



תחת השמש Under the Sun

**Kabbalat Shabbat
Summer Service**

Temple
Beth Miriam





הַחֲמָה מֵרֹאשׁ הָאֵילָנוֹת נִסְתַּלְקָה.
 בָּאוּ וְנֵצֵא לְקִרְאֵת שַׁבָּת הַמַּלְכָּה.
 הִנֵּה הִיא יוֹרֶדֶת הַקְּדוּשָׁה הַבְּרוּכָה.
 וְעַמָּה מַלְאָכִים צָבֵא שְׁלוֹם וּמְנוּחָה:
 בָּאִי הַמַּלְכָּה.
 בָּאִי הַכֶּלֶה.
 שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשְּׁלוֹם:

HaChama Mairosh HaElanot Nistalka,
 Bo'oooh Vinetzeh
 Likrat Shabbat Hamalka.
 Hineh He Yaredet, Hakdoshah Habe-
 ruchah, ViEmah Malachim, tzvah shalom
 Oominucha.
 Boee Boee Hamalka, Boee Boee Hakalah
 Shalom Aleichem, malachei Hashalom!

The sun o'er the treetops no longer is seen;
 Come, let us go forth and greet Sabbath the
 Queen.
 Behold her descending, the holy and blest,
 And with her the angels of peace and of rest.
 Welcome, welcome, queen and bride,
 Welcome, welcome, queen and bride.
 Peace be unto you, angels of peace.



1 הַלְלוּ יְהוָה הֶלְלוּ־אֵל בְּקֹדֶשׁוֹ הֶלְלוּהוּ בִּרְקִיעַ עֲזָו:
 2 הֶלְלוּהוּ בְּגִבּוֹרֹתָיו הֶלְלוּהוּ כְּרִבְיֻתָּהֶם:
 3 הֶלְלוּהוּ בְּתַקְעַ שׁוֹפָר הֶלְלוּהוּ בְּנִבְל וְכִנּוֹר:
 4 הֶלְלוּהוּ בְּתֹף וּמִקְלוֹ הֶלְלוּהוּ בְּמִנִּים וְעוּגָב:
 5 הֶלְלוּהוּ בְּצִלְצְלֵי־שָׁמַע הֶלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
 6 כָּל הַנְּשָׁמָה תִּהְיֶה לְיְהוָה הֶלְלוּ־יְהוָה

Halleluyah
 Hallelu ayl b'kadsho
 Halleluhu bir'kiya uzo
 Halleluhu big-vuratav
 Halleluhu k'rov gudlo
 Halleluhu b'tayka shofar
 Halleluhu b'nayvel v'kinor
 Halleluhu b'tof u'makol
 Halleluhu b'minim v'ugav
 Halleluhu b'tzil-tz'lay shama
 Halleluhu b'tzil-tz'lay t'ruah
 Kol han'shama T'hallel yah
 Halleluyah

Praise the LORD.
 Praise God in his sanctuary;
 Praise God in his mighty heavens.
 Praise God for the acts of power;
 Praise God for surpassing greatness.
 Praise God with the sounding of the trumpet,
 Praise God with the harp and lyre,
 Praise God with timbrel and dancing,
 Praise God with the strings and pipe,
 Praise God with the clash of cymbals,
 Praise God with resounding cymbals.
 Let everything that has breath praise God.
 Praise God.

*May this Shabbat be blessed for us,
 for the glow, brilliance and light that she has brought to our dwelling
 after six days of labor
 - tranquility and repose fill our home*

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי,
אוֹת הִיא לְעוֹלָמִי עַד בֵּינוּ וּבֵינִי.
אוֹת הִיא לְעוֹלָמִי עַד בֵּינוּ וּבֵינִי.

Ki eshamayra Shabbat
El yishmarayni

Ot hi l'olmay ad
Beinu u'vaynee

If we the Sabbath keep with faithful heart, God will Israel keep me;
It is an eternal sign between me and God



שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת מַלְאֲכֵי עֲלִיּוֹן

Shalom aleichem mal'achei hashareit mal'achei elyon

Peace be with you, ministering angels, messengers of the Most High,

מִמְלֶכֶת מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בָּרוּךְ הוּא

Mimelech malchei ham'lachim, ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן

Bo'achem l'shalom mal'achei hashalom mal'achei elyon

Come in peace, messengers of peace, messengers of the Most High,

מִמְלֶכֶת מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בָּרוּךְ הוּא

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בָּרְכוּנִי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן

Barechuni l'shalom mal'achei hashalom mal'achei elyon

Bless me with peace, messengers of peace, messengers of the Most High,

מִמְלֶכֶת מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בָּרוּךְ הוּא

Mimelech malchei ham'lachim ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן

Tzeitchem l'shalom mal'achei hashalom mal'achei elyon

Go in peace, messengers of peace, messengers of the Most High,

מִמְלֶכֶת מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בָּרוּךְ הוּא

Mimelech malchei ham'lachim ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

*Let us bless the Shabbat candles,
sanctify their glow and bask in their warmth.
We have now just completed six days of doing
and creating.
With heedful hearts and open homes, we greet
Shabbat, the day of rest.
Come, O Shabbat, and extend to our home calm
and repose, grace and grandeur to the works of
our hands.*



Welcome, blessed Shabbat, Shabbat Shalom

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

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

Baruch atah, Adonai Eloheinu, Melech
Haolam, asher kidshanu b'mitzvotav,
v'tzivanu l'hadlik neir shel Shabbat.

