



Congregation Beth Israel
חבורת בית ישראל

Mincha / Afternoon Offering

*we offer ourselves & our hearts
during the special time of Shabbat afternoon*

Ma'ariv / Evening

a short & sweet evening service

Havdalah

*sanctifying the separation between Shabbat
& what comes next*

*A new liturgy for Shabbat afternoon and evening
created for Congregation Beth Israel / www.cbiweb.org*

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velveteenrabbi.com | velveteenrabbi.blogs.com/blog/*

Mincha / Afternoon Offering

We begin with a poem aimed at opening our eyes and hearts to this special time of day.

The Sunset Prayer / Davvenen Minhah

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 livedout 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 is,
not diminished for a second,
how you age with the days
that keep dawning,
how you bring your livedout day
as a gift to eternity.

—Jacob Glatstein
(translated from the Yiddish by Ruth Whitman)

The Ashrei

Ashrei yoshveei veitecha od y'hal'lucha sela.
Ashrei haam shekacha lo ashrei haam sheAdonai
Elohav.

T'hilah l'David.
Aromimcha Elohai hamelech vaavarcha shimcha
l'olam vaed.
B'chol yom avarcheka vaahal'la shimcha l'olam vaed.
Gadol Adonai um'hulal m'od v'ligdulato ein cheiker.
Dor l'dor y'shabach maasecha ug'vurotecha yagidu.
Hadar k'vod hodecha v'divrei niflotecha asicha.
Veezuz norotecha yomeiru ugdulatcha asaprena.
Zeicher rav tuvcha yabiyu v'tzidkatcha y'raneinu.
Chanun v'rachum Adonai erech apayim ugdal chased.
Tov Adonai lakol v'rachamav al kol maasav.
Yoducha Adonai kol maasecha vachasidecha
y'varchucha.
K'vod malchutcha yomeiru ug'vuratcha y'dabeiru.
L'hodia livnei haadam g'vurotav uchvod hadar
malchuto.
Malchutcha malchut kol olamim
umemshalt'cha b'chol dor vador.
Someich Adonai l'chol hanoflim v'zokeif l'chol
hakfufim.
Einei chol eilecha y'sabeiru v'ata notein lahem
et ochlam b'ito.
Poteiach et yadecha umasbia l'chol chai ratzon.
Tzadik Adonai b'chol d'rachav v'chased b'chol maasav.
Karov Adonai l'chol korav l'chol asher yikrauhu
beemet.
R'tzon y'reiav yaaseh v'et shavatam yishma
v'yoshieim.
Shomeir Adonai et kol ohavav v'eit kol harshaim
yashmid.
T'hilat Adonai y'dabeir pi
vivareich kol basar sheim kodsho l'olam vaed.
Vaanachnu n'vareich Yah meiata v'ad olam
Halleluyah!

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלֹךְ סָלָה,
אֲשֶׁרִי הָעַם שְׁפָכָה לוֹ, אֲשֶׁרִי הָעַם שְׂיִ
אֱלֹהָיו:

תְּהִלָּה לְדָוִד,
אֲרוֹמַמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֲבָרְכָה שְׁמֶךָ לְעוֹלָם
וָעֵד:
בְּכָל יוֹם אֲבָרְכֶךָ, וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֵד:
גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר:
דוֹר לְדוֹר יִשְׁבַח מַעֲשֶׂיךָ, וְגִבּוֹרְתֶיךָ יִגִּידוּ:
הַדָּר כְּבוֹד הַיּוֹדֶךָ, וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:
וְעֵזוֹ נוֹרְאוֹתֶיךָ יֹאמְרוּ וְגִדְלֶתְךָ אֶסְפְּרֶנָּה:
זָכַר רַב טוֹבְךָ יִבְעִיעוּ, וְצִדְקֶתְךָ יִרְנְנוּ:
חֲנוּן וְרַחוּם יְיָ, אַרְךְ אַפַּיִם וְגִדְל חֶסֶד:
טוֹב יְיָ לְכָל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:
יּוֹדֶךָ יְיָ כָּל מַעֲשֶׂיךָ, וְחִסְדֶיךָ יִבְרַכּוּכָה:
כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וְגִבּוֹרְתֶיךָ יִדְבְּרוּ:
לְהוֹדִיעַ לְבַנֵּי הָאָדָם גִּבּוֹרְתֶיךָ, וְכְבוֹד הַדָּר
מַלְכוּתוֹ:
מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל
דָּר וָדָר:
סוֹמֵךְ יְיָ לְכָל הַנִּפְלָאִים, וְזוֹקֵף לְכָל הַכְּפוּפִים:
עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת
אֲכָלָם בְּעֵתוֹ:
פּוֹתֵחַ אֶת יַדְּךָ, וּמִשְׁבִּיעַ לְכָל חַי רְצוֹן:
צַדִּיק יְיָ בְּכָל דַּרְכָיו, וְחִסִּיד בְּכָל מַעֲשָׂיו:
קָרוֹב יְיָ לְכָל קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ
בְּאֵמֶת:
רְצוֹן יִרְאִיו יַעֲשֶׂה, וְאֶת שׁוֹעֲתָם יִשְׁמַע
וְיוֹשִׁיעֵם:
שׁוֹמֵר יְיָ אֶת כָּל אֱהָבָיו, וְאֶת כָּל הַרְשָׁעִים
יִשְׁמִיד:
תְּהִלַּת יְיָ יִדְבַר פִּי, וַיְבָרֶךְ כָּל בֶּשֶׂר שֵׁם קִדְשׁוֹ,
לְעוֹלָם וָעֵד:
וְאֲנַחְנוּ נִבְרַךְ יְיָ, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ:

(Translation on the facing page)

Happy are they who dwell in Your house; may they continue to give praise to You!
Happy is the people for whom life is thus; happy is the people with the Everlasting for its God!

