



HAR SHALOM

SHABBAT EVENING PRAYER BOOK

שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

Welcome to Har Shalom!

Har Shalom is a progressive Jewish community, rooted in our traditions while also meeting today's modern needs. We embrace all who want to bring Judaism to their lives, by creating a warm community characterized by openness, integrity, acceptance, and informality.

We created this prayer book with hopes of providing meaningful, resonant, engaging, and accessible worship experiences, and especially to encourage everyone present to follow along and participate as much as they are comfortable.

Rabbi Michael Sommer and the Har Shalom Leadership Circle

INTRODUCTION TO OUR SIDDUR

Siddur, the name for a Jewish prayer book, means order. The name refers to the ordered series of prayers, songs, meditations, and readings that comprise the service.

Creative services combine elements from traditional liturgy with contemporary material that speaks to significant themes found in the prayers and other teachings. Explanations about individual prayers and rituals are included throughout the siddur.

All of the Hebrew text is transliterated, with hyphens indicating syllables, according to this style:

a as in far	e as in let	ei as in weigh	i as in ink	o as in coat
u as in flute	ai as in aisle	oi as in boil	ch as in challah, Chanukah, or Bach.	

Our siddur was designed to be used in a variety of ways.

The primary liturgy may be read/sung in Hebrew in linear order. As chosen by the service leader and participants at each service, a prayer may be read in full or excerpted, with the English translations of text read aloud in addition to or in place of the Hebrew text.

This siddur also includes many reflections. Judaism teaches us that we must learn from everything in our lives and world. The sources for the reflections are diverse, including not only Judaic scholars, but also literature, philosophy, teachings from other faith traditions, and contemporary music. These supplemental meditations may both be incorporated into the service (read in addition to or in place of other prayers), as well as provide food for thought as they are reflected upon individually or used as a starting point for discussion.

We hope these passages will serve as touchstones which you will find thought provoking and inspiring.

PLEASE READ ALONG...SING ALONG...JOIN US!



REFLECTIONS

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 be 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]



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.

~ Rabbi Michael Sommer

SHIRIM ~ שְׁרִים

Songs

KI ESHM'RA SHABBAT ~ כִּי אֶשְׁמְרָה שַׁבָּת

Ki esh-m'-ra Sha-bat Eil yish-m'-rei-ni.

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.

Ot hi l'-ol-mei ad bei-no u-vei-ni.

אוֹת הִיא לְעוֹלָמִי עַד בְּיָנוּ וּבְיָנֶי.

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



OZI V'ZIMRAT YA ~ עֲזִי וְזִמְרַת יְהוָה

O-zi v'-zim-rat Ya;

עֲזִי וְזִמְרַת יְהוָה;

va-y'-hi-li li-shu-a.

וַיְהִי-לִי לִישׁוּעָה.

Adonai is my strength and might; God will be my salvation.

~ Exodus 15:2



SHIR HA-MAALOT ~ שִׁיר הַמַּעֲלוֹת

Sha-bat sha-lom...

שַׁבָּת שְׁלוֹם...

Shir ha-ma-a-lot b'-shuv A-do-nai

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ

et-shi-vat Tzi-on ha-yi-nu k'-chol-mim.

אֶת-שִׁיבַת צִיּוֹן הָיִינוּ כְּחֻלְמִים.

Az yi-ma-lei s'-chok pi-nu

אֲזַי מָלֵא שְׁחוֹק פִּינוּ

ul-sho-nei-nu ri-na.

וּלְשׁוֹנֵינוּ רִנָּה.

Az yom-ru va-go-yim

אֲזַי יֹאמְרוּ בְּגוֹיִם

hi-g'-dil A-do-nai la-a-sot im-ei-leh.

הַגְּדִיל יְיָ לַעֲשׂוֹת עִם-אֱלֹהֵי.

Sabbath peace...

A song of ascents...when Adonai restores the fortunes of Zion
(we see it as in a dream.)

Our mouths will be filled with laughter, our tongues with songs of joy.

They shall say among the nations: "Adonai has done great things!"

~ Craig Taubman, based on Psalm 126

CONTINUED

SHALOM ALEICHEM ~ שְׁלוֹם עֲלֵיכֶם

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

שְׁלוֹם עֲלֵיכֶם,
מְלַאכֵי הַשָּׁרֵת,
מְלַאכֵי עֲלִיוֹן,
מִמְלֶכֶת מְלָכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

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

בּוֹאֲכֶם לְשָׁלוֹם,
מְלַאכֵי הַשָּׁלוֹם,
מְלַאכֵי עֲלִיוֹן,
מִמְלֶכֶת מְלָכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

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

בְּרַכּוּנִי לְשָׁלוֹם,
מְלַאכֵי הַשָּׁלוֹם,
מְלַאכֵי עֲלִיוֹן,
מִמְלֶכֶת מְלָכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

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

צֵאתְכֶם לְשָׁלוֹם,
מְלַאכֵי הַשָּׁלוֹם,
מְלַאכֵי עֲלִיוֹן,
מִמְלֶכֶת מְלָכֵי הַמַּלְאָכִים,
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.

HINEI MA TOV ~ הִנֵּה מֵה-טוֹב

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

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

Behold, how good and pleasant it is for people
to dwell together in unity.

~ Psalm 133:1



MA YAFEH HA-YOM ~ מֵה-יָפֵה הַיּוֹם

Ma-ya-feh ha-yom: Sha-bat sha-lom.
Sha-bat, Sha-bat sha-lom.

מֵה-יָפֵה הַיּוֹם: שֶׁבֶת שְׁלוֹם
שֶׁבֶת, שֶׁבֶת שְׁלוֹם.

How beautiful is this day. Shabbat peace.



HAL'LU ~ הַלְלוּ

Ha-l'-lu...

הַלְלוּ...

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

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה,
הַלְלוּ-יְהוָה!

Let all that breathes praise God. Halleluyah

~ Psalm 150:6



OLAM CHESED YIBANEH ~ עוֹלָם חֶסֶד יִבְנֶה

O-lam che-sed yi-ba-neh, yai, dai, dai.

עוֹלָם חֶסֶד יִבְנֶה.

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

~ Rabbi Menachem Creditor. Hebrew: Psalm 89:3

REFLECTIONS

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,

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*



HADLIKAT HA-NEIROT ~ הַדְּלִקַּת הַנֵּירוֹת

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 יְיָ,

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 ~ קְדוּשָׁה

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,

bo-rei p'-ri ha-ga-fen.

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

Me-lech ha-o-lam,

a-sheer 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-sheet

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 ki-dash-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.

בְּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרֵי הַגֶּפֶן.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

וְרָצָה בָּנוּ,

וְשַׁבַּת קִדְּשׁוֹ

בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ

זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה

לְמִקְרָאֵי קִדְּשׁ,

זְכוֹר לְיִצְיַאת מִצְרָיִם.

כִּי בָנוּ בְּחֵרְתָּ,

וְאוֹתָנוּ קִדְּשָׁתָּ

מִכָּל הָעַמִּים,

וְשַׁבַּת קִדְּשָׁךְ

בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ.

בְּרוּךְ אַתָּה יְיָ,

מִקְדֵּשׁ 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 finds favor with us, sanctifying 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 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.

L'CHA DODI ~ לְכֵה דוֹדֵי

This song is traditionally used to usher in Shabbat. It was composed by Shlomo Halevi Alkabets, 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-b'-la.

לְכֵה דוֹדֵי לְקִרְאת פְּלֵה,
פְּנֵי שַׁבַּת נְקַבְּלָה.

Sha-mor v'-za-chor b'-di-bur e-chad,
hish-mi-a-nu eil ham'-yu-chad.

שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד,
הִשְׁמִיעֵנוּ אֵל הַמִּיחָד.

A-do-nai e-chad u-sh'-mo e-chad.

יְיָ אֶחָד וְשִׁמוֹ אֶחָד.

L'-sheim ul-tif-e-ret v'-lit-hi-la. L'-cha...

לְשֵׁם וּלְתִפְאַרֶת וּלְתִהְיֶלָה. לְכֵה...

Lik-rat 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 לְכוּ וְנִלְכֵה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מִרֵּאשׁ מִקְדָּם נְסוּכָה,
סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה
תִּחְלָה. לְכֵה...

Hit-or-ri, hit-or-ri,

הִתְעוֹרְרִי, הִתְעוֹרְרִי,

ki va o-reich, ku-mi o-ri,

כִּי בָּא אֹרֶךְ, קוּמִי אֹרִי,

u-ri, u-ri, shir da-bei-ri,

עוֹרִי, עוֹרִי, שִׁיר דַּבְּרִי,

k'-vod A-do-nai a-la-yich nig-la. L'-cha...

כְּבוֹד יְיָ עָלֶיךָ נִגְלָה. לְכֵה...

Bo-i v'-sha-lom a-te-ret ba-a-la,

בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה,

gam b'-sim-cha uv-tzo-ho-la.

גַּם בְּשִׂמְחָה וּבִצְהֵלָה.

Toch e-mu-nei am s'-gu-la.

תּוֹךְ אֲמוּנֵי עַם סִגְלָה.

Bo-i cha-la! Bo-i cha-la! L'-cha...

בּוֹאִי כָּלָה! בּוֹאִי כָּלָה! 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!

REFLECTIONS

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]



We ask You, God, to bless 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

BAR'CHU ~ בְּרָכוּ

Bar'chu is the "call to worship." The first parts of the service are to prepare us as individuals. Bar'chu signals that, following this "warm up," it is time to join together for communal prayer.

Am I awake? Am I prepared?
Are you listening?
To my prayer?
Can you hear my voice?
Can you understand?
Am I awake? Am I prepared?
Ya la lai lai lai...

~ Noah Aronson

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ!

Bless the Eternal, to whom all blessings are due!

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

בְּרוּךְ יְיָ הַמְּבֹרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

Blessed is the Eternal forever and ever!



REFLECTIONS

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.

~ Rabbi Michael Sommer



I practice caring less about specific words and more about the quest
for connection, the desire for the holy. It is in praying itself that
I find God, that I find myself.

~ Lauren Bottner



Prayer is like a muscle. It must be exercised to work optimally.

~ unknown

REFLECTIONS

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



Prayer is our humble answer to the inconceivable surprise of living.

~ Rabbi Abraham Joshua Heschel



O God...

Help me to perceive what I have ignored,
uncover what I have forgotten,
and find what I have been searching for.

Remind me that I don't have to journey far
to discover something new, for miracles
surround me, blessings and holiness abound,
and You are near.

~ Rabbi Naomi Levy



One of the secrets of staying young is to always do things
you don't know how to do, to keep learning.

~ Ruth Reichl



When the whole world is silent, even one voice becomes powerful.

~ Malala Yousafzai

MAARIV ARAVIM ~ מַעְרִיב עֶרְבִים

The words maariv aravim essentially mean "who brings on evenings." It is used, as evening approaches, to thank and praise God for creating nature and all the wonders of the universe.

Ba-ruch a-ta A-do-nai,
E-lo-hei-nu Me-lech ha-o-lam,
a-sher bid-va-ro ma-a-riv a-ra-vim,
b'-choch-ma po-tei-ach sh'-a-rim,
u-vit-vu-na m'-sha-neh i-tim,
u-ma-cha-lif et haz-ma-nim,
u-m'-sa-deir et ha-ko-cha-vim,
b'-mish-m'-ro-tei-hem
ba-ra-ki-a kir-tzo-no.
Bo-rei yom va-lai-la,
go-leil or mip-nei cho-shech,
v'-cho-shech mip-nei or.
U-ma-a-vir yom u-mei-vi lai-la,
u-mav-dil bein yom u-vein lai-la,
A-do-nai tz'-va-ot sh'-mo.
Eil chai v'-ka-yam, ta-mid yim-loch
a-lei-nu l-o-lam va-ed.
Ba-ruch a-ta A-do-nai,
ha-ma-a-riv a-ra-vim.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עֶרְבִים,
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַיָּמִים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים,
בְּמִשְׁמְרוֹתֵיהֶם
בְּרַקִיעַ כְּרָצוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה,
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ
עָלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ,
הַמַּעְרִיב עֶרְבִים.

Blessed are You, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan. You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other. Adonai Tz'vaot is Your Name. Ever-living God, may You reign continually over us into eternity. Blessed are You, Adonai, who brings on evening.

REFLECTIONS

When I was young, I used to admire intelligent people;
as I grow older, I admire kind people.

~ Rabbi Abraham Joshua Heschel



Raise your words, not your voice.
It is rain that grows flowers, not thunder.

~ Rumi



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



The true meaning of love one's neighbor is not
that it is a command from God which we are to fulfill,
but that through it and in it we meet God.

~ Martin Buber



Love is the only prayer I know.

~ Marion Zimmer Bradley, *The Mists of Avalon*

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-mei-nu
na-si-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-mei-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 ובקוּמנו
נשיח בחקך,
ונשמח בדברי תורתך
ובמצותיך לעולם ועד.
כי הם חיינו וארך ימינו,
ובהם נהגה יומם ולילה.
ואהבתך אל תסיר ממנו
לעולמים. ברוך אתה יי,
אוהב 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.