Blessed be your arrival, Shabbat your arrival be blessed.

*Bring with you, please, tranquility and rest,
after a manifold week of labor's commotion,
the space in which we can weave
an infinitude of dreams, together and solo,
the forgiving time when we can hear
one another's heartbeats.*

*Blessed is your arrival, Shabbat,
welcome, your candles be blessed.*

יְדִיד נֶפֶשׁ, אָב הַרְחָמִן,
 מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.
 יָרוּץ עַבְדְּךָ כְּמוֹ אֵיל,
 יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרֶךְ.

Beloved of the soul,
 the Parent of Compassion
 draw Your servant to Your Will;
 Your servant will hurry like a hart
 to bow before Your majesty;
 to him Your friendship will be sweeter
 than the dripping of the honeycomb and
 any taste.

Yedid Nefesh av harachaman,
 meshokh 'avdekha el retzonekha,
 yarutz 'avdekha k'mo ayyal,
 yishtchaave mul hadarekha,
 kee ye'erav lo yedidotekha,
 minofet tzuf v'khol a'am

Like This, Like the Way I Walk

*Like this, like the way I walk, I want to welcome the Shabbat Queen.
 My body wears everyday clothers, and my body, if at all, is not strong at all,
 nor is my soul.*

*Like this, like the way I walk, if I welcome the Shabbat Queen
 let my body wear everyday clothers, my body maybe weaker from excitement
 but not my soul.*

*Like this, as I am still walking, if the Shabbat Queen welcomes me,
 my body would don Shabbat every day and my body will grow stronger
 and Shabbat would be in the soul.*

Go, my soul, come forth, O bride, every day to greet the Shabbat Queen

Moon

*Even an old landscape has a moment of birth.
The birdless heavens
are impregnable and strange.
Moonlit, under your windows, lies your city
bathed in cricket-weeping.*

*But when you see that the path still looks at the wanderer,
and that the moon
rests on a spear of cypress,
you ask: "My God, are all of these still here?
Can I still whisper my greetings to them?"*

*The waters reflecting us from their lakes.
The tree in its red earrings
keeps its silence.
Never, our God, shall the sadness of Your huge toys
be uprooted from me*

*Fastening the light of the Shabbat candles
to my eyes, my palms are tents
where my fathers rested in the desert.
The light wraps itself to my eyes.
The light gathers into me
When they wandered in the desert
the openings of their tents
were turned away from each other.
While they wandered in the desert their openings
covered clouds. Sand and light mixed.
My fingers are brittle.
My hair is veiled.*

Shabbat in Your Heart

*Twilight quietly descends
it is soon Shabbat
in your heart
the long week
slowly, slowly
slips off your shoulders.*

*You ask what you've repaired
and what remains broken still
and which of your actions, daughter,
should be forgotten
as the sun goes down.
From whence comes the blessing?*

*What is your power,
what in you does not back down from darkness
as the sun goes down.
From whence comes the blessing?*

*You ask what did you give
what lurks like a debt
between him and you
stick with good for now
believe in it
with all your might.*

*You ask what you've muted
did you say too much, for better or for worse,
and what, what sin did you find
in the bread of routine
as the sun goes down.
From whence the blessing?*

*What is your power,
what in you does not back down from dark-
ness
as the sun goes down,
From whence comes the blessing?*

I Read in the Mountains

*What I have not read in various
prayer books,
I read in the mountains.
In the mountains I say
all the supplications and hymns.
From the depth of the valley I
learned
a cry as if from prison
and many pure layers I learned
out of the blue.
I saw all the piyutim carved
on the mountaintops
all biblical verses engraved
on the exposed and beaten slopes
and all words of fury
on the cliffs.*



Beloved, come to meet the bride –
let us welcome Shabbat.

“Keep” and “Remember” in a single utterance,
The one God caused us to hear.
Adonai is One, God’s name is One;
For honor and glory and praise.

Let us go to meet Shabbat,
For it is the source of blessing.
Cast from the earliest time,
Last created, first imagined.

Awake, awake, Your light has come!
Arise, shine,
Wake up and sing:
Adonai’s glory dawns upon you.

Come in peace, her Husband’s crown of pride,
With song and good cheer.
Among the faithful of the people so dear
Enter O Bride, enter O Bride;



Lecha dodi likrat kala, p'nei Shabbat
n'kabelah!

Shamor v'zachor b'dibur echad,
Hishmi'anu el ha'meyuchad.
Adonai echad u'shmo echad;
L'shem ul'tiferet v'l'tehila.

Lecha dodi likrat kala, p'nei Shabbat
n'kabelah!

Likrat Shabbat l'chu v'nelcha,
Ki hi m'kor ha'bracha.
Me'rosh mi'kedem n'sucha;
Sof ma'aseh b'mach'shava t'chila.

Lecha dodi likrat kala, p'nei Shabbat
n'kabelah!

Hit'oreri, hit'oreri,
Ki va orech, kumi uri.
Uri, uri, shir daberi;
K'vod Adonai alai'yich nigla.

Lecha dodi likrat kala, p'nei Shabbat
n'kabelah!

Bo'i v'shalom, ateret ba'ala,
Gam b'simcha uv' tzhala.
Toch emunei am segula; Bo'i chala,
bo'i chala.
Lecha dodi likrat kala, p'nei Shabbat
n'kabelah!

