

The Kavvanah — L'Shem Yichud — Entering into worship

הָרִינִי מִזְמַן אֶת פִּי לְהוֹדוֹת וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאֵי: לְשֵׁם יְחִוּד קְדוּשָׁא בְּרִיךְ
הוּא וְשִׁכְיִנְתָּהּ, בְּדַחֲלֵנוּ וּרְחִימוּ, לְיִחּוּד שֵׁם י"ה בּו"ה בְּיַחְוּדָא שְׁלִים, בְּשֵׁם כָּל
יִשְׂרָאֵל וְכָל יִשְׁבֵי תִבְל.

Here I am, opening my heart to thank, praise, and exalt my Creator; for the sake of the unification of the Holy One of Blessing and the *Shechinah*, in awe and compassion, to unite the name YH with VH in perfect Oneness, in the name of all Israel and all humankind.

Blessing the Shabbat Light

*Baruch Atah Adonai Eloheynu Melech
ha-Olam, asher kid'shanu b'mitz'votav
v'tzivanu l'had'lik neir shel Shabbat.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קְדָשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is; You sanctify us through our performing holy deeds, and give us the practice of kindling Shabbat light.

Rom'mu

(Psalm 99)

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קְדוֹשׁוֹ.
כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ רוֹמְמוּ.

*Rom'mu Adonai Eloheynu v'hish'tachavu l'har kod'sho.
Ki kadosh Adonai Eloheynu rom'mu.*

Exalt the One manifesting as the many, and aspire to ascend God's holy mountain,
for Holy is the Eternal One and all Its manifestations.

L'cha Dodi

L'cha Dodi Likrat Kallah,

לְכָה דוּדִי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבָּת נִקְבְּלָה

P'nei Shabbat N'kab'lah (2)

Come my beloved to greet the bride - The Shabbat presence let us welcome!

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמְיֻחָד, יי אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם
וּלְתַפְאֵרַת וּלְתִהְלָהּ.

*Shamor v'zachor b'dibur echad, hish'mi-anu El ha-m'yuchad, Adonai echad u-sh'mo echad,
l'shem u-l'tiferet v'lit-hilah.*

Keep and remember as one truth what the Eternal One allows us to hear: The Eternal is One and His name "One", for splendor and for praise.

לְקִרְאֵת שַׁבָּת לְכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה, מִרְאֵשׁ מְקֵדִם נְסוּכָה, סוּף
מִעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה.

*Lik'rat shabbat l'chu v'neil'chah, ki hi m'kor ha-b'rachah, mei-rosh mi-kedem n'suchah, sof
ma-aseh b'macha-shavah t'chilah.*

To welcome Shabbat come let us go, for she is the source of blessing. From most ancient times she was honored, first as a thought then as an act.

מְקֵדָשׁ מְלֶךְ עִיר מְלוּכָה, קוֹמֵי צְאֵי מִתּוֹךְ הַהֶפְכָּה, רַב לָךְ שַׁבָּת בְּעֵמֶק הַבְּכָא,
וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

*Mik'dash melech ir m'lucha, kumi tz'i mi-toch ha-hafeicha, rav lach shevet b'eimek ha-bacha,
v'hu yacha-mol ala-yich chem'lah.*

O Sanctuary of the Holy One, City of the Eternal - Arise and depart from amidst the upheaval, too long have you dwelled in the valley of the weeping, the Eternal holds you with compassion.

הַתְּנַעֲרֵי מֵעָפָר קוֹמֵי, לְבִשֵׁי בְּגָדֵי תִפְאָרְתְּךָ עִמִּי, עַל יַד בֶּן יִשִׁי בֵּית הַלְּחָמִי,
קַרְבָּה אֶל נַפְשִׁי גְּאֻלָּה.

*Hit'na-ari mei-afar kumi, liv'shi big'dey tif'ar'teich ami, al yad ben Yishay beyt ha-lach'mi,
kor'vah el naf'shi g'alah.*

Shake off the dust - Arise! Don your splendid clothes my people, through the son of Yishay of Bethlehem. Draw near to my soul - redeem it!

הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי, כִּי בָּא אֹרֶךְ קוֹמֵי אֹרֵי, עוֹרֵי עוֹרֵי שִׁיר דְּבָרֵי, כְּבוֹד יִי
עָלֶיךָ נִגְלָה.

Hit'or'ri, hit'or'ri, ki va oreich kumi ori, uri uri shir dabeiri, k'vod Adonai ala-yich niglah.

Wake up! Wake up! For your light has come, rise up and shine! Awaken, Awaken! Utter a song! The glory of the Eternal is revealed through you.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי, מָה תִּשְׁתַּחֲוִי וּמָה תִּהְיֶינִי, בְּךָ יִחְסוּ עַנְיֵי עַמִּי, וְנִבְנְתָה
עִיר עַל תְּלָה.

*Lo teivo-shi v'lo tikal'mi, mah tish'to-chachi u-mah tehem, bach yechesu aniyey ami, v'niv'neta
ir al tillah.*

Feel not ashamed, not humiliated, don't be downcast or disconsolate. In you My afflicted people find shelter and a city will be built on her hilltop.

וְהָיוּ לְמִשְׁסָה שְׂאֵסִיד, וְרָחֲקוּ כָּל מְבַלְעֵיךָ, יְשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ, כְּמִשׁוֹשׁ חֲתָן עַל
כְּלָה.

*V'ha-yu lim'shisa shosa-yich, v'rachaku kol m'val'a-yich, ya-sis ala-yich Eloha-yich, kim'sos
chatan al kallah.*

Release will come from the pressures in our lives, what devours us will be cast far off. Your God will rejoice over you like a groom rejoicing over his bride.

יָמִין וּשְׂמָאל תְּפָרוֹצִי, וְאֵת יְיָ תַעְרִיצִי, עַל יַד אִישׁ בֶּן פֶּרְצִי, וְנִשְׂמַחָה וְנִגְלָהּ.

Yamin u-smol tif'rotzi, v'et Adonai ta-aritzi, al yad ish ben partzi, v'nis'mecha v'nagilah.

Cast your vision right and left, and praise the Holy One of Being! Through awakening to the Messiah within come our happiness and our rejoicing.

בּוֹאֵי בְּשָׁלוֹם עֲטֹרַת בְּעֻלָּה, גַּם בְּשִׂמְחָה וּבְצִהְלָה, תּוֹךְ אַמּוּנֵי עַם סְגֻלָּה, בּוֹאֵי כָּלָה, בּוֹאֵי כָּלָה.

Bo-ee v'shalom ateret ba'la, gam b'sim'chah u-v'tzaholah, toch emuney am s'gulah, Bo-ee challah, bo-ee challah.

Enter in Peace, O crown of the Eternal, in gladness and in cheer, among the faithful of the treasured nation. Enter, O bride! Enter, O bride!

THE SH'MA AND ITS BLESSINGS

Bar'chu: Call to Blessing

(Translation by Rabbi Ted Falcon)

בָּרְכוּ אֵת יְהוָה הַמְּבָרֵךְ.

Bar'chu et Adonai ha-M'vo-rach.

Bless the Eternal, the One Who Is Blessing.

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Baruch Adonai ha-M'vo-rach l'olam va-ed.