A Psalm of David:

All exaltations do I raise to you, my God, and I give blessing to your name forever.
Blessings do I offer You each day; I hail your name, forever and eternally.
Great is the Eternal, to be praised emphatically; God's greatness has no measure.
Declaring praises for your deeds one era to the next, people describe your mighty acts.
Heaven's glorious splendor is my song; words of your miracles I eagerly pour forth.
Wondrous are your powers, people tell of them, and your magnificence do I recount.
Signs of your abundant goodness they express, and in your justice they rejoice.
How gracious and how merciful is the Abundant One, slow to anger, great in love.
To all God's creatures, goodness flows; on all creation, divine love.
Your creatures all give thanks to you, your fervent ones bless you emphatically.
Calling out the glory of your sovereignty, of your magnificence they speak,
Letting all people know your mighty acts, and of your sovereignty's glory and splendor.
May your sovereignty last all eternities, your dominion for era after era.
Strong support to all who fall, God raises up the humble and the lame.
All hopeful gazes turn toward you, as you give sustenance in its appointed time.
Providing with your open hand, you satisfy desire in all life.
So just is God in every way, so loving amid all the divine deeds.
Close by is God to all who call, to all who call to God in truth.
Responding to the yearning of those who fear, God hears their cry and rescues them.
Showing care to all who love God, the Eternal brings destruction to all evildoers.
The praise of God my mouth declares; all flesh gives blessing to God's holy name.
And as for us, we bless the name of Yah, from now until the end of time. Halleluyah!



Uva L'Tzion / A Prayer for Redemption

This prayer, recited as part of traditional daily prayer and sung to a special melody on Shabbat afternoon, is full of quotes from Tanakh which depict angels calling out reminders of God's glory. It asks God to direct our hearts toward holiness, and reminds us that God is merciful; it expresses our hope that we may live to see messianic time when the work of creation will be complete. The translation here interprets freely.

'Redemption will come to those who make *teshuvah*,' says Adonai. 'And this is My covenant with them: My spirit that is upon you, My words which I have given you, will not leave you or your children, now or ever.'

You, O God, are holy, enthroned on our prayers; and we are like the fire-angels on high, singing one to another, *Holy, Holy, Holy is Adonai of hosts. God's Presence fills the world!*

We grant one another permission to pray; we remind ourselves that God's holiness exists both here and in the highest heavens.

We remember the vision of Ezekiel:
"A spiritwind carried me away and I heard behind me the sound of a great roaring which said, *Blessed is the Presence of Adonai from wherever it shall be*, accompanied by the beating of vast angels' wings, the sound of a great roaring."

Together we ask:
Help us to pray like the angels
in whose hearts and minds
holy holy holy
ricochets like a laser beam.
Open our hearts to You, God
and to Your Torah
so that our souls might sing to You
and not be stilled.
From the birthplace of creation
please, God
send us redemption: help us
transform ourselves
turn our hearts toward holiness
stir us to create healing
open our eyes to Your presence
everywhere, everywhere.

—Rabbi Rachel Barenblat

וּבֹא לְצִיּוֹן גּוֹאֵל, וְלֹשְׁבֵי פְשַׁע בְּיַעֲקֹב, נְאֻם יְיָ:
וַאֲנִי זֹאת בְּרִיתִי אִתְּם אָמַר יְיָ, רוּחִי אֲשֶׁר
עָלִיךָ, וּדְבַרִי אֲשֶׁר שִׁמְתִּי בְּפִיךָ לֹא יִמוּשׁוּ
מִפִּיךָ, וּמִפִּי זֶרַע זֶרַע, אָמַר יְיָ,
מֵעַתָּה וְעַד עוֹלָם:

וְאַתָּה קְדוֹשׁ, יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל: וְקָרָא זֶה
אֶל זֶה וְאָמַר, קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְיָ צְבָאוֹת,
מְלֵא כָל הָאָרֶץ כְּבוֹדוֹ:

וּמִקְבְּלֵי דֵין מִן דֵין, וְאֹמְרֵי קְדִישׁ, בְּשָׁמַי
מְרוֹמָא עֲלֵאָה בֵּית שְׁכִינְתָּה, קְדִישׁ לְעֵלָם
וְלְעֵלְמֵי עֲלַמְיָא, יְיָ צְבָאוֹת מְלֵא כָל אֲרֻעָא זֵיו
יְקָרָה: וְתִשְׁאַנֵי רוּחַ, וְאַשְׁמַע אַחֲרֵי קוֹל רַעֲשׁ
גְדוֹל, בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ:

וּנְטֻלְתָּנִי רוּחָא, וְשִׁמְעַת בְּתַרִי קַל זֵיע סְגִיא,
דְּמִשְׁבַּחִין וְאֹמְרֵין, בְּרִיךְ יְקָרָא דְיֵי מְאַתֵר בֵּית
שְׁכִינְתָּה: יְיָ יִמְלֹךְ לְעֵלָם וְעַד:

יְיָ לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם, יְיָ אֱלֹהֵי לְעוֹלָם
אוֹדֶךָ: בְּרוּךְ הַגִּבֹּר אֲשֶׁר יִבְטַח בְּיָי, וְהָיָה יְיָ
מִבְּטָחוֹ: בְּטָחוּ בְּיָי עַדֵי עַד, כִּי בָיָה יְיָ צוּר
עוֹלָמִים: וְיִבְטָחוּ בְךָ יוֹדְעֵי שְׁמֶךָ, כִּי לֹא עֲזַבְתָּ
דוֹרְשֵׁיךָ יְיָ: יְיָ חַפֵּץ לְמַעַן צְדָקוֹ, יַגְדִּיל תּוֹרָה
וַיֵּאדָר.

Chatzi Kaddish: a doorway in prayer

Yitgadal v'yitkadash sh'mei rabah. (Amen.) Be'alma div'ra chirutei v'yamlich malchutei. B'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael. Ba'agala uvizman kariu v'imru Amen.

Yehei shmei rabah m'vorach l'olam ul'almei almaya.

Yitbarach v'yishtabah v'yitpa'ar v'yitromam v'yitnaseh. V'yithadar v'yitaleh v'yithalal shmeh d'kudsha brich hu. L'eila min kol birchata v'shirata, tushb'chata v'nechemata, d'amiran b'alma, v'imru Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא
כְּרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן:

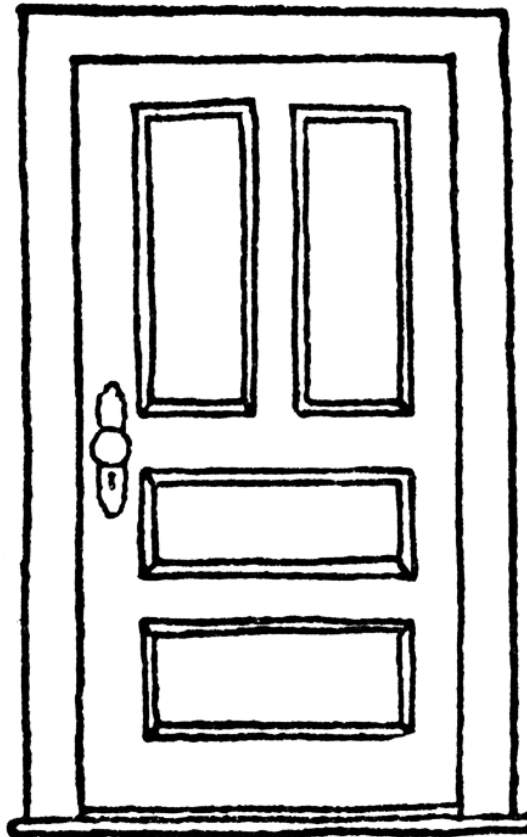
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעֵלְמֵי
עֵלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ
הוּא לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשֻׁבְחָתָא
וְנִחְמָתָא, דְאָמְרוּן בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Magnified and sanctified! Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen.

