

MAZAL TOV!

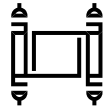
We are excited to study with you as you prepare to become a Bar or Bat Mitzvah.

This is a special B'nai Mitzvah Student Version of the **Har Shalom Shabbat Evening Service**.

The purple pages that start the notebooks are study versions of the prayers on which you will focus. Following is a copy of the entire siddur (prayer book) that will be used during your service.

Although most Bar/Bat Mitzvah students lead or read certain parts, it is also important that you be familiar with the whole siddur.

The specific part most Bar / Bat Mitzvah Students lead or read are marked with this Torah icon:



Remember, you should also practice the parts you will read in English.

There are also a few prayers which you may or may not actually lead in your service, but are an especially important part of the understanding and knowledge you should have as you become a Bar or Bat Mitzvah.

These prayers are marked with a Jewish star icon:



KIDDUSH ~ קְדוּשָׁה
BLESSING OVER WINE

Shabbat EVENING service
page 3

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God, Ruler of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who creates the fruit of the vine.

בוֹרֵא פְּרֵי הַגֶּפֶן.

TALIT BLESSING

Shabbat MORNING service

page 35

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God Sovereign of the universe.

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

You make us holy with mitzvot,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

and teach us

וְצִוָּנוּ

to wrap ourselves in the fringed Talit.

לְהִתְעַטֵּף בְּצִיצֵת.

MAARIV ARAVIM ~ מְעַרֵב עֶרְבִים
CREATION PRAYER (evening)

Shabbat EVENING service
page 9

Blessed are You Adonai,

בְּרוּךְ אַתָּה יְיָ,

our God, Ruler of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Your word brings on evenings,

אֲשֶׁר בְּדַבְּרוֹ מְעַרֵב עֶרְבִים,

with wisdom You open the gates (of heaven),

בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,

and with understanding change the times,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

alternate the seasons,

וּמַחְלִיף אֶת הַזְּמַנִּים,

and arrange the stars,

וּמְסַדֵּר אֶת הַכּוֹכָבִים,

as they guard the sky

בְּמִשְׁמְרוֹתֵיהֶם

according to Your will.

בְּרִקְיעַ כְּרָצוֹנוֹ.

You create day and night,

בוֹרֵא יוֹם וְלַיְלָה,

roll the light away from darkness,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

and the darkness away from light.

וּחֹשֶׁךְ מִפְּנֵי אוֹר.

You cause day to pass and bring night,

וּמְעַבֵּיר יוֹם וּמְבִיא לַיְלָה,

and separate between day and night,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

"Adonai of Hosts" is Your name.

יְיָ צְבָאוֹת שְׁמוֹ.

God of life who is enduring, will always reign

אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ

over us forever and ever.

עָלֵינוּ לְעוֹלָם וָעֶד.

Blessed are You Adonai, who brings on evening.

בְּרוּךְ אַתָּה יְיָ, הַמְעַרֵב עֶרְבִים.

SH'MA ~ שְׁמַע
HEAR OR LISTEN ~ THE DECLARATION THAT GOD IS ONE.

Shabbat EVENING service
page 12

Hear O Israel,

שְׁמַע יִשְׂרָאֵל,

Adonai is our God, Adonai is one!

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Blessed is Your glorious

בְּרוּךְ שֵׁם כְּבוֹד

kingdom forever and ever!

מַלְכוּתוֹ לְעוֹלָם וָעֶד!

V'AHAVTA ~ וְאַהֲבַתְּ
TO REMEMBER AND DO GOD'S COMMANDMENTS

Shabbat EVENING service
page 12

And, you shall love Adonai, your God

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ

with all your heart, with all your soul,

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ

and with all your being.

וּבְכָל-מְאֹדְךָ

Set these words

וְהָיוּ הַדְּבָרִים הָאֵלֶּה

which I command you today, upon your heart.

אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ.

And you shall teach them diligently to your children,
and you shall speak of them

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָּם

when you sit in your house, when you travel on the road,

בְּשֹׁבְתֶךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ

when you lie down, and when you rise up.

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

And you shall bind them as a sign upon your hand,

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ,

they shall be signposts between your eyes.

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.

And you shall write them on the doorposts of your house,
and on your gates.

וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

(do this) In order that you will remember

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

and perform (do) all my commandments.

אֶת-כָּל-מִצְוֹתַי.

And you will be holy unto your God.

וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.

I am Adonai, your God,

אֲנִי יְיָ אֱלֹהֵיכֶם

Who brought you out of the land of Egypt

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,

to be your God.

לְהֵיוֹת לָכֶם לֵאלֹהִים.

I am Adonai, your God.

אֲנִי יְיָ אֱלֹהֵיכֶם.

T'FILAH ~ תְּפִלָּה

PRAYER (introduction to center section of service)

Shabbat EVENING service

page 17

Adonai, open up my lips,

אֲדֹנָי שְׁפֹתַי תִּפְתָּח

that my mouth may declare Your glory.

וּפִי יַגִּיד תְּהִלָּתְךָ.

[The congregation will repeat this phrase after you chant or read it.]

AVOT V'IMAHOT ~ אָבוֹת וְאִמּוֹת
CONNECTION TO OUR ANCESTORS AND TRADITION

Shabbat EVENING service
page 17

Blessed are You, Adonai our God,

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

God of our fathers and our mothers:

וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:

God of Abraham, God of Isaac,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,

and God of Jacob;

וְאֱלֹהֵי יַעֲקֹב.

God of Sarah, God of Rebekah,

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,

God of Rachel, and God of Leah.

אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

Great, mighty, awesome, and

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

transcendent God, who bestows loving kindness,

אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,

creates everything out of love,

וְקוֹנֵה הַכֹּל,

remembers the faithful of our ancestors,

וְזוֹכֵר חֲסִדֵי אָבוֹת וְאִמּוֹת,

brings redemption to their children's children

וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם

in love, for the sake of the Divine Name.*

לְמַעַן שְׁמוֹ בְּאַהֲבָה.*

Sovereign, Deliverer, Helper, and Shield.

מְלֹךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

Blessed are You Adonai,

בְּרוּךְ אַתָּה יְיָ,

Abraham's Shield, Sarah's Helper.

מִגֵּן אַבְרָהָם וְעוֹזֵר שָׂרָה.

*During Yamim Noraim and on Shabbat Shuvah
(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Remember us for life, O Sovereign who delights in life,

זְכֹרְנוּ לְחַיִּים, מְלֹךְ חִפְץ בְּחַיִּים,

and inscribe us in the Book of Life,

וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים,

for Your sake Living God.

לְמַעַנְךָ אֱלֹהִים חַיִּים.

G'VUROT ~ גְבוּרוֹת
GOD'S POWER

Shabbat EVENING service
page 18

Eternal is Your might, Adonai,

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,

all life is Your gift

מַחִיָּה הַכֹּל

Great is Your power to save.

אַתָּה רַב לְהוֹשִׁיעַ.

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

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

*SUMMER You rain dew upon us.

מוֹרִיד הַטֶּל.

With love, You sustain the living.

מִכֶּלֶל חַיִּים בְּחֶסֶד,

You give life to all

מַחִיָּה הַכֹּל

with great compassion

בְּרַחֲמִים רַבִּים.

You send help to the falling, and healing to the sick,

סוֹמְךָ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

You bring freedom to the captive,

וּמַתִּיר אֲסוּרִים,

and keep faith with those who sleep in the dust.

וּמְקַיֵּם אֱמוּנָתוֹ לַיֹּשְׁנֵי עָפָר.

Who is like You, Mighty One,

מִי כְמוֹךָ בְּעַל גְבוּרוֹת

and who can be compared to You?

וּמִי דוֹמָה לָךְ,

Author of life and death

מִלְּךָ מִמִּית וּמַחִיָּה

Source of Salvation?*

וּמִצְמִיחַ יְשׁוּעָה?*

You faithfully sustain the living.

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת הַכֹּל.

Blessed are You, Adonai, the Source of life.

בְּרוּךְ אַתָּה יי מַחִיָּה הַכֹּל.

*SEASONAL ADDITIONS:

WINTER: From Simchat Torah to Pesach (fall through the following spring.)

SUMMER: From Pesach to Simchat Torah (spring through the following fall.)

**On Shabbat Shuvah (the Shabbat between Rosh Hashanah and Yom Kippur), add:

Who is like You, Source of mercy,

מִי כְמוֹךָ אֵב הַרַחֲמִים,

You sustain the life of Your children in compassion?

זוֹכֵר יְצוּרְיוֹ לְחַיִּים בְּרַחֲמִים?

KABBALAT HA-TORAH ~ קַבֵּלַת הַתּוֹרָה
WELCOMING THE TORAH

Shabbat EVENING service
page 24

Hear O Israel,

שְׁמַע יִשְׂרָאֵל,

Adonai is our God, Adonai is one!

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

BIRCHOT HA-TORAH ~ התורה ברכות

TORAH BLESSINGS

Shabbat EVENING service

page 26

Blessing before each section of Torah is read

ALIYAH HONOREE or BAR/BAT MITZVAH:

Bless Adonai, who is blessed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION RESPONDS:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

ALIYAH HONOREE or BAR/BAT MITZVAH CONTINUES:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has chosen us from all peoples

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

by giving us the Torah.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Blessed is the Eternal, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

~

Blessing after each section of Torah is read

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has given us a Torah of truth,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

implanting within us eternal life.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Blessed are You, Adonai, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

SHEHECHEYANU ~ שְׁהֵחֵיָנוּ
GRATITUDE FOR FIRST TIMES AND JOYFUL OCCASIONS

Shabbat MORNING service

page 59

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

for giving us life, sustaining us,

שְׁהֵחֵיָנוּ, וְקִיָּמָנוּ,

and enabling us to reach this day [of joy].

