

עֵבֶת עֵלֹם

## SONGS OF WELCOME

### B'shem Hashem

בְּשֵׁם הַשֵּׁם אֱלֹהֵי יִשְׂרָאֵל	B'sheim Hashem elohei Yisrael,
מִיְמֵי מִיכָאֵל וּמִשְׁמֵאֵלֵי גַבְרִיאֵל	mi-mini Michael u-mis-moli Gavriel,
וּמִלְפָּנַי אֲוִרִיאֵל וּמֵאַחֲרַי רַפָּאֵל	U-mil-fanai Uriel u-me-acho-rai Rafael,
וְעַל רֹאשֵׁי שְׂכִינַת אֵל	v'al roshi shechi-nat El

In the name of the Lord, the God of Israel, may Micha-El be on my right;  
and on my left, Gavri-El; Uri-El before me; behind me, Rafa-El;  
and o'er my head surrounding me, Shechinat-El.

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### Mah Yafeh Hayom

מַה יָּפֵה הַיּוֹם שַׁבַּת שְׁלוֹם

Ma yafeh hayom, Shabbat shalom  
How beautiful is this day of Shabbat Peace

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### Shabbat Shalom/Shir Hama'alot (from Psalm 126)

שַׁבַּת שְׁלוֹם שַׁבַּת שְׁלוֹם	Shabbat Shalom, Shabbat Shalom
שַׁבַּת שְׁלוֹם וּמְבֹרָךְ	Shabbat Shalom u-mi-vorach
שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה	Shir hama-a-lot, b'shuv Adonai
אֶת-שִׁיבַת צִיּוֹן הֵיִינוּ כְּחֹלְמִים	et shivat tzion chayinu ki-chol-mim

When God brought us back to Zion, we thought it was a dream

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### Candlelighting

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	Baruch ata Adonai, Eloheinu melech
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ	ha-olam, asher kid'shanu b'mitzvo-tav
לְהַדְלִיק נֵר שֶׁל שַׁבַּת	vitzi-vanu, l'hadlik ner shel Shabbat

Praised are You, Holy One of Blessing, who has made us holy through  
Your mitzvot and has instructed us in the kindling of Shabbath (and Festival) light

## Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן  
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Shalom alei-chem mal'chei ha-shareit, mal'chei elyon,  
mi-melech malchei ham-lachim, hakadosh baruch hu

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Bo'a-chem l'shalom mal'chei ha-shalom, mal'chei elyon,  
mi-melech malchei ham-lachim, hakadosh baruch hu

בְּרַכּוֹנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Bar-chuni l'shalom mal'chei ha-shalom, mal'chei elyon,  
mi-melech malchei ham-lachim, hakadosh baruch hu

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Tzeitchem l'shalom mal'chei ha-shalom, mal'chei elyon,  
mi-melech malchei ham-lachim, hakadosh baruch hu

Peace be unto you, angels of God's service, angels of the Most High, from Ruler of Rulers, the Holy One, blessed is God.

Come in peace, angels of peace, angels of the Most High, from the Ruler of Rulers, the Holy One, blessed is God.

Bless me with peace, angels of peace, angels of the Most High, from the Ruler of Rulers, the Holy One, blessed is God.

Depart in peace, angels of peace, angels of the Most High, from the Ruler of Rulers, the Holy One, blessed is God.

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שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמְּלָכִים  
הַקָּדוֹשׁ בְּרוּךְ הוּא הַקָּדוֹשָׁה בְּרוּכָה הוּא

Shalom alei-chem mal-a-chei ha-shareit, mal-a-chei elyon,  
mi-melech malchei ha-m'la-chim,  
hakadosh baruch hu, hakedusha brucha hi

**Peace be with you, angels of Peace,  
Messengers from heaven above, We welcome angels of God  
The Holy One blessed be He, The Holy One blessed be She**

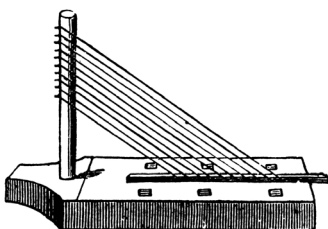
## KABBALAT SHABBAT

On Friday night, there is a preliminary service called *Kabbalat Shabbat* -- Receiving the Sabbath. This service was introduced by Jewish mystics in Tzfat, in the Galilee, in the middle of the sixteenth century.