לכה דודי לקראת כלה. פני שבת נקבלה:

שמור וזכור בדבור אחד, השמיענו אל המיחד. יי אחד וישמו
אחד. לשם ולתפארת ולתהלה: לכה

לקראת שבת לכו ונלכה. פי היא מקור הברכה. מראש מקדם
נסוכה. סוף מעשה במחשבה תחלה: לכה

התעוררי התעוררי. פי בא אורח קומי אורי. עורי עורי שיר דברי.
כבוד יי עליך נגלה: לכה

בואי בשלום עטרת בעלה. גם בשמחה ובצחלה. תוף אמוני עם
סגלה. בואי כלה, בואי כלה: לכה:

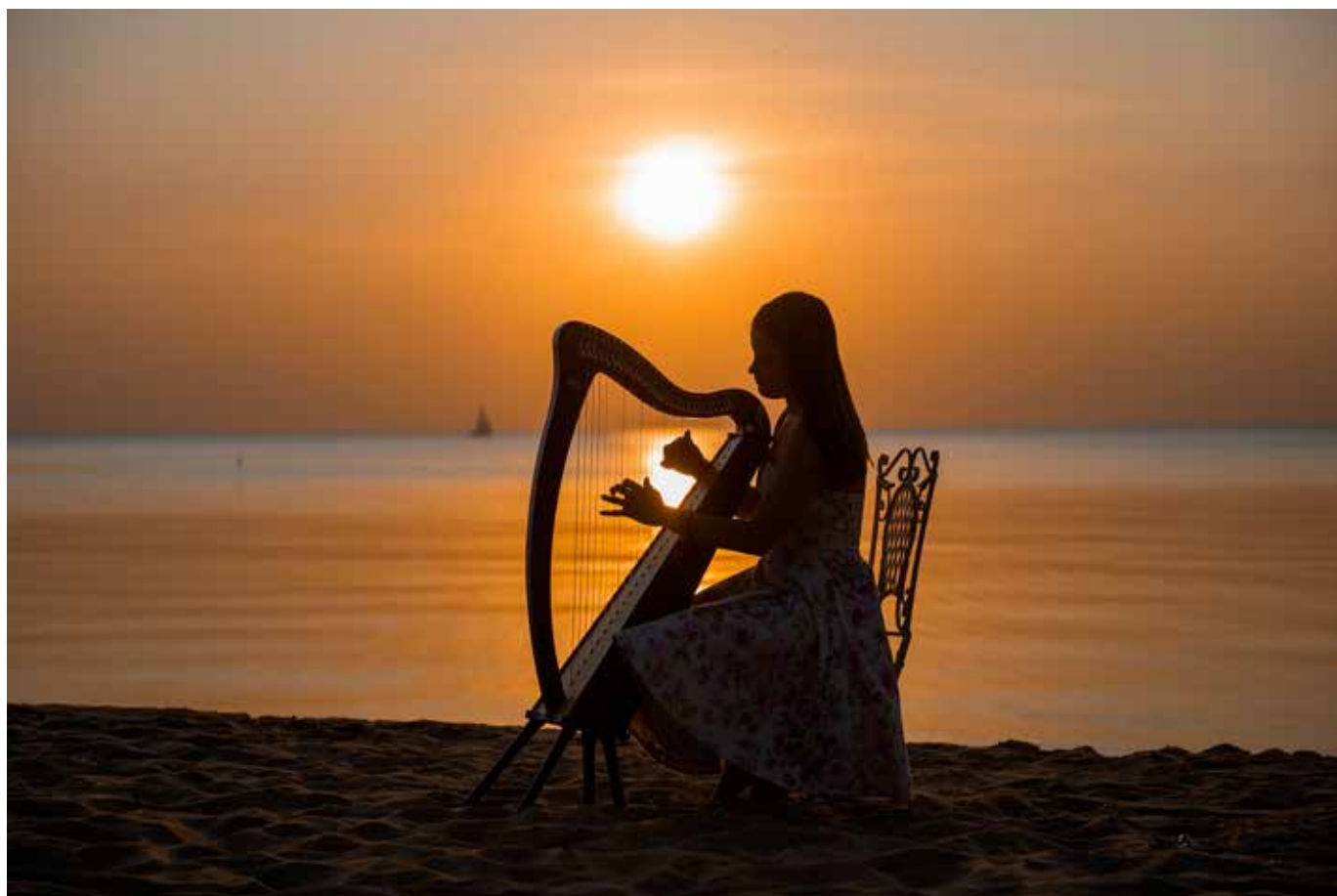


מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת: טוֹב לְהַזְכִּיר לַיהוָה וּלְזַמֵּר
 לְשִׁמְךָ עֲלֵיוֹן: לְהַגִּיד בַּבֹּקֶר חֶסֶדְךָ וְאַמּוּנָתְךָ בְּלֵילוֹת:
 עַל־עֲשׂוֹר וְעַל־נֶכֶל עָלִי הַגִּיוֹן בְּכָזוֹר:

Mizmor shir l'yom haShabbat
 Tov lehodot l'Adonai
 U'lzameir l'shimcha Elyon
 L'hagid baboker chasdecha
 v'emunatcha ba'laylot
 Alay asor v'alay naveil
 Alay higahyon b'kinor



It is good to praise the God,
 to sing hymns to Your name, O Most High,
 To proclaim Your steadfast love at daybreak,
 Your faithfulness each night
 With a ten-stringed harp,
 with voice and lyre together.
 You have gladdened me by Your deeds, O
 Adonai;
 I shout for joy at Your handiwork.
 How great are Your works, O Adonai,
 how very subtle Your designs!



בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Praise God to whom our praise is due!

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

Baruch ata Adonai,
Eloheinu melech ha'olam,
asher bid'varo maariv aravim.
B'chawchma poteiach sh'arim, uvit'vuna
m'shaneh i-tim,
umachalif et haz'manim,
um'sadeir et hakochavim b'mishm'roteihem
barakia kirtsono.
Borei yom valaila,
goleil or mip'nei choshech v'choshech
mip'nei or, umaavir yom umeivi laila, uma-
vdil bein yom uvein laila, Adonai ts'vaot
sh'mo.

Eil chai v'kayam, tamid yimloch aleinu,
l'olam va'ed. Baruch ata Adonai, hamaariv
aravim.



בָּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדַבְרוֹ
מַעְרִיב עֶרְבִים,
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַיָּמִינִים,
וּמַסְדִּיר אֶת הַכּוֹכָבִים,
בְּמַשְׁמְרוֹתֵיהֶם
בִּרְקִיעַ כְּרָצוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיִם,
תָּמִיד יִמְלֹךְ עָלֵינוּ
לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה, יְיָ,
הַמַּעְרִיב עֶרְבִים.

We praise You, Adonai.
By Your command,
Pleasant evenings appear.
With good judgment,
You open gates to new awareness.

You vary the seasons...
Setting the sky's light,
As You adjust the times,
To conform
To their appointed tasks.

You create day and night.
You make for dawn and dusk.
Now the day is over,
And you bring on the night.

You give us discernment,
To know the difference
Between day and night.

Adonai Tseva'ot –
Lord of Diversity,
Is Your Name.

Oh! Living, Present God,
May You always
Govern our lives.

Baruch Attah Adonai
Ha-ma'ariv Aravim.



עַל כֵּן, יְיָ אֱלֹהֵינוּ,
בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ
נִשְׁיַח בְּחֻקֶיךָ,
וְנִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

אַהֲבַת עוֹלָם
בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ,
תּוֹרָה וּמִצְוֹת,
חֻקִּים וּמִשְׁפָּטִים,
אוֹתָנוּ לְמַדְתָּ.

Ahavat olam beit Yisrael
amcha ahavta,
Torah u'mitzvot,
chukim u'mishpatim,
otanu limadta

Al kein, Adonai Eloheinu,
b'shochbeinu uv'kumeinu
nasiach b'chukecha,
v'nismach b'divrei Torat'cha
uv'mitzvotcha l'olam va-ed.

Endless is Your love for Your people Israel. You have taught us Torah and its mitzvot, laws and judgement. Therefore, O God, when we lie down and when we rise up we shall speak of Your commandments and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them. They are our life and the length of our days. Your love shall never depart from our hearts. Blessed are You, Eternal God who loves Your people Israel.



שמע ישראל יהוה אלהינו יהוה אחד

Sh'ma Yisrael Adonai Eloheinu Adonai Echad.

Listen, O Israel, Adonai is our God, Adonai Alone!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam vaed.

Blessed is God's glorious majesty forever and ever!

V'ahavta et Adonai Elohecha,
b'chol l'vav'cha,
uv'chol nafsh'cha,
uv'chol modecha.

V'hayu had'varim ha-eileh
asher anochi m'tzav'cha
hayom al l'vavecha.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל-לִבְבְּךָ,
וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מַאֲדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם, עַל-לִבְבְּךָ.

V'shinantam l'vanecha,
v'dibarta bam
b'shivt'cha b'veitecha,
uv'lecht'cha vaderech
uv'shochb'cha uv'kumecha.

Uk'shartam l'ot al yadecha
v'hayu l'totafot bein einecha.
Uch'tavtam al m'zuzot
beitecha uvish'arecha.
L'maan tizk'ru,
vaasitem et kol mitzvotai
vih'yitem k'doshim
l'Eloheichem.

Ani Adonai Eloheichem,
asher hotzeiti et-chem
mei-eretz Mitzrayim
lih'yot lachem l'Elohim
Ani Adonai Eloheichem.

וְשִׁנַּנְתָּם לְבִנְיָךְ,
וְדִבַּרְתָּ בָם
בְּשִׁיבְתְּךָ בְּבֵיתְךָ,
וּבְלֶכְתְּךָ בַּדֶּרֶךְ
וּבְשׁוֹכְבְּךָ, וּבְקוּמְךָ.

וְקִשְׂרַתָּם לְאוֹת עַל־יָדְךָ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל מְזוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ,
וַעֲשִׂיתָם אֶת־כָּל־מִצְוֹתַי
וְהָיִיתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם.

אֲנִי יְיָ אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם
לִהְיוֹת לָכֶם לֵאלֹהִים
אֲנִי יְיָ אֱלֹהֵיכֶם.

