

A vibrant, painterly illustration of a summer scene. A large, bright yellow sun with a soft, glowing aura is positioned in the upper center. Below it, a basket filled with green grass, white daisies, and yellow dandelions sits on a yellow surface. A slice of watermelon with a green rind and red flesh is placed to the left of the basket. A small, brown bee is flying in the upper left, and a red ladybug with black spots is crawling on the grass to the right. The background is a warm, yellowish-green with soft, out-of-focus circles of light.

# Summertime Shabbat





## The Song of the Grasses

Rebbe Nachman of Breslov said:

Know that each and every shepherd has his own tune.

Know that each and every grass has its own song.

And from the song of the grasses, the tune of the shepherd is made.

How beautiful, how beautiful and pleasant to hear their song.

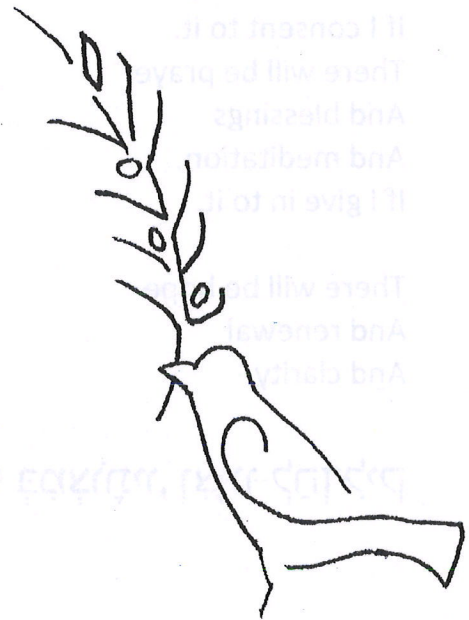
It is very good to pray among them and to serve God in joy.

And from the song of the grasses, the heart is filled and yearns.

And when the heart is filled by the song and yearns for the Land of Israel,

a great light is drawn forth and goes from the Land's holiness unto it.

And from the song of the grasses, the tune of the heart is made.



## Sharing the Light of Shabbat

## הדלקת נרות לשבת

It grows dark.

I light two candles and drink a sip of wine.

And the world changes for one day,  
If I let it.

There will be music  
And friendship  
And food,  
If I allow it.

There will be Torah  
And wisdom  
And God-ness,  
If I permit it.

There will be quiet  
And napping  
And deep rest,  
If I open up to it.

There will be study  
And expansion  
And new ideas,  
If I consent to it.  
There will be prayer  
And blessings  
And meditation,  
If I give in to it.

There will be hope  
And renewal  
And clarity,

If I walk toward it,  
If I let it,  
If I allow it,  
If I permit it,  
If I open up to it,  
If I consent to it.  
If I give in to it.  
If I walk toward it  
The world changes for one day.

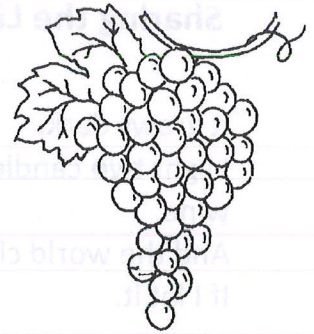
Shabbat happens,  
If I let it.

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

Ba-ruch A-tah A-do-nai Eh-lo-hay-nu Me-lech ha-o-lam ah-sheer keed-sha-nu  
b'meetz-vo-tav v-tzee-va-nu l'had-leek nayr shel Shabbat.

### Inviting the Community to Share the Sweetness of Shabbat קדוש

Blessed is the Source of Life, the Substance of all Being, whose creative power fashions the fruit of the vine. Blessed is the Source of Life, the Fountain of all Being, by whose power we plumb the depths of universe and uncover the mitzvot of holiness. In love, I take upon myself the challenge of Shabbat as a reminder of the purpose of creation. In peace, I take upon myself the sanctity of Shabbat as a catalyst for freedom and unity.



Blessed is the Source of Life, whose creative power hallows the Shabbat.



Baruch Atah, Adonai Eloheinu,  
Melech Haolam, borei p'ri hagafen.

ברוך אתה יי אלהינו מלך  
העולם, בורא פרי הגפן.

Baruch atah, Adonai Eloheinu,  
Melech haolam, asher kid'shanu  
b'mitzvotav v'ratzah vanu, v'Shabbat  
kodsho b'ahavah uv'ratzon  
hinchilanu, zikaron l'maaseih v'reishit.  
Ki hu yom t'chilah l'mikra-ei kodesh,  
zecher litziat Mitzrayim. Ki vanu  
vacharta, v'otanu kidashta, mikol  
haamim. V'Shabbat kodsh'cha  
b'ahavah uv'ratzon hinchaltanu.  
Baruch Atah, Adonai, m'kadeish  
HaShabbat.