SH'MA ~ שְׁמַע

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

Sh'-ma Yis-ra-eil,
A-do-nai E-lo-hei-nu, A-do-nai e-chad!

שְׁמַע יִשְׂרָאֵל,
יי אֱלֹהֵינוּ, יי אֶחָד!

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

Ba-ruch sheim k'-vod
mal-chu-to l'-o-lam va-ed!

בְּרוּךְ שֵׁם כְּבוֹד
מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is Your glorious kingdom forever and ever!

V'AHAVTA ~ וְאָהַבְתָּ

V'ahavta is a continuation of Sh'ma. It 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.

V'-a-hav-ta eit A-do-nai E-lo-he-cha,
 b'-chol l'-vav-cha, u-v'-chol naf-sh'-cha,
 u-v'-chol m'-o-de-cha: V-ha-yu had-va-rim
 ha-ei-leh a-sher a-no-chi m'-tzav-cha
 ha-yom al l'-va-ve-cha.

V'-shi-nan-tam l'-va-ne-cha, v'-di-bar-ta bam
 b'-shiv-t'-cha b'-vei-te-cha uv-lech-t'-cha
 va-de-rech uv'-shoch-b'-cha, uv'-ku-me-cha:
 uk-shar-tam l'-ot al-ya-de-cha,
 v'-ha-yu l'-to-ta-fot bein ei-ne-cha.
 Uch-tav-tam al m'-zu-zot bei-te-cha
 u-vi-sha-re-cha.

L'-ma-an tiz-k'-ru va-a-si-tem
 et kol mitz-vo-tai. Vi-h'-yi-tem
 k'-do-shim lei-lo-hei-chem. A-ni A-do-nai
 E-lo-hei-chem, a-sher ho-tzei-ti
 et-chem mei-e-retz Mitz-ra-yim,
 li-h'-yot la-chem lei-lo-him.
 A-ni A-do-nai E-lo-hei-chem.

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

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
 וּבְכָל-מְאֹדְךָ וְהָיוּ הַדְּבָרִים
 הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ
 הַיּוֹם עַל-לִבְבְּךָ
 וְשָׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָם
 בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
 וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ
 וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
 וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
 אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם
 קְדוֹשִׁים לֵאלֹהֵיכֶם אֲנִי יְיָ
 אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי
 אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
 לְהֵיוֹת לְכֶם לְאֱלֹהִים
 אֲנִי יְיָ אֱלֹהֵיכֶם.

MI CHAMOCHA ~ מִי כְּמֹכָה

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.

Standing on the parted shores of history, we still believe what we were taught before we ever stood at Sinai: that wherever we are, it is eternally Egypt; that there is a better place, a Promised Land; that the winding way to that promise passes through the wilderness; that there is no way to get from here to there, except by joining hands, and marching together.

~ Michael Walzer

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?

מִי כְּמֹכָה בְּאֵלִים יְיָ?
מִי כְּמֹכָה נֹאדָר בְּקֹדֶשׁ,
נוֹרָא תְהִילֹת, עֲשֵׂה פְלֵא?

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!"

מְלֻכּוֹתֶיךָ רָאוּ בְּנֵיךָ,
בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה וּמִרְיָם.
זֶה אֱלֹהֵי עָנּוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

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.

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

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

REFLECTIONS

Stand in the middle
'Cause that is where the healing happens.
That's where the conversation happens,
That's where the change happens.
It all happens in the middle.

~ Tyler Perry



We came whirling out of nothingness....
Scattering stars like dust....
The stars made a circle....
And in the middle....
We dance.

~ Rumi



How long shall they kill our prophets while we stand aside and look?
Yes, some say it's just a part of it we've got to fulfill the book.
Won't you help to sing these songs of freedom?
'Cause all I ever had redemption songs.
All I ever had redemption songs.
These songs of freedom

~ Bob Marley, *Redemption Song*



Life is like dancing. If we have a big floor, many people will dance.
Some will get angry when the rhythm changes.
But life is changing all the time.

~ Don Miguel Ruiz

ONE DAY

Sometimes I lay under the moon and thank God I'm breathing.
Then I pray "don't take me soon cause I'm here for a reason."
Sometimes in my tears I drown; but I never let it get me down,
So when negativity surrounds
I know some day it'll all turn around
Because...

All my life I've been waiting for,
I've been praying for; for the people to say
That we dont wanna fight no more,
There'll be no more wars, and our children will play.
One day (one day), one day (one day), one day (oh, oh, oh.)

~ Matisyahu



HASHKIVEINU ~ הַשְׁכִּיבֵנוּ

Hashkiveinu 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 CE. It is often used as a lullaby. The passages below are contemporary song versions of the prayer.

Hash-ki-vei-nu A-do-nai

E-lo-hei-nu l'-sha-lom,

v'-ha-a-mi-dei-nu shom-rei-nu l'-cha-yim.

Ush-mor tzei-tei-nu u-vo-ei-nu,

l'-cha-yim ul-sha-lom,

mei-a-ta v'-ad o-lam.

הַשְׁכִּיבֵנוּ יי
אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

וְשָׁמֹר צִאתָנוּ וּבֹאֵנוּ,
לְחַיִּים וּלְשָׁלוֹם,
מֵעַתָּה וְעַד עוֹלָם.

God, help us to lie down in peace, and wake us up, our Guardian, to life renewed.
Safeguard our going and coming, for life and for peace, from now to eternity.

~ Musical Arrangement by Craig Taubman



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

REFLECTIONS

If I am not for myself, who will be for me?
But if I am only for myself, who am I?
And, if not now, when?

~ Hillel the Elder, Pirkei Avot (Ethics of Our Ancestors)



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

~ Franz Rosenzweig



Science investigates; religion interprets.
Science gives humanity knowledge, which is power;
Religion gives humanity wisdom, which is control.
Science deals mainly with facts;
religion deals mainly with values.
The two are not rivals.

~ Martin Luther King, Jr.



If someone gives you a piece of advice that sounds right
and feels right, use it.

If someone gives you a piece of advice that sounds right
and feels wrong, don't waste so much as a single second on it.

It may be fine for someone else, but not for you.

~ Etgar Keret

YISM'CHU ~ יִשְׂמְחוּ

Yism'chu is another 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.	יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג.
Am m'-kad-shei sh'-vi-i ku-lam yis-b'-u v'-yit-an-gu mit-u-ve-cha.	עִם מְקַדְּשֵׁי שְׁבִיעֵי כָּלֶם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטּוֹבְךָ.
V'-hash-vi-i ra-tzi-ta bo v'-ki-dash-to chem-dat ya-mim o-to ka-ra-ta.	וְהַשְׁבִּיעֵי רְצִיתָ בּוֹ וְקַדְּשָׁתוֹ חֲמֻדַּת יָמִים אוֹתוֹ קְרֵאתָ.
Zei-cher l'-ma-a-sei v'-rei-sheet.	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.



