְ גָּדוֹל וְקְדוֹשׁ אֲתָּה, בָּרוּך אַתָּה יָיָ, הַאֵל הַקָּדוֹשׁ.

L'dor vador nagid godlecha, ulneitzach n'tzachim k'dushat-cha nakdish. V'shivchacha, Eloheinu, mipinu lo yamush l'olam va-ed, ki El melech gadol v'ladosh atah, baruch atah Adonai, haEl hakadosh.

From generation to generation, we will declare Your greatness, and throughout all ages proclaim Your holiness. Your praise shall never cease from our lips. We praise You, the holy God.

WE GIVE THANKS: for the expanding grandeur of creation, worlds known and unknown, galaxies beyond galaxies, filling us with awe and wonder,

For this fragile planet Earth, its times and tides, its sunsets and seasons, For the joy of human life, its wonders and surprises, its hopes and achievements,

For human community, our common past and future dreams, our oneness transcending all separation, our capacity to work for peace and justice in the midst of hostility and oppression,

For high aspirations and noble causes, for faith without fanaticism, for understanding of views not shared,

For all who labor and suffer for a fairer world, who risk their personal well-being so that others might live in dignity and freedom,

For human liberties and sacred rites: for opportunities to change and grow, to affirm and choose,

We pray that we may live not by our fears but by our hopes, not by our words but by our deeds. Blessed are You, Eternal One, to whom all thanks are due.

## Blessing for Peace ברבת שלום י Blessing for Peace

שלום רב על ישראל עמף ועל Shalom rav al Yisrael amcha v'al kol-ha amim tasim l'olam, ki atah בַּל־הַעַמִּים תַּשִּׂים לְעוֹלַם, בִּי אֲתַה hu melech adon l'chol-hashalom. V'tov הוא מֶלֶך אַדוֹן לְבַל־הַשָּׁלוֹם. וְטוֹב

b'einecha l'vareich et-amcha Yisrael בְּעֵינֶיְדְ לְבָרֵדְ אֶת־עַמְּדְ יִשְׂרָאֵל בּבְל־עֵת וּבְבָל־שֶׁעָה בִּשְׁלוֹמֶךְ. b'chol-eit uvchol-sha·ah bishlomecha. . ברוּך אתה יי, עושה השלום Baruch atah Adonai, oseih hashalom.

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace, and its advocate among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship and fellowship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart. Blessed is the Eternal God, the Source of peace.





Shabbat Evening Service III

## "The Spiritual Search"

For our ancestors, Shabbat was a sign of God's covenant of peace with the universe. They kept it faithfully; when their lives were torn, Shabbat made them whole; when their lives were bitter, it brought them sweetness; when their lives were peaceful, it deepened their joy.

Our ways are not like theirs. We have many idle days, but few Sabbaths; we speak many words, but few prayers; we make the earth yield to our purpose, but are unsure of the ground beneath us. But here, now, we can begin again. Or, having already begun, we can continue our quest for the wholeness we need.

H

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



## שְׁמַע וּבִרְכוֹתֶיהָ

## Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

Bar'chu · בַּרְכוּ · The Call to Prayer

!בְּרְבוּ אֶת־יִיָּ הַמְבֹּרְדְ Bar'chu et-Adonai hamvorach!
Praise the Eternal, to whom our praise is due!

!ברוּך יְיָ הַמְבֹרָך לְעוֹלָם וְעֶד Baruch Adonai hamvorach l'olam va·ed!

Praised be the Eternal, to whom our praise is due, now and forever!

All are seated.

God, where shall I find You? Your glory fills the world.

Behold, I find You

Where the farmer breaks through the hard soil,

Where the quarry worker explodes stone out of the hillside,

Where the miner digs metals out of the reluctant earth,

Where men and women earn their bread by the sweat of their brow,

Among the lonely and the poor, the lowly, the lost,

You are with them in blazing heat and shattering storm.

#### Behold, I find You

In the mind free to sail by its own star,

In words that spring from the depth of truth,

Where endeavor reaches undespairing for perfection,

Wherever people struggle for justice and freedom,

Where the scientist toils to unravel the secrets of Your world,

Where the poet makes beauty out of words,

Wherever noble deeds are done.

Behold, I find You

In the merry shouts of children at their play, In the mother's lullaby, as she rocks her baby in the cradle, In the sleep falling on an infant's eyelids, And in the smile that dances on a child's sleeping lips.

#### Behold, I find You

When dawn comes up golden, bearing gifts, And in the fall of evening, bringing peace and rest from the Western sea,

In the joy that flows from heaven with morning light, In the current of life, flowing day and night through all things, throbbing in my sinews and in the dust of the earth, In blades of grass beyond count, in every leaf and flower.

Behold, I find You
In the wealth of joys that quickly fade,
In the pulse of the life that comes from eternity and dances in
my own blood,

In birth, which renews the generations continually, And in death, knocking on the doors of life.

#### O my God,

Give me the strength never to cast off one in need, Never to bend the knee before any tyrant, Give me strength to lift my spirit above the trivial, To bear lightly my joys and my sorrows, And in love to surrender all my strength to Your will.

For great are the gifts You have given me:
The sky and the light. This my very being.
Life and the soul:
Treasures invaluable, treasures of life and of love.

#### All rise.

## יַשְׁמָע יִשְׂרָאֵל: יִיָ אֱלֹהֵינוּ, יִיָ אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

## בָּרוּךְ שֵׁם כִּבוֹד מַלְכוּתוֹ לְעוֹלָם וְעֶד!

Baruch sheim k'vod malchuto l'olam va·ed! Blessed is God's glorious majesty, forever and ever!

All are seated.

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךְ, בְּכְל־ יְאָהַבְרָ וּבְכָל־נַפְּשְׁךְ וּבְכָל־מְאֹדֶךְ. יְהִיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךְ הַיּוֹם, עַל־יְלָבֶךְ. וְשִנַּנְתָּם יְבַנִיתְךְ, וִּדְבַּרְתָּ בָּם בְּשִׁבְתְּךְ וּבְשְׁכְבְּךְ וִּבְלְרְתְּךְ בַדֶּרֶךְ, וּבְשְׁעָרֶיךְ, וְהָיוּ לְטֹטָפֹת בֵּין עֵינֵיךְ, וּבְשְעָרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם וּבִשְעָרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם וּבִשְעָרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם אַת־בְּל־מִצְוֹתָי, וִהְיִיתֶם קְדֹשִׁים אַתְּרִין מִצְרִים אַשֶּׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרִים יְלְהִיוֹת לָכָם לֵאלֹהִים. אֲנִי יְיָּ

V'ahavta eit Adonai Elohecha, b'choll'vavcha uvchol-nafsh'cha uvchol-m'odecha.
V'hayu hadvarim ha·eileh, asher anochi
m'tzavcha hayom, al-l'vavecha.
V'shinantam l'vanecha, v'dibarta bam
b'shivt·cha b'veitecha, uvlecht·cha vaderech,
uvshochb'cha uvkumecha. Ukshartam l'ot
al-yadecha, v'hayu l'totafot bein einecha,
uchtavtam al-m'zuzot beitecha,
uvish·arecha. L'ma·an tizk'ru va·asitem
et-kol-mitzvotai, viyitem k'doshim
l'Eloheichem. Ani Adonai Eloheichem,
asher hotzeiti et·chem mei·eretz Mitzrayim
liyot lachem l'Elohim. Ani Adonai
Eloheichem.

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My

commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God!

## G'ulah · גאַלָה · Redemption

IN A WORLD TORN by violence and pain, a world far from wholeness and peace, a world waiting still to be redeemed, give us the courage to say: There is One God in heaven and earth.

The high heavens declare God's glory; may earth reveal God's justice and God's love.

From Egypt, the house of bondage, we were delivered; at Sinai, amid peals of thunder, we bound ourselves to God's purpose. Inspired by prophets and instructed by sages, we survived oppression and exile, time and again overcoming the forces that would have destroyed us.

Our failings are many—our faults are great—yet it has been our glory to bear witness to our God, and to keep alive in dark ages the vision of a world redeemed.

May this vision never fade; let us continue to work for the day when nations will be one and at peace. Then shall we sing with one accord, as Israel sang at the shores of the Sea.

מִי־בָמְבָה בָּאֵלְם, יְיָי:

Mi-chamochah ba-eilim, Adonai?

מִי בָּמְבָה, נָאְדָּר בַּקְּדֶשׁ,

Mi-kamochah, nedar bakodesh,

מִי בָּמְבָה, נָאְדָּר בַּקְּדֶשׁ,

nora t'hilot, oseh feleh?

Malchut-cha ra-u vanecha, bokei-a yam

lifnei Mosheh; "Zeh Eili!" anu v'amru:

"Adonai yimloch l'olam va-ed!"

V'ne-emar: "Ki-fadah Adonai et-Ya-akov

ug-alo miyad chazak mimenu."

Baruch atah Adonai, ga-al Yisrael.

Who is like You, Eternal One, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

In their escape from the sea, Your children saw Your sovereign might displayed.

"This is my God!" they cried. "The Eternal will reign forever and ever!"

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

THE SHADOWS FALL, but end of day fills the eye with brightness; the infinite heavens glow, and all creation sings its hymn of glory. With hope, therefore, we pray for light within: O God, reveal Yourself; hide no more; let Your face shine on all who seek You.

Eternal and infinite God, banish our darkness! Be present to us as the sudden light that lifts the heart and brings us joy.

Then shall we be at peace, O God, whose peaceful shelter we seek through all the days and nights of our lives.

## Yism'chu · ישֶׁמְחוּ · The Joy of Shabbat

ישָׁבְת שוֹמְרֵי שַבַּת Yism'chu v'malchut cha shomrei Shabbat ע'korei oneg. Am m'kadshei sh'vi i kulam יְקוֹרְאֵי עָנֶג. עַם מְקַדְּשֵׁי שָׁבִיעִי כָּלְם יִשְׂבִיעִי (מְשַּוּבֶּף, וְהַשְּׁבִיעִי yisb'u v'yitangu mituvecha. V'hashvi-i ָּקְרֶאתָ, זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

ratzita bo v'kidashto. Chemdat yamim oto רַצִּיתַ בּוֹ וָקְדַּישָׁתּוֹ. חֲמְדַּת יַמִים אוֹתוֹ karata, zeicher l'ma·aseih v'reishit.

Those who keep the Sabbath and call it a delight shall rejoice in Your deliverance. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation.

#### MEDITATION

Let me hear You, Holy One, when I hear my spirit soaring in prayer. May I sing because I love, not afraid to waste my sweetness upon the void, but reflecting in my soul's flight the universal God who sings through me.



## עַפִּלָּה T'filah · Prayer

All rise.

ארנַי, שִּבָּתֵי תִּפְתַח, וּפִי יַגִּיר תִהּלֶּתֵך. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Your praise.

### Avot v'Imahot י אַבוֹת וְאָמָהוֹת · God of All Generations

Baruch atah Adonai, Eloheinu v'Elohei מבותינו: אַלהי אַבְרַהַם, avoteinu v'imoteinu: Elohei Avraham, שַרה, אַלהי רַבַּקה, אַלהי לַאַה, ואלהי רחל. האל הגדול, הגבור והַנּוֹרֵא, אֵל עַלִיוֹז. גּוֹמֵל חַסָּדִים טובים וקונה הבל, וזוכר הסדי אַבות וָאָמָהות, וּמָבִיא גָאַלַה לְבָנֵי בניהם, למען שמו באהבה. מלד עוֹזֵר וּמוֹשֵיעַ וּמַגַּזְ. בַּרוּךְ אַתַּה יי, מגן אַברהם ועזרת שרה.

בואלהי יעקב, אלהי צחק, ואלהי יעקב, אלהי Elohei Yitzchak, v'Elohei Ya-akov, Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Rachel. HaEl hagadol, hagibor v'hanora, El elyon. Gomeil chasadim tovim v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children, for the sake of Your name. You are our Sovereign and our Help, our Savior and our Shield. Blessed is the Eternal One, Shield of Abraham, Protector of Sarah.

O world, where miracles spring up to meet us along the way, we hold You close and give thanks for morning light, for evening calm. Sun and moon, sea and sky, snow and mist, city streets and country lanes: what joy to know You, how excellent to touch You! To live, and nothing more, would be enough to make us glad. Yet morning, noon, and night, a task awaits us: The lost and hungry to be found and fed, the sick and sad to be healed and cheered, a peaceful world to be built and kept. Blessed is the gift of life, blessed the source of life and its tasks!

### G'vurot · גבורות · God's Power

אתה גבור לעולם, אדני, מחיה הכל אתה, רב להושיע. מכלכל בַרַחַמִים רַבִּים. סוֹמֵדְ נוֹפּלִים, ע'rofei cholim, umatir asurim, וּמְקַיֵּם אֱמוּנַתוֹ לְישֵׁנֵי עַפַּר. מי בַמִוּדְ, בַּעַל גָבוּרוֹת, וּמִי דִּוֹמֵה קַד, מֵלֶד מַמִית וּמְחַיֶּה וּמַצְמֵיחַ ישועה: ונאמן אתה להחיות הכל. בַרוּך אַתַּה יִי, מְחֵיֵה הַכֹּל.

Atah gibor l'olam, Adonai, m'chayeih hakol atah, rav l'hoshia. M'chalkeil chayim b'chesed, m'chayeih hakol חיים בחסר, מחיה הבל b'rachamim rabim. Someich noflim, umkayeim emunato lisheinei afar. Mi chamocha, ba·al g'vurot, umi domeh lach, melech meimit umchayeh umatzmiach y'shuah? V'ne-eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

Infinite is Your power, O God. Great is Your gift of life. In lovingkindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

All are seated.

#### Hoda·ah , הוֹרַאֵּה , We Rejoice

מודים אַנַחָנוּ לַדְּ, שַאַתַּה הוּא יִיַ אלהינו ואלהי אבותינו ואמותינו לעולם ועד. צור חיינו, מגן ישענו, אַתַה הוא לְדוֹר וַדוֹר. נוֹדֵה לְדְּ ונספר תהלתד, על-חיינו המסורים בִיַבֶּד, וְעַל־נִשְׁמוֹתֵינוּ הַפָּקוּדוֹת לַדְּ, ועל-נסיך שבכל-יום עמנו, ועל-ָנָפַלְאוֹתֵיךּ וְטוֹבוֹתֵיךְ שַבְּכַל־עַת, עֶרֶב וָבְּכֶּןר וְצָהֲרֵיִם. הַטּוֹב: כִּי לֹאַ־ בַלוּ רַחַמֵיך, וַהַמְרַחֵם: כִּי־לֹא תַמוּ חסריה, מעולם קוינו לה. ועל כלם יִתַבַּרַדְ וִיִתְרוֹמֵם שִׁמְדְ, מַלְבֵנוּ, תמיד לעולם ועד. וכתב לחיים טובים כל-בני בריתה. וכל החיים יודוד פַלַה, וִיהַלְלוּ אֶת־שִׁמְדְ בָּאֱמֶת, האל ישועתנו ועזרתנו סלה. ברוד אתה יי, הטוב שמד ולד נאה להודות.

Modim anachnu lach, sha-atah hu Adonai Eloheinu v'Elohei avoteinu v'imoteinu l'olam va-ed. Tzur chayeinu, magein yisheinu, atah hu l'dor vador. Nodeh l'cha unsapeir t'hilatecha, al-chayeinu hamsurim b'yadecha, v'al-nishmoteinu hapkudot lach, v'al-nisecha shebchol-yom imanu, v'alnifl'otecha v'tovotecha shebchol-eit, erev vavoker v'tzohorayim. Hatov: ki lochalu rachamecha, v'hamracheim: ki-lo tamu chasadecha, mei·olam kivinu lach. V'al kulam yitbarach v'yitromam shimcha, malkeinu, tamid l'olam va·ed. Uchtov l'chayim tovim kol-b'nei v'ritecha. V'chol hachayim yoducha selah, vihal'lu et-shimcha be∙emet, haEl y'shuateinu v'ezrateinu selah. Baruch atah Adonai, hatov shimcha ulcha na·eh l'hodot.

Let us rejoice in the light of day, in the glory and warmth of the sun, in the reawakening of life to duty and labor.

We rejoice in the light of day.

In the quiet night, with its rest from toil and its revelation of worlds beyond the dark.

We rejoice in the peace of night.

In the earth with its hills and valleys, its widespread fields of grain, its fruit and hidden treasures.

We rejoice in the beauty of earth.

We rejoice in the strength to win our daily bread, and in homes where we find refuge from the cold and storm.

We rejoice in the shelter of home.

In the love of fathers and mothers who have nurtured our lives, with whose blessing we have gone forth to our own work in the world.

We rejoice in the love of parents.

In the children who bless our homes, whose eager minds and hearts are the promise of tomorrow.

We rejoice in our children.

In friends who share our sorrows and joys, in the fullness of the abundant life, in the serenity of old age, and in the peace that comes at last.

We rejoice, and shall rejoice forevermore.

# Birkat Shalom · בַּרְבַּת שָׁלוֹם · Blessing for Peace

אַלוֹם רָב עַל יִשְׂרָאֵל עַמְּדְ וְעַל Shalom rav al Yisrael amcha v'al בְּל־הָעַמִּים הָשִּׁים לְעוֹלָם, בִּי אַתְּה kol-ha·amim tasim l'olam, ki atah hu melech adon l'chol-hashalom. V'tov בְּעִינֶיְדְּ לְבָר־הַשְּׁלוֹם. וְטוֹב b'einecha l'vareich et-amcha Yisrael בְּבִל־עֵת וּבְכַל־שָׁעָה בִּשְׁלוֹםְף. b'chol-eit uvchol-sha·ah bishlomecha. בְּרוֹךְ אַתָּה יִיָּ, עוֹשֵׁה הַשְּׁלוֹם. Baruch atah Adonai, oseih hashalom.

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.



Shabbat Evening Service IV

## "In Pursuit of Justice"

WE HAVE COME TOGETHER to strengthen our bonds with our people Israel. Like Jews of generations past, we celebrate the grandeur of creation. Like Jews of every age, we echo our people's ancient call for justice.

Our celebration is a sharing of memory and hope.

We are together, but each of us is unique. We stand apart and alone, with differing feelings and insights. And yet we are not entirely alone and separate, for we are children of one people and one heritage.

Our celebration unites many separate selves into a single chorus.

And we are one in search of life's meaning. All of us know despair and exaltation; all bear burdens; all have moments of weakness and times of strength; all sing songs of sorrow and love.

May our celebration bring us strength along our way.

In this circle of hope, in the presence of the sacred, may the heart come to know itself and its best, finding a fresh impulse to love the good.

May our celebration lead us to work for the good; and may this Shabbat give strength to us and to our people Israel.



# שָׁמַע וּבִרְבוֹתֵּיהָ

# Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

## Bar'chu · בַרְבוּ · The Call to Prayer

!ברבו את־יי המברה Bar'chu et-Adonai hamvorach! Praise the Eternal, to whom our praise is due!

. ברוּך יִי הַמְבֹרֵךְ לְעוֹלֶם וַעֵּד! Baruch Adonai hamvorach l'olam va-ed! Praised be the Eternal, to whom our praise is due, now and forever! All are seated.

## Ma·ariv Aravim · מַעַרִיב עַרְבִים · As Close to Us as Breathing

בַּרוּך אַתַּה יִי, אֵלהֵינוּ מֵלֶךְ הַעוֹלַם, אֲשֶׁר בָּדְבַרוֹ מַעַרִיב עַרָבִים. בַּחַבְמַה פּוֹתֵחַ שְעַרִים, וּבַתְבוּנה משנה עתים, ומחליף את־הזמנים, בַּרַקִיעַ בִּרְצוֹנוֹ. בּוֹרָא יוֹם וַלַיִּלָה, גולל אור מפני חשד וחשד מפני אור, ומעביר יום ומביא לילה, וּמַבְדִיל בֵּין יום וּבֵין לֵילַה, יַיַ צבאות שמו. אל חי וקים, תַמִיד בַרוּךְ אַתַּה יִיָ, הַמַּעַרִיב עַרַבִים.