You shall love Adonai your God with all your heart, with all your soul and with all your might. Take to heart these instructions, which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

Thus will you remember and do all of My commandments, and so be holy before your God. I am Adonai, your God, who led you out of the land of Egypt to be your God. I am Adonai your God.

who is like you
who created heaven and earth
from the big bang to the smallest subatomic
particle

who is like you
who set the planets in motion
and brought light to their moons

who is like you
who painted the sky blue
and gave us the means to appreciate it

who is like you
who rustled up the air we breathe
and the earth we walk on

who gave us legs to stand on
hands to touch
a face to love

who is like you
making yourself present
in our deepest conversations
giving us children to love and love us
parents, brothers, and sisters

who is like you
who has given us Torah
to delve into and argue about
a history to become part of
stories to tell and retell
who is like you
one and one only

indivisible, radiant and dark,
near and far, inside and everywhere
invisible to some, visible to others
spectacular in both mystery and obvious-
ness

who and who else is like you
who Tikkunei Zohar says
is knowable and unknowable
appearing to permeate all of creation—
manifesting ten supernal qualities
yet remaining single and solitary
though not as we understand single and sol-
itary

who indeed is like you
who allows dissent and disbelief
even as you command us in so many ways
who has plotted our destiny
yet given us the freedom to choose
who to a rare few display glory in a continu-
ous array of light
to others in an array of sparks
to still others in one spark that illuminates
an entire lifetime
and to still others in darkness and death

who is like you
whom we seek from birth to death
from whom we take life
to whom we give our lives

When the Children of Israel were standing in front of the Sea of Reeds, confronted with a mass of water, a simple man, Nachshon, stepped forward. The midrash says that Nachshon went first into the water. He walked, and the waters rose to his ankles; he kept walking, and the waters made it to his knees. And to his waist, and then to his chest, and it wasn't until the waters were up to his neck, that the waters parted and the People were free. You are Nachshon. Wherever you are, whoever you are. You are courageous, you make miracles happen.

While the people of Israel wandered through the desert, it's said that Miriam was their source of water. A well with fresh water followed her everywhere she would go, making life and sustenance possible for them. Who is your Miriam? Who nurtures you, and takes care of you? Have you considered you too, are Miriam to someone else? We are imperfect, and we are broken. It's ok, "there is a crack in everything, that's how the light gets in." The crack is through where the water can rise and rush, your well is bringing life, support and healing to others.

מִי־כַמְכָּה בְּאֵלִים, יִי!
 מִי כַמְכָּה נֶאֱדָר בְּקֹדֶשׁ,
 נֹרָא תְהִילָת, עֲשֵׂה פֶלֶא!
 מְלָכוּתְךָ רָאוּ בְּנֵיךָ,
 בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה
 וּמַרְיָם.
 זֶה אֱלֹהִי, עָנוּ וְאָמְרוּ,
 יִי יִמְלֹךְ לְעוֹלָם וָעֶד!

Mi cha-mo-
 cha ba'-ei-
 lim, A-do-nai
 Mi cha-mo-
 cha ne-dar
 ba-ko-desh
 No-rah te-
 hi-lot, o-seh
 fe-leh

Mal-chut-
 echa ra-u
 baneycha
 Bokeya yam
 lifney Moshe
 Zeh e-li anu
 v'amru
 A-do-nai
 yim-loch, l'-
 o-lam va-ed

Who is like
 you, O God,
 among the
 gods that are
 worshiped?
 Who is like
 You, majestic
 in holiness,
 awesome
 in splendor,
 working won-
 ders?

In unison they
 all offered
 thanks.
 Acknowl-
 edging your
 Sovereignty,
 they said:

"Adonai will
 reign forev-
 er!"

Hashkiveinu Adonai eloheinu l'shalom,
v'ha-amideinu malkeinu l'chayim.
Ufros aleinu sukat sh'lomecha,
V'tak'neinu beitzta tova mil'fanecha,
V'hoshieinu l'ma-an sh'mecha.
V'hagein ba-adeinu, v'haseir mei-aleinu,
oyeiv, dever, v'cherev, v'raav, v'yagon;

V'haseir satan mil'faneinu umei-aareinu,
Uv'tzeil k'nafecha tastireinu –
Ki Eil shom'reinu (umatzileinu ata;
Ki Eil melech chanun v'rachum ata.
Ushmor tzeiteinu uvo-einu – l'ayim)
ul'shalom mei-ata v'ad olam.

Baruch ata Adonai, haporeis sukat sha-
lom aleinu, V'al kol amo Yisrael v'al
Y'rushalayim.

הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ,
לְשָׁלוֹם, וְהַעֲמִידֵנוּ
שׁוֹמְרֵנוּ לְחַיִּים,
וּפְרֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

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



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

All praise to You, God, who spreads a sukkah of peace over us, over all the people of Israel and over Jerusalem

אֲדֹנָי, שְׁפָתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ

Baruch ata Adonai, Eloheinu v'elohei avoteinu
Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov
[Elohei Sarah, Elohei Rivka, Elohei Rachel, v'Elo-
hei Leah.] Ha'El ha'gadol ha'gibor v'ha'nora
El Elyon, gomel hasadim tovim v'koneh ha'kol
Zocher hasdei avot [v'imahot] Umevi go'el livnei
v'neihem l'ma'an shemo b'ahavah Melech ozer
umoshiya umagen Baruch ata adonai, magen
Avraham [u'foked Sarah].

Blessed are You, Adonai our God and God of our
ancestors. God of Abraham, God of Isaac and God
of Jacob [God of Sarah, God of Rebecca, God of
Rachel, and God of Leah.] The great, mighty and
awesome God, God most high Who bestows lov-
ing kindness and goodness and who creates ev-
erything Who remembers the good deeds of the
Patriarchs [and Matriarchs] And who will lovingly
bring a redeemer to their children's children for
the sake of His name Sovereign, Helper, Redeemer,
and Shield

Blessed are you Adonai, Shield of Abraham [and
Gracious Visitor of Sarah].

