

שִׂמְחַת שַׁבָּת

Simchat Shabbat!

Friday Night Shabbat Service

Temple Shir Tikva

Wayland, Massachusetts

Before praying, the great kabbalist Rabbi Yitzchak Luria ז"ל
would meditate upon the following *kavanah*:

הִרִינִי מִקִּבֵּל עָלַי מִצְוַת עֲשֵׂה שָׁל וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ.

I hereby accept upon myself the Mitzvah
of "Love Your Neighbor as Yourself" (Leviticus 19:18).

Simchat Shabbat!

YEDID NEFESH

Yedid nefesh av harachaman, m'shoch avdach el
r'tzonecha, yarutz avdacha k'mo ayal, yishtachveh
mul ha'darakh. ki ye'erav lo yedidutach, mi-nofet
tzuf v'chol ta'am

Ha-dur na'eh, ziv ha-olam, nafshi cholat
a-ha-va-tach, ana el na r'fa na lah, b'harot lah noam
zivach, az titchazek v'titrapei, v'hayta lach shifchat
olam

Vatik yeh'hehmu na rachamecha, v'chus na al bein
ohavach, ki zeh kameh nichsof nichsaf, lirot
b'tiferet uzach, ana eli machmad libi, chusha na v'al
titalam

Higaleh na ufros haviv alai et sukat sh'lomach,
ta-ir eretz mikvodecha, nagila v'nism'cha bach,
maheir ahuv, ki va mo'ed, v'choneinu ki-mei olam

Yedid Nefesh ("My Soul's Delight") is a mystical poem by Rabbi Eliezer Azikri of Safed (16th Century),
intended as an introduction to prayer by meditating on the Divine four-letter Name. It appears, with
variants, in Sefardi and many Ashkenazi prayerbooks.

ZOL ZAYN SHABBOS

Shabbes, Shabbes, Shabbes, Shabbes Zol zayn
Shabbes;Shabbes zol zayn, Shabbes zol zayn,
Shabbes af der gan tser velt.

Sholem, Sholem, Sholem, Sholem,Zol zayn
Sholem;Sholem zol zayn, Sholem zol
zayn,Sholem af der gan tser velt.

Liebe, Liebe, Liebe, Liebe, Zol zayn Liebe;
Liebe zol zayn, Liebe zol zayn, Liebe af der
gan- tser velt.

יְדִיד נֶפֶשׁ אָב הַרְחָמֶיךָ, מְשׁוֹךְ עַבְדְּךָ אֶל
רְצוֹנְךָ. יְרוּץ עַבְדְּךָ כְּמוֹ אַיִל, יִשְׁתַּחֲוֶה מוֹל
הַדָּרָךְ. כִּי יֵעָרֵב לוֹ יְדִידוּתְךָ, מִנֹּפֶת צוּף
וְכָל טֵעָם.

הַדּוּר נֶאֱהָ זִיו הָעוֹלָם, נִפְשֵׁי חוֹלֵת
אֲהַבְתָּךְ. אָנָּה אֵל נָא רַפָּא נָא לָהּ,
בְּהִרְאוֹת לָהּ גַּעַם זִיוְךָ. אָז תִּתְחַזֵּק
וְתִתְרַפָּא, וְהִיְתֵה לָךְ שְׂפַחַת עוֹלָם.

וְתִיק יִהְיֶמוּ נָא רַחֲמֶיךָ, וְהוּס נָא עַל בֵּין
אוֹהֲבֶיךָ. כִּי זֶה כְּמֵה נְכֻסָּף נְכֻסָּף, לְרְאוֹת
בְּתַפְאֵרַת עֲזָךְ. אָנָּה אֵלִי מִחֲמַד לְבִי, חוּשָׁה
נָא וְאֵל תִּתְעַלֵּם.

הִגַּלְהָ נָא וּפְרִשׁ, חֲבִיב, עָלֵי אֶת סִכַּת
שְׁלוֹמְךָ. תִּאִיר אַרְץ מְכַבֹּדְךָ, נִגְלֶהָ
וְנִשְׁמַחָה בָּךְ. מִהֵרָ אֲהוּב כִּי בָּא מוֹעֵד,
וְחִנְנֵנוּ כִּימֵי עוֹלָם.

שבת שבת שבת... זאל זיין שבת.
שבת אף דער גאנצע וועלט.
שלום... ליבע...

Let there be Shabbat! For the entire world, let there be
Shabbat! Let there be peace! For the entire world! Let
there be love! For the entire world!

Simchat Shabbat!

The whole wide world is waiting
to sing a song of Shabbat!

לְכוּ נְרַנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעֵנוּ:

נְקַדְמָה פָּנֵינוּ בְּתוֹדָה בְּזִמְרוֹת נְרִיעַ לֹו:

L'chu n'ran'na L'Adonai, nari'a l'tzur yishenu.

N'kadma fanav b'todah bizmirot nari'a lo.

Come, let us sing to the Eternal One,

Let our song ring out to the Rock Who shelters us.

Let us approach God with thankfulness,

with our voices loud with song.

(from Psalm 95)

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.

Mizmor shir l'yom haShabbat.

A song for the Day of Shabbat.

(from Psalm 92)

הַלְלֵה, הַלְלֵה, הַלְלֵה, הַלְלֵה, הַלְלֵה.

Hallelu hallelu hallelu hallelu Halleluyah!

Praise the Eternal One!

(from Psalm 150)

Simchat Shabbat!

PSALM 96

◊ שִׁירוּ לַיְיָ שִׁיר חֲדָשׁ, שִׁירוּ לַיְיָ כָּל הָאָרֶץ.
שִׁירוּ לַיְיָ בְּרִכּוֹ שְׁמוֹ, בְּשָׂרוּ מִיּוֹם לְיוֹם יִשׁוּעָתוֹ.

Shiru l'Adonai shir chadash, shiru l'Adonai kol ha'aretz

Shiru l'Adonai barchu shemo, bas'ru m'yom l'yom y'shua'to.

Sing unto Adonai a new song! Sing unto Adonai, all the earth!

Sing unto Adonai, bless God's name! Tell each and every day of God's saving power!

סִפְרוּ בְּגוֹיִם כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאוֹתָיו. כִּי גָדוֹל יְיָ וּמְהֻלָּל מְאֹד, נוֹרָא הוּא עַל
כָּל אֱלֹהִים. כִּי כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים, וַיְיָ שָׁמַיִם עָשָׂה. הוֹד וְהָדָר לְפָנָיו, עֹז
וְתַפְאֵרֶת בְּמִקְדָּשׁוֹ. הִבּוּ לַיְיָ מִשְׁפָּחוֹת עַמִּים, הִבּוּ לַיְיָ כְּבוֹד וְעֹז. הִבּוּ לַיְיָ כְּבוֹד
שְׁמוֹ, שְׂאוּ מִנְּחָה וּבְאוּ לְחֻצְרוֹתָיו. הִשְׁתַּחֲוּוּ לַיְיָ בְּהַדְרַת קֹדֶשׁ, הִילֹוּ מִפְּנֵי כָּל
הָאָרֶץ. אָמְרוּ בְּגוֹיִם יְיָ מֶלֶךְ, אֵף תִּכְבֹּן תִּבְּל בַּל תִּמּוֹט, יְדִין עַמִּים בְּמִישְׁרֵיהֶם.

Recount among the nations God's glory / among all the peoples God's wonders.

For great is Adonai and most praised / awesome over all other divine beings.

While people follow false gods / Adonai made the heavens.

Greatness and grandeur are before God / strength and splendor make God's sanctuary.

Grant to Adonai, O families of peoples / grant to Adonai glory and strength.

Grant to Adonai the glory of the Divine Name / bear tribute and come into God's court.