V'SHAMRU ~ וְשָׁמְרוּ

V'shamru means the people, referring to the Children of Israel. It is about joyously observing Shabbat.

V'-sham-ru v'-nei Yis-rae-eil et ha-Sha-bat, la-a-sot et ha-Sha-bat l'-do-ro-tam b'rit o-lam.	וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדוֹרֹתָם בְּרִית עוֹלָם.
Bei-ni u-vein b'-nei Yis-ra-eil ot hi l'-o-lam.	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם.
Ki shei-shet ya-mim a-sa A-do-nai et ha-sha-ma-yim v'-et ha-a-retz, u-va-yom hash-vi-i sha-vat va-yi-na-fash.	כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

The children of Israel shall keep Shabbat, observing Shabbat in every generation as a covenant for all time. It is a sign forever between Me and the people Israel, for in six days the Eternal God made heaven and earth, and on the seventh day God ceased from work and was refreshed.

REFLECTIONS

The meaning of awe is to realize that life takes place under wide horizons, horizons that range beyond the span of an individual life, or even the life of a nation, a generation, or an era.

Awe enables us to perceive in the world intimations of the divine, to sense in small things the beginning of infinite significance, to sense the ultimate in the common and the simple, to feel in the rush of the passing the stillness of the eternal.

~ Rabbi Abraham Joshua Heschel



The whole world is nothing more than singing and dancing before the Holy One. Everyone is a singer before God, and every letter in the Torah is a musical note.

~ Nathan ben Naphtali Herz



Music is prayer.

~ Ludwig Boerne



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.

A-do-nai s'-fa-tai tif-tach
u-fi ya-gid t'-hi-la-te-cha.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח
וּפִי יגִיד 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.

Ba-ruch a-ta A-do-nai E-lo-hei-nu
 vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu:
 E-lo-hei Av-ra-ham, E-lo-hei Yitz-chak,
 vei-lo-hei Ya-a-kov.
 E-lo-hei Sa-rah, E-lo-hei Riv-kah,
 E-lo-hei Ra-cheil, vei-lo-hei Lei-ah.
 Ha-eil ha-ga-dol ha-gi-bor v'-ha-no-ra,
 eil el-yon,
 go-meil cha-sa-dim to-vim,
 v'-ko-nei ha-kol,
 v'-zo-cheir chas-dei a-vot v'-i-ma-hot,
 u-mei-vi g'-u-la liv-nei v'-nei-hem
 l'-ma-an sh'-mo b'-a-ha-va.*
 Me-lech o-zeir u-mo-shi-ah u-ma-gein.
 Ba-ruch a-ta A-do-nai,
 ma-gein Av-ra-ham v'-ez-rat Sa-rah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:
 אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
 וְאֱלֹהֵי יַעֲקֹב.
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
 אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
 אֵל עֶלְיוֹן,
 גּוֹמֵל חֲסָדִים טוֹבִים,
 וְקוֹנֵה הַכֹּל,
 וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמּוֹת,
 וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם
 לְמַעַן שְׁמוֹ בְּאַהֲבָה.*
 מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
 בְּרוּךְ אַתָּה יְיָ,
 מַגֵּן אַבְרָהָם וְעֵזְרַת 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 זְכוֹרֵנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים, וְכוֹתְבֵנוּ
 b'-sei-fer ha-cha-yim, l'-ma-an-cha E-lo-him cha-yim. בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

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

G'VUROT ~ גְבוּרוֹת

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

A-ta gi-bor l'-o-lam A-do-nai, אַתָּה גְבוֹר לְעוֹלָם אֲדֹנָי,
m'-cha-yei ha-kol a-ta rav l'-ho-shi-ah. מַחִיָּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.

WINTER¹ Ma-shiv ha-ru-ach u-mo-rid ha-ga-shem. מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER¹ Mo-rid ha-tal. מוֹרִיד הַטַּל.

M'-chal-keil cha-yim b'-che-sed, מְכַלְכֵּל חַיִּים בְּחַסֵּד,
m'-cha-yei ha-kol מַחִיָּה הַכֹּל

b'-ra-cha-mim ra-bim. בְּרַחֲמִים רַבִּים.

So-meich nof-lim, v'-ro-fei cho-lim, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
u-ma-tir a-su-rim, וּמַתִּיר אֲסוּרִים,

u-m'-ka-yeim e-mu-na-to li-shei-nei a-far. וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

Mi cha-mo-cha ba-al g'-vu-rot מִי כְמוֹךָ בְּעַל גְבוּרוֹת
u-mi do-meh lach, וּמִי דוֹמֶה לָךְ,

me-lech mei-mit u-m'-cha-yeh מֶלֶךְ מִמִּית וּמַחֲיָה

u-matz-mi-ach y'-shu-ah?* וּמַצְמִיחַ יְשׁוּעָה?*

V'-ne-e-man a-ta l'-ha-cha-yot ha-kol. וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.

Ba-ruch a-ta A-do-nai, m'-cha-yei ha-kol. בָּרוּךְ אַתָּה יְיָ, מַחִיָּה 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 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 give 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 אֵב הַרַחֲמִים,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim? זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

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

K'DUSHA ~ קְדוּשָׁה

Kadosh means holy. This prayer emphasize God's holy nature and the holiness of Shabbat.

A-ta ka-dosh v'-shim-cha ka-dosh,

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

u'-k'-do-shim b'-chol-yom

וְקָדוֹשִׁים בְּכָל-יוֹם

y'-ha-l'-lu-cha Se-lah.

יְהַלְלוּךָ סֵלָה.

Ba-ruch a-ta A-do-nai, ha-Eil ha-ka-dosh.

בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy
declare Your glory day by day.

Blessed are You, Eternal One, the holy God.



REFLECTIONS

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

שְׂאֵתָה הוּא יְיָ

E-lo-hei-nu v'-Ei-lo-hei

אֱלֹהֵינוּ וְאֱלֹהֵי

a-vo-tei-nu v'-i-mo-tei-nu

אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

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.

REFLECTIONS

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.

~ Carole King, *You've Got a Friend*



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*



When two people relate to each other authentically and humanly,
God is the electricity that surges between them.

~ Martin Buber



Remember that there is meaning beyond absurdity.
Know that every deed counts, that every word is power...
Above all, remember that you must build your life
as if it were a work of art.