Baruch atah Adonai, Eloheinu melech ha·olam, asher bidvaro ma·ariv aravim. B'chochmah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et-hazmanim, umsadeir et-hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or mipnei choshech v'choshech mipnei or, uma·avir yom umeivi lailah, umavdil bein yom uvein lailah, Adonai Tz'va·ot sh'mo. El chai v'kayam, tamid ימלף עלינוּ, לעוֹלם ועד. yimloch aleinu, l'olam va·ed. Baruch atah Adonai, hama-ariv aravim.

O God, how can we know You? Where can we find You? You are as close to us as breathing, yet You are farther than the farthermost star. You are as mysterious as the vast solitudes of night, yet as familiar to us as the light of the sun. To Moses You said: "You cannot see My face, but I will make all My goodness pass before you." Even so does Your goodness pass before us: in the realm of nature, and in the varied experiences of our lives.

When justice burns within us like a flaming fire, when love evokes willing sacrifice from us, when, to the last full measure of selfless devotion, we demonstrate our belief in the ultimate triumph of truth and righteousness, then Your goodness enters our lives; then You live within our hearts, and we through righteousness behold Your presence.

All rise.

# יַשְׁבָע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחְד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

יַער! שֵם בְּבוֹד מַלְבוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va·ed! Blessed is God's glorious majesty, forever and ever!

All are seated.

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךְ, בְּכְל־ לְבָרְךְ וּרְבָל־נַפְשְׁךְ וּרְבָל־מְאֹרֶךְ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךְ הַיּוֹם, עַל־לְבָבֶךְ. וְשִׁנַּוְהָם לְבָנֶיךְ, וְדִבַּרְתָּ בָּם בְּשִׁרְתָּם לְאוֹת וּרְשְׁרָבְּךְ וּבְלְרְתָּ בָּם בְּשִׁרְתָּם לְאוֹת וּרְשֶׁרְבָּךְ וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךְ, וּרְתַבְּתָּם עַל־מְזָוֹת בֵּיתֶךְ, וּרְשַעֶרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם אָת־בַּל־מַצְוֹתַי, וְהַיִיתֵם קּדִשִׁיתם אָת־בַּל־מַצְוֹתַי, וְהַיִיתֵם קּדִשִּים

V'ahavta eit Adonai Elohecha, b'choll'vavcha uvchol-nafsh'cha uvchol-m'odecha.
V'hayu hadvarim ha·eileh, asher anochi
m'tzavcha hayom, al-l'vavecha.
V'shinantam l'vanecha, v'dibarta bam
b'shivt·cha b'veitecha, uvlecht·cha vaderech,
uvshochb'cha uvkumecha. Ukshartam l'ot
al-yadecha, v'hayu l'totafot bein einecha,
uchtavtam al-m'zuzot beitecha,
uvish-arecha. L'ma·an tizk'ru va·asitem
et-kol-mitzvotai, viyitem k'doshim

לאלהיכם. אַנִּי יְיָ אֱלהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים. אֲנִי יְיָ אֵלהֵיכֶם.

l'Eloheichem. Ani Adonai Eloheichem, asher hotzeiti et·chem mei·eretz Mitzrayim liyot lachem l'Elohim. Ani Adonai Eloheichem.

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God!

# G'ulah · גאלה · Redemption

I, THE ETERNAL, have called you to righteousness, and taken you by the hand, and kept you; I have made you a covenant people, a light to the nations.

We are Israel, our prophets proclaimed an exalted vision for the world.

Hate evil, and love what is good. Let justice well up as waters and righteousness as a mighty stream.

We are Israel, schooled in the suffering of the oppressed.

You shall not oppress your neighbors nor rob them. You shall not stand idle while your neighbor bleeds.

We are Israel, taught to beat swords into plowshares, commanded to pursue peace.

Violence shall no longer be heard in your land, desolation and destruction within your borders. All your children shall be taught of the Eternal, and great shall be the peace of your children.

We are Israel, O God, when we proclaim You the God of freedom, as did our ancestors on the shores of the sea.

מִי־כָמְכָה בָּאֵלְם, יְיָ: מִי כָּמְכָה, נָאְדָּר בַּקְּדֶש, נוֹרָא תְהִלּת, עְשֵׁה פֶּלֶא: מַלְכוּתְדְ רָאוּ בָנֵיךְ, בּוֹקֵעַ יָם לְפְנֵי משָה; "זָה אֵלִי!" עָנוּ וְאָמְרוּ: "יְיָ יִמְלֹךְ לְעֹלֶם וְעָד!" וְנָאֶמַר: "בִּי־פָּדָה יְיָ אֶת־יַעֲקֹב וּגְאָלוֹ מִיַּד חָזָק מִמֶּנוּ." בַּרוּךְ אַתָּה יְיָ, נָּאֵל יִשְׂרָאֵל.

Mi-chamochah ba·eilim, Adonai?
Mi-kamochah, nedar bakodesh,
nora t'hilot, oseh feleh?
Malchut·cha ra·u vanecha, bokei·a yam
lifnei Mosheh; "Zeh Eili!" anu v'amru:
"Adonai yimloch l'olam va·ed!"
V'ne·emar: "Ki-fadah Adonai et-Ya·akov
ug·alo miyad chazak mimenu."
Baruch atah Adonai, ga·al Yisrael.

Who is like You, Eternal One, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

In their escape from the sea, Your children saw Your sovereign might displayed. "This is my God!" they cried. "The Eternal will reign forever and ever!"

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

## Hashkiveinu · הַשְּבִיבנוּ · Rise Up to Life Renewed

הַשְּבִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מַלְבֵּנוּ לְחַיִּים. וּפְּרֹשׁ
עָלֵינוּ סַבַּת שְׁלוֹמֶךּ, וְתַּקְנֵנוּ
בְּעֵצְה טוֹבָה מִלְפָּנֶיךּ, וְהוֹשִׁיעֵנוּ
לְמַעַן שְׁמֶךּ, וְהָגֵן בַּעֲדֵנוּ.
וְהָסֵר מֵעָלֵינוּ אוֹיֵב, דֶּבֶר וְחֶרֶב
וְהָטֵר וְיָגוֹן, וְהָסֵר שָּטָן מִלְפָנֵינוּ
וּמַאַחֵרְינוּ; וּבְצֵל כְּנָפֶיךּ
וּמַאַחַרְינוּ, כִּי אֵל שוֹמְרֵנוּ וּמַצִּילֵנוּ
וּמַאַחַרְנוּ וּבוֹאֵנוּ לְחַיִים אֲהָה.
וּשְׁמֹר צֵאתֵנוּ וּבוֹאֵנוּ לְחַיִים
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם,
וּפְרשׁ עַלֵינוּ סַבַּת שִׁלוֹמֶךּ.

Hashkiveinu Adonai Eloheinu l'shalom, v'ha·amideinu malkeinu l'chayim. Ufros aleinu sukat sh'lomecha, v'takneinu b'eitzah tovah milfanecha, v'hoshi·einu l'ma·an sh'mecha, v'hagein ba·adeinu. V'haseir mei·aleinu oyeiv, dever v'cherev v'ra·av v'yagon, v'haseir satan milfaneinu umei·achareinu; uvtzeil k'nafecha tastireinu, ki El shomreinu umatzileinu atah, ki El melech chanun v'rachum atah. Ushmor tzeiteinu uvo·einu l'chayim ulshalom, mei·atah v'ad olam, ufros aleinu sukat sh'lomecha.

Baruch atah Adonai, haporeis sukat shalom עֵלֵינוּ, וְעַל כַּל־עַמוֹ יִשְׂרָאֵל aleinu, v'al kol-amo Yisrael . וְעֵל יְרוּשֵׁלֵים v'al Y'rushalayim.

Cause us, Eternal our God, to lie down in peace, and to awaken each morning to renewed life and strength. Spread over us the shelter of Your peace.

Help us to order our lives by Your counsel, and lead us in the paths of righteousness. Be a shield about us, protecting us from hate and war, from pestilence and sorrow.

Curb also within us the inclination to do evil, and shelter us beneath the shadow of Your wings. Guard our going out and our coming in unto life and peace, from this time forth and forever.

Blessed is the Eternal, whose shelter of peace is spread over us, over all people, and over Jerusalem.

## V'shamru י וְשַׁמְרוּ י The Covenant of Shabbat

ע'shamru v'nei Yisrael et-haShabbat, ומים בּרִית la-asot et-haShabbat l'dorotam b'rit עוֹלֶם. בֵּינִי וּבֵיץ בְּנֵי יִשִּׂרַאֵל אוֹת olam. Beini uvein b'nei Yisrael ot

היא לעלם, בי ששת ימים עשה יי hi l'olam, ki sheishet yamim asah Adonai et-hashamayim v'et-ha-aretz, uvayom hashvi-i shavat vayinafash.

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.

#### MEDITATION

O God of Israel, may our worship on this day help us to grow in loyalty to our covenant with You and to the way of life it demands: the way of gentleness and justice, the path of truth and of peace.



# עַפַלַה T'filah · Prayer

All rise.

ארנַי, שִּבְּתֵי תִּפְתַח, וּפִי יַגִּיר תִהּלְּתֵך. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Your praise.

## Avot v'Imahot י אָבוֹת וָאָמָהוֹת · God of All Generations

Baruch atah Adonai, Eloheinu v'Elohei מבותינו: אַלהי אַבְרַהַם, avoteinu v'imoteinu: Elohei Avraham, שָּׁרָה, אֱלֹהֵי רִבְּקָה, אֱלֹהֵי לֵאַה, ואלהי רחל. האל הגדול, הגבור וְהַנּוֹרָא, אֵל עַלְיוֹן. גּוֹמֵל חַסַדִים טוֹבִים וְקוֹנָה הַכֹּל, וְזוֹבֶר חַסָּדִי אַבות וָאִמָּהות, וּמֶבִיא גָאַלַּה לְבָנֵי בניהם, למעז שמו באהבה. מלד עוֹוֵר וּמוֹשֵיעַ וּמַגַן. בַּרוּךְ אַתַּה יי, מגן אַברהם ועזרת שרה.

צלהי יצחק, ואלהי יעקב, אלהי Elohei Yitzchak, v'Elohei Ya-akov. Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Rachel. HaEl hagadol, hagibor v'hanora, El elyon. Gomeil chasadim tovim v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children, for the sake of Your name. You are our Sovereign and our Help, our Savior and our Shield. Blessed is the Eternal One, Shield of Abraham, Protector of Sarah.

## God's Power , גבורות God's Power

אַתָּה גִּבּוֹר לְעוֹלֶם, אֲדֹנָי, מְחַיֵּה הַכּּל אַתָּה, רַב לְהוֹשְיעַ. מְבַלְבֵּל חַיִּים בְּחֶסֶר, מְחַיֵּה הַכּּל בְּרַחֲמִים רַבִּים. סוֹמֵך נוֹפְּלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וֹמְלַיֵּם אֱמוּנָתוֹ לִישֵׁנֵי עָפָּר. מִי כָמְוֹך, בַּעַל גְּבוּרוֹת, וּמִי דְּוֹמֶה לָדְ, מֶלֶךְ מִמִית וּמְחַיֶּה וּמַצְמְיחַ יְשוּעָה: וְנָאֶמָן אַתָּה לְהַחֲיוֹת הַכֹּל.

Atah gibor l'olam, Adonai,
m'chayeih hakol atah, rav l'hoshia.
M'chalkeil chayim b'chesed, m'chayeih hakol
b'rachamim rabim. Someich noflim,
v'rofei cholim, umatir asurim,
umkayeim emunato lisheinei afar.
Mi chamocha, ba-al g'vurot, umi domeh
lach, melech meimit umchayeh umatzmiach
y'shuah? V'ne-eman atah l'hachayot hakol.
Baruch atah Adonai, m'chayeih hakol.

Eternal God, the power of Your spirit pervades all creation. When we open our hearts to You, we are filled with Your strength: the strength to bear our afflictions, the strength to refuse them victory, the strength to overcome them.

And then our will is renewed: to lift up the fallen, to set free the captive, to heal the sick, to bring light to all who dwell in darkness.

Add Your strength to ours, O God, so that when death casts its shadow, we shall yet be able to say: O Source of blessing, You are with us in death as in life!

All are seated.

# K'dushat Hayom , קרשת היום , The Holiness of This Day

אֶלהֵינוּ וֵאלהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה בִּמְנוּיחָתֵנוּ. כַּלְדִשֵנוּ בְּמִצְוֹתֶּיךְ וְתֵּזְ חֶלְמֵנוּ בְּתוֹרָתֶךְ. שִּבְּעֵנוּ מִטּוּבֶךְ וְשַׁמְחֵנוּ בִּאֲמֶת. וְהַנְחִילֵנוּ יִי אֱלֹהֵינוּ בְּאֲמֶת. וְהַנְחִילֵנוּ יִי אֱלֹהֵינוּ בְּאֲהֶבָה וּבְרָצוֹזְ שַבַּת קְּדְשֶׁךְ, וְיִנְוּחוּ בָה יִשְּׂרָאֵל מְקַדְּשֵׁי שְׁמֶךְ. בּרוּדְּ אַתַּה יִיַ, מִקַבִּש הַשָּבָּת.

Eloheinu v'Elohei avoteinu v'imoteinu,
r'tzeih vimnuchateinu. Kadsheinu
b'mitzvotecha v'tein chelkeinu b'toratecha.
Sab'einu mituvecha v'samcheinu
bishuatecha, v'taheir libeinu l'ovdcha b
e-emet. V'hanchileinu Adonai Eloheinu
b'ahavah uvratzon Shabbat kodshecha,
v'yanuchu vah Yisrael m'kadshei sh'mecha.
Baruch atah Adonai, m'kadeish haShabbat.

Our God and God of all ages, grant that our worship on this Shabbat may be acceptable to You. Sanctify us through Your commandments that the serenity of Shabbat may enter our lives. Teach us to be satisfied with the gifts of Your goodness and grateful to rejoice in all that You bestow. Purify our hearts that we may serve You in truth. Inspire us to preserve Shabbat as our heritage. May it ever bring rest and joy, peace and comfort to our homes. We praise You, God, who sanctifies the Sabbath.

## Avodah · עבודה · Worship

רְצָה, יִי אֱלֹהֵינוּ, בְּעַמְּדְ יִשְׂרָאֵל, וּתִפַּלַתִם בָּאַהֵבָה תַקַבָּל, וּתִהִי ַלְרָצוֹן הָמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךְ. אַל קַרוב לְכַל־קראָיו, פְּנֵה אֶל עַבַריד וְחַנֵּנוּ; שָׁפֹּדְ רוּחֵדְ עלינו, ותחזינה עינינו בשובך לְצִיּוֹן בָּרַחַמִים. בַּרוּך אַתַּה יָיַ, המחזיר שבינתו לציון.

R'tzeih, Adonai Eloheinu, b'amcha Yisrael, utfilatam b'ahavah t'kabeil, ut·hi l'ratzon tamid avodat Yisrael amecha. El karov l'chol-korav, p'neih el avadecha v'choneinu; sh'foch ruchacha aleinu, v'techezenah eineinu b'shuvcha l'Tziyon b'rachamim. Baruch atah Adonai, hamachazir sh'chinato l'Tziyon.

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love. O may our worship always be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Pour out Your spirit upon us; let our eyes behold Your presence in our midst and in the midst of our people in Zion. Blessed is the Eternal, whose presence gives life to Zion and all Israel.

May the sense of God's presence be with us along our way, helping us to discover the peace and rest some have lost or never known, renewing our covenant of peace with all created things.

And may we become more than we have been, more than we are: reaching for a perfection beyond our grasp, growing and learning one day to make this day's peace a peace for all days, learning one day to do justly, and love mercy, and walk alongside the One who walks with us.



Shabbat Evening Service V

### "From Generation to Generation"

WE BEGIN WITH A PRAYER of gratitude for all that is holy in our lives. God needs no words in any language, no services of worship, no words of praise. We are the ones who need them. Through prayer, each of us can sense our inner strength, our inner joy, our capacity to love. As we reach upward in prayer, we sense these qualities in our Creator. To love God is to love each other, working to make our lives better. To love God is to love the world God created and to work to perfect it. To love God is to love dreams of peace and joy that illumine all of us and to bring this vision to life.



# שְׁמַע וּבִרְכוֹתֶיהָ

# Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

Bar'chu · בְּרְכוּ · The Call to Prayer

!בְּרְבוֹ אֶת־יִי הַמְבֹּרְהְ Bar'chu et-Adonai hamvorach!
Praise the Eternal, to whom all praise is due!

!שרוּך לְעוֹּלְם וָעֶד Baruch Adonai hamvorach I'olam va-ed!

Blessed is God's glorious majesty, forever and ever!

YOU DIRECT THE PLAY of creation and light the skies with the sun and moon and stars. Every day and always you continue to create this world anew. The light from the sun illuminates our days, but the light of Your Torah shines at all times. You gave us Your Torah to teach us how to live. Blessed are You, Eternal God, who guides us with love.

# שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va·ed! Let us praise God who rules in glory forever and ever.

All are seated.

וְאָהַבְּתָּ אֵת יְיָ אֱלֹהֶיךְ, בְּכְל־ לְבָבְךְ וּבְבָל־נַפְּשְׁךְ וּבְכָל־מְאֹדֶךְ. וְהִיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹבִי מְצַוְּךְ הַיּוֹם, עַל־לְבָבֶךְ. וְשִנַּנְתָּם לְבָנֶיךְ, וְדְבַּרְתָּ בָּם בְּשִׁבְתְּךְ וּבְשְּׁכְבְּךְ וּבְלֶכְתְּךְ בַדֶּרֶךְ, עַל־יִדֶךְ, וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךְ, וּבְשְׁעֶרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם וּבִשְּעֶרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם וּבִשְעֶרֶיךְ. לְמַעַן תִּוְבְּרוּ וַעֲשִׂיתָם אַל־הֵיכָם, אֲנִי יְיָ אֱלֹהֵיכָם, אֲשֶׁר לְהְיוֹת לָכָם לֵאלֹהִים. אֲנִי יְיָ אלֹהִיכִם.

V'ahavta eit Adonai Elohecha, b'choll'vavcha uvchol-nafsh'cha uvchol-m'odecha.
V'hayu hadvarim ha·eileh, asher anochi
m'tzavcha hayom, al-l'vavecha. V'shinantam
l'vanecha, v'dibarta bam b'shivt·cha
b'veitecha, uvlecht·cha vaderech,
uvshochb'cha uvkumecha. Ukshartam l'ot
al-yadecha, v'hayu l'totafot bein einecha,
uchtavtam al-m'zuzot beitecha,
uvish·arecha. L'ma·an tizk'ru va·asitem
et-kol-mitzvotai, viyitem k'doshim
l'Eloheichem. Ani Adonai Eloheichem, asher
hotzeiti et·chem mei·eretz Mitzrayim
liyot lachem l'Elohim. Ani Adonai
Eloheichem.

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God!

# G'ulah · גאַלָה · Redemption

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

משֶה וּמִרְיָם וּבְנֵי יִשְרַאֵל לְךָּ עַנוּ שירה בַּשִּׁמְחַה רַבַּה וָאַמְרוּ כַלַּם: מי־במבה באלם, יי: Mi-chamochah ba-eilim, Adonai? מי בַּמְבָה, נַאַדֵּר בַּקְּדָש, Mi-kamochah, nedar bakodesh, נורא תהלת, עשה פלא: מלכותה ראו בניה, בוקע ים לְפַנֵי משֶה; "זֶה אֶלִי!" עַנוּ וְאַמְרוּ: "ייַ יִמְלֹדְ לְעַלֵם וַעַר!" ע'ne-emar: "Ki-fadah Adonai et-Ya-akov ".ug·alo miyad chazak mimenu." ונאלו מיַד חוַק מְמֵבּוּ. ברוך אתה יי, גאל ישראל.