Bow to Adonai in sacred grandeur / quake before God, all the earth.

Say among the nations: Adonai reigns.

Yes the world stands firm and will not shake,

God will rule the world with justice and its peoples with complete faithfulness

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעֵם הַיָּם וּמְלֵאוּ.
יַעֲלֹז שָׂדֵי וְכָל אֲשֶׁר בּוֹ, אֲזוּ יִרְנְנוּ כָּל עֵצֵי יַעַר.
לְפָנָיו יְיָ כִּי בָא, כִּי בָא לְשֹׁפֵט הָאָרֶץ,
יִשְׁפֹּט תִּבְּל בְּצֶדֶק, וְעַמִּים בְּאִמּוֹנָתוֹ.

Yism'chu hashamayim v'tagel ha'aretz, Yir'am hayam u'm'lo'o.

Ya'aloz saddai v'chol asher bo az y'ran'nenu kol atzei ya'ar.

Lifnei Adonai ki va, ki va lish'pot ha'aretz, yish'pot tevel b'tzedek v'amim be'emunato.

Let the heavens be glad and the earth rejoice, let the sea roar and all that fills it.

Let field and all its creatures exult, let the trees of the forest sing for joy before God.

Adonai comes to judge the earth, to rule the world with justice, the nations with truth.

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from PSALM 97

אור זרע לצדיק ולישרי לב שמחה:
שמחו צדיקים ביהוה והודו לזכר קדשו:

Or zarua la-tzadik, ul'yishrei lev simcha
simchu tzadikim badonai, v'hodu l'zecher kodsho

*Light is sown for the righteous, and joy for the upright in heart
Exult in Adonai O you righteous and give thanks to God's holy name.*

from PSALM 98

הריעו ליהוה כל הארץ פצחו ורגנו וזמרו:
זמרו ליהוה בכנור בכנור וקול זמרה:
בחצצרות וקול שופר הריעו לפני המלך יהוה:
ירעם הים ומלאו תבל וישבי בה: נהרות ימחאו כף יחד הרים ירגנו:

Ha-ri'u l'adonai kol ha-aretz, pitzchu v'ran'nu v'zameiru
zamru l'adonai b'chinar, b'chinar v'kol zimra
ba-chatzotz'rot v'kol shofar ha-ri'u lifnei ha-melech Adonai
yir'am hayam u'm'lo'o teyvel v'yoshvei vah, n'harot yim'cha-u chaf yachad hari y'raneinu

*Let the earth ring out in song to God: break forth, sing aloud, shout praise!
Sing praise to Adonai with the harp, with trumpets and shofars make a joyful noise!
Let the sea roar and all that fills it, the world and its inhabitants;
Let the rivers clap hands, let the mountains sing for joy.*

from PSALM 99

רוּמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲווּ לְהַר קְדִשׁוֹ
כִּי־קֹדֶשׁ יְהוָה אֱלֹהֵינוּ:

Romemu Adonai Eloheinu v'hish'tachavu l'har kodsho.
Ki kadosh Adonai Eloheinu

*Sing praises to Adonai our God! Bow toward Jerusalem,
God's holy mountain, for Adonai our God is holy!*

Simchat Shabbat!

LECHA DODI

לְכֵה דוּדִי לְקִרְאֵת כַּלָּה. פְּנֵי שַׁבַּת נִקְבְּלָה:

L'cha dodi likrat kallah, p'nei Shabbat n'kab'lah

Come, my beloved, to greet the bride!

Come, let us welcome Shabbat!

1 Shamor v'zachor b'dibbur echad,
hish'mi'anu el h'm'yuchad, Adonai echad
u'sh'mo echad, l'shem ul'tiferet v'lit'hilah.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל
הַמְיַחֵד, יְיָ אֶחָד וְשִׁמוֹ אֶחָד, לְשֵׁם
וְלִתְפִאָּרֶת וְלִתְהִלָּה.

*“Keep” (Exodus 20:8) and “Remember” (Deut. 5:12) in a single utterance,
the Only One caused us to hear; Adonai is One and God’s Name is One,
to God all glory and praise!*

2 Likrat shabbat l'chu v'nelcha, ki hi m'kor
ha'brachah, merosh mi-kedem n'suchah, sof
ma'aseh b'machshe'va t'chilah.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה. כִּי הִיא מְקוֹר
הַבְּרָכָה. מֵרֵאשׁ מְקֻדָּם נְסוּכָה. סוֹף מַעֲשֵׂה
בְּמַחְשָׁבָה תְּחִלָּה:

*Come, let's go to greet Shabbat, for she is the fountain of blessing.
Still it flows, as from the beginning: last in creation, first in conception.*

3 Mikdash melech ir m'lucha, kumi tz'i
mi-toch ha-hafeicha, rav lach shevet
b'eimek ha-bacha, v'hu ya-chamol alayich
chemlah.

מְקֻדָּשׁ מֶלֶךְ עִיר מְלוּכָה, קוּמִי צְאִי
מִתּוֹךְ הַהֶפְכָּה, רַב לָךְ שְׁבַת בְּעַמְּקֵי
הַבְּכָא, וְהוּא יַחְמוֹל עָלֶיךָ הַמְלָה.

*Sanctuary of kings, royal city, rise up and leave your ravaged state.
You have dwelt long enough in the valley of tears --
now God will shower mercy and grace upon you.*

4 Hitna'ari mei-afar kumi, livshi bigdei
tifarteich ami, al yad ben yishai beit
ha-lachmi, korva el nafshi g'a-la.

הִתְנַעְרִי מֵעָפָר קוּמִי, לְבִשִׁי בְּגָדֵי
תִפְאָרְתְּךָ עִמִּי, עַל יַד בֶּן יִשָּׂי בֵּית
הַלַּחְמִי, קַרְבָּה אֶל נַפְשִׁי גְאֻלָּה.

*Lift yourself up! Shake off the dust! Dress yourself in garments of your glory, my people!
For the son of Jesse of Beit Lehem is near, bringing redemption to my soul.*

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

הִתְעוֹרְרִי הִתְעוֹרְרִי, כִּי בָּא אוֹרֶךְ קוּמִי
אוֹרִי, עוֹרִי עוֹרִי שִׁיר דַּבְּרִי, כְּבוֹד יְיָ עֲלֶיךָ
נִגְלָה.

*Awake, Awake! Your light has dawned!
Arise, shine, awake, and sing -- the glory of God has settled upon you.*

6 Lo teivoshi v'lo ti-kalmi, mah
tish-to-ch-chi u'mah teh-he-mi, bach
ye-che-su ani'yei ami, v'nivn'ta ir al tila.

לֹא תִבוֹשִׁי וְלֹא תִכְלָמִי, מַה תִּשְׁתַּחֲוִי
וּמַה תִּהְיֶה, בְּךָ יִחַסּוּ עַנְיֵי עַמִּי, וְנִבְנְתָה
עִיר עַל תְּלָהּ.

*No more will there be shame or degradation; forget your sorrow and quiet your groans.
In you the afflicted of my people find respite, the city rebuilt upon its ancient ruins.*

7 V'hayu limshi-sa sho-sayich, v'rah-cha-ku
kol m'valayich, ya-sis alayich elohayich,
kimsos chatan al kallah.

וְהָיוּ לְמִשְׁסָה שְׂאֲסִיף, וְרָחֲקוּ כָּל
מְבַלְעֵיךָ, יִשֵּׁשׂ עֲלֶיךָ אֱלֹהֶיךָ, כְּמִשׁוֹשׁ
חַתָּן עַל כַּלָּהּ.