*Kabbalat Shabbat* opens with six psalms: Psalms 95 through 99 and Psalm 29. Each of these six corresponds to one of the week-days and is intended to elevate it to a state of completion and perfection; it has also been pointed out that the numerical value of the first letters of these six psalms is equal to the numerical value of the Hebrew word *nefesh*, “soul,” alluding to the “additional soul” of Shabbat.

The Sabbath is represented by the poem, *L'cha Dodi*, written by Shlomo Alkabetz, whose name is spelled out by the first letters of each stanza...

So popular did this preliminary service become, that the entire evening welcoming Shabbat has come to be called *Kabbalat Shabbat*. The metaphor of Sabbath as a guest in our homes is deeply impressed in Jewish thought. The original Tzfat mystics went like a collective groom to meet the Sabbath Bride, and they escorted her in from the edge of town, all of them dressed in white and singing...



### Psalm 95: L'chu N'ranena

לְכוּ נְרַנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעֵינוּ

L'chu n'ra-ne-na, ya la la la la l'Adonai, ya la la la la  
Nariyah, ya la la la la l'tzur yisheinu, ya la la la la

Let us sing out to God, the maker of all, sure and strong  
Let all of creation, from mountain to sea, hear our song.

L'chu n'ra-ne-na, ya la la la la l'Adonai, ya la la la la  
Nariyah, ya la la la la l'tzur yisheinu, ya la la la la

For all of the wonder in all of God's Light, we rejoice,  
So now let us listen with all of our hearts to hear God's voice

L'chu n'ra-ne-na, ya la la la la l'Adonai, ya la la la la  
Nariyah, ya la la la la l'tzur yisheinu, ya la la la la

## Psalm 96

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ

Let the heavens be glad, and let the earth fill with joy;

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ

יִרְעַם הַיָּם יִרְעַם הַיָּם וּמְלֵאוֹ

let the sea roar, everything full of the Lord

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שִׁירוּ לַיהוָה כָּל הָאָרֶץ שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ

Shiru l'Adonai kol ha-aretz, shiru l'Adonai shir chadash

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

שִׁירוּ לַיהוָה כָּל הָאָרֶץ שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ

Shiru l'Adonai kol ha-aretz, shiru l'Adonai shir chadash

I will sing unto God a new song!

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## Psalm 97

יִרְעַם הַיָּם וּמְלֵאוֹ תִבֵּל וַיִּשְׁבִּי בָּהּ

Yiram hayam um'lo-o, tevel v'yoshvei vah, Yiram hayam um'lo-o

יַחַד הָרִים יִרְנְנוּ נְהָרוֹת יִמְחֵאוּ כָּף  
n'ha-rot yim-cha-u chaf, yachad harim y'ra-neinu

זָמְרוּ לַיהוָה לַיהוָה בְּכִנּוֹר בְּכִנּוֹר וְקוֹל זִמְרָה  
Zamru l'Adonai b'chinar, b'chinar v'kol zimrah,

בְּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר  
ba-cha-tzotz-rot, v'kol shofar

הָרִיעוּ לִפְנֵי הַמֶּלֶךְ יְיָ  
ha-riyu lifnei ha-melech Adonai

יִרְעַם הַיָּם וּמְלֵאוֹ תִבֵּל וַיִּשְׁבִּי בָּהּ  
Yiram hayam um'lo-o, tevel v'yoshvei vah,  
נְהָרוֹת יִמְחֵאוּ כָּף יַחַד הָרִים יִרְנְנוּ  
n'ha-rot yim-cha-u chaf, yachad harim yar-neinu,

