

Gathering as a Community



הִנֵּה מַה־טוֹב וּמַה־נָּעִים
שֵׁבֶת אֲחִים גַּם־יַחַד:

*Hinei mah-tov u-mah-nayim
shevet achim gam-yachad*

“Behold how good and how
pleasant it is to sit together as
siblings”

– Psalms 133:1

Candle Blessings

*Baruch atah, Adonai
Eloheinu, Melech Ha-olam,
asher kidshanu b'mitzvotav,
v'tzivanu l'hadlik
neir shel Shabbat.*

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

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.



L'cha Dodi - Welcoming the Sabbath as a partner

L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah: לְכָה דוֹדִי לְקִרְאֵת כַּלָּה. פְּנֵי שַׁבָּת נִקְבְּלָה:

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

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד.
יְיָ אֶחָד וּשְׁמוֹ אֶחָד.
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה:

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

לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָה.
כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֵאשׁ מִקֵּדֶם נְסוּכָה.
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תְּחִלָּה:

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

“Keep” and “remember”: a single command the Only God caused us to hear;
the Eternal is One, God’s name is One; glory and praise are God’s.
Come with me to meet Shabbat, forever a fountain of blessing.
Still it flows, as from the start: the last of days, for which the first was made.

L'cha Dodi - Welcoming the Sabbath as a partner - continued

לָכָה דוֹדִי לְקַרְאֵת כְּלָהּ. פְּנֵי שַׁבָּת נִקְבְּלָהּ: *L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah:*

<i>Hitor'ri, hitor'ri,</i>	הִתְעוֹרְרִי הִתְעוֹרְרִי.
<i>ki va oreich, kumi ori,</i>	כִּי בָּא אוֹרֶךְ קוּמִי אוֹרִי.
<i>uri uri, shir daberu,</i>	עוֹרִי עוֹרִי שִׁיר דַּבְּרִי.
<i>k'vod Adonai alayich niglah.</i>	כְּבוֹד יְיָ עָלֶיךָ נִגְלָה:

<i>Bo-i v'shalom ateret ba'lah,</i>	בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ.
<i>gam b'simchah uv'tzoholah,</i>	גַּם בְּשִׂמְחָה וּבְצִהְלָהּ.
<i>toch emunei am s'gulah,</i>	תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ.
<i>bo-i chalah, bo-i chalah.</i>	בּוֹאִי כְלָהּ, בּוֹאִי כְלָהּ:

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

Awake, awake, your light has come! Arise, shine, awake and sing:
the Eternal's glory dawns upon you.
Enter in peace, O crown of your husband; enter in gladness, enter in joy.
Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

Chatzi Kaddish - a Sacred Bridge

*Yitgadal v'yitkadash sh'meih raba b'alma di
vra chiruteih, v'yamlich malchuteih b'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv, v'imru: Amein.
Y'hei sh'meih raba m'varach l'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal sh'meih d'kudsha
b'rich hu, l'eila min kol birchata v'shirata,
tushb'chata, v'nechemata, daamiran b'alma,
v'imru: Amein.*

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי
בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעִגְלָא וּבְזִמָּן קָרִיב וְאָמְרוּ אָמֵן:
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵיָא:
יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקוּדְשָׁא
בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
תּוֹשֵׁבְחָתָא וְנֶחֱמָתָא, דְּאָמִירוּ בְּעָלְמָא,
וְאָמְרוּ אָמֵן:

Exalted and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all

Israel - speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

Bar'chu - We call one another together

Bar'chu et Adonai ham'vorach!

Baruch Adonai ham'vorach l'olam va-ed!

בָּרְכוּ אֶת יְיָ הַמְּבָרֵךְ:
בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

Praise Adonai to whom praise is due forever!

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

Her face shines with a light from beyond;
She is crowned below by the holy people,
and all of them are crowned with new souls.

Then the beginning of prayer to bless Her with joy and beaming faces...

[from “The Secret of Sabbath” a passage of the *Zohar* recited on Shabbat as an introduction to *Bar'chu*]

Ma-ariv Aravim - Bringing evening

“Your name will no longer be Jacob, but Israel because you have struggled with God and with Humans, and you have overcome”

Jacob whose domain is the night invites us to struggle, to wrestle with our truths, to nevertheless and against all odds, persist:

Baruch atah, Adonai, hama-ariv aravim.

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֶרְבִים:

Praised are you Adonai, the Bringer of evenings.

Ahavat Olam - Everlasting Love through Torah and Commandments

All commandments are means of evoking in us the awareness of living in the neighborhood of God, of living in the holy dimension. They call to mind the inconspicuous mystery of things and acts, and are reminders of our being the stewards rather than the landlords of the universe; reminders of the fact that we do not live in a spiritual wilderness, that our every act is an encounter of the human and the holy.