Forever may the great name be blessed!

Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations, that can be offered in this world. And let us say: Amen.



Shabbat Afternoon Amidah

Adonai sefatai tiftach, ufi yagid tehilatecha.

אֲדֹנָי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלַּתְךָ:

Baruch atah, Adonai, eloheinu v'elohei avoteinu. Elohei Avraham, elohei Yitzchak, elohei Yaakov. Elohei Sarah, elohei Rivka, elohei Leah, v'elohei Rachel. Hael hagadol hagibor v'hanora, el elyon, gomel hasadim tovim, v'koneh hakol, v'zocher chasdei avot v'imahot, u-mevi go'el livnei v'neihem l'maan shemo b'ahavah.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רַחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Melech ozer u-moshua umagen. Baruch atah Adonai, magen Avrahm v'ezrat Sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יי, מַגֵּן אַבְרָהָם וְאִזְרַת שָׂרָה:

Atah gibor l'olam Adonai, mechayeh meitim atah rav l'hoshia. Morid ha-tal.

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ: מוֹרִיד הַטַּל:

Mechalkel chayyim b'chesed, m'chayeh meitim b'rachamim rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunato lishenei afar. Mi chamocha ba'al gevurot? U-mi domeh lach? Melech meimit u'm'chayeh, umatzmiach yeshuah.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַי, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מֶלֶךְ מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יִשׁוּעָה:

V'ne'eman atah le'ha-chayot meitim. Baruch atah Adonai, mechayeh hameitim.

וְנֶאֱמָן אַתָּה לְהַחַיֹּת מֵתִים. בְּרוּךְ אַתָּה יי, מְחַיֶּה הַמֵּתִים:

Nekadesh et shimcha baolam, c'shem shemakdishim oto bishmei marom. Cacatu al yad n'viecha, v'kara zeh el zeh v'amar:

נִקְדַּשׁ אֶת שִׁמְךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשֵׁמֵי מְרוֹם, כְּפָתוּב עַל יַד נְבִיאֶיךָ: וְקָרָא זֶה אֵל זֶה וְאָמַר:

Kadosh, kadosh kadosh, adonai tzva'ot, m'lo chol ha-aretz k'vodo!

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ, יי צְבָאוֹת, מְלֵא כָל הָאָרֶץ כְּבוֹדוֹ.

לְעַמְתָּם בְּרוּךְ יֵאמְרוּ:

L'umatam baruch yomeru:

בְּרוּךְ כְּבוֹד יי מִמְּקוֹמוֹ.

Baruch k'vod Adonai, mimkomo.

וּבְדַבְרֵי קְדֻשְׁתְּךָ כְּתוּב לֵאמֹר:

Uv'divrei kodshecha katuv lemor:

Yimloch adonai le'olam, elohayich tzion, l'dor vador halleluyah.

יִמְלֹךְ יי לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.

L'dor vador nagid gadlecha, ul'netzach netzachim k'dushat'cha nakdish, v'shiv'ch'cha eloheinu mipinu lo yamush l'olam va-ed. Ki el melech gadol v'kadosh atah. Baruch atah Adonai, ha-el hakadosh!

לְדוֹר וָדוֹר נִגִּיד גָּדֹלְךָ, וְלִנְצַח נִצְחִים קְדֻשְׁתְּךָ נִקְדִּישׁ, וְשִׁבְחֶךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ גָּדוֹל וְקְדוֹשׁ אַתָּה. בְּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

Shabbat Mincha Amidah: English Translation

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

Avot v'Imahot—Our Ancestors

Blessed are You, Adonai our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Rachel and God of Leah; the great, mighty, and awesome God, God on high, who does deeds of loving kindness, who is the Source of all, and who remembers the steadfast love of our ancestors, who lovingly brings redemption to their children's children for Your name's sake.

Ruler, helper, redeemer, and protector, blessed are You Adonai, Abraham's shield and Sarah's strength.

Gevurot—God's Strength

You are our eternal strength, Adonai. Your saving power gives life that transcends death. You bring the dew of the field. You sustain the living with kindness, in your great mercy you bestow eternal life. You support the fallen, heal the sick, and free the captive. You keep Your faith with us beyond life and beyond death. There is none like You, our source of strength, the author of life and death, the Source of our redemption. Our faith is with You, God, who brings eternal life. Blessed are You, Adonai, who gives life that transcends death.

Kidushat Hashem—Sanctification of God's Name

May your name be sanctified in the world as the angels sanctify it in the heavens above. As Your prophet wrote, they cry out to one another: **Holy, holy, holy is Adonai tzevaot! The whole earth is filled with your glory!**

Then voices like overwhelming thunder are heard as the seraphim declare: **Blessed is Adonai's glory wherever God dwells!**

Your holy words are written: **May Adonai, your God O Zion, rule eternally from generation to generation.**

May each generation speak of Your greatness to the next. For all eternity may we sanctify Your holiness. May Your praise, our God, never depart from our lips. For You are a great and holy God. Blessed are You, Adonai, the holy God.

(continued on the next page)

Atah echad ushimcha echad, umi k'amcha Yisrael joy echad ba-aretz, tiferet gdulah v'ateret yshuah, yom menucha ukdusha l'amcha natata, Avraham yigel, Yitzchak y'ranen, Ya'akov uvanav yanuhu vo, m'nuchah ahavah u-ndavah, m'nuchah emet v'emunah, menuchah shalom v'shalvah v'hashket vavetach, m'nuchah shleimah she-atah rotzeh bah, yakiru vanecha y'ved-u ki me'itcha hee m'nuchatham, v'al menuchatham yakdishu et shmecha.

Eloheinu v'elohei avoteinu v'imoteinu, r'tzeh binnuchatenu. Kodshenu b'mitzvatecha v'ten chelkenu b'Toratecha, sabenu mituvecha, b'zamchenu b'yishuatecha, v'taher libenu l'ovdecha b'emet, v'hanchilenu Adonai eloheinu b'ahavah uvratzon Shabbat kodshecha, v'uanuchu vam Yisrael, m'kadshei shmecha. Baruch atah, Adonai, m'kadesh hashabbat.