לִפְנֵי יְיָ כִּי בָּא לְשַׁפֵּט הָאָרֶץ  
Lifnei Adonai ki vah, lish-pot ha-aretz,

יִשְׁפֹּט תִבֵּל בְּצֶדֶק וְעַמִּים בְּמִישָׁרִים  
yishpot tevel b'tzedek, v'amim b'mei-sharim

Sing praises to God with the harp; with the harp and the voice of song. With trumpets and sound of the horn shout before the Sovereign God. Let the sea roar, and the fullness thereof; the world, and they that dwell therein; Let the seas clap their hands; let the mountains sing for joy together; Before God, Who has come to judge the earth; God will judge the world with righteousness, and the peoples with equality.

## Psalm 29: Adonai Oz

יְיָ עֹז לְעַמּוֹ יִתֵּן יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם

Adonai oz l'amo yitein, Adonai yivareich et amo va-shalom

O Holy One, You give strength to Your people

O Holy One, bless Your children with Peace

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## Lecha Dodi

לָכֵה דוֹדֵי לְקַרְאֵת כַּלָּה. פְּנֵי שַׁבַּת נִקְבְּלָה

Lecha dodi, likrat kallah, p'nei Shabbat n'kabbelah

Come out my Beloved, to meet the Bride; let us greet the inner light of Shabbat

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד. הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד  
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד. לְשֵׁם וְלִתְפָאֶרֶת וְלִתְהִלָּה

Shamor v'zachor bidibur echad, hishmi-yanu el hamyuchad  
Adonai (Yah) echad ush'mo echad, l'shem ul'tiferet v'lit'hilah

“Keep” and “Remember” as a single word, The singular God has caused to be heard.

The Eternal alone, whose name is One, Embraces all beauty, praise and renown

לְקַרְאֵת שַׁבַּת לָכוּ וְנִלְכָה כִּי הִיא מְקוֹר הַבְּרָכָה  
מִרְאֵשׁ מִקְדָּם נְסוּכָה סוֹף מַעֲשֵׂה בְּמַחְשֶׁבֶת תְּחִלָּה

Likrat Shabbat, l'chu v'nel-chah, ki hi m'kor ha-brachah mei-rosh  
mi-kedem n'suchah sof ma-aseh b'mach-shevah t'hilah, *Lecha Dodi...*

Toward Shabbat let's go, let's travel, for she is the wellspring of blessing  
From the start, from long ago, she was chosen — Last made, but first planned

הִתְעוֹרְרֵי הִתְעוֹרְרֵי כִּי בָא אוֹרְךָ קוֹמֵי אוֹרֵי  
עוֹרֵי עוֹרֵי שִׁיר דַּבְּרֵי כְבוֹד יְיָ עֲלֶיךָ נִגְלָה

Hif'or'ri, Hif'or'ri, ki va oreich kumi ori uri shir daberi,  
k'vod Adonai ala-yich niglah, *Lecha Dodi...*

Rouse yourselves! Rouse yourselves! Your light is coming—rise up and shine!  
Awaken, awaken, it's time to sing, for God's presence is again shining on you.

בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בִּעֲלָהּ גַם בְּשִׂמְחָהּ וּבִצְהֵלָהּ  
תּוֹךְ אֱמוּנֵי עַם סְגֻלָּהּ בּוֹאֵי כַלָּה בּוֹאֵי כַלָּה

Bo-i v'shalom ateret ba'alah, gam b'simcha u-v'tzo-holah  
toch emunei am segulah, bo-i kallah, bo-i kallah, *Lecha Dodi...*

Come in peace, crown jewel of creation, Come with joy and come with song.  
Join the faithful, God's special people, Come you bride, come join our throng.