וְהִגִּיעָנוּ, לְזֶמַן הַזֶּה.

MOTZI ~ מוֹצִיא
BLESSING OVER CHALLAH

Shabbat EVENING service
page 33

Blessed are You Adonai,

בָּרוּךְ אַתָּה יי,

our God, Ruler of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who causes bread to come forth from the earth.

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

KADDISH YATOM ~ קַדִּישׁ יְתוֹם

MOURNER'S KADDISH.

Kaddish comes from the Hebrew word for holy. It is a prayer that praises God.
It is used both to remember those who have died and as a way to affirm faith even in grief and sad times.

Shabbat EVENING service

page 32

Exalted and hallowed is 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 in the lives of all Israel,

speedily and imminently,

To which we say: Amen.

May God's great name

be blessed to all eternity.

Blessed and praised,

honored, exalted, extolled

glorified, adored, and lauded

be the name of the Holy Blessed One,

beyond all earthy words and songs of blessing,

praise, and comfort,

which we say. To which we say: Amen.

May there be abundant peace from heaven,

and life for all of us and all Israel.

To which we say: Amen.

May the One who creates harmony on high,

bring peace to us [all the world],

and to all the Israel. To which we say: Amen.

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ

וּבְיוֹמֵינוּ וּבְחַיֵּי

דְּכָל בֵּית יִשְׂרָאֵל,

בְּעִגְלָא וּבְזַמַּן קָרִיב,

וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא

מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֵלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח,

וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא,

לְעֵלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירְתָּא,

תַּשְׁבַּחְתָּא וְנַחֲמָתָא,

דְּאָמְרוּ בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא

וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל-כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

BIRCHOT HA-HAFTARAH ~ הַבְּרָכוֹת הַהַפְּטָרָה
BLESSING *BEFORE* THE HAFTARAH READING

Shabbat AFTERNOON service
page 85

Blessed are You, Adonai our God,
Ruler of the Universe,

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Who has chosen faithful prophets,

אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,

pleased with their words, to speak in truth.

וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת.

Blessed are You, Adonai, for the revelation of
Your Torah

בְּרוּךְ אַתָּה יְיָ הַבוֹחֵר בַּתּוֹרָה

for Moses, Your servant, and Israel, Your people,

וּבְמֹשֶׁה עַבְדְּךָ, וּבְיִשְׂרָאֵל עַמּוֹ,

and the prophets of truth and righteousness.

וּבְנְבִיאֵי הָאֵמֶת וְצֶדֶק.

BIRCHOT HA-HAFTARAH ~ הַבְּרָכוֹת הַהַפְּטָרָה

BLESSING AFTER THE HAFTARAH READING

Shabbat AFTERNOON service

page 85

Blessed are You Adonai, Eternal our God,
Ruler of the universe,

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Rock of all creation,

צוּר כָּל-הָעוֹלָמִים,

Righteous One of all generations,

צַדִּיק בְּכָל-הַדּוֹרוֹת,

the faithful God, whose word is deed,

הָאֵל הַנֶּאֱמָן, הָאוֹמֵר וְעוֹשֶׂה,

who speaks and fulfills,

הַמְדַבֵּר וּמְקַיֵּם,

whose every command is just and true.

שְׁכָל-דִּבְרָיו אֱמֶת וְצַדִּיק.

For the Torah, for the privilege of worship,

עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה

for the prophets, and for this Shabbat

וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,

that You, O God, have given us

שְׁנַתֶּךָ-לָנוּ, יְיָ אֱלֹהֵינוּ,

for holiness and rest, for honor and glory,

לְקִדְשָׁה וּלְמִנוּחָה, לְכָבוֹד וּלְתִפְאָרֶת,

For all this, Adonai our God,

עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,

we thank You,

אֲנַחְנוּ מוֹדִים לָךְ,

and bless You. May Your name be blessed

וּמְבָרְכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ

by every living being continually and forever.

בְּפִי כָּל-חַי תָּמִיד לְעוֹלָם וָעֶד.

Blessed are You, Eternal God, for the Sabbath
and its holiness.

בְּרוּךְ אַתָּה יְיָ, מִמְּקֹדֶשׁ הַשַּׁבָּת.

SHABBAT EVENING SERVICE

Prayer is that moment when we let go of our doubts and allow ourselves to feel that we are part of something greater than ourselves.

~ MS



We ask You, God, to bless and guide us:

Bless our eyes, that we may see each other with love,

Bless our ears, that we may hear each other with understanding,

Bless our mouths, that we may speak to each other with compassion,

Bless our hands, that they may heal, not harm,

Bless our feet, that we may walk beside each other in friendship.

Bless our world, that we may live together in peace.

~ unknown



We sit here newly gathered before the face of our God.

Joining together this evening to worship the Holy One,

And to make holy our lives.

How shall we begin the search to reach the sacred part
of ourselves where rests the essence of all that is good?

By stopping.

Stopping our concern for those things that divert us all week long...

At least for the brief moments of our Shabbat eve....

And, by opening ourselves to hear the message...

O, so silent, carried to us...

By the still, small voice of God.

~ unknown



...ON LIGHT

Let us light these candles with shared hopes and dreams:

Many face moments of doubt and despair.
Let us kindle the light of faith and hope.

Many know the gloom of sorrow.
Let us kindle the light of joy.

Many live in the presence of war.
Let us kindle the light of peace.

Many feel the darkness of hatred.
Let us kindle the light of love.

~ unknown



And if you feel that you can't go on,
And your will's sinking low,
Just believe, and you can't go wrong.
In the light, you will find the road.
You will find the road.

And if you feel that you can't go on,
In the light, you will find the road.
The winds of change may blow around you,
But that will always be so....
In the light.

Everybody needs the light.

~ John Paul Jones, Jimmy Page, Robert Plant, Led Zeppelin's *In the Light*



May the good Lord shine a light on you,
Make every song you sing your favorite tune.
May the good Lord shine a light on you,
Warm like the evening sun.

~ Keith Richards and Mick Jagger, *Shine a Light*



HADLIKAT HA-NEIROT ~ הדלקת הנרות

The candle blessing. The custom of using two candles to usher in Shabbat is a symbolic reminder of two commandments to *remember* and to *observe* Shabbat.

Ba-ruch a-ta A-do-nai,

E-lo-hei-nu Me-lech ha-o-lam,

a-sher kid-sha-nu b'mitz-vo-tav v'tzi-va-nu,

l'-had-lik neir shel Sha-bat.

בָּרוּךְ אַתָּה יי,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ,

לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai, our God, Ruler of the universe,
who makes us holy with mitzvot,
and commands us to kindle the light of Shabbat.



KIDDUSH ~ קדוש

The "full" kiddush used for Shabbat evening begins with the sanctification over the wine ~ a symbol of joy. It continues with gratitude to God for the gift of Shabbat.

Ba-ruch a-ta A-do-nai E-lo-hei-nu

Me-lech ha-o-lam,

a-sher kid-sha-nu b'mitz-vo-tav v'ra-tza va-nu,

v'-Sha-bat kod-sho

b'a-ha-va uv-ra-tzon hin-chi-la-nu

zi-ka-ron l-ma-a-sei v'rei-shit

Ki hu yom t'-chi-la l'-mik-ra-ei ko-desh,

zei-cher li-tzi-at Mitz-ra-yim.

Ki va-nu va-char-ta v'-o-ta-nu kid-sha-ta

mi-kol ha-a-mim,

v'-Sha-bat kod-sh-cha

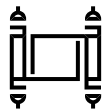
b'a-ha-va uv-ra-tzon hin-chal-ta-nu.

Ba-ruch a-ta A-do-nai, m'ka-deish ha-Sha-bat.

בָּרוּךְ אַתָּה יי,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרֵי הַגֶּפֶן.



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבָּת קִדְּשׁוּ

בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ

זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,

זְכוֹר לְיִצְיַאת מִצְרָיִם.

כִּי בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ

מִכָּל הָעַמִּים,

וְשַׁבָּת קִדְּשָׁתָּ

בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Blessed are You, Adonai our God, Ruler of the universe,
who creates the fruit of the vine.

Blessed are You, Adonai, Our God, Ruler of the universe,
who finding favor with us, sanctified us with Your 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 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 makes Shabbat holy.

...ON COMMUNITY

Prayer takes us beyond the self.
Joining our little self to the selfhood of humanity,
it gives our wishes the freedom to grow large and broad and inclusive.
~ Rabbi Morris Adler



People are strange when you're a stranger,
Faces look ugly when you're alone.
People seem scary when you're unwanted,
Streets are uneven when you're down.
When you're strange, faces come out of the rain,
When you're strange, no one remembers your name.
When you're strange, when you're strange, when you're strange.
~ John Densmore, Jim Morrison, et. al, The Doors' *People Are Strange* [adapted]

May no one be a stranger here....



May the arms of our community open wide enough
to receive all who hunger for love, all who are lonely for friendship.

May we welcome all who have cares to unburden,
gratitude to express, hopes to nurture, dreams to dream.

May the spirit of our community narrow enough
to shut out pettiness and pride, envy and enmity.

May our threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness, and harshness.

May this community be, for all who enter,
the opening to a richer and more meaningful life.

~ Rabbi Sydney Greenberg [adapted]



HINEI MA TOV ~ הִנֵּה מֵה-טוֹב

*Hi-nei ma-tov u-ma-na-im
she-vet a-chim gam-ya-chad.*

Behold, how good and pleasant it is for people to dwell together in unity.
~ Psalm 133:1

הִנֵּה מֵה-טוֹב וּמֵה-נְעִים
שֶׁבֶת אַחִים גַּם-יַחַד.