*Your scavengers are scattered, your devourers have been sent far away;
God will take joy in you just as a bridegroom rejoices in his bride.*

8 Yamin u'smol tifrotzi, v'et adonai
ta'a'ritzi, al yad ish ben partzi,
v'nis'm'cha v'nagila.

יָמִין וְשְׂמֹאל תִּפְרוֹצִי, וְאֵת יְיָ תַעֲרִיצִי,
עַל יַד אִישׁ בֶּן פְּרָצִי,
וְנִשְׂמַחָה וְנִגִּילָהּ.

*To the right and left you will spread out wide, and you will freely worship Adonai.
Beside the descendent of Peretz, we will rejoice and exult!*

We rise and face the entrance as we sing:

9 Bo'i v'shalom ateret ba'alah, gam b'simcha
uv'tzahalah, toch emunei am s'gulah,
Bo'i khallah, bo'i khallah.

בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה
וּבְצַהֲלָהּ, תּוֹךְ אֲמוּנֵי עַם סְגֻלָּהּ, בּוֹאִי כַּלָּהּ,
בּוֹאִי כַּלָּהּ.

*Enter in peace, O crown of your husband! Come in gladness and joy.
Come faithfully, to that unique people. Come in, O bride! Come in, O bride!*

לָכֵה דוֹרֵי לְקִרְאֵת כַּלָּהּ. פְּנֵי שִׁבְתָּ נִקְבְּלָהּ:

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PSALM 92

Mizmor shir l'yom haShabbat.
Tov l'hodot l'Adonai, ul'zamer
l'shimcha elyon. L'hagid baboker
chasdecha ve'emunatecha baleilot.
Aleí asor v'alei navell alei higayon
b'chinor. Ki simachtani Adonai
b'fa'alecha, b'ma'asei yadecha
aranen.

מְזִמּוֹר שִׁיר לְיוֹם הַשַּׁבָּת:
טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן:
לְהַגִּיד בַּבֹּקֶר חֲסִדֶיךָ וְאַמּוֹנַתְךָ בְּלַיְלֹת עֲלֵי-עֶשׂוֹר
וְעֲלֵי-נֶבֶל עָלֵי הַגָּיוֹן בְּכִנּוֹר:
כִּי שִׂמַּחְתָּנִי יְהוָה בְּפַעְלֶיךָ בְּמַעֲשֵׂי יְדֶיךָ אֲרָנָן:

Mah gadlu ma'asecha Adonai,
m'od amku mach'shevotecha. Ish
ba'ar lo ye'da, uch'sil lo yavin et
zot.

מַה-גָּדֹלְךָ מַעֲשֵׂיךָ יְהוָה מְאֹד עִמְקוֹ מִחֲשַׁבְתֶּיךָ:
אִישׁ בַּעַר לֹא יֵדַע וְכֹסִיל לֹא יִבִּין אֶת-זֹאת:

Tzadik ka'tamar yifrach k'erez
bal'vanon yisgeh
Sh'tulim b'veit Adonai b'chatz'rot
Eloheinu yaf'richu.
Od y'nuvun b'seivah, d'shenim
v'ra'an'nim y'hiyu.
L'hagid ki yashar Adonai tzuri v'lo
avlatah bo.

צַדִּיק כַּתְּמָר יִפְרַח כַּאֲרוֹז בַּלְבָּנוֹן יִשְׁגֶּה:
שְׁתוּלִים בְּבַיִת יְהוָה בְּחִצְרוֹת אֲלֵהֵינוּ יִפְרִיחוּ: עוֹד
יִנּוּבוּן בְּשֵׂיבָה דְשָׁנִים וְרַעֲנָנִים יִהְיוּ
לְהַגִּיד כִּי-יֵשֶׁר יְהוָה צוּרֵי וְלֹא-עוֹלָתָהּ בּוֹ:

A song for the Shabbat day! It is good to give thanks to Adonai, and to sing Psalms to Your name. To tell of Your love in the morning, to sing at night of Your faithfulness; to pluck the strings of the harp and lute and make them vibrate. Your deeds, O God, fill me with joy, Your handiwork moves me to song: How great are Your works, O Adonai! How wondrously deep your design!

...The righteous shall flourish like a palm tree; they shall sprout like a cedar in Lebanon. Rooted in the House of Adonai, they shall blossom in God's courtyards. They shall bear fruit even in ripe old age; they shall ever be fresh and green, proclaiming that Adonai is just; my Rock, in whom there is no wrong.

מְזִמּוֹר שִׁיר לְיוֹם הַשַּׁבָּת

Miz'mor shir l'yom haShabbat

Sing a song for this Day of Shabbat!

Simchat Shabbat!

HATZI KADDISH

Yitgadal v'yitkadesh sh'mei rabah.
Amen. B'alma di v'ra chir'utei,
v'yamlich malchutei b'chayeichon
uv'yomeichon uv'chaye d'chol beit
Yisrael b'agala u'viz'man kariv v'imru:
Amen.

Y'hei s'mei raba m'varach l'alam
ul'almei almaya.

Yitbarach v'yishtabach v'yitpa'ar
v'yitromam v'yitnasei v'yithadar
v'yitaleh v'yithalal sh'mei d'kudsha,
B'rich hu.
L'eila min kol birchata v'shirata.
Tush'bechata v'nech- 'emata,
da'amiran b'alma, v'imru: **Amen.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא
כְּרַעוּתֵיהּ, וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי
דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעֵלְמֵי עֵלְמֵינָא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ
הוּא, לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבַּחְתָּא
וְנִחַמְתָּא, דְאִמְרִין בְּעֵלְמָא, וְאִמְרוּ אָמֵן:

Please Rise

BARCHU - CALL TO PRAYER

Leader calls:

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ:

Let us bless the Holy One of Blessing!

Bar'chu et Adonai, ha'm'vorach!

Congregation responds:

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

Blessed is the Holy One of Blessing, forever!

Baruch Adonai ha'm'vorach l'olam
va'ed!

Please be seated

*

Simchat Shabbat!

MA'ARIV ARAVIM
EVENING PRAYER FOR CREATION

Baruch atah Adonai, Eloheinu melekh
ha'olam asher bid'varo ma'ariv
aravim.

B'chochma pote'ach she'arim,
u'vit'vunah m'shaneh itim,
u'machalif et ha'z'manim u'-
m'sader et ha'kochavim b'-
mishm'roteihem ba'raki'a kir'-
tzono. Borei yom va'laila, gollel or
mip'nei choshech, v'choshech
mip'nei or.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ
מַעְרִיב עֶרְבִים.

בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים, וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַזְּמַנִּים, וּמְסַדֵּר אֶת הַכּוֹכָבִים
בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.

We bless You, Adonai our God, Ruler of the universe,
who brings on the evening.

*When we see the heavens, the work of Your fingers,
the moon and the stars,*

the golden sun and the cool grass,
the brilliant flowers and the freshness of flowing streams,

*we give thanks to You,
Maker of all things,
Creator of goodness and beauty.*

U'ma'avir yom u'mevi laila,
u'mav'dil bein yom u'vein laila,
Adonai tz'v'a'ot sh'mo. El chai
v'kayam, tamid yimloch aleinu
l'olam v'ed.

Baruch atah Adonai, ha'ma'ariv
aravim.

◈ וּמַעְבִּיר יוֹם וּמְבִיא לַיְלָה, וּמְבַדֵּיל בֵּין יוֹם וּבֵין
לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיָּם, תָּמִיד יִמְלֹךְ
עָלֵינוּ לְעוֹלָם וָעֶד.

בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים:

Blessed are You, Adonai, who brings on the evening.

Simchat Shabbat!

AHAVAT OLAM
GOD'S ETERNAL LOVE FOR ISRAEL

Ahavat olam beit Yisrael am'cha
ahavta. Torah u'mitzvot, chukim
u'mishpatim, otanu limad'ta.