R'tzeh, Adonai eloheinu, b'emet Yisrael uv'filatam, b'ahavah t'kabel b'ratzon, u-thi l'ratzon tamid avodat Yisrael amecha. El karov l'chol korav, p'nei el avdecha v'choneinu, shfoch ruchecha aleinu.

Vetechezeina eineinu bshuvcha l-tzion b'rachamim. Baruch atah, Adonai, hamachazir shechinato l'tzion.

Modim anachnu lach, she-atah hu adonai aloheinu v'elohei avoteinu v'imoteinu, l'olam va'ed, tzur chayenu, magen yishenu, atah hu l'dor vador nodeh l'cha u-saper t'hilatecha. Al chayyenu ha-msurim b'yadecha, v'al nishmoteinu ha-pkudot lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha v'tovotecha she'b'chol et, erev va-voker v'tzohorayim, hatov ki lo chalu rachamecha, v'ham'rachem ki lo tamu chasidecha m'olam kivinu lach.

V'chol ha-chayyim yoducha selah, v'y'hallelu et shimcha b'emet, ha-el y'shuatenu v'ezratenu selah. Baruch atah Adonai, hatov shimcha u'lcha na'eh l'hodot.

Shalom rav al Yisrael amcha, tasim l'olam. Ki atah hu melech adon, l'chol hashalom. V'tov b'eineicha levarech et amcha Yisrael, b'chol et uv'chol sha'ah bishlomecha.

אתה אחד ושמן אחד, ומי כעמך ישראל גוי אחד בארץ, תפארת גדלה, ועטרת ישועה, יום מנוחה וקדשה לעמך נתת, אברהם יגל, יצחק ירנן, יעקב ובניו ינוחו בו, מנוחת אהבה ונדבה, מנוחת אמת ואמונה, מנוחת שלום ושלווה והשקט ובטח, מנוחה שלמה שאתה רוצה בה, יפירו בניך וידעו כי מאתך היא מנוחתם, ועל מנוחתם יקדישו את שמך.

אלהינו ואלהי אבותינו ואמותנו, רצה במנוחתנו. קדשנו במצותיך ותן חלקנו בתורתך, שבענו מטובך, ושמחנו בישועתך, וטהר לבנו לעבדך באמת, והנחילנו יי אלהינו באהבה וברצון שבת קדשך, וינוחו בם ישראל, מקדשי שמך. ברוך אתה יי, מקדש השבת:

רצה, יי אלהינו, בעמך ישראל ובתפלתם, באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך. אל קרוב לכל קראיו, פנה אל אבדך וחננו, שפוך רוחך עלינו.

ותחזינה עינינו בשובך לציון ברחמים. ברוך אתה יי, המחזיר שכינתו לציון.

מודים אנחנו לך, שאתה הוא, יי אלהינו ואלהי אבותינו ואמותנו, 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 קוינו לך.

וכל החיים יודוך סלה, ויהללו את שמך באמת, האל ישועתנו ועזרתנו סלה. ברוך אתה יי, הטוב שמך ולך נאה להודות.

שלום רב על ישראל עמך תשים לעולם, כי אתה הוא מלך אדון לכל השלום. וטוב בעיניך לברך את עמך ישראל, בכל עת ובכל שעה בשלומך.

Kidushat Hayom – Sanctification of Shabbat

You are One, Your name is One, and who compares to Your people Israel, one nation to whom You gave the beauty, splendor and redemption of the holy day of rest? Abraham rejoiced in it, Isaac celebrated in it, Jacob and his children took comfort in it. It is the rest of love, truth, and faith, the rest of peace and wholeness, the complete rest that You have given us to be with You.

You sanctified the seventh day when the work of heaven and earth was complete. It was blessed above the other days and sanctified above other times, and thus is it written in Your Torah: “Then the heavens, the earth and all their array were completed. God finished all the work on the seventh day and rested on the seventh day from all the work that God had done. And God blessed the seventh day & sanctified it, for on this day God rested from the work of creating & making the world.”

Our God and God of our ancestors, help us take pleasure in our rest. Sanctify us with Your ways and grant us a portion in Your Torah, satisfy us with Your goodness and allow us to rejoice in Your salvation. Purify our hearts to be Your faithful servants. Adonai, our God, lovingly and willingly entrust us with Your holy Shabbat, and may Israel’s Shabbat rest lend sanctity to Your world. Blessed are You, Adonai, who sanctifies Shabbat.

Avodah – Worship

Take pleasure in the worship of Your people, Adonai, our God. May the loving worship of Your people Israel always be acceptable to You. 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.

Hoda’ah – Giving Thanks

We give thanks to You, Adonai, our God, and God of our ancestors. From generation to generation You are the rock of our lives and the shield of our deliverance. We thank and praise You for our lives which are in your hand, for our souls in Your keeping, for Your miracles every day. Your wonders and goodness are in every moment: morning, noon, and night. You are goodness, for Your faithful love never departs. You have always been our hope.

For all these things, we praise and exalt Your name, our Source, for ever and ever. All life will thank you and praise Your name, the redeeming, helping God. Blessed are You, Adonai, Goodness is Your name and to You are thanks due.

Birkat HaShalom – Blessing of Peace

May You ever grant abundant peace to Your people, for You are the masterful Source of all peace. May it be fitting in Your eyes to bless Your people at every moment and hour with Your peace. Blessed are you, Adonai, who blesses Your people Israel with peace.



Shviti (Meditative Image of the Divine Name)



This is a shviti, a calligraphy illustration of one of God's Names, drawn by Morton Breier.

The word "shviti" is Hebrew for "I have placed," and comes from Psalm 16:8: "I have placed God before me always." In looking at a shviti, we have an opportunity to be mindful of divine presence. Each of the four letters of this unpronounceable Name of God can be understood to represent one of the Four Worlds (actions, emotions, thought, and spirit.)

If the words of the amidah (standing prayer) don't speak to you, you might use this shviti as a focus for your amidah meditation this afternoon. Let your body connect earth with heaven, connect you with something bigger or deeper than yourself. Reflect on each of the statements in this shviti. What does it mean to you to assert that this world is perfect; that you are loved; that everything is clear; that God is holy?

