



Virtual Shabbat Services

Excerpts borrowed from *Mishkan Tefillah - A Reform Siddur*
Published in 2007 by the Central Conference of American Rabbis

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עֶרְבֵית לַשַּׁבָּת

SHABBAT EVENING

A full Shabbat service with the reciting or chanting of Kabbalat Shabbat, Tefillah, and the Mourner's Kaddish as well as a full sermon.

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

BARUCH atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.

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

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

SHEHECHEYANU

Baruch atah, Adonai Eloheinu, Melech haolam, בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
shehecheyanu v'kiy'manu v'higianu שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ
laz'man hazeh. לְזַמַּן הַזֶּה.

Praise to You, Adonai our God, Sovereign of the universe,
for giving us life, sustaining us, and enabling us to reach this season.

I ENTER this sacred space to voice
the longings of my heart in prayer.
In sacred company,
I offer my love to the Holy One.

I devote myself this morning
to psalm and song, study and prayer.
May my heart be lifted,
may my thoughts be deepened,
and may my soul like the eagle soar.

L'CHAH DODI likrat kalah,
p'nei Shabbat n'kab'lah.

לְכֵה דוּדִי לְקִרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

BELOVED, COME to meet the bride; beloved come to greet Shabbat.

Shamor v'zachor b'dibur echad,
hishmianu El ham'yuchad,
Adonai echad ush'mo echad,
l'shem ul'tiferet v'lit'hilah.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד, (1)
הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,
יְי אֶחָד וּשְׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

“Keep” and “remember”: a single command the Only God caused us to hear;
the Eternal is One, God’s Name is One; glory and praise are God’s.

Likrat Shabbat l'chu v'neilcha,
ki hi m'kor hab'rachah,
meirosh mikedem n'suchah,
sof maaseh b'machashava t'chilah.

לְקִרְאֵת שַׁבָּת לְכוּ וְנִילְכָהּ, (2)
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסוּכָהּ,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלֶהּ.

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.

Bo-i v'shalom ateret ba'lah,
gam b'simchah uv'tzoholah,
toch emunei am s'gulah,
bo-i chalah, bo-i chalah.

בּוֹאִי בְּשָׁלוֹם עֵטְרֵת בַּעֲלָהּ, (9)
גַּם בְּשִׂמְחָה וּבְצִהְלָהּ,
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּהּ,
בּוֹאִי כָלָה, בּוֹאִי כָלָה.

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!

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 we all live in such a way
that this day fulfill its promise.

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

YITGADAL v'yitkadash sh'meih raba

b'alma di vra chiruteih,
v'yamlich malchuteih
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uvizman kariv,
v'imru: Amen.

Y'hei sh'meih raba m'varach
l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal
sh'meih d'kudsha b'rich hu,
l'eila min kol birchata v'shirata,
tushb'chata v'nechemata,
daamiran b'alma, v'imru: Amen.

יִתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וַיְמַלִּיךְ מַלְכוּתֵיהּ
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עֵלְמַיָּא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרֹמֵם וַיִּתְנַשֵּׂא,
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְאָמִירוּן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

PRAYER IS NOT purely an act; all things pray,
 and all things pour forth their souls.
 The heavens pray, the earth prays,
 every creature and every living thing.
 In all life, there is longing.
 Creation is itself but a longing,
 a kind of prayer to the Almighty.
 What are the clouds, the rising and the setting of the sun,
 the soft radiance of the moon and the gentleness of the night?
 What are the flashes of the human mind
 and the storms of the human heart?
 They are all prayers —
 the wordless outpouring of boundless longing for God.



SH'MA UVIRCHOTEHA — SH'MA AND ITS BLESSINGS

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!
 בְּרוּךְ יְיָ הַמְּבָרָךְ
 לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!
 Praised be Adonai to whom praise is due,
 now and forever!

PRAISE to You, Adonai our God,
from whom the evening flows.
Your wisdom sets the way on which time and season glide;
Your breath guides the sail of the stars.
Creator of the tide of time and light,
You guide the current of day into night.
As heaven spans to infinity,
You set its course for eternity.
Praise to You, Adonai our God,
from whom the evening flows.

בְּרוּךְ אַתָּה, יי, הַמַּעֲרִיב עֶרְבִים.

Baruch atah, Adonai, hamaariv aravim.