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

עַל כֵּן, יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ נְשִׁיחַ בְּחֻקֶיךָ,
וְנִשְׂמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

Al ken Adonai Eloheinu b'shoch- veinu
u'v'kume'cha nasi'ach b'chukecha,
v'nismach b'divrei Toratecha
u'v'mitzvotcha l'olam va'ed.

Ki hem chayeinu v'orech yameinu
u'va'hem ne'hegeh yo- mam va'laila.
V'ahavat'cha al tasir mimenu
l'olamim.
Baruch atah Adonai ohev amo
Yisrael.

כִּי הֵם חַיֵּינוּ וְאָרְךְ יָמֵינוּ, וּבָהֶם נִהְגָה יוֹמָם וְלַיְלָה,
וְאֶהַבְתָּךְ אֶל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Adonai, You have loved us with infinite love,
and You have taught us how to respond to You:
Through Torah and Mitzvot, statutes and judgments.

When we lie down to sleep and when we rise,
we shall meditate on Your laws and speak of them;
we shall rejoice in Your Torah and Mitzvot always.
For they are our life and the length of our days.

God, we pray that the gift of Your love will remain with us forever.
We bless You, the One who loves Your people Israel.

*

Simchat Shabbat!

The last secret is that everything is One.
The first was seeing
for even one moment,
that there was something more to reality
than meets the eye.

But the last secret is seeing
for even one moment
that all of reality -- everything -- is One.

At night, when you lie down,
and in the morning, when you rise up,
the secret whisper
we whisper to ourselves is the same:
Listen to the secret:
"Our God is One."

SH'MA
AFFIRMING ONENESS

שִׁמְעוּ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Hear, O Israel, the Eternal One is our God,
the Eternal God alone!

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד.
Blessed is God's glorious Name for all Eternity!

Simchat Shabbat!

MITZVOT, OUR PATH TO LOVE GOD AND STRENGTHEN ONENESS

V'havta et Adonai Eloheicha, b'chol l'avacha, b'chol naf'she'cha, u'v'chol m'odecha.

V'hayu had'varim ha'eleh asher Anochi m'tza'v'cha hayom al l'avacha. V'shinantam l'vanecha v'dibarta bam, b'shivt'echa 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 uvi'sha'arecha.

Vayomer Adonai el Moshe leimor: Daber el b'nai Yisrael v'amarta aleihem v'asu lahem tzitzit al kanfei vigdeihem l'dorotam v'nat'nu al tzitzit hakanaf p'til t'cheilet. V'haya l'chem tzitzit uritem oto uzchartem et kol mitzvot Adonai v'asitem otam v'lo taturu acharei l'vav'chem v'acharei eineichem asher atem zonim achareichem.

L'ma'an tizk'ru v'asitem et kol mitzvotai, vihitem k'doshim leiloheichem. Ani Adonai Eloheichem, asher hotzeiti etchem mei-eretz Mitzrayim, L'hiyot l'chem leilohim.

Ani Adonai Eloheichem. [Emet.]

You shall love Adonai your God with all your mind, with all your strength, with all your being. Set these words, which I command you this day, 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 upon your hand; let them be a symbol before your eyes; inscribe them on the doorposts of your house and on your gates.

- Deuteronomy 6:4-9

"Adonai spoke to Moses saying: Speak to the Israelites and tell them to make a fringe on the corners of their garments, in every generation. They shall put on the fringe of the corner a cord of blue. You shall have these fringes, and when you look at them remember all My Mitzvot and do them, and not follow after your heart and your eyes which might draw you astray."

Be mindful of all my Mitzvot and do them: so shall you consecrate yourselves to your God. I, Adonai, am your God who led you out of Egypt to be your God; I, Adonai, am your God.

- Numbers 15:37-41

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
עַל-לִבְבְּךָ:

וְשָׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאָזְנוֹת
עַל-יָדֶיךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם
עַל-מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: לַח דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית
הַכָּנָף פִּתְּיֵל תְּכֵלֶת: לֹט וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם
אֶת-כָּל-מִצְוֹת יְהוָה וְעָשִׂיתֶם אֹתָם וְלֹא תִתְּרוּ אַחֲרֵי לִבְבְּכֶם וְאַחֲרֵי
עֵינֵיכֶם אֲשֶׁר-אֲתֶם זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהָיִיתֶם
קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהָיוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם: אַמֵּן...

Simchat Shabbat!

MI CHAMOCHA
TRUE REDEMPTION

...אֱמֶת וְאִמוּנָה כָּל זֹאת, וְקִים עָלֵינוּ, כִּי הוּא יי אֱלֹהֵינוּ וְאִין זִילְתוּ,
וְאִנְחֵנוּ יִשְׂרָאֵל עִמּוֹ.

We affirm the truth that You are our God, and that there is no other.

You redeem us from the power of kings; You deliver us from the hand of oppressors.

You saved us with miracles before Pharaoh, with signs and wonders in the land of Egypt.

You led Your children through divided waters, as our pursuers sank in the sea.

“Who is like You, Adonai! Who is like You, among all that is worshipped?”

“Who is like You, majestic in holiness, awesome in splendor, working wonders?”

*

Mi chamocha ba'elim Adonai? Mi
kamocha ne'edar ba'kodesh, no'ra
tehillot, oseh feleh.

מִי כַמּוֹכָה בְּאֵלִים יי? מִי כַמּוֹכָה נְאֻדָר
בְּקֹדֶשׁ, נוֹרָא תְהִילָת, עֲשֵׂה פִלָּא?

Malchutecha ra'u vanecha bo- ke'a
yam lifnei Moshe, "Zeh Eli" anu
v'amru:

מְלֻכּוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנַי מִשָּׁה,
זֶה אֵלֵי עָנוּ וְאָמְרוּ:

"Adonai yimloch le'olam va'ed."

”יי יִמְלֹךְ לְעוֹלָם וָעֶד.”

V'ne'emar: Ki fadah Adonai et
Ya'akov u'g'alo mi'yad chazak
mi'menu. Baruch Atah Adonai, ga'al
Yisrael.

וְנֵאמַר: כִּי פָדָה יי אֶת יַעֲקֹב, וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל:

*Who is like You, Adonai, among all that is worshipped? Who is like you, majestic in holiness,
awesome in splendor, working wonders? Your children saw your sovereign power displayed at the shores of the
sea. “This is my God!” they cried. “Adonai will reign for ever and ever!”*

And it has been said: Adonai delivered Jacob, and redeemed him from a hand stronger than himself.

Blessed are You Adonai, who redeemed Israel.

The real slavery of Israel in Egypt was that they had learned to endure it.

- Rabbi Simcha Bunem of Pshischah

Simchat Shabbat!

HASHKIVEINU
SHELTER US WITH PEACE

Let us lie down this evening in peace, O God, and wake us up in the morning to life renewed. Shield us and remove from our paths sorrow, sadness and war, pain, disease and discomfort. Shelter us in the shadow of Your wings.

For You, O God, are merciful and loving, and You are our protective Power. You guard us in our coming and going. Protect us from destructive forces. Bless us with life and peace at all times.

Hashki'veinu Adonai Eloheinu
l'shalom. V'ha'amidenu mal'-keinu
l'chayim. U'fros aleinu sukkat
sh'lomecha, v'tak'neinu b'etzah
tovah mil'fanecha. V'hoshi'einu
l'ma'an she'-mecha, v'hagen
b'adeinu, v'ha'ser m'aleinu oyev,
dever, v'cherev v'ra'av v'yagon,
v'haser sattan milfaneinu
u'me'achareinu, Uv'tzel k'na-
fe'cha tas'tireinu, ki El shom'reinu
u'matzileinu Atah. Ki El melekh
chanun v'rachum Atah, ush'mor
tzeiteinu u'vo'einu l'chayim
u'l'shalom me'atah v'ad olam. U'fros
aleinu sukkat sh'lomecha.

