

**The Kavvanah — L'Shem Yichud — Entering into worship**

הַרְיֵנִי מִזְמַן אֶת פִּי לְהוֹדוֹת וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאֵי: לְשֵׁם יְחִוּד קְדוֹשׁא בְּרִיךְ  
הוּא וְשְׁכִינְתָּהּ, בְּדַחֲלֵנוּ וּרְחִימוּ, לְיַחַד 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.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו, 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.

**Yedid Nefesh**

(Piyut; R. Elazar ben Moshe Azikri)

*Y'did nefesh av ha-rachaman  
M'shoch av'decha el r'tzonecha  
Yarutz av'decha k'mo ayal  
Yish'tachaveh mul hadarecha.*

יְדִיד נֶפֶשׁ אָב הַרְחָמָן  
מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ  
יְרוּץ עַבְדְּךָ כְּמוֹ אַיִל  
יִשְׁתַּחֲוֶה מוֹל הַדָּרֶךְ.

Beloved of the soul, Source of compassion, draw Your servant into Your arms.  
Your servant will run to You like a deer, to bow in awe before Your glorious Presence.

**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 in all Its manifestations.

הָבוּ לַיְיָ בְּנֵי אֱלֹהִים, הָבוּ לַיְיָ כְּבוֹד וְעֹז.

*Havu l'Adonai b'nei elim, havu l'Adonai kavod va'oz.*

Surrender to the Eternal, haughty ones, surrender to the One Who is Presence and Energy.

הָבוּ לַיְיָ כְּבוֹד שְׁמוֹ, הִשְׁתַּחֲוּוּ לַיְיָ בְּהַדְרַת קֹדֶשׁ.

*Havu l'Adonai k'vod sh'mo, hish'tachavuu l'Adonai b'had'rat kodesh.*

Surrender to the Eternal Whose name is Presence, offer all that you are to that Holiness.

קוֹל יְיָ עַל הַמַּיִם, אֵל הַכְּבוֹד הִרְעִים, יְיָ עַל מַיִם רַבִּים.

*Kol Adonai al ha-mayim, el ha-kavod hir'im, Adonai al mayim rabim.*

The voice of the One is upon the waters, Its Presence thunders, the Eternal is the great waters.

קוֹל יְיָ בַּכַּחַ, קוֹל יְיָ בְּהַדָּר. קוֹל יְיָ שֹׁבֵר אֲרָזִים, וַיִּשְׁבֵּר יְיָ אֶת אֲרָזֵי הַלְּבָנוֹן.

*Kol Adonai ba-koach, kol Adonai be-hadar. Kol Adonai shover arazim, va-y'shabeir Adonai et ar'zei ha-l'vanon.*

The voice of the One is vitality, the voice of the One is majesty. The voice of the One breaks the bonds of oppression like the One breaks the cedars of Lebanon.

וַיִּרְקִידֵם כְּמוֹ עֵגֶל, לְבָנוֹן וְשִׁרְיוֹן כְּמוֹ בֵּן רְאֵמִים.

*Va-yarkideim k'mo eigel, l'vanon v'sir'yon k'mo ven r'eimim.*

They will prance about like calves, Lebanon and Siryon like frightened wild-oxen.

קוֹל יְיָ חִצֵּב לְהַבֹּת אֵשׁ. קוֹל יְיָ יַחִיל מִדְּבָר, יַחִיל יְיָ מִדְּבַר קֹדֶשׁ.

*Kol Adonai chotzeiv lahavot eish. Kol Adonai yachil mid'bar, yachil Adonai midbar kadeish.*

The voice of the One carves columns of fire within us. The voice of the One stirs the wilderness, It shakes off the wilderness of our doubts.

קוֹל יְיָ יַחֲוֹלֵל אַיָּלוֹת וַיַּחֲשֹׁף יַעְרוֹת, וּבְהִיכָלוֹ כָּלוּ אִמְרֵי כְבוֹד.

*Kol Adonai y'choleil ayalot va-yechesof y'arot, u-v'heichalo kulo omeir kavod.*

The voice of the One frightens the deer, It scorches bare the forests of our hiding, and within one's inner Temple one's entire being acknowledges: "Presence!"

יְיָ לְמַבּוּל יָשָׁב, וַיֵּשֶׁב יְיָ מֶלֶךְ לְעוֹלָם. יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

*Adonai la-mabul yashav, va-yeishev Adonai melech l'olam. Adonai oz l'amo yitein, Adonai y'vareich et amo va-shalom.*

The inner Presence remained, unmoved, at the time of the flood. It will remain, unmoved, for eternity. The One manifests as energy through all beings, all beings are blessed with peace.

## L'cha Dodi

(Rabbi Sh'lomoh HaLevi Alkabetz)

*L'cha Dodi Lik'rat Kallah*

לְכָה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה

*P'nei Shabbat N'kab'lah*

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

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמְיֻחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם  
וּלְתִפְאֵרֶת 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 שַׁבַּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה, מֵרֵאשִׁית מִקְדָּם נְסוּכָה, סוּף  
מֵעֶשְׂרֵה בְּמַחְשַׁבָּה תַחֲלָהּ.

*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.

מִקְדָּשׁ מְלֶךְ עִיר מְלוּכָה, קוּמִי צְאִי מִתּוֹךְ הַהֶפְכָּה, רַב לָךְ שַׁבַּת בְּעַמְּקֵי הַבְּכָא,  
וְהוּא יַחְמוֹל עָלֶיךָ חֲמֻלָּהּ.

*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.

הַתְנַעֲרִי מֵעַפָּר קוּמִי, לְבָשִׁי בְּגָדֵי תִפְאֵרֶתְךָ עַמִּי, עַל יַד בֶּן יִשָּׁי בֵּית הַלְחָמִי,  
קִרְבָּה אֶל נַפְשִׁי גְּאֻלָּהּ.

*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!

הַתְעוֹרְרִי הַתְעוֹרְרִי, כִּי בָּא אוֹרֶךְ קוּמִי אוֹרִי, עוֹרִי עוֹרִי שִׁיר דַּבְּרִי, כְּבוֹד יְיָ  
עָלֶיךָ נִגְלָהּ.

*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 תִבוֹשִׁי וְלֹא תִכְלָמִי, מַה תִּשְׁתַּחֲוִי וּמַה תִּהְיֶינִי, בְּךָ יִחְסוּ עַנְיֵי עַמִּי, וְנִבְנְתָה  
עִיר עַל תְּלָהּ.

*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 שְׂאִסְיָךְ, וְרַחֲקוּ כָל מְבַלְעֶיךָ, יִשֵּׁשׂ עָלֶיךָ אֱלֹהֶיךָ, כְּמִשׁוֹשׁ חַתָּן עַל  
כְּלָהּ.

*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 וּשְׂמֹאל תִּפְרוֹצִי, וְאֵת יְיָ תַעֲרִיצִי, עַל יַד אִישׁ בֶּן פְּרִצִי, 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 בְּעֻלָּהּ, גַּם בְּשִׂמְחָה וּבְצִהְלָהּ, תּוֹךְ אֲמוּנֵי עַם סְגֻלָּהּ, בּוֹאֵי  
כְּלָהּ, בּוֹאֵי כְּלָהּ.

*Bo-ee v'shalom ateret ba'la, gam b'sim'chah u-v'tzoholah, 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!