## Psalm 92

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת	Mizmor shir l'yom ha-Shabbat
טוֹב לַהוֹדוֹת לַיְי	Tov l'hodot l'Adonai
וּלְזַמֵּר לְשִׁמְחָה עֲלִיּוֹן	ul'zamer l'shimcha elyon
לְהַגִּיד בַּבּוֹקֵר חֶסֶדְךָ	l'hagid ba-boker chas-decha
וְאֶמּוֹנֶתְךָ בַּלַּיְלוֹת	ve-emu-natcha ba-leilot
עָלֵי אֶסּוֹר וְעָלֵי נָבֶל	alei asor va-alei navel
עָלֵי הִגַּיּוֹן בְּכִנּוֹר	alei higayon b'chinor

How good it is to thank the Holy One, and sing praises to Your Name, Highest One.  
To tell of Your mercy each morning, and Your faithfulness every night.

### MA GADLU

מַה גָּדֹלוֹ מַעֲשֵׂיֶיךָ יְי	Ma gadlu ma-a-secha Yah
מְאֹד עֲמֻקּוֹ מַחְשְׁבוֹתֶיךָ	m'od amku mach-she-vo-techa

How great is your work, oh God, how very deep are your thoughts!

## Chatzi Kaddish

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא	Yit-gadal, v'yit-kadash shemei rabbah
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךָ	b'alma di v'ra chiru-tei v'amlich
מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן	mal-chutei, b'cha-yei-chon uv'yo-mechon
וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל	uv'cha-yei d'chol beif Yisrael
בְּעֻגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן	ba'agala uviz-man kariv v'imru amein
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ	y'hei shemei rabbah m'vorach
לְעֹלָם וּלְעֹלְמֵי עֲלַמְיָא	l'olam ul-ol-mei al-ma-yah
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם	Yit-barach v'yish-tabach v'yit-pa-ar
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלָּה וְיִתְהַלָּל	v'yit-romam v'yit-nasesh v'yit-hadar
שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא	v'yit-aleh v'yit-halal shemei d'kud-sho
לְעֵלְא מִן כּוֹל בִּרְכָתָא וְשִׁירְתָא	b'rich hul'eilah min kol bir-chata
תְּשִׁיבְחָתָא וְנִחְמָתָא	v'shi-ratatush-b'chata v'ne-che-mata
דְּאִמְרוּן בְּעֻלְמָא. וְאִמְרוּ אָמֵן	da-a-miran b'alma v'imru amein

## As We Bless

As we bless the Source of Life, So we are blessed.  
And our blessings give us strength, and make our visions clear,  
and our blessings give us peace, and the courage to dare.  
As we bless the Source of Life, So we are blessed.

### Bar'chu: The Call to Prayer

בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד

Barchu et Adonai ham'vo-rach  
Baruch Adonai ham'vo-rach l'olam va-ed

Praise God, to whom our praise is due  
Praised be God, who is praised, now and forever

### Maariv Aravim

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.	Baruch ata Adonai, Eloheinu melech
אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֲרָבִים	ha-olam, asher asher bidvaro maariv
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים וּבְתַבּוּנָה	aravim, b'chochma potei-ach sh'arim,
מְשַׁנֵּה עֵתִים וּמַחְלִיף אֶת הַזְּמַנִּים.	uvit-vunah mi-shanei itim, uma-cha-lif et
וּמְסַדֵּר אֶת הַכּוֹכָבִים	haz-ma-nim, um'sader et ha-ko-chavim
בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ	b'mish-me-ro-teihem b'rakiyah kir-tzono
בוֹרֵא יוֹם וְלַיְלָה גּוֹלֵל אוֹר מִפְּנֵי	borei yom va-lailah, goleil or mip'nei
חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר וּמַעֲבִיר יוֹם	choshech, v'choshech mip'nei or, uma'avir
וּמַבְיֵא לַיְלָה. וּמַבְדִּיל בֵּין יוֹם וּבֵין	yom umei-vi lailah, umavdil bein yom
לַיְלָה יי צְבָאוֹת שְׁמוֹ: אֵל חַי וְקַיִם	uvein lailah, Adonai tziva-ot shemo. El chai
תָּמִיד וּמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד	v'kayam tamid yimloch aleinu l'olam va-ed.
בְּרוּךְ אַתָּה יי הַמְּעַרֵּב עֲרָבִים	Baruch ata Adonai, ha-ma-ariv aravim