ברוך אתה יי אלהינו מלך  
העולם, אשר קדשנו במצוותיו  
ורצה בנו, ושבת קדשו באהבה  
וברצון הנחילנו זכרון למעשה  
בראשית, כי הוא יום תחלה  
למקראי קדש, זכר ליציאת  
מצרים, כי בנו בחרת ואותנו  
קדשת מכל העמים, ושבת  
קדשך באהבה וברצון הנחלתנו.  
ברוך אתה יי, מקדש השבת.

## We Welcome the Bride

## לכה דודי



לכה דודי לקראת כלה, פני שבת נקבלה.

Lechah dodi, likrat kalah penei shabat nekabelah

שמור וזכור בדבור אחד, השמיענו אל  
המיוחד, יי אחד ושמו אחד, לשם  
ולתפארת ולתהלה.

Shamor vezachor bedibur echad hishmi'anu el hameyuchad Adonai echad ush'mo  
echad leshem uletif'eret velitehilah

לקראת שבת לכו ונלכה, כי היא מקור הברכה, מראש מקדם נסוכה,  
סוף מעשה במחשבה תחלה.

Likrat shabbat lechu venelchah ki hi mekor hab'rachah merosh mikedem  
nesuchah sof ma'aseh bamach'shavah techilah

התעוררי התעוררי, כי בא אורח קומי אורי, עורי עורי שיר דברי, כבוד  
י עליך נלה.

Hitoreri, hitoreri, ki va orech, kumi uri, uri, uri, shir daberi, kevod Adonai alaich  
nig'lah.

בואי בשלום עטרת בעלה, גם בשמחה ובצלה, תוד אמוני עם סגלה,  
בואי כלה, בואי כלה.

Boi v'shalom ateret ba'alah, gam besimchah uvetzahalah  
toch emunei am segulah, boi chalah, boi, chalah;

Come my lover to welcome the Shabbat  
We will welcome the Shabbat

Guard and remember in a single utterance  
let us hear the special kind  
God is one and his name is one  
for his name for glory and praise

Let's greet the Shabbat  
as it is the source of blessing  
it is spread over from ancient times  
every deed is resulted after a thought first

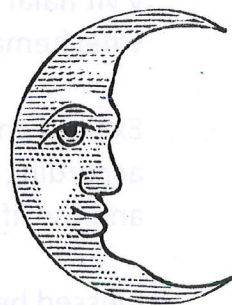
Wake up wake up  
You have a guest get up  
Wake up wake up and sing a song  
You saw the glory of God



Enter in peace O crown of her husband  
 Even in gladness and good cheer,  
 Among the faithful of the treasured nation,  
 Enter O bride, enter O bride.  
 Among the faithful of the treasured nation.  
 Enter O bride, the Sabbath Queen.

## With Appreciation for the Peace of Night

Each night, I marvel: The fading light! The deepening darkness!  
 Each morning, I exclaim: The dawn gates open wisely,  
 understanding marks the day's divisions. Season follows season,  
 and the sky is patterned with orbiting stars. Order amid the  
 greater chaos, and the greater chaos amid an even Greater Order  
 -- this world rests on the shores of mystery. What mind orders  
 the wildness, fashions the void? You, my Source and my Essence, You create day  
 and night. You roll away light before dark and dark before light. In You is the  
 shadow play of all being and becoming. In You, I rest and struggle, seeking to do  
 as You do: order the chaos and set wisdom and understanding firm. Praise the  
 One who makes for evening's dusk.



## With Praise to God קדיש

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
 בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֶגְלָא וּבְזֶמֶן קָרִיב, וְאָמְרוּ  
 אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְּקֻדְשָׁא בְּרִידָא הוּא, לְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבְּחָתָא  
 וְנַחֲמָתָא, דְּאָמִירוֹן בְּעֶלְמָא, וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'meih raba b'alma di vra chiruteih, v'yamlich malchuteih  
b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, baagala uviz'man kariv,  
v'imru: Amen.

Y'hei sh'meih raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh  
v'yit'halal sh'meih d'kud'sha b'rich hu, l'eila min kol birchata v'shirata, tushb'chata  
v'nechemata, daamiran b'alma, v'imru, Amen

Exalted and hallowed be God's great name, in the world which God created,  
according to plan. May God's majesty be revealed in the days of our lifetime  
and the life of all Israel - speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

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

To which we say: Amen.

## Waking Up to Prayer

## ברכו

Bar-chu et A-do-nai ham'vo-rach!

בְּרַחוּ אֶת יְיָ הַמְּבָרֵךְ:

Ba-ruch A-do-nai ham'vo-rach  
l'-o-lam va-ed!

בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

**Praise Adonai, to whom our praise is due!**

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

*The Creator of All*



...As the sun goes down

מעריב

ערבים

I'LL LET YOU in on a secret  
about how one should pray the sunset prayer.  
It's a juicy bit of praying,  
like strolling on grass,  
nobody's chasing you, nobody hurries you.  
You walk toward your Creator  
with gifts in pure, empty hands.  
The words are golden,  
their meaning is transparent.  
It's as though you're saying them  
for the first time.  
If you don't catch on  
that you should feel a little elevated,  
you're not praying the sunset prayer.  
The tune is sheer simplicity.  
You're just lending a helping hand  
to the sinking day.