Baruch atah Adonai, haporeis sukkat
shalom aleinu v'al kol amo Yisrael,
v'al Yerushalyim.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ
לְחַיִּים וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, וְתִקְנֵנוּ בְּעֵצָה
טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדְנוּ,
וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרֵב, וְרָעַב וְיָגוֹן, וְהִסֵּר
שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ, וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי
אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה, כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם
אַתָּה. וְשִׁמּוֹר צִאתָנוּ וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם,
מֵעַתָּה וְעַד עוֹלָם. וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שָׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Blessed are You, Adonai, for You spread your *sukkah* of peace over us, over all Your people Israel, and over the holy city of Jerusalem.

Simchat Shabbat!

THE COVENANT OF SHABBAT

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

Exodus 31:16-17

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

V'shamru v'nei Yisrael et ha- Shabbat, la'asot et haShabbat l'dorotam b'rit olam.

Beini u'vein b'nei Yisrael ot hi l'olam, ot hi l'olam.

Ki sheshet yamim asah Adonai, asah Adonai, et hashamayim v'et ha'aretz.

U'vayom ha'shv'i'i shavat va' yinafash.

*

ON A FESTIVAL EVENING

וַיְדַבֵּר מֹשֶׁה אֶת-מִעֲדֵי יְהוָה אֶל-בְּנֵי יִשְׂרָאֵל:

Thus Moses proclaimed the Festivals of Adonai before the people of Israel.

Simchat Shabbat!

AMIDAH

Please rise and face Jerusalem

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Adonai s'fatai tiftach u'fi yagid t'hilatecha.

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

AVOT:

REMEMBER OUR ANCESTORS BEFORE US

Baruch Atah Adonai, Eloheinu
v'Elohei avoteinu v'imoteinu,
Elohei Avraham, Elohei Yitzhak,
Elohei Ya'akov, Elohei Sarah,
Elohei Rivka, Elohei Leah
V'Elohei Rachel:

Ha'El hagadol hagibor v'hanora,
El elyon, gomel hasadim tovim,
v'koneh hakol, v'zocher hasdei
avot v'imahot, u'mevi g'ulah
liv'nei v'neihem l'ma'an sh'mo
b'ahavah. Melech ozer u'moshi'a
u'- magen.

Baruch Atah Adonai, magen
Avraham v'ezrat Sarah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וְיַמְבִּיא
גְּאוּלָּה לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה*:
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

*On the Ten Days of Teshuvah between Rosh HaShana & Yom Kippur, add:

Zochreinu l'chayim, melech chafetz
ba-chayim v'chotveinu b'sefer ha-chayim,
l'ma'anacha elohim chayim

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים,
וְכֹתְבֵנוּ בְּסֵפֶר חַיִּים, לְמַעַן
אֱלֹהִים חַיִּים.

Blessed are You Adonai, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel; great, mighty and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and bring redemption to their children's children for the sake of Your name in love.

(Between Rosh HaShana & Yom Kippur: Remember us for life, O Ruler who loves life. Write us in the Book of Life, for Your sake, O God of life.)

You are our Ruler and our Help, our Redeemer and our Shield. We praise you, Adonai, Shield of Abraham, Protector of Sarah.

Simchat Shabbat!

G'VUROT:
GOD'S POWER IN THE UNIVERSE

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים (הַכֹּל) אַתָּה,
רַב לְהוֹשִׁיעַ:

*חורף: מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם
*קיץ: מוֹרִיד הַטֶּל

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים (הַכֹּל) בְּרַחֲמִים
רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׂרָאֵל עֲפָר, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דוֹמֵה לָךְ, מְלֶכֶךְ מִמֵּית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה:
וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים (הַכֹּל).
בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים (הַכֹּל):

Atah gibor l'olam Adonai, m'chayei metim (hakol) Atah rav l'hoshi'a.

*Winter: Mashiv haru'ach u'morid hagashem.
*Summer: Morid ha'tal.

M'chalkel chayim b'chesed, m'chayei metim (ha-kol) b'rachamim rabim, somech noflim v'rofeh cholim, u'matir asurim, u'm'kayem emunato lisheineh afar. Mi chamocho ba'al g'vurot, umi domeh lach? Melech memit u'mchayei u'matzmi'ach y'shu'a. V'ne'eman Atah l'hachayot metim (ha-kol).
Baruch Atah Adonai, m'chayei ha-metim (ha-kol).

*Eternal is Your might, O God; all life is Your gift; great is Your power to save!
(In winter:) You cause the wind to blow and bring down the rains /
(In summer:) You bring down the morning dew.*

With love You sustain the living, with great compassion You give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You, Mighty One? Who is Your equal, Author of life and death, Source of Salvation? Who is like You, God of mercy, who remembers the Creations for life and mercy?

We praise You, Eternal God, the Source of life.

*Winter: From Simchat Torah to Pesach
*Summer: From Pesach to Simchat Torah

K'DUSHAT HASHEM:
GOD'S NAME IS HOLINESS

Atah kadosh v'shim'cha kadosh, uk'doshim b'chol yom y'hall'lucha, sela. Baruch Atah Adonai, ha'El hakadosh.

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

You are holy, Your Name is holy, and all who strive to make You holy each day shall praise You. Selah! We praise You, Eternal One, the Holy God.

We continue silently through the end of the Amidah (page 23), adding the prayers of our own hearts. Afterwards, be seated at your own pace.

Simchat Shabbat!

THE HOLINESS OF SHABBAT

Vayachulu ha'shamayim v'ha'aretz
v'chol tz'va'am. Vay'chal Elohim
bayom ha'shvi'i m'lach'to asher
asah. Vayish'bot bayom ha'shvi'i
mikol m'lachto asher asah.
Vay'varech Elohim et yom hash'vi'i
vay'kadesh oto, ki vo shavat mikol
m'lachto, asher bara Elohim la'asot.

Now the whole universe -- sky, earth and all their array -- were completed. With the seventh day God ended God's work of creating; on the seventh day, God rested, with all God's work completed. Then, God blessed the seventh day and called it holy, for with this day, God had completed the work of creation.
Genesis 2:1-3

Eloheinu v'Elohei avoteinu
v'i'moteinu, r'tzei vim'- nuchateinu.
Kad'sheinu b'- mitzvotcha, v'ten
chelkeinu b'Torah'techa, sab'einu
mi'- tuvecha, v'sam'cheinu bi'y'-
shu'atecha, v'taher libeinu
l'ov'decha b'emet. V'han'- chileinu
Adonai Eloheinu b'ahavah u'v'ratzon
Shabbat kod'shecha, v'yanuchu vah
Yisrael, m'kad'shei she'mecha.
Baruch Atah Adonai, m'kaddesh
ha'Shabbat.

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם: וַיְכַל
אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיְשַׁבֵּת
בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ
אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת
מִכָּל-מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחֵינוּ. קְדֹשְׁנוּ
בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׂבַעֲנוּ מִטּוֹבֶךָ, וְשִׂמְחָנוּ
בִּישׁוּעָתְךָ, וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמִּתּוֹ, וְהִנְחִילֵנוּ יְיָ
אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שַׁבַּת קְדֹשְׁךָ, וַיְנַוְחוּ בָּהּ
יִשְׂרָאֵל, מִקְדְּשֵׁי שְׁמֶךָ.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת:

*Our God, and God of our ancestors, our fathers and mothers --
bless us with rest on this Shabbat.*

Make us holy with Your commandments, and let us enjoy the wisdom of Your Torah.