Kri'at haTorah: Service for Reading from Torah

*Ein kamocha vaElohim Adonai, v'ein k'maasecha.
Malchut'cha malchut kol olamim, u-memshalt'cha
b'chol dor vador. Adonai melech, Adonai malach,
Adonai yimloch l'olam va'ed! Adonai oz v'amo yiten,
Adonai y'varech et amo vashalom.*

אין כְּמוֹךָ בְּאֱלֹהִים, יְיָ, וְאֵין כְּמַעֲשֶׂיךָ.
מְלֻכוֹתֶיךָ מְלֻכוֹת כָּל עֲלָמִים, וּמְשַׁלְּתְךָ בְּכָל
דֹר וְדֹר. יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ יִמְלֹךְ לְעֹלָם וָעֶד.
יְיָ עֲזֵר לְעַמּוֹ יִתֵּן יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

There is none like You among the gods, Adonai, and there are no deeds like Yours.
You are sovereign over all worlds, and Your dominion is in all generations.
Adonai reigns, Adonai has reigned, Adonai will reign forever and ever!
Adonai will give strength to our people; Adonai will bless our people with peace.

*Av harachamim, heitivah birzonecha et tzion. Tivneh
chomot Yerushalayim. Ki v'cha levad batachnu, melech
el ram v'nisa, adon olamim.*

אב הַרַחֲמִים, הֵיטִיבָה בְּרִצּוֹנְךָ אֶת צִיּוֹן,
תִּבְנֶה חוֹמוֹת יְרוּשָׁלָיִם. כִּי בְּךָ לְבַד בְּטַחְנוּ,
מֶלֶךְ אֵל רָם וְנִשָּׂא, אֲדוֹן עוֹלָמִים.

Source of mercy: favor Zion with Your goodness; rebuild the walls of Jerusalem. For in You alone do we trust,
Sovereign, high and exalted, God eternal.

*Vay'hi binsoa ha-aron vayomer Moshe: Kumah,
Adonai, v'ya'futzu oyvecha, v'yanusu misanecha
mipanecha. Ki mitzion tetzeh Torah, u'dvar Adonai
mi'Yerushalayim. Baruch shenatan Torah l'amo Yisrael
bikdushato!*

וַיְהִי בִּנְסוּעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה, קוּמָה | יְיָ,
וַיִּפְצוּ אֹיְבֶיךָ, וַיִּנְסוּ מִשְׁנֵאֲיֶיךָ מִפְּנֵיךָ: כִּי
מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יְיָ מִירוּשָׁלָיִם:
בְּרוּךְ שֶׁנָּתַן תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשׁוֹ:

When the ark went forth, Moshe used to call out: Arise, Adonai, and scatter what is inimical to You, scatter it from
before Your face. For from out of Zion will come the Torah, and the word of Adonai from Jerusalem. Blessed is the
One who gives Torah to Your people Israel, in holy connection!

*Gadlu l'Adonai iti, u'n'romemah shemo yachdav.
L'cha Adonai hagdulah, v'hagvurah, v'ha-tiferet,
v'ha-netzach v'ha hod, ki chol vashamayim u-
va'aretz. Lecha Adonai ha-mamlacha v'hamitnaseh
l'chol l'rosh. Romemu Adonai eloheinu,
v'hishtachavu l'hadom raglav kadosh hu. Romemu
Adonai eloheinu, v'hishtachanu l'har kodsho; ki
kadosh Adonai eloheinu!*

גָּדְלוּ לַיְיָ אֱתֵי, וְנִרְמַמְהָ שְׁמוֹ יַחְדָּו: לְךָ יְיָ
הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְח וְהַהוֹד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ: לְךָ יְיָ הַמְּמֻלָּכָה
וְהַמְּתַנַּשָּׂא לְכָל לְרֹאשׁ: רוּמְמוֹ יְיָ אֱלֹהֵינוּ
וְהַשְׁתַּחֲוּוּ לְהַדָּם רַגְלָיו קְדוֹשׁ הוּא: רוּמְמוֹ יְיָ
אֱלֹהֵינוּ, וְהַשְׁתַּחֲוּוּ לְהַר קְדוֹשׁוֹ, כִּי קְדוֹשׁ יְיָ
אֱלֹהֵינוּ:

Exalt Adonai with me, let us extol God's name together.

Yours, Adonai, is the greatness, might, splendor, triumph, and majesty: yes, all that is in heaven and on
earth. To You, Adonai, belong sovereignty and preeminence above all, for You are holy, Adonai our God!

Blessing before a portion of Torah:

Bar'chu et Adonai ham'vorach!

(Cong. responds: *Baruch Adonai ham'vorach leolam va'ed!*)

Baruch Adonai ham'vorach leolam va'ed! Baruch atah, Adonai, eloheinu melech haolam, asher bachar banu mikol haamim v'natan lanu et Torato; baruch Atah, Adonai, noten haTorah!

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ:
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר
בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנו אֶת תּוֹרָתוֹ: בְּרוּךְ
אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Blessed is Adonai, the blessed one! (Blessed is Adonai the blessed one, forever and ever!)

Holy One of Blessing, Your presence fills creation. You have enlightened this path with the wisdom of Torah, giving it to the Jewish people as their particular way. Blessed are You, Merciful One, who gives this Torah to the Jewish people.

Blessing after a portion of Torah:

Baruch atah, Adonai, eloheinu melech haolam. Asher natan lanu Torat emet, v'chayyei olam nata b'tocheinu. Baruch atah, Adonai, noten haTorah!

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן
לָנו תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנו: בְּרוּךְ
אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Holy One of Blessing, Your Presence fills creation. This Torah is a teaching of truth, whole and balanced, and from it comes eternal life for the people who embrace it. Blessed are You, Merciful One, who gives this Torah to the Jewish people.



Lifting and Dressing the Torah

V'zot ha-Torah asher sam Moshe, livnei b'nei Yisrael al pi Adonai b'yad Moshe!