~ Rabbi Abraham Joshua Heschel

PRAYER FOR THE STATE OF ISRAEL

A-vi-nu shei-ba-sha-ma-yim
tzur Yis-ra-eil v'-go-a-lo,
ba-reich et-m'-di-nat Yis-ra-eil,
rei-sheet tz'-mi-chat g'-u-la-tei-nu.
Ha-gein a-le-ha b'-ev-rat chas-de-cha,
u-fros a-le-ha su-kat shlo-me-cha.
Ush-lach or-cha va-a-mit-cha
l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha,
v'-tak-neim b'-ei-tza to-va mil-fa-ne-cha.
Cha-zeik et-y'-dei m'-gi-nei
e-retz kod-shei-nu,
v'-han-chi-leim E-lo-hei-nu y'-shu-a,
v'-a-te-ret ni-tza-chon t'-at-reim.
V'-na-ta-ta sha-lom ba-a-retz
v'-sim-chat o-lam l-yosh-ve-ha,
v'-no-mar: a-mein.

אָבִינוּ שֶׁבַשְׁמַיִם
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
בָּרֵךְ אֶת-מְדִינַת יִשְׂרָאֵל,
רֵאשִׁית צְמִיחַת גְּאֻלְתָּנוּ.
הַגֵּן עֲלֶיךָ בְּאֶבְרַת חֶסֶדְךָ,
וּפְרֹס עֲלֶיךָ סִפְת שְׁלוֹמְךָ.
וּשְׁלַח אוֹרְךָ וְאַמְתָּךְ
לְרֵאשִׁיָּהּ, שְׂרֵיָּהּ וְיוֹעֲצֶיָּהּ,
וְתִקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.
חִזַּק אֶת-יְדֵי מְגִנֵּי
אֶרֶץ קֹדְשֵׁנוּ,
וְהַנְּחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
וְעֵטְרַת נֶצְחוֹן תְּעֵטְרֵם.
וְנַתַּת שְׁלוֹם בְּאֶרֶץ
וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֵיהָ,
וְנֹאמֵר: 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. And let us say: amen.



REFLECTIONS

Jerusalem is a port city on the shore of eternity.

~ Yehuda Amichai



The pain of war cannot exceed the woe of aftermath.

~ Jimmy Page, Robert Plant, Led Zeppelin's *Battle of Evermore*

REFLECTIONS

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.

~ John Lennon [adapted]



If we are to teach real peace in this world,
and if we are to carry on a real war against war,
we shall have to begin with the children.

~ Mahatma Gandhi



Lo-yi-sa goy el-goy che-rev לֹא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב
lo-yil-m'-du od mil-cha-ma. לֹא-יִלְמְדוּ עוֹד מִלְחָמָה.

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

~ Isaiah 2:4



Who is wise?

One who learns from every person.

Who is strong?

One who overpowers their inclinations.

Who is rich?

One who is satisfied with their lot.

Who is honorable?

One who honors their fellow humans.

~ Ben Zoma, Pirke Avot (Ethics of Our Ancestors)

PRAYER FOR OUR NATION

Grant us peace, Your most precious gift,
O Eternal Source of peace.
And give us the will to proclaim its message
to all the peoples of the earth.
Bless our country as a safeguard of peace,
its advocate among the nations.
May contentment reign within our borders,
health and happiness within our homes.
Strengthen the bonds of friendship and fellowship
among all the inhabitants of every land.
Plant virtue in every soul, and may the love
of Your Name hallow every home and every heart.



SHALOM RAV ~ שְׁלוֹם רַב

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

Sha-lom rav al Yis-ra-eil am-cha
ta-sim l'-o-lam,
ki a-ta hu Me-lech a-don
l'-chol ha-sha-lom.
V'-tov b'-ei-ne-cha l'-va-reich
et am-cha Yis-ra-eil,
b'-chol eit u-v'-chol-sha-a
bish-lo-me-cha.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תְּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכֹל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרְךָ
אֶת עַמְּךָ יִשְׂרָאֵל,
בְּכֹל עֵת וּבְכֹל-שָׁעָה
בְּשָׁלוֹמְךָ.

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, ha-m'-va-reich
et-a-mo Yis-ra-eil ba-sha-lom.

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ
אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Blessed are You, Adonai, who blesses our people with peace.

REFLECTIONS

The greatest thing you ever can do now,
Is trade a smile with someone who's blue now,
It's very easy just...

Met a man on the roadside crying,
without a friend, there's no denying,
You're incomplete,
they'll be no finding looking for what you knew.
So anytime somebody needs you,
don't let them down, although it grieves you,
Some day you'll need someone like they do,
looking for what you knew.

~ Jimmy Page, Robert Plant, Led Zeppelin's Friends



The world isn't getting any easier....
With all these new inventions I believe that people
are hurried more and pushed more....

The hurried way is not the right way;
you need time for everything ~
time to work, time to play, time to rest.

~ Hedy Lamar



Faith is not the clinging to a shrine
but an endless pilgrimage of the heart.

~ Rabbi Abraham Joshua Heschel

T'FILAT HA-LEIV ~ תְּפִילַת הַלֵּב

Prayers of the heart. The T'filah section of the service customarily ends with a few moments for personal reflection.

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.

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגִּיזוֹן לִבִּי לְפָנֶיךָ,
יְיָ צוּרִי וְגוֹאֲלִי.

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.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֵׂה שָׁלוֹם 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.



Ei-li, Ei-li,
she-lo yi-ga-meir l'-o-lam:
ha-chol v'-ha-yam,
rish-rush shel ha-ma-yim,
b'-rak ha-sha-ma-yim, t'-fi-lat ha-a-dam.

אֱלֹהֵי, אֱלֹהֵי,
שֶׁלֹא יִגְמַר לְעוֹלָם:
הַחֹל וְהַיָּם,
רִשְׁרוּשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם, תְּפִילַת הָאָדָם.

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

~ Hannah Sennesh

REFLECTIONS

There is a realm of time where the goal is not to have but to be,
not to own but to give, not to control but to share,
not to subdue but to be in accord.

Life goes wrong when the control of space,
the acquisition of things of space, becomes our sole concern.

~ Rabbi Abraham Joshua Heschel



It's the action, not the fruit of the action, that's important.
You have to do the right thing. It may not be in your power,
may not be in your time, that there'll be any fruit.
But that doesn't mean you stop doing the right thing.
You may never know what results come from your action.
But if you do nothing, there will be no result.

~ Mahatma Gandhi



How many times must we look up before we can see the sky?
And how many ears must we all have
before we can hear the people cry?
And how many deaths will it take 'til we know
that too many people have died?
The answer, my friend, is blowin' in the wind,
The answer is blowin' in the wind.

~ Bob Dylan [adapted]



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

~ Pearl Bailey

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.

