

The background is a deep blue gradient. It is decorated with various white and light blue elements: musical notes (treble clefs, eighth notes, and sixteenth notes), vertical bars of varying heights, and intricate, swirling floral or vine-like patterns. The overall aesthetic is elegant and celebratory.

# SHIR HALLELUYAH

Shabbat at CBB

When does a Jew sing? a Hebrew writer once asked. His answer; when they are hungry.

Truth is, a Jew is always hungry, and to many Jews the niggun (a wordless song) is the fastest way to feed their hunger.

Hungry, a Jew searches because their Jewish soul won't let them rest until they have heard what they need to hear and said what they need to say.

Hungry, they turn to music when words fail, and look up at יהוה and sing their heart out.

With the right intent, any Jew who sings a niggun always reaches their Creator.

## Yedid Nefesh

Yedid nefesh av harachaman, mshoch avdach  
el rtzonach.  
Yartz avdach k'mo ayal yishtachaveh mul hadarach.  
Ki yerav lo yedidutach, minofet tzuf v'chol ta'am.

יְדִיד נֶפֶשׁ, אָב הַרְחָמָן מִשּׁוֹךְ אֶבְדָּךְ אֶל רְצוֹנְךָ  
יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל יִשְׁתַּחֲוֶה מוֹל הָדָרְךָ  
כִּי יַעֲרֵב לוֹ יְדִידוּתְךָ מִנֹּפֶת צוּף וְכָל טַעַם

Hadur na'eh ziv ha'olam, nafshi cholat ahavatach  
Ana el na r'fa na la, b'harot lah noam zivach  
Az titchazek v'titrafeh, v'hayta lach shifchat olam.

הָדוּר, נֶאֱהָ, זִיו הָעוֹלָם נִפְשִׁי חוֹלֵת אֲהַבָּתְךָ  
אֲנִי אֵל נָא, רַפָּא נָא לְהַבְהִירָאוֹת לָהּ נֵעַם זִיּוֹךְ  
אִז תִּתְחַזֵּק וְתִתְרַפֵּא וְהִיְתָה לָךְ שִׁפְחַת עוֹלָם

Vatik yehemu rachamecha v'chus na al ben ohavach.  
Ki zeh kameh nichsof nichsaf, lir'ot b'tiferet uzach.  
Anah Eili, machmad libi, chushah nah v'al titalam.

וַתִּיק, יִהְיֶמוּ רַחֲמֶיךָ וְחוּס נָא עַל בֶּן אוֹהֶבְךָ  
כִּי זֶה כְּמָה נִכְסֵף נִכְסֵף לְרָאוֹת בְּתִפְאַרֶת עֲזָךְ  
אֲנִי אֵלִי, מַחְמַד לִבִּי חוּסָה נָא, וְאַל תִּתְעַלֵּם

Higaleh nah uf'ros chaviv alai, et sukkat shelomach  
Tair eretz mikevodach, nagilah v'nismechah bach.  
Maher ahuv, ki va moed, v'choneni kimei olam.

הִגְלֵה נָא וּפְרֹשׁ, חֲבִיב עָלַי אֶת סֻכַּת שְׁלוֹמְךָ  
תֵּאִיר אֶרֶץ מִכְבוֹדְךָ נְגִילָה וְנִשְׁמַחָה בְּךָ  
מַהֵר אֲהוּב, כִּי בָּא מוֹעֵד וְחֲנֹנִי כִּימֵי עוֹלָם

*Lover of my soul, merciful God, bring Your servant close to Your will. Your servant will run like a gazelle, to prostrate before Your glory. For Your companionship is purer than any fine taste or flavor.*

*Perfect, pleasing, radiance of the world, my soul desires Your love. Please, God, heal her now, as You show her the pleasantness of Your light. Now, strengthen and heal her, and she will be for You an eternal servant.*

*Ancient one, many Your mercies be made manifest, And have compassion on the child of Your lover. For it is so long that I have faithfully waited, to see the glory of Your strength. Please, my God, the desire of my Heart, hurry and do not hide!*