Blessed is the Eternal, the One Who Is Blessing Eternally.

Maariv Aravim

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מַעְרִיב עֲרָבִים, בְּחֻכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים, וּמְסַדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר. וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם, תָּמִיד יְמֻלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרָבִים.

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is. You bring on evenings by Your word, with wisdom you open gates, with understanding you modify eras, change the seasons and set up the stars in their heavenly constellations. You create day and night, reminding us of the light within the darkness and the darkness within the light. You change the day into the night, separating them. Master of Multitudes is Your Name. You are the source of all Life, Existence itself, the Eternal Life-Force of our being. Blessed are you Eternal One who brings on evenings.

Ahavat Olam: An Everlasting Love

אָהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ
לְמַדְתָּ עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂכְבָּנוּ וּבְקוּמָנוּ נְשִׁיחַ בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאֲרֵךְ יָמֵינוּ, וּבָהֶם נִהְגָּה יוֹמָם וְלַיְלָה,
וְאֶהְבֶּתְךָ אֶל תְּסִיר מִמֶּנּוּ לְעוֹלָמִים. בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beyt Yisrael am'cha ahavta. Torah u-mitz'vot, chukim u-mish'patim o-tanu li-mad'ta. Al kein Adonai eloheynu b'shoch'veinu u-v'ku-meinu nasi'ach b'chukecha, v'nis'mach b'div'rei toratecha u-v'mitz'votecha l'olam va-ed. Ki hem cha-yey-nu v'orech ya-meynu u-va-hem neh'geh yomam va-lai'lah. v'ahavat'cha ahl ta-sir mimenu l'olamim. Baruch Atah Adonai, Ohev amo Yisrael.

With an everlasting Love You have loved us as a people. With Love You have guided us with teachings and holy deeds, principles and just ways. Therefore, Eternal One our God, upon lying down and upon arising we rejoice in Your Torah and Your Holy Paths. For they are our life and the length of our days, and upon them we will meditate day and night. You will never withdraw Your Love from us. Blessed are You, Eternal One, Whose Love manifests in the people Israel.

The Sh'ma

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Sh'ma Yisrael, Adonai Eloheynu, Adonai Echad.

Listen, Israel: The Eternal manifests as all that Is, the Eternal is One.

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch Shem k'vod mal'chuto l'olam va-ed.

Blessed is the Name, the splendor of its Presence shines eternally.

V'ahavta

וְאֶהְבֶּתְךָ אֵת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשֶׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ הֵדְבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ. וְשָׁנַנְתָּם לְבִנְיָךְ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבְלֻכְתְּךָ בְּדַרְךָ וּבְשִׂכְבְּךָ וּבְקוּמְךָ. וְקִשְׂרַתָּם לְאוֹת עַל-יְדֶיךָ וְהָיוּ לְטָטְפֹת
בֵּין עֵינֶיךָ. וְכִתְבַתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

V'ahavta et Adonai Elohecha, b'chol l'vav'cha, uv'chol naf'shecha, uv'chol m'odecha. V'hayu ha-d'varim ha-eileh, asher anochi m'tzav'cha ha-yom, al l'vavecha. V'shinan'tam l'vanecha, v'dibar'ta bahm b'shiv't'cha b'veytecha, uv'lech'techa va-derech uv'shoch'becha uv'kumecha. Uk'shar'tam l'oht ahl yadecha, v'hayu l'totafot beyn eynecha, uch'tav'tam ahl m'zuzot beytecha uvish'arecha.

Now you can love the Eternal One in all Its manifestations with all your heart, with all your soul, and with all your energy. Let these words, connecting you to Source now, be always in your consciousness. Embody them for your children, and repeat them when you sit in your house, when you walk on your way, when you lie down, and when you rise up. Bind them as a sign upon your hand, and let them be as frontlets between your eyes. Write them upon the doorposts of your house and upon your gates.

לְמַעַן תִּזְכְּרוּ וְעַשִּׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְהוָה
 אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה
 אֱלֹהֵיכֶם.

L'ma-an tiz'keru va-asitem et kol mitz 'votai, vih'yitem k'doshim l'Eloheychem. Ani Adonai Eloheychem, asher hotzeiti et'chem mei-eretz Mitz'rayim, lih'yot lachem lei-lohim, Ani Adonai Eloheychem.

That you might become aware and engage in My spiritual practices, and be bound in holiness to the One within. I am the Holy One Who manifests as all that is, the One Who brought you forth from a place of enslavement, to be for you God. I am the Holy One Who manifests as all that is.

Mi Chamocha

מִי כַמֹּכָה בְּאֵלִים יְיָ, מִי כַמֹּכָה נְאֻדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֹשֶׂה פִלְאָ.

Mi chamocha ba-eilim Adonai, mi kamocha neh'dar ba-kodesh, nora t'hillot, oseh feleh.

Who is like You among the heavenly powers, Holy One! Who is like You, mighty in holiness, awesome in praise, doing wonders!

Hash'kiveinu

(Translation by Rabbi Ted Falcon)

הַשְּׁכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים, וּפְרֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
 וְתִקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ. וּשְׁמַר צְאֲתָנוּ וּבֹאֲנוּ,
 לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל
 כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Hash'kiveinu Adonai Eloheynu l'shalom, v'ha-amideinu Malkeinu l'chayim; uf'ros aleynu sukkat sh'lomecha, v'tak'neinu b'eitzah tovah mil'fanecha v'hoshi-einyu l'ma-an Sh'mecha. Ush'mor tzeiteinu, u'vo-einu, l'chayim ul'shalom, mei-atah v'ad olam. Baruch Atah Adonai, ha-poreis sukkat shalom aleynu v'al kol amo Yisrael v'al Yerushalayim.

Help us, Eternal our God, to lie down in peace and to awaken again to renewed life. Spread over us the shelter of Your Peace, let us realize the vision of Your Wholeness, that we may experience the Salvation that is Your Name. Shelter us from all that we fear, help us see Your Way even through times of darkness, guard our coming and our going. Grant us life and peace, now and always. Blessed are You, Eternal One, Who shelters all of us within Your Being.

V'Shamru

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדוֹרְתָם בְּרִית עוֹלָם, בֵּינִי
וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הַיּוֹם הַזֶּה, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

V'shamru V'nai Yisrael et ha-Shabbat, la-asot et ha-Shabbat l'dorotam b'rit olam.

*Beyni u'veyn B'ney Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et ha-shamayim v'et
ha-aretz, u'vayom ha-sh'vi-i shavat va-yinafash.*

And the Children of Israel shall observe Shabbat, to make Shabbat through their generations an eternal covenant. Between Me and the Children of Israel, it is an eternal sign, for in six days the Holy One made heaven and earth, and on the seventh day God rested and re-souled.

FROM THE AMIDAH

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתֶךָ. *Adonai s'fatai tif'tach u'fi yagid t'hillatecha.*

Eternal One, open my lips, that my mouth may declare Your praise.

Avot V'Imahot: God of Our Ancestors

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת
וְאִמּוֹת, וּמְבִיא גְּאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן.
בָּרוּךְ אַתָּה יְהוָה, מְגִן אַבְרָהָם וְעִזְרַת שָׂרָה.