- Rabbi Abraham Joshua Heschel, adapted

Baruch atah, Adonai, ohev amo Yisrael.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Praised are You, Adonai, who loves Your People Israel

Sh'ma - Listen

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yisrael Adonai Eloheinu Adonai Echad.

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

Hear O Israel, Adonai is our God, Adonai is One!
Blessed is God's glorious majesty forever and ever.



V'ahavta - Love God

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

וְאַהֲבָתָּה אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ
וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ:
וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקָשַׁרְתָּם
לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוּזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ:

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up.

Bind them as a sign on your hand and let them serve as a symbol upon your forehead;

Inscribe them on the doorposts of your house and on your gates.

V'ahavta - Love God - continued

L'maan tizk'ru, vaasitem et kol mitzvotai

vih'yitem k'doshim l'Eloheichem.

Ani Adonai Eloheichem, asher hotzeiti et-chem

mei-eretz Mitzrayim

lih'yot lachem l'Eilohim

Ani Adonai Eloheichem.

Adonai Eloheichem emet.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי
וְהִיִּיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם
לֵהָיוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם:

יְיָ אֱלֹהֵיכֶם אֱמֶת

Thus you shall remember to observe and do all My Commandments

and to be holy to your God.

I am Adonai, your God, who brought you out
of the land of Egypt to be your God.

Adonai is Your God in Truth.

Mi Chamocha - Who is like You?

Mi chamochah ba-eilim, Adonai!

Mi kamochah nedar bakodesh,

nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe

uMiryam. Zeh Eli, anu v'amru,

Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov

ug'alo miyad chazak mimenu.

Baruch Atah, Adonai, ga-al Yisrael.

מִי כַמֹּכָה בָּאֵלִים יְיָ,

מִי כַמֹּכָה נֶאֱדָר בִּקְדֹשׁ,

נוֹרָא תְהִילָת, עֲשֵׂה פֶלֶא:

מִלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,

וּמִרְיָם זֶה אֱלֹהֵי עַמּוֹ וְאָמְרוּ:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֶאֱמַר: כִּי פָדָה יְיָ אֶת יִשְׂרָאֵל,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בָּרוּךְ אַתָּה יְיָ, גֹּאֲלֵ יִשְׂרָאֵל:

Who is like You, O God, among the gods that are worshipped?

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

Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam.

“This is our God!” they cried. “Adonai will reign forever and ever!”

Thus it is said, “Adonai redeemed Jacob, from a hand stronger than his own.”

Praised are You, Adonai, for redeeming Israel.

Hashkiveinu - Help us lay down in peace

*Hashkiveinu Adonai Eloheinu l'Shalom,
v'ha-a-mideinu malkeinu l'chayim.*

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים

Grant us, Adonai our God, laying down in peace,
and raise us up our Sovereign, to life.

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

בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שָׁלוֹם
עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

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

T'filah - Prayer - Ancestors

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

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Baruch atah, Adonai Eloheinu v'Eilohei

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי

avoteinu v'imoteinu,

אֲבוֹתֵינוּ וְאִמֹּתֵינוּ,

Elohei Avraham, Elohei Yitzchak v'Eilohei Yaakov,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,

Elohei Sarah, Elohei Rivkah, Elohei Leah

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה,

v'Eilohei Rachel.

וְאֱלֹהֵי רָחֵל.

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

Blessed are You, Adonai our God, God of our fathers and mothers,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Leah, and God of Rachel.

T'filah - Prayer - Ancestors - Continued

*Ha-Eil hagadol hagibor v'hanora, Eil elyon,
gomeil chasadim tovim, v'koneih hakol,
v'zocheir chasdei avot v'imahot,
umeivi g'ulah livnei v'neihem
l'maan sh'mo b'ahavah.
Melech ozeir u'moshia u'magen.
Baruch atah Adonai,
magein Avraham v'ezrat Sarah.*

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה:
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן:
בָּרוּךְ אַתָּה יְיָ,
מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה:

The great, mighty and awesome God, transcendent God who bestows loving kindness,
creates everything out of love, remembers the love of our fathers and mothers, and
brings redemption to their children's children for the sake of the Divine Name.

Sovereign, Deliverer, Helper and Friend.

Blessed are You, Adonai Sarah's Helper, Abraham's Shield

who has given us our Patriarchs and Matriarchs

as a source of strength for all who need to call upon the strength of a parent.

T'filah - Prayer - Power of the Universe

Atah gibor l'olam, Adonai, m'chayeih hakol

atah, rav l'hoshia.