**Ma Gad'lu**

(Psalm 92; Music: Shefa Gold)

מַה גְּדֹלוֹ מַעֲשֵׂיךָ יְיָ, מְאֹד עֲמָקוֹ 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.

## THE SH'MA AND ITS BLESSINGS

### Bar'chu: Call to Blessing

(Translation by Rabbi Ted Falcon)

בְּרָכּוּ אֶת 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 בְּדַבְּרוֹ מַעְרִיב עֲרֵבִים, 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 יְמִלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרֵבִים.

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

אֲהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֲהַבְתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדְתָּ עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׁכְבָּנוּ וּבְקוּמָנוּ נְשִׁיחַ בְּחֻקֶיךָ, וְנִשְׁמַח בְּדַבְּרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאֲרֵךְ יַמֵּינוּ, וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה, וְאֲהַבְתָּ אֵל תִּסִּיר 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 מְלָכוּתוֹ 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

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ. וְשָׁנַנְתָּם לְבְנֵיךָ וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדֶיךָ וְהָיוּ לְטֹטְפֹת  
בֵּין עֵינֶיךָ. וְכִתְבָתָם 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 וְעִשִּׂיתֶם אֶת כָּל מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם. אֲנִי יְהוָה  
אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהֵיוֹת לָכֶם לְאֱלֹהִים, 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 כַמְכָה בְּאֵלִים יְיָ, מִי כַמְכָה נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֲשֵׂה פִלְא?  
מִלְכוּתְךָ רָאוּ בְנֵיךָ בּוֹקֵעַ יָם לְפָנַי מִשֶּׁה זֶה אֵלֵי עָנוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

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

*Mal'chut'cha ra-u vaneicha, bokea yam lif'nei Mosheh, zeh Eli anu v'am'ru:*

*Adonai Yim'loch l'olam va-ed.*

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

Your children witnessed Your Presence, splitting the sea before Moses.

“This is the Holy One!” they cried. “The Eternal will manifest as Creation for ever and ever!”

## Hash'kiveinu

(Translation by Rabbi Ted Falcon)

הִשְׁכִּיבְנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידְנוּ מִלְּפָנֶיךָ לְחַיִּים, וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,  
וְתִקַּנְנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ. וּשְׁמַר צִאתָנוּ וּבֹאֵנוּ,  
לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׂ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל  
כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

*Hash'kiveinu Adonai Eloheinu l'shalom, v'ha-amideinu Mal'keinu l'chayim; uf'ros aleynu  
sukkat sh'lomecha, v'tak'neinu b'eitzah tovah mil'fanecha v'hoshi-einu 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'Sham'ru

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדוֹרֹתָם בְּרִית עוֹלָם, בֵּינִי  
וּבֵין בְּנֵי יִשְׂרָאֵל אֹתָהּ לְעוֹלָם, כִּי שִׁשֶּׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת  
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

*V'sham'ru V'nei Yisrael et ha-Shabbat, la-asot et ha-Shabbat l'dorotam b'rit olam.*

*Beyni u'veyn B'nei 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-yinaflash.*

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

אֲדַנִּי שְׁפַתִּי תִפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ. *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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בְּרוּךְ אַתָּה יְהוָה, מְגַן 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 גִּבּוֹר לְעוֹלָם אֲדַנִּי, 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 יְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן 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? Faithful are You to renew Life eternally. 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 יְהִלְלוּךָ סֵלָה, כִּי אֵל מֶלֶךְ גָּדוֹל  
וְקָדוֹשׁ אַתָּה. בְּרוּךְ אַתָּה יְיָ, 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**

(Danny Maseng)

יְשַׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג, עִם מְקַדְשֵׁי שְׁבִיעֵי, כֻּלָּם יִשְׁבְּעוּ  
וְיִתְעַנְּגוּ מְטוֹבָךְ. וּבְשִׁבְעֵי רְצִיַת בּוֹ וְקַדְשָׁתוֹ, חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ, זְכוֹר  
לְמַעֲשֵׂה בִּרְאשִׁית:

*Yis'mechu b'malchut'cha shom'rei shabbat, v'kor'ei oneg shabbat. Am m'kad'shei sh'vi-i, shabbat. Kulam yis'be-u v'yit'an'gu mituv'cha, shabbat. U-va-sh'vi-i ratzita bo v'kidash'to, shabbat. Chem'dat yamim oto karata, shabbat. Zecher l'ma-aseh v'reishit, shabbat.*

Those who keep Shabbat will rejoice in Your Presence, and call Shabbat a delight. Your People will sanctify the seventh day. All will know contentment and joy in Your Goodness; for You willed the seventh day and sanctified it. You named it the most precious gift, a reminder of the primal energy that birthed the universe.

**Sab'einu Mi-Tuvecha**

*Sab'einu, sab'einu sab'einu mi-tuvecha.*

*V'samach naf'sheinu bishu-atecha.*

*V'taheir libeinu l'ov'd'cha be-emet.*

*V'han'chileinu adonai Eloheinu*

*B'ahavah u-v'ratzon shabbat kod'shecha*

שְׂבַעֲנוּ, שְׂבַעֲנוּ שְׂבַעֲנוּ מְטוֹבָךְ

וְשִׂמַח נַפְשֵׁינוּ בִּישׁוּעָתְךָ

וְטָהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת

וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ

בְּאַהֲבָה וּבְרָצוֹן שַׁבָּת קְדִשְׁךָ

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

רְצֵה, יי אֱלֹהֵינוּ, בְּעַמְךָ יִשְׂרָאֵל וּבִתְפִלָּתָם, וְהִשֵּׁב אֶת הָעֲבוּדָה לְדַבִּיר בֵּיתְךָ,  
וְאִשֵּׁי יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקְבַּל בְּרָצוֹן, וּתְהִי לְרָצוֹן 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'kabel 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.

וּתְחַזְיֵנָּה עֵינֵינוּ בְּשׁוֹבְךָ לְצִיּוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה יי, הַמְחַזִּיר שְׁכִינָתוֹ 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, שְׂאֵתָה הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוּרְנוּ צוּר  
חַיֵּינוּ, מְגִן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר, נוֹדָה לָךְ וּנְסַפֵּר תְּהִלָּתְךָ, עַל חַיֵּינוּ  
הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׁבָכָל יוֹם עִמָּנוּ, וְעַל  
נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׁבָכָל עֵת, עָרַב וּבָקֵר וְצַהֲרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ, כִּי יַעֲוֹלָם קוֹיֵנוּ 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 תָּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ 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.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָה, וּשְׁפָתַי מִדַּבֵּר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי תִדָּם. פְּתַח לִבִּי  
בְּתוֹרָתְךָ, וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדֹּף נַפְשִׁי. עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה לִמְעַן יְמִינְךָ,  
עֲשֵׂה לִמְעַן תּוֹרָתְךָ, עֲשֵׂה לִמְעַן קִדְשָׁתְךָ.

*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'votecha 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 לִבִּי 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,  
שֶׁלֹא עָשִׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה,  
שֶׁלֹא שָׁם חִלְקָנוּ 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. בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךָ מְלְכוּתָהּ, בְּחַיֵּיכוּן  
וּבְיוֹמֵיכוּן 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 לְעֵלְמֵי וְלְעֵלְמֵי עֵלְמַיָּא.