וזאת התורה אשר שם משה לפני בני ישראל על פי יי ביד משה:

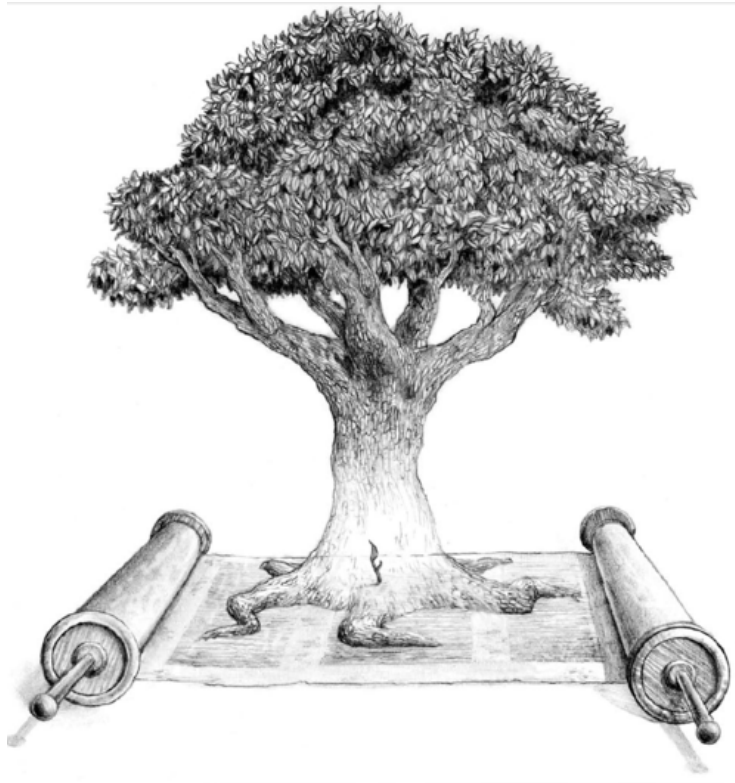
This is the Torah which was given to us, before our very eyes, from God's mouth and Moshe's hand!

Returning the Torah to the ark:

*Ki lekach tov natati lahem: Torati, al taazovu.
Etz chayyim hee, l'machazikim ba
V'tomche'ha me'ushar.
D'racheha darchei noam
V'chol n'tivotecha, shalom.
Hashivenu Adonai elecha v'nashuva!
Chadesh yameinu k'kedem!*

כי לקח טוב נתתי לכם תורתִי אל תעזבו.
עץ חיים היא למחזיקים בה,
ותמכיה מאשר.
דרכיה דרכי נעם, וכל נתיבותיה שלום. השׁיבנו
יי, אליך ונשובה, חדש ימינו כקדם.

I have given you my Torah: do not forsake it. It is a tree of life to those who hold it fast. All its paths are paths of pleasantness, and its ways are ways of peace. Turn us, O God, and we will return to You! Renew, renew our days as of old!



Ma'ariv / Evening Service

Bar'chu: Call to Prayer

*Bar'chu et Adonai ham'vorach.
Baruch Adonai ham'vorach l'olam va'ed!*

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ:
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Blessed is Adonai, the blessed one!
Blessed is Adonai, the blessed one, forever!

The Shema and Her Blessings

Ma'ariv aravim: a blessing for evening

*Baruch atah, Adonai, eloheinu melech ha-
olam, asher bidvaro ma'ariv aravim,
b'chochma poteach she'arim, u-vitvunah
meshaneh itim, u-machalif et ha-zmanim,
um'sader et ha-cohavim, b'mishm'roteihem
b'rakiya kirtzono. Borei yom valaila, golel or
mipnei choshech, v'choshech mipnei or.
Uma'avir yom u-mevi laila, u-mavidil bein
yom u-vein laila, Adonai tz'vaot shemo. El
chai v'kayam, tamid yimloch aleinu l'olam
va'ed. Baruch atadh Adonai, ha-ma'ariv
aravim.*

בְּרוּךְ אַתָּה יְיָ , אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
בְּדַבְּרוֹ מַעְרִיב עֲרָבִים, בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ
כְּרָצוֹנוֹ. בּוֹרֵא 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. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרָבִים:

Blessed are You, Adonai our God, Source of all being, by whose word the evening falls. In wisdom You open heaven's gates. With understanding You make seasons change, causing the times to come and go, and ordering the stars on their appointed paths through heaven's dome.. Creator of day and night, who rolls back light before dark, and dark before light, who makes day pass away and brings on the night, dividing between day and night: the "leader of heaven's multitudes" is Your name! Living and enduring God, be our guide, now and always. Blessed are You, Adonai, who makes evening fall.



Ahavat Olam: divine love

*Ahavat olam beit Yisrael amcha ahavta,
Torah u-mitzvot, chukim u-mishpatim, otanu
limad'ta.
Al ken Adonai eloheinu b'shochvenu uv'kumenu
nasiach b'chukecha,
b'nismach b'divrei Toratecha uv'mitzvot
l'olam va'ed.
Ki hem chayenu v'orech yameinu
uvahem negeh yomam v'laila.
V'ahavatcha al tasir mimenu l'olamim.
Baruch atah Adonai, ohev amo Yisrael.*

אָהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ,
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדַּתְךָ
עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשׂוֹכְבֵנוּ וּבְקוּמֵנוּ
נָשִׂיחַ בְּחֻקֶיךָ,
וְנִשְׂמַח בְּדַבְרֵי תוֹרַתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ,
וּבְהֵם נֶהְגָּה יוֹמָם וְלַיְלָה.
וְאָהַבְתָּךְ אֶל תִּסִּיר מִמֵּנוּ לְעוֹלָמִים.
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

With eternal love You love the House of Israel. Torah and mitzvot, laws and justice You have taught us. And so, Adonai our God, when we lie down and when we rise, we reflect upon Your laws; we are joyous in Your Torah's words and in Your mitzvot, forever and ever. For they are our life and length of our days. On them we meditate by day and night. Your love will never depart from us so long as worlds endure. Blessed are You, Adonai, who loves Your people Israel.

Shema: God's Oneness



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

*Shema Yisrael, Adonai eloheinu, Adonai echad.
Baruch shem k'vod malchuto l'olam va'ed.*

Hear, O Israel; Adonai is our God; Adonai is One!

Through time & space Your glory shines, majestic One.

*V'ahavta et Adonai elohecha, b'chol l'vavcha,
uv'chol nafshecha, uv'chol me'odecha. V'hayu ha-
d'varim ha-eileh, asher anochi m'tzv'cha hayom,
al-levavecha. V'shinantam l'vanecha, v'dibarta
bam b'shiv't'cha b'veitecha, uv'lech't'cha vaderech
uv'shochb'cha uv'kumecha. Ukshartam l'ot al
yadecha, v'hayu l'totafor bein enechea, uchtavtam
al mezuzot beitecha uvisharecha.*

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לְבָבְךָ, וּבְכָל-
נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ:
וּשְׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָם בְּשַׁבְתְּךָ
בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשׂוֹכְבְךָ, וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶיךָ, וְהָיוּ לְטֹטַפַּת בֵּין
עֵינֶיךָ, וּכְתַבְתָּם עַל מְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

You shall love Adonai your God with all your heart, with all your mind, with all your being. Set these words which I enjoin upon you today upon your heart. 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 on your hand. Let them be symbols before your eyes. Inscribe them on the doorposts of your house, and on your gates.