*Please, my beloved, reveal Yourself and spread over me the shelter of Your peace. Fill the world with the light of Your glory, so that we may rejoice and be happy in You. Be quick, my lover, for the time has come, and have mercy on me for all time.*

God, help us now to make this new Shabbat.  
 After noise, we seek quiet;  
 After crowds of indifferent strangers,  
 We seek to be with 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.  
 -Ruth Brin

## Candle Blessings

Almighty God, allow us to rest on this Shabbat  
 May the light of the candles  
 drive out from within us all impatience and sorrow.  
 Send Your blessings to us and to our children,  
 that we may walk in the ways of Your Torah,  
 Your light.

Baruch atah Adonai eloheinu Melech ha'olam  
 asher kidshanu b'mitzvotav vitzivanu  
 l'hadlik ner shel Shabbat.

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

*Blessed are You Adonai our God, Majesty of the universe. You make us holy with Your mitzvot, and command us to kindle the lights of Shabbat.*

Six Psalms representing the six days of the week lead up to the Song of Shabbat (Psalm 92).  
 Ana B'koach transitions our souls, and L'cha Dodi welcomes the Sabbath Bride into our midst.  
 These first six Psalms elevate our consciousness step by step, each Psalm wiping away the stresses of one day of the week until we reach the peak of readiness. Once we unburden ourselves from the week, our hearts are ready to greet Shabbat, and receive it's blessing of peace.

## Psalm 95:1-3

L'chu n'ranana l'Adonai naria l'tzur yisheinu (x2)  
 N'kadma fanav b'todah bizmirot naria lo (x2)  
 Ki El gadol Adonai hu Melech gadol al kol elohim (x4)

לָכוּ נִרְנְנָה לַיהוָה, נִרְיָעָה לְצֹר יִשְׁעֵנוּ.  
 נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה, בְּזִמְרוֹת נִרְיָע לּוֹ.  
 כִּי אֵל גָּדוֹל יְיָ, וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

*Come let us sing joyously to Adonai. Raise a shout for our rock and deliverer. We shall enter before God in gratitude, and raise a shout of song to God. Because Adonai is a great God, ruler of all heavenly bodies.*

**Psalm 96:11**

Yism'chu hashamayim v'tagel ha'aretz.  
Yiram hayam ume'lo'o.

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעַם הַיָּם וּמְלֹאוֹ.

*Let the heavens rejoice and the earth exult, let the sea and all within it thunder.*

The Sabbath is a reminder of the two worlds--this world and the world to come; it is an example of both worlds. For the Sabbath is joy, holiness and rest; joy is part of this world; holiness and rest are something of the world to come. -Abraham Joshua Heschel

**Psalm 97:1**

Adonai Malach tagel ha'aretz,  
yismechu i'yim rabim.

יְיָ מֶלֶךְ תִּגַּל הָאָרֶץ, יִשְׁמְחוּ אֲיִים רַבִּים.

*Adonai is King. Let the earth exult, the many islands rejoice!*

**Psalm 98:5**

Zamru l'Adonai b'chinar,  
b'chinar v'kol zimrah.

זָמְרוּ לַיהוָה בְּכִנּוּר, בְּכִנּוּר וְקוֹל זִמְרָה.

*Sing praise to Adonai with lyre, with lyre and melodious song.*

**Psalm 99:5,9**

Romemu (x3) Adonai Eloheinu  
V'hishtachavu lahadom raglav kadosh hu.  
Romemu (x3) Adonai Eloheinu  
V'histachavu l'har kodsho  
Ki Kadosh Adonai Eloheinu (x2)

רוֹמְמוּ יְיָ אֱלֹהֵינוּ, וְהִשְׁתַּחֲווּ לְהֹדֹם רַגְלָיו, קָדוֹשׁ הוּא.  
רוֹמְמוּ יְיָ אֱלֹהֵינוּ, וְהִשְׁתַּחֲווּ לְהַר קֹדֶשׁוֹ,  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

*Exalt Adonai our God and fall down at God's footstool for God is holy.*

*Exalt Adonai our God and fall down before the Holy Mountain, because Adonai our God is holy.*

The whole world has a connection and relationship with holiness.  
On Shabbat the internal light of everything is revealed; and to see it,  
all that is required is the will to receive the light. - Rabbi Yehudah Aryeh Leib

**Psalm 29:10-11**

Adonai oz l'amo yitein, Adonai y'varech et amo  
ah ah ah ah va'shalom.

יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

*Adonai gives strength unto God's people. Adonai blesses them with peace.*

The Ana B'Koach prayer, as a whole, represents a movement from one state to another. On Shabbat it is our transition from a state of work to a state of rest. It is made up of seven verses corresponding to the seven days of the week. The initials of each of the seven verses form Divine names. The first letter of each word suggests the 42-letter name that is also encrypted in the first 42 letters of the book of Genesis. This mystical and lofty prayer is attributed to the first-century sage Rabbi Nechunyah Ben HaKana.

The Divine names in Ana B'Koach are connected with elevated Temple consciousness. In the Temple, every time the high priest was heard saying the Holy Name, the people responded with *Baruch Sheim*. We therefore conclude the prayer with this statement.

אָנָא, בְּכַח גְּדֻלַּת יְמִינְךָ, תַּתִּיר צְרוּרָה.  
 קָבֵל רִנַּת עַמֶּךָ, שְׂגִבָנוּ, טַהֲרָנוּ, נוֹרָא.  
 נָא גִבּוֹר, דּוֹרְשֵׁי יַחֲדֻךְ, כְּבַבַּת שְׁמֵרִם.  
 בְּרַחֲמֶם, טַהֲרֵם, רַחֲמִים, צִדְקַתְךָ תָּמִיד גִּמְלֵם.  
 חֲסִין קָדוֹשׁ, בְּרוּב טוֹבְךָ, נַהֵל עֲדַתְךָ.  
 יַחֲדִיד גֵּאָה, לְעַמֶּךָ פִּנֵּה, זֹכְרֵי קִדְשֶׁתְךָ.  
 שְׁוַעֲתָנוּ קָבֵל, וּשְׁמַע צַעֲקָתָנוּ, יוֹדֵעַ תַּעֲלָמוֹת.  
 בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Ana b'choach g'dulat y'mincha tatir tzurah.  
 Kabel rinat amcha sagveinu, tahareinu norah.  
 Na gibor dorshi yichudcha kvavat shomrem.  
 Barchem taharem rachamei tzidkatcha tamid gomlem.  
 Chasin kadosh b'rov tuvcha nahel adatecha.  
 Yachid ge'eh l'amcha p'neh zochrei k'dushatecha.  
**Shavateinu kabel ush'ma tza'akateinu yodeia ta'alumot.**  
 Baruch shem k'vod malchuto l'olam va'ed.

We beg thee with the strength and greatness of Thy right arm  
 Untangle our knotted fate.

Accept Your people's song, elevate and purify us, oh Awesome One.

Please, Heroic One, those who pursue Your uniqueness- guard them as the pupil of an eye. Bless them, purify them, pity them, may Your righteousness always reward them. Powerful and Holy One, in goodness lead Your flock. Unique and Proud One, to Your people turn, who remember Your holiness. Accept our cries, and hear our shouts, oh Knower of Mysteries.

Blessed is the name of God's holy kingdom forever and ever.

L'cha dodi likrat kallah p'nei Shabbat n'kalah

לְכָה דוּדִי לְקִרְאָת כָּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

Shamor v'zachor bidibur Echad,  
hishmianu El hameyuchad,  
Adonai Echad u'shemo Echad,  
l'shem ul'tiferet v'lit'hila.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד, הַשְׁמִיעֵנוּ אֵל הַמֵּיּוּחָד,  
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה.

Likrat Shabbat l'chu v'nelcha,  
ki hi m'kor ha'bracha,  
Meirosh mikedem n'sucha,  
sof ma'aseh b'mach'shava t'chila.