It's a heavy responsibility.  
You take a created day  
and you slip it  
into the archive of life,  
where all our lived-out days are lying together.  
The day is departing with a quiet kiss.  
It lies open at your feet  
while you stand saying the blessings.  
You can't create anything yourself, but you  
can lead the day to its end and see  
clearly the smile of its going down.  
See how whole it all is,  
not diminished for a second,  
how you age with the days  
that keep dawning,

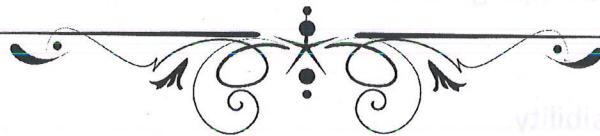


how you bring your lived-out day  
as a gift to eternity.

ברוך אתה יי, אלהינו מלך העולם, אשר בדברו מעריב ערבים, בחכמה  
פותח שערים, ובתבונה משנה עתים, ומחליף את הזמנים, ומסדר את  
הכוכבים במשמרותיהם ברקיע כרצונו. בורא יום ולילה, גולל אור  
מפני חשך, וחשך מפני אור. ומעביר יום ומביא לילה, ומבדיל בין יום  
ובין לילה, יי צבאות שמו. אל חי וקיים, תמיד ימלוד עלינו לעולם ועד.

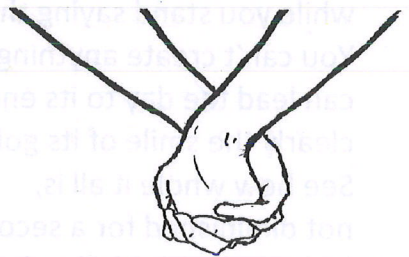
ברוך אתה יי, המעריב ערבים.

Baruch Atta Adonai, Eloheinu Melech haolam, asher bid'varo maariv aravim,  
b'chochmah potei-ach sh'arim, uvit'unah m'shaneh itim umachalif et haz'manim,  
um'sadeir et hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah,  
goleil or mipnei choshech, v'choshech mipnei or. Umaavir yom umeivi lailah,  
umavdil bein yom uvein lailah, Adonai Tz'vaot sh'mo. El chai v'kayam, tamid  
yimloch aleinu l'olam va-ed. Baruch atah, Adonai, hamaariv aravim.



## To be loved אהבת עולם

I am loved. Too easy to say, perhaps. Too fleeting a feeling upon which to anchor a life. And yet it is so. I am loved. Though not always by me. From my earliest days I was helped and guided to find the path of justice, mercy, and humility. Some guides were clear: parents, grandparents, teachers, friends. Some were subtle, unexpected,





often painful. They are all and always with me. When I quiet my mind and still my heart, when I cease the nervous doing that so often passes for purposeful living, I sense their wisdom echoing in my heart. I call out and hear the Echo, my voice no longer mine, and richer. I listen and learn. Through tales and tradition, through law and acts of kindness, I find my way. I take mitzvot upon myself and seek to walk the path of righteousness. They, too, become my guides, and I think of them daily. May I never withdraw my love from this path. Blessed are they who love the way of Israel.

Ahavat olam beit Yisrael amcha  
ahavta, Torah umitzvot, chukim  
umishpatim, otanu limad'ta. Al kein,  
Adonai Eloheinu, b'shochbeinu  
uv'kumeinu nasiach b'chukecha,  
v'nismach b'ditrei Torat'cha  
uv'mitzvotcha l'olam va-ed. Ki heim  
chayeinu v'orech yameinu uvahem  
neh'geh yomam valailah.  
V'ahavat'cha al tasir mimenu  
l'olamim. Baruch atah, Adonai, ohev  
amo Yisrael

אָהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ  
אָהַבְתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים  
וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ. עַל כֵּן יְיָ  
אֱלֹהֵינוּ, בְּשׁוֹכְבֵנוּ וּבְקוּמֵנוּ נָשִׁיחַ  
בְּחֻקֶיךָ, וְנִשְׁמַח בְּדִבְרֵי תּוֹרַתְךָ  
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם  
חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְגֶה  
יוֹמָם וְלַיְלָה, וְאַהֲבַתְךָ אֶל תִּסְרֹךְ  
מִמֶּנּוּ לְעוֹלָמִים. בָּרוּךְ אַתָּה יְיָ,  
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

### One God, One World, One Future

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

Sh'ma Yis-ra-eil, A-do-nai E-lo-hei-nu A-do-nai e-chad!  
Ba-ruch sheim k'vod mal-chu-to l'o-lam va-ed!

**Hear, O Israel: Adonai is our God,  
Adonai is One!**

Praised is God's glorious rule for ever and ever!