Geulah: Redemption

Standing on the parted shores of history
we still believe what we were taught
before ever we stood at Sinai's foot:

that wherever we go, it is eternally Egypt
that there is a better place, a promised land;
that the winding way to that promise passes through the wilderness.

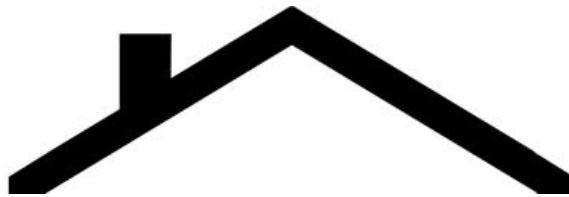
That there is no way to get from here to there
except by joining hands, marching
together.

—Michael Walzer

*Mi chamocha ba'eilim Adonai, mi camocha
nedar bakodesh, nora tehilot oseh feleh.
Malchut'cha ra'u vanecha, bokea yam lifnei
Moshe. "Zeh eli," anu v'amru; "Adonai
yimloch l'olam va'ed!" V'ne'emar: ki fadah
Adonai et Ya'akov, u'g'alo miyad chazak
mimenu. Baruch atah, Adonai, ga'al Yisrael.*

מִי כְּמֹכָה בְּאֱלִים יְיָ, מִי כְּמֹכָה נִאֲדָר בְּקִדְשׁ,
נֹרָא תְהִילַת, עֹשֶׂה פֶלֶא: מְלֻכּוֹתֶיךָ רָאוּ
בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה, זֶה אֱלֹהֵינוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֵאמַר: כִּי פָדָה יְיָ אֶת
יַעֲקֹב, וַיִּגְאֹל מִיַּד חֲזָק מִמֶּנּוּ. בָּרוּךְ אַתָּה יְיָ גֹאֲלֵ
יִשְׂרָאֵל:

Who is like You, among the gods, Adonai? Who is like You, awesome and doing wonders? Your children saw your majesty, splitting the sea before Moses. "This is our God," they cried, "Adonai will reign through all space and time!" And it is said: Adonai has saved the people of Jacob, and redeems the weak from the mighty. Blessed are You, Adonai, who redeems Israel.



Hashkivenu: A Shelter of Peace

Help us to lie down in peace, Adonai our God, and to arise again to life. Spread over the world Your sheltering peace. Direct us with Your guidance and save us. Protect and keep us from enmity, illness, violence, want, and sorrow. Remove envy and recrimination from us. Shelter us in the shadow of Your wings, for You are a protecting, redeeming God. You are God, our source of grace and mercy. Guard our going out and our coming in, for life and for peace, now and forever.

U-fros aleinu sukkat shlomecha.

Baruch atah Adonai, shomer amo Yisrael la-ad.

וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעֶד:

Blessed are you, Adonai, who spreads a shelter of peace over all your Godwrestling people.

Amidah

We rise now for silent prayer: the "amidah" ("standing" prayer) which is our time to stand before God, whatever we understand that word to mean. You might choose to take this opportunity for your own reflections on the themes of the weekday amidah:

- 1) God of Abraham and Sarah, Isaac and Rebecca,
Jacob, Rachel and Leah: our generations, our ancestry;
- 2) God of strength, Who gives life to all, Who revives what in us may have been deadened;
- 3) God Who is the Source of holiness;
- 4) God Who grants us wisdom and insight;
- 5) God Who enables us to make *teshuvah*, to turn in the right direction again;
- 6) God Who forgives;
- 7) God Who redeems;
- 8) God Who is the source of healing;
- 9) God who blesses and sweetens our cycles and seasons;
- 10) God, the source of freedom;
- 11) God who helps us to create justice in the world;
- 12) God who helps us to hope that wickedness will cease;
- 13) we ask for God's blessing on those who are righteous
- 14) and on Jerusalem, city of wholeness and holiness, which has for so long been wounded;
- 15) we ask God to cause salvation to sprout and to flower in our lives;
- 16) we call out to God Who accepts our prayer, Who is near to us when we call;
- 17) we ask God to receive the offerings of our hearts in place of the sacrifices of old;
- 18: God is the one to Whom we direct our gratitude for our lives, our souls, the miracles of every day;
- 19) God blesses us with peace.

*Oseh shalom bimromav, hu ya'aseh shalom aleinu,
v'al kol Yisrael, v'al kol yoshvei tevel, v'imru Amen.*

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי, הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens make peace for us, for all Israel, for all who dwell on this earth, and we say: Amen.

Aleinu: It's Incumbent On Us

Aleinu l'shabe'ach la'adon hakol, latet gedulah l'yotzer breshit. Shelo asanu k'goyei ha'aratzot, v'lo samanu k'mishpachot ha-adamah. Shelo sam chelkenu kahem, v'goralenu k'chol hamonam.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר
בְּרֵאשִׁית, שְׁלוֹ עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלוֹ שָׁמְנוּ
כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלוֹ שָׁם חֵלְקֵנוּ כְּהֵם,
וְגַרְלָנוּ כְּכֹל הַמוֹנָם.

Va-anachnu korim, u-mishtachavim u-modim, lifnei melech malchei ham'lachim, hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ,
מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shehu noteh shamayim v'yosed aretz, u-moshav yekaro bashamayim mima'al, uschinat uzo b'gavheh meromim. Hu eloheinu, ein od. Emet malkenu efes zulato. Kakatuv b'torato: v'yadata hayom vahashevota el levavecha. Ki adonai, hu ha-elohim, bashamayim mima'al, v'al ha-aretz mitachat ein od.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ
בַּשָּׁמַיִם מִמַּעַל, וּשְׁכִינַת עֵזוֹ בְּגַבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מַלְכֵנוּ אָפֶס זוּלָּתוֹ,
כְּפָתוּב בְּתוֹרָתוֹ: וַיְדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל
לְבָבְךָ, כִּי יְיָ הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל, וְעַל
הָאָרֶץ מִתַּחַת, אֵין עוֹד:

Kakatuv b'toratecha, adonai yimloch leolam vaed. V'ne-emar, v'haya Adonai l'melech al kol ha-aretz. Bayom hahu yiheh Adonai echad, ushmo echad!

כְּפָתוּב בְּתוֹרָתְךָ, יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:
וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ,
בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד:

It is up to us to praise the Source of all, to exalt the Molder of creation. We are made for God, like the nations of the earth; we are placed here for God, like the families of humanity. For God's own sake is our portion here and our fate here.