THIS IS AN HOUR of change.
Within it we stand uncertain on the border of light.
Shall we draw back or cross over?
Where shall our hearts turn?
Shall we draw back, my brother, my sister,
or cross over?
This is the hour of change, and within it,
we stand quietly
on the border of light.
What lies before us?
Shall we draw back, my brother, my sister,
or cross over?

בְּרוּךְ אַתָּה, יי, הַמַּעֲרִיב עֶרְבִים.

Baruch atah, Adonai, hamaariv aravim.

WISDOM AND WONDER,

passion and instruction,
story and symbol.

All these things,
Your Torah gives to us.

And the more we devote ourselves to it,
the more it grows and gives.

What could be a truer token
of Your abiding love

than this holiest of Your works,
and the living language
that gives it form?

בָּרוּךְ אַתָּה, יְיָ, אֹהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah, Adonai, ohev amo Yisrael.

שִׁמְעַיִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

שִׁמְעַיִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

Blessed is God's glorious majesty forever and ever.

V'AHAVTA et Adonai Elohecha,
 b'chol l'vav'cha uv'chol nafsh'cha uv'chol
 m'odecha. V'hayu had'varim ha-eileh
 asher anochi m'tzav'cha hayom al
 l'vavecha. V'shinantam l'vanecha v'dibarta
 bam b'shivt'cha b'veitecha uv'lecht'cha
 vaderech uv'shochb'cha uv'kumecha.
 Uk'shartam l'ot al yadecha v'hayu
 l'totafot bein einecha. Uch'tavtam
 al m'zuzot beitecha uvisharecha.

L'maan tizk'ru, vaasitem et
 kol mitzvotai vih'yitem k'doshim
 l'Eloheichem. Ani Adonai Eloheichem,
 asher hotzeiti et-chem mei-eretz
 Mitzrayim lih'yot lachem l'Elohim
 ani Adonai Eloheichem.

YOU SHALL LOVE Adonai your God with all your heart,
 with all your soul, and with all your might.
 Take to heart these instructions with which I charge you this day.
 Impress them upon your children.
 Recite them when you stay at home and when you are away,
 when you lie down and when you get up.
 Bind them as a sign on your hand and let them serve as a symbol on your forehead;
 inscribe them on the doorposts of your house and on your gates.

Thus you shall remember to observe all My commandments
 and to be holy to your God.
 I am Adonai, your God, who brought you out of the land of Egypt to be your God:
 I am Adonai your God.

יְיָ אֱלֹהֵיכֶם אֱמֶת.
 Adonai Eloheichem EMET.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשֶׁךָ וּבְכָל-
 מַאֲדֶךָ; וְהָיוּ הַדְּבָרִים הָאֵלֶּה
 אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם עֲלֶיךָ
 לַבֵּינְךָ; וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֹתְךָ
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ;
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ
 לְטֹטְפוֹת בֵּין עֵינֶיךָ; וְכָתַבְתָּם
 עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ;
 לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
 כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים
 אֲנִי יְיָ אֱלֹהֵיכֶם:

ALL THIS WE HOLD to be true and trustworthy for us.
 You alone are our God, and we are Israel Your people.
 You are our Sovereign and Savior,
 who delivers us from oppressors' hands
 and saves us from tyrants' fists.
 You work wonders without number, marvels beyond count.
 You give us life and steady our footsteps.
 You performed miracles for us before Pharaoh,
 signs and wonders in the land of the Egyptians;
 You led Your people Israel out from their midst to freedom for all time.
 When Your children witnessed Your dominance
 they praised Your Name in gratitude.
 And they accepted Your sovereignty —
 Moses, Miriam and all Israel sang to You together,
 lifting their voices joyously:

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochoh nedar bakodesh,
 nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,
 bokei-a yam lifnei Moshe uMiryam.
 Zeh Eli, anu v'amru,
 Adonai yimloch l'olam va-ed!

מִי־כְמוֹכָה בָּאֵלִים, יְיָ!
 מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ,
 נוֹרָא תְהִלָּתְךָ, עֹשֶׂה פִלְאֵי!

מַלְכוּתְךָ רָאוּ בְנֵיךָ,
 בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
 זֶה אֱלֹהֵינוּ וְאָמְרוּ,
 יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

GIVE US A PLACE TO REST, Adonai, our God.