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ  
דְקָדְשָׁא בְרִיךְ הוּא, לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמַתָּא, דְאָמְרִין  
בְּעֵלְמָא, 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 שְׁלֵמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ 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 עֲלֵינוּ 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 Blessings

*Blessing the inner Divine Masculine:*

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה:

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

May God make you like Ephraim and Menasheh

*Blessing the inner Divine Feminine:*

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 וַיְשִׁמְרֶךָ:

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ, וַיְחַנֶּךָ:

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, מְלֵאכֵי הַשָּׁרָת, מְלֵאכֵי עֲלִיּוֹן, מְמַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בוֹאֲכֶם לְשָׁלוֹם, מְלֵאכֵי הַשָּׁלוֹם, מְלֵאכֵי עֲלִיּוֹן, מְמַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בְּרִכּוֹנֵי לְשָׁלוֹם, מְלֵאכֵי הַשָּׁלוֹם, מְלֵאכֵי עֲלִיּוֹן, מְמַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.  
צֵאתְכֶם לְשָׁלוֹם, מְלֵאכֵי הַשָּׁלוֹם, מְלֵאכֵי עֲלִיּוֹן, מְמַלְכֵי הַמַּלְאָכִים, 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 Blessing,  
the sovereign Power.

May your coming be for peace, angels of peace, angels of the Exalted One, manifestations of the Holy One of Blessing,  
the sovereign Power.

Bless me with peace, angels of peace, angels of the Exalted One, manifestations of the Holy One of Blessing,  
the sovereign Power.

May you go in peace, angels of peace, angels of the Exalted One, manifestations of the Holy One of Blessing,  
the sovereign Power.

## Z'MIROT SHABBAT - SHABBAT SONGS

### Adon Olam

(Traditional Hymn)

אָדוֹן עוֹלָם אֲשֶׁר מְלַךְ, בְּטֶרֶם כָּל יִצִיר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כָּל, אֲזִי מְלַךְ  
שְׁמוֹ נִקְרָא. וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבִדּוֹ יִמְלוֹךְ נוֹרָא. וְהוּא הָיָה, וְהוּא הוֹה, וְהוּא  
יְהִיָּה, בְּתַפְאָרָה. וְהוּא אֶחָד וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ לְהַחֲבִירָה. בְּלִי רֵאשִׁית בְּלִי  
תְּכֵלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה. וְהוּא אֵלֵי וְחֵי גֹאֲלִי, וְצוֹר חֻבְלֵי בְעֵת צָרָה. וְהוּא נֹסִי  
וּמְנוֹס לִי מִנֵּת כּוֹסֵי בַיּוֹם אֶקְרָא. בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאַעֲיָרָה. וְעַם  
רוּחִי גְּוִיָּתִי, יֵי לִי וְלֹא אֵירָא.

*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.

## Ahavah Rabbah

*Ahavah rabbah ahav'tanu, Adonai Eloheinu.* אַהַבָּה רַבָּה אַהַבְתָּנוּ, יְהוָה אֱלֹהֵינוּ.  
How deeply You have loved us!

## 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 בְּתוּלָתנוּ הַתִּינוֹקֶת,  
*Sh'mor Eli ha-tov.* Watch over them, Holy One. שְׁמֹר אֱלֹהֵי הַטוֹב.

*Al ha-eish ha-m'voeret,* The fire that burns, עַל הָאֵשׁ הַמְּבוֹעֶרֶת,  
*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 אֱלֹהֵי הַטוֹב.  
*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 (x3) ki im'cha ani* אַל תִּירָא, כִּי עִמָּךְ אֲנִי  
Don't be afraid for I am with you; and above all, do not fear. (x2)

## 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

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)

(Debbie Friedman)

מִיְמִינִי מִיְכָאֵל, וּמִשְׂמָאלִי גַבְרִיאֵל  
וּמִלְפָנָי אֹרִיאֵל, וּמֵאַחֲרָי רְפָאֵל  
וְעַל רֹאשֵׁי שְׁכִינָה.

*Miy'mini Michael u-mismoli Gavriel  
Umil'fanay Uriel u-m'achorai R'fael  
V'al roshi, shechinah (x4)*

## B'Yado

*B'yado af'kid ru-chi* My soul I give to you You,  
*B'eit eeshan v'ah-eerah* My spirit in Your Care.  
*V'im ruchi g'vi-ya-ti* Draw me near, I shall not fear,  
*Adonai li v'lo-i-ra* Hold me in Your Hand.  
*V'im ruchi g'vi-yati* Draw me near, I shall not fear,  
*Adonai li v'lo eera* Safely in Your Hand.

(Craig Taubman)

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאַעְרָה.  
וְעַם רוּחִי גְוִיֹּתִי,  
יֵי לִי וְלֹא אִירָא.  
וְעַם רוּחִי גְוִיֹּתִי,  
יֵי לִי וְלֹא אִירָא.

## Bach Rabbeynu

(Song of the Followers of Reb Nachman)

בָּךְ רַבֵּינוּ נִגְיֵלָה, בָּךְ רַבֵּינוּ נִשְׂמְחָה, בָּךְ רַבֵּינוּ נִגְיֵלָה וְנִשְׂמְחָה בָּךְ.

*Bach Rabbeynu nagilah, bach Rabbeynu nis'mechah bach Rabbeynu nagilah 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.

## The Blessing

(Numbers 6; Music: Stephen Merritt)

יְבָרְכֶךָ יְהוָה וַיִּשְׂמְרֶךָ: יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ:  
יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם 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.

## A Chant to Bridge Worlds

(Rami Shapiro)

*La illaha ill'Allah*

מֵעוֹלָם עַד עוֹלָם אַתָּה יְהוָה. *Mei-olam ad olam Atah Yah.*

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

## Dodi Li

(Shir Ha-Shirim - Song of Songs)

*Dodi li va-ani lo ha-roeh ba-shoshanim.*

*Mi zot olah min ha-mid'bar,*

*M'kuteret mor u-l'vonah? Ani l'dodi v'dodi li.*

*Libav'tini achoti chalah. Uri tzafon u-vo'i teiman.*

דוּדִי לִי וְאֲנִי לוֹ הָרֵעָה בְּשׁוֹשָׁנִים.

מִי זֹאת עֹלָה מִן הַמִּדְבָּר,

מִקְטֶרֶת מֹר וּלְבֹנָה? אֲנִי לְדוּדִי וְדוּדִי לִי.

לְבַבְתָּנִי אַחֲתִי כָלָה. עוּרִי צָפוֹן וּבֹאִי תֵימָן.

My Beloved belongs to me, and I belong to my Beloved. The shepherd among the lilies.  
Who is this, rising up from the desert,  
perfumed with myrrh and frankincense? I belong to my Beloved, and my Beloved belongs to me.  
You have captured my heart, my sister, O bride. Awake from the north and come from the south!

## 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.*

## Eili, Eili

(Hannah Senesh; Music: David Zehavi)

אֵלֵי אֵלֵי שְׁלֵא יִגְמַר לְעוֹלָם, הַחֹל וְהַיָּם, רִשׁוּשׁ שֵׁיל 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.