*Baruch Atah Adonai Eloheynu veilohey avoteynu v'imoteynu. Elohey Avraham, Elohey Yitzchak,
veilohey Yaakov. Elohey Sarah, Elohey Rivkah, Elohey Leah, veilohey Rachel. Ha-el ha-Gadol
ha-Gibor v'ha-Nora, el el'yon, gomel chasadim tovim, v'konei ha-kol, v'zocheir chasdey avot
v'imahot. U'meivee g'ulah liv'ney v'neyhem l'ma-an Sh'mo b'ahavah. Melech ozeir u'moshi-a
u'magein. Baruch Atah Adonai, Magein Avraham v'Ezrat Sarah.*

Blessed One, You are the Emptiness that manifests as Form; our God and the God of our Fathers and Mothers. God of Abraham, God of Isaac, and God of Jacob. God of Sarah, God of Rebecca, God of Leah, and God of Rachel. Boundless, mighty, and awesome, filling and surrounding all space and time, You infuse Your Creation with Compassion. You remember the acts of kindness of those who came before us, and bring redemption to their descendants for the sake of Your Name, which is Love. You are Source, Helper, Savior, and Shield. Blessed are You, Eternal One, Shield of Abraham and Help of Sarah.

Gevurot: The Source of Life

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ. מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם
אֱמוּנָתוֹ לִישְׁנֵי עֶפְרָי, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלַךְ מְמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַכֹּל.

Atah gibor l'olam Adonai, m'chayei ha-kol atah, rav l'hoshi-a. M'chalkeil chayim b'chesed, m'chayei ha-kol b'rachamim rabim. Someich nof'lim v'rofei cholim, u'matir asurim, um'kayeim emunato li-sheiney afar. Mi chamocha ba'al g'vurot, u'mi domeh lach, Melech meimit um'chayeh, u'matzmi-ach yeshu-ah. V'neh'ehman Atah l'ha-chayot ha-kol. Baruch Atah Adonai, m'chayei ha-kol.

Eternal is Your Might, Holy One. All Life is Your Gift. Your saving Power is boundless. You sustain the living in lovingkindness, You give Life to all with infinite compassion. Through us You lift up the fallen, heal the sick, release the confined, and maintain faith with those who sleep in the dust. Who is like You, Mighty One? Who is Your equal, Author of life and death, Source of salvation? Faithfully You keep everything in Life. Blessed are You, Eternal One, giving Life to all sentient beings.

K'dushat Ha-Shem: The Holiness of Being

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכָל יוֹם יְהַלְלוּךָ סֵלָה, כִּי אֵל מֶלֶךְ גָּדוֹל
וְקָדוֹשׁ אַתָּה. בְּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

Atah Kadosh v'shim-cha kadosh, u'k'doshim b'chol yom y'hal'lucha Selah. Ki El Melech gadol v'kadosh Atah. Baruch Atah Adonai, ha-El ha-Kadosh.

You are Holy. Your name is Holy. And through You, day after day, we remember our holiness by knowing Your Presence in our lives. Blessed are You, Eternal One, Holy Presence.

K'dushat HaYom: The Holiness of The Day

יְשֻׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג שַׁבָּת. עִם מְקַדְּשֵׁי שְׁבִיעִי, שַׁבָּת.
וּבְשִׁבְעֵי רְצִיתָ בּוֹ וְקִדַּשְׁתּוֹ, שַׁבָּת.

Yis'mechu b'malchut'cha shom'rei shabbat, v'kor'ei oneg shabbat (x2). Am m'kad'shey sh'vi-i, shabbat. Yismechu b'malchut'cha shomrei shabbat, v'kor'ei oneg shabbat (x2). U-va-sh'vi-i ratzita bo v'kidash'to, shabbat.

Those who keep Shabbat will rejoice in Your Presence, and call Shabbat a delight. Your People will sanctify the seventh day, Shabbat. For You willed the seventh day and sanctified it, Shabbat!

Sab'einu Mi-Tuvecha

Sab'einu, sab'einu sab'einu mi-tuvecha. (x2)

V'samach naf'sheinu bishu-atecha.

V'taheir libeinu (x3) l'ov'decha be-emet.

V'han'chileinu adonai Eloheinu

B'ahavah u-v'ratzon (x2) shabbat kod'shecha

שְׂבַעֲנוּ, שְׂבַעֲנוּ שְׂבַעֲנוּ מִטוֹבְךָ

וְשִׂמַח נַפְשֵׁינוּ בִישׁוּעַתְךָ

וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת

וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ

בְּאַהֲבָה וּבְרַצוֹן שַׁבַּת קֹדֶשְׁךָ

Satiate us with Your Goodness,
and our soul will rejoice in Your salvation.
Purify our hearts to serve You in truth.
Eternal One, with Love and Grace, let us inherit Your Holy Shabbat.

Avodah: Service

רִצָּה, יי אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם, וְהָשִׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ,
וְאֲשֵׁי יִשְׂרָאֵל, וְתִפְלָתָם בְּאַהֲבָה תִקְבַּל בְּרַצוֹן, וְתִהְיֶה לְרַצוֹן תָּמִיד עֲבוּדַת
יִשְׂרָאֵל עִמָּךְ.

*R'tzei Adonai Eloheynu, b'am'cha Yisrael u-vit'filatam, v'hasheiv et ha-avodah li-d'vir beitecha.
V'ishey Yisrael u-t'filatam b'ahava t'kabeil b'ratzon, u-t'hi l'ratzon tamid avodat Yisrael
amecha.*

Embrace, Eternal One our God, Your people and their prayers. May our worship arise from the innermost heart of our being, that You might accept our prayers with love. And may the service of Your people always be acceptable to you.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה יי, הַמְחַזִּיר שְׂכִינָתוֹ לְצִיּוֹן.

*V'techezenah eyneynu b'shuv'cha l'tzi-on b'rachamim. Baruch Atah Adonai, ha-machazir
sh'chinato l'tzi-on.*

And may our eyes witness the rekindling of Your spark in our soul, with compassion. Blessed are You, Eternal One, Who manifests as the *Shechinah* in the world.

Hoda'ah: Thanksgiving

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוּרֵנוּ צוּר
חַיֵּינוּ, מִגֵּן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר, נִוְדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ, עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ, וְעַל
נְפִלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת, עָרַב וּבָקָר וְצִהָרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ, כִּי מַעֲוֹלָם קִוִּינוּ לָךְ.

Modim anach 'nu lach sheh-Atah hu, Adonai Eloheynu v'lohey avoteynu, l'olam va'ed. Tzureinu tzur chayeynu, magein yish'einu, Atah hu l'dor va-dor, nodeh l'cha u-n'sapeir t'hilatecha al chayeynu ha-m'surim b'yadecha, v'al nish'moteynu ha-p'kudot lach, v'al niseh-cha sheh-b'chol yom imanu, v'al nif'leotecha v'tovotecha sheb'chol eit, erev va-voker v'tzahorayim. Hatov ki lo chalu rachamecha, v'ham'rachem, ki lo tamu chasadecha. Ki mei-olam kivinu lach.