Moshe uMiryam uvnei Yisrael I'cha anu shirah b'simchah rabah v'amru chulam:

nora t'hilot, oseh feleh? Malchut·cha ra·u vanecha, bokei·a yam lifnei Mosheh; "Zeh Eili!" anu v'amru: "Adonai yimloch l'olam va-ed!" Baruch atah Adonai, ga·al Yisrael.

Moses, Miriam and the children of Israel sang to You in great joy together: Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders? In their escape from the sea, Your children saw Your sovereign might displayed. "This is my God!" they cried. "The Eternal will reign forever and ever!"

As You have redeemed our people Israel, and enabled us to prevail over arms stronger than our own, so may You give hope to all who are oppressed and persecuted. We praise You, Eternal God, Redeemer of Israel.

# V'shamru י וְשַׁמְרוּ י The Covenant of Shabbat

ושמרו בני־ישראל את־השבת, ומים ברית לדרתם ברית la asot et-haShabbat l'dorotam b'rit עולם. ביני ובין בני ישראל אות היא לעלם, כי ששת ימים עשה יי אַת־הַשַּׁמִים וָאַת־הַאַרֵץ, וּבַיוֹם השביעי שבת וינפש.

V'shamru v'nei Yisrael et-haShabbat, olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et-hashamayim v'et-ha-aretz, uvayom hashvi-i shavat vayinafash.

The people of Israel shall preserve the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a bond between God and the people of Israel forever.



# לּלּבַּלָּה T'filah - Prayer

All rise.

ארנַי, שִּבָּתֵי תִּפְתַח, וּפִי יַגִּיר תִהּלֶּתֵך. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Your praise.

## Avot v'Imahot , אַבוֹת וְאָמָהוֹת God of All Generations

Baruch atah Adonai, Eloheinu v'Elohei ,אברהם avoteinu v'imoteinu: Elohei Avraham, אַבוֹתֵינוּ וָאִמּוֹתֵינוּ: אֱלוֹהֵי אַבְרַהַם אַלהי יצחק, ואלהי יעקב, אַלהי שָּׁרָה, אֱלֹהֵי רְבָקָה, אֱלֹהֵי לֵאַה, ואלהי רחל. האל הגדול, הגבור והבורא, אל עליון. גומל חסדים טובים וקונה הכל, וזוכר חסדי אַבות וָאִמָּהות, וּמְבִיא גָאֵלֶה לְבַנֵי בניהם, למעז שמו באהבה. מלד עוֹוֶר וּמוֹשֵיעַ וּמֲגָן. בַּרוּךְ אַתַּה ייַ, מַגַן אַבָרַהָם וְעַזְרַת שַּׁרָה.

Elohei Yitzchak, v'Elohei Ya-akov, Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Rachel. HaEl hagadol, hagibor v'hanora, El elyon. Gomeil chasadim tovim v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children, for the sake of Your name. You are our Sovereign and our Help, our Savior and our Shield. Blessed is the Eternal One, Shield of Abraham, Protector of Sarah.

אַתַה גָבּוֹר לְעוֹלֵם, אֲדֹנֵי, מחיה הכל אתה, רב להושיע. מכלכל חיים בחסה, מחיה הכל ברחמים רבים. סומד נופלים, ע'rofei cholim, umatir asurim, וּמָקַיָם אֱמוּנַתוֹ לְישֵנִי עפר. מי כמוד, בעל גבורות, ומי דומה לך, מלך ממית ומחיה ומצמיח ישועה: וְנַאֱמָן אֲתַה לְהַחֵיות הַכּל. בַרוּךְ אַתַּה יִיַ, מְחיַה הכּל.

Atah gibor l'olam, Adonai, m'chayeih hakol atah, rav l'hoshia. M'chalkeil chayim b'chesed, m'chayeih hakol b'rachamim rabim. Someich noflim, umkayeim emunato lisheinei afar. Mi chamocha, ba∙al g'vurot, umi domeh lach, melech meimit umchayeh umatzmiach y'shuah? V'ne∙eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

Infinite is Your power, O God. Great is Your gift of life. In loving kindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

#### All are seated.

MAY MY LIFE be one link in a chain of goodness. As I say the prayers of my ancestors, Help me to recall their devotion and faithfulness, their joy and suffering, which are in every word. Holiness is my heritage, may I be worthy of it.

May our tradition live in me and pass from me to generations I shall never know, enriched by the truth that I have found and the good deeds I have done.

So may I fulfill my task on earth and receive my blessing. And when the service ends and the prayers have ceased, help me to bring their spirit into the world in which I live. May I love God above all, and my neighbor as myself, and be a living witness to the truth that never changes.

# Blessing for Peace ברבת שלום י Blessing for Peace

שלום רב על ישראל עמד ועל Shalom rav al Yisrael amcha v'al בּל־הָעַמִּים הָּשִּׂים לְעוֹּלֶם, בִּי אַהָּה kol-ha·amim tasim l'olam, ki atah hu melech adon l'chol-hashalom. V'tov הוא מֶלֶךְ אָרוֹן לְבָל־הַשָּׁלוֹם. וְטוֹב בָּעִינֵידְ לְבַרֶדְ אֵת־עַמָּדְ יִשְׂרָאֵל בְּבַל־עָת וּבִבַל־שַעַה בִּשִׁלוֹמֵךְ. ברוך אתה יי, עושה השלום.

b'einecha l'vareich et-amcha Yisrael b'chol-eit uvchol-sha·ah bishlomecha. Baruch atah Adonai, oseih hashalom.

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace, and its advocate among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship and fellowship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart. Blessed is the Eternal God, the Source of peace.



# הְפִילות מִי שֶבַרַך

# T'filot Mi Shebeirach · Prayers for Healing

I

, בִּרָה, רִבְּקָה, וֹרְבָּקה Mi shebeirach imoteinu Sarah, Rivkah, לֵּאָה, וְרָחֵל.
Leah, v'Rachel.

May the One who blessed our mothers, May the One who blessed our fathers, Hear our prayer, and bless us as well.

Bless us with the power of Your healing. Bless us with the power of Your hope. May our hearts be filled with understanding, And strengthened by the power of Your love.

H

מי שֶׁבֵּרְדְּ אֲבוֹתְינוּ מְקוֹר הַבְּרָבָה Mi shebeirach avoteinu m'kor habrachah וֹלְאִמּוֹתֵינוּ.

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.

אַבּרֶךְ אָמּוֹתֵינוּ מְקוֹר הַבְּרֶכָה Mi shebeirach imoteinu m'kor habrachah מִי שֶׁבַּרַךְ אָמּוֹתֵינוּ מְקוֹר הַבְּרָכָה וּמּ-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.

### III

רְפַאֵנוּ יִי וְבַרְפַא, R'fa∙einu, Adonai, v'neirafei; הושיענו ונושעה. hoshi-einu v'nivashei-ah. בו לבל קראיו. El karov l'chol korav. אך קרוב ליראיו ישעו. Ach karov lirei-av yisho.

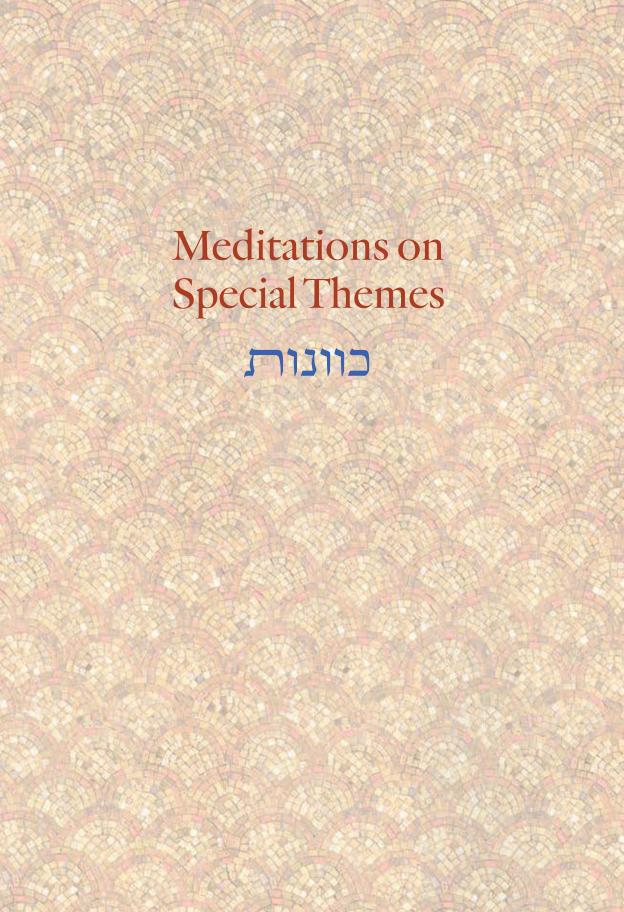
> We pray for healing of the body we pray for healing of the soul for strength of flesh and mind and spirit we pray to once again be whole.

בא נא רפא נא. El na r'fa na. Oh, please, heal us now.

רפואַת הַנְפַשׁ וּרְפוּאַת הַגוּף R'fuat hanefesh urfuat haguf, רפואה שלמה. r'fuah sh'leimah. Heal us now.

הושיעה את־עמד Hoshia et-amecha ערבהלתף uvareich et-nachalatecha .וּרְעֵם וְנַשְּׂאֵם עַד־הָעוֹלַם ureim v'nas'eim ad haolam. מי שַבַּרַךְ אֲבוֹתֵינוּ Mi shebeirach avoteinu מי שֶבַרֶד אָמוֹתֵינוּ Mi shebeirach imoteinu מוֹעה בּא. ייַ הוֹשִיעָה בָּא ana, Adonai, hoshia na.

> We pray for healing of our people we pray for healing of the land and peace for every race and nation every child, every woman, every man.







# בַּוּנוֹת

# Kavanot · Meditations on Special Themes

### Reaching for God

אַנָעִים זְמִירוֹת וְשִׁירִים אֵאֵרֹג, כִּי אַלִידְ נַפְשִׁי תַּעָרֹג. נַפְשִׁי חַמְּדַה מָדֵי דַּבָּרִי בִּכְבוֹדֵדְ, הוֹמֵה לְבִּי אֵל דוֹדֵיק. עַל כַּן אַדַכֵּר כִּדְּ נִכְבַּדוֹת, וַשְּׁמָדָ אֲכַבֵּד בִּשִירֵי יִדִידוֹת.

Anim z'mirot v'shirim e'erog, ki eleicha nafshi ta'arog. Nafshi chomdah בּצֵל יָדֵדּ, לְדֵעַת כַּל רָז סוֹדֵדּ. b'tzeil yadecha, lada'at kol raz sodecha. Midei dabri bichvodecha, homeh libi el dodecha. Al kein adaber b'cha nichbadot, v'shimcha achabed b'shirei y'didot.

I shall compose songs and hymns shall I weave, because my soul longs for You. My soul desired the shelter of Your hand, to know all the mysteries of Your secret. Whenever I speak of Your glory, my heart yearns for Your love. Therefore I shall speak of You in glorious terms, and Your Name I shall honor with songs of love.

### God's Nearness

The Lord is my Shepherd, I shall not want. He maketh me to lie down in green pastures; He leadeth me beside the still waters. He restoreth my soul; He guideth me in straight paths for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou hast anointed my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

### The God We Worship

Through prayer we struggle to experience the Presence of God. Let us be sure that the One we invoke is the Most High, not a god of battles, of status or 'success'—but the Source of peace and mercy and goodness. For, truly: "The gods we worship write their names on our faces, be sure of that. And we will worship something—have no doubt of that either. We may think that our tribute is paid in secret in the dark recesses of the heart—but it will out. That which dominates our imagination and our thoughts will determine our life and character. Therefore it behooves us to be careful what we are worshipping, for what we are worshipping we are becoming."

### Becoming God's Hands

When people come to you for help, do not turn them off with pious words, saying: "Have faith and take your troubles to God!" Act instead as if there were no God, as though there were only one person in all the world who could help—only yourself.

### Giving Thanks

God of Goodness,

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

### A Clean Heart Within Me

Dear God,

Create a clean heart within me; let me know Your light and Your goodness. Help me to speak kind words to those I love, to avoid telling lies when I should speak the truth. Let me learn from Your Torah and our heritage how to be a good person today and always. May my secret thoughts and the things I say always be pleasing to You, my one and only God.

### The Words of My Mouth

צלהי, נצר לשוני מרע, ושפתי Elohai, n'tzor l'shoni meira, usfatai מדבר מרמה, ולמקללי נפשי תדם, עבר לבל תהיה. פתח לבי v'nafshi ke afar lakol tiyeh. P'tach libi עשה למען שמד, עשה למען עשה למעז תורתה. למעז יחלצוז ידידיה, הושיעה ימינה וענני.

midabeir mirmah, v'limkal'lai nafshi tidom, נְפְשִׁי, בֹּתְצִוֹתֵיךְ תְּרָדֹף נַפְשִׁי, b'toratecha, uvmitzvotecha tirdof nafshi, v'chol hachoshvim alai ra-ah, m'heirah וכל החושבים עלי רעה. מהרה הפר עצתם וקלקל מחשבתם. hafeir atzatam v'kalkeil machashavtam. Aseih l'ma·an sh'mecha, aseih l'ma·an ימינה, עשה למען קדשתה, y'minecha, aseih I'ma·an k'dushatecha, aseih l'ma·an toratecha. L'ma·an yeichaltzun y'didecha, hoshiah y'mincha va·aneini.

O God, guard my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice, and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in You. Help me to be strong in trial and temptation and to be patient and forgiving when others wrong me. Guide me by the light of Your counsel, that I may ever find strength in You.

יְהִיוּ לְרָצוֹן אִמְרֵי־פִּי וְהָגִיוֹן לְבִּי Yiyu l'ratzon imrei-fi v'hegyon libi יי, צורי וגאלי. I'fanecha, Adonai, tzuri v'go-ali.

May the words of my mouth, and the meditations of my heart, be acceptable to You, O God, my Rock and my Redeemer.

### The One Who Makes Peace

יעשה שלום במרומיו, הוא יעשה Oseh shalom bimromav, hu ya aseh שלום עלינו ועל בל־ישראל, shalom aleinu v'al kol-Yisrael, .עמרו: אמן. v'imru: amen.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and all the world, and let us say: Amen.

### The Ten Days of Repentance

Holy and awesome God, though there is greatness in us, and a deep longing for goodness, we have often denied our better selves and refused to hear Your voice within us calling us to rise to the full height of our humanity. At times we choose to walk in darkness, our vision obscured. We do not care to look within, and we are unwilling to look beyond at those who need our help. O God, be with us as a strong and wise Friend, and teach us to walk by the light of Your truth. When heavy burdens oppress us, help us to see through the darkness to the light beyond.

To You, O God, we turn for light; turn to us and help us.

When we come to doubt life's goodness, give us the understanding to bear pain without despair.

To You, we turn for understanding; turn to us and help us.

When we are tempted to suppress the voice of conscience, turn our hearts to the rights of others, and make us more responsive to their needs.

To You, we turn for guidance; turn to us and help us.

And when we become immersed in material cares and worldly pleasures, may we find that all things bear witness to You, O God, and let them lead us back into Your presence.

To You, we turn for meaning; turn to us and help us.

The Eternal, the Eternal God is merciful and gracious, endlessly patient, loving, and true, showing mercy to thousands, forgiving iniquity, transgression, and sin, and granting pardon.

,הַשִּיבֵנוּ יִיָ אֵלֵיךְ וְנַשִּוּבַה, Hashiveinu Adonai eilecha v'nashuvah, בקבם. chadeish yameinu k'kedem.

Help us to return to You, O Eternal One; then truly shall we return. Renew our days as in the past.

### Sukkot

God of the universe, the stars in their courses and the changing seasons tell of Your infinite might. In these autumn days, the waning summer and the falling leaves bring no melancholy into our hearts. The season begins in joy with the bountiful gifts of Your unfailing goodness. We behold the fruits of tree and vine and gather to celebrate the harvest, the joyous festival of Sukkot.

The structures of stone and steel that our hands have wrought may make us boastful of human strength; but the fruits of field and orchard reawaken our thoughts of You. When, on this festival, we bring into Your house the products of soil and sunlight, our thoughts turn to the miracle of the seed, the mystery of growth, the refreshing rain and the ripening sun. We learn anew that it is You who blesses our toil wherever we labor. All that we have comes from You.

Your bounty provides for all human needs if we are wise and generous in the use of Your blessings. Teach us to employ Your gifts for the well-being of all people. Let there be no famine or scarcity in any household or in any land. As soil and rain and sun unite to do Your will, so unify all of humankind to fulfill Your command to live together in mutual blessing. Spread over us the tabernacle of peace and unity, now and forevermore.

### Chanukah

We thank You, God, for the redeeming wonders and the mighty deeds with which You saved our people in days of old at this season. In the days of the Maccabees, a tyrant nation rose up against our ancestors, determined to make them forget the Torah, and to turn them away from obedience to Your will. But in Your abundant mercy, You were at their side in their time of trouble. You gave them strength to struggle and to triumph, that they might serve You in freedom.

Through Your spirit, the weak defeated the strong, the few prevailed over the many, and the righteous were victorious. Then did our people return to Your house, to purify Your sanctuary and kindle its lights. And they appointed these eight days of Chanukah, to give thanks and praise to You.

Grant that the heroic example of the Maccabees may inspire us always to be loyal to our heritage and valiant for truth. May You help us to overcome the darkness of prejudice and hatred, and spread the light of liberty and love.

פּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ Baruch atah Adonai Eloheinu melech העוֹלָם, אֲשֶׁר קְדְשֵׁנוּ בְּמִצְוֹתָיו ha·olam, asher kidshanu b'mitzvotav, יוצוְנוּ לְהַדְלִיק גַר שֶׁל חֲנֻבָּה. v'tzivanu l'hadlik neir shel chanukah.

We praise You, Eternal God, Creator of the universe, who hallows our lives through laws and ethical teachings. We are mindful of these timeless values as we kindle the Chanukah lights.

בּרוּךְ אַתָּה יהוּה אֱלֹהֵינוּ מֶלֶךְ Baruch atah Adonai Eloheinu melech הָעוֹלָם, שֶׁעָשָּׁה נִפִּים לַאֲבוֹתֵינוּ הֹלְאִמּוֹתֵינוּ בַּיָּמִים הָהֵם בַּזּמֵן הַזֶּה. ul'imoteinu bayamim haheim bazman hazeh.

We praise You, Eternal God, Creator of the universe, who performed wondrous deeds for our ancestors in days of old at this season.

On the first night of Chanukah only.

Baruch ata Adonai Eloheinu melech בְּרוּדְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶּלֶדְ ha·olam, shehecheyanu v'kiy'manu v'higi-anu lazman hazeh.

We praise You, Eternal God, Creator of the universe, for giving us life, for sustaining us, and for enabling us to reach this day of joy.

מָעוֹז צוּר יְשׁוּעָתִי לְךּ נָאָה לְּשַּבְּחַ. מְעוֹז צוּר יְשׁוּעָתִי לְךּ נָאָה לְשַׁבְּחַ. זבּוֹן בֵּית תְּפִּלְתִי וְשָׁם תּוֹדָה נְזַבְּחַ. בוֹנ בְּיִם מְטְבַּחַ מִצְר בּיִשִיר מִוְמוֹר, אָז אָגְמֹר בְּשִׁיר מִוְמוֹר, בוֹנבּת הַמִּוְבַחַ. אָז אָגְמֹר בְּשִׁיר מִוְמוֹר, מוֹנבַת הַמִּוְבַחַ. למת המוֹנבּר. בּיִשִיר מִוְמוֹר, chanukat hamizbei-ach.

Rock of Ages, let our song praise Your saving power; You, amid the raging foes, were our sheltering tower. Furious, they assailed us, but Your arm availed us, And Your word broke their sword, When our own strength failed us. Children of the Maccabees, whether free or fettered, Wake the echoes of the songs, where you may be scattered. Yours the message cheering, that the time is nearing, Which will see all go free, tyrants disappearing.