## Erev Shel Shoshanim

(Lyrics: Moshe Dor; Music: Yosef Hadar)

*Erev shel shoshanim, neitzeih na el ha-bustan  
Mor b'samim u-l'vonah l'rag'lech mif'tan.*

עָרַב שֶׁל שׁוֹשָׁנִים נִצָּא נָא אֶל הַבְּסָתָן  
מֹר, בְּשָׁמִים וּלְבוֹנָה לְרַגְלֶךָ מִפְתָּן.

*Laylah yoreid le-at v'ru'ach shoshan nosh'vah  
Havah el'chash lach shir balat  
Zemer shel ahavah.*

לַיְלָה יוֹרֵד לְאֵט וְרוּחַ שׁוֹשָׁן נוֹשֶׁבֶה  
הָבָה אֶלְחָשׁ לָךְ שִׁיר בְּלֵאט  
זֶמֶר שֶׁל אַהֲבָה.

*Shachar homah yonah rosheich maleh t'lalim  
Pich el ha-boker shoshanah ek'tefinu li.*

שַׁחַר הוֹמָה יוֹנָה רֹאשֶׁךָ מְלֵא טְלָלִים  
פִּיךָ אֶל הַבֹּקֶר, שׁוֹשָׁנָה אֶקְטְפְּנוּ לִי.

Evening of Roses, let us go out to the grove.  
Myrrh, spices, and frankincense is the carpet under your feet

Night falls slowly and a breeze of roses blows.  
Let me whisper a song for you slowly, a song of love.

Dawn and the dove coos. Your hair is full of dewdrops.  
Your lips are as roses unto the morning, I will pick them for myself.

## Esa Eynai

(Psalm 121; Music: Steve Dropkin)

אֲשָׂא עֵינַי אֶל הַהָרִים, מֵאֵין יְבוֹא 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.

## Every Breath

(Steven Meritt)

Every breath, a prayer,  
Every step a heart beat.  
Allah hu, Allah.

## Eyn Keloheynu

(Traditional Hymn)

אֵין כְּאַלְהֵינוּ, אֵין כְּאַדוֹנֵינוּ, 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 כְּאַלְהֵינוּ, מִי כְּאַדוֹנֵינוּ, 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 לְאַלְהֵינוּ, נוֹדֶה לְאַדוֹנֵינוּ, 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.

## 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*

*K'vodi u-meirim roshi.*

*Koli el Adonai ek'ra*

*Vaya-aneini meihar kod'sho selah.*

וְאַתָּה יְיָ מָגֵן בְּעַדִּי

כְּבוֹדִי וּמְרִים רֹאשִׁי.

קוֹלִי אֶל יְיָ אֶקְרָא

וַיַּעֲנֵנִי מִהַר קֹדְשׁוֹ 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.

*L'Adonai ha-y'shuah*

*Al am'cha vir'chatecha selah.*

לְיְיָ הַיְשׁוּעָה

עַל עַמְּךָ בְּרַכְתֶּךָ סֵלָה.

## Hal'lu

(Psalm 150)

הַלְלוּ, הַלְלוּ הַלְלוּיָהּ  
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּ הַלְלוּיָהּ

*Hal'lu, Hal'lu, Hal'lu (x4)*

*Hal'lu Hal'luyah. (x4)*

*Hal'lu, Hal'lu, Hal'lu (x4)*

*Kol ha-n'shamah t'halleil Yah, Hal'lu Hal'luyah. (x2)*

## Hal'luhu, Praise God

(Psalm 150)

הַלְלוּהוּ בְּצִלְצְלֵי שֹׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּיָהּ, כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּיָהּ.

*Hal'luhu (x2) b'tzil'tzeley shama, Hal'luhu (x2) b'tzil'tzeley t'ruah.*

*Kol ha-n'shamah t'halleil 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:  
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּיָהּ, כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּיָהּ.

*Hal'luyah (x2) hal'lu av'dey Adonai, hal'luyah (x2) hal'lu et Shem Adonai.*

*Kol ha-n'shamah t'halleil Yah, hal'luyah, hal'luyah. (x2)*

Halleluyah! Give praise, you who serve the Eternal; praise the Eternal Name.

Let all souls praise God. Halleluyah.

## Hash'kiveinu

(Craig Taubman)

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים,  
וּשְׁמֹר צֵאתָנוּ וּבֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.

*Hash'kiveinu Adonai Eloheinu l'shalom, v'ha-amideinu Mal'keinu l'chayim.*

*Ush'mor tzeiteinu, u'vo-einu, l'chayim ul'shalom, mei-atah v'ad olam.*

Lay us down, Eternal One of all beings, in peace; and raise us back, Source of Being, to life.

Guard our departures and our arrivals, for Life, for Peace, for now and forever more.

## Havah Nagilah

הָבֵה נְגִילָה, הָבֵה נְגִילָה וְנִשְׂמְחָה.  
הָבֵה נְרַנְנָה, הָבֵה נְרַנְנָה וְנִשְׂמְחָה.  
עוּרוּ, עוּרוּ אַחִים, עוּרוּ אַחִים בְּלֵב שְׂמִחָה.  
*Hava Nagilah (x2), Hava Nagilah v'nis'mechah! (Repeat)*  
*Hava Neranena (x2), Hava Neranena v'nis'mechah! (Repeat)*  
*Uru, uru, achim! Uru achim b'lev sameach!*  
Let's rejoice and be happy!  
Let's sing and be happy!  
Awake brothers & sisters! Awake with a happy heart!

## Heivenu Shalom Aleychem

הֵבֵאנוּ שְׁלוֹם עֲלֵיכֶם.  
*Heivenu shalom aleychem.*  
May the peace manifested in this moment be upon you.

## Hinei Ma Tov

(Psalm 133)

הִנֵּה מָה טוֹב וַיְמָה 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.

## Holy One Please Bless Us

(Sheryl Braunstein)

Holy One please bless us, always be near, watching wherever we go.  
Shine from within us, show us the way, through every path unknown.  
Guide us with Your strength. Keep us in your shelter. Fill us with the gift of *shalom*.  
*Y'varech'cha Adonai v'yish'merecha. Ya-eir Adonai panav eilecha veechuneka.*  
*Yisa Adonai panav eilecha, v'yasem l'cha shalom.*  
*V'yasem l'cha shalom, v'yasem l'cha shalom.*  
Guide us with Your strength. Keep us in your shelter. Fill us with the gift of *shalom*.  
Fill us with the precious gift of *shalom*.

## Im Ein Ani Li

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

אִם אֵין אָנִי לִי, מִי לִי? וְכִשְׂאֲנִי לְעַצְמִי, מָה אָנִי? וְאִם לֹא עִכְשָׁיו, 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!

## Ki Esh'merah Shabbat

*Ki esh'merah shabbat el yish'mereini.*

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.

*Ot hi l'ol'mei ad beyno u-veyni.*

אוֹת הִיא לְעוֹלָמֵי עַד בֵּינוּ וּבֵינֵינוּ.

As I keep Shabbat, the Eternal keeps me.  
It is an unending miracle between me and the One.

## Kodesh L'Adonai

(Exodus 28; Music: Stephen Merritt)

קֹדֶשׁ לַיהוָה

*Kodesh l'Adonai (x3)*

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

## Let My People Go

(Gospel)

When Israel was in Egypt's land; Let My people go!  
Oppressed so hard they could not stand; Let My people go!

*Refrain:*  
Go down, Moses,  
Way down in Egypt's land;  
Tell old Pharaoh  
To let My people go!