KI ESHM'RA SHABBAT ~ כִּי אֶשְׁמְרָה שַׁבָּת

*Ki esh-m'ra Sha-bat Eil yish-m'rei-ni.
Ot hi l'ol-mei ad bei-no u-vei-ni.*

When I keep Shabbat, God keeps me. It is a sign forever between God and me.

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.
אוֹת הִיא לְעוֹלָמִי עַד בֵּינוּ וּבֵינָךְ.



הַרְהוּרִים...

har-hur-im

MUSINGS...

...ON MUSIC

You can jump right in
Let the music pull you in
You can jump right in
Oh and lose yourself again....

You can find me where the music meets the ocean
If you get the notion
Stop on by and play a while
Simple tune to get your love light glowing
Keep your heart wide open
Disappear just like the tide
Let it roll on by....

And jump right in
Let the music pull you in
You can jump right in
Oh and lose yourself again.

~ Zac Brown, Wyatt Durette, Jason Mraz, *Jump Right In*



L'CHA DODI ~ לְכֵה דוּדִי

This song is traditionally used to usher in Shabbat.

It was composed Shlomo Halevi Alkabetz, one of a group of 16th century Jewish Kabbalists in Tzfat, who would greet Shabbat in the fields outside their villages with song and dance.

Customs include turning to the entrance of the sanctuary as the words bo-i v'-sha-lom (enter in peace) are sung, as if to greet the Presence of Shabbat.

*L'-cha do-di lik-rat ka-la,
p'-nei Sha-bat n'-ka-ba-la.*

לְכֵה דוּדִי לְקִרְאת כָּלֵה,
פְּנֵי שַׁבַּת נִקְבְּלָה.

*Sha-mor v'-za-chor b'-di-bur e-chad,
hish-mi-a-nu eil ham'-yu-chad.
A-do-nai e-chad u-sh-mo e-chad.
L'-sheim ul-tif-e-ret v'-lit-hi-la. L'-cha...*

שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד,
הַשְׁמִיעֵנוּ אֵל הַמְיֻחָד.
יְיָ אֶחָד וְשְׁמוֹ אֶחָד.
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלֵה. לְכֵה...

*Li-krat Sha-bat l'-chu v'-neil-cha,
ki hi m'-kor ha-b'ra-cha,
mei-rosh mi-ke-dem n'-su-cha,
sof ma-a-seh b'-ma-cha-sha-va t'-chi-la. L'-cha...*

לְקִרְאת שַׁבַּת לָכוּ וְנִלְכֵה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מִרֵאשׁ מִקֶּדֶם וְסוֹכָה,
מֵעֲשָׂה בְּמַחְשָׁבָה תִּחְלֵה. לְכֵה...

*Hit-or-ri, hit-or-ri,
ki va o-reich, ku-mi o-ri,
u-ri, u-ri shir da-bei-ri,
k'-vod A-do-nai a-la-yich nig-la.*

הִתְעוֹרְרִי, הִתְעוֹרְרִי,
כִּי בָּא אֹרֶךְ, קוֹמִי אֹרִי,
עוֹרִי, עוֹרִי, שִׁיר דַּבְּרִי,
כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה.

*Bo-i v'-sha-lom a-te-ret ba-a-la,
gam b'-sim-cha uv-tza-ha-la.
Toch e-mu-nei am s'-gu-la.
Bo-i cha-la! Bo-i cha-la! L'-cha...*

בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצַהֲלָה.
תּוֹךְ אֲמוּנֵי עַם סִגְלָה.
בּוֹאִי כָלֵה! בּוֹאִי כָלֵה! לְכֵה...

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; honor and 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.

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!

SHALOM ALEICHEM ~ שְׁלוֹם עֲלֵיכֶם

This 17th century Shabbat song derives from a Kabbalistic teaching that two angels accompany each person home from synagogue as Shabbat begins. It has become a custom to sing it as a way to welcome or celebrate Shabbat.

*Sha-lom a-lei-chem, mal-a-chai ha-sha-ret,
mal-a-chai el-yon,
mi-me-lech mal-chai ham-la-chim
Ha-Ka-dosh Ba-ruch Hu.*

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Bo-a-chem l'-sha-lom, mal-a-chai ha-sha-lom,
mal-a-chai el-yon,
mi-me-lech mal-chai ham-la-chim,
Ha-Ka-dosh Ba-ruch Hu.*

בוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Bar-chu-ni l'-sha-lom, mal-a-chai ha-sha-lom,
mal-a-chai el-yon,
mi-me-lech mal-chai ham-la-chim,
Ha-Ka-dosh Ba-ruch Hu.*

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Tzeit'-chem l'-sha-lom, mal-a-chai ha-sha-lom,
mal-a-chai el-yon,
mi-me-lech mal-chai mam-la-chim,
Ha-Ka-dosh Ba-ruch Hu.*

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיוֹן,
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Peace be unto you, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Bless us with peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.



הַרְהוּרִים...

har-hur-im

MUSINGS...

...ON LETTING GO

One aspect of making Shabbat a time of true rest and peace is to let go of the cares of the week.

Pause for a moment now...

Review each of the preceding six days...

Consciously focus on letting go.

~ Joseph G. Rosenstein, Siddur Eit Ratzon [adapted]



...ON PRAYER

This is where we want to be ~
In a quiet place alone with our thoughts,
Able to settle down and pay attention to the questions within us,
Surrounded by others also seeking.

Perhaps they are experiencing similar thoughts and similar needs;
Perhaps not.

Yet all of us united, enveloped by this safe, gentle warmth,
Softly beckoning us to search our hearts as we join together,
In the ancient words and melody that call us to prayer.

~ unknown



There is one who sings the song of his own life,
finding everything within himself.
There is one who leaves the circle of her self,
and sings the song of her people.
There is one whose voice rings with the song of humanity,
hoping for the highest perfection.
And there is one who rises even higher,
uniting with all creatures, with all worlds,
filling the universe with song.

~ Abraham Isaac Kook [adapted]



Love is the only prayer I know.

~ Marion Zimmer Bradley, *The Mists of Avalon*



Humor is the prelude to faith.
Laughter is the beginning of prayer.

~ Reinhold Niebuhr



AHAVAT OLAM ~ אהבת עולם

This prayer is about God's love for us being revealed through the gift of Torah, teachings, values and laws: the guidelines that can help us lead good lives.

A-ha-vat o-lam
 beit Yis-ra-eil am-cha a-hav-ta,
 To-rah u-mitz-vot, chu-kim u-mish-pa-tim,
 o-ta-nu li-mad-ta.
 Al kein, A-do-nai E-lo-hei-nu,
 b'-shoch-bei-nu uv-ku-me-i-nu
 na-shi-ach b'-chu-ke-cha,
 v'-nis-mach b'-div-rei To-rat-cha
 u-v'-mitz-vo-te-cha l'-o-lam va-ed.
 Ki heim cha-yei-nu v'-o-rech ya-me-i-nu,
 u-va-hem ne-h'-geh yo-mam va-lai-la.
 V-a-hav-t'-cha al ta-sir
 mi-me-nu l'-o-la-mim.
 Ba-ruch a-ta A-do-nai, o-heiv a-mo Yis-ra-eil.

אהבת עולם
 בית ישראל עמך אהבת,
 תורה ומצוות, חקים ומשפטים,
 אותנו למדת.
 על כן, יי אלהינו,
 בשכבנו ובקומנו
 נשיח בְּחֻקֶיךָ,
 ונשמח בְּדַבְרֵי תוֹרַתְךָ
 ובמצוותיך לעולם ועד.
 כי הם חיינו וארך ימינו,
 ובהם נהנה יומם וליילה.
 ואהבתך אל תסיר
 ממנו לעולמים.
 ברוך אתה יי, אהב עמו ישראל.

Everlasting love You offered Your people Israel by teaching us
 Torah and mitzvot, laws and precepts.
 Therefore, Adonai, our God, when we lie down and when we rise up,
 we will meditate on Your laws and Your commandments.
 We will rejoice in Your Torah forever.
 Day and night we will reflect on them for they are our life
 and doing them lengthens our days.
 Never remove Your love from us.
 Blessed are You, Adonai, Who loves Your people Israel.

הרהורים...

har-hur-im

MUSINGS...

...ON FINDING GOD

God is a concept by which we measure our pain.
 I'll say it again.

God is a concept by which we measure our pain.
 ~ John Lennon, *God*



People see God every day; they just don't recognize it's God.
 ~ Pearl Bailey



To have found God is not an end, but in itself a beginning.
 ~ Franz Rosenzweig



...ON LOVE

Love, Love, Love. Love, Love, Love. Love, Love, Love.
There's nothing you can do that can't be done.
Nothing you can sing that can't be sung.
Nothing you can say but you can learn how to play the game.
It's easy.

Nothing you can make that can't be made.
No one you can save that can't be saved.
Nothing you can do but you can learn how to be you in time.
It's easy.

All you need is love. All you need is love.
All you need is love, love. Love is all you need.
Nothing you can know that isn't known.
Nothing you can see that isn't shown.
Nowhere you can be that isn't where you're meant to be.
It's easy.

All you need is love (All together, now!)
All you need is love. (Everybody!)
All you need is love, love.
Love is all you need.

~ John Lennon and Paul McCartney, *All You Need Is Love*



I am not here to be loved and admired,
But to act and love.
It is not the duty of people to help me,
But it is my duty to look after the world,
And the people in it.

~ Janusz Korczak



I always think the best way to know God is to love many things.

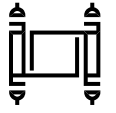
~ Vincent Van Gogh



SH'MA ~ שְׁמַע

Sh'ma, which means hear or listen, is the central declaration of Jewish faith: that God is One.

שְׁמַע יִשְׂרָאֵל,
יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!