We give thanks to You, Eternal One; the Emptiness that manifests as Form, our God and the God of our ancestors. From generation to generation, You are the Rock of our lives, the Shield of our salvation. We are grateful for our lives always in Your care, our souls entrusted to You; for Your miracles, Your abundant Goodness, that is with us each day, morning, noon and night, for Your ceaseless compassion, and Your never-ending loving-kindness. Our hope is in You forever.

Shalom: Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עִמָּךְ יִשְׂרָאֵל בְּכָל יֵת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ.

Shalom rav, al Yisrael am'cha tasim l'olam, ki Atah hu Melech Adon, l'chol ha-shalom. V'tov b'eynecha l'vareich et am'cha Yisrael, b'chol eit uv'chol sha-ah bish'lomecha.

Establish abundant peace for Your People Israel forever, for You are the Presence wherein peace awakens. May it be good in your eyes to bless Your People Israel with Your Peace always.

אֱלֹהִי, נִצּוֹר לְשׁוֹנֵי מִרְעָה, וּשְׁפָתַי מִדְּבַר מְרָמָה, וְלִמְקַלְלֵי נַפְשִׁי תִדָּם. פְּתַח לְבִי
בְּתוֹרָתְךָ, וְאַחֲרֵי מִצְוֹתֶיךָ תִרְדּוּף נַפְשִׁי. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ,
עֲשֵׂה לְמַעַן תּוֹרָתְךָ, עֲשֵׂה לְמַעַן קַדְשֶׁתְךָ.

Elohai, n'tzor l'shoni meira, us'fatai midabeir mir'mah, v'lim'kal'lai naf'shee tidom. P'tach libi b'toratecha, v'acharey mitz'voteycha tir'dof naf'shee. Aseih l'ma-an sh'mecha, aseih l'ma-an y'minecha, aseih l'ma-an toratecha, aseih l'ma-an k'dushatecha.

Holy One, guard my tongue from evil, and my lips from telling lies. To those who curse me, let my soul be silent. Open my heart to Your Torah and let my soul engage in Your spiritual practices. May I turn from evil and to what is good in Your sight. May I act for the sake of Your Name, for the sake of Your right hand, for the sake of Your Torah, for the sake of Your holiness.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon im'rey fee v'heg'yon libi l'fanecha, Adonai Tzuri v'Go-alee.

Let the words of my mouth and the meditations of my heart be acceptable to You, *Adonai*, my Rock and my Redeemer.

CONCLUDING MOMENTS

Aleynu

(Translation by Rabbi Ted Falcon)

We are the ones given this Way of praising the Holy One of All Being, that we might understand and express the greatness of the One Who shapes all Creation. We celebrate our uniqueness and that of others, and seek to discover the wonder that we are.

Therefore we bend the knees, we bow, and we proclaim our gratitude
before the Ruler of all rulers, the Holy One of All Being.

As it is said: Then we shall truly realize the Eternal One as Universal Being, and on that day the Unity of Being shall be celebrated by all.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה,
שֶׁלֹּא שָׁם חֻלְקָנוּ כָּהֵם, וְגִרְלָנוּ כְּכֹל הַמוֹנָם.
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.
וְנֹאמַר, וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד, וְשִׁמוֹ אֶחָד.

*Aleynu l'shabei-ach la'Adon ha-kol, la-teit g'dulah l'yotzeir b'reisheet,
Sheh-lo asanu k'goyey ha-aratzot, v'lo samanu k'mish'pechot ha-adamah.
Sheh-lo sahm chel'keinu ka-hem, v'go-raleinu k'chol ha-monam.
Va-anach'nu kor'im, u'mish-ta-chavim u-modim,
Lif'ney Melech, Mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.
V'ne-emar, v'hayah Adonai, l'melech ahl kol ha-aretz,
Ba-yom ha-hu, yih'yeh Adonai echad, u'sh'mo echad.*

Mourner's Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דֵּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ מְלְכוּתָהּ, בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב. וְאָמְרוּ אָמֵן.

*Yit'gadal v'yit'kadash sh'mei raba, b'alma dee v'ra chi'rutei v'yam'lich mal'chutei
b'cha-yeichon uv'yo-meychon uv'chayey d'chol beyt Yisrael, ba-agala uviz'man kariv v'im'ru:
Amen.*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

Y'hei sh'mei raba m'vorach l'alam ul'al'mey al'maya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעֻלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרִין
בְּעֻלְמָא, וְאָמְרוּ אָמֵן.

*Yit'barach v'yish-tabach v'yit'pa-ar v'yit'ro-mam v'yit-nasei v'yit'hadar v'yit'aleh v'yit'ha-lal
sh'mei d'kud'sha b'reech hu, l'eilah min kol bir'cha-ta v'shi-ra-ta tush'becha-ta
v'neh-cheh-ma-ta da-amee-ran b'al'ma v'im'ru: Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Y'hei sh'la-ma raba min sh'maya v'chayyim aleynu v'ahl kol Yisrael v'imru: Amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, [וְעַל כָּל יִשְׂרָאֵל
תְּבַל] וְאָמְרוּ אָמֵן.

*Oseh shalom bim'romav hu ya-aseh shalom aleynu v'ahl kol Yisrael [v'ahl kol yosh'vey teiveil]
v'imru: Amen.*

Extolled and hallowed be God's great Name throughout the Creation willed by the Eternal. May the Kingdom be established in your lifetime and during your days, and within the lifetime of the entire House of Israel, speedily and soon, and let us say: Amen.

May the great Name of God be blessed forever and ever.

Blessed, praised, glorified and exalted, extolled and honored, upraised and lauded be the Name of the Holy One of Blessing, beyond all the blessings and songs, praises and consolations, that are ever uttered in the world, and let us say: Amen.

May there be abundant peace from Heaven, and life upon us and upon the whole household of Israel, and let us say: Amen.

May the One Who creates harmony above, make peace for us, for all the household of Israel, [and for all the peoples of the world]. And let us say: Amen.

Shabbat Blessing of the Children

For the Boys:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה:

*Y'sim'cha Elohim k'Efrayim
v'chiMenasheh*

May God make you like Ephraim
and Menasheh

For the Girls:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה

לֵאָה וְרָחֵל:

*Y'simeich Elohim k'Sarah, Rivkah,
Leah v'Rachel,*

May God make you like Sarah, Rebecca
Leah and Rachel

יְבָרְכֶךָ יְהוָה וַיְשַׁמְרֶךָ:

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ, וַיְחַנֶּנֶךָ:

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ, וַיִּשֶׂם לְךָ שְׁלוֹם:

Y'varech'cha Adonai v'Yishm'recha,

Ya-eir Adonai Panav eilecha viChuneka,

Yisa Adonai Panav eilecha, v'Yasem l'cha Shalom

The Eternal One blesses and keeps you always.

The Light of the Eternal Presence shines upon you
with Grace.

The Eternal Presence awakens within you, and
brings you Peace.