V'a-hav-ta et 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  
 ha-d'va-rim ha-ei-leh a-sher a-no-chi  
 m'tza-v'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.  
 U-k'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-vish-a-re-cha.  
 L'ma-an tiz-ki'ru va-a-si-tem et kol  
 mitz-vo-tai vi-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-hi-yot la-chem lei-lo-him.  
 A-ni A-do-nai E-lo-hei-chem.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ,  
 בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,  
 וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
 הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצִוֶּה הַיּוֹם,  
 עָלֶיךָ לַבְּרָכָה: וְשִׁנַּנְתָּם לְבָנֶיךָ,  
 וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
 וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ,  
 וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת  
 עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,  
 וּכְתַבְתָּם עַל מְזוֹת בֵּיתְךָ  
 וּבְשַׁעְרֶיךָ: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
 אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים  
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר  
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,  
 לִהְיוֹת לְכֶם לֵאלֹהִים, אֲנִי יְיָ  
 אֱלֹהֵיכֶם:

Having heard the One, I know myself commanded:  
 Love God, the Source and Substance of All and Nothing,  
 with fullness of mind, body, heart, and soul.  
 Feel freely and act wisely.  
 Let no opinion make truth taboo.  
 Be in the world with purpose and presence.  
 Set wisdom upon my heart and share her with all who wish to learn.  
 Model truth for the children, that they shall see in me a friend and guide.  
 Recite the Shema at home and away;  
 these shall be the first words I speak each morning and the last words I say each  
 night.  
 Glove my hands with compassion and see that all my deeds are just.  
 Open my eyes to truth and let my vision be daring and true.  
 Set mezuzot upon the doorposts of my house and upon my gates  
 that my going out and my coming in shall be for peace.



## The long walks of freedom      מי כמכה

Adonai, God of the outstretched hand,  
Who brought our ancestors out of confinement in Egypt,  
Release all those bodily confined for the pursuit of justice.  
Release us from the prisons and the calluses we have constructed around our hearts.

Release our hands from the shackles we have  
placed on them,  
and guide them to their work.

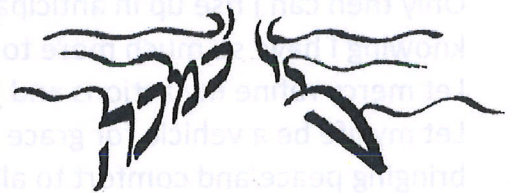
Release our minds from the deceptions in  
which they are imprisoned.

Remove exhaustion from our eyelids and our bodies.

Release our spirits from terror and fear.

Renew us that we may be renewed,

set us on our journey to the land we are to enter.

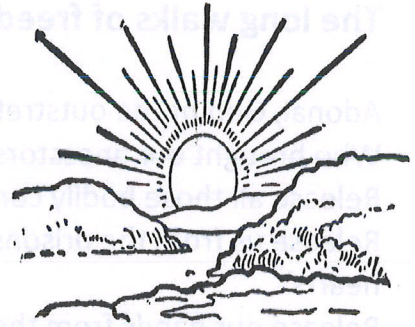


Mi chamochah ba-eilim, Adonai!  
Mi kamochah nedar bakodesh, nora  
t'hilot, oseih fele! Malchut'cha ra-u  
vanecha, bokei-a yam lifnei Moshe  
u'Miryam. Zeh Eli, anu v'amru,  
Adonai yimloch l'olam va-ed!  
V'ne-emar: ki fadah Adonai et  
Yaakov, ug'alo miyad chazak mimenu.  
Baruch Atah, Adonai, gaal Yisrael

מי כמכה באלים יי, מי כמכה  
נאדר בקדש, נורא תהלת, עשה  
פלא. מלכותך ראו בניך, בוקע  
ים לפני משה ומרים, זה אלי ענו  
ואמרו: יי ימלוד לעולם ועד.  
ונאמר: כי פדה יי את יעקב,  
וגאלו מיד חזק ממנו. ברוך אתה  
יי, גאל ישראל.

## For the Coming of Night השכיבנו

May I live each day with fullness of mind,  
attending to Life and all its places before me.  
Thus will I live without hesitation.  
Only then can I lie down in peace,  
having given Life my all.  
Only then can I rise up in anticipation of a new day,  
knowing I have so much more to give.  
Let mercy refine my actions and justice shield me from enemies.  
Let my life be a vehicle for grace and mercy,  
bringing peace and comfort to all in need.  
May the Source of Life spread a tallit of peace  
over me, over Israel, over Jerusalem, and over the entire world.



Hashkivenu, Adonai Eloheinu,  
l'shalom v'ha'amideinu malkeinu  
l'chayim. Uf'ros aleinu sukat  
sh'lomecha, v'takneinu b'etsa  
tova milfanecha, v'hoshi'enu l'ma'an  
shm'cha. Ufros aleinu sukat  
shlomecha. Baruch Ata, Adonai,  
haporeis sukat shalom aleinu,  
v'al-kol-amo-Yisrael, v'al  
yerushalayim.