*Today is Shabbat, I should not cry out
My heart wishes to sing out praise,
and in all the pitfalls of my life
to see the blessings through the haze.*

*For healing is nearly here,
salvation within the blink of an eye,
I will not give up hope
even as I pour the wine.*

*It is Shabbat. I make no requests
To be grateful is my choice.
Yet even today I ask that You hear
the echo of the mundane in my voice.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.
הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חֲסֵי אֲבוֹת וְאִמּוֹת,
וּמַבִּיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.
מְלֹךְ עוֹזֵר
וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה, יי,
מִגֵּן אַבְרָהָם
וְעֹזֶרֶת שָׂרָה.

Atah gibor l'olam, Adonai, m'chayeh
hakol atah, rav l'hoshia. M'chalkeil chay-
im b'chesed, m'chayeh hakol b'rachamim
rabim, someich noflim, v'rofei cholim,
umatir asurim, um'kayem emuna-
to lisheinei afar. Mi chamochah baal
g'vurot umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.
V'ne-eman atah l'hachayot hakol.

Baruch atah, Adonai, m'chayeh hakol.

You are forever strong, Adonai: You give life
to all.

You sustain life through love, giving life to
all through great compassion, supporting the
fallen, healing the sick, freeing the captive,
keeping faith with those who sleep in the
dust. Who is like You, Source of mighty acts?

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

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

Atah kadosh v'shimcha kadosh uk'doshim
b'chol yom y'hal'lucha, selah.

Baruch atah, Adonai, Ha-El hakadosh.

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

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
מַחְיֵה הַכֹּל (מֵתִים)
אַתָּה, רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחְיֵה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמַקְיֵם אֲמוּנָתוֹ
לִישְׁנֵי עָפָר.
מִי כָמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ,
מְלֶכֶךְ מֵמִית וּמַחְיֵה
וּמַצְמִיחַ יְשׁוּעָה.
וְנֶאֱמַן אַתָּה
לְהַחְיֹת הַכֹּל (מֵתִים).

בָּרוּךְ אַתָּה, יי,
מַחְיֵה הַכֹּל (הַמֵּתִים).

אַתָּה קָדוֹשׁ
וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכָל יוֹם
יְהִלְלוּךָ, סְלָה.

בָּרוּךְ אַתָּה, יי,
הָאֵל הַקָּדוֹשׁ.

Atah kidashta et yom hashvi-i lishmecha,
tachlit maaseih shamayim vaaretz,
Uveirachto mikol hayamim, v'kidashto
mikol haz'manim, v'chein katuv b'Torate-
cha:

You set aside the seventh day for Your
Name, the pinnacle of Creation; and You
blessed it above all other days, more sacred
than all Festival times. So it is written in
Your Torah:

*The heaven and the earth were finished and all
their array. On the seventh day, God had com-
pleted the work that had been done, ceasing
then on the seventh day from all the work that
[God] had done. Then God blessed the seventh
day and made it holy, and ceased from all the
creative work that God [had chosen] to do.*

Eloheinu v'Elohei avoteinu v'imoteinu,
r'tzeih vim'nuchateinu. Kadsheinu b'mitz-
votcha v'tein chelkeinu b'Toratecha.
Sabeinu mituvecha, v'samcheinu
biy'shuatecha

Our God and God of our ancestors, be
pleased with our rest. Sanctify us with
Your mitzvot, and grant us a share in Your
Torah. Satisfy us with Your goodness and
gladden us with Your salvation. Purify
our hearts to serve You in truth. In Your
gracious love, Adonai our God, grant
as our heritage Your Holy Shabbat, that
Israel who sanctifies Your Name may rest
on it.

Praise to You, Adonai, who sanctifies
Shabbat.

אַתָּה קִדַּשְׁתָּ אֶת
יוֹם הַשְּׁבִיעִי לְשִׁמְךָ,
תַּכְלִית מַעֲשֵׂה
שָׁמַיִם וָאָרֶץ,
וּבֵרַכְתּוֹ מִכָּל הַיָּמִים,
וְקִדַּשְׁתּוֹ מִכָּל הַזְּמַנִּים,
וְכֵן כָּתוּב בְּתוֹרָתְךָ:

אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
רְצֵה בְּמִנוּחֵינוּ.
קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ.
שַׂבְּעֵנוּ מִטוֹבֶךָ,
וּשְׂמַחֵנוּ בִּישׁוּעָתְךָ,
וְטִהַר לִבֵּנוּ
לְעִבְדֶּךָ בְּאַמֶּת,
וְהִנְחִילֵנוּ, יְיָ אֱלֹהֵינוּ,
בְּאֵהָבָה וּבְרָצוֹן
שַׁבַּת קִדְּשֶׁךָ,
וְיִנוּחוּ בָּהּ יִשְׂרָאֵל,
מִקִּדְּשֵׁי שִׁמְךָ.

R'tzei, Adonai Eloheinu,
b'amcha Yisrael,
ut'filatam b'ahavah t'kabeil,
ut'hi l'ratzon tamid
avodat Yisrael amecha.
El karov l'chol korav,
p'nei el avadecha v'choneinu,
sh'foch ruchacha aleinu.