Shalom Aleychem

שְׁלוֹם עֲלֵיכֶם, מְלֹאכֵי הַשָּׁרֵת, מְלֹאכֵי עֲלִיּוֹן, מְמַלְכֵי מְלֹאכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. בּוֹאֲכֶם לְשִׁלוֹם, מְלֹאכֵי הַשְּׁלוֹם, מְלֹאכֵי עֲלִיּוֹן, מְמַלְכֵי מְלֹאכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. בְּרַכּוֹנֵי לְשִׁלוֹם, מְלֹאכֵי הַשְּׁלוֹם, מְלֹאכֵי עֲלִיּוֹן, מְמַלְכֵי מְלֹאכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. צְאֲתְכֶם לְשִׁלוֹם, מְלֹאכֵי הַשְּׁלוֹם, מְלֹאכֵי עֲלִיּוֹן, מְמַלְכֵי מְלֹאכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shalom aleychem, mal'achey hashareit, mal'achey el'yon, mi-melech mal'chey ha-m'lachim, ha-Kadosh Baruch Hu. Bo-achem l'shalom, mal'achey ha-shalom, mal'achey el'yon, mi-melech mal'chey ha-m'lachim, ha-Kadosh Baruch Hu. Bar'chuni l'shalom, mal'achey ha-shalom, mal'achey el'yon, mi-melech mal'chey ha-m'lachim, ha-Kadosh Baruch Hu. Tzeit'chem l'shalom, mal'achey ha-shalom, mal'achey el'yon, mi-melech mal'chey ha-m'lachim, ha-Kadosh Baruch Hu.

Peace be upon you, Ministering Angels, Angels of the Exalted One, Manifestations of the Holy One of Blessings, the sovereign Power. May your coming be for peace, Angels of Peace, Angels of the Exalted One, Manifestations of the Holy One of Blessings, the sovereign Power. Bless me with peace, Angels of Peace, Angels of the Exalted One, Manifestations of the Holy One of Blessings, the sovereign Power. May you go in peace, Angels of Peace, Angels of the Exalted One, Manifestations of the Holy One of Blessings, the sovereign Power.

Z'MIROT SHABBAT - SHABBAT SONGS

Adon Olam

(Traditional Hymn)

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל יִצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזִי מֶלֶךְ
שְׁמוֹ נִקְרָא. וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבִדּוֹ יִמְלוֹךְ נוֹרָא. וְהוּא הָיָה, וְהוּא הוֹדָה, וְהוּא
יְהִיָּה, בְּתַפְאָרָה. וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחֲבִירָה. בְּלִי רֵאשִׁית בְּלִי
תְּכֵלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה. וְהוּא אֵלֵי וְחֵי גֹאֲלִי, וְצוֹר חֻבְלֵי בְעֵת צָרָה. וְהוּא נֹסִי
וּמְנוֹס לִי מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא. בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה. וְעַם
רוּחִי גְוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

*Adon olam asher malach, b'terem kol y'tzir niv'ra. L'eit na-ah-sah v'chef'tzo kol, azai melech
sh'mo nikra. V'acharey kich'lot ha-kol, l'vado yim'loch nora. V'hu hayah, v'hu hoveh, v'hu
yih'yeh b'tif'arah. V'hu echad v'ain sheini, l'ham'shil lo l'hach'birah. B'li reisheet b'li tach'lit,
v'lo ha-oz v'ha-mis'rah. V'hu eilee v'chai go-ali, v'tzur chev'li b'eit tzarah. V'hu nisi u-manos li
m'nat kosi b'yom ek'ra. B'yado af'kid ruchi, b'eit eeshan v'ah-eerah. V'im ruchi g'vi-yati,
Adonai lee v'lo eera.*

Ruling Presence of the Universe, Who was before form was created, in one instant You manifested Yourself as all that is, and Your Essence became known. And after all will cease to be, You will remain the One that is. You were, You are, and You will be, Awesome in Majesty. You are One for there is no two, One beyond comparing. Without beginning, without end, You are both Power and Essence. You are my God, my Redeemer, and my strength in times of sorrow. You are my guide and my refuge, you fill my cup when I call. In Your Hand I entrust my soul, both when asleep and when awake. For as I breathe in Your Presence, I'll never know fear.

Ahal'lah Yah

(Psalm 146; Music: Hannah Tiferet, Fran Avni)

Ahal'lah Yah b'cha-yai (x3) Hal'luyah אֶהְלֵלָה יְהוָה בְּחַיִּי, הַלְלוּיָהּ
Hal'li naf'shi et Yah (x3) Hal'luyah הַלְלִי נַפְשִׁי אֶת יְהוָה, הַלְלוּיָהּ
Azam'ra leilohai b'odi (x3) Hal'luyah אֲזַמְרָה לַאלֹהֵי בְעוֹדִי, הַלְלוּיָהּ

I will praise the One with my life, Halleluyah.
Praise the Holy One my soul! Halleluyah.
I will sing to the One each day that I'm alive. Halleluyah.

Al Kol Eileh

(Naomi Shemer)

Al ha-d'vash v'al ha-oketz, The honey and the sting, עַל הַדְּבַשׁ וְעַל הָעוֹקֵץ,
Al ha-mar v'ha-matok, The bitter and the sweet, עַל הַמֶּר וְהַמָּתוֹק,
Al biteinu ha-tinoket, And our baby daughter, עַל בְּתִנּוּ הַתִּינוֹקֶת,
Sh'mor Eli ha-tov. Watch over them, Holy One. שְׁמֹר אֵלַי הַטּוֹב.

Al ha-eish ha-m'voeret, The fire that burns, עַל הָאֵשׁ הַמְּבֹעֶרֶת,
Al ha-mayim ha-zakim, The water so clear, עַל הַמַּיִם הַזְּכִימִים,
Al ha-ish ha-shav ha-bai-ta, And the man who returns home, עַל הָאִישׁ הַשֹּׁב הַבַּיְתָה,
Min ha-mer'chakim, From faraway places. מִן הַמְּרַחֲקִים.

(Chorus)

Al kol eileh, Al kol eileh, All of this, all of this, עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
Sh'mor na li Eli ha-tov, Watch over them, Holy One. שְׁמֹר נָא לִי אֵלַי הַטּוֹב.
Al ha-dvash v'al ha-oketz, The honey and the sting, עַל הַדְּבַשׁ וְעַל הָעוֹקֵץ,
Al ha-mar v'ha matok. The bitter and the sweet. עַל הַמֶּר וְהַמָּתוֹק.

Al Tira

(Isaiah 41:10; Music: Monty Turner)

Al tira ki im'cha ani אַל תִּירָא, כִּי עִמָּךְ אָנִי
Don't be afraid for I am with you; and above all, do not fear.

And Thou Shalt Love

(Deut. 6; Music: Debbie Friedman)

And thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And all these words, which I command you on this day, shall be in thy heart. And 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, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes, and thou shalt write them on the doorposts of thy house, and upon thy gates. That ye shall remember, and do all of My commandments, and be holy unto your God. (x3)

Angel Blessing

(Debbie Friedman)

May our right hand bring us closer to our Godliness.
May our left hand give us strength to face each day.
And before us may our visions light our paths ahead.
And behind us may well-being heal our way.
All around us is Shechinah. (x4)

B'Yado

(Craig Taubman)

<i>B'yado af'kid ru-chi</i>	My soul I give to you You,	בְּיָדוֹ אֶפְקִיד רוּחִי,
<i>B'eit eeshan v'ah-eerah</i>	My spirit in Your Care.	בְּעֵת אִישָׁן וְאַעִירָהּ.
<i>V'im ruchy g'vi-ya-ti</i>	Draw me near, I shall not fear,	וְעַם רוּחִי גְּוִיַּתִּי,
<i>Adonai li v'lo-i-ra</i>	Hold me in Your Hand.	יְיָ לִי וְלֹא אִירָא.
<i>V'im ruchy g'vi-yati</i>	Draw me near, I shall not fear,	וְעַם רוּחִי גְּוִיַּתִּי,
<i>Adonai li v'lo eera</i>	Safely in Your Hand.	יְיָ לִי וְלֹא אִירָא.