Bring us into shelter
in the soft, long, evening shadows of Your truth.
For with You are true protection and safety,
and in Your Presence are acceptance and gentle love.
Watch over us as we go forth.
Prepare for us as we return.
Spread over us Your shelter of peace,
over all we love — over our Jerusalem and Yours.

HASHKIVEINU, Adonai Eloheinu,
l'shalom, v'haamideinu shomreinu l'chayim,
ufros aleinu sukat sh'lomecha,

Shelter us beneath thy wings; Oh Adonai.
Guard us from all harmful things; Oh Adonai.
Keep us safe throughout the night,
'Til we wake with morning's light.
Teach us God wrong from right. Amen.

הַשְּׂכִיבֵנוּ, יי אֱלֹהֵינוּ,
לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים,
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us,
over all Your people Israel, and over Jerusalem.

**בָּרוּךְ אַתָּה, יי, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.**

Baruch atah, Adonai, haporeis sukat shalom aleinu
v'al kol amo Yisrael v'al Yerushalayim.

THOSE WHO KEEP SHABBAT by calling it a delight
will rejoice in Your realm.

The people that hallow Shabbat will delight in Your goodness.

For, being pleased with the Seventh Day, You hallowed it
as the most precious of days, drawing our attention to the work of Creation.

V'SHAMRU V'NEI YISRAEL

et HaShabbat,

laasot et HaShabbat l'dorotam

b'rit olam.

Beini u'vein b'nei Yisrael

ot hi l'olam,

ki sheishet yamim asah Adonai

et hashamayim v'et haaretz,

u'vayom hashvi-i shavat vayinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל
אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם
בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם,
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

תַּפְּלָה

T'FILAH

ADONAI, s'fatai tiftach,
ufi yagid t'hilatecha.

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

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

BARUCH atah, Adonai Eloheinu
v'Elohei avoteinu v'imoteinu, Elohei
Avraham, Elohei Yitzchak v'Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v'Elohei Leah. Ha-El hagadol
hagibor v'hanora, El elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir
chasdei avot v'imahot, umeivi g'ulah
livnei v'neihem l'maan sh'mo b'ahavah.
Melech ozeir umoshia umagen.
Baruch atah, Adonai,
magein Avraham v'ezrat Sarah.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל
חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.
מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בָּרוּךְ אַתָּה, יְיָ,
מַגֵּן אַבְרָהָם וְעֲזֵרַת שָׂרָה.

BLESSED ARE YOU, Adonai our God, God of our fathers and mothers,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
the great, mighty and awesome God, transcendent God
who bestows loving kindness, creates everything out of love,
remembers the love of our fathers and mothers,
and brings redemption to their children's children for the sake of the Divine Name.
Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

ATAH gibor l'olam, Adonai,
m'chayeh hakol (meitim) atah,
rav l'hoshia.

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,
m'chayeh hakol (meitim)
b'rachamim rabim, someich noflim,
v'rofei cholim, umatir asurim,
um'kayem emunato lisheinei afar.
Mi chamochah baal g'vurot
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.

SHABBAT SHUVAH —

Mi chamochah Av harachamim,
zocheir y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵיַתִּים) אַתָּה,
רַב לְהוֹשִׁיעַ.

מְשִׁיב הַרוּחַ — WINTER*

וּמוֹרִיד הַגֶּשֶׁם.

מוֹרִיד הַטַּל — SUMMER*

מְכַלְכֵּל חַיִּים בְּחַסֵּד,
מְחַיֶּה הַכֹּל (מֵיַתִּים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ, מְלֶכֶךְ מֵמִית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

— SHABBAT SHUVAH

מִי כְמוֹךָ אֵב הַרַחֲמִים,
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל (מֵיַתִּים).

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּיַתִּים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

WINTER — You cause the wind to shift and rain to fall.

SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

SHABBAT SHUVAH — Who is like You, Compassionate God,
who mercifully remembers Your creatures for life?

Blessed are You, Adonai, who gives life to all (who revives the dead).

ATAH kadosh v'shimcha kadosh
uk'doshim b'chol yom
y'hal'lucha, selah.*
Baruch atah Adonai, Ha-El hakadosh.

*SHABBAT SHUVAH — Baruch atah,
Adonai, HaMelech hakadosh.

אַתָּה קדוש וְשִׁמְךָ קדוש
וְקְדוּשֵׁים בְּכָל יוֹם
יְהִלְלוּךָ סֵלָה.*
בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.
בְּרוּךְ אַתָּה, — SHABBAT SHUVAH*
יְיָ, הַמֶּלֶךְ הַקְּדוֹשׁ.