השכיבנו יי אלהינו לשלום,  
והעמידנו מלכנו לחיים, ופרוש  
עלינו סכת שלומך, ותקננו  
בעצה טובה מלפניך, והושיענו  
למען שמך. ברוך אתה יי,  
הפורש סכת שלום עלינו ועל  
כל עמו ישראל ועל ירושלים.

## Seeking the peace of Shabbat

## ושמר

God, help us to make this new Shabbat.  
After noise, we seek quiet;  
After crowds of indifferent strangers,  
We seek to touch those we love;  
After concentration on work and responsibility,  
We seek freedom to meditate, to listen to our inward selves.



We open our eyes to the hidden beauties  
and the infinite possibilities in the world You are creating;  
We break open the gates of the reservoirs  
of goodness and kindness in ourselves and in others;  
We reach toward one holy perfect moment of Shabbat.

V'shamru v'nei Yisrael  
et HaShabbat, laasot et HaShabbat  
l'dorotam b'rit olam. Beini u'vein  
b'nei Yisrael ot hi l'olam, ki sheishet  
yamim asah Adonai et hashamayim  
v'et haaretz, u'vayom hashvi-i shavat  
vayinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית  
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת  
הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה  
יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

The people Israel shall observe Shabbat  
as an everlasting covenant through all generations.  
It is a link between God and Israel for all time;  
for in six days the world was fashioned,  
and on the seventh day came rest and renewal.  
Imagine not that life is all doing.  
Stillness, too, is life;  
and in that stillness,  
the mind cluttered with busyness, quiets,  
the heart racing to win, rests,  
and we hear the whispered truths of God.



**Standing before God with open hearts עמידה**

When Israel prays, we do not pray all at once.  
Rather each congregant prays by himself or herself,  
first one, then the other.

After all the congregations furnish all their prayers,  
the angel who oversees prayer  
takes all the prayers that were said in the synagogues,  
and makes them into a crown,  
and places them on the head of the Holy One.



**אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ:**

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

*Eternal God, open my lips that my mouth may declare Your praise.*



## Our Foremothers and Forefathers אבות

Ba-ruch a-tah 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-ra, E-lo-he Riv-ka, E-lo-hei Ra-chel,  
vei-o-hei Lei-ah. Ha-eil ha-ga-dol  
ha-gi-bor v'ha-no-rah, El 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-lah liv-nei  
v'nei-hem l'ma-an sh'mo b'a-ha-vah.  
Me-lech, o-zeir, u-mo-shi-a,  
u-ma-gein. Ba-ruch a-tah A-do-nai,  
ma-gein Av-ra-ham v'ez-rat -Sa-rah.

ברוך אתה יי אלהינו ואלהי  
אבותינו ואמותינו, אלהי  
אברהם, אלהי יצחק ואלהי  
יעקב. אלהי שרה אלהי רבקה,  
אלהי רחל ואלהי לאה. האל  
הגדול הגבור והנורא, אל עליון,  
גומל חסדים טובים, וקוני הכל,  
וזכר חסדי אבות ואמהות,  
ומביא גאלה לבני בניהם למען  
שמו באהבה: מלך עוזר ומושיע  
ומגן: ברוך אתה יי, מגן אברהם  
ואזרת שרה:

All living are one and holy, let us remember  
As we eat, as we work, as we walk and drive.  
All living are one and holy, we must make ourselves worthy.  
We must act our justice and mercy and healing  
As the sun rises and as the sun sets,  
As the moon rises and the stars wheel above us,  
We must repair goodness.  
We must praise the power of the one that joins us.  
Whether we plunge in or thrust ourselves far out  
Finally we reach the face of glory too bright  
For our eyes and yet we burn and we give light.

We will try to be holy,  
We will try to repair the world given to us to hand on.  
Precious is this treasure of words and knowledge and deeds

That moves inside us.  
 Holy is the hand that works for peace and for justice,  
 Holy is the mouth that speaks for goodness  
 Holy is the foot that walks toward mercy.  
 Let us lift each other on our shoulders and carry each other along.  
 Let holiness move in us.  
 Let us pay attention to its small voice.  
 Let us see the light in others and honor that light.  
 Remember the dead who paid our way dearly, dearly.  
 And remember the unborn for whom we build our houses.  
 Praise the light that shines before us, through us, after us  
 Amen

#### God's Power

#### גבורות

A-tah gi-bor l'o-lam A-do-nai,  
 m'cha-yei ha-kol, rav l'ho-sh-iah  
 m'kal-keil cha-yim b'che-sed,  
 m'cha-yei ha-kol b'ra-cha-mim  
 ra-bim, so-meich nof-lim, v'ro-fei  
 cho-lim, u'ma-tir a-su-rim,  
 um'ka-yeim e-mu-na-to li-shei-nei  
 a-far mi cha-mo-cha ba'al g'vu-rot  
 u'mi do-meh lach, me-lech mei-mit  
 um-cha-yei u-matz-mi-ach yeshu-a.  
 v'-ne-e-man a-tah l'ha-cha-yot ha-kol.  
 Ba-ruch A-tah A-do-nai, m'cha-yei  
 ha-kol.