לְקִרְאָת שַׁבָּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה,  
מֵרֶאשׁ מִקֵּדֶם נְסוּכָה, סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

Hit'or'ri hit'or'ri,  
ki va orech kumi uri,  
Uri uri shir daberu,  
k'vod Adonai alayich niglah.

הִתְעוֹרְרִי הִתְעוֹרְרִי, כִּי בָּא אוֹרֶךְ קוּמִי אוּרִי,  
עוּרִי עוּרִי שִׁיר דַּבְּרִי, כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Bo'i v'shalom ateret ba'alah,  
gam b'simcha uv'tzohola,  
Toch emunei am segulah,  
bo'i kallah bo'i kallah.

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבִצְהִלָּה,  
תּוֹךְ אֱמוּנֵי עַם סִגְלָהּ, בּוֹאִי כָלָה, בּוֹאִי כָלָה.

*Come, my beloved, to meet the Bride; let us welcome the presence of the Sabbath.*

*"Observe" and "Remember the Sabbath day," the Unique One caused us to hear in a single utterance: Adonai is One, and God's name is One to renown and glory and praise.*

*Come, let us go to meet the Sabbath, for it is a well-spring of blessing; from the beginning, from of old it was ordained,—last in production, first in thought.*

*Awake, awake your light has come! Arise, shine, awake and sing. The Eternal's glory shines upon you.*

*Come in peace, thou crown of thy husband, with rejoicing and with cheerfulness, in the midst of the faithful of the chosen people: come, O Bride; come, O Bride.*

Psalm 92:1-4

Mizmor shir l'yom ha'Shabbat (x2) tov l'hodot l'Adonai  
ulzamer l'shimcha elyon.  
L'hagid baboker chasdecha v'emunatcha baleilot, alei  
asor v'alei navel, alei higayon b'chinor.

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת טוֹב לְהַדוֹת לַיְיָ  
וּלְזַמֵּר לְשִׁמְכָּךְ עֲלִיּוֹן לְהַגִּיד בַּבֹּקֶר חֲסִדֶּךָ  
וְאֶמְוִנְתְּךָ בַּלַּיְלוֹת עַל־עֲשׂוֹר וְעַל־נֶבֶל  
עַל־הַגָּיוֹן בְּכִנּוֹר

Plant yourself exactly where you are, for wherever you are is the House of the Holy One.

Everything you need is here, soil and water, sun and shade.

You will grow tall like the palm, you will thrive like the cedars of Lebanon

You will flourish and be refreshed, you will bear fruit in your time.

Set aside your tools, stop your work and your wanderings

For six days you are the gardener, but on this day you are the garden. -Rabbi Sharon Cohen Anisfeld

## Chatzi Kaddish

Yitgadal v'yitkadash shmeh rabbah.  
B'alma divra chirutei v'yamlich malchutei  
b'chayeichon uv'yomeichon uv'chayei d'chol beit  
Yisrael. Ba'agala uvizman kariv v'imru: Amen.  
Y'hei shmei rabbah m'varach l'alam ul'almei almayah.  
Yitbarach v'yshtabach v'yitpa'ar v'yitromam  
v'yitnasei. V'yit'hadar v'yitaleh v'yit'halal shmei  
d'kudsha brich hu. L'eilah min kol birchata v'shirata,  
tushb'chata v'nechemata d'amiran b'alma v'imru:  
Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי כְּרָא כְּרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֻגְלָא וּבְזִמָּן קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלָמֵיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא  
בְּרִיךְ הוּא, לְעֻלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא  
תְּשֻׁבָּתָא וְנֶחֱמָתָא, דְּאָמִירִין בְּעֻלְמָא, וְאָמְרוּ אָמֵן.

God willed the creation of this world; Now let this world be filled with God's Name, in our lifetime...soon! And all say: Amen. May the Great Name be blessed, in this and in every world to come. Blessed, praised, glorified, honored, revered, embellished, exalted, and praised be the Name of the Holy One, far beyond all the blessings, songs, praises, and consolations that we utter in this world. And all say: Amen

## Barchu

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.  
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Barchu et Adonai ham'vorach. (Leader)

Baruch Adonai hamvorach l'olam va'ed. (Kahal, then repeated by leader)

Praise Adonai to whom praise is due. Praised be Adonai to whom praise is due forever and ever.