Ki mi-Tzi-on tei-tzei To-rah
ud-var-A-do-nai mi-Y'-ru-sha-la-yim.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה
וּדְבַר-יְיָ מִירוּשָׁלַיִם.

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



THE ARK IS OPENED AND THE TORAH IS REMOVED.



KABBALAT HA-TORAH ~ קַבֻּלַת הַתּוֹרָה

Welcoming the Torah.

Ha-vu go-del lei-lo-hei-nu
ut-nu cha-vod la-To-rah.

הָבוּ גִדּוֹל לֵאלֹהֵינוּ
וּתְנוּ כְבוֹד לַתּוֹרָה.

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

Ba-ruch she-na-tan To-rah
l'-a-mo Yis-ra-eil bik-du-sha-to.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדּוּשָׁתוֹ.

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

Sh'-ma Yis-ra-eil:
A-do-nai E-lo-hei-nu, A-do-nai e-chad!

שְׁמַע יִשְׂרָאֵל:
יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

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

E-chad E-lo-hei-nu, ga-dol A-do-nei-nu,
ka-dosh sh'-mo.

אֶחָד אֱלֹהֵינוּ, גִּדּוֹל אֲדוֹנָנוּ,
קָדוֹשׁ שְׁמוֹ.

Our God is one, our God is great, God's name is holy.

HAKAFA ~ הַקְפָּה

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.

לְךָ יְיָ, הַגְדָּלָה
וְהַגְבוּרָה וְהַתְפָּאָרֶת
וְהַנְצַח וְהַהוֹד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.
לְךָ 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 קְדֹשׁוֹ,
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 shlo-sha d'-va-rim,
ha-o-lam o-meid:
al ha-To-rah, 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.

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:

Ba-r'-chu et A-do-nai ha-m'-vo-rach!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION:

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

בְּרוּךְ יְיָ הַמְּבָרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

LEADER:

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

בְּרוּךְ יְיָ הַמְּבָרָךְ

l'-o-lam va-ed!

לְעוֹלָם וָעֶד!

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

בְּרוּךְ אַתָּה יְיָ,

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

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sher ba-char ba-nu mi-kol ha-a-mim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

v'-na-tan la-nu et To-rah-to.

וְנָתַן לָנוּ אֶת תּוֹרַתּוֹ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

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 ~

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

בְּרוּךְ אַתָּה יְיָ,

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

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

a-sher na-tan la-nu To-rat e-met,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'-cha-yei o-lam na-ta b'-to-chei-nu.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Ba-ruch a-ta A-do-nai, no-tein ha-To-rah.

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.

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.

מִי שֶׁבִּירַח אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

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 she-bei rach i-mo-tei-nu
m'-kor ha-b'ra-cha l'-a-vo-tei-nu.

מִי שֶׁבִּירַח אֲמוֹתֵינוּ
מִקּוֹר 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.

~ Debbie Friedman and Drorah Setel

*Complete healing.

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

בָּרוּךְ 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.

V'-zot ha-To-rah a-sheh sam Mo-sheh
lif-nei b'-nei Yis-ra-eil,
al-pi A-do-nai b'-yad Mo-sheh.

וְזֹאת 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 ~ החזרת התורה

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 cha-si-dav,
liv-nei Yis-ra-eil am k'-ro-vo.
Ha-l'-lu-Ya!

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם,
וַיָּרֶם קֶרֶן לְעַמּוֹ,
תְּהִלָּה לְכָל-חַסִּידָיו,
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,
תּוֹרַתִּי אֶל-תַּעֲזֹבוּ.

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



THE ARK IS OPENED AND THE TORAH IS RETURNED.



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 לַמַּחֲזִיקִים בָּהּ,
וְתַמְכֶיהָ מֵאֲשֶׁר.
דַּרְכֶיהָ דַּרְכֵי-נֶעֱם,
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-deish ya-mei-nu k'-ke-dem.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ, וְנָשׁוּבָה.
חַדֵּשׁ יָמֵינוּ כְּקִדְמוֹת.

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



DRASH

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

REFLECTIONS

Your fellow person is your mirror. If your own face is clean, the image you perceive will also be flawless. But should you look upon your fellow and see a blemish, it is your own imperfection that you are encountering ~ you are being shown what it is that you must correct within yourself.

~ Baal Shem Tov



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



Be impeccable with your word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

~ Don Miguel Ruiz



The Torah is a Ner Tamid, an eternal light to the Jewish people. A Ner Tamid is a symbol that is placed over the ark to bring us closer to Torah and what is in it. It points us to the values found in Judaism.

It brings many generations toward Torah, their knowledge of Judaism, and the values they use daily. The Ner Tamid reminds us of life and light, shining through all our generations.

~ Rabbi Marina Yergin

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.

<p>A-lei-nu l'-sha-bei-ach la-a-don ha-kol, la-teit g'-du-la l'-yo-tzeir b'-rei-sheet, 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 k'-chol ha-mo-nam.</p>	<p>עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה. שֶׁלֹּא שָׂם חֶלְקֵנוּ כֵּהֶם, וְגָרְלָנוּ כְּכֹל הַמּוֹנִים.</p>
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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.

<p>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.</p>	<p>וְאֲנַחֲנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנָיו מֶלֶךְ, מְלִכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.</p>
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Therefore bow in awe and thanksgiving before
 the One who is Sovereign over all,
 the Holy and Blessed One.

<p>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'-gov-hei m'-ro-mim, hu E-lo-hei-nu ein od. E-met mal-kei-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,</p>	<p>שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל, וְשָׁכֵינֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מְלַכְנוּ אֶפֶס זוֹלָתוֹ, כְּפָתוּב בְּתוֹרָתוֹ: וַיִּדְעַתְּ הַיּוֹם וְהִשְׁבַּתְּ אֶל לְבַבְךָ,</p>
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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.

כִּי יְיָ הוּא הָאֱלֹהִים
 בְּשָׁמַיִם מִמַּעַל,
 וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

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 it 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.

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.

וְנֹאמַר: "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.



REFLECTIONS

Words create conceptions and self-conceptions
 and ultimately nations.
 They can start and stop wars.
 They can wound and heal.
 Choosing words carefully is a moral responsibility.

~ Amos Oz



This is the world we live in.
 And these are the hands we're given.
 Use them and let's start trying
 to make it a place worth living in.

~ Anthony George Banks, Phil Collins, Michael Rutherford, *Genesis' Land of Confusion*

MEDITATION BEFORE KADDISH

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



Goodbyes are only for those who love
with their eyes. Because for those who
love with heart and soul there is no
such thing as separation.

~ Rumi

Naked a human comes into the world
and naked they leave it. After all is said
and done they leave nothing, except
the good deeds they leave behind.