Hear, O Israel: Adonai is our God, Adonai is one!

בְּרוּךְ שֵׁם כְּבוֹד
מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is Your glorious kingdom forever and ever!

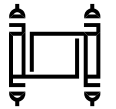


V'AHAVTA ~ וְאַהֲבַתָּ

V'ahavta is a continuation of Sh'ma. V'ahavta tells us to both remember *and* do God's commandments, particularly loving

God ~ shown through how we treat others ~ and teaching what we learn to those that come after us.

וְאַהֲבַתָּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדֶךָ



וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ.
וְשִׁנַּנְתָּם לְבְנֶיךָ, וְדַבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ;
וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ,
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֶיךָ.
וְכִתַּבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי.
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,
לִהְיוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְיָ אֱלֹהֵיכֶם.

And you shall love Adonai, your God,
with all your heart, with all your soul, and with all your being.
Take these instructions which I command you this day.
Teach them faithfully to your children; speak of them in your home
and on your way, when you lie down and when you rise up.
Bind them as a sign upon your hand; let them be a symbol before your eyes;
inscribe them on the doorposts of your house and on your gates.

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

~ Deuteronomy 6:5-9 and Numbers 15:40-41

...ON FREEDOM

Desmond Tutu writes of the African concept *ubuntu*, saying,
 "it is very difficult to render into a Western language.
 It speaks of the very essence of being human...You share what you have."

It is to say, "My humanity is caught up with, is inextricably bound up,
 in yours. We all belong together in a great bundle of life. A person
 is a person through other persons."

It is not, "I think therefore I am," but rather: "I am *human* because I belong."

We all participate, We all share.

A person with *ubuntu* is open and available to others, affirming of others,
 and does not feel threatened that others are able and good,
 for he or she has a proper self-assurance that comes from knowing
 he or she belongs in a greater whole.

Even more importantly, though, a person with *ubuntu* is *truly* diminished
 when others are tortured, oppressed, or treated as if they were less
 than who they are.

The idea of *ubuntu* is a perfect complement for Mi Chamocho,
 the Jewish prayer expressing gratitude for being freed from slavery in Egypt.

Even as we celebrate that time of redemption,
 we must continuously pray and work for freedom and dignity for all people,
 for all time.

As we sing this joyous song, once sung by Miriam, Moses,
 and the Children of Israel, we remind ourselves, to strive to have *ubuntu*...
 to work towards a time when everyone is truly free.

~ SK



MI CHAMOCHA ~ מי כַּמּוֹחָה

Mi Chamocha celebrates freedom.

Through this prayer, we express appreciation to God for freeing the Jewish people from slavery in Egypt, and also pray for an end to all slavery and freedom for all people for all time.

Just as Moses, Miriam, and the Children of Israel did,
as they reached the shores of the sea,
may the day soon arrive when all are free to sing with joy:

Mi cha-mo-cha ba-ei-lim A-do-nai?
Mi ka-mo-cha ne-dar ba-ko-desh,
no-ra t'-hi-lot, o-sei fe-leh?

Who is like You, Eternal One, among the gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, doing wonders?

Mal-chu-t'-cha ra-u va-ne-cha,
bo-kei-a yam lif-nei Mo-she u'-Mir-yam.
"Zeh Ei-li" a-nu v'-am-ru:
"A-do-nai yim-loch l'-o-lam va-ed!"

Your children witnessed Your rule, the sea splitting before Moses and Miriam.
"This is our God!" they cried: "Adonai shall reign forever and ever."

V'-ne-e-mar: "Ki fa-da A-do-nai et Ya-a-kov,
u'-g'-a-lo mi-yad cha-zak mi-me-nu."
Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.

And it is said: "Adonai has redeemed Jacob from a hand stronger than his own."
Blessed are You, Adonai, Redeemer of Israel.

מי כַּמּוֹחָה בְּאֱלִים יְיָ?
מי כַּמּוֹחָה נִאֲדָר בְּקֹדֶשׁ,
נִרְאָה תְהִילת, עֲשֵׂה פִלְאָה?

מִלְכוּתְךָ רָאוּ בְנֵיךָ,
בִּזְקַע יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
"זֶה אֱלֹהֵינוּ וְאָמְרוּ:
"יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

וְנֵאמַר: "כִּי פָדָה יְיָ אֶת יַעֲקֹב,
וַיִּגְאֹלוּ מִיַּד חֲזַק מִמֶּנּוּ."
בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.



הַרְהוּרִים...

har-hur-im

MUSINGS...

...ON FREEDOM

But my hand was made strong
by the hand of the Almighty.
We forward in this generation
Triumphantly.

Won't you help to sing
these songs of freedom?
'Cause all I ever have:
Redemption songs,
Redemption songs.

Emancipate yourselves from mental slavery;
None but ourselves can free our minds.

~ Bob Marley, *Redemption Song*



HASHKIVEINU ~ הַשְּׂפִיבְנוּ

Hashkiveinu, an evening prayer, asks God for help and protection throughout the night, to awake again to face the new day refreshed, and for God's help to live in peace. It is based on a reading from Seder Rav Amram, the first known comprehensive Jewish prayer book dated circa 860 c.e. It is often used as a lullabye. The passages below are contemporary song versions, with the full text of the prayer following.

<i>Hash-ki-vei-nu A-do-nai E-lo-hei-nu l'-sha-lom,</i>	הַשְּׂפִיבְנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
<i>l'-sha-lom, v'-ha-a-mi-dei-nu shom-rei-nu l'-cha-yim.¹</i>	לְשָׁלוֹם, וְהַעֲמִידְנוּ שׁוֹמְרֵנוּ לְחַיִּים. ¹
<i>U-fros a-lei-nu su-kat sh'-lo-me-cha. A-men.²</i>	וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. ² אָמֵן.
<i>Sh'-ma Yis-ra-eil,</i>	שְׁמַע יִשְׂרָאֵל,
<i>A-do-nai E-lo-hei-nu, A-do-nai e-chad.</i>	יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
<i>Ba-ruch Sheim k'-vod</i>	בְּרוּךְ שֵׁם כְּבוֹד
<i>mal-chu-to l'-o-lam va-ed. A-men.³</i>	מַלְכוּתוֹ לְעוֹלָם וָעֶד. אָמֵן. ³

*Shelter us beneath Thy wings, O Adonai;
Guard us from all harmful things, O Adonai;
Keep us safe throughout the night, 'til we wake with morning's light.
Teach us, God, wrong from right. Amen.*
~ Music by Josh Zweiback, Steve Brodsky, and Larry Jonas / English text by Larry Jonas



<i>Hash-ki-vei-nu A-do-nai E-lo-hei-nu l'-sha-lom,</i>	הַשְּׂפִיבְנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
<i>v'-ha-a-mi-dei-nu shom-rei-nu l'-cha-yim.¹</i>	וְהַעֲמִידְנוּ שׁוֹמְרֵנוּ לְחַיִּים. ¹
<i>Ush-mor tzei-tei-nu u-vo-ei-nu,</i>	וּשְׁמֹר צִאתְנוּ וּבואֵנוּ,
<i>l'-cha-yim ul-sha-lom, mei-a-ta v'-ad o-lam.^{1A}</i>	לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. ^{1A}

~ Musical Arrangement by Craig Taubman

Translations:

¹God, help us to lie down in peace, and wake us up, our Guardian, to life renewed. ^{1A}Guard us in our going and coming, to life and to peace, forever.

²Spread over us the Your shelter of peace.

³Hear O Israel, Adonai is our God, Adonai is one. Blessed is God's holy name forever and ever.



<i>Hash-ki-vei-nu A-do-nai E-lo-hei-nu l'-sha-lom,</i>	הַשְּׂפִיבְנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
<i>v'-ha-a-mi-dei-nu shom-rei-nu l'-cha-yim,</i>	וְהַעֲמִידְנוּ שׁוֹמְרֵנוּ לְחַיִּים,
<i>u-fros a-lei-nu su-kat sh'-lo-me-cha,</i>	וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
<i>v'-tak-nei-nu b'-ei-tza to-va mil-fa-ne-cha,</i>	וּתְקַנְנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,
<i>v'-ho-shi-ei-nu l'-ma-an sh'-me-cha.</i>	וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.
<i>V'-ha-gein ba-a-dei-nu, v'-ha-seir mei-a-lei-nu o-yeiv,</i>	וְהִגֵּן בְּעַדְנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב,
<i>de-ver, v'-che-rev, v'-ra-av, v'-ya-gon,</i>	דָּבָר, וְחָרֵב, וְרָעַב, וְיָגוֹן,
<i>v'-har-cheik mi-me-nu a-von va-fe-sha.</i>	וְהִרְחִיק מִמֶּנּוּ עוֹן וּפְשָׁע.
<i>Uv'-tzeil k'-na-fe-cha tas-ti-rei-nu, ki Eil shom-rei-nu</i>	וּבְצֵל כְּנַפֶּיךָ תִּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרֵנוּ
<i>u-ma-tzi-lei-nu a-ta, ki Eil cha-nun v'-ra-chum a-ta.</i>	מְצִילֵנוּ אַתָּה, כִּי אֵל חַנוּן וְרַחוּם אַתָּה.
<i>Ush-mor tzei-tei-nu u-vo-ei-nu,</i>	וּשְׁמֹר צִאתְנוּ וּבואֵנוּ,
<i>l'-cha-yim ul-sha-lom, mei-a-ta v'-ad o-lam.</i>	לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.
<i>Ba-ruch a-ta A-do-nai, ha-po-reis su-kat sha-lom</i>	בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם
<i>a-lei-nu v'-al kol a-mo Yis-ra-eil v'-al Y'-ru-sha-la-yim.</i>	עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us a shelter of Your peace. Guide us with Your good counsel; for Your name's sake, be our help. Shield and shelter us beneath the shadow of Your wings. Defend us against enemies, illness, war, famine, and sorrow. Distance us from wrong doing. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and coming, to life and to peace, evermore. Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

YISM'CHU ~ יִשְׂמְחוּ

Yism'chu is a song of rejoicing on Shabbat.