Mashiv ha-ruach u-morid ha-gashem.

M'chalkeil chayim b'chesed, m'chayeih hakol

b'rachamim rabim, someich noflim, v'rofei

cholim, umatir asurim,

um'kayeim emunato lisheinei afar.

Mi chamochah baal g'vurot umi domeh lach,

melech meimit um'chayeh umatzmiach y'shuah.

V'ne-eman atah l'hachayot hakol.

Baruch atah, Adonai, m'chayeih hakol.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל

אַתָּה, רַב לְהוֹשִׁיעַ:

מַשְׁבִּיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם:

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל

בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא

חוֹלִים, וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כָמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ,

מֶלֶךְ מַמִּית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה:

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל:

You are forever mighty, Adonai; You give life to all. You bring the wind and cause the rain to fall. You sustain life through love, giving life to all through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts?

Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all?

Blessed are You Adonai, who gives life to all.

T'filah - Prayer - Holiness and Shabbat

Atah kadosh v'shimcha kadosh

uk'doshim b'chol yom y'hal'lucha, selah.

Baruch atah, Adonai, Ha-El hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקַדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ, סְלָה.
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

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

May these hours of rest and renewal open our hearts to joy and our minds to truth.

May all who struggle find rest on this day. May all who suffer find solace.

May all who hurt find healing on this day. May all who despair find purpose.

May all who hunger find fulfillment on this day.

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

Baruch atah, Adonai, M'kadeish HaShabbat.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת:

T'filah - Prayer - Worship and Gratitude

Everpresent One, may we, Your people Israel,
be worthy in our deeds and our prayer.

Wherever we live, wherever we seek You - in this land, in Zion restored,
in all Lands - You are our God, whom alone we serve in reverence.

*Baruch atah, Adonai, she-otecha l'vadechah
b'yirah na'avod.*

בָּרוּךְ אַתָּה, יְיָ, שְׂאוֹתֶךָ לְבִדָּךְ בְּיִרְאָה נֶעֱבֹד

God of Goodness, we give thanks for the gift of life, wonder beyond words;
for the awareness of soul, our light within;

for the world around us, so filled with beauty; for the richness of the earth,
which day by day sustains us; for all these and more, we offer thanks.

Praised are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

*Baruch atah, Adonai, hatov shimcha
ul'cha na-eh l'hodot.*

בָּרוּךְ אַתָּה, יְיָ, הַטּוֹב שְׁמֶךָ וְלָךְ נִאֶה לְהוֹדוֹת.

T'filah - Prayer - Peace

*Shalom rav al Yisrael amcha tasim l'olam,
ki atah hu Melech Adon l'chol hashalom.
V'tov b'einecha l'vareich et amcha Yisrael,
b'chol eit uv'chol shaah bishlomecha.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

Grant abundant peace to Israel Your people forever,
for You are the Sovereign God of all peace.
May it be pleasing to You to bless Your people Israel
in every season and moment with Your peace.

Exodus Chapter 35:1, 10-11

א וַיִּקְהַל מֹשֶׁה אֶת-כָּל-עֵדֻת בְּנֵי יִשְׂרָאֵל וַיֹּאמֶר אֲלֵהֶם
אֵלֶּה הַדְּבָרִים אֲשֶׁר-צִוָּה יְהוָה לַעֲשׂוֹת אֲתֶם:
י וְכָל-חֲכַם-לֵב בְּכֶם יָבֹאוּ וַיַּעֲשׂוּ אֵת כָּל-אֲשֶׁר צִוָּה יְהוָה:
יֵא אֶת-הַמִּשְׁכָּן אֶת-אֹהֶלוֹ וְאֶת-מִכְסֵּהוּ אֶת-קַרְסָיו וְאֶת-קַרְשָׁיו
אֶת-בְּרִיָּתוֹ אֶת-עַמֻּדָיו וְאֶת-אֲדָנָיו:

1 Now Moses assembled the entire community of the Israelites and said to them:
These are the words that Adonai has commanded, to do them...

10 And everyone wise of mind among you is to come and is to make all that
Adonai has commanded:

11 The Dwelling (the Mishkan), its tent and its cover, its clasps and its boards, its
running bars, its columns and its sockets...

T'filah - Prayer - Conclusion

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

עֹשֶׂה שְׁלוֹם בְּמִרְמֵיּוֹ,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens
make peace for us, for all Israel and let us say: Amen.

Mi Shebeirach - May the one who blesses

*Mi shebeirach avoteinu,
M'kor hab'racha l'imoteinu*

מִי שְׁבִירַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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.