## Ma'ariv Aravim

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֲרֵבִים, בַּחֲכָמָה פּוֹתֵחַ שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
וּמַחְלִיף אֶת הַזְּמַנִּים, וּמַסְדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרֻצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,  
וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ  
עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרֵבִים.

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

It is evening, and children slowly dream away the storms of day. It is evening, and stars glow gently in the quiet heavens. Can we understand a dream? Find a net to capture the meaning of a glowing star? What bridge spans the vast space we must cross to reach understanding? How small are we who attempt the journey! And yet somehow we learn to find our glory in a brave and endless struggle to comprehend eternal mysteries. We are voyagers in an infinite sea, our destination always beyond the horizon. But we are voyagers. -Gates of Prayer

## Ahavat Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמִדָּתָּ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׁכְבְּנוּ וּבְקוּמָנוּ נִשְׁיַח בְּחֻקֶּיךָ, וְנִשְׂמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְיָה יוֹמָם וּלְיָלָה, וְאַהֲבַתְךָ אֵל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים. בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

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

Each person has a Torah, unique to that person, his or her innermost teaching. Some seem to know their Torahs very early in life and speak and sing them in a myriad of ways. Others spend their whole lives stammering, shaping, and rehearsing them. Some are long, some short. Some are intricate and poetic, others are only a few words, and still others can only be spoken through gesture and example. But every soul has a Torah. To hear another say Torah is a precious gift. For each soul, by the time of his or her final hour, the Torah is complete, the teaching done. -Rabbi Lawrence Kushner

## Shema

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

Shema Yisrael Adonai Eloheinu Adonai Echad

(in whisper) Baruch shem k'vod malchuto l'olam va'ed.

*Listen Israel, Adonai is our God, Adonai is One Praised be God's glorious majesty forever and ever .*

Adonai is the God of endless redemption: the drive towards progress, the impulse for change the call that cries out to attend to the world.	Elohim is the God of infinite cycles: of genesis, growth, senescence, decay; of life's wondrous design and all its mutations.
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Can we marry what is with what could yet be?  
can we hear these two voices and meld them as one?- Elizabeth Topper

## V'ahavta

וְאַהֲבַתְךָ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.

V'ahavta et Adonai elohecha b'chol l'avacha, uv'chol nafshecha uv'chol m'odecha.

*You shall love Adonai your God with all your heart, all your soul, all your strength.*

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם, בְּשִׁכְבְּךָ בְּבִיתְךָ, וּבִלְכָתְךָ בְּדֶרֶךְ, וּבְשִׁכְבְּךָ, וּבְקוּמָךְ. וְקִשְׁרָתָם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֶטֶפֶת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֵת כָּל מִצְוֹתַי, וְהָיִיתֶם קֹדְשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם.

*Take to heart these instructions with 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 you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of Egypt to be your God. I am Adonai your God.*



To worship is to stand in awe under a heaven of stars,  
 before a flower, a leaf in the sunlight, or a grain of sand.  
 To worship is to work with dedication and skill;  
 it is to pause from work and listen to a strain of music.  
 Worship is loneliness seeking communion.  
 It is a thirsty land crying out for rain.  
 Worship is kindred fire in our hearts;  
 it moves through deeds of kindness and acts of love.  
 Worship is the mystery within us reaching out to the mystery beyond.  
 It is an inarticulate silence yearning to speak;  
 It is the window of the moment open to the sky of the eternal.  
 -William H. Houff

### Mi Chamocha

מִי כְמֹכָה בָּאֱלֹהִים יְיָ, מִי כְמֹכָה נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא. מְלֻכּוֹתֶיךָ רָאוּ בְנִיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה, זֶה אֱלֹהֵינוּ וְאֵמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֹאמֶר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וַיִּגְאֹל מִיַּד חֲזָק מִמֶּנּוּ. בְּרוּךְ אַתָּה יְיָ, גֹּאֲלֵי יִשְׂרָאֵל.  
 Who is like You, O God among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, working wonders? Your children witnessed Your sovereignty, the sea splitting before Moses. "This is our God!" they cried. "Adonai will reign forever and ever." Thus it is said, "Adonai redeemed Jacob from a hand stronger than his own." Praised are you Adonai, redeemer of Israel.