It is comprised of twenty-four Hebrew words, said to correspond to the twenty-four hours of Shabbat.

Yis-m'-chu v'-ma-l'-chu-t'-cha
shom-rei Sha-bat v'-ko-rei o-neg.
Am m'-kad-shei sh'-vi-i
ku-lam yis-b'-u
v'-yit-an-gu mit-u-ve-cha.
V'-hash-vi-i ra-tzi-ta bo v'-ki-dash-to
chem-dat ya-mim o-to ka-ra-ta.
Zei-cher l'-ma-a-sei v'-rei-shit.

יִשְׂמְחוּ בְּמַלְכוּתְךָ
 שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג.
 עִם מְקַדְּשֵׁי שְׁבִיעֵי
 כְּלָם יִשְׁבְּעוּ
 וְיִתְעַנְּגוּ מִטּוֹבְךָ.
 וְהַשְׁבִּיעֵי רְצִיתְךָ בּוֹ וְקִדְּשְׁתּוֹ
 חֲמֵדַת יָמִים אוֹתוֹ קְרֵאתְךָ.
 זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית.

Those who keep Shabbat by calling it a delight shall rejoice in Your realm.
 All who hallow Shabbat will delight in Your goodness.
 For being pleased with the Seventh Day, You hallowed it as the most precious of days.
 You cause us to remember the work of creation.



הַרְהוּרִים... har-hur-im

MUSINGS...

...ON THE CHALLENGE OF SHABBAT

This Shabbat challenge yourself...
 challenge yourself to breathe slowly and more deeply.

Challenge yourself not only to look inward,
 but to look outward with new eyes,
 to really see the people in your life and
 the world around you.

Embrace Shabbat and allow the peace to flow within you,
 as it blankets you with warm feelings of ease.

Accept the challenge of Shabbat,
 by allowing yourself to accept that changing the world
 always begins with you.
 ~ MS



Rest is not idleness,
 and to lie sometimes on the grass,
 under the trees on a summer's day,
 listening to the murmur of water,
 or watching the clouds float across the sky,
 is by no means a waste of time.
 ~ John Lubbock



T'FILAH ~ תְּפִלָּה

T'filah, which means prayer, begins the next section of the service, which is the central liturgy of Jewish services.

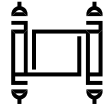
It opens with a passage from Psalms, chanted responsively.

It is a petition that we may pray with sincerity and without hesitation.

PLEASE RISE

~ Please repeat after the leader ~

אֲדֹנָי שִׁפְתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ.



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

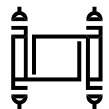


AVOT V'IMAHOT ~ אָבוֹת וְאִמּוֹת

Avot v'Imahot means fathers and mothers.

It connects us to our ancestors and to the continuity of Jewish teachings and traditions throughout time.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.
הַאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים,
וְקוֹנֵה הַכֹּל,
זוֹכֵר חַסְדֵי אָבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.*
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן.
בְּרוּךְ אַתָּה יְיָ,
מִגּוֹ אַבְרָהָם וְעִזְרַת שָׂרָה.



Blessed are You, Adonai our God, God of our fathers and our mothers:

God of Abraham, God of Isaac, and God of Jacob;

God of Sarah, God of Rebekah, God of Rachel and God of Leah.

Great, mighty, awesome, and transcendent God, who bestows loving kindness,

creates everything out of love, remembers the faithful of our ancestors,

and in love brings redemption to their children's children for the sake of the Divine Name.*

Sovereign, Deliverer, Helper, and Shield.

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

*During Yamim Noraim and on Shabbat Shuva

(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Zoch-rei-nu l'-cha-yim, Me-lech cha-feitz ba-cha-yim,

v'-chot-vei-nu b'-sei-fer ha-cha-yim,

l'-ma-an-cha E-lo-him cha-yim.

Remember us for life, O Sovereign who delights in life, and inscribe us in the Book of Life, for Your sake Living God.

זְכוֹרֵנוּ לְחַיִּים, מְלַךְ חַפֵּץ בְּחַיִּים,

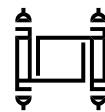
וְכּוֹתְבָנוּ בְּסֵפֶר הַחַיִּים,

לְמַעַן אֱלֹהִים חַיִּים.

G'VUROT ~ גְבוּרוֹת

G'vurot acknowledges God's power in nature and our lives.

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,
מְחַיֶּה הַכֹּל
אַתָּה רַב לְהוֹשִׁיעַ.



WINTER¹

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER¹

מוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל
בְּרַחֲמִים רַבִּים.
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בְּעַל גְבוּרוֹת
וּמִי דוֹמֶה לָךְ,
מְלַךְ מְמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה? *
וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

You are forever mighty, Adonai; You give life to all.

WINTER: You cause the wind to shift and the rain to fall.¹

SUMMER: You rain dew upon us.¹

You sustain life through love, giving life to all through great compassion,
supporting the fallen, healing to the sick, freeing the captive,
and keeping faith with those who sleep in the dust.

Who is like You, Mighty One, Author of life and death, causing deliverance to spring up?

You faithfully giving life to all.

Blessed are You, Adonai, who gives life to all.

¹Seasonal addition:

WINTER ~ From Simchat Torah to Pesach (fall through the following spring).

SUMMER ~ From Pesach to Simchat Torah (spring through the following fall).

*During Yamim Noraim and on Shabbat Shuva

(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Mi cha-mo-cha av ha-ra-cha-mim,

מִי כְמוֹךָ אֲב הַרְחָמִים,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?

זוֹכֵר יְצוּרְיוֹ לְחַיִּים בְּרַחֲמִים?

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

K'DUSHA and K'DUSHAT HA-YOM ~ קְדוּשָׁה וְקְדוּשַׁת הַיּוֹם

Kadosh means holy. These prayers emphasize God's holy nature and the holiness of Shabbat.
K'dushat ha-yom, or the holiness of the day, is about setting aside Shabbat ~ the seventh day ~
as holy, sacred and a celebration of creation.

<p>A-ta ka-dosh v'-shim-cha ka-dosh, u'-k'-do-shim b'-chol-yom y'-ha-l'-lu-cha Se-lah. Ba-ruch a-ta A-do-nai, ha-Eil ha-ka-dosh. You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy God.</p>	<p>אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ, וְקְדוּשִׁים בְּכָל-יוֹם יְהַלְלוּךָ סֵלָה. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ. בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ. You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy God.</p>
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<p>A-ta ki-dash-ta et yom hash-vi-i lish-me-cha. Tach-lit ma-a-sei sha-ma-yim va-a-retz, u-vei-rach-to mi-kol ha-ya-mim, v'-ki-dash-to mi-kol haz-ma-nim, v'-chein ka-tuv b'-To-ra-te-cha: Vay-chu-lu ha-sha-ma-yim v'-ha-a-retz v'-chol tz-va-am. Vay-chal E-lo-him ba-yom hash-vi-i m'-lach-to a-sheer a-sa, va-yish-bot ba-yom hash-vi-i mi-kol m'-lach-to a-sheer a-sa. Va-y'-va-rech E-lo-him et yom hash-vi-i vay-ka-deish o-to, ki vo sha-vat mi-kol m'-lach-to a-sheer ba-ra E-lo-him la-a-sot.</p>	<p>קְדוּשַׁתְּ אֶת יוֹם הַשְּׁבִיעִי לְשִׁמְךָ. תִּכְלִית מֵעֲשֵׂה שָׁמַיִם וָאָרֶץ, וּבִרְכָתוֹ מִכָּל הַיָּמִים, וְקְדוּשָׁתוֹ מִכָּל הַזְּמַנִּים, וְכֵן כָּתוּב בְּתוֹרָתְךָ: וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צָבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.</p>
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You set the seventh day apart for Your service; it is the pinnacle of Creation; and You blessed it above all other days, more sacred than all Festival times. So it is written in Your Torah: the whole universe ~ the heaven and the earth ~ was finished and all its array was completed. On the seventh day, God completed the work that had been done, ceasing then on the seventh day, from all the work that [God] had done. Then God blessed the seventh day and made it holy, and ceased from all the creative work that God [had chosen] to do.

<p>Ba-ruch a-ta A-do-nai, m'-ka-deish ha-Shabbat. Blessed are You, Adonai, who makes Shabbat holy.</p>	<p>בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת. Blessed are You, Adonai, who makes Shabbat holy.</p>
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PLEASE BE SEATED

...ON GRATITUDE

If the only prayer you said was "thank you"
that would be
enough.
~ Meister Eckhart



Thank You for the music, the songs I'm singing.
Thank You for all the joy they're bringing.
Who can live without it, I ask in all honesty...
what would life be?
Without a song or a dance what are we?
So I say thank You for the music,
for giving it to me.

~ Benny Anderson and Björn Ulvaeus, ABBA's *Thank You for the Music*



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 our thanks:

Mo-dim a-nach-nu lach	מוֹדִים אֲנַחְנוּ לָךְ
she-a-ta hu A-do-nai E-lo-hei-nu	שְׂאֵתָה הוּא יְיָ אֱלֹהֵינוּ
v'-Ei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu	וְאֵלֵהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ
l'-o-lam va-ed.	לְעוֹלָם וָעֶד.

We are thankful that You are our God, God of our ancestors,
and God of all generations forever.