Bach Rabbeynu

(Song of the Followers of Reb Nachman)

בְּךָ רַבֵּינוּ נִגְיָלָה, בְּךָ רַבֵּינוּ נִשְׂמְחָה, בְּךָ רַבֵּינוּ נִגְיָלָה וְנִשְׂמְחָה בְּךָ.

Bach Rabbeynu nagilah, bach Rabbeynu nis'mechah bach Rabbeynu nageelah v'nis'mechah bach.

In You, Our Teacher, we rejoice, with You, our Teacher, we celebrate.

In You, Our Teacher, we rejoice, and we celebrate in You.

Bar'cheinu Avinu

(Music: Shlomo Carlebach)

בְּרַכְנוּ, אָבִינוּ, כְּלָנוּ כְּאַחַד בְּאוֹר פְּנֵיךָ

Bar'cheinu Avinu, kulanu k'echad,

Kulanu k'echad b'or panecha.

Bless us, *Avinu*, all of us as one,

In the Light of Your Presence.

The Blessing

(Numbers 6; Music: Stephen Merritt)

יְבָרְכֶךָ יְהוָה וְיִשְׂמְרֶךָ: יָאֵר יְהוָה פְּנֵי אֱלֹהֶיךָ וְיִחַנְנֶךָ:

יִשָּׂא יְהוָה פְּנֵי אֱלֹהֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם:

Y'varech'cha Adonai v'yish'merecha. Ya-eir Adonai panav eilecha veechuneka.

Yisa Adonai panav eilecha, v'yasem l'cha shalom (x3).

V'yasem l'cha shalom, v'yasem l'cha shalom. (repeats)

The Eternal One blesses and keeps you always. The Light of the Eternal Presence shines upon you with Grace. The Eternal Presence awakens within you, and brings you Peace.

Brothers and Friends

(Psalm 122:8-9; Music Shlomo Carlebach)

לְמַעַן אַחֵי וְרַעֵי (2) אֲדַבְרָה נָא (2) שְׁלוֹם בְּךָ.

לְמַעַן בֵּית הַשֵּׁם אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב בְּךָ.

L'ma-an achay v'rei-ay (x2), adab'rah na (x2) shalom bach.

L'ma-an veyt ha-Sheim Eloheyenu avak'sha tov bach.

Because of my brothers and friends, because of my sisters and friends,

Please let me ask, please let me say: Peace to you.

This is the house, the house of the One, I wish the best for you. (x2)

A Chant to Bridge Worlds

(Rami Shapiro)

La illa ha ill'Allah

Mei-olam ad olam Atah Yah. מְעוֹלָם עַד עוֹלָם אַתָּה יְהוָה.

There is no God but God. Through all worlds, You are the Eternal.

Echad b'Echad

(Zohar, Shemot - Terumah; Music: Yofiyah)

*K'gavna di'lei L'mehevei echad b'Echad
Yakira kadisha, b'raza d'Echad*

*echad b'Echad, echad b'Echad
echad b'Echad, echad b'Echad*

One into one, One becomes one
One into one, One becomes one

one becomes One, one into One
one becomes One, one into One

*Ush'mo Echad, shab'ta echad b'Echad
Ush'mo Echad, shab'ta echad b'Echad*

Eheyeh Asher Eheyeh

(Exodus 3; Music: Stephen Merritt)

אֶהְיֶה אֲשֶׁר אֶהְיֶה

Eh'yeh Asher Eh'yeh, I AM as I AM.

Eileh Chamda libi

(Piyut; Chassidic melody)

אֵלֶּה חֲמֻדָּה לְבִי: חוֹסֵה נָא וְאֵל נָא תִּתְעַלֵּם:

Eileh cham'da libi: chusa na v'al na tit'alem.

This is my heart's desire: Have pity; do not hide yourself.

Eili, Eili

(Hannah Senesh; Music: David Zehavi)

אֵלִי אֵלִי שְׁלֹא יִגְמַר לְעוֹלָם, הַחֹל וְהַיָּם, רִשׁוּשׁ שֶׁל הַמַּיִם, בְּרַק הַשָּׁמַיִם,
תְּפִלַּת הָאָדָם.

*Eili, Eili, sheh-lo yigameir l'olam: ha-chol v'ha-yam, rish'rush sheil ha-mayim, b'rak
ha-shamayim, t'filat ha-adam.*

O God, my God, I pray that these things never end: the sand and the sea, the rush of the waters,
the crash of the heavens, the prayer of the heart.

Esa Eynai

(Psalm 121; Music: Shlomo Carlebach)

אָשָׂא עֵינַי אֶל הַהָרִים, מֵאֵין יְבוּא עֲזָרִי,
עֲזָרִי מֵעַם יְהוָה עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

*Esa eynai el he-harim, mei-ayin yavo ez'ree,
ez'ree mei-im Adonai Oseh shamayim va-aretz.*

I lift up my eyes unto the mountains; from where does my help come?
My help comes from The One, Maker of heaven and earth.

Eyn Keloheynu

(Traditional Hymn)

אֵין כְּאֱלֹהֵינוּ, אֵין כְּאֲדוֹנֵינוּ, אֵין כְּמַלְכֵנוּ, אֵין כְּמוֹשִׁיעֵנוּ.

Eyn keloheynu, Eyn kadoneynu, Eyn k'malkeinu, Eyn k'moshi-einu.

There is no one like the One, there is no one like the Eternal,
there is no one like our Source, there is no one like our Deliverer.

מִי כְּאֱלֹהֵינוּ, מִי כְּאֲדוֹנֵינוּ, מִי כְּמַלְכֵנוּ, מִי כְּמוֹשִׁיעֵנוּ?

Mi cheiloheynu, Mi chadoneynu, Mi ch'mal'keinu, Mi ch'moshi-einu?

Who is like the One, who is like the Eternal,
who is like our Source, who is like our Deliverer?

נוֹדֶה לְאֱלֹהֵינוּ, נוֹדֶה לְאֲדוֹנֵינוּ, נוֹדֶה לְמַלְכֵנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.

Nodeh leiloheynu, Nodeh ladoneynu, Nodeh l'malkeinu, Nodeh l'moshi-einu.

We are grateful to the One, we are grateful to the Eternal,
we are grateful to our Source, we are grateful to our Deliverer.

Gam Kee Eileich

(Psalm 23; Music: Aryeh Hirschfield)

Though I walk in the valley of the shadow of death

I will fear no evil. (x2) For You are with me. (x3)

גַּם כִּי־אֵלֶיךָ בְּגִיָּא צְלֻמוֹת לֹא־אִירָא רַע כִּי־אַתָּה עִמָּדִי

Gam kee eileich b'gey tsal'mavet lo eera ra (x2) kee ata imadee. (x3)

God My Shield

(Psalm 3:4-5,9; Lyrics & Music: Debbie Friedman)

Oh, You, God my shield,
You raise my head,
My voice calls to You.
And You, You answer me,
From Your holiness I call to You.