Satisfy us with Your goodness, and purify our hearts to serve You in truth.

O Adonai our God, gracefully give us the peace of Shabbat with Your love.

May all Israel experience Shabbat peace, and may all we make Your name holy.

We praise You, Adonai, who makes Shabbat holy.

The meaning of Shabbat is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on Shabbat we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

- Rabbi Abraham Joshua Heschel

Simchat Shabbat!

WHEN SHABBAT OCCURS DURING A FESTIVAL or ROSH HODESH

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֵא, וְיִזְכֹּר זְכוֹרֹתֵינוּ וְזִכְרוֹן כָּל עַמּוֹךְ בֵּית
יִשְׂרָאֵל לְפָנֶיךָ לְטוֹבָה, לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם
רֵאשׁ חֹדֶשׁ הַזֶּה,
חַג הַשְּׁבוּעוֹת הַזֶּה,
חַג הַמַּצּוֹת הַזֶּה,
חַג הַסֻּכּוֹת הַזֶּה,

Out of Your love for us, O God, You have made the People of Israel special, giving us Your commandments. You ask the Jewish people to make Your name holy throughout the world.

*In Your love, Adonai, you have given us this Shabbat of joy,
and this day of*

Rosh Hodesh, the first day of the new month,

Shavuot, Time of the Giving of the Torah

Passover, Festival of Matzah, Time of Our Freedom

Sukkot, Time of Our Joy

to unite us in prayer, as we remember our exodus from Egypt.

On this day, O God, remember Your people Israel.

We ask Your blessing:

זְכֹרֵנוּ, יְיָ, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה,
וּפְקֻדָּנוּ בּוֹ לְבִרְכָה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.

This day, grant us and our children goodness.

Amen.

This day, bless us and our children with Your presence.

Amen.

This day, bless us and our children to live a fuller life.

Amen.

בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת וְיִשְׂרָאֵל וְהַזְּמַנִּים:

We bless You, Adonai, who makes Shabbat, the Festivals, and the People of Israel all holy.

Simchat Shabbat!

RECEIVE OUR PRAYERS

R'tze Adonai Eloheinu b'am'cha
Yisrael u'v't'filatam b'ahavah
t'ka'bel. U't'hi l'ratzon tamid
avodat Yisrael amecha. V'techezenah
eineinu b'shuv'cha l'Tzion
b'rachamim. Baruch atah Adonai,
hamachazir she'chinato l'Tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל, וּתְפַלְתֵּם בְּאַהֲבָה
תְּקַבֵּל בְּרָצוֹן, וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל
עַמְּךָ. וּתְחַזְיֵנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ
אַתָּה יי, הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious, O God, to Your people Israel, and receive our prayers with love. May our worship always be acceptable to You. Let us see Your return to Zion in mercy. We bless You, Adonai, who returns the Divine Presence to Zion.

GIVING THANKS

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָה הוּא, יי אֱלֹהֵינוּ וְאַלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹר
חַיֵּינוּ, מְגִן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר נוֹדֶה לָךְ וְנִסְפֵר תְּהִלָּתְךָ. עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׁבָכָל יוֹם עַמְנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׁבָכָל עֵת, עָרַב וּבָקֵר וְצַהֲרִים, הַטּוֹב כִּי לֹא כָלוּ
רַחֲמֶיךָ, וְהִמְרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קִוִּינוּ לָךְ.*

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מְלַכְנוּ תָּמִיד לְעוֹלָם וָעֶד.
וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה, וְיִהְיֶה לָּךְ אֶת שְׁמֶךָ בְּאַמְתָּ, הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ
סֵלָה. בְּרוּךְ אַתָּה יי, הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

*On Chanukah, Purim, or Israel's Independence Day,
insert here Al Ha-Nisim (page 29)

Adonai our God, we thank You and praise You for giving us life, guarding us, and nourishing our souls. We thank You for the miracles that are all around us, miracles which we witness every day. You give us many gifts. You are goodness: Your mercies never end; You are compassion: Your love never fails. For all these things, O Sovereign God, let Your name be forever exalted and blessed. Blessed are You, Adonai, Whose very name is goodness: it is a joy to give You thanks.

Simchat Shabbat!

BLESS US WITH PEACE

יְהִי שְׁלוֹם לְכָל בְּנֵי יִשְׂרָאֵל, לְכָל בְּנֵי יִשְׁמָעֵאל, וּלְכָל בְּנֵי אָדָם.
May the descendents of Isaac, the descendents of Ishmael,
and the whole human family come to know true Shalom.

*

Shalom rav al Yisra'el am'cha tasim
l'olam. Ki Atah hu Melech Adon l'chol
hashalom.
V'tov b'einecha l'varech et amcha
Yisra'el B'chol eit u'v'chol sha'ah
bish'lomecha.

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

Baruch atah Adonai, ham'v'arech et
amo Yisrael ba'shalom.

בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

*Grant abundant peace eternally for Israel, Your people. For You are the Sovereign source of all peace.
May it be pleasing to You to bless your people Israel, in every time and hour, with Your peace.
Blessed are You, Adonai, who blesses Your people Israel with peace.*

*

On this Shabbat, O God,
please bless Your people Israel with true and enduring peace.

Bless our people wherever we are found,
in this country, in the Land of Israel, in all lands,
that we may all live in peace and in security.

Bless our families, our homes, and our neighborhoods,
our cities and towns,
with the wholeness and goodness that peace can bring.

Bless us, that the darkness of war be banished,
that the light of peace may shine.

Bless us, that all the peoples of the earth may see freedom and peace,
that every person You created
may rejoice in the goodness of true Shalom.

We bless You, Adonai, Source of Peace.

Simchat Shabbat!

אֱלֹהִי, נִצּוֹר לְשׁוֹנֵי מַרְעֵי. וּשְׁפָתַי מִדְּבַר מַרְמָה; וְלִמְקַלְלֵי נַפְשֵׁי תְדוֹם.
וּנְפָשֵׁי כְּעֶפֶר לְכֹל תִּהְיֶה. פֶּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשֵׁי,
וְכֹל הַחוֹשְׁבִים עָלַי רָעָה, מִהֲרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה
לְמַעַן שְׂמֹךְ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן קִדְשָׁתְךָ, עֲשֵׂה לְמַעַן תּוֹרָתְךָ.
לְמַעַן יִחְלְצוּן יְדִידְךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְנוּ.

My God, keep my tongue from causing harm and my lips from telling lies.
Help me to be humble in Your Presence, and to see the goodness in all people.
Open my heart to Your Torah, and I will hasten to do Your Mitzvot. As for all who think evil of
me, cancel their designs and frustrate their schemes. Save me with Your power; in time of
trouble be my answer, that those who love You may rejoice.

Y'hiyu l'ratzon im'rei fi v'hegyon libi
l'fanecha Adonai tzuri v'go'ali.

יְהִיו לְרָצוֹן אֲמָרֵי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ,
יְי צוּרִי וְגוֹאֲלִי.

*May the words of my mouth and the meditations of my heart be acceptable to You, Adonai,
my Rock and my Redeemer.*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ.
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

Oseh shalom bim'romav hu ya'aseh shalom aleinu
v'al kol yisrael, v'imru amen.

*May the One Who creates peace in the Heavens
make peace for us, and for all Israel, and for all who dwell on earth. Amen.*

* *

MAGEN AVOT

Magen avot bid'varo, m'chayei metim
b'ma'amaro, ha'El hakadosh she'ein
k'mo'hu, ha'meini'ach l'amo b'yom
Shabbat kod'sho. Ki vam ratzah
l'ha'ni'ach lahem, l'fanav na'avod
b'yir'ah va'fachad, v'nodeh lish'mo
b'chol yom tamid, me'ein ha'brachot. El
ha'hoda'ot Adon ha'shalom, m'kadesh
ha'Shabbat um'varech she'vi'i
u'meini'ach bik'dushah l'am m'dushenei
oneg, zecher l'ma'aseh vereshit.