Praised be You, O God, our God, Ruler of the Universe, with Your word You bring on evenings, with wisdom You open the gates (of heaven); and with understanding change the times, alternate the seasons, and arrange the stars in their watches in the sky, according to Your will. You create day and night, You roll the light away from before darkness, and darkness from before light; You cause day to pass and bring night, and differentiate between day and night; God's Name is God of all Hosts The Almighty, [Who is] living and enduring will always reign over us forever and ever. Praised be our Eternal God, Who brings on evening.



**Show the People** (melody: James Taylor)

*Ahvat Olam bet Yisrael am-cha ahav-ta  
Torah u-mitzvot, chukim umish-patim otanu li-mad'ta*

With an eternal love have You loved Your people, the House of Israel  
And in Your Torah You have taught us to love one another  
When we lie down and when we arise

**Show the people you love with love, show them the way that you feel  
Things are gonna be much better if you only will**

*V'nismach b'divrei tora-techa, ki heim chayeinu v'orech yameinu*  
We rejoice in the words and the study of Torah  
the life and the length of our days

**Show the people you love with love...**

*Baruch ata Adonai, ohev amo Yisrael*  
Blessed are you O Holy One, for Your endless love from above...

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**Unending Love** (R. Shapiro)

*We are loved by unending love, an unending love.*

We are embraced by arms that find us,  
even when we are hidden from ourselves.

We are touched by fingers that soothe us,  
even when we are too proud for soothing.

We are counseled by voices that guide us,  
even when we are too embittered to hear.

*We are loved by unending love, an unending love.*

We are supported by hands that uplift us,  
even in the midst of a fall.

We are urged on by eyes that meet us,  
even when we are too weak for meeting.

*We are loved by unending love, an unending love.*

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**Open up Our Eyes**

Open up our eyes, Teach us how to live  
Fill our hearts with joy And all the love You have to give  
Gather us in peace, As you lead us to Your name  
And we will know that You are One

## Shema Yisrael

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד  
בְּרוּךְ שֵׁם כְּבוֹד מְלִכּוּתוֹ לְעוֹלָם וָעֶד

וְאֶהְבֵּת אֶת יְהוָה אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל לִבְבְּךָ וְשִׁנְנָתָם לְבִנְיָךָ  
וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ וּקְשַׁרְתָם  
לְאָזְנוֹת עַל יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

V'a-havta eit Adonai Elohecha b'chol l'vav'cha u-v'chol naf-sh'cha u-v'chol m'odecha.  
V'ha-yu had'va-rim ha-ei-le asher anochi m'tzav'cha ha-yom al l'vavecha. V'shi-nantam  
l'va-ne-cha v'dibar-ta bam b'shiv'cha b'veite-cha u-v'lech-t'cha va-derech,  
uv'shoch-b'cha uv'ku-mecha. Uk'shar-tam l'ot al yade-cha v'hayu l'totafot  
bein ei-ne-cha. Uch'tav-tam al m'zu-zot bei-techa uvisha-re-cha.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם  
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהִיזוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם אָמֵן

L'ma-an tiz-k'ru va-asi-tem et kol mitz-vo-tai vi-h'yi-tem k'do-shim leilo-hei-chem.  
Ani Adonai Elohei-chem asher hotzei-ti etchem mei-eretz mitz-ra-yim lih-yot la-chem  
lei-lo-him. Ani Adonai Elohei-chem emet

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And you shall love the Lord your God with all your heart  
With all your soul and with all of your might  
And all these words which I command you on this day  
shall be upon your heart, shall be upon your heart

And you shall teach them diligently unto your children  
And you shall speak of them when you sit in your house  
When you walk by the way and when you lie down,  
and when you rise, and when you rise

And you shall bind them for a sign upon your hand  
And they shall be for frontlets between your eyes  
And you shall write them on the doorposts of your house,  
and upon your gates, and upon your gates

That you may remember and do all of My commandments,  
And be holy unto your God.