### Purim

Throughout the centuries, we have experienced the miracle of our survival in the face of cruelty. We remember how often our people has endured prejudice and slander, hatred and oppression. In many lands and ages, tyrants such as Haman have risen up against us. We have paid a high price for our loyalty to God and to the legacy of those who came before us.

Yet this legacy has given us courage to bear our suffering with dignity and fortitude, and to remain unshaken in the conviction that, in the end, good must triumph over evil, truth over falsehood, and love over hate.

On the festival of Purim, we gratefully recall the steadfast devotion of Mordecai and the faithful courage of Esther. We look back on our history not only with sorrow for its tragedies, but with joy for its deliverances and pride in its achievements.

At this season of rejoicing, inspire us anew with such loyalty to You, to our faith, and to our people. Let the heritage that has been entrusted to us ever be secure in our keeping.

### Passover

God of all generations, on this festival of Passover, we gather in Your house to recall Your wonders of old. We remember with gratitude that we have been redeemed, not once, but many times, from the house of bondage. When we were slaves in Egypt and suffered under the taskmaster's whip, You sent Your servants, Moses and Aaron, to stand in the presence of Pharoah and proclaim in Your name: Let My people go that they may serve Me. The cruel heart of the tyrant and the might of his armies did not avail against Your liberating word, and inspired by Miriam, Israel marched forth with songs and rejoicing.

Teach us, O God, to accept and cherish Your law of liberty. May we become messengers of freedom, together striving for the redemption of the earth's oppressed. Let all Your children know that the might of armies and the fist of tyrants are powerless before Your spirit. May the coming year bring a new Passover of freedom to every people and every land.

### The Holocaust

We have lived in numberless towns and villages; and in too many of them we have endured cruel suffering. Some we have forgotten; others are sealed into our memory, a wound that does not heal. A hundred generations of victims and martyrs; still their blood cries out from the earth. And so many, so many at Dachau, at Buchenwald, at Babi Yar, and . . .

What can we say? What can we do? How bear the unbearable, or accept what life has brought to our people? All who are born must die, but how shall we compare the slow passage of our time with the callous slaughter of the innocent, cut off before their time?

They lived with faith. Not all, but many. And, surely, many died with faith; faith in God, in life, in the goodness that even flames cannot destroy. May we find a way to the strength of that faith, that trust, that sure sense that life and soul endure beyond this body's death.

They have left their lives to us: let a million prayers rise whenever Jews worship; let a million candles glow against the darkness of these unfinished lives.

### Israel

יִרוּשָׁלְם יְרוּשָׁלְם Sha alu sh'lom Y'rushalayim, ישְׁלִיוּ אֹהֲבֵיִר. yishlayu ohavayich.

Pray for the peace of Jerusalem; may those who love you prosper.

אָבִינוּ שֶׁבַּשֶּׁמְיִם,

לוֹר יִשְּׂרָאֵל וְגוֹאֲלוֹּ,

נער Yisrael v'go-alo,

בְּבֵךְ אֶת מְדִינַת יִשְׂרָאֵל וְגוֹאֲלוֹּ,

bareich et m'dinat Yisrael,

reishit tz'michat g'ulateinu.

Hagein aleha b'evrat chasdecha,

וּבְּלִיהָ בְּאֶבְרַת חַסְהֵּךְ,

ווֹיְשְׁלִיהָ סְבַּת שְׁלוֹמֶךְ,

ufros aleha sukat shlomecha,

ushlach orcha va-amit'cha l'rasheha,

sareha v'yo-atzeha, v'tak'neim b'eitza tova

milfanecha. V'nata shalom ba-aretz,

v'simchat olam l'yoshveha.

V'nomar: Amen.

O God on High, Rock and Guardian of Israel, bless the people and the State of Israel that marks the dawning of hope for all who seek peace. Shield it within the embrace of Your love; spread over it the canopy of peace; send Your light and truth to all who lead and advise, guiding them with Your wise counsel. May peace soon be established throughout the land and fullness of joy for all who dwell there. And let us say: Amen.



שיר הַפַּעֲלוֹת לְדָוִד. שָּׁמְחְתִּי בְּאֹמְרִים לִי בֵּית יְיָ נֵלֵךְ. עֹמְדוֹת הִיוּ רַגְלֵינוּ בִּשְעַרְיִךְ יְרוּשָׁלֵיִם. יְרוּשָׁלָים הַבְּנוּיָה כְּעִיר שֶׁחֻבְּרָה יְה יַחְדָּוּ. שֶׁשָּׁם עָלוּ שְׁבָטִים שִׁבְטֵי יְיָ. כִּי שֲמָה יִשְׁרָאֵל לְהֹדוֹת לְשֵׁם יְיָ. כִּי שֲמָה יִשְׁרָאֵל לְהֹדוֹת לְשֵׁם כְּסְאוֹת לְבִית דְּוִד. שַּאֲלוּ שְׁלוֹם בְּסְאוֹת לְבִית דְּוִד. שַּאֲלוּ שְׁלוֹם בְּחִילֵךְ שַׁלְנִה בְּאַרְמְנוֹתֵיִךְ. לְמַעַן אַחִי וְרַעָי אֲדַבְּרָה נָּא שָׁלוֹם בָּךְ. לְמַעַן בֵּית יִי אֱלֹהֵינוּ אֲבַקְשָׁה טוֹב לֹד.

Shir hama·alot l'David. Samachti
b'omrim li beit Adonai neileich. Omdot
hayu ragleinu bishareiyich Y'rushalayim.
Y'rushalayim habnuyah k'ir shachubrah
lah yachdav. Shesham alu sh'vatim shivtei
yah eidut l'Yisrael l'hodot l'sheim
Adonai. ki shamah yashvu chisot l'mishpat
kisot l'veit David. Sha·alu sh'lom
Y'rushalayim yishlayu ohavayich. Y'hi shalom
b'cheileich shalvah b'arm'notayich. L'ma·an
achai v'rei·a adabrah na shalom bach.
L'ma·an beit Adonai Eloheinu avakshah
tov lach.

A song of ascents, of David. I rejoiced when they said to me, "We are going to the house of the Eternal." Our feet stood inside your gates, O Jerusalem. Jerusalem built up, a city knit together, to which tribes would make pilgrimage, the tribes of the Eternal—as was enjoined upon Israel—to praise the name of the Eternal. There the thrones of judgment stood, thrones of the house of David. Pray for the well-being of Jerusalem; "May those who love you be at peace. May there be well-being within your ramparts, peace in your citadels." For the sake of my kin and friends, I pray for your well-being; for the sake of the house of the Eternal, our God, I seek your good.

### Torah

Let us affirm our faith in Torah, Our people's legacy of learning and faith.

There are no words more challenging than "You shall be holy!"

No command more basic than "You shall love!"

There is no insight so fundamental as "In the beginning, God," No words so life-enhancing as "You shall rest!"

No cry is more compelling than "Let My people go!" No consolation more comforting than "I am with you in your distress."

There is no vision more hopeful than "They shall beat their swords into plowshares," And no summons more demanding than "Justice, justice shall you pursue!"

These words have outlived monuments and empires; We want them to live through us, until the end of time.

We owe it to our ancestors to keep Torah alive; They struggled and suffered to preserve our way of life; They knew this to be their most precious gift to us.

We owe it to our children to keep Torah alive; For why should they be spiritual paupers When the riches of this heritage can be theirs?

We owe it to the world to keep Torah alive; This is a message which the world needs to hear.

We owe it to God to continue as a people, To share God's dream, to bear witness to God's sovereignty, And to live the words of Torah.

### Redemption

I believe that unarmed truth and unconditional love will have the final word in reality. This is why right temporarily defeated is stronger than evil triumphant. I believe that even amid today's mortar bursts and whining bullets, there is still hope for a brighter tomorrow. I believe that wounded justice, lying prostrate on the blood-flowing streets of our nations, can be lifted from this dust of shame to reign supreme among the children of men. I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits. I believe that what self-centered men have torn down men other-centered can build up. I still believe that one day mankind will bow before the altars of God and be crowned triumphant over war and bloodshed, and nonviolent redemptive good will proclaim the rule of the land. "And the lion and the lamb shall lie down together and every man shall sit under his own vine and fig tree and none shall be afraid." I still believe that we shall overcome! This faith can give us courage to face the uncertainties of the future. It will give our tired feet new strength as we continue our forward stride toward the city of freedom. When our days become dreary with low-hovering clouds and our nights become darker than a thousand midnights, we will know that we are living in the creative turmoil of a genuine civilization struggling to be born.

# Prayers for the Sabbath Day תפילות ליום שבת





## בַּרְבוֹת הַשַּׁחַר

## Birchot Hashachar - Morning Blessings

### Mah Tovu · מָה־שָׁבוּ · How Lovely

מה־טבוּ אהליף יעקב, משכנתיף Mah-tovu ohalecha Yaakov, mishk'notecha ישראל. ואני ברב חסדף אבוא Yisrael. Vaani b'rov chasd'cha avo יהוה עשי. ואני תפלתי־לך יהוה, Adonai osi. Vaani t'filati-l'cha Adonai,

veitecha, eshtachaveh el-heichal-kodsh'cha בְירָאַתֶּד. יהוה, אַהַבְתִּי מְעוֹן בֵּיתֵד, b'yiratecha. Adonai, ahavti m'on beitecha, umkom mishkan k'vodecha. Vaani eshtachaveh v'echraah, evr'chah lifnei אָשְׁתַּחֵוֶה וְאֶבְרֵעָה, אֱבַרְכַה לְפְנֵי פול בְרַב חַסְהֵּדְ, eit ratzon. Elohim b'rov chasdecha, קנני בַאָּמֵת יִשְׁעֵך. aneini be·emet yishecha.

How lovely are Your tents, O Jacob, your dwelling-places, O Israel!

In Your abundant lovingkindness, O God, let me enter Your house, reverently to worship in Your holy temple.

I love Your house, Eternal One, the place where Your glory dwells. So I would worship with humility; I would seek blessing in the presence of God, my Maker.

May my prayer now, Eternal One, find favor before You. In Your great love, O God, answer me with Your saving truth.

## סקנ יתְהַלִּים קנ · Psalm 150

!הללויה! Hal'luyah! הַלְלוּ־אֵל בַּקַדִּשׁוּ, Hal'lu-El b'kodsho, הַלְלוּהוּ בַּרְקִיעֵ עָזוֹ. hal'luhu birkia uzo. Hal'luhu vigvurotav, hal'luhu k'rov gudlo. הַלְלוּהוּ בְּתֵקע שוּפַר, Hal'luhu b'teika-shofar, hal'luhu b'neivel v'chinor. Hal'luhu b'tof umachol, הַלְלוּהוּ בִּמְבִּים וְעָגַב. hal'luhu b'minim v'ugav. הללוהו בצלצלי־שמע. Hal'luhu v'tziltz'lei-shama, הַלְלְוּהוּ בַּצִלְצְלֵי תִרוּעָה. hal'luhu b'tziltz'lei t'ruah. כל הנשמה תהלל יה. Kol han'shamah t'haleil Yah. הללויה! Hal'luyah!

Halleluyah!

Praise God in the sanctuary, Praise God whose power the heavens proclaim. Praise God's mighty acts, Praise God's surpassing greatness. Praise God with Shofar blast. Praise God with harp and lute. Praise God with drum and dance, Praise God with strings and pipe. Praise God with cymbals crashing, Praise God with cymbals resounding. Let every soul praise the Eternal One. Halleluyah!

T

WE BEGIN WITH A PRAYER of gratitude for all that is holy in our lives. God needs no words in any language, no services of worship, no words of praise. We are the ones who need them. Through prayer, each of us can sense our inner strength, our inner joy, our capacity to love. As we reach upward in prayer, we sense these qualities in our Creator. To love God is to love each other, working to make our lives better. To love God is to love the world God created and to work to perfect it. To love God is to love dreams of peace and joy that illumine all of us and to bring this vision to life.

Π

O Source of Light and Truth, Creator of the eternal law of goodness, and of the impulse within us for justice and mercy, we pray that this hour of worship may be one of vision and inspiration. Help us to find knowledge by which to live; lead us to take the words we speak into our hearts and our lives.

Bless all who enter this sanctuary in search and in need, all who bring to this place the offering of their hearts. May our worship here lead us to fulfill our words and our hopes with acts of kindness, peace, and love.

EACH OF US has come here with different needs and experiences. Some hearts are full of gratitude and joy: They are overflowing with the happiness of love and the joy of life; they are eager to confront the day, to make the world more fair; they are recovering from illness or have escaped misfortune.

And we rejoice with them.

Some hearts ache with sorrow: Disappointments weigh heavily on them and they have tasted despair; families have been broken; loved ones lie on a bed of pain; death has taken those whom they cherished.

May our presence and sympathy bring them comfort.

Some hearts are embittered: They have sought answers in vain; ideals have been mocked and betrayed; life has lost its meaning and value.

May the knowledge that we, too, are searching restore their hope and give them courage to believe that all is not emptiness.

Some spirits hunger: They long for friendship; they crave understanding. They yearn for warmth.

May we, in our common need and striving, gain strength from one another, as we share our joys, lighten each other's burdens, and pray for the well-being of our community.



# 

## Sh'ma Uvirchoteha · Sh'ma and Its Blessings

All rise.

Bar'chu · בַּרְכוּ · The Call to Prayer

!בְּרְבוֹ אֶת־יִי הַמְבֹרְה Bar'chu et-Adonai hamvorach! Praise the Eternal, to whom our praise is due!

!בְרוֹךְ יְיָ הַמְבֹרְךְ לְעוֹלֶם וְעֶד Baruch Adonai hamvorach l'olam va·ed! Praised be the Eternal, to whom our praise is due, now and forever!

All are seated.

#### Yotzeir Or יוצר אור , Creation

בָּרוּך אַתָּה יְיָ, אֱלֹבְינוּ מֶלֶךְ הָעוֹלֶם, יוֹצֵר אוֹר וּבוֹרֵא חְשֶׁךְ, עשֶׁה שָׁלוֹם וּבוֹרֵא אֶת־הַכֵּל. הַמֵּאִיר לְאֲרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים, וּבְטוּבוֹ מְחַבֵּש בְּכְל־יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית. מָה רַבּוּ מַעֲשֶׂיךְ, יְיָ! כָּלֶם בְּחְבְמָה עָשְׂיתָ, מָלְאָה הָאֶרֶץ קִנְינֶךְ. תִּתְבָּרַךְ, יְיָ הֶאֶרֶץ קִנְינֶךְ. תִּתְבָּרַךְ, יְיָ אֱלֹבִינוּ, עַל־שֶבַח מַעֲשֵׂה יָבֶיךְ, וְעַל־מְאְוֹבִי־אוֹר שֶּעָשִׂיתָ: יְפָּאֲרְוּךְ. סַלֹה. בּרוּדְ אַתַּה יִיָ, יוֹצֵר הַמָּאוֹרוֹת.

Baruch atah Adonai, Eloheinu melech ha·olam, yotzeir or uvorei choshech, oseh shalom uvorei et-hakol. Hamei·ir la·aretz v'ladarim aleha b'rachamim, uvtuvo m'chadeish b'chol-yom tamid ma·aseih v'reishit. Mah rabu ma·asecha, Adonai! Kulam b'chochmah asita, mal·ah ha·aretz kinyanecha. Titbarach, Adonai Eloheinu, al-shevach ma·aseih yadecha, v'al-m'orei-or she·asita: Y'fa·arucha.
Selah. Baruch atah Adonai, yotzeir ham·orot.

We praise You, God, Creator of the universe. We are grateful for this new day: for morning sun and evening star, for flowering trees and flowing tides, for life-giving rains and cooling breezes, for the earth's constant turning, the changing seasons, the cycle of growth and decay, of life and death. How miraculous are Your works! In wisdom, You have made them all. The heavens declare Your glory. The earth reveals Your creative power. You form light and darkness, ordain good out of evil, bring harmony into nature, and peace to the human heart.

#### Ahavah Rabah י אַהַבָּה רַבָּה Revelation

אַהַבָּה רַבָּה אֲהַבְּתָּנוּ, יְיָ אֱלֹהֵינוּ, הַמְלָה גְּדוֹלָה וִיתֵרָה חָמֵלְתָּ עָלֵינוּ. הָמְלֹה גְּדוֹלָה וִיתֵרָה חָמֵלְתָּ עָלֵינוּ. הְמִלֹתִינוּ שֶׁבָּטְחוּ בְדְּ וַתְּלַמְּדֵנוּ הְמִלְתִינוּ הָאָב הָרַחֲמָן, הַמְרַחֵם, רַחֵם עָלֵינוּ וְתַן בְּלִבֵנוּ לְהָבִין וּלְהַשְּׁכִּיל, לִשְׁמְעַ לִלְמֹד וּלְלַמֵּה, וּלְהַשְּׁכִּיל, לִשְׁמְע לִלְמֹד וּלְלַמֵּה, תַלְמוּד תּוֹרָתֶךְ בְּאַהֲבָה.

Ahavah rabah ahavtanu, Adonai Eloheinu, chemlah gʻdolah viteirah chamalta aleinu.
Avinu malkeinu, ba-avur avoteinu vʻimoteinu shebat-chu vʻcha vat'lamdeim chukei chayim, kein t'choneinu utlamdeinu.
Avinu, ha-Av harachaman, hamracheim, racheim aleinu vʻtein bʻlibeinu l'havin ulhaskil, lishmo-a lilmod ul'lameid, lishmor v'la-asot ulkayeim et-kol-divrei talmud toratecha bʻahavah.

Great has been Your love for us and Your compassion boundless. Our ancestors put their trust in You as they learned the laws of life. Be gracious to us that we may understand and fulfill the teachings of Your word. Enlighten our eyes through the Torah, that we may live by Your commandments. Unite our hearts in love and reverence. We trust in You and rejoice in Your guiding power, for from You comes our help. You have called us and drawn us near to You to serve You in faithfulness. Joyfully, we lift up our voices and proclaim Your unity. We praise You, for in love You have called upon our people Israel to serve You.

וְהָאֵר עֵינְינוּ בְּתוֹרָתֶךְ וְדַבֵּל לִבֵּנוּ בְּמִצְוֹתֶיךְ, וְיִחֵד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת-שְׁמֶךּ, וְלֹא־נֵבוֹשׁ לְעוֹלָם וַעֶּד, כִּי בְשֵׁם לְּוְדִשְׁךְ הַנָּדוֹל וְהַנּוֹרָא כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אֶתָּה, וּבְנוּ בְחַרְתָּ וְמַרַבְתָנוּ לְשִׁמְדְ הַנִּדוֹל סֶלָה בָּאֶמֶת, לְהוֹדוֹת לְךְּ וּלְיַחֶדְךְ בְּאַהֲבָה. בָּרוּךְ אַתָּה יְיָ, הַבּּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

V'ha·eir eineinu b'toratecha v'dabeik libeinu b'mitzvotecha, v'yacheid l'vaveinu l'ahavah ulyirah et-sh'mecha. V'lo-neivosh l'olam va·ed, ki v'sheim kodsh'cha hagadol v'hanora batachnu. Nagilah v'nism'chah bishuatecha, ki El po·eil y'shuot atah, uvanu vacharta v'keiravtanu l'shimcha hagadol selah be·emet, l'hodot l'cha ulyachedcha b'ahavah. Baruch atah Adonai, habocheir b'amo Yisrael b'ahavah.

All rise.

## שָׁמַע יִשְּׂרָאֵל: יִיָ אֱלֹהֵינוּ, יִיָ אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One!

#### בָּרוּךְ שֵׁם כְּבוֹד מַלְבוּתוֹ לְעוֹלָם וְעָד!

Baruch sheim k'vod malchuto l'olam va·ed! Blessed is God's glorious majesty, forever and ever!

All are seated.