מָגֵן אָבוֹת בְּדַבְרוֹ, מְחַיֶּה מֵתִים בְּמֵאמָרוֹ, הָאֵל הַקָּדוֹשׁ שֶׁאֵין
בְּמוֹהוֹ, הַיִּמְנִיחַ לְעַמּוֹ בְּיוֹם שַׁבַּת קִדְשׁוֹ, כִּי בָּם רָצָה לְהַנִּיחַ לָהֶם.
לְפָנָיו נִעְבֹּד בְּיִרְאָה וּפְחָד, וְנוֹדָה לְשִׁמּוֹ בְּכֹל יוֹם תָּמִיד, מְעִין
הַבְּרָכוֹת. אֵל הַהוֹדָאוֹת אֲדוֹן הַשְּׁלוֹם, מְקַדֵּשׁ הַשַּׁבָּת, וּמְבַרֵּךְ
שְׂבִיעִי, וּמְנַיֵחַ בְּקִדְשָׁה לְעַם מְדֻשְׁנֵי עֲנָג, וְזָכַר לְמַעֲשֵׂה בְּרֵאשִׁית:

*Your word was a shield to our ancestors, and You are the Source of all life. You are the Holy God, beyond
compare, and You give rest to all Your people on Your holy Shabbat day. You we will serve with awe and
trembling, and You we affirm day after day. To You, Master of peace, our thanks are due. In remembering the
work of creation, You bless the Shabbat and make it holy. In its rest, our people finds abounding joy.*

Simchat Shabbat!

MI SHE-BERACH: PRAYERS FOR HEALING

May the One who blessed our ancestors, bless all those in our hearts with health, strength, dignity, and peace. Tonight, we ask God's blessing for the following individuals...

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ אַבְרָהָם, יִצְחָק, וְיַעֲקֹב, שָׂרָה, רֵבֶקָה, רָחֵל וְלֵאָה, הוּא יְבָרֵךְ וְיַרְפֵּא אֶת הַחוֹלִים: ... הַקְדוּשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עֲלֵיהֶם, וְיִשְׁלַח לָהֶם בְּמַהֲרָה רְפוּאָה שְׁלֵמָה, רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף בְּתוֹךְ שְׁעָר חוּלֵי יִשְׂרָאֵל. וְנֹאמֵר אָמֵן.

May the One who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebekah, Leah and Rachel, bless those who are in need of healing, _____. May God grant compassion and mercy, strength, comfort, and dignity. May theirs be healing of body and of spirit. Along with all others who are ill, may their healing come speedily, and let us say: Amen.

*

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ
*Mi sheberach avoteinu,
m'kor habracha l'imoteinu*
May the source of strength
who blessed the ones before us
Help us find the courage
to make our lives a blessing
and let us say: Amen

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ
*Mi sheberach imoteinu,
M'kor habracha l'avoteinu*
Bless those in need of healing
with *r'fuah shlemah*: רְפוּאָה שְׁלֵמָה
the renewal of body,
the renewal of spirit,
and let us say: Amen.

*

A person reaches in three directions:
inward, to oneself -- up, to God -- out to others.
The miracle of life is that in truly reaching
in any one direction one embraces all three.
Rabbi Nachman of Bratzlav

וַיִּצְעַק מֹשֶׁה אֶל־יְהוָה לֵאמֹר אֵל נָא רַפֵּא נָא לָהּ:

“And Moses cried out to Adonai [when his sister Miriam was sick]: ‘O God, please heal her, please!’ ”

- Numbers 12

Simchat Shabbat!

CONCLUDING PRAYERS

ALEINU

Aleinu l'shabe'ach la'adon ha'kol
la'tet g'dulah l'yotzer bereshit.
Shelo asa'nu k'goyei ha'aretzot, v'lo
sama'nu k'mishpachot ha'adamah.
She'lo sam chelkeinu ka'hem
v'goraleinu k'chol hamo'nam.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר
בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ
כְּמִשְׁפָּחוֹת הָאָדָמָה, שֶׁלֹּא שָׂם חֶלְקֵנוּ בָהֶם, וְגָרְלָנוּ
בְּכָל הַמּוֹנָם.

We bow our heads and bend our knees:

וְאַנְחָנוּ כּוֹרְעִים וּמְשַׁתְּחָוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Va'anachnu kor'im u'mishtachavim u'modim
lif'nei melekh mal'chei ham'lachim haKadosh baruch Hu.

*We give thanks to the One who created all, the Holy One of blessing.
We pray that we may participate in Tikkun Olam, mending the world,
by putting an end to poverty and war, injustice and hate,
and that one day all humanity
shall enjoy the wholeness God intended for all Creation.
On that day, we shall see God's radiant strength here on earth,
within all humankind:*

לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי

“To Repair the World Within Your Divine Sovereignty...”

V'ne'emar: V'hayah Adonai l'melech al
kol ha'aretz. Bayom hahu y'hiyeh Adonai
echad u'sh'mo echad.

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד:

*As it has been said: "The Eternal God shall reign over all the earth;
On that day Adonai shall be One, and God's Name shall be One!"*

Simchat Shabbat!

BEFORE THE MOURNER'S KADDISH

Each of us has a name
given by the Source of life
and given by our parents

Each of us has a name
given by our stature and our smile
and given by what we wear

Each of us has a name
given by the mountains
and given by our walls

Each of us has a name
given by the stars
and given by our neighbors

Each of us has a name
given by our sins
and given by our longing

Each of us has a name
given by our enemies
and given by our love

Each of us has a name
given by our celebrations
and given by our work

Each of us has a name
given by the seasons
and given by our blindness

Each of us has a name
given by the sea
and given by
our death.

adapted from a poem by Zelda [Mishkovsky], 1914-1984

Simchat Shabbat!

MOURNER'S KADDISH

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yitgadal v'ytkadash sh'mei raba. B'alma di v'ra chir'utei, v'yamlich malchutei b'chayei'chon uv'yomei'chon uv'chayei d'chol beit Yisrael b'agala u'viz'man kariv v'imru: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵי:

Y'hei s'mei raba m'varach l'alam ul'almei almaya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשֻׁבְחָתָא וְנַחֲמָתָא, דְּאָמִירָן
בְּעֶלְמָא, וְאָמְרוּ אָמֵן:

Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yitaleh v'yithalal sh'mei d'kudesha b'rich hu l'eila min kol birchata v'shirata, tush'bechata v'nechemata, da'amiran b'alma v'imru: Amen.

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

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol Yisra'el v'imru: Amen. Oseh shalom bim'romav hu ya'aseh shalom aleinu v'al kol Yisrael v'imru: Amen.

Let the glory of God be extolled, let God's name be hallowed in the world whose creation God has willed. May God's Majesty soon prevail, in our day, in our own lives, and in the life of all Israel, and let us say: Amen. Let God's great name be blessed for ever and ever. Let the name of the Holy One, blessed be He, be glorified, exalted and honored, though God is beyond all the praises, songs and adorations that we can utter, and let us say: Amen. For us and all of Israel, may the blessing of peace and the promise of life come true, and let us say: Amen. May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all humanity, and let us say: Amen.

*

May the Source of peace send peace to all who mourn,
and comfort to all who are bereaved. Amen.

Simchat Shabbat!