Where the mind is without fear and the head is held high;  
 Where knowledge is free;  
 Where the world has not been broken into fragments by narrow domestic walls;  
 Where words come from the depths of truth;  
 Where tireless striving stretches its arms towards perfection;  
 Where the clear stream of reason has not lost its way in the arid desert sands of dead habit;  
 Where the mind is led forward by You into ever-widening thought and action—  
 Into that heaven of freedom, my Maker, let my people awake.  
 -Rabindranath Tagore

### Hashkiveinu

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶיךָ, וְתִקְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶיךָ. וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחֶרֶב, וְרָעָב, וְיָגוֹן, כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ אַתָּה, כִּי אֵל מֶלֶךְ חֲנוּן וְרַחוּם אַתָּה, וּשְׁמוֹר צִאתָנוּ וּבֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Ufros aleinu sukkat shlomecha (x2)

Ushmor tzeiteinu uvoeinu, lchayim ulshalom mei'atah v'ad olam.

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. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and coming, to life and to peace, evermore. Blessed are you Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Israel, and over Jerusalem.

## V'shamru

V'shamru v'nei Yisrael et haShabbat, la'asot et  
haShabbat l'dorotom b'rit olam.

Beini uvein b'nei Yisrael ot hi l'olam,  
Ki sheishet yamim asah Adonai et hashamayim  
v'et ha'aretz,  
U'vayom hashvi'i shavat va'yinafash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם, כִּי שֵׁשֶׁת  
יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

*The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.*

## Amidah

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftach ufi yagid t'hilatecha.

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

## Avot V'imahot

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמִתֵּינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רֵכָה, אֱלֹהֵי  
לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאֲמָהוֹת,  
וּמְבִיא גְאוּלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

*Blessed are You Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob. God of Sarah, God of Rebecca, God of Leah, and God of Rachel. The great, mighty, and awesome God, transcendent God who bestows loving kindness, creates all out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are you Adonai, Shield of Abraham, Sarah's Helper.*

## Gevurot

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מַחְיָה הַכֹּל (מֵתִים) אַתָּה, רַב לְהוֹשִׁיעַ.

[מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.] Said between 2nd day sukkot and Pesach

מְכַלְכֵּל חַיִּים בַּחֲסֵד, מַחְיָה הַכֹּל (מֵתִים) בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אֲמוּנָתוֹ  
לִישְׁנֵי עֶפֶר, מִי כְמוֹד בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ מֵמִית וּמַחְיָה וּמַצְמִיחַ יְשׁוּעָה. וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).  
בָּרוּךְ אַתָּה יְיָ, מַחְיָה הַכֹּל (הַמֵּתִים).

*You are forever mighty, Adonai; you give life to all (revive the dead).*

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

*You sustain life through love, giving life to all (reviving the dead) 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 (reviving that which is dead)?*

*Blessed are you Adonai who gives life to all (who revives the dead).*

## Kedushat Hayom

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקִדּוּשֵׁי יוֹם יְהִלְלוּךָ סֵלָה. בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ

*You are holy, Your name is holy, and those who are holy praise You each day. Blessed are You, Adonai, the holy God.*

We add our own silent meditations and prayers

### Oseh Shalom

Oseh shalom bimromav hu ya'aseh shalom  
aleinu, v'al kol Yisrael, v'al kol yoshvei teivel  
v'imru, amen.

עֹשֶׂה שְׁלוֹם בְּמִרְמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן.