YOU ARE HOLY, Your Name is holy,
and those who are holy praise You every day.*
Blessed are You, Adonai, the Holy God.

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.
Baruch atah, Adonai, Ha-El hakadosh.

YOU ARE WITH US in our prayer, our love and our doubt,
in our longing to feel Your Presence and do Your will.
You are the still clear voice within us.
Therefore, O God, when doubt troubles us,
when anxiety makes us tremble,
when pain clouds the mind,
we look inward for the answer to our prayers.
There may we find You,
and there find courage, insight and endurance.
And let our worship bring us closer to one another,
that all Israel, and all who seek You,
may find new strength for Your service.

בְּרוּךְ אַתָּה, יְיָ, שְׂאוֹתֶךָ לְבִדָּךְ בִּירְאָה נֶעֱבֹד.
Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

R'TZEI, Adonai Eloheinu, b'amcha Yisrael,
ut'filatam b'ahavah t'kabeil,
ut'hi l'ratzon tamid
avodat Yisrael amecha.
El karov l'chol korav,
p'nei el avadecha v'choneinu,
sh'foch ruchacha aleinu.
V'techezenah eineinu b'shuv'cha
l'Tzion b'rachamim.
Baruch atah, Adonai,
hamachazir Shechinato l'Tzion.

רְצֵה, יי אֱלֹהֵינוּ, בְּעֶמְדָּךְ יִשְׂרָאֵל,
וּתְפַלְתֵם בְּאַהֲבָה תִקְבַּל,
וּתְהִי לְרָצוֹן תָּמִיד
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
אֵל קָרוֹב לְכָל קוֹרְאָיו,
פְּנֵי אֵל עֲבָדֶיךָ וְחֲנֹנֵנוּ,
שְׂפוֹךְ רוּחְךָ עָלֵינוּ.
וּתְחַזְּקֵנָה עֵינֵינוּ בְּשׁוּבְךָ
לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה, יי,
הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

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 as a safeguard of peace,
its advocate among the nations.
May contentment reign within our borders,
health and happiness within our homes.
Strengthen the bonds of friendship and fellowship
among all the inhabitants of every land.
Plant virtue in every soul,
and may the love of Your Name hallow every home and every heart.
Praised are You, Eternal One, who blesses our people with peace.
בָּרוּךְ אַתָּה, יי, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.
Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

WE REACH for You, our God
from our quiet places.

May we stand still, for a brief moment,
and listen to the rain —

Stand still, for a brief moment,
and watch the play of sunlight and shadow on the leaves.
For a brief moment — listen to the world.

Let us stop the wheels of every day to be aware of Shabbat.
Find the stillness of the sanctuary which the soul cherished.
Renew the Covenant of an ancient people.

We need a quiet space to test the balance of our days.
The weight of our own deeds
against the heaviness of the world's demands.
The balance is precarious — steady us with faith:

Quiet places and stillness —
where we will hear our own best impulses speak.
Quiet places and stillness —
from which we will reach out to each other.

We will find strength in silence
and with this strength
we will turn again to Your service.

~ We pause for silent meditation ~

Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael, v'al kol yoshvei teiveil,
v'imru: Amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens
make peace for us, for all Israel and all who inhabit the earth. Amen.

עֲלֵינוּ

ALEINU

ALEINU l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.
Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech malchei ham'lachim
HaKadosh Baruch Hu.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.
שֶׁלֹא שָׂם חֶלְקֵנוּ כֵּהֶם,
וְגָרְלָנוּ כְּכָל־הַמּוֹנִים.
וְנֶאֱחָזְנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

SHEHU noteh shamayim v'yoseid aretz,
umoshav y'karo bashamayim mimaal
ush'chinat uzo b'govhei m'romim.
Hu Eloheinu ein od,
emet Malkeinu efes zulato.
Kakatuv b'Torato, V'yadata hayom
v'hasheivota el l'vavecha,
ki Adonai hu HaElohim
bashamayim mimaal,
v'al haaretz mitachat, ein od.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל
וְשׁוֹכֵנֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים.
הוּא אֱלֹהֵינוּ אֵין עוֹד,
אֶמֶת מַלְכֵנוּ אֶפֶס זֹלָתוֹ.
כְּכַתוּב בְּתוֹרָתוֹ, וְיָדַעְתָּ הַיּוֹם
וְהִשְׁבַּתְתָּ אֶל לְבַבְךָ,
כִּי יְיָ הוּא הָאֱלֹהִים
בַּשָּׁמַיִם מִמַּעַל,
וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד.