Find favor, Adonai, our God, with Your people Israel and accept their prayer in love. May the worship of Your people Israel always be acceptable. God who is near to all who call, turn lovingly to Your servants. Pour out Your spirit upon us.

Let our eyes behold Your loving return to Zion.

Blessed are You, Adonai, whose Presence returns to Zion.

V'techezenah eineinu b'shuv'cha
l'Tzion b'rachamim.

Baruch atah, Adonai, hamachazir
Shechinato l'Tzion.

רְצֵה, יְיָ אֱלֹהֵינוּ,
בְּעַמְּךָ יִשְׂרָאֵל,
וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,
וּתְהִי לְרָצוֹן תָּמִיד
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

אֵל קָרוֹב לְכָל קוֹרְאֶיךָ,
פָּנֶי אֵל עֲבָדֶיךָ וְחַנּוּנוֹ,
שְׁפוֹךְ רוּחְךָ עָלֵינוּ.

וּתְחַזִּינָה עֵינֵינוּ בְּשׁוּבֶךָ
לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה, יְיָ,
הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.



Modim anachnu lach, shaatah hu
Adonai Eloheinu v'Elohei avoteinu
v'imoteinu l'olam va-ed. Tzur
chayeinu, magen yisheinu,
atah hu l'dor vador.

We acknowledge with thanks that
You are Adonai, our God and the
God of our ancestors forever. You
are the Rock of our lives, and the
Shield of our salvation in every
generation.

Let us thank You and praise You
— for our lives which are in Your
hand, for our souls which are in
Your care, for Your miracles that
we experience every day and for
Your wondrous deeds and favors at
every time of day: evening, morn-
ing and noon.

O God, our Redeemer and Help-
er, let all who live affirm You and
praise Your Name in truth. Bless-
ed are You, Adonai, Your Name is
Goodness, and You are worthy of
thanksgiving.

מוֹדִים אֲנַחְנוּ לָךְ,
שָׂאתָה הוּא יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
לְעוֹלָם וָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר.



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

Baruch atah, Adonai,
ham'vareich et amo
Yisrael bashalom.

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



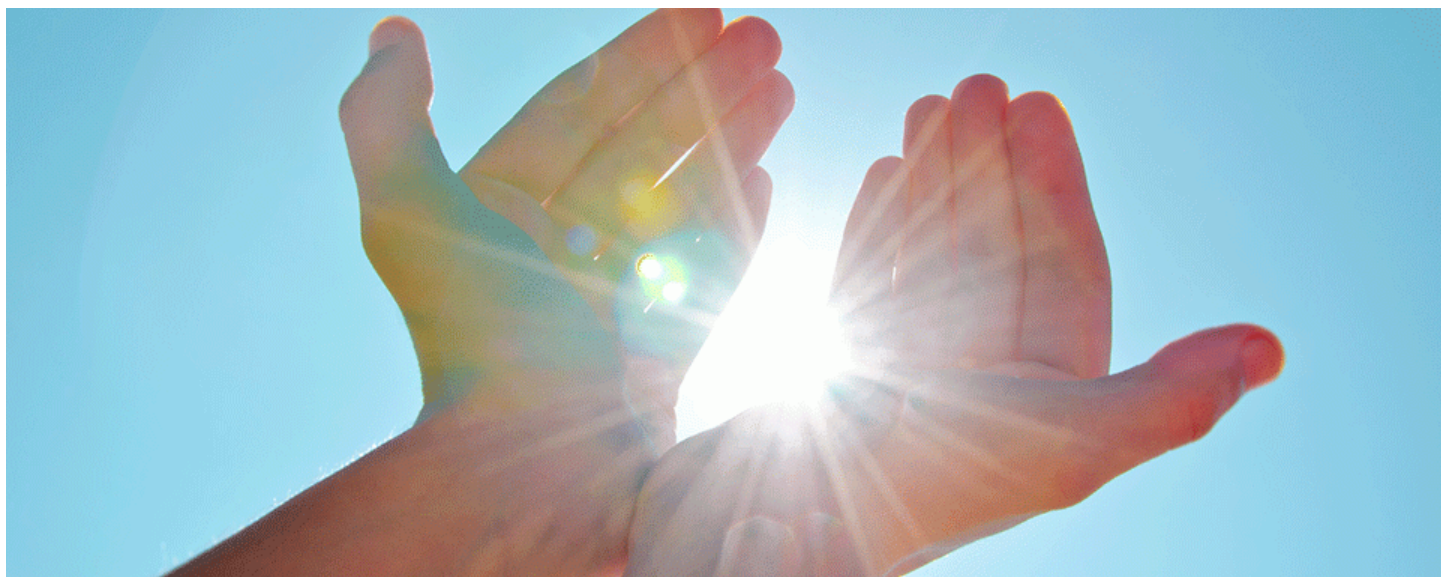
בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

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

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

Mi shebeirach avoteinu
M'kor hab'racha 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
Mi shebeirach imoteinu
M'kor habrachah 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

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



Take a moment for personal prayer

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

May the One who creates harmony on
high, bring peace to us and to all Israel.
To which we say Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמֵי
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

Yit-ga-dal v'-yit-ka-dash sh'-meih ra-ba
b'-al-ma di-v'-ra chi-ru-tieh,
v'-yam-lich mal-chu-teih,

b'-cha-yei-chon uv'-yo-mei-chonu
v'-cha-yei d'-chol beit Yis-ra-el,
ba-a-ga-la, ba-a-ga-la u-viz-man ka-riv,
v'-im'-ru A-men.