*May the One who makes peace in the high heavens make peace for us, for all Israel, and all inhabitants of the world, and we say Amen.*

### Mi Sheberach

Mi sheberach avoteinu,  
m'kor ha'bracha 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 sheberach imoteinu,  
m'kor ha'bracha l'avoteinu  
Bless those in need of healing  
With refuah shleimah  
The renewal of body,  
The renewal of spirit,  
And let us say, Amen.

### Aleinu

Aleinu l'shabeiach la-adon hakol, latet g'dulah  
l'yotzer b'reishit, Shelo asanu k'goyei ha-aratsot,  
v'lo samanu k'mishp'chot ha-adama. Shelo sam  
chelkeinu kahem, v'goraleinu k'chol hamonam.

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר  
בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאָדָמָה, שֶׁלֹּא שָׂם חֵלְקֵנוּ כֶּהֱם, וְגִרְלָנוּ  
כְּכֹל הַמּוֹנֵם,

Va-anachnu kor'im umishtachavim umodim lifnei  
melech malchei ham'lachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

V'ne-emar, v'haya Adonai l'melech al kol ha-arets.  
Bayom hahu yihyeh Adonai echad, ushmo echad.

וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא  
יְהִי יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

*It is upon us to praise the God of all, to render greatness to the Creator; Who has not made us like the other nations of the earth, Who has given us a different past and will give us a different future. So we bend our knees and bow and give thanks before the Supreme Sovereign, the Holy One of Blessing. And it is written: Adonai will be Sovereign over all the earth. On that day, Adonai will be One and the Name will be One.*

### Mourner's Kaddish

Our thoughts turn to those who have departed this earth  
our own loved ones, those whom our friends and neighbors have lost,  
the martyrs of our people whose graves are unmarked,  
and those of every race and nation whose lives have been a blessing to humanity.  
As we remember them, we meditate on the meaning of love and loss, of life and death.  
-Rabbi Robert I. Kahn z"l

Yitgadal v'yitkadash shmeh rabbah. B'alma  
divra chirutei v'yamlich malchutei b'chayeichon  
uv'yomeichon uv'chayei d'chol beit Yisrael.  
Ba'agala uvizman kariv v'imru: amen.

Y'hei shmei rabbah m'varach l'alam ul'almei  
almayah.

Yitbarach v'yishtabach v'yitpa'ar v'yitromam  
v'yitnasei. V'yit'hadar v'yitaleh v'yit'halal shmei  
d'kudsha brich hu. L'eilah min kol birchata  
v'shirata, tushb'chata v'nechemata d'amiran  
b'alma v'imru: amen.

Y'hei shlama rabah min sh'maya v'chayim aleinu  
v'al kol Yisrael v'imru: amen.

Oseh shalom bimromav, hu yaaseh shalom  
aleinu v'al kol Yisrael, v'al kol yoshvei teivel,  
v'imru: amen.

*God willed the creation of this world; Now let this world be filled with God's Name, in our  
lifetime...soon! And all say: Amen. May the Great Name be blessed, in this and in every world to come.  
Blessed, praised, glorified, honored, revered, embellished, exalted, and praised be the Name of the  
Holy One, far beyond all the blessings, songs, praises, and consolations that we utter in this world.  
And we say: Amen.*

*Grant a great peace from heaven, and life, for all of us and all Israel. And we say: Amen.  
May the One who creates peace in the cosmos, grant peace to us, to all Israel,  
And to the entire human race. And let us say: Amen.*

### Shalom Aleichem

Shalom Aleichem malachei hasharet, malachei elyon,  
mi melech malchei hamlachim haKadosh Baruch hu.  
Boachem l'shalom malachei hashalom, malachei elyon,  
mi melech malchei hamlachim haKadosh Baruch hu.  
Barchuni l'shalom...  
Tzeitchem l'shalom...  
Shuvchem l'shalom...

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
בְּרַכּוּנִי לְשָׁלוֹם...  
צֵאתְכֶם לְשָׁלוֹם...  
שׁוּבְכֶם לְשָׁלוֹם...

*Peace be to you, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Enter in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Bless me with peace...  
Depart in peace...  
Return in peace...*