We bow low and prostrate in thanks before the Source of all sources, the Holy One, blessed is God.

God sets out the heavens and establishes the earth. God's honored place is in the heights of our aspirations; God's powerful presence is in the heavens of our hopes. This is our God, there is none else. God is the world's truth; there is nothing that God is not. As it is written in God's sacred teaching: "You shall know this day and place upon your heart that Adonai is God in heaven above and earth below; there is none else."

Then shall your realm be established on earth, and the word of Your prophet fulfilled: "Adonai will reign forever and ever. On that day, Adonai shall be One, and God's name shall be One."



Mourner's Kaddish

*Yitgadal v'yitkadash, shmeh rabah. B'alma di vra
chiruteh, v'yamlich malchuteh b'chayyeichon
u'v'yomeichon u'vchayyei d'chol beit Yisrael.
Ba'agala u-vizman kariv v'imru amen.*

***Y'hei sh'mei raba m'varakh l'olam
ol'almey almaya.***

*Yitbarach v'yishtabach, v'yitpaa'ar v'yit-romam
v'yit-naseh. V'yithadar v'yitaleh v'yithallal
shmeh d'kudh'sha b'rich hu. L'eyla min kol
birchata v'shirata, tushbechata v'nechemata,
damiran b'alma, v'imru amen.*

*Y'hei shlama raba min shemaya v'chayyim tovim
aleinu v'al kol Yisrael, v'imru amen.
Oseh shalom bimromav, hu ya'aseh shalom,
aleinu v'al kol yisrael, v'imru Amen.*

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי
בְרָא כְרַעוּתֵיהּ, וַיְמַלִּיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעַלְמֵי
עַלְמֵיָא:**

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקַדְשָׁא בְרִיךְ הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא
וְשִׁירְתָּא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאֲמִירוֹן
בְּעֵלְמָא, 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:

Make the God-name big. Big and holy. Do it in this world, this creation sprung from consciousness, and bring some order. Do it fast, soon, in our lives, in the days ahead, in the life of the people we call home.

Everybody join with me: May the name be blessed forever and ever!

Yes, blessed. Blessed, whispered, sung out, shouted, honored, this holy name. The name is beyond any song, poem, or comforting words we could ever speak. Everybody say: That's the truth!

May a big peace descend from the heavens, a life-giving peace for all of us, for our beloved people. Let everybody say: May it be true!

Make that peace in the heavens, great peacemaker, great One who brings wholeness to our people. Stop. Everybody pray: May it be true.

(Poetic translation courtesy of Rabbi Daniel Brenner)

Havdalah / Separation

During havdalah, we sanctify the separation between Shabbat and weekday.

Hold up the glass of wine.

*Baruch Atah Adonai eloheinu melech ha'olam borei
p'ri hagafen.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגָּפֶן.

Blessed are you, THE BOUNDLESS ONE, our God, the sovereign of all worlds, who creates the fruit of the vine.

Hold up the spices, then pass them around and inhale their sweetness.

*Baruch Atah Adonai eloheinu melech ha'olam borei
minei besamim.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בוֹרֵא
מֵינֵי בְשָׂמִים:

Blessed are You, REVIVER, our God, the sovereign of all worlds, who creates various spices.

Hold up the braided candle and see your radiance reflected there.

*Baruch Atah Adonai eloheinu melech ha-olam borei
me-orey ha-esh.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בוֹרֵא
מְאוֹרֵי הָאֵשׁ:

Blessed are you, THE RADIANCE, our God, the sovereign of all worlds, who creates the lights of fire.

*Baruch Atah Adonai eloheinu melech ha-olam
hamavdil beyn kodesh lechol, beyn or le choshech,
beyn yom hashevi'i lesheshet yemey ha ma'aseh.
Baruch Atah Adonai eloheinu melech ha-olam
hamavdil beyn kodesh lechol.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדֵּיל
בֵּין קֹדֶשׁ לְחוּל, בֵּין אוֹר לְחֹשֶׁךְ, בֵּין יְשָׁרָאֵל
לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי, לְשֵׁשֶׁת יָמֵי
הַמַּעֲשֶׂה: בְּרוּךְ אַתָּה יְיָ, הַמְבַדֵּיל בֵּין קֹדֶשׁ
לְחוּל:

Blessed are You, THE MANY-NAMED, our God, the sovereign of all worlds, who separates between holy and ordinary, light and dark, the seventh day and the ordinary week. Blessed are you, THE INVISIBLE, who separates holy time from ordinary time.

Extinguish the candle in the wine, and sing Eliahu Hanavi and Shavua Tov (next page.)

ELIYAHU HANAVI

Fm (Em) *C7(B7)* *Fm(Em)*
 E - li - ya - hu ha - na - vi E - li - ya - hu
C7(B7) *A♭(G)* *B♭m(Am)*
 ha - tish - bi Ey - li - ya - hu Ey - li - ya - hu
Fm(Em) *B♭m(Am)* *C7(B7)* *Fm(Em) Fine* *C7(B7)*
 E - li - ya - hu ha - gil - a - di him - hey - ra v' -
Fm(Em) *C7(B7)* *Fm(Em)* *C7(B7)*
 ya - mey - nu ya - vo ey - ley - nu im Ma - shi - ah
Fm(Em) *C7(B7)* *Fm(Em) D.C. al Fine*
 ben Da - vid im Ma - shi - ah ben Da - vid

(Translation: Elijah, the prophet; Elijah, the Tishbite; Elijah, the Gileadite! Come quickly in our days with the Messiah from the line of David.)

Second verse:

Miriam ha-n'vi'ah oz v'zimrah b'yadah.
Miriam tirkod itanu l'taken et ha-olam.
Bimheirah v'yameinu hi t'vi'einu
El mei ha-y'shuah; el mei ha-y'shuah!

מִרְיָם הַנְּבִיעָא עַז בְּזִמְרָה בְיָדָה
 מִרְיָם תִּרְקֹד אֶתְנֵנוּ לְתִקּוֹן אֶת הָעוֹלָם.
 בְּמַהֲרָה בְיָמֵנוּ הִיא תְּבִיאֵנוּ
 אֶל מֵי הַיְשׁוּעָה, אֶל מֵי הַיְשׁוּעָה!

(Miriam the prophet, strength and song in her hand; Miriam, dance with us in order to increase the song of the world! Miriam, dance with us in order to repair the world. Soon she will bring us to the waters of redemption!) (Hebrew lyrics by R' Leila Gal Berner)

שבוע טוב!

Shavua tov! (repeat)

Shavua tov, a week of peace

May gladness reign, and joy increase! (repeat)