No more shall they in bondage toil; Let My people go!  
Let them come out with Egypt's spoil, Let My people go!

Your foes shall not before you stand, Let My people go!  
And you'll possess fair Canaan's land, Let My people go!

## 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*.

## L'chu Neranenah

(Psalm 95:1-2; Music: R. Sirotkin)

*L'chu n'ran'nah l'Adonai.*

*Nariah l'tzur yish'einu,*

*n'kad'ma fanav b'todah*

*Nariah l'tzur yish'einu b'zim'rat naria lo.*

לְכוּ נִרְנְנָה לַיהוָה.

נִרְיַעָה לְצוּר יִשְׁעֵנוּ,

נִקְדְּמָה פָּנָיו בְּתוֹדָה.

נִרְיַעָה לְצוּר יִשְׁעֵנוּ בְּזִמְרַת נְרִיעַ לוֹ.

Go forth singing songs of joy to the Eternal.

Let us shout to our redeemer,

let us turn to the Holy One with thanks.

Let us shout to our redeemer with a joyous song.

## L'dor VaDor

(Traditional liturgy; Music: Stephen Merritt)

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ, וְלִנְצַח נִצְחִים קִדְּשָׁתְךָ נִקְדִּישׁ.

*L'dor va-dor, nagid god'lecha, u-l'netzach n'tzachim k'dushat'cha nak'dish.*

In every heart, in every mouth, in every land and generation,

we will sing the praise of God and bless His Holy Name.

וְשִׁבְחֶךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

*V'shiv'chacha, eloheinu, mipinu lo yamush l'olam va-ed, ki el melech gadol v'kadosh atah.*

בָּרוּךְ אַתָּה יְהוָה, בָּרוּךְ הוּא וְ בָרוּךְ שְׁמוֹ, הָאֵל הַקָּדוֹשׁ.

*Baruch atah Adonai, baruch hu u-varuch sh'mo, ha-el ha-kadosh.*

## Light a Candle

(Sarit Hadad)

*Lif'amim nid'meh sh'ein tik'vah, v'ha-kol nir'eh kol kach afel v'lo yadua*

*Ha-prachim od lo parchu bagan u-basadeh, u-ba'erev rak makat ha-ruach*

*Az bo'u v'nadlik b'yachad ner, ner...*

Light a candle, light a candle with me. A thousand candles in the dark will open our hearts. (x2)

Sometimes it seems, there is no comfort, the nights are long and hold no promise of tomorrow.

But somewhere deep inside, there burns a tiny flame, it can bring release to all our sorrows.

So come together, each one bring your light...

Light a candle, light a candle with me. A thousand candles in the dark will open our hearts. (x2)

Light all the candles, let's light the candles everywhere.

Just look at me and take my hand, the heat of love will glow again.

Light a candle, light a candle with me. A thousand candles in the dark will open our hearts. (x2)



## 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.

## Listen To My Heart Song

(Paramahansa Yogananda)

Listen, listen, listen to my heart song (x2)  
I will never forget you, I will never forsake you (x2)

## Lo Alecha

(Avot 2:21; Music: Klepper & Frelander)

לֹא עֲלֶיךָ הַמְּלָאכָה לְגַמֵּר, וְלֹא אַתָּה בֶּן חוֹרִין לְהַבְטִיל מִמְּנָה.

*Lo alecha ha-m'lachah lig'mor, v'lo atah ben chorin l'hibatel mimenah.*

It is not your duty to complete the work, neither are you free to desist from it.

## 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 Tovu

(Numbers 24:5)

מַה טּוֹבוֹ 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 יָּפֵה הַיּוֹם שַׁבָּת שְׁלוֹם.

*Ma yafeh ha-yom, Shabbat Shalom.*

How beautiful the day, Shabbat Shalom.

## Mayim B'sasson

*U-shav'tem mayim b'sasson mi-may'nay ha y'shu-ah  
U-shav'tem mayim b'sasson mi-may'nay ha y'shu-ah*

*Mayim! Mayim! Mayim! Mayim! - Hey! Mayim b'sasson  
Mayim! Mayim! Mayim! Mayim! - Hey! Mayim b'sasson*

*Hey! Hey! Hey! Hey!  
Mayim! Mayim! Mayim! Mayim! Mayim! Mayim b'sasson  
Mayim! Mayim! Mayim! Mayim! Mayim! Mayim b'sasson*

## Miriam's Song

(Debbie Friedman)

(Chorus)

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

(Chorus)

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!

(Chorus)

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)

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם  
שֶׁהַחַיּוֹת בֵּי נִשְׁמָתִי בְּחַמְלָה רַבָּה אֶמְוֹנְתֶךָ:  
*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.

## Narrow Bridge

(Reb Nachman of Bratzlav)

כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד וְהַעֲקָר לֹא לִפְחָד כְּלָל:

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

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

## Nasim Shalom

(Debbie Friedman)

נְשִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים,

(Chorus) *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)

## None Of Us Are Free

(Mann, Weil and Russel)

Well you better listen my sisters and brothers,  
'cause if you do you can hear  
There are voices still calling across the years.  
And they're all crying across the ocean,  
And they're cryin' across the land,  
And they will 'till we all come to understand.  
None of us are free. (x2)  
None of us are free, if one of us is chained.  
None of us are free.

And there are people still in darkness,  
And they just can't see the light.  
If you don't say it's wrong then that says it's right.  
We got to try to feel for each other,  
Let our brothers know that we care.  
Got to get the message, send it out loud and clear.  
None of us are free. (x2)  
None of us are free, if one of us is chained.  
None of us are free.

It's a simple truth we all need, just to hear and to  
see.  
None of us are free, if one of us is chained.  
None of us are free.  
Now I swear your salvation isn't too hard too find,  
None of us can find it on our own.  
We've got to join together in spirit, heart and mind.  
So that every soul who's suffering will know they're not alone.

None of us are free. (x2)  
None of us are free, if one of us is chained.  
None of us are free.

If you just look around you,  
You're gonna see what I say.  
Cause the world is getting smaller  
each passing day.  
Now it's time to start making changes,  
And it's time for us all to realize,  
That the truth is shining real bright  
right before our eyes.

None of us are free. (x2)  
None of us are free, if one of us is chained.  
None of us are free.

## Rise And Shine

*Chorus:*

Rise and shine and give God your glory, glory!  
Rise and shine and give God your glory, glory!  
Rise and shine and give God your glory, glory!  
Children of the One.

The One said to Noah,  
"There's gonna be a floody, floody."  
The One said to Noah,  
"There's gonna be a floody, floody."  
"Get those children out of the muddy, muddy!"  
Children of the One.

So Noah, he built him, he built him an arky, arky.  
Noah, he built him, he built him an arky, arky.  
Made it out of hickory barky, barky.  
Children of the One.

The animals, they came on,  
they came on by twosies, twosies.  
The animals, they came on,  
they came on by twosies, twosies.  
Elephants and kangaroosies, roosies.  
Children of the One.

*Chorus*

It rained, and poured, for forty daysies, daysies.  
Rained, and poured, for forty daysies, daysies.  
Nearly drove those animals crazy, crazy.  
Children of the One.

The sun came out and dried up the landy, landy.  
Sun came out and dried up the landy, landy.  
Everything was fine and dandy, dandy.  
Children of the One.