...ON PEACE

Imagine there's no borders. It isn't hard to do.
Nothing to kill or die for,
And no discrimination too.
Imagine all the people living life in peace...

You may say that we are dreamers,
but we're not the only ones.
We hope some day you'll join us
And the world will be as one.

Imagine no possessions,
We wonder if you can.
No need for greed or hunger,
A brotherhood of man.
Imagine all the people sharing all the world...

TOGETHER:
*You may say that we are dreamers,
but we are not the only ones.
We hope some day you'll join us,
And the world will live as one*
~ John Lennon, *Imagine* [adapted]



Lo-yi-sa goy el-goy che-rev
lo-yil-m'-du od mil-cha-ma.

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

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

~ Isaiah 2:4



PRAYER FOR THE STATE OF ISRAEL

A-vi-nu shei-ba-sha-ma-yim tzur Yis-ra-eil v'-go-a-lo, אָבִינוּ שֶׁבַשְׁמַיִם צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
ba-reich et-m'-di-nat Yis-ra-eil, בָּרַךְ אֶת-מְדִינַת יִשְׂרָאֵל,
rei-shit tz'-mi-chat g'-u-la-tei-nu. רֵאשִׁית צְמִיחַת גְּאֻלַּתֵּנוּ.
Ha-gein a-le-ha b'-ev-rat chas-de-cha, הִגֵּן עָלֶיךָ בְּאֲבֵרַת חֶסֶדְךָ,
u-fros a-le-ha su-kat shlo-me-cha. וּפָרַס עָלֶיךָ סִפַּת שְׁלוֹמְךָ.
Ush-lach or-cha va-a-mit-cha וְשַׁלַּח אוֹרְךָ וְאַמְתָּךְ
l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha, לְרֵאשִׁיָּהּ, שְׁרִיָּה וְיוֹעֲצִיָּהּ,
v'-tak-neim v'-ei-tza to-va mil-fa-ne-cha. וְתַקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.
Cha-zeik et-y'-dei m'-gi-nei e-retz kod-shei-nu, חֲזַק אֶת-יְדֵי מְגִינֵי אֶרֶץ קֹדֶשְׁנוּ,
v'-han-chi-leim E-lo-hei-nu y'-shu-a, וְהִנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
v'-a-te-ret ni-tza-chon t'-at-reim. וְעֲטַרְתַּם נֶצְחוֹן תְּעַטְרֵם.
V'-na-ta-ta sha-lom ba-a-retz וְנִתְּנָה שְׁלוֹם בְּאֶרֶץ
v'-sim-chat o-lam l-yosh-ve-ha, וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֵיהָ,
v'-no-mar: a-mein. וְנֹאמַר: אָמֵן.

Heavenly One, Rock and Protector of Israel:
Bless the State of Israel, which marks the dawning of hope for all who seek peace.
Shield it beneath the wings of Your love;
Spread over it the canopy of Your peace;
Send Your light and truth to all who lead and advise the country,
guiding them with Your good counsel.
Establish peace in the land and fullness of joy for all who dwell there.



SHALOM RAV ~ שְׁלוֹם רָב

Shalom rav, meaning grant abundant peace, is the evening peace prayer.

Sha-lom rav al Yis-ra-eil am-cha שְׁלוֹם רָב עַל יִשְׂרָאֵל עַמְּךָ
ta-sim l'-o-lam, תְּשִׁים לְעוֹלָם,
ki a-ta hu Me-lech a-don l'-chol ha-sha-lom. כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכֹל הַשְׁלוֹם.
V'-tov b'-ei-ne-cha l'-va-reich וְטוֹב בְּעֵינֶיךָ לְבָרַךְ
et am-cha Yis-ra-eil, אֶת עַמְּךָ יִשְׂרָאֵל,
b'-chol eit u-v'-chol-sha-a bish-lo-me-cha. בְּכָל עֵת וּבְכָל-שָׁעָה בְּשְׁלוֹמְךָ.

Great abundant and lasting peace to Israel Your people forever
For You are the Sovereign of all peace.
May it please You to bless Your people Israel,
in every season and moment with Your peace.

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה, יְיָ,
ha-m'-va-reich et-a-mo Yis-ra-eil ba-sha-lom. הַמְּבָרַךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Blessed are You, Adonai, who blesses Your people Israel with peace.

...ON PERSONAL REFLECTION

And I'm still searching. Yes, I'm still searching
 For a way we all can learn...
 To build a world where we all can share:
 The work, the fun, the food, the space, the joy, the pain,
 And no one ever need or want to seek to be a millionaire.
 ~ Pete Seeger



Nobody can tell ya; there's only one song worth singin',
 They may try and sell ya,
 'Cause it hangs them up to see someone like you.
 But you've gotta make your own music
 Sing your own special song,
 Make your own kind of music even if nobody else sings along.
 ~ Mama Cass Elliot, *Make Your Own Kind of Music*



Prayer is not simple. Each prayer is personal ~ unique.
 When we pray, we must try to bring the essence
 of ourselves to each word or song.
 Not all prayers are spoken, nor are all prayers the written words of sages.
 To engage in prayer, spoken or unspoken,
 puts us in the company of psalmists.
 To join in prayer with others, or to reflect in quiet meditation,
 places us in conversation with God.
 When we pray we open our hearts to God's reply.
 ~ Linda Zoll [adapted]



*Yi-h'yu l'-ra-tzon im-rei fi
 v'-heg-yon li-bi l'-fa-ne-cha,
 A-do-nai tzu-ri v'-go-a-li.*

יְהִיו לְרָצוֹן אִמְרֵי פִי
 וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,
 יְיָ צוּרִי וְגֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You,
 Adonai, my Rock and my Redeemer.
 ~ Psalm 19:15

*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.*

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

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

SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה

The word Torah means teaching.

The Torah scroll is a hand-written parchment scroll containing the Five Books of Moses.

PLEASE RISE

Ki mi-Tzi-on tei-tzei To-rah

ud-var-A-do-nai mi-Y'-ru-sha-la-yim.

From out of Zion will come the Torah, and the world of Adonai from Jerusalem.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה

וְדַבַּר-יְיָ מִירוּשָׁלַיִם.



THE ARK IS OPENED AND THE TORAH IS REMOVED.



KABBALAT HA-TORAH ~ קַבֵּלַת הַתּוֹרָה

Welcoming the Torah.

Ha-vu go-del lei-lo-hei-nu

ut'-nu cha-vod la-To-rah.

Let us declare the greatness of our God and give honor to the Torah.

הָבוּ גִדְל לֵאלֹהֵינוּ

וְתַנּוּ כְבוֹד לַתּוֹרָה.

Ba-ruch she-na-tan To-rah

l'-a-mo Yis-ra-eil bik-du-sha-to.

Blessed is God who in holiness has given the Torah to Israel.

בְּרוּךְ שֶׁנָּתַן תּוֹרָה

לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשׁוֹ.

Beit Ya-a-kov,

l'-chu v'-neil-cha b'-or A-do-nai.

O House of Jacob, come let us walk in the light of Adonai.

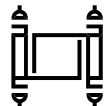
בֵּית יַעֲקֹב,

לְכוּ וְנִלְכֶה בְּאוֹר יְיָ.

שְׁמַע יִשְׂרָאֵל:

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Hear O Israel: Adonai is our God, Adonai is One.



הַרְהוּרִים...

har-hur-im

...ON LEARNING

Did he really believe God wrote stories
that were open to one explanation only?

A story that knew but one explanation could
hardly be interesting and was certainly not worth
the trouble of remembering.

~ Chaim Potok, *Davita's Harp*

MUSINGS...



HAKAFA ~ הקפה

Hakafa means to encircle or go around. It is the procession with the Torah scrolls.
This is done as a means of allowing everyone present direct contact with the Torah.

*L'cha A-do-nai, ha-g'-du-la
v'-ha-g'-vu-ra v'-ha-tif-e-ret
v'-ha-nei-tzach v'-ha-hod,
ki chol ba-sha-ma-yim u-va-a-retz.
L'cha A-do-nai ha-mam-la-cha
v'-ha-mit-na-sei, l'-chol l'-rosh.*

לָךְ יְיָ, הַגְדֹּלָה
וְהַגְבוּרָה וְהַתְפָּאֶרֶת
וְהַנִּצָּח וְהַהוֹד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.
לָךְ יְיָ הַמַּמְלָכָה
וְהַמִּתְנַשֵּׂא, לְכָל לְרֹאשׁ.

Yours, O God, is the greatness and the power, the glory, the victory and the majesty; for all that is in heaven and in the earth is Yours; You are the Sovereign; You are exalted above all.

*Ro-m'-mu A-do-nai E-lo-hei-nu
v-hish-ta-cha-vu l'-har kod-sho,
Ki ka-dosh A-do-nai E-lo-hei-nu.*

רוֹמְמוּ יְיָ אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לְהַר קְדוֹשׁוֹ,
כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ.

Exalt and bow down toward God's holy mountain, for Adonai our God is holy.

Ha-l'-lu...

הַלְלוּ...

*Kol ha-n'-sha-ma t'-ha-leil Ya,
Ha-l'-lu-Ya!*

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה,
הַלְלוּ-יְהוָה!

Let all that breathes praise God. Halleluyah!

*Al sh'-lo-sha d'-va-rim,
ha-o-lam o-meid:
al ha-Torah, v'-al ha-a-vo-da,
v'-al g'-mi-lut cha-sa-dim.*

עַל שְׁלֹשָׁה דְבָרִים,
הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,
וְעַל גְּמִילוּת חַסְדִּים.

The world rests on three things:
on Torah, on worship, and on acts of loving kindness.

PLEASE BE SEATED



הַרְחוּרִים...

har-hur-im

MUSINGS...