אתה גבור לעולם אדני, מחיה  
 הכל אתה, רב להושיע: מכלל  
 חיים בחסד, מחיה הכל  
 ברחמים רבים, סומך נופלים,  
 ורופא חולים, ומתיר אסורים,  
 ומקים אמונתו לישיגי עפר, מי  
 כמודד בעל גבורות ומי דומה לך,  
 מלך ממית ומחיה ומצמיח  
 ישועה: ונאמן אתה להחיות  
 הכל. ברוך אתה יי, מחיה הכל.

You are the Source and Substance of Life: Birth and death, joy and  
 sadness, success and failure, courage and fear -- all are You. All  
 things and their complements come from You. All things and their



complements are You. May I open my eyes to see You as You and not as I so desperately want You to be. May I see that time and eternity are but shadows of now, and that true immortality is to end time and awake to the deathless present that is You.

## **God the Wholly and Holy Other**    **קדושת השם**

Holy are You, Creator of Holiness  
May all Beings greet you as Holy each day

Holy am I, created in the image of Holiness  
That I might greet each Being as Holy each day

Holy are all Beings, created in the image of Holiness  
That they might greet me as Holy each day  
And Holy is this world, created as the home of Holiness  
That all Beings might greet each day.

## **Offering our words of worship**

**רצה**

Do not think that the words of prayer  
as you say them, go up to God.  
It is not the words themselves that ascend;  
it is rather the burning desire of your heart  
that rises like smoke toward heaven.  
If your prayer consists only of words and letters,  
and does not contain your heart's desire  
how can it rise up to God?

R'tzei, Adonai, Eloheinu, b'amcha  
Yisrael, oot'filatam b'ahava t'kabail,  
oot'hi l'ratzon tamid, oot'hi l'ratzon  
tamid avodat Yisrael amecha.

רצה, יי אלהינו, בעמך ישראל  
ותפלתם באהבה תקבל וברצון,  
ותהי לרצון תמיד עבודת  
ישראל עמך.

## Writing a thank-you note הודאה

O God, make my life one of living with attention. Living with attention leads me to thanksgiving. Thanksgiving is the response I have to the great debt I accrue with each breath I take. Attending to the everyday miracles of ordinary living, I am aware of the interconnectedness of all things. I cannot be without you. This cannot be without that. All cannot be without each. And each cannot be without every. Thanksgiving is not for anything, it is for everything. May I cultivate the attention to allow the thanks that is life to inform the dance that is living.

Mo-dim a-nach-nu lach sha-a-ta hu  
A-do-nai E-lo-hei-nu veilo-hei  
a-vo-tei-nu l'olam va-ed. Tsur  
cha-yei-nu ma-gein yish-ei-nu a-tah  
hu l'dor va-dor. No-deh l'cha  
un'sa-peir t'hi-la-te-cha al cha-yei-nu  
ha-m'su-rim b'ya-de-cha v'al  
nish-mo-tei-nu ha-p'ku-dot lach v'al  
ni-se-cha she-b'chol yom i-ma-nu v'al  
nifl'o-te-cha v'to-vo-te-cha,  
she-b'chol eit, e-rev va-vo-ker  
v'tso-ha-ra-yim. Ha-tov ki lo cha-lu  
ra-cha-me-cha v'ha-m'ra-cheim ki lo  
ta-mu cha-sa-de-cha mei-o-lam  
ki-vi-nu lach. V'al ku-lam, yit-ba-rach  
v'yit-ro-mam shim-cha Mal-kei-nu,  
ta-mid l'o-lam va-ed.

מודים אנחנו לך, שאתה הוא, יי  
אלהינו ואלהי אבותינו, לעולם  
ועד, צור חיינו, מגן ישענו, אתה  
הוא לדור ודור, נודה לך ונספר  
תהלתך, על חיינו המסורים  
בידך, ועל נשמותינו הפקודות  
לך, ועל נסיד שבכל יום עמנו,  
ועל נפלאותיך וטובותיך שבכל  
עת, ערב ובקר וצהרים, הטוב,  
כי לא כלו רחמיך, והמרחם, כי  
לא תמו חסדיך, מעולם קנינו  
לך.



## The unending search for peace

## שלום רב

Peace is not the absence of conflict. Peace is dealing with conflict while honoring justice. Peace is not the absence of anger. Peace is expressing anger while honoring compassion. Peace is not the absence of desire. Peace is allowing for desire without the fantasy that fulfillment brings happiness. Peace is not the absence of fear. Peace is knowing how to move through fear. Peace is not the absence of self. Peace is knowing that the self is absent. May I cultivate the skills to live in peace, to live with honor, to live with justice, to live with compassion, to live with desire, to live with fear, to live with self, to live with emptiness.