Now that is the end, the end of my story, story.  
That is the end, the end of my story, story.  
Everything is hunky dory, dory.  
Children of the One.

*Chorus*

## Salaam (Od Yavo)

(Sheva)

עוֹד יְבֹא שְׁלוֹם עָלֵינוּ וְעַל כָּלֵם.  
סָאֵלָאָם. עָלֵינוּ וְעַל כָּל הָעוֹלָם.  
סָאֵלָאָם. שְׁלוֹם. סָאֵלָאָם.  
עָלֵינוּ וְעַל כָּל הָעוֹלָם. סָאֵלָאָם. 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-cheh-yanu - Blessing the Moment

(Traditional Liturgy)

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

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהַחַיִּינוּ 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.

## Sh'ma Yisrael

(Stephen Merritt)

As below, so above. As without, so within. I let go, and let love. On a breath, I begin.  
From the dark, comes a glow. From beginning to end.  
From a spark, let it grow to a flame that's intending.

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

*Sh'ma Yisrael, Adonai Eloheynu, Adonai Echad.*

There is One, all is One... Shalom.

## Shir Ha-Maalot

(Psalm 126: 1-6)

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים: אִזּוּ יִמְלֵא שְׂחוֹק פִּינוּ  
וְלִשְׁוֹנֵנוּ רִנָּה אִזּוּ יֵאמְרוּ בְּגוֹיִם הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהֵי: הַגְּדִיל יְהוָה לַעֲשׂוֹת  
עִמָּנוּ הָיִינוּ שְׂמֵחִים: שׁוּבָה יְהוָה אֶת שְׁבִיתֵנוּ כְּאֶפְיָקִים בְּנֶגֶב: הַזֹּרְעִים בְּדִמְעָה  
בְּרִנָּה יִקְצְרוּ: הַלּוֹךְ יֵלֵךְ וּבֹכֵה נִשְׂא מִשָּׁךְ הַזֹּרֵעַ בָּא יִבּוֹא בְּרִנָּה נִשְׂא אֶלְמֹתָיו:

*Shir ha-maalot b'shuv Adonai et shivat tzi-yon hayinu k'chol'mim. Az yimalei s'chok pinu  
ul'shoneinu rinah az yom'ru vagoyim hig'dil Adonai laasot im eileh. Hig'dil Adonai laasot  
imanu hayinu s'meichim. Shuvah Adonai et sh'viteinu ka-afikim banegev. Ha-zor'im b'dim'ah  
b'rinah yik'tzoru. Haloch yeileich uvacho nosei meshech ha-zara bo yavo v'rinah nosei  
alumotav.*

A song of ascents: When the Holy One returns us to Zion it will seem like a dream. Then our  
mouths will be filled with laughter, our tongues filled with joyful songs. Others will see and say:  
“They are filled with the Eternal’s boundless Presence.” The Eternal’s boundless Presence  
infuses our beings; rejoice!

Return us to You, once again, Eternal One, like streams watering the Negev again. Those who  
sow in tears shall reap in joy. Those who go forth weeping, bearing the seeds of sowing, will  
return bearing the sheaves with song and laughter.

## Shiviti

(Psalm 16; Music: Stephen Merritt)

שְׁוִיתִי יְהוָה לְנֶגְדֵי תָמִיד

*Shiviti Adonai l'neg'di tamid*

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*      שְׁבִיטִי בְּבַיִת יְהוָה כָּל יְמֵי חַיֵּי

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 עַמּוּךְ.

*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.

### Torah Orah

(Zohar)

יִשְׂרָאֵל וְאוֹרֵייתָא קֻדְשָׁא בְּרִיךְ הוּא חַד הוּא. תּוֹרָה אוֹרָה, הַלְלוּיָהּ.

*Israel v'oraita kud'sha b'rich hu chad hu. (x2) Torah Orah, halleluYah!*  
Israel, the Torah and the Eternal are one. The Torah is light. HalleluYah!

### Tzena Tzena

*Tzena, tzena, tzena, tzena  
ha-banot, ur'ena chayalim ba-moshava.  
Al na, al na, al na, al na,  
Al-na tit'chabena mi-ben chayil, ish tzava.*

Go out, go out, go out girls and welcome the soldiers back to the *moshava*.  
Do not, do not, do not hide yourself away from a courageous man, an army man.

**U'fros Aleynu**

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

**V'asu Li Mik'dash**

(Deut. 25:8)

*V'asu lee mik'dash, v'shah-chan'ti b'tocham.* וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכָם.  
And let them make Me a Holy Place,  
that I might dwell within.

**V'nomar L'fanav**

*V'nomar l'fanav shirah chadasha, (x4).* וְנִמַּר לְפָנָיו שִׁירָה חֲדָשָׁה.  
*HalleluYah (x4).* הַלְלוּיָהּ.  
We will sing in the Presence a new song, HalleluYah.

**Yah Ribon**

(Israel Najara)

*Yah ribon alam v'al'maya*  
*an'te hu malka melech mal'chaya.*  
*Ovad g'vur'teich v'tim'haya*  
*sh'far kodamai l'hachavaya.*

יְהוָה רֵבּוֹן עֲלֵם וְעֹלָמֵיָא,  
אַנְתָּה הוּא מַלְכָּא מְלִיךָ מְלִיכָא.  
עוֹבֵד גְּבוּרְתֵךְ וְתַמְהֵיָא,  
שִׁפְרָא קָדְמֵי לְהַחֲוֵיָא.

Yah, who manifests as this and all worlds, You are supreme, the sovereign Presence.  
Your mighty, wondrous work moves my heart to praise You.

**Yism'chu Ha-Shamayim**

(Psalm 96:11)

*Yis'mechu ha-shamayim, v'tageil ha-aretz. Yiram ha-yam, um'lo'o.* יִשְׂמְחוּ הַשָּׁמַיִם, וְתִגַּל הָאָרֶץ; יִרְעַם הַיָּם, וּמְלֵאוּ.  
Let the heavens rejoice, and the earth be glad! Let the sea roar and all that fills it!

## Y'rushalayim Shel Zahav (Jerusalem of Gold)

(Naomi Shemer)

The mountain is clear as wine  
And the scent of pines  
Is carried on the breeze of twilight  
With the sound of bells.  
And in the slumber of tree and stone  
Captured in her dream  
The city that sits solitary  
And in its midst, a wall.

*Avir harim tzalul kayayin  
V'reiach oranim,  
Nisa b'ruach ha-arbayim  
Im kol pa'amonim.  
Uv'tar'demat ilan va'even  
Sh'vuyah ba-chalomah,  
Ha-ir asher badad yoshevet  
U-v'libah chomah.*

*Y'rushalayim shel zahav  
V'shel n'choshet v'shel or  
Halo l'chol shirayich ani kinor.*

יְרוּשָׁלַיִם שֶׁל זָהָב,  
וְשֶׁל נְחוֹשֶׁת וְשֶׁל אֹר,  
הֲלֹא לְכֹל שִׁירֶיךָ אֲנִי כַנּוֹר.

Jerusalem of gold, and of bronze, and of light, behold I am a violin for all your songs.

How the cisterns have dried  
The market-place is empty  
And no one frequents the Temple Mount  
In the Old City.  
And in the caves in the mountain  
Winds are howling  
And no one descends to the Dead Sea  
By way of Jericho.