*Mi shebeirach imoteinu
M'kor habrachah l'avoteinu*

מִי שְׁבִירַךְ אִמּוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

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.

Aleinu - It is up to us

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

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה
לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה, שֶׁלֹא שָׂם
חֶלְקֵנוּ כִּהֶם, וְגָרְלָנוּ כְּכֹל הַמוֹנִם
וְאֵנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator, Who has set us apart from the other families of the earth, giving us a destiny unique among the nations.
Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

Aleinu - It is up to us - continued

To open eyes when others close them
to hear when others do not wish to listen
to look when others turn away
to seek to understand when others give up
to rouse oneself when others accept
to continue the struggle even when one is not the strongest
to cry out when others keep silent
to be a Jew it is that
it is first of all that
and further
to live when others are dead
and to remember when others have forgotten.

- Emmanuel Eydoux

V'ne-emar, v'hayah Adonai l'Melech al kol haaretz.

Bayom hahu yih'yeh Adonai echad ush'mo echad.

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

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

Mourners Kaddish

*Yit-ga-dal v'yit-ka-dash sh'mei ra-ba, b'al-ma
di-v'ra chi-ru-tei, v'yam-lich malchutei
b'chai-yei-chon uv'yomeichon uv'chai-yei d'chol beit
Yis-ra-eil, ba-a-ga-la u-viz-man ka-riv, v'im'ru:
A-mein.*

*Y'hei sh'mei ra-ba m'va-rach l'a-lam ul'al-mei
al-ma-ya.
Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam
v'yit-na-sei, v'yit-ha-dar v'yit-aleh v'yit-halal, sh'mei
d'kud'sha, b'rich hu, l'ei-la min kol bir-cha-ta
v'shirata,
tush-b'chata v'nechemata, da-a-mi-ran b'al-ma,
v'im'ru: A-mein.*

*Y'hei sh'la-ma ra-ba min sh'ma-ya, v'cha-yim,
a-lei-nu v'al kol Yis-ra-eil, v'im'ru: A-mein.
O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom
a-lei-nu v'al kol Yis-ra-eil, v'im'ru: A-mein.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא
דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעָגְלָא וּבְזֵמַן קָרִיב
וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי
עָלְמֵיָא:

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשָּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלָא מִן כָּל בְּרַכָּתָא
וְשִׁירָתָא,

תְּשַׁבַּחְתָּא וְנִשְׁמַחְתָּא, דְּאָמְרוּ בְּעָלְמָא,
וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Mourners Kaddish - a translation

Look around us, search above us, below, behind.
We stand in a great web of being joined together.
Let us praise, let us love the life we are lent
Passing through us in the body of Israel
And our own bodies, let us say: Amein.

Time flows through us like water.
The past and the dead speak through us.
We breathe out our children's children, blessing.

Blessed is the earth from which we grow,
Blessed the life we are lent,
Blessed the ones who teach us,

(Translation by Marge Piercy)

Blessed the ones we teach,
Blessed is the word that cannot say the glory
That shines through us and remains to shine
Flowing past distant suns on the way to
forever.

Let us say: Amein.

Blessed is light, blessed is darkness,
But blessed above all else is peace
Which bears the fruits of knowledge
On strong branches, let us say: Amein.

Peace that bears joy into the world,
Peace that enables love, peace over Israel
Everywhere, blessed and holy is peace,
Let us say: Amein

Kiddush - Time made holy

*Baruch atah, Adonai Eloheinu, Melech haolam,
borei p'ri hagafen.*

*Baruch atah, Adonai Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat
kodsho b'ahavah uv'ratzon hinchilanu, zikaron
l'maaseih v'reishit. Ki hu yom t'chilah
l'mikra-ei kodesh, zeicher litziat Mitzrayim.*

*Ki vanu vacharta v'otanu kidashta, mikol haamim.
V'Shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu.
Baruch atah, Adonai, m'kadeish HaShabbat.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשַׁבַּת
קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרוֹן
לַמַּעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה
לַמִּקְרָאִי קֹדֶשׁ, זֵכֶר לִיצִיאַת מִצְרָיִם,
כִּי בָנוּ בְּחֵרְף וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים,
וְשַׁבַּת קִדְּשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.
בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Blessed are You, Adonai our God, Sovereign of all, Creator of the fruit of the vine.

Blessed are You, Adonai our God, Sovereign of all, who finding favor with us,
sanctified us with *mitzvot*. In love and favor, You made the holy Shabbat our heritage as
a reminder of the work of Creation. As first among our sacred days, it recalls the
Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor
You have given us Your holy Shabbat as an inheritance.

Blessed are You, Adonai, who sanctifies Shabbat.