~ Rashi [adapted]



When I die give what's left of me away to children, and old people that wait to die.
And if you need to cry, cry for the person 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 [adapted]



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]

There are stars whose radiance is visible
on earth even though they have long
been extinct.

There are people whose brilliance
continues to light the world even
though they are no longer among
the living.

These lights are particularly bright
when the night is dark.

They light the way for humankind.

~ Hannah Senesh

KADDISH YATOM ~ קדיש יתום

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.

Yit-ga-dal v'-yit-ka-dash sh'-mei ra-ba.
 B'-al-ma di v'-ra chir-u-tei,
 v'-yam-lich Mal-chu-tei b'-cha-yei-chon
 uv-yo-mei-chon uv-cha-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-a-leh v'-yit-ha-lal
 sh'-mei d'-ku-d'-sha, b'-rich hu,
 l'-ei-la min-kol bir-cha-ta v'-shi-ra-ta,
 tush-b'-cha-ta v'-ne-che-ma-ta,
 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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
 בְּעֵלְמָא דִּי בְרָא כְרְעוּתֵיהּ,
 וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
 וּבְיוֹמֵיכוֹן וּבְחַיֵּי
 דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֵגְלָא וּבְזִמְן קָרִיב,
 וְאָמְרוּ: אָמֵן.
 יְהֵא שְׁמֵהּ רַבָּא
 מְבָרַךְ לְעַלְמֵי וְלְעֵלְמֵי עֲלַמְיָא.
 יִתְבָּרַךְ וְיִשְׁתַּבַּח,
 וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמֵהּ דְקַדְשָׁא, בְּרִיךְ הוּא,
 לְעֵלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירְתָּא,
 תְּשַׁבַּחְתָּא וְנַחֲמְתָּא,
 דְאָמְרִין 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.

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.

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 וַיְחַנְּנֶךָ.

Yi-sa A-do-nai ei-le-cha

יִשָּׂא יי פָּנָיו אֵלֶיךָ

v'-ya-seim l'-cha sha-lom.

וְיִשֵּׂם לְךָ שְׁלוֹם.

May God bless you and keep you.

May God's face shine upon you, and may God be gracious with you.

May you always feel God's light within you, and may God grant you
God's most precious gift, the gift of peace.



REFLECTIONS

Music may achieve the highest of all missions.
Music may be a bond between nations, races, and states,
who are strangers to one another in many ways.
Music may unite what is disunited,
and bring peace to what is hostile.

~ Dr. Max Bendier



I've got a hammer, and I've got a bell,
And I've got a song to sing...
All over this land.
It's the hammer of justice,
it's the bell of freedom,
It's the song about love between,
My brothers and my sisters...
All over this land.

~ Lee Hays and Pete Seeger

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-sher 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.

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,
בְּטָרִם כָּל יִצִיר נִבְרָא.
לֵעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

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.

וְאַחֲרֵי כָכֵלּוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹנֶה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

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

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הָעֹז וְהַמְשָׁרָה.

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.

וְהוּא אֵלַי וְחֵי גֵאֲלִי
וְצוּר חֲבָלִי בְּעֵת צָרָה
וְהוּא נָסִי וּמְנוּס לִי
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.

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.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאַעִירָא.
וְעִם רוּחִי גּוֹיְתִי,
יְיָ לִי וְלֹא אִירָא.

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.

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

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

ha-mo-tzi le-chem min ha-a-retz.

בְּרוּךְ 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.



REFLECTIONS

You are not obligated to complete the work,
but neither are you free to abandon it.

~ Rabbi Tarfon, Pirkei Avot (Ethics of Our Ancestors)



There are no two hours alike.

Every hour is unique and the only one given at the moment ~
exclusive and endlessly precious.

Judaism teaches us to be attached to holiness in time ~
to learn how to consecrate sanctuaries
that emerge from the magnificent stream of a year.

~ Rabbi Abraham Joshua Heschel



Shabbat is a day of rest, of mental scrutiny and of balance.
Without it the workdays are insipid.

~ Hayim Nahman Bialik



You know what music is? God's little reminder that there's something
else besides us in this universe; a harmonic connection between all
living beings, everywhere, even the stars.

~ Robin Williams

SHIRIM ~ שְׁרִים

Songs

L'TAKEIN (The Na Na Song) ~ לְתִקּוֹן

Na na na na na na...

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

Me-lech ha-o-lam

she-na-tan la-nu hiz-da-m'-nut

l'-ta-kein et ha-o-lam

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם

שָׁנַתָּנוּ לָנוּ הִזְדַּמְנוֹת

לְתִקּוֹן אֶת הָעוֹלָם.

Blessed are You, Adonai our God, Ruler of the universe,
for giving us the opportunity to mend the world.

~ Dan Nichols



HATIKVAH ~ הַתִּקְוָה

Israel's National Anthem

Kol od ba-lei-vav p'-ni-ma,

ne-fesh y'-hu-di ho-mi-ya.

Ul-fa-a-tei miz-rach ka-di-ma,

A-yin l'-tzi-yon tzo-fi-ya.

Od lo av-da tik-va-tei-nu,

Ha-tik-va bat sh'-not al-pa-yim,

Li-h'-yot am chof-shi b'-ar-tzei-nu,

E-retz Tzi-yon vi-Y'-ru-sha-la-yim.

כָּל עוֹד בְּלֵבב פְּנִימָה,

נֶפֶשׁ יְהוּדֵי הוֹמָיָה.

וּלְפָאֵתֵי מִזְרַח קְדִימָה,

עֵין לְצִיּוֹן צוֹפֶיָה.

עוֹד לֹא אֲבָדָה תְּקוּתָנוּ,

הַתִּקְוָה בֵּת שְׁנוֹת אֲלָפִים,

לְהִיּוֹת עִם חֲפָזֵי בְּאֶרְצָנוּ,

אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

So long within the inmost heart, A Jewish spirit still sings,
and the eyes look eastward, toward Zion,
our hope is not yet lost,
that hope of two thousand years to be a free people in our land,
the land of Zion and Jerusalem.

~ Words by Naphtali Herz Imber

CONTINUED

HAVA NAGILA ~ הָבָה נְגִילָה

Ha-va na-gi-la v'-nis-ma-cha.

ha-va n'-ra-n'-na v'-nis-ma-cha.

U-ru a-chim b'-leiv sa-mei-ach!

הָבָה נְגִילָה וְנִשְׂמְחָה.

הָבָה נְרַנְנָה וְנִשְׂמְחָה.

עוּרוּ אַחִים בְּלֵב שִׂמְחָה!

Come let us rejoice and be glad. Let us sing and be glad.

Awake friends, with a joyful heart!