Al kein n'kaveh l'cha Adonai Eloheinu,
lirot m'heirah b'tiferet uzecha,
l'takein olam b'malchut Shaddai.

עַל כֵּן נִקְוֶה לָךְ יְיָ אֱלֹהֵינוּ,
לְרֹאוֹת מְהֵרָה בְּתִפְאֵרֶת עֲזֶךָ,
לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי.

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.

V'ne-emar, v'hayah Adonai
l'Melech al kol haaretz.
Bayom hahu yih'yeh Adonai echad
ush'mo echad.

וְנֵאמָר, וְהָיָה יי
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד
וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai will be Sovereign over all the earth.
On that day, Adonai will be one, and God's Name will be one.



WE THINK OF OUR LOVED ONES
whom death has recently taken from us,
those who died at this season in years past,
and those whom we have drawn into our hearts
with our own . . .

זְכוֹרֹנָם לְבִרְכָה.
Zichronam livrachah.

May their memories be for blessing.

MOURNER'S KADDISH

YITGADAL v'yitkadesh sh'mei raba.

B'alma di v'ra chirutei,

v'yamlich malchutei,

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uvizman kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach

l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'mei d'kudsha b'rich Hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya,

v'chayim aleinu v'al kol Yisrael.

V'imru: Amen.

Oseh shalom bimromav,

Hu yaaseh shalom aleinu,

v'al kol Yisrael. V'imru: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וְיַמְלִיךְ מַלְכוּתֵיהּ,

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֻגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא,

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל

שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,

לְעֻלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,

תְּשֻׁבָּתָא וְנַחֲמָתָא,

דְאָמִירוּן בְּעֻלְמָא. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

שִׁירִים וְזִמְרוֹת

SHIRIM UZ'MIROT

SONGS AND HYMNS

ADON OLAM

Adon olam asher malach,
b'terem kol y'tzir nivra.
L'eit naasah v'cheftzo kol,
azai Melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כָּל יְצִיר נִבְרָא.
לַעֵת נַעֲשֶׂה בְחִפְזוֹ כָּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

V'acharei kichlot hakol,
l'vado yimloch nora.
V'hu hayah, v'hu hoveh,
v'hu yih'yeh, b'tifarah.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹבֵה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

V'hu echad v'ein sheini,
l'hamshil lo l'hachbirah.
B'li reishit b'li tachlit,
v'lo haoz v'hamisrah.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הַעֲזֹ וְהַמְשָׁרָה.

V'hu Eli v'chai go-ali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li
m'nat kosi b'yom ekra.

וְהוּא אֵלֵי וְחַי גֹּאֲלִי,
וְצוּר חֲבֻלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמָנוֹס לִי
מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא.

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

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאַעִירָה.
וְעַם רוּחִי גְוִיַּתִּי,
יְיָ לִי וְלֹא אִירָא.

ANI V'ATAH

Ani v'atah n'shaneh et haolam,
ani v'atah, az yavo-u k'var kulam.

Amru et zeh kodem l'fanai,
(zeh) lo m'shaneh
ani v'atah n'shaneh et haolam.

Ani v'atah n'naseh meihat'chalah;
yih'yeh lanu ra, ein davar, zeh lo nora.

אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם,
אָנִי וְאַתָּה, אִזּוּ יָבוֹאוּ כְּבָר כְּלָם.

אָמְרוּ אֶת זֶה קִדְּם לְפָנַי,
(זֶה) לֹא מִשְׁנֶה
אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.

אָנִי וְאַתָּה נִנְסֶה מִהֲתַחֲלָה;
יְהִיָּה לָנוּ רָע, אִין דְּבָר, זֶה לֹא נוֹרָא.

You and I will change the world, you and I. Then all will join us. Though it's been said before it doesn't matter. You and I will change the world. You and I will start from the beginning. It may be difficult, but it doesn't matter.

AL SH'LOSHAH D'VARIM

Al sh'loshah d'varim haolam omeid:
al HaTorah, v'al haavodah
v'al g'milut chasadim.

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה
וְעַל גְּמִילוּת חֲסָדִים.