...ON CIRCLES

He drew a circle that shut me out;
Heretic, rebel, a thing to flout.
But love and I had the wit to win;
We drew a circle that took him in.
~ Edwin Markham



BIRCHOT HA-TORAH ~ בְּרִכּוֹת הַתּוֹרָה

Torah Blessings. The word aliyah means to go up.

It refers to the honor of being called to the bima to recite blessings before and after each section of Torah is read.

~ Blessing before each section of Torah is read ~

LEADER:

CONGREGATION:

Ba-ruch A-do-nai ha-m'-vo-rach

l'-o-lam va-ed!

LEADER:

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

בְּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

בְּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

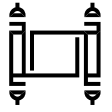
בְּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.



Bless Adonai, who is blessed!

Blessed is Adonai, who is blessed now and forever!

Blessed is Adonai, who is blessed now and forever!

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. Blessed is the Eternal, who gives the Torah.

תּוֹרָה

THE TORAH READING

~ Blessing after each section of Torah is read ~

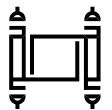
בְּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.



Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

...ON COMMUNITY

What does it mean to be a congregation?
It means to care about each other.

Pray?
We can also pray at home.

We come together as a congregation in order to share our lives,
to be part of a community.

Here lies the very essence of the Jewish philosophy of life:

We must share in each others lives...
no one must be left alone, either in times of sorrow or in times of joy.
~ unknown



When you're down and troubled, and you need some loving care,
And nothing, nothing is going right,
Just close your eyes and think of me and soon I will be there,
To brighten up even your darkest night...

...You just call out my name, and you know wherever I am,
I'll come running to see you again.
Winter, spring, summer or fall, all you have to do is call,
And I'll be there, yes I will.
You've got a friend.

If the sky above you grows dark and full of clouds,
And that old north wind begins to blow,
Keep your head together, and call my name out loud,
Soon you'll hear me knocking at your door...

Now ain't it good to know that you've got a friend,
When people can be so cold?
They'll hurt you, yes and desert you, and take your soul if you let them,
Oh, but don't you let them...
~ Carole King, *You've Got a Friend*



MI SHEBEIRACH ~ מִי שֶׁבִּירַח

Mi Shebeirach is a prayer for healing.

Mi she-bei rach a-vo-tei-nu

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 שֶׁבִּירַח אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

Mi she-bei rach i-mo-tei-nu

m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.

*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.
~ Debbie Friedman and Drorah Setel*

מִי שֶׁבִּירַח אֲמוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Complete healing.

Ba-ruch a-ta A-do-nai, ro-fei ha-cho-lim.

בְּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחוֹלִים.
Blessed are You, Adonai, Source of healing.



HAGBAHA ~ הַגְּבָהָה and G'LILAH ~ גְּלִילָה

Hagbaha is the lifting of the Torah scroll wide enough for everyone present to see at least three columns of the text.

This is another means of ensuring all have direct access to the Torah.

G'lilah, meaning to roll, is the ritual honor of helping dress the Torah and return it to the Ark.

PLEASE RISE

V'-zot ha-To-rah

a-she sam Mo-sheh

lif-nei b'-nei Yis-ra-eil,

al-pi A-do-nai b'-yad Mo-she.

זֹאת הַתּוֹרָה
אֲשֶׁר-שָׂם מֹשֶׁה
לְפָנֵי בְנֵי יִשְׂרָאֵל,
עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

This is the Torah that Moses placed before the Children of Israel,
to fulfill the word of God.

HACHZARAT HA-TORAH ~ התּוֹרָה הַחֲזָרָת

Returning the Torah.

Ho-do al e-retz v'-sha-ma-yim,
va-ya-rem ke-ren l'-a-mo,
t'-hi-la l'-chol chah-si-dav,
liv-nei Yis-ra-eil am k'-ro-vo.
Ha-l'-lu-Ya!

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם,
וַיָּרֶם קֶרֶן לְעַמּוֹ,
תְּהִלָּה לְכָל-חַסִּידֶיךָ,
לְבָנֵי יִשְׂרָאֵל עִם קְרוּבוֹ.
הַלְלוּיָהּ!

Your splendor covers heaven and earth; You are the strength of Your people, making glorious Your faithful ones,
the people of Israel whom You brought near to Yourself. Halleluyah.

Ki le-kach tov na-ta-ti la-chem,
To-ra-ti al-ta-a-zo-vu.

כִּי לְקַח טוֹב נָתַתִּי לָכֶם,
תּוֹרָתִי אַל-תַּעֲזוּבוּ.

Behold a good doctrine has been given unto you;
My Torah, forsake it not.

Eitz cha-yim hi la-ma-cha-zi-kim ba,
v'-to-m'-che-ha m'-u-shar.
D'-ra-che-ha dar-chei-no-am,
v'-chol-n'-ti-vo-te-ha sha-lom.

עֵץ-חַיִּים הִיא לְמַחְזִיקִים בָּהּ,
וְתַמְכֶיהָ מֵאֲשֶׁר.
דְּרָכֶיהָ דְרָכֵי-נֹעַם,
וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם.

It is a tree of life to them that hold fast to it, and all of its supporters are happy.
Its ways are ways of pleasantness, and all its paths are peace.

Ha-shi-vei-nu A-do-nai ei-le-cha, v'-na-shu-va.
Cha-deism ya-mei-nu k'-ke-dem.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֶיךָ, וְנָשׁוּבָה.
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Help us to return to You, O God; then truly shall we return.
Renew our days as in the past.



THE ARK IS OPENED AND THE TORAH IS RETURNED.



PLEASE BE SEATED



DRASH ~ SERMON • SPEAKER • STORY • DISCUSSION • TEACHING

The word drash derives from the word midrash, meaning stories, interpretations, and lessons derived from a Torah portion.

BIRKAT KOHANIM ~ בְּרַכַּת כֹּהֲנִים

Also called the Priestly Blessing and the Tri-fold Benediction, this blessing derives from the Book of Numbers.

In the Torah, Aaron and the priests who followed him, blessed the Children of Israel with these words, customarily offered in front of the open ark.

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha. יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.

Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka. יָאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ.

Yi-sa A-do-nai ei-le-cha v'-ya-seim l'-cha sha-lom! יִשָּׂא יי פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם!

May God bless and keep you.

May God deal kindly and graciously with you.

May God bestow favor upon you and grant you peace!



ALEINU ~ עֲלֵינוּ

Aleinu stresses the unique contribution of Judaism in praying to only one God.

It is also a prayer of hope for a time when all that is broken in our world will be repaired.

PLEASE RISE

*A-lei-nu l'-sha-bei-ach la-a-don ha-kol,
la-teit g'-du-la l'-yo-tzeir b'-rei-shit,
she-lo a-sa-nu k'-go-yei ha-a-ra-tzot,
v'-lo sa-ma-nu k'-mish-p'-chot ha-a-da-ma.
She-lo sam chel-kei-nu ka-hem,
v'-go-ra-lei-nu ha-mo-nam.*

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.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.
שֶׁלֹא שָׂם חֶלְקֵנוּ בָהֶם,
וְגָרְלָנוּ כְּכֹל הַמּוֹנָם.

*She-hu no-teh sha-ma-yim v'-yo-seid a-retz,
u-mo-shav y'-ka-ro ba-sha-ma-yim mi-ma-al,
ush-chi-nat u-zo b'-gav-hei m'-ro-mim,
hu E-lo-hei-nu ein od.
E-met mal-chei-nu e-fes zu-la-to,
ka-ka-tuv b'-To-ra-to: v'-ya-da-ta ha-yom
va-ha-shei-vo-ta el l'-va-ve-cha, ki A-do-nai
hu ha-E-lo-him ba-sha-ma-yim mi-ma-al,
v' al ha-a-retz mi-ta-chat, ein od.*

For You spread out the heavens and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשֹׁכֵן עֵזוֹ בְּגִבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֱמֶת מִלְּפָנֶיךָ אֶפֶס זֹלָתוֹ,
כְּפָתוֹב בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם
וְהִשְׁבַּת אֶל לְבָבְךָ, כִּי יי
הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל,
וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

*Va-a-nach-nu ko-rim u-mish-ta-cha-vim u-mo-dim,
lif-nei Me-lech, mal-chai ham-la-chim,
ha-ka-dosh ba-ruch hu.*

Therefore bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

וַאֲנַחֲנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֶיךָ מֶלֶךְ, מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*V'-ne-e-mar: "v'-ha-ya A-do-nai
l'-Me-lech al kol ha-a-retz."
Ba-yom ha-hu yi-h'-ye
A-do-nai e-chad u-sh'-mo e-chad.*

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.

וְנֹאמַר: "וְהָיָה יי
לְמַלְךְ עַל כָּל הָאָרֶץ."
בַּיּוֹם הַהוּא יִהְיֶה
יי אֶחָד וּשְׁמוֹ אֶחָד.

PLEASE BE SEATED

...ON REMEMBRANCE

When I die give what's left of me away
To children, and old men that wait to die.

And if you need to cry,
cry for your brother walking the street beside you.

And when you need me, put your arms around anyone
and give them what you need to give me.

I want to leave you something,
something better than words or sounds.

Look for me in the people I've known or loved.

And if you cannot give me away,
at least let me live on in your eyes and not on your mind.

You can love me most by letting hands touch hands,
by letting bodies touch bodies,
and by letting go of children that need to be free.

Love doesn't die, people do.

So, when all that's left of me is love,
give me away.

~ Merrit Malloy



Memory performs the impossible for human beings.

It holds together past and present,
gives continuity and dignity to our lives.

It is the companion, the tutor, the poet, the library,
with which we travel.

~ Mark Van Doren [adapted]



KADDISH YATOM ~ קְדִישׁ יָתוֹם

Kaddish Yatom, or Mourner's Kaddish, is said near the end of most Jewish services.