*Eicha yav'shu borot hamayim  
Kikar ha-shuk reikah,  
V'ein poked et har ha-bayit  
Ba-ir ha-atikah.  
Uva-m'arot asher basela  
M'yal'lot ruchot,  
V'ein yored el yam hamelach  
B'derech Yericho.*

But as I come to sing to you today,  
And to adorn you with crowns  
I am the smallest of the youngest of your children  
And of the last poets.  
For your name scorches the lips  
Like the kiss of an angel  
If I forget thee, Jerusalem,  
Which is all gold...

(Chorus)

*Ach b'vo-i hayom lashir lach  
V'lach lik'shor k'tarim,  
Katon'ti mitz'ir bana-yich  
Um'acharon ham'shor'rim.  
Ki sh'meich tzoreiv et ha-s'fatayim  
Ki-n'shikat saraf,  
Im esh'kacheich Y'rushalayim  
Asher kulah zahav...*

We have returned to the cisterns  
To the market and to the market-place  
A ram's horn calls out on the Temple Mount  
In the Old City.  
And in the caves in the mountain  
Thousands of suns shine—  
We will once again descend to the Dead Sea  
By way of Jericho.

(Chorus)

*Chazar'nu el borot hamayim  
La-shuk v'la-kikar,  
Shofar korei b'har ha-bayit  
ba-ir ha-atikah.  
Uvam'arot asher baselah  
Al'fei sh'mashot zor'chot,  
V'shuv neireid el yam ha-melach  
B'derech Yericho!*

(Chorus)



## HEALING SONGS

### A Healing Chant

(Numbers 12:13; Music: Stephen Merritt)

*El na r'fa na lah.* (x4) אֵל נָא רְפָא נָא לָהּ:  
Please God, let healing be now. (x4)

### A Healing Song

(Numbers 12; Words: Aryeh Hirschfield)

From deep within the home of my soul, now let the healing, let the healing begin. (x2)

*Ana el na r'fa na la.* (x4) אָנָּא אֵל נָא רְפָא נָא לָהּ:  
Heal our bodies, open our hearts. Awaken our minds, (x2)  
(1) Eh-heh-yeh. (2) Shechinah.

### A Prayer For Healing

(Todd Herzog)

*El na r'fa na lah, r'fa na lanu.* (x2)

Dear God of our ancestors,  
Help us renew our faith,  
Grant us a perfect healing,  
Bring peace to all our days.

*El na r'fa na lah, r'fa na lanu.* (x2)

Restore our strength of body,  
Help clarify our minds,  
Refresh our tired spirit,  
Rejuvenate our light.

*El na r'fa na lah, r'fa na lanu.* (x2)

Thank you for all these blessings,  
Throughout our days and night,  
We celebrate the journey,  
This precious gift of life.

*El na r'fa na lah, r'fa na lanu.* (x2)

### It's In You

*El na r'fa na lah*

It's in you...  
The power to emerge  
from the dark into the light... it's in you.  
It's in you...  
Talk to every fiber of your being  
with your heart... it's in you.

For God can be the strength,  
I'm tired but I'm listening, it is in me.  
The answer's in me.

For God can be the courage  
to risk battling my brokenness, is it in me?  
The way is in me.

*El na r'fa na lah*

Look inside yourself. Talk inside yourself.  
Be brave inside yourself.  
Have faith within yourself.  
The strength is in yourself. (x3)  
It's in you...

*El na r'fa na lah*

## Mi Shebeirach

(Debbie Friedman)

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ מִקּוֹר 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 שֶׁבִּירַךְ אֲבוֹתֵינוּ מִקּוֹר 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, וְרַחֵל  
*Mi Shebeirach Avoteynu, Avraham, Yitzhak 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 (x4) 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 (x4) and bless us as well.*

## R'fa-einu

(Music: Hanna Tiferet; Arranged by Fran Avni)

*R'fa-einu m'kor rachamim v'nei-rafei*  
*Hoshi-einu v'nivashei-a*  
*Ki t'hilateinu atah*

רְפָאֵנוּ מִקּוֹר רַחֲמִים וְנִיפְיָה  
הוֹשִׁיעֵנוּ וְנִוְשָׁעָה  
כִּי תִהְלֵתֵנוּ 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.

## Waters of Healing

(Music: Hanna Tiferet; Arranged by Fran Avni)

אֶז יִשִּׁיר יִשְׂרָאֵל אֶת הַשִּׁירָה הַזֹּאת עָלַי בְּאֵר עֵנוּ לָהּ.  
*Az yashir Israel et ha-shirah ha-zot; ali v'eir enu lah. (x2)*  
Waters of healing, waters of life, we thirst for love and truth.  
Waters of healing, waters of life, rise up and we'll sing with you.

**Waters of Healing**

(Rabbi Shoshana Wiener)

May the waters of healing flow through our soul.  
May the waters of healing flow through our mind.  
May the waters of healing flow through our heart.  
May the waters of healing flow through our form.

*Ana el na*, please Holy One, *r'fa na lah*, let Your healing be done.  
*Ana el na*, heal our soul, *r'fa na lah*, may we be whole.

May the pure light of healing give life to our soul.  
May the pure light of healing give life to our mind.  
May the pure light of healing give life to our heart.  
May the pure light of healing give life to our form.

*Ana el na*, please Holy One, *r'fa na lah*, let Your healing be done.  
*Ana el na*, heal our soul, *r'fa na lah*, may we be whole.

## MEMORIAL SONGS

### Al Tira

(Isaiah 41:10; Music: Monty Turner)

*Al tira (x3) ki im'cha ani* אֵל תִּירָא, כִּי עִמָּךְ אָנִי  
Don't be afraid for I am with you; and above all, do not fear.

### Ani Ma'amin

אָנִי מֵאֲמִין בְּאֵמוּנָה שְׁלֵמָה בְּבִיאת הַמָּשִׁיחַ. וְאֶף-עַל-פִּי שְׂיִתְמַהֲמֵהּ,  
עַם כָּל זֶה אַחֲכָה לוֹ, בְּכֹל יוֹם שְׂיִבֵּא.

*Ani ma'amin be-emunah sh'leimah b'viat hamashiach. V'af ahl pi sh'yitmah'meiah, im kol zeh achakeh lo, b'chol yom she-yavoh.*

I believe with complete faith in the coming of the Messianic Era. And even though it may tarry, nonetheless I will wait for it, I will wait every day for it to come.

### Eili, Eili

(Hannah Senesh; Music: David Zehavi)

אֵלֵי אֵלֵי שְׁלֵא יִגְמַר לְעוֹלָם, הַחֹל וְהַיָּם, רִשׁוּשׁ שֵׁל 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.