וְאָהַבְּתָּ אֵת יְיָ אֱלֹהֶיךְ, בְּכְלֹ־לְבָבְךְּ וֹבְכָל־נַפְּשְׁךְ וּבְכָל־מְאֹדֶךְ. וְהִיוּ הַדְּבָרִים הָאֱלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךְ הִיּוֹם, עַל־לְבָבֶךְ. וְשִׁנַּנְתָם לְבָנֶיךְ, וֹּבְלֶבְתְּךְ בַּבֶּעְרְיְ, וּבְשְׁכִבְּךְ וֹּבְלֶבְתְּךְ נִּמְבְתְּךְ וֹבְלְבְתְּךְ וֹּבְשְׁכִבְּךְ וֹהִיוּ לְטֹטָפֹת בֵּין עֵינֶיךְ, וּכְתַבְתָם עַל־מְזְוֹת בֵּיתֶךְ, וּבִשְּעֶרֵיךְ. לְמַעֵן תַּזְכָּרוֹ וַעֲשִׂיתָם אֶת־בֵּל־מִצְוֹתְ,

V'ahavta eit Adonai Elohecha, b'chol-l'vavcha uvchol-nafsh'cha uvchol-m'odecha. V'hayu hadvarim ha·eileh, asher anochi m'tzavcha hayom, al-l'vavecha. V'shinantam l'vanecha, v'dibarta bam b'shivt·cha b'veitecha, uvlecht·cha vaderech, uvshochb'cha uvkumecha. Ukshartam l'ot al-yadecha, v'hayu l'totafot bein einecha, uchtavtam al-m'zuzot beitecha, uvish·arecha. L'ma·an tizk'ru va·asitem et-kol-mitzvotai,

והייתם קדשים לאלהיכם. אני יי

viyitem k'doshim l'Eloheichem. Ani Adonai בם אלהיכם, אשר הוצאתי אתכם Eloheichem, asher hotzeiti et-chem mei∙eretz Mitzrayim liyot lachem ו'Elohim. Ani Adonai Eloheichem.

Thou shalt love the Lord, thy God, with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them upon the doorposts of thy house and upon thy gates: That ye may remember and do all My commandments and be holy unto your God. I am the Lord your God, who led you out of Egypt to be your God; I am the Lord your God.

#### G'ulah · גאלה Redemption

We are a people in whom the past endures, in whom the present is inconceivable without moments gone by. The Exodus lasted a moment, a moment enduring forever. What happened once upon a time happens all the time.

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

nora t'hilot, oseh feleh?

מי־כמבה באלם, יי? Mi-chamochah ba-eilim, Adonai? מי־בָּמְבָה, נָאְדָּר בַּקְדֶשׁ, Mi-kamochah, nedar bakodesh,

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders?

אַיָּרִם לְשִׁמְדָ Shirah chadashah shibchu g'ulim l'shimcha "l'olam va·ed!" לעלם ועד!

מַל־שְׂפַת הַיָּם; יַחַד בָּלָם הוֹדוּ al-s'fat hayam; yachad kulam hodu יְיָיִי יִמְלֹּךְ v'himlichu v'amru: "Adonai yimloch

A new song the redeemed sang to Your name. At the shore of the Sea, saved from destruction, they proclaimed Your sovereign power: "The Eternal will reign forever and ever!"

דור ישראל קומה בעזרת ישראל. Tzur Yisrael kumah b'ezrat Yisrael,

יהובה וישראל. ufdeih chinumecha Y'hudah v'Yisrael. Go-aleinu Adonai Tz'va-ot sh'mo, k'dosh ישֶׁרָאֵל. בָּרוּךְ אַתַּה יִי, נַאַל ישׂרָאַל. Yisrael. Baruch atah Adonai, ga-al Yisrael.

Rock of Israel, redeem those who are oppressed and deliver those who are persecuted. We praise You, our Redeemer, the Holy One of Israel.





## עַפַלַה T'filah - Prayer

All rise.

ארנַי, שִּבָּתֵי תִּפְתַח, וּפִי יַגִּיר תִהּלֶּתֵך. Adonai, s'fatai tiftach, ufi yagid t'hilatecha. Eternal God, open my lips, that my mouth may declare Your praise.

#### Avot v'Imahot י אַבוֹת וָאִמָהוֹת · God of All Generations

מבותינו: אַלהי אַבְרַהַם, avoteinu v'imoteinu: Elohei Avraham, Sarah, Elohei Rivkah, Elohei Leah, שַרה, אֱלהי רָבָקה, אֱלהי לְאָה, יוקבים עליון. גומל חַסְרִים v'hanora, El elyon. Gomeil chasadim מעסt v'imahot, umeivi g'ulah livnei אַבוֹת וָאָמַהוֹת, ומֵבִיא גָאָלָה לְבְנֵי עוֹוֶר וּמוֹשֵיעַ וּמֲנֵץ. בַּרוּךְ אַתַּה יי, מגן אַברהם ועזרת שרה.

Baruch atah Adonai, Eloheinu v'Elohei צלהי יצחק, ואלהי יעקב, אלהי Elohei Yitzchak, v'Elohei Ya-akov. Elohei יואלהי רחל. האל הגדול. הגבור v'Elohei Rachel. HaEl hagadol, hagibor tovim v'koneih hakol, v'zocheir chasdei ע'neihem, l'ma·an sh'mo b'ahavah. Melech ozeir umoshia umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children, for the sake of Your name. You are our Sovereign and our Help, our Savior and our Shield. Blessed is the Eternal One, Shield of Abraham, Protector of Sarah.

#### G'vurot · גבורות · God's Power

אתה גבור לטולם, אדני, מחיה הכל אתה, רב להושיע. מכלכל חיים בחסה, מחיה הכל ברחמים רבים. סומד נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישני עפר. מי כמוך, בעל גבורות, ומי דומה לַדָּ, מַלֶּדְ מַמִית וּמְחַיֶּה וּמַצְמֵיחַ יְשׁוּעָה: וְנֶאֱמָן אַתָּה לְהַחֵיוֹת הַכֹּל. בַרוּך אַתַּה יִי, מְחַיֵּה הַכֹּל.

Atah gibor l'olam, Adonai, m'chayeih hakol atah, rav l'hoshia. M'chalkeil chayim b'chesed, m'chayeih hakol b'rachamim rabim. Someich noflim, v'rofei cholim, umatir asurim, umkayeim emunato lisheinei afar. Mi chamocha, ba-al g'vurot, umi domeh lach, melech meimit umchayeh umatzmiach y'shuah? V'ne-eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

Infinite is Your power, O God. Great is Your gift of life. In loving kindness, You sustain the world. Through the endless flow of Your blessings, You preserve all of creation. You uphold the falling and heal the sick, free the captive and keep faith with Your people in death as in life. Who is like You, Author of life and death? We praise You, God, the Source of eternal life.

#### K'dushah , קרשה God's Holiness

מוֹלָם בְּשָׁם N'kadeish et-shimcha ba-olam k'sheim ,שַּמַקְדִּישִים אוֹתוֹ בִּשָּמֵי מַרוֹם, shemakdishim oto bishmei marom, ,בַבַּתוּב עַל יַד נְבַיאֵד, kakatuv al yad n'vi∙echa, יוה אל־זה ואמר: v'kara zeh el-zeh v'amar:

We sanctify Your name on earth, even as all things, to the ends of time and space, proclaim Your holiness; and in the words of the prophet we say:

, קרוש, קרוש יי צבאות, Kadosh, kadosh, kadosh Adonai Tz'va·ot, מלא בַל־הַאָרֵץ בַּבוֹדוֹ. m'lo chol-ha∙aretz k'vodo.

Holy, Holy, Holy is the God of all being, the fullness of the whole earth is God's glory!

אַדִיר אַדִּירֵנוּ, יִיָּ אֲדֹבֵינוּ, Adir adireinu, Adonai adoneinu, mah-adir shimcha b'chol-ha-aretz!

Source of our strength, sovereign God, how majestic is Your presence in all the earth!

בְרוֹךְ כְבוֹד־יְיָ מִמְקוֹמוֹ.

Baruch k'vod-Adonai mimkomo.

Blessed is the glory of God in heaven and earth.

בוו, הוא אֶלהֵינוּ, הוּא אָבְינוּ, הוּא אָבְינוּ, הוּא אָבְינוּ, הוּא אָבְינוּ, הוּא מִלְבֵנוּ, הוּא מוֹשִׁיעֲנוּ, hu malkeinu, hu moshi·einu, v'hu yashmi·einu b'rachamav l'einei בְּל־חָי. "אֲנִי יִי אֱלֹהֵיכֶם!" kol-chai. "Ani Adonai Eloheichem!"

You alone are our God and our Creator; You are our Ruler and our Helper; and in Your mercy, You reveal Yourself in the sight of all the living: I Am Your Eternal God!

יִמְלֹדְיִי לְעוֹלָם, אֱלֹהַיִּדְ צִיּוֹן Yimloch Adonai l'olam, Elohayich Tziyon לְדֹר וָדֹר. הַלְלוּיָה!

The Eternal One shall reign forever; your God, O Zion, from generation to generation. Halleluyah!

בְּלוּר נָדּוֹר נָדִּיר נְּבְּיָך, וּלְנֵצֵח L'dor vador nagid godlecha, ulneitzach
קרוֹר נָדּוֹר נַגִּיר נְּבְּישׁ, וְשִׁבְחֵךּ
ה'tzachim k'dushat-cha nakdish, v'shivchacha,
קלְחִים קְּדָשָּׁתְּךְ נַקְדִּישׁ, וְשִׁבְחֵךְ
Eloheinu, mipinu lo yamush l'olam va-ed,
ג' בּי צֵל מֶלֶךְ נָּדוֹל וְקְדוֹשׁ אֲתָּה.
בּי צֵל מֶלֶךְ נָּדוֹל וְקְדוֹשׁ אֲתָּה.
Baruch atah Adonai, haEl hakadosh.

All are seated.

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips.

Our God and God of all ages, grant that our worship on this Shabbat may be acceptable to You. Sanctify us through Your commandments that the serenity of Shabbat may enter our lives. Teach us to be satisfied with the gifts of Your goodness and grateful to rejoice in all that You bestow. Purify our hearts that we may serve You in truth. Inspire us to preserve Shabbat as our heritage. May it ever bring rest and joy, peace and comfort to our homes. We praise You, God, who sanctifies the Sabbath.

#### Avodah י טבורה · Whom Alone We Serve

רְצֵה, יָיָ אֱלֹהֵינוּ, בְּעַמְּךּ יִשְׂרָאֵל,
וּתְפִּלֶּתָם בְּאַהֲכָה תְּקַבֵּל, וּתְהִי
לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךּ.
אֵל קְרוֹב לְכָל־קֹרְאִיו, בְּנֵה אֶל
עַבֶּדֵיךְ וְחָבֵּנוּ; שְׁפַּךְ רוּחֲךְ עָלֵינוּ, וְתָחֶזֵינָה עֵינֵינוּ בְּשוּבְךְּ לְצִיוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה יִי, הַמַּחַזִיר שְׁבִינַתוֹ לְצִיוֹן.

R'tzeih, Adonai Eloheinu, b'amcha Yisrael, utfilatam b'ahavah t'kabeil, ut·hi l'ratzon tamid avodat Yisrael amecha. El karov l'chol-korav, p'neih el avadecha v'choneinu; sh'foch ruchacha aleinu, v'techezenah eineinu b'shuvcha l'Tziyon b'rachamim. Baruch atah Adonai, hamachazir sh'chinato l'Tziyon.

On this Shabbat day, as You receive our prayers, help us to more clearly hear Your call. Grant us health to fulfill our duties and the compassion we need to attend to others.

Teach us humility that we may be more aware of our own faults, and grant us the wisdom to be more forgiving of others. Give us the courage to be true to our highest selves and the kindness of heart to see the best in those around us.

Give us patience enough not to be discouraged, hope enough to overcome our fears for the future, and the vision to be aware of Your Presence. O Source of all blessings, look with favor upon us and may our service be acceptable to You. We praise You, whom alone we serve in reverence.

#### Hoda·ah · הוֹדַאַה · To Whom Our Thanks Are Due

מודים אנחנו לך, שאתה הוא יי אלהינו ואלהי אבותינו ואמותינו לעולם ועד. צור חיינו, מגן ישענו, אתה הוא לדור ודור. נודה לך ונספר תהלתד, על-חיינו המסורים בְיַבֶּך, וְעַל־נִשְׁמוֹתֵינוּ הַפָּּקוּדוֹת לַדְּ, וְעַל־נְסֵיךְ שֶבְּבַל־יוֹם עְמֵנוּ, וְעַל־ ָנָפַּלְאוֹתֵיךּ וְטוֹבוֹתֵיךְ שַבַּכַל־עַת, עַרֶב וַבְּקֶר וְצָהַרַיִם. הַטּוֹב: כִּי לֹאִ־ כלו רחמיך, והמרחם: כּי־לֹא תמוּ חסדיה, מעולם קוינו לה. ועל כּלם יִתַבַּרַדְ וִיִתְרוֹמֵם שָׁמִדְּ, מַלְבֵנוּ, תמיד לעולם ועד. וכל החיים יודוד סלה, ויהללו את־שמד בַּאֶבֶת, הַאֵּל יִשוּעַתֵנוּ וְעַזְרַתֵנוּ סֵלַה. בַּרוּך אַתַּה יִי, הַטוֹב שָׁמִדְּ וּלֹדְ נאָה להוֹדוֹת.

Modim anachnu lach, sha-atah hu Adonai Eloheinu v'Elohei avoteinu v'imoteinu l'olam va·ed. Tzur chayeinu, magein yisheinu, atah hu l'dor vador. Nodeh l'cha unsapeir t'hilatecha, al-chayeinu hamsurim b'yadecha, v'al-nishmoteinu hapkudot lach, v'al-nisecha shebchol-yom imanu, v'alnifl'otecha v'tovotecha shebchol-eit, erev vavoker v'tzohorayim. Hatov: ki lochalu rachamecha, v'hamracheim: ki-lo tamu chasadecha, mei·olam kivinu lach. V'al kulam yitbarach v'yitromam shimcha, malkeinu, tamid l'olam va-ed. V'chol hachayim yoducha selah, vihal'lu et-shimcha be-emet, haEl y'shuateinu v'ezrateinu selah. Baruch atah Adonai, hatov shimcha ulcha na·eh l'hodot.

We gratefully acknowledge that the Eternal God is our Creator and Preserver, Rock of our life, and Shield of our help. We thank God and sing praises: for the gift of life itself, for our souls that are ever in God's keeping, for the signs of our Creator's Presence that we encounter every day, and for God's wondrous gifts at all times, morning, noon, and night. Truly, our blessings are without end and God's lovingkindness never ceases. Therefore we forever put our trust in the Eternal One.

#### Blessing for Peace בְּרַכַּת שֶׁלוֹם , Blessing for Peace

שִׁים שָׁלּוֹם, טוֹבָה וּבְרָבָה, חֵן וָחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל בְּל־יִשְּׁרָאֵל עַמֶּךְ. בַּרְבֵנוּ אָבְינוּ, כָּלֵנוּ בְּאָחָד, בְּאוֹר בָּנְיךְ, כִּי בְאוֹר בָּנֵיךְ נָתְתָּ לְנוּ, יִי אֵלֹהֵינוּ, תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד, וּצְדָקָה וּבְרָבָה וְרַחֲמִים, וְחַיִּים וְשָׁלוֹם. וְטוֹב בְּעֵינֵיךְ לְבָרַךְ אֶת־ עַמְּךְ יִשְׂרָאֵל בְּכְל־עַת וּבְכָל־שָׁעָה בִּשְׁלוֹמֶךְ. בָּרוּךְ אַתָּה יִי, עוֹשֵׂה השׁלוֹם.

Sim shalom, tovah uvrachah, chein vachesed v'rachamim, aleinu v'al kol-Yisrael amecha.
Bar'cheinu Avinu, kulanu k'echad, b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, torat chayim, v'ahavat chesed, utzedakah uvrachah v'rachamim, v'chayim v'shalom. V'tov b'einecha l'vareich etamcha Yisrael b'chol-eit uvchol-sha-ah bishlomecha. Baruch atah Adonai, oseih hashalom.

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace, and its advocate among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship and fellowship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart. Blessed is the Eternal God, the Source of peace.





## בֿוַנוֹת

#### Kavanot - Meditations

We cannot merely pray to You, O God, to end war; For we know that You have made the world so that all of us must find our own paths to peace Within ourselves and with our neighbors.

We cannot merely pray to You, O God, To end starvation; For You have already given us the resources With which to feed the entire world, If we would only use them wisely.

We cannot merely pray to You, O God, To root out prejudice; For You have already given us eyes With which to see the good in all people, If we would only use them rightly.

We cannot merely pray to You, O God, To end despair; For You have already given us the power To clear away slums and to give hope, If only we would use our power justly.

We cannot merely pray to You, O God, to end disease; For You have already given us great minds With which to search out cures and healings, If we would only use them constructively.

Therefore, we pray to You instead, O God, For strength, determination, and willpower, To do as well as to pray, To become as well as to wish,

For Your sake and for ours, speedily and soon, That our land may be safe, And our lives may be blessed.

May the words that we pray, and the deeds that we do Be acceptable before You, O God, Our Rock and our Redeemer.

H

יְהְיוֹ אִמְרֵי־פִּי וְהָגְּיוֹן לְבִּי Yiyu l'ratzon imrei-fi v'hegyon libi לְפַבֵּיךְ, יַיָ, צוּרְי וְגֹאֵלְי. l'fanecha, Adonai, tzuri v'go·ali.

May the words of my mouth and the meditations of my heart be acceptable unto You, O God, my Rock and my Redeemer.

#### III

אָשָּׂא עִינַי אֶל־הָהָרִים, מֵאִין יָבֹא עָזְרִיּ: עָזְרִי מֵעִם יְיָ, עִשֵּׁה שָׁמִים וָאָרֶץ. אַל־יִנּגן לַמּוֹט רַגְּלֶךְ, אַל־יָנוּם שֹׁמֶרְךְּ. הַּנֵּה לֹא־יָנוּם וְלֹא יִישֶׁן, שוֹמֵר יִשְׂרָאֵל. יִי שֹׁמְרֶךְ, יִי צִּלְךְ עַל־יִד יְמִינֶךְ. יוֹמֶם הַשֶּׁמֶש לֹא־יַכֶּכָּה, וְיִרְחַ בַּלְיִלָה. יִי יִשְׁמְרְדְ מִכְּל־רָע, יִשְׁמֹר אֶת־נַפְשֶׁךְ. יִי יִשְׁמְרְדְ מִכְּל־רָע, יִשְׁמֹר אֶת־נַפְשֶּךְ. יִי יִשְׁמְרְדְ מִבְּלּרְרָע, יִשְׁמֹר אֶת־נַפְשֶּךְ.

צְּיִבְיּאָ עֵיבִי אָ Esa einai el-heharim, mei-ayin yavo
ezri? Ezri mei-im Adonai, oseih shamayim
va-aretz. Al-yitein lamot raglecha, al-yanum
shomrecha. Hineih lo-yanum v'lo yishan,
shomeir Yisrael. Adonai shomrecha, Adonai
tzilcha al-yad y'minecha. Yomam hashemesh
lo-yakekah, v'yarei-ach balailah. Adonai
yishmorcha mikol-ra, yishmor et-nafshecha.
Adonai yishmor-tzeit-cha uvo-echa, mei-atah
v'ad olam.

I lift up my eyes to the mountains; what is the source of my help? My help will come from the Eternal,

Maker of heaven and earth.

God will not allow your foot to slip; your Guardian will not slumber. Behold, the Guardian of Israel neither slumbers nor sleeps.

The Eternal is your Keeper,

the Eternal is your shade at your right hand.

The sun shall not harm you by day, nor the moon by night.

The Eternal will guard you from all evil, and protect your being.

The Eternal will guard you, coming and going,

from this time forth, and forever.

#### For the New Month and Intermediate Festival Days

Our God and God of all ages, be mindful of Your people Israel on this day of celebration, and renew in us love and compassion, goodness, life, and peace.