## Mi Chamocha

מִי-כַמּוֹכָה Who is like you God?

בְּאַלֵּם יְהוָה among all the powers that Be?

מִי כַמּוֹכָה Who is like You נְאֻדָּר בְּקִדְשׁ majestic in holiness?

נֹרָא תְהִלַּת עֲשֵׂה פְלֵא Awesome in praise doing wonders!

נֹרָא תְהִלַּת עֲשֵׂה פְלֵא

מְלֻכּוֹתֶיךָ רָאוּ בְנֵיֶיךָ Your children beheld Your majesty!

בּוֹקַע יָם When You split the sea לְפָנַי מִשֶּׁה in front of Moses!

זֶה אֱלֹהֵינוּ This is our God! וְאָמְרוּ. וְעָנוּ. and they cried out!

יְהוָה יִמְלֹךְ God will reign לְעֹלָם וָעֶד forever and ever!

וְנֹאמַר כִּי פְדָה יְהוָה אֶת יַעֲקֹב וַיִּגְאֹל מִיַּד חֲזַק מִמֶּנּוּ

בְּרוּךְ אַתָּה יְהוָה גְּאֹל יִשְׂרָאֵל

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## Hashkiveinu: Let us Lie Down

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וּפְרוּשׁ עָלֵינוּ סִבַּת שְׁלוֹמְךָ

Hashki-veinu Yah Eloheinu l'shalom ufros aleinu sukkat shlo-mecha

*Hashkiveinu Adonai Eloheinu l'shalom*

Help us, O Holy One, to rest tonight in peace  
that we might rise again to ensure the life of those in our care.

*Ufros aleinu sukkat sh'lomecha*

Help us to spread over our land Your Sukkah of peace,  
Help us to repair our broken systems,  
and guide us with solutions grounded in goodness

Save us for the sake of your holy Name,  
for the sake of eternal compassion,  
Shield us all from this plague

And remove from our hearts our inner enemies,  
the sword of apathy, the famine of feeling, the paralysis of despair

Let us be sheltered under Your protecting Love,  
For You have taught us to protect and to rescue  
To be Masters of Grace and Compassion

Let us be ever mindful when we go out  
and when we return home, to guard and protect,  
that we may create a safe, life-giving and peaceful world.  
For then will Your Sukkah of peace be established within us.

*Baruch ata Adonai*

Blessed are You, Eternal One who teaches us  
how to wrap ourselves and our world in peace.

*Rabbi Ayelet Cohen*

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### O Guide My Steps

O Guide my Steps and help me find my way,  
I need Your shelter now,  
Rock me in your arms and guide my steps.  
And help me make this day a song of praise to You,  
Rock me in Your arms and Guide my steps.

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### V'shamru: Covenant of Shabbat

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת	V'shamru v'nei Yisrael, et ha-Shabbat
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם:	la-a-sot et ha-Shabbat l'dorotam b'rit
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹתָהּ הִיא לְעוֹלָם	olam beini u-vein b'nei Yisrael ot hi
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה	l'olam ki shei-shet yamim asah Adonai
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ	et hashma-yim v'et ha-aretz uva-yom
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׂ	ha-sh'vi-i shavat va-yi-na-fash

The people of Israel shall guard the Shabbat, observing the Shabbat as an everlasting covenant through the generations. Between Me and the people of Israel it is a sign for all time. For in six days God created the heavens and the earth and on the seventh day God abstained from work and rested.