The world is sustained by three things: Torah, worship and loving deeds.

(Pirkei Avot 1:2)

ESA EINAI

Esa einai el heharim, mei-ayin yavo ezri?
Ezri mei-im Adonai, oseih shamayim vaaretz.

אֲשָׂא עֵינַי אֶל-הַהָרִים, מֵאֵין יָבֹא עֲזָרִי?
עֲזָרִי מֵעַם יי, עֹשֶׂה שָׁמַיִם וָאָרֶץ.

I lift my eyes to the mountains; from where does my help come?

My help comes from God, maker of heaven and earth. *(Psalm 121:1-2)*

GESHER TZAR M'OD

Kol haolam kulo gesher tzar m'od
v'ha-ikar lo l'facheid klal.

כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד
וְהַעֲקָר לֹא לִפְחֹד כָּלֵל.

The entire world is but a narrow bridge; the most important thing is not to be afraid.

IM EIN ANI LI MI LI?

Im ein ani li, mi li?
Uch'she-ani l'atzmi, mah ani?
V'im lo achshav, eimatai?

אִם אֵין אֲנִי לִי, מִי לִי?
וּכְשֶׁאֲנִי לְעַצְמִי, מָה אֲנִי?
וְאִם לֹא עַכְשָׁיו, אֵימָתַי?

If I am not for myself, who will be for me?
And if I am for myself, what am I?
And if not now, when?

(Pirkei Avot 1:14)

IM TIRTZU

Im tirtzu, ein zo agadah
lih'yot am chofshi b'artzeinu,
b'Eretz Tzion, viY'rushalayim.

אִם תִּרְצוּ, אֵין זוֹ אַגָּדָה
לְהִיּוֹת עַם חֲפָשִׁי בְּאַרְצֵנוּ,
בְּאֶרֶץ צִיּוֹן, וִירוּשָׁלַיִם.

If you will it, it is no dream.
To be a free people in our land of Zion and Jerusalem.

L'CHI LACH

L'chi lach, lech l'cha.

L'simchat chayim, l'chi lach.

לְכִי לָךְ, לְךָ לְךָ.
לְשִׂמְחַת חַיִּים, לְכִי לָךְ.

L'chi lach to a land that I will show you,
Lech l'cha to a place you do not know,
L'chi lach, on your journey I will bless you,
And you shall be a blessing, you shall be a blessing,
You shall be a blessing, *l'chi lach*.

L'chi lach and I shall make your name great,
Lech l'cha and all shall praise your name,
L'chi lach, to the place that I will show you,
L'simchat chayim (3x), *l'chi lach*.

LO YISA GOI

Lo yisa goi el goi cherev,
v'lo yilm'du od milchamah.

לֹא יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב,
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

Don't walk in front of me, I may not follow; Don't walk behind me, I may not lead

Just walk beside me and be my friend, and together we will walk in the path of Hashem.

Nation shall not take up sword against nation; they shall never again study war.

(Isaiah 2:4)

MITZVAH GORERET MITZVAH

Mitzvah goreret mitzvah,
aveirah goreret aveirah.

Lih'yot tzaddik zeh tov m'od.

מִצְוָה גּוֹרֶרֶת מִצְוָה,
עֲבֵרָה גּוֹרֶרֶת עֲבֵרָה.
לְהִיּוֹת צַדִּיק זֶה טוֹב מְאֹד.

One mitzvah leads to another.

One sin leads to another. (Pirkei Avot 4:2)

To be righteous is very good.

SHABBAT SHALOM (SHIR HAMAALOT)

Shir hamaalot b'shuv Adonai
et shivat Tziyon hayinu k'cholmim.
Az yimalei s'chok pinu ul'shoneinu rinah.
az yomru vagoyim
higdil Adonai laasot im eileh.

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ
אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים.
אִז יִמְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה.
אִז יֹאמְרוּ בְּגוֹיִם
הִגְדִּיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי.

A peaceful Shabbat.

A peaceful and blessed Shabbat.

A song of ascents.

When Adonai returns the exiles of Zion,
we will be like dreamers.

Then our mouths will fill with laughter,
and our tongues with joy.

Then it will be said among the nations,
“Adonai has done great things for them!”