V'atah Adonai magein ba-adi וְאַתָּה יי מְגִן בְּעַדִּי
K'vodi u-meirim roshi. כְּבוֹדִי וּמְרִים רֹאשִׁי.
Koli el Adonai ek'ra קוֹלִי אֶל יי אֶקְרָא
Vaya-aneini meihar kod'sho selah. וַיַּעֲנֵנִי מִהַר קוֹדְשׁוֹ סֵלָה.

(And) You, You'll care for me,
As I am with You now
'Til the end of time.
And You, You'll bless us all,
And we will be Your blessing evermore.

La-Adonai ha-y'shuah לַיי הַיְשׁוּעָה
Al am'cha vir'chatecha selah. אַל עַמְךָ בְּרִכְתְּךָ סֵלָה.

Hal'lu

(Psalm 150)

הַלְלוּ, הַלְלוּ הַלְלוּיָהּ
כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּ הַלְלוּיָהּ
Hal'lu (repeated) Hal'lu Hal'luyah. (x4)
Kol ha-n'shamah t'halleil Yah, Hal'lu Hal'luyah. (x2)

Hal'luhu, Praise God

(Psalm 150)

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ, כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ.
Hal'luhu (x2) b'tzil'tzeley shama, Hal'luhu (x2) b'tzil'tzeley t'ruah.
Kol ha-n'shamah tehaleil Yah, hal'luyah, hal'luyah. (x2)
Let all who breathe sing praises to God, Halleluyah, Halleluyah. (x2)
Praise Him with clanging cymbals; praise Him with resonant trumpets.
Let all souls praise God. Halleluyah.

Hal'luyah, Give Praise

(Psalm 113)

הַלְלוּיָהּ הַלְלוּ עַבְדֵי יְהוָה הַלְלוּ אֶת־שֵׁם יְהוָה:
יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד־עוֹלָם:

Hal'luyah (x2) hal'lu av'dey Adonai, hal'luyah (x2) hal'lu et Shem Adonai, Hal'luyah (repeated)
Y'hi Shem Adonai m'vorach mei-atah v'ad olam.

Halleluyah! Give praise, you who serve the Eternal; praise the Eternal Name.
Blessed is the Eternal Name from this time and forever.

A Healing Chant

(Numbers 12:13; Music: Stephen Merritt)

El na r'fa na lah. אֵל נָא רְפָא נָא לָהּ:

Please God, let healing be now. Please God, healing is now.

A Healing Song

(Numbers 12; Words: Aryeh Hirschfield)

From deep within the home of my soul, now let the healing, let the healing begin.

Ana el na r'fa na la. אָנָּא אֵל נָא רְפָא נָא לָהּ

Heal our bodies, open our hearts. Awaken our minds,
(1) Eh-heh-yeh. (2) Shechinah.

Heivenu Shalom Aleychem

Heivenu shalom aleychem. הֵבֵאנוּ שְׁלוֹם עֲלֵיכֶם.

May the peace manifested in this moment be upon you.

Hinei Ma Tov

(Psalm 133)

הִנֵּה מָה טוֹב וְיָמָה נְעִים שֶׁבֶת אַחִים גַּם יַחַד

Hinei mah tov u-mah na-eem, shevet achim gam yachad.

How goodly it is and how pleasant, for brethren to dwell together.

Im Ein Ani Li

(Rabbi Hillel, Ethics of the Fathers 1:14)

אִם אֵין אָנִי לִי, מִי לִי? וְכִשְׂאֲנִי לְעַצְמִי, מָה אָנִי? וְאִם לֹא עֲכָשִׁיו, אֵימָתִי?

Im ein ani li, mi li? Uch'she-ani l'atz'mi, mah ani? V'im lo ach'shav, ey-matai?

If I am not for myself, who will be for me?

And if I am only for myself, who am I?

And if not now, when?

Iv'du Et Hashem

(Psalm 100)

Iv'du et Hashem b'sim'cha, Serve the Eternal One with joy, עֲבֹדוּ אֶת ה' בְּשִׂמְחָה,
Bo-u l'fanav bir'nana! Come in the Presence with exultation! בָּאוּ לְפָנָיו בְּרִנָּה!

Kodesh L'Adonai

(Exodus 28; Music: Stephen Merritt)

קֹדֶשׁ לַיהוָה

Kodesh l'Adonai (x3)

This one is Holy, Holy to God. (x4)

Let Me Dwell in the House of the One

(Psalm 27; Music: Falcon, Turner, Merritt)

שְׁבִתִּי בְּבַיִת יְהוָה כָּל יְמֵי חַיֵּי

Shiv'ti b'veyt Adonai, kol y'may chayyai

One thing I ask of the One, only that do I seek: To dwell in the House,
in the House of the One, all the days of my life.

L'chi Lach

(Debbie Friedman)

L'chi lach, to a land that I will show you, *leich 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 (x3),
L'chi lach.

L'chi lach, and I shall make your name great, *leich l'cha,*
and all shall praise your name.

L'chi lach, to the place that I will show you. *L'simchat chayim, (x3) l'chi lach.*

Light, Love, One

(Monty Turner)

In every heart, in every mind, in every motion of every kind, and in every verse, and in every line, There is Light, there is Love, there is One.

There is Light, there is Love, far below, far above, there is Light, there is Love, there is One, only One. As without, so within, so it has always been:

There is Light, there is Love, there is One, only One.

Where darkness dwells, and fear is taught, where there is peace, and where there is not, and where it's remembered or it's forgot, there is Light, there is Love, there is One.

Lo Yisa Goy

(Psalm 37:7)

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב, לֹא יִלְמְדוּ עוֹד מִלְחָמָה

Lo yisa goy el goy cherev, lo yil'medu od mil'chamah.

Nation shall not lift up sword against nation, neither shall they learn war anymore.

Ma Gadlu

(Psalm 92; Music: Shefa Gold)

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְיָ, מְאֹד עֲמֻקּוֹ מַחְשְׁבֹתֶיךָ.

Ma gad'lu ma-asecha Yah, m'od am'ku mach'shevotecha.

How great are Your Works, Eternal One, how deep are Your Thoughts.

Ma Tovu

(Numbers 24:5)

מַה טֹבֵו אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Ma tovu ohalecha Yaakov, mish'kenotecha Yisrael.

How goodly are thy tents, O Jacob, thy dwelling places, O Israel.

Ma Yafeh Ha-Yom

מַה יְפֵה הַיּוֹם שַׁבָּת שְׁלוֹם

Ma yafeh ha-yom, Shabbat Shalom.

How beautiful the day, Shabbat Shalom.

Make Me a Holy Place

(Exodus 25; Music: Stephen Merritt)

וַעֲשׂוּ לִי מִקְדָּשׁ וְשִׁכְנֹתַי בְּתוֹכָם.

V'asu lee mik'dash, v'shah-chan'ti b'tocham.

And let them make Me a Holy Place,
that I might dwell (x3) within.