This day remember us for well-being. *Amen*. This day bless us with Your nearness. *Amen*. This day help us to live. Amen.

#### Short Hallel

Praise God, all you nations; extol the Eternal, all you peoples, for great is God's love towards us, and God's faithfulness endures forever. Halleluyah!

Let us give thanks to the Eternal One, who is good, and whose mercy endures forever.

Let Israel declare: God's mercy endures forever.

Let the house of Aaron declare: God's mercy endures forever.

Let all who revere the Eternal declare: God's mercy endures forever.

הודו ליהוה בי־טוב. Hodu ladonai ki tov, וֹסְדּוֹ, ki l'olam chasdo. יאמר־נא ישראל, Yomar-na Yisrael, .irolam chasdo. בִּי לְעוֹלֵם חַסְדּוֹ יאמרוּ־נא בית־אַהַרן, Yom'ru-na veit-Aharon, .ki l'olam chasdo יאמרו־נא יראי־יהוה, Yom'ru-na yirei-Adonai, . בִּי לְעוֹלֵם חַסְהוֹ. ki l'olam chasdo.





## ַסֶבֶר קְרִיאַת הַתּוֹרָה Seder K'riat Hatorah For the Reading of the Torah

It shall come to pass, in the end of days, that the mountain of God's house shall be exalted above the hills and all the nations shall flow unto it. And many people shall go and say: "Come and let us go up to the mountain of the Eternal, to the House of the God of Jacob; that we may be taught God's way and that we may walk in God's path. For out of Zion shall go forth the Torah and the word of the Eternal One from Jerusalem."

H

The earth is the Eternal's and all its fullness, the world and all who dwell there. For God has laid its foundation in the sea, and established it upon the currents. Who may ascend the mountain of the Eternal? Who may stand in God's holy place?

Those with clean hands and pure hearts, who never speak with malice, who never swear deceitfully. They shall receive blessings from the Eternal, justice from God, their Helper.

Such are the people who turn to You, who seek Your presence, O God of Jacob.

Our light is Torah; Mitzvot are our lamp.

Pleasing are the ways of Torah, and all its paths are peace.

Dark and twisting is the road to peace; happy the generation whose light will guide them to its end.

The students of Torah add peace to the world, as it is said:

When all your children are taught of the Eternal, great shall be the peace of your children.

#### IV

These are the obligations without measure, whose reward, too, is without measure:

To honor father and mother; to perform acts of love and kindness; to attend the house of study daily; to welcome the stranger; to visit the sick; to rejoice with bride and groom; to console the bereaved; to pray with sincerity; to make peace when there is strife.

And the study of Torah is equal to them all, because it leads to them all.

בּיִלְבּיְרֹהִים, יְיָ, וְאֵין Ein kamocha va·elohim, Adonai, v'ein אַין בָּמְוֹךְ בָאֱלֹהִים, יְיָ, וְאֵין k'ma·asecha. Malchut·cha malchut kol-olamim umemshalt·cha b'chol dor vador. בְּלְבִּיִרִם וּמֶלֶּהְ, יִיָּ מֶלֶּהְ, יִיָּ מֶלֶּהְ, יִיָּ מִלֶּהְ, יִיָּ מִלֶּהְ, יִיָּ מִלֶּהְ, יִיָּ מִלֶּהְ, יִיָּ מִלֶּהְ, יִיִּ מִלֶּהְ, יִיִּ מִלֶּהְ, יִיִּ מִלֶּהְ, יִיִּ מִלֹּהְ לְעַמֹּוֹ יִתֵּן, vimloch l'olam va·ed. Adonai oz l'amo yitein, יִבְרֵךְ אֶת־עַמּוֹ בַשָּׁלוֹם. Adonai y'vareich et-amo vashalom.

There is none like You, Eternal One, among the gods that are worshipped, and there are no deeds like Yours. Your sovereignty is everlasting; and You reign through all generations.

God rules; God will reign forever and ever. Eternal God, give strength to Your people; Eternal God, bless Your people with peace.

S'u sh'arim rasheichem, v'hinasu pit·chei אָאוּ שְׁעָרִים רָאשֵׁיכֶם, וְהִנְּשְׁאוּ S'u sh'arim rasheichem, v'hinasu pit·chei פֿרְחֵי עוֹלָם, וְיָבוֹא מֶּלֶהְ הַבָּבוֹר! מִי olam, v'yavo melech hakavod! Mi hu zeh melech hakavod? Adonai Tz'va·ot— hu melech hakavod! Selah.

Lift up your heads, O gates! Lift yourselves up, O ancient doors! Let the One who reigns in glory enter. Who is it that reigns in glory? The God of all being is the One who reigns in glory!

בירתוּ וְלֹא־יַשְׁחִיתוּ. לֹא־יָבְעוּ וְלֹא־יַשְׁחִיתוּ. לֹא־יַבְעוּ וְלֹא־יַשְׁחִיתוּ. ע'chititu charvotam l'itim ע'chanitoteihem l'mazmeirot. לא־יִשְּׂא גוֹי אֶל־גּוֹי חֶרֶב, Lo-yisa goy el-goy cherev, וְלֹא־יִלְמְדוּ עוֹר מְלְחַמָה. ע'lo-yilmadu od milchamah.

They shall not hurt or destroy. And they shall beat their swords into plowshares and their spears into pruning hooks. Nation shall not take up sword against nation; they shall never again know war.

All rise. The Ark is opened.

This is the covenant that binds our people Israel to the One and Eternal God.

This is the Torah, a light for our eyes, a lamp for our way.

This is the Law that proclaims God the Creator of the entire human family.

We have been told what is good and what God expects of us: to do justly, to love mercy, and to walk humbly with our God.

בית יַעַקֹב: לְבוּ, וְבֵלְכָה בְּאוֹר יִיָ.

Beit Ya-akov: l'chu, v'neilchah b'or Adonai.

O House of Jacob: Come, let us walk by the light of our God.

יַשְׁמַע יִשְׂרָאֵל: יִיָ אֱלֹהֵינוּ, יִיָ אֶחָד!

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad! Hear, O Israel: the Lord our God, the Lord is One! נְיָ, הַגְּהֶלֶה וְהַגְּבוּרָה L'cha, Adonai, hagdulah v'hagvurah יְהַבּּבְּהָה וְהַגְּבוּרָה v'hatiferet v'haneitzach v'hahod, בּי כֹל בַּשָּׁמֵיִם וּבָאֶרֶץ, לְדְּיִיָּ ki chol bashamayim uva-aretz, I'cha Adonai הַמַּמִלֻלַבּה וְהַמִּתְנַשֵּא לְכֹל לְרֹאש.

Yours, O God, is the greatness, the power, the glory, the victory, and the majesty: for all that is in heaven and earth is Yours. You, O God, are Sovereign; You are supreme over all.

על שְלשָׁה דְבָרִים הָעוֹלֶם עוֹמֵר:
על אַלשָׁה דְבָרִים הָעוֹלֶם עוֹמֵר:
מל הַתּוֹרָה, וְעֵל הָעֲבוֹדָה,
מו haTorah, v'al haavodah,
v'al g'milut chasadim.

On three things our world depends: Torah, worship, and acts of kindness.

Rom'mu Adonai Eloheinu, v'hishtachavu רוֹמְמוּ יִי אֱלֹהֵינוּ וְהִשְּׁתַּחֲווּ לֹהַר קַדְשׁוֹּ, בִּי־קְדוֹשׁ יִי אֱלֹהֵינוּ. l'har kodsho, ki-kadosh Adonai Eloheinu.

Exalt the Eternal our God and bow down toward God's holy mountain, for the Eternal our God is holy.

Od yavo shalom aleinu v'al kulam. עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ וְעַל כָּּלָם. Salam, v'al kol ha·olam, salam.

Still peace will come upon us, everyone.

#### Blessing Before the Reading of the Torah

!בְּרְכוּ אֶת־יְיִ הַמְבֹרָךְ Bar'chu et-Adonai hamvorach! Baruch Adonai hamvorach l'olam va-ed!

בּרוּךְ אַתָּה יִיָּ, אֱלֹהֵינוּ מֵלֶלְ Baruch atah Adonai, Eloheinu melech הְעוֹלֶם, אֲשֶׁר בְּחַר־בֵּנוּ מִבֶּל־ ha·olam, asher bachar-banu mikol-ha·amim v'natan-lanu et-torato.

Baruch atah Adonai, notein hatorah.

Praise the One, to whom our praise is due!

Praised be the One, to whom our praise is due, now and forever!

Praised be the Eternal God, Ruler of the universe. You have chosen us from all peoples by giving us Your Torah. Blessed is the Eternal One, Giver of the Torah.

#### The Reading of the Torah

#### Blessing After the Reading of the Torah

Baruch atah Adonai, Eloheinu melech בָּרוּהְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶּלֶהְ ha·olam, asher natan lanu torat emet יְהַיֵּנִי עוֹלָם נָטֵע בְּתוֹבֵנוּ.
בּרוּהְ אַתַּה יַיַ, נוֹתֵן הַתּוֹבֵוּ.
Baruch atah Adonai, notein hatorah.

Praised be the Eternal God, Ruler of the universe. You have given us a Torah of truth, implanting within us eternal life. Blessed is the Eternal One, Giver of the Torah.

יוֹאת הַתּוֹרָה אֲשֶׁר־שָׂם משֶׁה לְפְנֵי V'zot hatorah asher-sam Mosheh lifnei b'nei Yisrael, al-pi Adonai b'yad-Mosheh.

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

#### Blessing Before the Reading of the Haftarah

בָּרוּך אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בִּנְבִיאִים טוֹבִים וְרָצָה בְדִּבְרֵיהֶם הַנָּאֶמָרִים בָּאֱמֶת. בָּרוּךְ אַתָּה יְיָ, הַבּּוֹחֵר בַּתוֹרָה וּבְמֹשֶׁה עַבְדּוֹ וּבִישְׂרָאֵל עַמּוֹ וּבִנְבִיאֵי הַאֱמֵת וַצֵּדְק.

Baruch atah Adonai, Eloheinu melech ha·olam, asher bachar binvi·im tovim v'ratzah v'divreihem ha-ne·emarim be·emet. Baruch atah Adonai, habocheir batorah uvMosheh avdo uvYisrael amo uvinvi·ei ha·emet vatzedek.

Praised be the Eternal God, Ruler of the universe, who has chosen faithful prophets to speak words of truth. Blessed is the Eternal One, for the revelation of Torah, for Moses Your servant and Israel Your people, and for prophets of truth and righteousness.

#### The Reading of the Haftarah

#### Blessing After the Reading of the Haftarah

בָּרוּךְ אַתָּה יִי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלֶם,
צוּר בְּל־הָעוֹלֶמִים, צַּדִּיק בְּכְל־הַדּוֹרוֹת,
הָאֵל הַנָּאֶמֶז, הָאוֹמֵר וְעוֹשֶׁה, הַמְדַבֵּר
וּמְלֵים, שָׁבְּל־דְּבָרִיו אֱמֶת וָצֶדֶק.
עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה וְעַל הַנְּבִיאִים
וְעַל יוֹם הַשַּבָּת הַזָּה, שֶׁנָּתְתָּ לֵנוּ,
יְיָ אֱלֹהֵינוּ, לִקְרָשָׁה וְלְכַפָּרָה, לְכָבוֹד
וֹלְתִפְּאֵרֶת, עַל הַכִּל, יְיָ אֱלֹהֵינוּ, אֲבַחְנוּ
מוֹדִים לָךְ וּמְבָּרְכִים אוֹתָךְ. יִתְבָּרַדְ
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בִּרוּדְ אַמָּר וְיָ, מָקַדֵּשׁ הַשַּבָּת.

Baruch atah Adonai, Eloheinu melech ha·olam, tzur kol-ha·olamim, tzadik b'chol-hadorot, haEl ha-ne·eman, ha·omeir v'oseh, hamdabeir umkayeim, shekol-d'varav emet vatzedek.

Al hatorah v'al ha-avodah v'al hanvi-im
v'al yom haShabbat hazeh, shenatata lanu,
Adonai Eloheinu, likdushah v'limnuchah
limchilah v'lislichah ulchaparah, l'chavod
ultifaret, al hakol, Adonai Eloheinu, anachnu
modim lach umvarchim otach. Yitbarach
shimcha b'fi kol-chai tamid l'olam va-ed.
Baruch atah Adonai, m'kadeish haShabbat.

Praised be the Eternal God, Ruler of the universe, Rock of all creation, righteous in all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Sabbath that You, our Eternal God, have given us for holiness and rest, for honor and glory, we thank and bless You. May Your name be blessed forever by every living being. We praise the Eternal God, who sanctifies Shabbat.

#### Pirkei Avot · פַּרְקֵי אֲבוֹת · Sayings of the Sages

Moses received Torah from Sinai and handed it on to Joshua, Joshua to the Elders, and the Elders to the Prophets. And the Prophets handed it on to the Members of the Great Assembly. The latter said three things: Be deliberate in judgment; raise up many disciples; and make a fence around the Torah.

Simeon the Righteous was one of the last survivors of the Great Assembly. He used to say: The world stands on three pillars: Torah, worship and acts of kindness.

Antigonus of Socho received Torah from Simeon the Righteous. He used to say: Do not be like servants who serve their employer in order to receive a reward; rather be like servants who serve their employer without thought of reward, and let the awe of Heaven be upon you.

Yosé ben Yoezer used to say: Let your house be a meetingplace for scholars. Sit in the dust of their feet, and drink in their words with thirst.

Yosé ben Yochanan of Jerusalem used to say: Let your house be open wide, and let the poor be members of your household.

That means: Your house should be open wide to the north and to the south, to the east and to the west, just as Job made a door on each side of his house, so that the poor should not have the trouble of walking all the way around it.

Joshua ben Perachyah used to say: Find yourself a teacher, get yourself a friend, and judge all people by their merits.

Hillel used to say: Be a disciple of Aaron, loving peace and pursuing peace, loving your fellow men and women, and drawing them near to the Torah.

Hillel also used to say: If I am not for myself, who will be for me? And if I am only for myself, what am I? And if not now, when?

Do not separate yourself from the community. Do not be sure of yourself until the day you die. Do not judge others until you are in their place. Say nothing that cannot be understood now in the hope that it will be understood later. And do not say: "When I have time I will study," for you may never have time.

Where none behave like human beings, behave like a human being.

[The Holy One says:] If you enter My house, I will enter your house.

Do not do to others what you would not have them do to you. That is the whole Torah. All the rest is commentary. Now go and learn.

Shammai used to say: Make your study of Torah a fixed routine. Say little, do much. Greet everyone with a cheerful countenance.

"Say little, do much." This teaches that the righteous promise little but do much; the wicked promise much but do not even do little.

"Greet everyone with a cheerful countenance." This teaches that if you give your friends all the most precious gifts in the world, but do so with a long face, Scripture regards you as having given nothing at all. But if you greet your friends with a cheerful face, even if you do not give them anything, Scripture regards you as though you had given them the most precious gifts in the world.

Rabbi Chananyah, Prefect of the Priests, used to say: Pray for the welfare of the government, for if it were not for their fear of it, people would swallow each other alive.

Rabbi Chanina ben Dosa used to say: If your fear of sin comes before your wisdom, your wisdom will endure. If your wisdom comes before your fear of sin, your wisdom will not endure. If your actions are louder than your words, your words will endure. If your words are louder than your actions, your words will not endure.

Rabban Gamaliel used to say: Act in secret as you do in public.

Rabban Simeon ben Gamaliel used to say: The world is sustained by three things: justice, truth, and peace.

Those who make peace in their own home are considered by Scripture as if they had made peace between all members of the House of Israel; and those who bring jealousy and strife into their own home are considered as if they had brought these into the whole House of Israel.

Rabbi Eliezer says: Let your friend's honor be as dear to you as your own; do not be easily angered; and repent one day before your death.

"Let your friend's honor be as dear to you as your own." This teaches that just as we care for our own honor, so should we care for the honor of others; and as we would not wish a rumor to go around impugning our honor, so we should not wish to see a rumor go around impugning the honor of others.

"Do not be easily roused to anger." This teaches that we should be patient like Hillel and not short-tempered like Shammai.

"Repent one day before your death." Rabbi Eliezer's disciples asked him: "But do we know when we shall die, that we may repent the day before?" "All the more," he replied, "should we repent today, lest we die tomorrow; and repent tomorrow, lest we should die the day after tomorrow; in that way our whole life will be spent in repentance."

Rabbi Tarfon used to say: The day is short, there is much to do, the workers are lazy, the wages are high, the head of the household is pressing.

You are not required to complete the task, but neither are you at liberty to abstain from it.

#### IV

Rabbi Akiva used to say: How privileged we are to have been created in God's image; how much more privileged still to have been made aware that we were created in God's image. Everything is foreseen, yet free will is given; the world is judged with goodness, and all depends on the preponderance of our deeds.

Rabbi Eleazar ben Azaryah used to say: Without Torah, no civility; without civility, no Torah. Without wisdom, no reverence; without reverence, no wisdom. Without understanding, no knowledge; without knowledge, no understanding. Without bread, no Torah; without Torah, no bread.

One who has more learning than good deeds is like a tree with many branches but few roots. When the wind comes, it uproots it and topples it.... One who has more good deeds than learning is like a tree with few branches but many roots. Even if all the winds in the world were to come and blow against it, they would be powerless to shift it.

Ben Zoma used to say: Who is wise? One who learns from every person, as it says, "From all my teachers I have gained understanding." Who is mighty? One who exercises selfcontrol, as it says, "One slow to anger is better than a hero,

and one who practices self-restraint better than one who conquers a city." Who is rich? One who is content with life's portion, as it says, "When you eat what you have worked for, you will be happy, and it will be well with you." Who is respected? One who respects others, as it says, "For those who respect Me I will respect, and those who despise Me will be held in contempt."

Ben Azzai used to say: Run to perform a minor mitzvah as well as a major one; for one good deed leads to another, and one transgression to another; the reward of one good deed is another, and the punishment for a transgression is another.

Rabbi Simeon bar Yochai used to say: There are three crowns, the crown of Torah, the crown of priesthood, and the crown of royalty. But the crown of a good name exceeds them all.

Rabbi Yosé used to say: All who respect the Torah are themselves respected, and all who despise the Torah are themselves despised.

Rabbi Jacob used to say: This world is like a vestibule before the world-to-come; prepare yourself in the vestibule, so that you may enter the hall.

Better one hour of repentance and good deeds in this world than all the life of the world-to-come and better one hour of bliss in the world-to-come than all the life of this world.

Judah ben Teima used to say: Be bold as a leopard, light as an eagle, swift as a gazelle, and strong as a lion to do the will of your Divine Parent.

Love and revere God; tremble and rejoice at all the commandments. If you have done your neighbor a small wrong, let it seem great to you; if you have done your neighbor a great kindness let it seem small to you. But if your neighbor has done you a small kindness, let it seem great to you; and if your neighbor has done you a great wrong, let it seem small to you.

Never be the sole judge, for there is only One who may judge alone.

Rabbi Jonathan used to say: Whoever keeps the Torah in poverty will in the end keep it in prosperity; and whoever neglects the Torah in prosperity will in the end neglect it in poverty.

Rabbi Simeon ben Eleazar used to say: Do not try to placate a neighbor who is still enraged, or to console one who has only just been bereaved; do not question the wisdom of a vow newly made; and do not rush to visit a neighbor in disgrace.

Rabbi Judah used to say: What is the right path everyone should choose? One that wins respect for them both in their own eyes and in the eyes of others.

Keep these things before your mind's eye and you will not fall into sin. Know what is above you: a seeing eye and a hearing ear. All your actions are inscribed in a book.

Let your private life be open to full view; and what is unseemly to be heard by all, do not say even to a friend.

#### VI

There are four types of persons. Some say:

"What's mine is mine and what's yours is yours"—average.

"What's mine is yours and what's yours is mine—stupid.

"What's mine is yours and what's yours is yours"—saintly.

"What's mine is mine and what's yours is mine"—wicked.