## El Maley Rachamim

אֵל מֵלֵא רַחֲמִים שׁוֹכֵן בְּמְרוֹמִים. הִמָּצָא מְנוּחָה נְכוֹנָה תַּחַת כַּנְּפֵי הַשְּׁכִינָה.  
 בְּמַעְלֹת קְדוּשִׁים וּטְהוּרִים כְּזוֹהַר הַרְקִיעַ מְזֻהָרִים אֶת נְשָׁמוֹת כָּל אֱלֹהֵי הַשָּׁמַיִם  
 הַיּוֹם לְבָרָכָה שֶׁהֵלְכוּ לְעוֹלָמָם, בְּגֵן עֵדֶן תִּהְיֶה מְנוּחָתָם. אָנָּה פֶּעַל הַרַחֲמִים  
 הַסְתִּירָם בְּסִטְרֵךְ לְעוֹלָמֵיךְ. וְצָרֹר בְּצָרֹר הַחַיִּים אֶת נְשָׁמוֹתֵיהֶם. יְיָ הוּא  
 נִחַלְתָּם: וַיְנוּחֵנוּ בְּשָׁלוֹם עַל מְשַׁכְּבוֹתֵיהֶם. וְנֹאמַר אָמֵן:

*El maley rachamim, shochein ba-m'romim. Ham'tzei m'nuchah n'chonah tachat kan'fei  
 ha-Shechinah. B'maalot k'doshim u-t'horim k'zohar ha-rakia maz'hirim et nish'mot kol eileh  
 shei-hiz'kar'nu ha-yom liv'rachah, she-hal'chu l'olamam, b'gan eiden t'hi m'nuchatam. Ana  
 baal ha-rachamim has'tireim b'seiter k'nafecha l'olamim. U-ts'ror bi-ts'ror ha-chayim et  
 nish'moteihem. Adonai Hu nachalatam. V'yanuchu b'shalom al mish'kevoteihem.  
 V'nomar amen.*

May the Source of Life, the Fountain of all Being, open our hearts to compassion and our eyes to wisdom, that we might glimpse with perfect peace the way of all things. May our sadness and our grief awaken us to the preciousness of the Life we share. May the memory of those who have died be for the world a blessing, and may we never let the light of their life and the light of their love grow dim in our hearts.

May all their worthy deeds, even all their human struggles, be remembered now with love, that their memory be forever bound up in the bond of Life. God is our Source and our Destination, our beginning and our end. May the deaths that have been awaken us to this truth, that the bonds of love shared be not severed in sorrow. May all be held in Healing. May all be held in Peace. And let us say: Amen.

(Translation based on the Reconstructionist Rabbi's Manual)

## 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־אֵלֶךְ בְּגֵיא צִלְמוֹת לֹא־אִירָא רַע כִּי־אַתָּה עִמָּדִי

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

## TORAH SERVICE

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה וּדְבַר יְיָ מִירוּשָׁלַיִם:

*Ki mi-Tzion teitzei Torah, ud'var Adonai mi-rushalayim.*

For from Zion shall go forth Torah, the Word of the Eternal from Jerusalem.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשׁתּוֹ:

*Baruch sheh-natan Torah l'amo Yisrael bik'dushato.*

Blessed is the One Who gave the Path of Torah  
to the people Israel in holiness.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

*Shema Yisrael: Adonai Eloheynu Adonai Echad.*

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

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵינוּ קְדוֹשׁ שְׁמוֹ:

*Echad Eloheynu, gadol Adoneynu, kadosh Sh'mo.*

Our God is One, our God is Infinite, Holy is God's Name.

### The Hakafah – Sharing Torah

לְךָ יְיָ הַגְדֻלָּה וְהַגְבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְחָה וְהַהוֹד

כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ, לְךָ יְיָ הַמְּמֹלָכָה וְהַמְּתַנַּשֵּׂא לְכֹל לְרֹאשׁ:

*L'cha Adonai ha-gedulah, v'ha-gevurah, v'ha-tiferet, v'ha-netzach v'ha-hod, ki chol ba-shamayim uva-aretz (2), l'cha Adonai ha-mam'lachah, v'ha-mit'naseh l'chol l'rosh.*

Yours, Eternal One, is the Greatness, the Power, the Splendor, the Eternity, and the Majesty. For everything in the heavens and on the earth is under Your sovereignty, and You are Source of all that is.

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת חַסְדִּים:

*Ahl sh'loshah d'varim ha-olam omed: Ahl ha-Torah,  
v'ahl ha-avodah, v'ahl g'milut chasadim.*

The world is sustained based on three things:  
Torah, Spiritual Practice, and Acts of Lovingkindness.

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קְדֻשׁוֹ.  
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 in all Its manifestations.

אֵלֶּה חֲמֻדָּה לְבִי: חוֹסֵה נָא וְאֵל נָא תִתְעַלֵּם:

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

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

וְנָשׁוּבָה בְּשָׁלוֹם וְאַהֲבָה

*V'nashuvah b'shalom v'ahavah.*

We will return in love and peace.

### Blessing Before the Torah Reading

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ:

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת  
תּוֹרָתוֹ: בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

*Bar'chu et Adonai ha-M'vorach.*

*Baruch Adonai ha-M'vorach l'olam va-ed.*

*Baruch Atah Adonai Eloheynu Melech ha-olam, asher ba-char banu mikol ha-a-mim v'natan lanu et Torato. Baruch Atah Adonai, Notein ha-Torah.*

Bless the Eternal, the One Who is Blessing. Blessed is the Eternal One of Blessing. Blessed One, You are the Emptiness that manifests as Form, the Source of all that is. You chose us from among all peoples for the Way called Torah. Blessed are You, Eternal One, Giver of Torah.

### Blessing Following the Torah Reading

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע

בְּתוֹכֵנוּ: בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

*Baruch Atah Adonai, Eloheynu Melech ha-olam, asher natan lanu Torat emet v'chayey olam nata b'tocheinu. Baruch Atah Adonai, Notein ha-Torah.*

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is. You have given us the Torah of truth, and have planted Eternal Life within us. Blessed are You, Eternal One, Giver of Torah.

### Hagbah: The Torah is Lifted

זֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנַי בְּנֵי יִשְׂרָאֵל עַל פִּי יְיָ בְיַד מֹשֶׁה:  
*V'zot ha-Torah asher sam Mosheh lif'ney b'ney Yisrael ahl pi Adonai b'yad Mosheh.*

This is the Torah that Moses placed before the People Israel,  
words of the Eternal through the hand of Moses.

### G'lilah: The Torah is Dressed

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם. וַיִּרָם קֶרֶן לְעַמּוֹ, תְּהִלָּה לְכָל חַסִּידָיו,  
לְבְנֵי יִשְׂרָאֵל עִם קְרוֹבוֹ, הַלְלוּיָהּ.

*Hodo al eretz v'shamayim, va-yarem keren l'amo, t'hillah l'chol chasidav,  
liv'ney Yisrael am k'rovo, hal'luyah.*

God's splendor envelops heaven and earth, and causes all people to shine; sharing praise with all  
compassionate ones, with the people Israel drawing near to God. Halleluyah!

### Returning the Torah to the Ark

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ, וְתוֹמְכֶיהָ מְאֻשָּׁר: דְּרָכֶיהָ דְרָכֵי נֹעַם, וְכָל נְתִיבוֹתֶיהָ  
שָׁלוֹם: הִשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשְׁוֹבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Etz chayim hee, la-machazikim bah, v'tom'che-ha m'ushar. D'rache-ha dar'chey no-am, v'chol  
n'tivote-ha shalom. Hashiveinu, Adonai, eilecha v'nashuvah. Chadesh yameinu k'kedem.*

It is a Tree of Life to all who hold it fast, and those who uphold it find happiness. Its ways are  
ways of pleasantness, and all its paths are Peace. Turn us to You, Eternal One, and we shall  
return. Renew our days as in the past.



© 2018 Compiled, edited and translated by Rabbi Olivier BenHaim.  
Song selection in collaboration with Music Director, Dianna Rose.

Find us on Facebook and subscribe to our YouTube channel.