(Psalm 126:1–2)

V'HA-EIR EINEINU

V'ha-eir eineinu b'Toratecha,
v'dabeik libeinu b'mitzvotcha.
V'yacheid l'vaveinu,
l'ahavah ul'yirah et sh'mecha,
v'lo neivosh, v'lo nikaleim,
v'lo nikasheil l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,
וְדַבַּק לִבֵּנוּ בְּמִצְוֹתֶיךָ.
וַיַּחַד לְבָבֵנוּ,
לְאַהֲבָה וּלְיִרְאָה אֶת־שִׁמְךָ,
וְלֹא יִבוֹשׁ, וְלֹא נִכְלֵם,
וְלֹא נִכְשֵׁל לְעוֹלָם וָעֶד.

Enlighten our eyes with Your Torah. Cause our hearts to cling to Your commandments.
Unite our hearts to love and revere Your name, so that we may never be put to shame.

Y'RUSHALAYIM SHEL ZAHAV

Avir harim tzalul kayayin v'rei-ach oranim אֲוִיר הָרִים צָלוּל כַּיַּיִן וְרֵיחַ אֲרָנִים
 nisa b'ruach haarbayim im kol paamonim. נִשָּׂא בְרוּחַ הָעֲרֵבִים עִם קוֹל פְּעֻמוֹנִים.
 Uv'tardeimat ilan va-even sh'vuyah bachalomah וּבַתְרֵדִמַת אֵילָן וְאֶבֶן שְׂבוּיָה בַחֲלוּמָה
 ha-ir asher badad yoshevet uv'libah chomah. הָעִיר אֲשֶׁר בְּדָד יוֹשֶׁבֶת וּבִלְבָּה חוֹמָה.

Y'rushalayim shel zahav
 v'shel n'choshet v'shel or
 Halo l'chol shirayich ani kinor!

יְרוּשָׁלַיִם שֶׁל זָהָב
 וְשֶׁל נְחֹשֶׁת וְשֶׁל אוֹר
 הֲלֹא לְכֹל שִׁירֶיךָ אָנִי כִנּוֹר!

Eichah yav'shu borot hamayim,
 kikar hashuk reikah.
 V'ein pokeid et Har Habayit
 ba-Ir Haatikah.
 Uvamarot asher basela
 m'yal'lot ruchot.
 V'ein yoreid el Yam Hamelach
 b'derech Y'richo.

אֵיכָה יָבֹשׁוּ בּוֹרוֹת הַמַּיִם,
 כִּכָּר הַשּׁוּק רֵיקָה.
 וְאֵין פּוֹקֵד אֶת הַר הַבַּיִת
 בְּעִיר הָעֵתִיקָה.
 וּבְמַעְרֹת אֲשֶׁר בְּסַלַע
 מִיִּלְלוֹת רוּחוֹת.
 וְאֵין יוֹרֵד אֶל יַם הַמֶּלֶךְ
 בְּדֶרֶךְ יְרִיחוֹ.

Ach b'vo-i hayom lashir lach
 v'lach likshor k'tarim,
 katonti mitz'ir banayich
 umei-acharon ham'shor'rim.
 Ki sh'meich tzoreiv et has'fatayim
 kin'shikat saraf.

אָךְ בְּבוֹאֵי הַיּוֹם לְשִׁיר לָךְ
 וְלָךְ לְקֶשֶׁר כְּתָרִים,
 קָטַנְתִּי מִצְעִיר בְּנִיךָ
 וּמֵאַחֲרוֹן הַמְּשׁוֹרְרִים.
 כִּי שְׁמֶךָ צוֹרֵב אֶת הַשְּׁפָתַיִם
 כַּנְּשִׁיקַת שָׂרָף.

Im eshkeich Y'rushalayim asher kulah zahav. אִם אֲשַׁכְּחֶךָ יְרוּשָׁלַיִם אֲשֶׁר כִּלְּהָ זָהָב.

The mountain air is clear as wine and the fragrance of pine is carried in the evening breeze with the sound of bells. In the slumber of tree and stone, captive within her dream, is the city which sits deserted, and the wall at its heart.

Jerusalem of gold, of bronze, and of light, am I not a harp for all your songs?

How the cisterns have dried up! The market square is empty. No one attends the Temple Mount in the Old City. And in the caves in the rock winds moan. No one descends to the Dead Sea by way of Jericho.

But when I come today to sing unto you and to bind crowns for you, I become smaller than the youngest of your sons or the least of the poets. For your name burns the lips like the kiss of a seraph if I forget you, O Jerusalem, that is all of gold.