Shalom rav al Yisrael amcha  
tasim l'olam, ki atah hu Melech Adon  
l'chol hashalom. V'tov b'einecha  
l'vareich et amcha Yisrael  
b'chol eit uv'chol shaah bish'lomecha.  
Baruch atah, Adonai, osei hashalom.

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



## Silent Meditations **הרהורי הלב**

Elohai, n'tzor l'shoni meira us'fatai  
midabeir mirmah, v'limkal'lai nafshi  
tidom, v'nafshi ke-afar lakol tih'yeh.  
P'tach libi b'Toratecha,  
uv'mitzvotcha tirdof nafshi. V'chol  
hachoshvim alai raah, m'heirah hafeir  
atzatam v'kalkeil machashavtam.  
Aseih l'maan sh'mecha, aseih l'maan  
y'minecha, aseih l'maan  
k'dushatecha, aseih l'maan  
Toratecha. L'maan yeichaltzun  
y'didecha, hoshiah y'mincha vaaneini.

אֱלֹהִי, נִצּוֹר לְשׁוֹנִי מֵרָע, וּשְׁפָתַי  
מִדְבַּר מִרְמָה, וְלִמְקַלְלִי נַפְשִׁי  
תִּדּוֹם, וְנַפְשִׁי כֶּעָפָר לְכָל תְּהִיָּה.  
פְּתַח לְבִי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ  
תִּרְדּוֹף נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי  
רָעָה, מִהֲרָה הִפֵּר עֲצָתָם וְקַלְקַל  
מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ,  
עֲשֵׂה לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן  
קִדְשֶׁךָ, עֲשֵׂה לִמְעַן תּוֹרַתְךָ.  
לִמְעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה  
יְמִינְךָ וְעֲנֵנִי.

My God, guard my speech from evil and my lips from deception.  
Before those who slander me, I will hold my tongue; I will practice humility.  
Open my heart to Your Torah, that I may pursue Your mitzvot.  
As for all who think evil of me, cancel their designs and frustrate their schemes.  
Act for Your own sake, for the sake of Your power,  
for the sake of Your Holiness, for the sake of Your Torah,  
so that Your loved ones may be rescued.  
Save with Your power, and answer me.



## Words to help us find our own

Let me attend to my words, taking care to say what I mean and do what I say. Let me guard my tongue from evil and my lips from speaking falsehood. Let me rise above those who slander me and take care not to slander others. Let me forgive those who offend against me and take care to offend only the unjust. Let me open my heart to Torah and find in her wisdom my way to righteousness. May the words of my mouth, the meditations of my heart be acceptable to You, my friend, my rock and my redeemer. May the power that makes for peace throughout the heavens be the power from which I learn to draw to make peace in my world and in my life. Amen.



Give ear, O Eternal, to my prayer, heed my plea for mercy.

In my time of trouble I call You, for You will answer me.

When pain and fatigue are my companions,

Let there be room in my heart for strength.

When days and nights are filled with darkness,

Let the light of courage find its place.

Help me to endure the suffering and dissolve the fear.

Renew within me the calm spirit of trust and peace.

You blessed becoming with being;

You honored labor and rest.

Creation is incomplete without Shabbat.

Rest reveals the importance of work.

Work reveals the importance of rest.

The two together make the world;

the two together make a human being.

I rest when I cease the struggle to control.

I rest when I abandon the pride of ownership.

I rest when I give thanks for what is.

I set aside this day

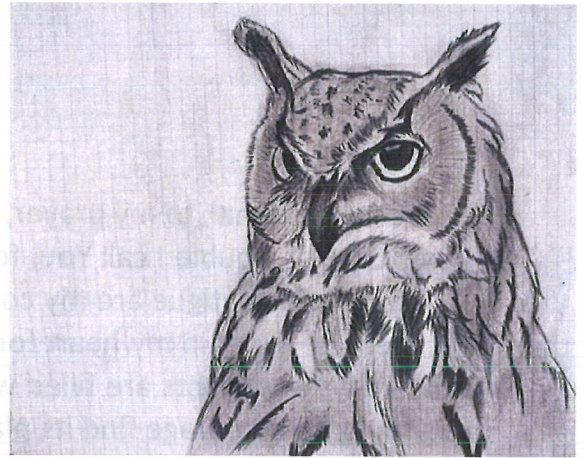
to revel in Your work by sharing Your rest.

I set aside this day  
for mindfulness and renewal.  
I set aside this day  
to review my mission and my priorities.  
I set aside this day  
to honor all that I have been given.  
I set aside this day  
to take stock of all that I am.



Let us give thanks for the world around us.  
Thanks for all the creatures, stones and plants.  
Let us learn their lessons and seek their truths,  
So that their path might be ours,  
And we might live in harmony, a better life.