OR ZARUA ~ אֹר זָרַע

Or za-ru-a la-tza-dik

ul'-yish-rei leiv sim-cha.

אֹר זָרַע לְצַדִּיק

וְלִישְׂרֵי לֵב שִׂמְחָה.

Light is sown for the righteous; joy for the upright heart.

~ Psalm 97:11



L'CHI LACH ~ לְכִי לְךָ

L'chi lach to a land that I will show you.

Lech l'cha to a place you do not know...

L'chi lach on your journey I will bless you ~

And you shall be a blessing ~ you shall be a blessing

You shall be a blessing, l'chi lach.

L'chi lach and I shall make your name great.

Lech l'cha and all shall praise your name...

L'chi lach to the place that I will show you ~

L'simchat chayim l'chi lach.

And you shall be a blessing l'chi lach.

~ Debbie Friedman, based on Genesis 12:1-2



EILEH CHAMDA LIBI ~ הִנֵּה מֵה-טוֹב

Ei-leh cha-da li-bi,

chu-sa na v'-al na tit-a-lam.

אֵלֶּה חֲמַדָּה לְבִי,

חֹסֶה נָא וְאַל נָא תִּתְעַלֵּם.

God is my heart's desire. Appear. Do not hide.

SH'MA B'NI ~ שְׁמַע בְּנִי

Sh'ma b'ni ~ שְׁמַע בְּנִי* take these wings to fly with,
 Sh'mi bi'ti ~ שְׁמִי בִּיטִי* with these roots you will grow.
 This is my promise, this is my blessing;
 You are the promise, you are the blessing.
 Sh'ma b'ni - Sh'mi bi'ti.

May you live to see the wonder, in this world and those yet to come.
 To care for those who came before you; to trust in those who are yet to come.
 Uf'ros aleinu sukkat sh'lomecha ~ וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ*

May your heart be filled with wisdom, may your mind be filled with love,
 May your lips be filled with sweetness, may you shine like the stars above.
 Uf'ros aleinu sukkat sh'lomecha.

So you shall fly on wings of eagles, and you will grow to be straight and tall.
 This is my promise, this is my blessing;
 You are the promise and you are the blessing.
 Sh'ma B'ni, Sh'mi Bi'ti.

~ Craig Taubman

*Translation:

Sh'ma b'ni ~ listen my son. Sh'mi bi'ti ~ listen my daughter. Uf'ros aleinu sukkat sh'lomecha ~ spread over us the shelter of Your peace.



ESA EI-NAI ~ אֵשָׁא עֵינַי

E-sa ei-nai el-he-ha-rim?

Mei-a-yin ya-vo, ya-vo ez-ri.

אֵשָׁא עֵינַי אֶל-הַהַרִים?

מֵאֵין יָבֹא, יָבֹא עֲזָרִי.

From where will my help come? My help will come from God,
 Maker of heaven and earth.

~ Psalm 121: 1-2



L'DOR VA-DOR ~ לְדוֹר וָדוֹר

L'-dor va-dor na-gid god'-le-cha,

ul'-nei-tzach n'-tza-chim

k'-du-shat'-cha nak'-dish.

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ,

וּלְנֶצַח נְצָחִים

קְדוּשַׁתְּךָ נְקֻדֵּישׁ.

To all generations we declare Your greatness,
 and for all eternity proclaim Your holiness.

CONTINUED

SHIRU LA-ADONAI ~ שִׁירוּ לַיהוָה

Shi-ru la-A-do-nai shir cha-dash,
 shi-ru la-A-do-nai kol-ha-a-retz.
 Shi-ru la-A-do-nai, bar'-chu sh'-mo,
 bas-ru mi-yom-l'-yom y'-shu-a-to.
 Sap-ru va-goy-im k'-vo-do,
 b'-chol-ha-a-mim nif-l'-o-tav.
 Ki ga-dol A-do-nai u-m'-hu-lal m'-od,
 no-ra hu al-kol-E-lo-him.
 Ki kol-E-lo-hei ha-a-mim e-li-lim
 va-A-do-nai sha-ma-yim a-sa.
 Hod-v'-ha-dar l'-fa-nav,
 oz v'-tif-e-ret b'-mik-da-sho.

Yis-m'-chu ha-sha-ma-yim v'-ta-geil ha-a-retz
 yir-am ha-yam u-m'-lo-o.
 Ya-a-loz sa-dai v'-chol-a-she-vo,
 az y'-ra-n'-nu kol-a-tzei-ya-ar.
 Lif-nei A-do-nai ki va, ki va
 lish-pot ha-a-retz, yish-pot-tei-veil
 b'-tze-dek v'-a-mim be-e-mu-na-to.

Sing to Adonai a new song, sing to Adonai, all the earth. Sing to Adonai, bless God's name, proclaim God's victory day after day. Tell of God's glory among the nations, God's wondrous deeds, among all peoples. For Adonai is great and much acclaimed, God is held in awe by all divine beings. All the gods of the peoples were mere idols, but Adonai made the heavens. Glory and majesty are before God; strength and splendor are in God's sanctuary.

Let the heavens rejoice and the earth exult; let the sea and all within it thunder, the fields and everything in them exult; then shall all the trees of the forest shout for joy at the presence of Adonai, for God is coming, for God is coming to rule the earth; God will rule the world justly, and its people in fairness.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,
 שִׁירוּ לַיהוָה כָּל־הָאָרֶץ.
 שִׁירוּ לַיהוָה, בָּרְכוּ שְׁמוֹ,
 בַּשָּׁרוּ מִיוֹם־לְיוֹם יְשׁוּעָתוֹ.
 סַפְּרוּ בַּגּוֹיִם כְּבוֹדוֹ,
 בְּכָל־הָעַמִּים נִפְלְאוֹתָיו.
 כִּי גָדוֹל יְיָ וּמְהֵלָל מְאֹד,
 נוֹרָא הוּא עַל־כָּל־אֱלֹהִים.
 כִּי כָל־אֱלֹהֵי הָעַמִּים אֱלִילִים.
 וַיַּיְשָׁמֵם עֲשָׂה.
 הוֹדִוּ וְהַדְרִי לְפָנָיו,
 עֹז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ.

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ
 יִרְעַם הַיָּם וּמְלֵאוּ.
 יַעֲלוּ שְׁדֵי וְכָל־אֲשֶׁר־בוֹ,
 אֲזַיְרְנוּ כָּל־עֵצֵי־יָעַר.
 לְפָנָיו יְיָ כִּי בָא, כִּי בָא
 לְשַׁפֵּט הָאָרֶץ, יִשְׁפֹּט־תֵּבֵל
 בְּצַדֵּק וְעַמִּים בְּאִמּוֹנֵתוֹ.

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