There are four temperaments. Easily offended and easily appeased—in such a case the virtue is nullified by the defect. Hard to offend and hard to appeare—the defect is nullified by the virtue. Hard to offend and easy to appease—saintly. Easy to offend and hard to appeare—wicked.

There are four types of students. Quick to learn and quick to forget—their virtue is nullified by their defect. Slow to learn and slow to forget—their defect is nullified by their virtue. Quick to learn and slow to forget—a scholar. Slow to learn and quick to forget—a misfortune.

There are four types among those who give charity. Willing to give but not that others should give—they are stingy with other people's money. Willing that others should give but not willing to give themselves—they are stingy with their own money. Willing to give but also that others should give saintly. Unwilling to give or that others should give—wicked.

There are four types among those who attend the House of Study. Those who attend but do not practice what they learn—they are rewarded for attending. Those who practice but do not attend—they are rewarded for practicing. Those who attend and practice—saintly. Those who neither attend nor practice—wicked.

There are four kinds of actions that bring benefits in this world but whose full reward is reserved for the world-tocome, and they are: Honoring father and mother; deeds of loving kindness; making peace between enemies; and the study of Torah, which is equal to them all.

#### Prayers for Our Community

#### FOR HEALING

,מִי שֶׁבֵּרַדְּ אֲבוֹתֵינוּ אַבְרָהָם יִצְחֶק, Mi shebeirach avoteinu Avraham, Yitzchak, ,וְיַעַקב, וְאָמּוֹתֵינוּ שַׂרָה, רְבַקַה, ירַבָּקה, רַבַּקַה, רַבַּקַה, רַבַּקַה, רַבַּקַה, רַבַּקַה, רַבַּקַה Leah, v'Rachel

May the One who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Leah, and Rachel bestow the blessing of health and healing upon the sick and suffering in our temple family and community. May the Holy One look with compassion upon them, and send unto them the blessings of renewed strength and revived spirit, and let us say: Amen.

#### FOR OUR CONGREGATION AND OUR COUNTRY

O God, the source of all blessings, be with this congregation and with its members, their families and loved ones; may they prosper in their various callings and occupations; help them in their needs, and guide them in their difficulties. Bless those who guide and who serve this congregation, and those who contribute to its strength.

Hear the prayers of all who worship with us. Comfort the sorrowing and inspire with hope those who suffer in silence. Grant fulfillment and encouragement to the charitable and the merciful, who aid the poor, care for the sick, teach those who seek learning, and extend a helping hand to those who have lost their way in the world.

Fervently we invoke Your blessing upon our country.

Guard us, O God, from calamity and injury; may we face adversity with courage and resolve. May the strength and vision of a nation founded upon Your laws of liberty and justice, increase from age to age.

Enlighten with Your wisdom and inspire with humility those whom the people have set in authority: the President and those who counsel and advise our nation's leaders; the judges, legislators and all our elected officials entrusted with our safety and the guardianship of our rights and liberties.

May peace and goodwill unite the people of our land; and may the shared ideals of our various faiths and cultures enrich our communities, blessing our nation with a renewed strength of spirit.

Bless the Jewish people wherever we dwell. May Your favor rest upon the State of Israel, and each of its diverse peoples and faiths. Grant that the promise of its rebirth may soon be fulfilled in healing and harmony. May those of our people and all Your children in other lands, who continue to live in fear and oppression, soon be granted freedom, justice, and peace. Amen.

#### FOR THE APPROACHING MONTH

God of holiness, let the coming month bring for us, and for the whole house of Israel, happiness and joy, deliverance and comfort, and let us say: Amen.



#### Hachnasat Hatorah , הכנסת התורה Returning the Torah

בהלו ליי אתי, ונרוממה שמו יחהו. Gadlu l'Adonai iti, unrom'mah sh'mo yachdav. Extol the Eternal One with me and let us exalt God's Presence together!

All rise. The Ark is opened.

Hodo al-eretz v'shamayim, vayarem keren הוֹדוֹ עַל־אַרֵץ וְשַׁמֵיִם, וַיַּרֶם קָרֶן ו'amo, t'hilah I'chol-chasidav, livnei לעמו, הנהלה לכל-חסידיו, לבני ישראל עם קרבו. הללויה. Yisrael am k'rovo. Hal'luyah.

Your splendor covers heaven and earth; You are the strength of Your people, making glorious Your faithful ones, Israel, a people close to You. Halleluyah!

O God, You have guided our people with never-ending love. From the very beginning of our existence, You destined us for a sacred task: to toil for the speedy dawn of that day when You will be revered the whole world over, and all humanity will live in peace and unity.

Joyfully we consecrate ourselves anew today to the great task our people began long ago. Ours, as well, shall be the ceaseless aim to bring ever nearer that blessed age, when this shall be the affirmation that unites all of humanity:

One God over all. One human family of all.

תורת יי תמימה, משיבת נפש; Torat Adonai t'mimah, m'shivat nafesh; עדות ייַ נאַמנה, מַחְכַּימת פַּתִי; eidut Adonai ne-emanah, machkimat peti; God's law is perfect, restoring the soul;

God's teaching is sure, making wise the simple;

(בְּקוֹבֵי יִי יְשֵׁרִים, מְשַׁמְּחֵי־לֶב; Pikudei Adonai y'sharim, m'samchei-leiv; מְצְוַת יִי בַּרָה, מָאִירָת עֵינַיִם; mitzvat Adonai barah, m'irat einayim;

God's precepts are right, rejoicing the heart; God's mitzvah is clear, giving light to the eyes;

;יראת ייַ טְהוֹרָה, עֹמֵרָת לַעַר; Yirat Adonai t'horah, omedet la ad; משפטי ייַ אַמַת, צַדְקוּ יַחְדַוּ. mishp'tei Adonai emet, tzadku yachdav. God's word is pure, enduring forever;

God's judgments are true, and altogether just.

,מֵץ־חַיִּים הִיא לַמַּחֲזִיקִים בָּה Eitz chayim hi lamachazikim bah, י וֹתְמְבֶיהָ מְאָשָׁר. דְּרָבִיהְ עי'tomcheha m'ushar. D'racheha darchei בְּעַם, וְבָל־נְתִיבוֹתֶיהָ שָׁלוֹם. no-am, v'chol n'tivoteha shalom.

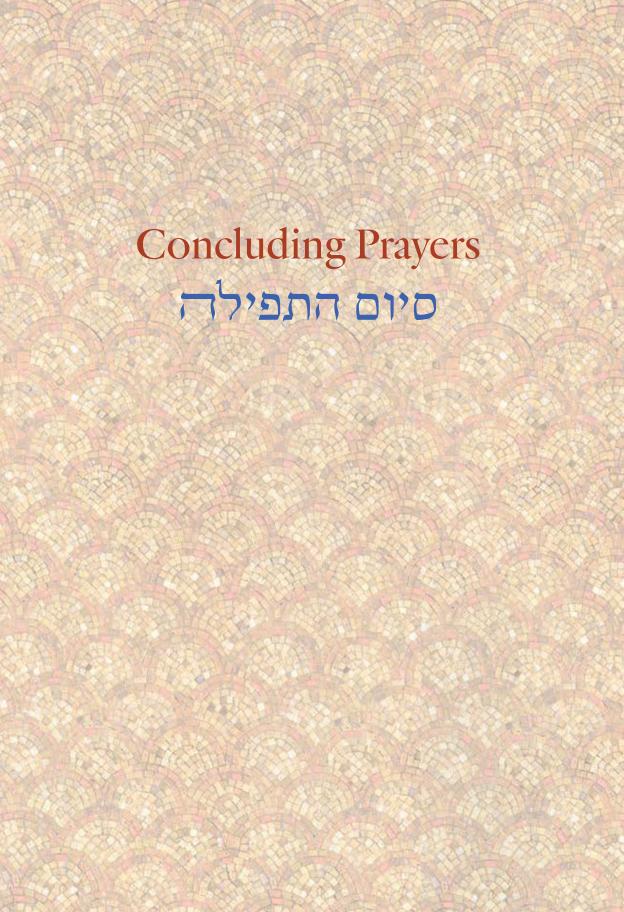
Behold, a good doctrine has been given you. Guard it well! It is a tree of life to those who hold it fast and all who cling to it find happiness. Its ways are ways of pleasantness and all its paths are peace.

,הַשִּׁיבְנוּ יִיָ אֵכֶּידְ וְנָשְׁוּבָה, Hashiveinu Adonai eilecha v'nashuvah, בור בַּקְרֵם. chadeish yameinu k'kedem.

Help us return to You, O God; then truly shall we return. Renew our days as in the past.











# סיום הַתִּפְלֶּה Siyum Hat'filah · Concluding Prayers

### Aleinu · עלינו · Adoration

All rise. The Ark is opened.

עלינו לשבח לאדון הכל, לתת Aleinu l'shabei-ach la adon hakol, lateit קרַלָּה לִיוֹצֵר בָּרָאשִית, שָהוּא נוֹטֵה g'dulah l'yotzeir b'reishit, shehu noteh שור. שלהינו אין עור. b'govhei m'romim. Hu Eloheinu ein od.

ישָׁבֵים וִיוֹסֵר אַרֵץ, וּמוֹשֵׁב יַקַרוֹ shamayim v'yoseid aretz, umoshav y'karo bashamayim mima al, ush-chinat uzo בַּשַּׁמֵים מְמֵעֵל, וּשָׁבִינַת עַזּוֹ

Let us adore the everliving God! We render praise unto You, who spread out the heavens and established the earth, whose glory is revealed in the heavens above, and whose greatness is manifest throughout the world. You are our God; there is none else.

עמיבו ומשהחוים ומודים hakadosh baruch hu. הַקרוֹשׁ בַּרוּך הוּא.

וfnei melech malchei hamlachim, לְבָּנִי מֵלֶדְ מַלְבֵי הַמְּלְבִים,

We bow our heads in reverence and worship the Holy and Blessed One.

The Ark is closed. All are seated.

May the time not be distant, O God, when Your name shall be worshipped in all the earth, when unbelief shall disappear and error be no more. Fervently we pray that the day may come when all shall turn to You in love, when corruption and evil shall give way to integrity and goodness, when superstition shall no longer enslave the mind, nor idolatry blind the eye, when all who dwell on earth shall know that You alone are God. O may all, created in Your image, become one in spirit and one in friendship, forever united in Your service. Then shall Your sovereignty be established on earth, and the word of Your prophet fulfilled: "The Eternal God will reign forever and ever."

H

Where there are ignorance and superstition, Let there be enlightenment and knowledge. Where there are prejudice and hatred, Let there be acceptance and love. Where there are fear and suspicion, Let there be confidence and trust. Where there are tyranny and oppression, Let there be freedom and justice. Where there are poverty and disease, Let there be prosperity and health. Where there are strife and discord, Let there be harmony and peace.

III

May we gain wisdom in our lives, overflowing like a river with understanding. Loved, each of us, for the peace we bring to others. May our deeds exceed our speech, and may we never lift up our hand but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity. Cause light to go forth over all the lands between the seas. And light up the universe with the joy of wholeness, of freedom, and of peace.

Eternal God, we face the morrow with hope made stronger by the vision of your deliverance, a world where poverty and war are banished, where injustice and hate are gone. Teach us more and more to respond to the pain of others, to heed Your call for justice, that we may bring nearer the day when all the world shall be one.

On that day the age-old dream shall come true. On that day, O God, You shall be One and Your Name shall be One.

יָנְאֶמַר: "וְהָיָה יִיָּ לְמֶּלֶךְ עַל V'ne-emar: "V'hayah Adonai l'melech al יָיָ יְהְיֶה יְיָ בּיּוֹם הַהוּא יִהְיֶה יְיָ kol-ha·aretz; bayom hahu yiyeh Adonai "חָר וֹשָׁמוֹ אָחָר echad ushmo echad."

And it has been said: "The Eternal shall reign over all the earth; on that day the Eternal shall be One and God's name shall be One."



### Kaddish Yatom · קריש יתום · Mourner's Kaddish

In nature's ebb and flow, God's eternal law abides. When tears dim our vision and grief clouds our understanding, we often lose sight of God's plan. Yet we know that both growth and decay, life and death, all reveal God's purpose.

God, who is our support in the struggles of life, is also our hope in death. We have set the Eternal One before us and shall not despair. In God's hands are the souls of all the living. Under God's protection we abide and by God's love we are comforted.

O Life of our life, Soul of our soul, cause Your light to shine into our hearts and fill our spirits with abiding trust in You.

H

Birth is a beginning And death a destination. And life is a journey: From childhood to maturity And youth to age; From innocence to awareness And ignorance to knowing; From foolishness to discretion And then, perhaps, to wisdom; From weakness to strength Or strength to weakness— And, often, back again; From health to sickness And back, we pray, to health again; From offense to forgiveness, From loneliness to love. From joy to gratitude, From pain to compassion, And grief to understanding— From fear to faith:

From defeat to defeat to defeat— Until, looking backward or ahead, We see that victory lies Not at some high place along the way, But in having made the journey, stage by stage, A sacred pilgrimage.

Birth is a beginning And death a destination. And life is a journey, A sacred pilgrimage— To life everlasting.

### III

The light of life is a finite flame. Like the Sabbath candles, life is kindled, it burns, it glows, it is radiant with warmth and beauty. But soon it fades, its substance is consumed, and it is no more.

In light we see; in light we are seen. The flames dance and our lives are full. But as night follows day, the candle of our life burns down and gutters. There is an end to the flames. We see no more and are no more seen. Yet we do not despair, for we are more than a memory slowly fading into the darkness. With our lives we give life. Something of us can never die: We move in the eternal cycle of darkness and death, of light and life.

IV

It is a fearful thing to love what death can touch. A fearful thing to love, hope, dream: to be to be. and oh! to lose. A thing for fools this, and a holy thing,

a holy thing to love. For your life has lived in me, your laugh once lifted me, your word was gift to me. To remember this brings painful joy. 'Tis a human thing, love, a holy thing, to love what death has touched.

### V

Death will come. Its hand will not be stayed even an instant; nor can we enter into judgment with it. Our question "Why?" will go unanswered. But this does not mean that we are helpless in the face of death. We can and we do rob death of ultimate victory, by living life as long as it is ours to live. To ask of death that it never come is futile, but it is not futile to pray that when death does come for us, it may take us from a world one corner of which is a little better because we were there. When we are dead, and people weep for us and grieve, let it be because we touched their lives with beauty and simplicity. Let it not be said that life was good to us, but rather, that we were good to life.

### VI

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

### VII

To open eyes when others close them to hear when others do not wish to listen to look when others turn away to seek to understand when others give up to rouse oneself when others accept to continue the struggle even when one is not the strongest to cry out when others keep silent

to be a Jew it is that it is first of all that

and further to live when others are gone and to remember when others have forgotten.

יתגדל ויתקדש שמה רבא Yitgadal v'yitkadash sh'meih raba b'alma di-v'ra chiruteih, ימליה מלבותה בחייבון v'yamlich malchuteih b'chayeichon uvyomeichon uvchayei d'chol-beit Yisrael, בעגלא ובזמן קריב, ba agala uvizman kariv, יַלְמֶרוּ: אֲמֶך, v'imru: amen. יָהֵא שָׁמֵה רַבַּא מְבַרְךְ Y'hei sh'meih raba m'varach לעלם ולעלמי עלמיא. l'alam ul·almei almaya. יִתְבַּרַדְ וִישְׁתַבַּח, וַיִתְפַּאַר Yitbarach v'yishtabach, v'yitpa-ar ויתרומם ויתנשא, ויתהדר v'yitromam v'yitnasei, v'yit·hadar וִיתִעַלֵּה וִיתִהַלֵּל שָׁמָה דְּקִרשָא, v'yit-aleh v'yit-halal sh'meih d'kudsha, שריף הוא, b'rich hu, יָרָתָא וְיִשִירָתָא וְיִשִירָתָא, וֹיִשִירָתָא וֹיִשִירָתָא וֹיִשִירָתָא וֹיִשִירָתָא, l'eila min kol-birchata v'shirata, תִשְבַּחַתַא וָנַחֲמַתַא דַּאַמִירַן בַּעַלְמַא, tushb'chata v'nechemata da-amiran b'alma, עמון: אַמֶּן: v'imru: amen. יָהֵא שֶׁלֶּמָא רַבָּא מִן־שְׁמַיָּא Y'hei sh'lama raba min-sh'maya ים עָלֵינוּ וְעַל בַּל־יִשְׂרָאֵל, v'chayim aleinu v'al kol-Yisrael, . ואמרו: אמן. v'imru: amen.

עֹשֶׁה שָׁלוֹם בִּמְרוֹמִיו, הוּא יַעֲשֶׂה Oseh shalom bimromav, hu ya-aseh שָׁלוֹם עָלְינוּ וְעַל בְּל־יִשְׂרָאֵל, shalom aleinu v'al kol-Yisrael, יאָמְרוּ: אָמֵץ. v'imru: amen.

Let the glory of God be extolled, let God's great name be hallowed in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say: Amen.

Let God's great name be blessed forever and ever.

Let the name of the Holy One, the Blessed One, be glorified, exalted, and honored, though God is beyond all praises, songs, and adorations that we can utter, and let us say: Amen.

For us and for all Israel, may the blessing of peace and the promise of life come true, and let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and all the world, and let us say: Amen.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved. Amen.



### Kiddush , קדוש , Sanctification

Shabbat teaches us that all life is sacred, that all our work and joys can be dedicated to God, and that we may find truest happiness in serving the Eternal One.

Let us praise God with this symbol of joy, as we express gratitude for the blessings of the past week; for life and strength; for home and love and friendship; for the happiness that has come to us from our labors.

You have ennobled us by the blessings of work and given us a Sabbath of rest, as it is written in the Torah: "Six days shall you labor and do all your work, but the seventh day is Shabbat, to be devoted to the Eternal God."

Let us praise the Eternal God, Creator of the Universe, who creates the fruit of the vine.

The cup of wine is raised.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen. הַעוֹלֶם, בּוֹרֶא פַּרִי הַנְבֵּין. Baruch atah Adonai, Eloheinu melech העוֹלָם, אֲשֶׁר קדְשַנוּ בְּמַצְוֹתֵיו ha·olam, asher kidshanu b'mitzvotav וֹרֶצָה בַנוּ, וִשַּבַּת קַדְשוֹ בִּאַהַבָה עישה uvratzon hinhilanu, zikaron l'ma aseih ע'reishit, ki hu yom t'hilah ו'mikra ei kodesh, zeicher litziyat מְצָרֵיִם. כִּי בַנוּ בַחַרְתַּ וְאוֹתַנוּ קדשת מז כַּל הַעַמִּים, וְשַבַּת קרשה בּאַהַבָה וּבָרצוֹן הִנְחַלְתַנוּ. בַרוּדְ אַתַּה יִי, מְקַדִּשׁ הַשֶּׁבַת.

v′ratzah vanu, v′shabbat kodsho b′ahavah

mitzrayim. Ki vanu vacharta v'otanu kidashta min kol ha·amim, v'shabbat kodsh'cha b'ahavah uvratzon hinchaltanu. Baruch atah Adonai, m'kadeish hashabbat.

Let us praise the Eternal God, Creator of the universe, who hallows our lives through the commandments. In love and favor, God has made Shabbat our heritage, as a reminder of the work of creation. It is first among our sacred days, a remembrance of the Exodus from Egypt. O God, You have called upon us and have given us the day of Shabbat as a sacred inheritance. We thank you, O God, for Shabbat and its holiness.

### For bread.

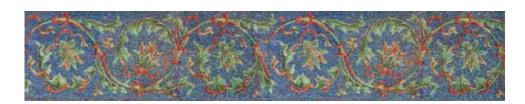
בַּרוּך אַתָּה יִיָ, אֱלֹהֵינוּ מֶלֶךְ Baruch atah Adonai, Eloheinu melech רָעוֹלְם, הַמּוֹצִיא לֶהֶם מִן הָאֶרֶץ. ha·olam, hamotzi lechem min ha·aretz. Let us praise the Eternal God, Creator of the Universe, who brings forth bread from the earth.