Its name derives from the Hebrew root word meaning holy.

While it is used as a means of remembering the dead, it does not mention death or mourning.

Rather it is an affirmation of faith, even in times of pain and longing.

Memory is all we are ever left with,
images of times gone by where our lives intersect with those we love.

We embrace those memories and allow them to comfort us
when we need them the most.

~ MS



PLEASE RISE

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא
מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא,
לְעֵלְא מִן-כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבְּחַתָּא וְנַחֲמַתָּא,
דְּאָמְרוּן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמֵיָא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל-כָּל יִשְׂרָאֵל, 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 in the lives 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. May there be abundant peace from heaven, and life for us and all Israel. To which we say: Amen. May the One who creates harmony on high, bring peace to us, to all Israel, and to all the world. To which we say: Amen.

May the Source of peace send peace to all who mourn,
and comfort all who are bereaved. Amen.

PLEASE BE SEATED

ADON OLAM ~ אָדוֹן עוֹלָם

Adon Olam is a poem, believed to have been written in medieval times, that sings of God alone as eternal, without beginning or end, and is a reminder that God is part of everything.

Tradition states that Adon Olam may be sung to ANY tune.

*A-don o-lam a-sheer ma-lach,
b'-te-rem kol y'-tzir niv-ra.
L'-eit na-a-sah v'-chef-tzo kol,
a-zai Me-lech sh'-mo nik-ra.*

*V'-a-cha-rei ki-ch'-lot ha-kol,
l'-va-do yim-loch no-ra.
V'-hu ha-yah, v'-hu ho-veh,
v'-hu yi-h'-yeh, b'-tif-a-rah.*

*V'-hu e-chad v'-ein shei-ni,
l'-ham-shil lo l'-hach-bi-rah.
B'-li rei-shit b'-li tach-lit,
v'-lo ha-oz v'-ha-mis-rah.*

*V'-hu Ei-li v'-chai go-a-li,
v'-tzur chev-li b'-eit tza-rah
V'-hu ni-si u-ma-nos li
m'-nat ko-si b'-yom ek-ra.*

*B'-ya-do af-kid ru-chi,
b'-eit i-shan v'-a-i-rah.
V'-im ru-chi g'-vi-ya-ti,
A-do-nai li v'-lo i-rah.*

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,
בְּטָרֵם כֹּל יִצִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כֹּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלוֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹיָה,
וְהוּא יִהְיֶה, בְּתִפְאַרְהָ.

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

וְהוּא אֵלֵי וְחֵי גֹאֲלֵי
וְצוּר חֲבֵלֵי בְּעֵת צָרָה
וְהוּא נְסִי וּמְנוּס לִי
מִנֶּת כּוֹסֵי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישׁוֹן וְאַעִירָא.
וְעַם רוּחִי גִוְיָתִי,
יְיָ לִי וְלֹא אֵירָא.

God is the eternal God, who reigned before any being had yet been created;
when all was done according to God's will, already then God's name was Ruler.
And after all has ceased to be, still will God reign in solitary majesty; God was,
God is, and God shall be in glory. And God is One; none other can compare to God,
or consort with God; God is without beginning, without end; to God alone belongs power and dominion.
And God is my God, my living Redeemer, my Rock in time of trouble and distress;
God is my banner and my refuge, my benefactor when I call. Into God's hands I entrust my spirit,
when I sleep and when I wake. And with my spirit and my body, God is with me; I will not be afraid.

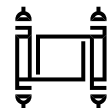


MOTZI ~ מוֹצִיא

Motzi, the blessing said over challah (special bread eaten on Shabbat), literally means the One Who brings forth.
The blessing gives thanks for the "bringing forth" of the grain from the earth that we use to make bread.

~ Blessing over the Challah ~

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.



Blessed are You, Eternal God, Ruler of the universe, who causes bread to come forth from the earth.

HINEI MA TOV ~ הִנֵּה מַה-טוֹב

*Hi-nei ma-tov u-ma-na-im
she-vet a-chim gam-ya-chad.*

Behold, how good and pleasant it is for people to dwell together in unity.
~ Psalm 133:1

הִנֵּה מַה-טוֹב וּמַה-נְּעִים
שֶׁבֶת אַחִים גַּם-יַחַד.

TALIT ~ טָלִית

The Talit is a fringed prayer shawl worn as a reminder of the commandments.
The Talit also connects the wearer to thousands of years of Jewish history and tradition,
while at the same time creating a personal sanctuary for prayer.

בַּר מִצְוָה ~ בַּת מִצְוָה

TALIT PRESENTATION*

Our lives are a tapestry of rich and royal hue...
an everlasting vision of the ever changing view.
A collection of threads from the fabrics of those who came before us ~
Stitched together into quilts created from our own actions, words,
intentions, hopes, and dreams.
A wondrous woven magic that inspires us for our lifetime.
With these sentiments we present you with this Talit,
as you are about to become a Bar/Bat Mitzvah.
It is a tapestry that weaves you both to those who came before you,
as it connects you to generations of Jewish tradition,
and to all of our wishes and dreams for your future.
~ Inspired by Carole King's *Tapestry*

The Talit is a very personal ritual object that can serve many functions.
Its tzi-tzit remind us of the commandments.

It is a portable spiritual home in which we can always wrap ourselves
for a moment of quiet meditation.

It emphasizes our connections to our people and to the community
of Jewish people throughout time and space.

As we are blessed to present you with this Talit today, we hope it
will also remind you of all the love and pride surrounding you on this special day.
~ SK

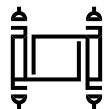
*Choose one of these selections or your own words. Add anything special about the Talit presented.

BAR MITZVAH ~ BAT MITZVAH

~ Talit Blessing ~

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

Blessed are You, Adonai our God, Sovereign of the universe.
You make us holy with mitzvot,
and teach us to wrap ourselves in the fringed Talit.

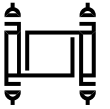


BIRCHOT HA-HAFTARAH ~ הַפְּטָרָה

Haftarah blessings. Haftarah, which literally means conclusion, is a selection from the Prophets recited following the Torah reading. One explanation for the origin of Haftarah is that it was used to replace censored Torah texts during times of Jewish persecution. While the custom began as a thematic replacement for Torah study, eventually Haftarah became an fixed addition, rather than replacement, to help add depth, meaning, and understanding to our studies.

~ Blessing before the Haftarah Selection ~

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאַמֶּת.
בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה
וּבְמִשְׁנֵה עֲבָדָיו, וּבִישְׂרָאֵל עַמּוֹ,
וּבְנְבִיאֵי הָאַמֶּת וְצַדִּיק.



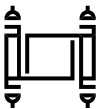
Blessed are You, Eternal God, Ruler of the universe, who has chosen faithful prophets to speak words of truth.
Blessed are You, O God, for the revelation of Your Torah, for Moses Your servant and Israel Your people,
and for the prophets of truth and righteousness.

הַפְּטָרָה

THE HAFTARAH SELECTION

~ Blessing after the Haftarah Selection ~

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
צוּר כָּל-הָעוֹלָמִים,
צַדִּיק בְּכָל-הַדּוֹרוֹת,
הָאֵל הַנְּאֻמָּו, הָאוֹמֵר וְעוֹשֶׂה,
הַמְדַבֵּר וּמְקַיֵּם,
שְׁכָל-דְּבָרָיו אֶמֶת וְצַדִּיק.
עַל-הַתּוֹרָה וְעַל-הָעֲבוֹדָה
וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,
שֶׁנִּתְּתָ-לָנוּ, יְיָ אֱלֹהֵינוּ,
לְקַדְּשָׁה וּלְמַנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.
עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,
אֲנַחְנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ
בְּפִי כָל-חַי וְתַמִּיד לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.



Blessed are You, Eternal God, Ruler of the universe, Rock of all creation, Righteous One of all generations,
the faithful God whose word is deed, whose every command is just and true.
For the Torah, for the privilege of worship, for the prophets, and for Shabbat that You,
O God, have given us for holiness and rest, for honor and glory, we thank and bless You.
May Your name be blessed forever by every living being.
Blessed are You, Eternal God, for the Sabbath and its holiness.



SHEHECHEYANU ~ שְׁהַחֲיֵנוּ

Shehecheyanu is a prayer of gratitude said when experiencing something for the first time or celebrating a joyous occasion.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁהַחֲיֵנוּ, וְקִיַּמְנוּ,
וְהַגִּיעָנוּ, לְזֶמַן הַזֶּה.



Blessed are You, Adonai our God, Sovereign of the universe, for giving us life,
sustaining us, and enabling us to reach this day of joy.



הַרְהוּרִים...

har-hur-im

MUSINGS...

...ON FINDING GOD

"God is indeed deep," she said to the fish in the sea;
"and much higher than high," she told the mountains.

"God is swift and free as the wind, and still and solid as a great rock,"
she said to the breezes and stones.

"God is the life of the world," Turtle said to the willow.
"Always close by, yet beyond the farthest twinkling light,"
she told the ant and the star.

"God is gentle and powerful. Above all things and within all things."
"God is all that we dream of, and all that we seek," said Old Turtle,
"all that we come from and all that we can find."

"God IS."

The voice seemed to come from the mountain who rumbled,
"Sometimes I see God swimming in the dark blue depths of the sea."

And from the ocean who sighed,
"God is often among the snow-capped peaks, reflecting the sun."

From the stone who said,
"I sometimes feel God's breath, as God blows by."

And from the breeze who whispered,
"I feel God's still presence as I dance among the rocks."

And the star said, "God is very close;"

And the island said, "God's love touches everything."

~ Douglas Wood, *The Old Turtle* [excerpted]