Y'-hei sh'-meih 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'-meih d'-kud'-sha b'-rich hu.

l'-ei-la min kol bir-cha-ta v'-shir-a-ta,
tush-b'-cha-ta v'-nech-e-ma-ta,
da-a-mi-ran b'-al-ma v'-im'-ru A-men

O-seh shalom bimromav
Hu ya'aseh shalom aleinu
v'al kol Yisrael
v'imru Amen



יִתְגַּדֵּל וַיִּתְקַדֵּשׁ
שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וַיִּמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי עָלְמָיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח,
וַיִּתְפָּאֵר וַיִּתְרוֹמֵם
וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא
בְּרִיךְ הוּא,

לְעֵלְא מִן כָּל בְּרַכְתָּא
וּשְׁיִרְתָּא, תְּשַׁבַּחְתָּא
וְנִחְמַתָּא, דְּאָמִירָן
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

עֲשֵׂה שָׁלוֹם בְּמִרְוֵמֵי
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

A Blessing for the Children

May God inspire you to live like Sara, Rebecca, Leah and Rachel. May Adonai bless you and keep you. May the Eternal's light shine upon you, and may God be gracious to you. May Adonai turn to you and grant you shalom.

May God inspire you to live like Ephraim and Menasseh. May Adonai bless you and keep you. May the Eternal's light shine upon you, and may God be gracious to you. May Adonai turn to you and grant you shalom.

May it be Your will, Adonai our God to protect our family, today and every day. May happiness and love dwell among us. And may You protect us from all hurt and wounds, sorrow and disappointment, whether by our own doing or by those seeking to harm us. Merciful nurturing Parent, guide our children so that they may never lose their way. Brighten their days, let smiles always adorn their faces, and protect them from all trouble and distress, from all affliction and evil doers. Bring them back to us always safe and joyous. Baruch are You Adonai, who brings joy to parents and children.



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

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator, Who has set us apart from the other families of the earth, giving us a destiny unique among the nations.

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

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.

עֲלֵינוּ לְשַׁבֵּחַ
 לַאֲדוֹן הַכֹּל,
 לַתֵּת גְּדֻלָּה
 לְיוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
 וְלֹא שָׂמָנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה.
 שֶׁלֹא שָׂם חֶלְקֵנוּ כִּקֶּהם,
 וְגָרְלָנוּ כְּכָל־הַמּוֹנִם.
 וַאֲנַחְנוּ כּוֹרְעִים
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לִפְנֵי מֶלֶךְ,
 מַלְכֵי הַמְּלָכִים
 הַקָּדוֹשׁ בְּרוּךְ הוּא.
 וְנֹאמַר, יְהִי יי
 לְמֶלֶךְ עַל כָּל הָאָרֶץ.
 בַּיּוֹם הַהוּא יִהְיֶה
 יי אֶחָד, וּשְׁמוֹ אֶחָד.

סַבְּרֵי מִרְּנֹן וְרַבָּנוּ וְרַבּוֹתֵינוּ:
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן
הַנְּחִילָנוּ זְכוֹרוֹן לְמַעֲשֵׂה בְּרָאשִׁית, (כִּי הוּא יוֹם) תְּחִלָּה
לְמִקְרָאֵי קִדְּשׁ, זֵכֶר לִיצִיאַת מִצְרָיִם, (כִּי בָנוּ בְּחִירָתְךָ
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים), וְשִׁבֵּת קִדְּשְׁךָ בְּאַהֲבָה
וּבְרָצוֹן הַנְּחַלְתָּנוּ. בָּרוּךְ אַתָּה יְיָ, מִקְדֵּשׁ הַשַּׁבָּת.



Savri maranan v'rabanan v'rab-
otai.

L'chaim!

Baruch ata Adonai, Eloheinu
melech ha-olam, borei p'ri
hagafen.

Baruch ata Adonai, Eloheinu
melech ha-olam, asher kid'sha-
nu b'mitzvotav v'ratza vanu,
v'shabbat kod'sho b'ahava
uv'ratzon hinchilanu, zikaron
l'ma'aseh b'reishit. Ki hu yom
t'chila l'mikra-ay kodesh, zay-
cher l'tziat mitzrayim. Ki vanu
vacharta v'otanu kidashta mikol
ha'amim. V'shabbat kod-shi-cha
b'ahava uv'ratzon hinchal tanu.
Baruch ata Adonai, mi'kadesh
ha-Shabbat.



The sixth day: And the Heavens and the Earth
and all they contained were completed, and on the
seventh day God rested from all the work that God
had done. And God blessed the seventh day and
sanctified it, for on that day God rested from all the
work which God had done in creating the world.

Rabbis, masters, teachers, friends, visitors!

To Life!

Blessed are you, Lord our God, Sovereign of the
Universe, who creates the fruit of the vine.

Blessed are You, Adonai our God, Sovereign of
the Universe, who has sanctified us with com-
mandments and favored us, and given us in love
and favor the holy Shabbat as an inheritance, as a
remembrance of the act of creation. For this day
is the beginning of all holy days, a remembrance
of the Exodus from Egypt. For You have chosen
us and you have blessed us from among all the
nations. And you have bequeathed us Your holy
Shabbat in love and favor. Blessed are you, Adonai,
who sanctifies Shabbat.



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Siddur for Shabbat

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