Mi Shebeirach

(Debbie Friedman)

מִי שִׁבְרַךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

Mi shebeirach avoteynu m'kor ha-b'ra-cha l'i-mo-tei-nu,
May the Source of strength, Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
And let us say: Amen.

מִי שִׁבְרַךְ אֲמוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Mi shebeirach i-mo-tei-nu m'kor ha-b'ra-cha l'avoteinu,
Bless those in need of healing with r'fu-a sh'lei-ma,
The renewal of body, the renewal of spirit,
And let us say: Amen.

Mi Shebeirach - Hear Our Prayer

(Cantor Lisa Levine)

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ אַבְרָהָם, יִצְחָק, וְיַעֲקֹב
מִי שֶׁבִּירַךְ אֲמוֹתֵינוּ שָׂרָה, רִבְקָה, לֵאָה, וְרָחֵל

Mi Shebeirach Avoteynu, Avraham, Yitzchak v'Yaacov

Mi Shebeirach imoteynu, Sarah, Rivkah, 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 a vision for tomorrow, help us to reach out to those in pain.

May the warmth of friendship ease our sorrow, give us courage, give us faith, show us the way.

Mi Shebeirach Avoteynu, Mi Shebeirach imoteynu, hear our prayer and bless us as well.

Miriam's Song

(Debbie Friedman)

And the women dancing with their timbrels,
Followed Miriam as she sang her song,
Sing a song to the One whom we've exalted,
Miriam and the women danced and danced the whole night long (*Chorus*)

And Miriam was a weaver of unique variety
The tapestry she wove was one which sang our history.
With every strand and every thread she crafted her delight!
A woman touched with spirit, she dances toward the light

When Miriam stood upon the shores and gazed across the sea
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand
And we would pass to freedom and march to the promised land!

And Miriam the prophet took her timbrel in her hand,
And all the women followed her just as she had planned,
And Miriam raised her voice in song, she sang with praise and might:
We've just lived through a miracle. We're going to dance tonight!!

Modeh Ani

(Traditional Liturgy)

מוֹדֵה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם
שֶׁהַחַיּוֹת בֵּי נִשְׁמָתֵי בְּחַמְלָה רַבָּה אֲמוֹנָתְךָ:

*Modeh/Modah ani l'fanecha, Melech chai v'kayam,
sheh-heh-cheh-zar'ta bi nish'mati b'chem'lah. Rabbah emunatecha.*

How grateful I am to be in Your Presence always. You are the Ground of all Existence, the
Source of all that Is. In Your great Mercy, You keep within me a breathing soul.

Your faith in me is boundless.

Nachamu Ami

(Isaiah 40:1; Music: Shlomo Carlebach)

נַחֲמוּ נַחֲמוּ עַמִּי יֹאמֶר אֱלֹהֵיכֶם
דַּבְּרוּ עַל לֵב יְרוּשָׁלַיִם וְקְרְאוּ אֵלֶיהָ

Nachamu, nachamu ami, yomar Eloheychem (x2)

Dab'ru al lev Yerushalayim, v'kir'u eyleha (x2)

Comfort, comfort, My people, Says your God
Speak to the heart of Jerusalem, Call unto her.

Narrow Bridge

(Reb Nachman)

כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד וְהָעֶקֶר לֹא לִפְחַד כְּלָל:

Kol ha-olam kulo, gesher tzar m'od, v'ha-ikar lo l'fached k'lal.

All the world is just a narrow bridge, and above all is not to fear it all.

Nasim Shalom

(Debbie Friedman)

נְשִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים,

Nasim Shalom tovah uv'rachah, chein va-chesed v'rachamim, (x2)

Let the Light of Your Presence be
the light of our lives, grant us
happiness, mercy and peace.
May the people of Israel join hands with the
world, and our passion for justice increase.
(Chorus)

Let the Light of Your Torah be the light of
our dreams, grant us goodness, grant us
blessings and love. May our yearning for
peace be a blessing for the world, as the
olive branch soars with the dove.
(Chorus)

R'fa-einu

(Music: Hannah Tiferet; Arranged by Fran Avni)

R'fa-einu m'kor rachamim v'nei-rafei

Hoshi-einu v'nivashei-a

Ki t'hilateinu atah

רְפְּאוּנוּ מִקּוֹר רַחֲמִים וְנִרְפֵּה

הוֹשִׁיעֵנוּ וְנִוְשָׁעָה

כִּי תִהְלִיתֵנוּ אַתָּה

Heal us when we call for help, save us when we're in need,
Source of Compassion, Blessing and Grace, We humbly seek Your embrace.

Return Again

(Adapted from Shlomo Carlebach)

Return again (x2) return to the Land of your Soul: return to where you are,
return to what you are, return to who you are, born and reborn again. . .

Salaam (Od Yavo)

(Sheva)

עוֹד יֵבֵא שְׁלוֹם עָלֵינוּ וְעַל כָּלֵם.
סָאֵלָאִם. עָלֵינוּ וְעַל כָּל הָעוֹלָם.
סָאֵלָאִם. שְׁלוֹם. סָאֵלָאִם.
עָלֵינוּ וְעַל כָּל הָעוֹלָם. סָאֵלָאִם. שְׁלוֹם.

Od yavo shalom aleynu (x3)...v'al kulam.

Salaam, aleynu v'al kol ha-olam, Salaam, Shalom. (x2)

Peace shall yet embrace us...and everyone.

Peace, for us and for the entire world. Peace, Peace.

Sheh-heh-chiyanu - Blessing the Moment

(Traditional Liturgy)

*Baruch Atah Adonai Eloheynu Melech ha-olam,
sheh-heh-chiyanu, v'keey'manu, v'heegeeyanu
laz'man ha-zeh.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיָּנוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמְן הַזֶּה.

Blessed One, You are the Emptiness that manifests as Form; You are the Life within us,
You support and sustain us on our unique path, and You bring us to this moment for blessing.

Shiviti

(Psalm 16; Music: Stephen Merritt)

Shiviti Adonai l'neg'di tamid שְׁוִיִּתִּי יְהוָה לְנֶגְדִי תָמִיד

I set the Eternal (Yod י – Hay ה – Vav ו – Hay ה) before me always.

Shiv'ti B'veyt Adonai

(Psalm 27:4; Music: Stephen Merritt)

Shiv'ti b'veyt Adonai kol y'mey chayai שְׁבִיִּתִי בְּבַיִת יְהוָה כָּל יְמֵי חַיָּי

One thing I ask of the One, only that do I seek,
to dwell in the house of the One all the days of my life.

Sim Shalom

(Traditional Liturgy)

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

*Sim shalom, tovah uv'rachah, chen va-chesed v'rachamim,
aleynu v'al kol Yisrael Amecha.*

Bring us Peace, Goodness and Blessing, Grace, Mercy, and Compassion, Eternal One;
that we might know the Light that You are.

T'filat Haderech

(Debbie Friedman)

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.

U'fros Aleynu

Uf'ros aleynu sukkat sh'lomecha. וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.
Spread over us the shelter of Your Peace.

V'asu Li Mik'dash

(Deut. 25:8; Music: Stephen Merritt)

V'asu li Mik'dash, v'shachan'ti b'tocham. וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם.
And let them make me a Holy Place, that I might dwell within.

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