May the Earth continue to live,  
May the heavens above continue to live,  
May the rains continue to dampen the land,  
May the wet forests continue to grow,  
Then the flowers shall bloom  
And we people shall live again.





## Seal Upon Our Prayers עשה שלום

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 בְּמִרוֹמָיו הוּא יַעֲשֵׂה  
שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,  
וְאָמְרוּ אָמֵן:

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and all the world.

## The world that is coming עֲלֵינוּ לְשִׁבְחָה

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

Va-a-nach-nu ko-r-im  
u-mish-ta-cha-vimu-mo-dim lif-nei  
me-lech mal-chei ham-la-chim  
ha-ka-dosh ba-ruch hu.

עָלֵינוּ לְשִׁבְחָה לְאֲדוֹן הַכֹּל, לַתֵּת  
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא  
עָשָׂנוּ כְּגֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאָדָמָה, שֶׁלֹּא שָׂם  
חֶלְקֵנוּ בָהֶם, וְגָרְלָנוּ בְּכָל הַמוֹנָם.

וְאֶנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים, לִפְנֵי מֶלֶךְ, מֶלֶךְ  
הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

We praise the Creator of all, to give acclaim to the Maker of creation, who made us unlike other peoples of the world, and did not establish us to be like the other families of the earth. Who made our heritage different from theirs, and assigned us a unique destiny. Therefore we bend the knee, bow and give thanks before God who spread out the heavens and established the earth, God's presence dwells in every place. This is our God; there is none else. As it is written in the Torah: Know then this day and take it to heart - Adonai is God in the heavens above and the earth below; there is none else.

*Therefore our hope is in You, Eternal our God, that we will soon behold the glory of Your might. Then false gods will vanish from the world and the world will be mended through the sovereignty of the Almighty. And then all will acclaim You as their God, and, forsaking evil, turn to You alone.*

**וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ  
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד**

Ba-yom ha-hu, yih'yeh A-do-nai e-chad, u-sh'mo e-chad.

As it is said: God will reign sovereign over all the Earth and on that Day, God shall be One and God's Name shall be One.



For their lives, we have been blessed

קדיש יתום

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֻלְמָא וּבְזִמְן קָרִיב וְאָמְרוּ  
אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמָא וּלְעַלְמֵי עֻלְמָיָא: יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,  
לְעַלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרוּן בְּעֻלְמָא,  
וְאָמְרוּ אָמֵן:

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

Yit-ga-dal v'yit-ka-dash, sh'mei ra-bah, be-al-ma di-ve-ra chi-re-u-tei, ve-ham-lich  
mal-chu-tei be-cha-yei-chon u-ve-yo-mei-chon u-ve-cha-yei de-chol beit Yis-ra-eil,  
ba-a-ga-la u-vi-ze-man ka-riv, ve-i-me-ru: A-mein.

Ye-hei she-mei ra-ba me-va-rach le-a-lam u-le-al-mei al-ma-ya. Yit-ba-rach  
ve-yish-ta-bach, ve-yit-pa-ar ve-yit-ro-mam ve-yit-na-sei, ve-yit-ha-dar ve-yit-a-leh  
ve-yit-ha-lal she-mei de-ku-de-sha, be-rich hu, le-ei-la min kol bi-re-cha-ta  
ve-shi-ra-ta, tush-be-cha-ta ve-ne-che-ma-ta, da-a-mi-ran be-al-ma,  
ve-i-me-ru: a-mein. Ye-hei she-la-ma ra-ba min she-ma-ya ve-cha-yim a-lei nu  
ve-al kol Yis-ra-eil, ve-i-me-ru: a-mein.

O-sheh sha-lom bi-me-ro-mav, hu ya-a-seh sha-lom a-lei-nu ve-al kol Yis-ra-eil,  
ve-i-me-ru: a-mein.

Let the glory of God be extolled, let God's great name be sanctified in the world.  
May the will of Heaven soon prevail, in our day, in our own lives, and the life of all  
Israel, and let us say Amen. Let God's great name be blessed for ever and ever.  
Let the name of the Holy One be glorified, exalted and honored, though God is  
beyond all the praises, songs and adorations we could utter, and let us say: Amen.  
For us and all Israel may the blessing of peace and the promise of life come true,  
and let us say: Amen.

May the One who causes peace on high cause peace to descend on us, all Israel,  
and all the world, and let us say: Amen





To bring healing **מי שברך**

**מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ**

*Mi sheberach avoteinu m'kor habracha l'imoteinu.*

*May the Source of Strength, who blessed the ones before us,*

*Help us find the courage to make our lives a blessing,*

*and let us say, Amen.*

**מִי שֶׁבֵּרַךְ אֲמוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַבּוֹתֵינוּ**

*Mi sheberach imoteinu m'kor habracha*

*l'avoteinu.*

*Bless those in need of healing with r'fuah sh'leimah,*

*The renewal of body, the renewal of spirit, and let us say, Amen.*