### For the New Month.

Our God and God of all ages, be mindful of Your people Israel on this first day of the new month, and renew in us love and compassion, goodness, life, and peace.

This day remember us for well-being. Amen. This day bless us with Your nearness. *Amen*. This day help us to live. Amen.





## <u>הַבְּרַל</u>ה Havdalah · Separation

Behold, the symbols of Havdalah: wine, spices, and braided candle. These symbols will carry us into the coming week. May it be for all of us a week of love and laughter, of health and happiness, of serenity and peace.

### The candle is lit.

הָנָה אֱל יִשׁוּעַתִי, אֶבְטַח וָלֹא אֱפְחַר. הַישועה. לַיִי הַישועה, עַל עַמִּדְּ בָרַבַתֶּדְ סֵלַה. יִי צְבַאוֹת עִמֵּנוּ, משגב לנו אלהי יעקב, סלה. יי צָבָאוֹת, אַשְׁרֵי אַדַם בֹּטֵח בַּדְּ. יִי הוֹשֵיעָה, הַמֵּלֶדְ יַעֲנֵנוּ בִיוֹם קראנו. ליהודים היתה אורה וְשָׁמְחָה וְשָׁשׁוֹן וִיקָר. כֵּן תִּהְיֵה לֵּנוּ. בוס ישועות אַשַא וּבְשֵם ייַ אֵקרא.

Hinei El y'shu-ati, evtach v'lo efchad, . בִּי עָזִי וְזִבְרת יָה יְיָ, וַיְהִי לְי לִישׁוּעַה. ki o-zi v'zimrat Yah Adonai, vay'hi li lishua. יבִישְׁשׁוֹן, מְמַּעַיְבִי Ushavtem mayim b'sason, mima ainei hay'shua. Ladonai hay'shu∙a, al amcha virchatecha selah. Adonai Tz'va·ot imanu, misgav lanu Elohei Yaakov, selah. Adonai Tz'va·ot, ashrei adam botei·ach bach. Adonai hoshiah, hamelech ya aneinu v'yom koreinu. Lay'hudim haytah orah v'simcha, v'sason vikar. Kein tihyeh lanu. Kos y'shuot esa, uvsheim Adonai ekra.

Behold, God is my Help; trusting in the Eternal God, I am not afraid. For the Eternal One is my Strength and my Song, and has become my guiding presence. With joy we draw water from the wells of salvation. The Eternal One brings deliverance, and blessing to the people. The God of the hosts of heaven is with us; the God of Jacob is our stronghold. How blessed is the one who trusts in You! Be with us, Eternal One; answer us, when we call upon You. Give us light and joy, gladness and honor, as in the happiest of days of our people's past. Then shall we lift up the cup to rejoice in Your guidance, and call out to You in praise.

#### For the wine.

Wine is the symbol of our joy. The commandment to bless the wine is a commandment to drink life as deeply as we drink from this cup. It is a commandment to bless life and to love deeply. It is a commandment to remember with Sabbath heart, to act with Sabbath hands, and to see the world with Sabbath eyes.

We praise You, Eternal God, Creator of the universe who creates the fruit of the vine.

Baruch atah Adonai, Eloheinu melech בָּרוּהְ אַתָּה יִיָּ, אֱלֹהֵינוּ מֶעֶּהְ העוֹלְם, בּוֹרֵא פְּרִי הַגְּפָּן. ha∙olam, borei p'ri hagafen.

### For the spices.

These are the spices of memory. Their sweetness reminds us of all the Sabbaths that we have known. May their fragrance ever evoke within us memories of this sweet, sweet Sabbath in our lives.

We praise You, Eternal God, Creator of the universe who creates the world's spices.

בּרוּךְ אַתָּה יהוה, אֱלֹהֵינוּ מֶלֶךְ Baruch atah Adonai, Eloheinu melech הַעוֹלֶם, בּוֹרֵא מִינֵי בְשַׂמִים. ha·olam, borei minei v'samim.

### For the light of fire.

The wicks of the Havdalah candle are intertwined, as our lives are intertwined. Joined together, our individual flames burn even more brightly. May we, united in our love for one another and for our people Israel, bring light and warmth to all the world.

We praise You, Eternal God, Creator of the universe, who creates the light of fire.

בּרוּךְ אַתָּה יהוּה, אֱלֹהֵינוּ מֶלֶךְ Baruch atah Adonai, Eloheinu melech הַעוֹלֶם, בּוֹרֵא מִאוֹרֵי הַאֵּש. ha·olam, borei m'rei ha·eish.

#### For Havdalah.

As we extinguish now this Havdalah candle, we pray for wisdom to discern that which is sacred and holy in our lives from that which is profane. May our daily priorities reflect our highest ideals and the values of our Jewish tradition.

We praise You, Eternal God, Creator of the universe. You enable us to distinguish the commonplace from the sacred. You create light and darkness, the seventh day of rest and the six days of labor. We praise You, God, who calls us to separate the ordinary from the holy.

בַרוּך אַתַּה יִי אַלֹהֵינוּ מֵלֶךְ bein or l'choshech, bein Yisra el hamavdil bein kodesh l'chol.

Baruch atah Adonai, Eloheinu melech ha·olam, hamavdil bein kodesh l'chol, הַמַבְהִיל בֵּיזְ קְבֵישׁ לְחוֹל, ק'עַמִּים, בֵּין יוֹם הַשָּבִיעִי לְשֵשֵּת la·amim, bein yom hash'vi-i l'sheishet ָיְמֵי הַמַּעֲשֶׂה. בָּרוּךְ אֵתְּה יִיָ, y'mei hama aseh. Baruch atah Adonai,

The wine is sipped and the candle is extinguished.

Hamavdil bein kodesh l'chol, chatoteinu הַמַּבְדִּיל בֵּין קֹדֵשׁ לְחוֹל, חֲטֹאתֵינוּ hu yimchol. zareinu v'chaspeinu yarbeh . בחול, וכבוכבים בללה chachol, v'chakochavim balailah.

You separate sacred from profane: separate us now from our sins! Let those who love You be as many as the sands, and as the stars of heaven.

Shavua tov. A good week, a week of peace. May gladness reign and joy increase.

### אַלְיָהוּ הַנְּבִיא · Eliyahu Hanavi · Elijah the Prophet

בּוֹעָבִיא, אֵלְיֵהוּ הַתִּישִבִּי, Eliyahu hanavi, Eliyahu haTishbi, , אֵלְיֶהוּ, אֵלְיֶהוּ, אֵלְיֶהוּ, אֵלְיֶהוּ בּוֹעָמִרי, Eliyahu, Eliyahu, Eliyahu HaGiladi, עם מַשֵּיחַ בַּן־דַּוָד.

בּמְהֵרָה בְיָמֵינוּ יָבֹא אֵלֵינוּ, Bimheirah v'yameinu yavo eileinu, יַנְם מַשִּיחַ בֵּן־דָּוָר, im mashiach ben-David, im mashiach ben-David.

> Elijah the prophet, Elijah the Tishbite, Elijah of Gilead, come to us speedily in our day heralding redemption.





## שִירִים וּזְמִירוֹת Shirim Uz'mirot - Songs and Hymns

### עוֹלָם · Adon Olam

שברם בל יציר נברא. b'terem kol y'tzir nivra.

ואחרי בכלות הבל, V'acharei kichlot hakol,

עבי, שבי, אחר ואין שבי, V'hu echad v'ein sheini, ו/hamshil lo l'hachbirah. בלי ראשית בלי תכלית, B'li reishit b'li tachlit,

יהוא אלי וחי גאלי, V'hu Eli v'chai go-ali, יוצור חַבְלִי בִּעָת צַרַה. v'tzur chevli b'eit tzarah. יָר, וְמְנוֹס לְי, V'hu nisi umanos li, מַנַת בּוֹסִי בִּיוֹם אֵקְרָא. m'nat kosi b'yom ekra.

בידוֹ אפקיד רוּחי, B'yado afkid ruchi, לַנְת אִישֵׁן וָאֲעֵירָה. b'eit ishan v'a-irah.

אָדוֹן עוֹלָם אֵשֶׁר מַלַדְּ, Adon olam asher malach, לעת נעשה בחפצו כל, L'eit na asah v'cheftzo kol, מבו נקרא. מבלד שמו נקרא. azai melech sh'mo nikra.

. לְבַרּוֹ יִמְלֹדְ נוֹרַא. I'vado yimloch nora. יהוא היה, והוא היה, והוא הוה. V'hu hayah, v'hu hoveh, יהיה, בְּתְפַאֵרָה. v'hu yiyeh, b'tifarah.

עלו העז והמשרה. v'lo ha∙oz v'hamisrah.

ועם רוחי גויַתי, V'im ruchi g'viyati, יי לי ולא אירא. Adonai li v'lo ira.

The God of all, who reigned supreme, ere first creation's form was framed; when all was finished by Your will, Your name Almighty was proclaimed. You are my God, my Helper true, to whom I turn in sorrow's hour; my banner proud, my refuge sure; who hears and answers with Your power. Then in Your hand myself I lay, and trusting sleep, and wake with cheer; my soul and body are in Your care. You are with me, I have no fear.

### אין כאלהינו · Ein k'Eloheinu

אין כאלהינו, אין כאדונינו, אין כמלכנו, אין כמושיענו.

מי כאלהינו, מי כאדונינו, מי במלכנו. מי במושיענו.

נודה לאלהינו. נודה לאדונינו. נודה למלכנו, נודה למושיענו.

ברוך אלהינו, ברוך אדונינו, ברוך מלכנו, ברוך מושיענו.

> אתה הוא אלהינו. אתה הוא ארונינו. אתה הוא מלכנו, אתַה הוא מושיענו.

Ein k'Eloheinu, ein k'adoneinu, ein k'malkeinu, ein k'moshi-einu.

Mi ch'Eloheinu, mi ch'adoneinu, mi ch'malkeinu, mi ch'moshi-einu.

Nodeh l'Eloheinu, nodeh l'adoneinu, nodeh l'malkeinu, nodeh l'moshi-einu.

Baruch Eloheinu, baruch adoneinu, baruch malkeinu, baruch moshi·einu.

Atah hu Eloheinu. atah hu adoneinu, atah hu malkeinu. atah hu moshi-einu.

There is none like our God. Who can be compared to You? Let us thank our Maker. Blessed is our Redeemer.

### V'ye·etayu · ויאתיו · All the World

בּבוֹדֶדּ, וִיגֵּידוּ בַאִיִים צִדְקֵדָ. וְיִדְרִשְׁוּדְ עַמִּים לֹא יִדְעִוּדְ, וְיהַלְּלְוּהְ בַּל־אַפָּםִי אָרֶץ, וְיֹאמְרוּ תָמִיד: יגדל יי. ויזבחו לד את־זבחיהם,

עברך, ויברכו שם V'ye etayu chol l'ovdecha, vivarchu sheim k'vodecha, v'yagidu va·iyim tzidkecha. V'yidr'shucha amim lo y'da·ucha, vihal'lucha kol-afsei aretz, v'yomru tamid: yigdal Adonai. V'yizb'chu l'cha et-zivcheihem,

וַיִזְנָחוּ אֶת־עֻצַבֶּיהֶם, וַיַחִפָּרוּ עָם פָּסִילֵיהֶם, וְיַטוּ שָבֶם אֵחַד לְעַבְדֵּךְ. וִיירַאִוּדְ עָם שֵמֵשׁ מִבַקּשֵׁי פַּנֵידְ, וְיַבְּירוּ בָּחַ מַלְכוּתֵדְּ, וְיִלְמִדוּ תוֹעִים בִּינַה. וַיִּפְצָחוּ הַרִים רְנַּה, וַיִּצְהַלוּ איים במלכך, ויקבלו על מלכותק.

v'yizn·chu et-atzabeihem, v'yachp'ru im p'sileihem, v'yatu sh'chem echad l'ovdecha. V'yira·ucha im shemesh m'vakshei fanecha, v'yakiru ko·ach malchutecha, v'yilm'du to·im binah. V'yiftz·chu harim rinah, v'yitz·halu iyim b'molchecha, vikablu ol malchutecha. וירוממוף בקהל עם, וישמעו Virom'mucha bik hal am, v'yishm'u r'chokim v'yavo·u, v'yitnu l'cha keter m'luchah.

> All the world shall come to serve You, And bless Your glorious name, And Your righteousness triumphant The islands shall proclaim. And the peoples shall go seeking Who knew You not before, And the ends of earth shall praise You, And tell Your greatness o'er.

They shall build for You their altars, Their idols overthrown, And their graven gods shall shame them, As they turn to You alone. They shall worship You at sunrise, And feel Your Sovereign might, And impart their understanding To those astray in night.

With the coming of Your dominion The hills shall shout with song, And the islands laugh exultant That they to God belong. And through all Your congregations So loud Your praise shall ring, That the utmost peoples, hearing, Shall then Your greatness sing.

### י הַבְּיַלֵּת הַדֶּרֶף · T'filat Haderech · The Traveler's Prayer

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.

### עוֹר יַבוֹא שֵׁלוֹם · Od Yavo Shalom

Od yavo shalom aleinu v'al kulam. קלָם, עֲלֵיבוּ וְעַל בֶּלֶם. Salam, aleinu v'al kol ha·olam. כּלָאם, עֲלֵיבוּ וְעַל בְּל הָעוֹלֶם, Salam, salam.

Still peace will come upon us, everyone.

### הַנְּשֶׁמְה · Kol Han'shamah

יָה, אָטָמָה הְּזָהַלֵּל יָה, Kol han'shamah t'haleil Yah, הַלְלוּיָה. hal'luyah.

Let all that breathes praise God, Halleluyah.

### הבה נשירה · Havah Nashirah

. הַּלְלוּיָה. שִׁירָה, שִׁיר הַלְלוּיָה. Havah nashirah, shir hal'luyah.
Come let us sing, sing Halleluyah.

### ראישא גוי . Lo Yisa Goy

בּישָׂא גוֹי אֶל־גוֹי הֶרֶב, Lo-yisa goy el-goy cherev, לֹא־יִּלְמְדוּ עוֹד מִלְחָמָה lo yilm'du od milchamah.

Nation shall not take up sword against nation; they shall never again know war.

### עשה שלום · Oseh Shalom

עשה שלום במרומיו, הוא יעשה Oseh shalom bimromav, hu ya-aseh שלום עלינוּ ועל בּל־ישראל ועל shalom aleinu v'al kol-Yisrael v'al

kol-yoshvei teiveil, amen.

May the One who makes peace in the heavens descend on us, and the world will say: Amen.

### אַדיר הוא · Adir Hu · God of Might

אדיר הוא, אדיר הוא, יבנה ביתו Adir hu, adir hu, yivneh veito b'karov, bimheirah bimheirah b'yameinu בַּקרוֹב, בַּמְהַרָה בַּמְהַרָה, בַּיַמֵינוּ b'karov. El, b'neih, El, b'neih, ביתף בַּקרוֹב. b'nei veit'cha b'karov.

God of might, God of right, Thee we give all glory. Thine all praise in these days as in ages hoary, When we hear, year by year, freedom's wondrous story.

Now as erst, when Thou first made't the proclamation, Warning loud every proud, every tyrant nation. We Thy fame still proclaim, sing in adoration!

Be with all who in thrall, to their tasks are driven; By Thy power speed the hour when their chains are riven. Earth around will resound gleeful hymns to heaven!

### ירושלים של זהב · Y'rushalayim Shel Zahav Ierusalem of Gold

אָוִיר הָרִים צָלוּל כַּיַיִץ, וְרֵיחַ אֱרָנִים, נשא ברוח הערבים, עם קול פעמונים. ובתרדמת אילן ואבן, שבויה בחלומה, העיר אשר בדד יושבת, ובלבה חומה. ירושלים של זהב. ושל נחשת ושל אור; הלא לכל שיריף אני בנור.

Avir harim tzalul kayayin, v'rei·ach oranim, nisa b′ruach ha∙arbayim, im kol pa·amonim. Uv'tardeimat ilan va·even, sh'vuyah bachalomah, ha·ir asher badad yoshevet, uv'libah chomah.

Y'rushalayim shel zahav, v'shel n'choshet, v'shel or; halo l'chol shirayich ani kinor. The olive trees that stand in silence upon the hills of time, To hear the voices of the city as bells of evening chime. The shofar sounding from the Temple to call the world to prayer. The shepherd pauses in the valley and peace is everywhere.

Jerusalem of gold, and of bronze and of light: Am I not a harp to all of your songs?

The water well for those who thirsted, the ancient market square, Your golden sun that lights the future for people everywhere. And far away beyond the desert a thousand suns will glow. We shall be going to the Jordan by way of Jericho.

How many songs, how many stories the stony hills recall. Around her heart, the city carries a lonely ancient wall. My simple voice cannot acclaim thee, too weak the words I choose. Jerusalem, if I forget thee, may my right hand its power lose.

### Hatikvah · הַתְּקוָה · The Hope

כל עוד בַּלֶּבָב פְנִימָה, נַפַשׁ יהוּדִי הוֹמִיָה. וּלְפַאַתֵּי מִזְרַח קַדֵימָה, עֵיִן לְצִיּוֹן צוֹפַיַּה.

Kol od baleivav p'nimah, nefesh y'hudi homiyah. Ulfa-atei mizrach kadimah, ayin l'Tziyon tzofiyah.

עוֹר ל<sup>א</sup> אָבְדָה תִקְוָתֵנוּ, הַתִּקְנָה בַּת Od lo avdah tikvateinu, hatikvah bat שנות אַלְפַּיִם, לְהִיוֹת עֵם חַפִּשִי בארצנו, אָרִץ צִיּוֹן וִירוּשֵׁלֵים. b'artzeinu, eretz Tziyon virushalayim.

sh'not alpayim, liyot am chofshi

So long as still within the inmost heart a Jewish spirit sings, so long as the eye looks eastward, gazing toward Zion, our hope is not lost—that hope of two millennia, to be a free people in our land, the land of Zion and Jerusalem.

### America the Beautiful

O beautiful for spacious skies, For amber waves of grain, For purple mountains' majesties, Above the fruited plain! America! America! God shed His grace on thee! And crown thy good with brotherhood, From sea to shining sea.

O beautiful for pilgrim feet, Whose stern impassioned stress, A thoroughfare for freedom beat, Across the wilderness! America! America! God mend thine every flaw. Confirm thy soul in self-control, Thy liberty in law.

O beautiful for heroes proved, In liberating strife, Who more than self their country loved, And mercy more than life! America! America! May God thy gold refine, 'Til all success be nobleness, And every gain divine!

O beautiful for patriot dream, That sees beyond the years, Thine alabaster cities gleam, Undimmed by human tears! America! America! God shed His grace on thee! And crown thy good with brotherhood, From sea to shining sea!

### Birkat Kohanim · בַּרְכַּת כֹּהָנִים · Priestly Benediction

יָבֶרֶבְדְ יִיָ וִישְׁמְרֶדְ. Y'varech·cha Adonai v'yishm'recha. May God bless you and keep you.

יָאֵר יִי פַּנִיו אֵלֵידְ וִיחָנֵּךְ. Ya-eir Adonai panav eilecha vichuneka. May the light of God's presence shine upon you and be gracious to you.

יְשָׂא יִי פְּבָיוֹ אֵלֶיךְ וְיָשֵׂם Yisa Adonai panav eilecha v'yaseim רְהְּ שָׁלוֹם.

May God bestow favor upon you and give you peace.



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- Rabbi Howard A. Berman, Consultant and Co-Editor of the Union Prayer Book, Sinai Edition, Revised.
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- "Jerusalem of Gold," by Naomi Shemer.
- "Hatikvah," from a poem by Naftali Herz Imber.
- "America the Beautiful," Katharine Lee Bates.

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Copyedited by Rabbi Shira H. Gluck and Michelle Kwitkin.

Photography by Christopher Payne/ESTO. Printed by J. S. McCarthy, Augusta, Maine. Bound by Superior Packaging, Braintree, Mass.