KIDDUSH FOR SHABBAT EVENING

Vayachulu ha'shamayim v'ha'aretz v'chol tz'va'am. Vay'chal Elohim bayom ha'shvi'i m'lach'to asher asah. Vayish'bot bayom ha'shvi'i mikol m'lachto asher asah. Vay'varech Elohim et yom hash'vi'i vay'kadesh oto, ki vo shavat mikol m'lachto, asher bara Elohim la'asot.

Now the whole universe -- sky, earth and all their array -- were completed. With the seventh day God ended God's work of creating; on the seventh day, God rested, with all God's work completed. Then, God blessed the seventh day and called it holy, for with this day, God had completed the work of creation. (Genesis 2:1-3)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

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

Baruch Atah Adonai, Eloheinu melech ha'olam, asher kiddishanu b'mitzvotav v'ratzah vanu l'Shabbat kod'sho b'ahavah u'vratzon hin'chilanu zikaron l'ma'aseh v'reishit, ki hu yom t'chilah l'mikra'ei kodesh, zecher l'tzi'at mitzrayim. Ki vanu vacharta, v'otanu kidashta mi kol ha'amim v'shabbat kod'shecha b'ahavah u'vratzon hinchal'tanu. Baruch Atah Adonai, m'kadesh haShabbat. Amen.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וּרְצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרִצּוֹן
הִנְחִילָנוּ זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם
תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ
בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשָׁבַת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרִצּוֹן הִנְחַלְתָּנוּ.
בְּרוּךְ אַתָּה יְיָ, מִקְדֵּשׁ הַשַּׁבָּת.

*L'chayim! * לדחימו!*

HAMOTZI

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch Atah Adonai, Eloheinu melech ha'olam, hamotzi lechem min ha'aretz.

*Blessed are You, Adonai our God, Ruler of the Universe,
who brings forth bread from the earth.*

**שַׁבָּת שְׁלוֹם!
Shabbat shalom!**

Simchat Shabbat!

Al Ha-Nisim: For the Miracles We Experienced at This Season On Chanukah, Purim, and Israel's Independence Day

Al ha-nisim, v'al ha-purkan, v'al ha-gvurot, v'al
ha-teshu'ot, v'al ha-milchamot sheh-asita
la'avoteinu ba-yamim ha-heim bazman ha-zeh.

עַל הַנִּסִּים, וְעַל הַפְּרָקָן, וְעַל הַגְּבוּרוֹת,
וְעַל הַתְּשׁוּעוֹת, וְעַל הַמִּלְחָמוֹת, שְׁעָשִׂיתָ
לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמַּן הַזֶּה.

*For the miracles, the deliverance, the acts of might, the redemptions, and the battles that you performed for our
ancestors in days of old at this season:*

On Chanukah:

בַּיָּד עוֹסְקֵי תוֹרַתְךָ. וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ
בְּעוֹלָמְךָ, וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְּדוּלָּה
וּפְרָקָן בְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ בְּנֵיךְ לְדָבִיר
בֵּיתְךָ, וּפְנּוּ אֶת הַיְכָלְךָ, וְטִהְרוּ אֶת מִקְדָּשְׁךָ,
וְהִדְלִיקוּ נְרוֹת בְּחִצְרוֹת קִדְשְׁךָ, וְקָבְעוּ שְׁמוֹנֵת יָמֵי
חֲנֻכָּה אֵלֶיךָ, לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.

בַּיָּמִי מִתְתַּיְהוּ בֶן יוֹחָנָן כֹּהֵן גָּדוֹל, חֲשֵׁמוֹנָאֵי וּבְנָיו,
בְּשַׁעֲמֻדָּה מְלָכוֹת יוֹן הִרְשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
לְהַשְׁכִּיחַם תּוֹרַתְךָ, וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ, וְאַתָּה
בְּרַחֲמֶיךָ הַרְבִּים עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם, רַבַּת
אֶת רִיבָם, דָּנַת אֶת דִּינָם, נִקְמַת אֶת נַקְמָתָם,
מִסְרַת גְּבוּרִים בַּיָּד חֲלָשִׁים, וְרַבִּים בַּיָּד מְעֻטִים,
וּטְמָאִים בַּיָּד טְהוּרִים, וְרִשְׁעִים בַּיָּד צְדִיקִים, וְיָדִים

*In the days of Mattathias ben Yochanan the High Priest and his sons, the Hasmoneans, a cruel power rose up
against Your people Israel, demanding the abandonment of Your Torah and the violation of your Mitzvot. In Your
great mercy, You stood by Your people in their time of distress. You championed their cause, vindicated their
rights, and avenged their suffering. You delivered the strong into the hands of the weak, the many into the hands
of the few, the corrupt into the hands of the innocent, the wicked into the hands of the just, the arrogant into
the hands of those devoted to Your Torah. Thus You revealed Your glory and holiness to the world, while bringing
a mighty deliverance to Your people Israel. Then Your children came into Your Temple, purified Your sanctuary,
kindled lights in Your sacred courts, and established these eight days of Chanukah in gratitude and praise to Your
great name.*

On Yom Ha-Atzma'ut:

וְיָדִים בַּיָּד בְּנֵי בְרִיתְךָ. וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ
בְּעוֹלָמְךָ וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְּדוּלָּה
וּפְרָקָן בְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן נִקְבְּצוּ בְּנֵיךְ לְבָנוֹת
וּלְהַבְנוֹת בְּאַרְצְךָ וְקָבְעוּ אֶת יוֹם הָעֶצְמָאוֹת הַזֶּה
יוֹם חֵן וְשִׂמְחָה לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.
וּכְשֶׁם שְׁעָשִׂיתָ נְסִים לְרֵאשׁוֹנִים, כֵּן תַּעֲשֶׂה
לְאַחֲרוֹנִים, וְתוֹשִׁיעֵנוּ בַּיָּמִים הָאֵלֶּם כְּבַיָּמִים הָהֵם.

בַּיָּמִי שִׁיבַת צִיּוֹן הַשְּׁנִיָּה כְּשִׁבְאַה שְׂאֲרֵי תְּהִיטָה
מִגֵּיאַת הַהִרְיָגָה וּבְנֵי עַמְּךָ מִכָּל תְּפוּצוֹתֵיהֶם, שְׁלֹטוֹ
זָרִים בְּאַרְץ קִדְשֵׁנוּ וְנָעְלוּ שְׁעָרִים בְּפָנֵי נִרְדָּפִים.
אָז קָמוּ שְׁבָעָה גּוֹיִים לְהַכְרִית עַמְּךָ יִשְׂרָאֵל. וְאַתָּה
בְּרַחֲמֶיךָ הַרְבִּים עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם לְהַקְהִיל
וְלַעֲמוֹד עַל נַפְשָׁם, לְלַמֵּד יְדֵיהֶם לְקַרֵּב
וְאַצְבָּעוֹתֵיהֶם לְמַלְחָמָה. מִסְרַת רַבִּים בַּיָּד מְעֻטִים

*In the days of the Return to Zion, a surviving remnant from the valley of destruction came up together with
members of our people from the far-flung corners of the Diaspora. At that time, strangers ruled over our holy
land and the gates were locked in the faces of those who had been persecuted. Seven nations rose up to
annihilate Your people Israel. Yet You, in Your great mercy, stood up for them in their time of trouble and
enabled them to assemble and stand up for themselves and to train their hands and fingers to fight. You
delivered the many into the hands of the few and the arrogant into the hands of Your covenant people. Thus You
made Your name great and holy in Your world and for Israel You created a great deliverance and redemption. And
afterwards Your people gathered in Your land, to build and to be built. Thus they established this Day of
Independence as a festival of joy, thanksgiving, and singing praises to Your great name. And just as you created
miracles for the earlier generations, so do you make wonders for the later ones, and deliver them as in days past.*

Ha-Avodah She-Balev

Simchat Shabbat!