אֲדֹנָי שְׁפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ

Adonai s'fatai tiftach, ufi yagid tehila-techa

Adonai, open my lips, and my mouth will declare Your praise

### Silent Prayer / The Prayers of your Heart

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עֲשֵׂה שָׁלוֹם בְּמַרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן

Oseh shalom bim-ro-mav, hu ya-a-seh shalom aleinu,  
v'al kol Yisrael v'al kol yosh-vei tevel v'imru amein

May the One Who makes peace in the high heavens, grant peace to us,  
to all Israel and to all who dwell upon the planet, And let us say: Amen.

### M'kor Nefesh Kol Chai

For life, for health, for hope, for beautiful, bountiful blessing,  
all praise to the Source, to the Source of Being of Being.

בָּרוּךְ אַתָּה יי מְקוֹר נֶפֶשׁ כָּל חַי

Baruch ata Adonai, m'kor nefesh kol chai

### Peace Will Come

Peace, peace will, peace will come, and let it begin with me.

We, we need, we need peace, and let it begin with me.

Oh, my own life is all I can hope to control.

Oh, let my life, be lived for the good, good of my soul.

Let it bring peace, sweet peace, peace will come, and let it begin with me.

*Shalom, Shalom Shalom yachdav v'yat'chil iti*

### Gesher Tzar Me'od

כָּל הָעוֹלָם כְּלוּ גֶשֶׁר צָר מְאֹד וְהֵעֵקֵר לֹא לִפְחָד כָּלֵל

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

The whole world is just a narrow bridge

And the most important thing is not to be afraid

מִי שֶׁבֵרַךְ אֲבוֹתֵנוּ וְאִמּוֹתֵנוּ אֲבָרָהִם יִצְחָק וְיַעֲקֹב  
שָׂרָה רִבְקָה רָחֵל וְלֵאָה הוּא יְבָרֵךְ אֶת הַחֹלִים

May the one who blessed our ancestors, Abraham, Isaac and Jacob,  
Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill.

בְּרוּךְ אַתָּה יְהוָה רוֹפֵא חֹלֵי עַמּוֹ יִשְׂרָאֵל

Praised are You, Holy One of Blessing, Healer of Your people.

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### **Mi Shebeirach** (Friedman/Setel)

מִי שֶׁבֵרַךְ אֲבוֹתֵנוּ מְקוֹר הַבְּרָכָה לְאִמּוֹתֵנוּ

Mi shebeirach avoteinu m'kor habracha l'imoteinu

May the source of strength who blessed the ones before us,  
Help us find the courage to make our lives a blessing  
And let us say: Amen

מִי שֶׁבֵרַךְ אִמּוֹתֵנוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵנוּ

Mi shebeirach imoteinu m'kor habracha l'avoteinu

Bless those in need of healing with refuah sh'leimah  
The renewal of body, the renewal of spirit  
And let us say: Amen.

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### **Mi Shebeirach** (Kaplan)

*Mi Sheberach avoteinu v'imoteinu Hu y'varech virapay et ha-cholim*

Grant the ones fighting illness time without the pain

Help the ones in despair know some joy again

*Mi Sheberach avoteinu v'imoteinu Hu y'varech virapay et ha-cholim*

Bless me, too, that I may be a source of strength for those in need

When I fall help me hear the prayer of healing

Someone is singing just for me...

*Mi Sheberach avoteinu v'imoteinu*

May we all be blessed with hope and health and love.

## Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית  
שֶׁלֹא עָשָׂנוּ כְּגֹיֵי הָאֲרָצוֹת וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה  
שֶׁלֹא שָׂם חֶלְקֵנוּ כֶּהֱם וְגוֹרְלֵנוּ כְּכֹל הַמוֹנָם

Aleinu l'sha-bei-ach la-adon hakol, la-teit ge-dulah l'yotzeir b'reishit,  
shelo a-sanu k'go-yei ha-a-ratzot v'lo samanu k'mish-p'chot ha-adamah.  
Shelo sam chel-keinu kahem v'go-raleinu k'chol ha-monam

O come let us praise the Light of the world,  
and add to the greatness of the Shaper of Life,  
Who made every people a spark divine,  
and blessed each one in their own special way;  
Who gave to us a Torah of truth,  
and destined us to hallow this world.

וְהַשְׁבַּת אֵל לְבַבְךָ כִּי יְהוָה הוּא הָאֱלֹהִים  
v'ha-shei-votah, el l'va-vecha, ki Adonai hu ha-Elohim...

You shall know, and it shall rest upon your heart that יהוה is God.

וְנֹאמַר וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ  
בְּיוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד וְשִׁמוֹ אֶחָד

v'ne-emar v'haya Adonai l'melech al kol ha-aretz,  
bayom hahu yihiyeh Adonai echad ushmo echad

And God will be Ruler over the whole earth;  
On that day, God shall be One and God's Name shall be One. (*Zach. 14:9*)

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## Olam Chesed Yibaneh

עוֹלָם חֶסֶד יִבְנֶה Olam chesed yi-baneh

I will build this world from love  
And you must build this world from love  
And if we build this world from love  
Then God will build this world from love

## Kaddish Yatom: Mourner's Kaddish

יְתִגְדַּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא	Yit-gadal, v'yit-kadash shemei rabbah
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וַיְמַלִּיךְ	b'alma di v'ra chiru-tei v'amlich
מַלְכוּתֵיהּ בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן	mal-chutei, b'cha-yei-chon uv'yo-mechon
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל	uv'cha-yei d'chol beit Yisrael
בְּעֻגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן	ba'agala uviz-man kariv v'imru amein
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ	y'hei shemei rabbah m'vorach
לְעֵלָם וּלְעֵלְמֵי עֻלְמַיָּא	l'olam ul-ol-mei al-ma-yah
יְתִבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם	Yit-barach v'yish-tabach v'yit-pa-ar
וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל	v'yit-romamv' yit-nasesh v'yit-hadar
שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא	v'yit-aleh v'yit-halal shemei d'kud-sho
לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא	b'rich hu. l'eilah min kol bir-chata v'shi-rata
תְּשַׁבְּחָתָא וְנַחֲמָתָא	tush-b'chata v'ne-che-mata
דְּאִמְרוּן בְּעֻלְמָא וְאִמְרוּ אָמֵן	da-a-miran b'alma v'imru amein
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים	Y'hei sh'lama rabbah min sha-mayim
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ אָמֵן	v'cha-yim aleinu v'al kol Yisrael, v'imru
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה	amein. Oseh shalom bim-ro-mav, hu
שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל	ya-aseh shalom aleinu, v'al kol Yisrael,
וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאִמְרוּ אָמֵן	v'al kol yoshvei tevel, v'imru amein.

I pray that the power residing in God's Great Name be increased and made sacred, in this world which God created freely in order to preside in it. May this happen during your lifetime, our lifetimes, and those of all the house of Israel. Make this happen soon, without delay. We express our agreement and hope by saying *amen*. May that immense power residing in God's great name flow freely into our world and worlds beyond. May that Great Name, that sacred energy, be shaped and made effective and be acknowledged and be given the right honor and be seen as beautiful and elevating and bring jubilation. Way beyond our input of worshipful song and praise, which we express in this world, As we confirm our agreement and hope by saying *amen*. May that endless peace that heaven can release for us bring about the good life for us and for all Israel As we express our agreement and hope by saying: *amen*. You, who harmonize it all on the highest planes – bring harmony and peace to us, to all Israel and all sentient beings. As we express our agreement and hope by saying: *amen*.

**May the source of peace bring peace to all who mourn and comfort to all who are bereaved.**