

SERVICE FOR SHABBAT MORNING

HINEI MAH TOV - HOW GOOD IT IS TO BE TOGETHER

Hinei mah tov u'mah na'im
Shevet achim gam yachad.

הִנֵּה מַה־טוֹב וּמַה־נִּיעִים שְׁבֵט אַחִים גַּם־יַחַד:

*Behold how good and how pleasant it is for brethren to come together!
- Psalm 133:1*

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Mah yafeh hayom! Shabbat shalom!

מָה יָפֵה הַיּוֹם! שַׁבָּת שְׁלוֹם!

How beautiful is this day! Shabbat Shalom!

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MAH TOVU - HOW GOOD, HOW BEAUTIFUL OUR GATHERING

Mah tovu ohalecha Ya'akov,
ohalecha Ya'akov, mish'ken-
o'techa Yisrael?

מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב, מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

וְאֲנִי בָּרַב חֲסִדֶּיךָ אָבוֹא בֵּיתְךָ, אֲשַׁתְּחֹוּהָ אֶל הַיִּכָּל
קִדְשְׁךָ בְּיִרְאַתְךָ.

Va'ani b'rov chas'decha avo
veitecha. Eshtacha'veh el hei'-
chal kodshecha b'yir'atecha.

יְיָ אֶהְבֶּתִי מְעוֹן בֵּיתְךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאֲנִי אֲשַׁתְּחֹוהָ וְאֶכְרַעָהּ, אֶבְרַכָּהּ לִפְנֵי יְיָ עַשִׂי.

Adonai ahavti m'on beitecha
um'kom mishkan k'vodecha.
Va'ani eshtachaveh v'ech'r'a
ev'r'cha lifnei Adonai os'i.

וְאֲנִי תִפְלֵתִי לְךָ יְיָ, עַת רְצוֹן, אֱלֹהִים בָּרַב חֲסִדֶּיךָ,
עֲנֵנִי בְּאַמֶּת יִשְׁעֶיךָ.

Va'ani t'filati l'cha Adonai eit
ra'tzon. Elohim, b'rov chas'-
decha, a'neini be'emet yish'echa.

How beautiful are Your tents, O Jacob, your dwelling places, O Israel! As for me, drawn by your love, I come into Your house. I bow in a humble surrender, before Your holy place in awe. Great One, how I love your house's site, I adore Your Glory's dwelling place! As for me, I bow in prayer, my body I bend down, I greet, I bless, I bend the knee before the Great One who fashions me. As for me, my prayer is for You, Adonai. May it come at the proper time. God, in the abundance of Your love, respond to me in truth with Your help.

(from verses from Numbers and Psalms)

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Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

PUTTING ON THE TALLIT

Baruch Atah Adonai, Eloheinu
melekh ha'olam, asher kid'shanu
b'mitzvotav v'tzivanu l'hit'atef
ba'tzi'tzit.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

We praise You, Adonai our God, Ruler of the universe, who gives us opportunities for holiness with Mitzvot, and commands us to wrap ourselves in the tzitzit-fringes.

GRATITUDE FOR THE SIMPLE GIFTS OF LIFE

For cities and towns, factories and farms, flowers and trees, sea and sky --
God, we praise You for the world and its beauty.

For family and friends, neighbors and cousins --
God, we thank You for friendship and love.

For kind hearts, smiling faces and helping hands --
God, we praise You for those who care for others.

For commandments that teach us how to live --
God, we thank You for those who help us to understand Your laws.

And for making us one family on earth, the children of One God --
God, we praise You, who made all people different, yet alike.

HALLELUYAH: PSALM 150

Halleluyah!
Hallelu El b'kod'sho. Halleluhu
bir'ki' a uzo.
Halleluhu big'vurotav. Halleluhu
k'rov gudlo.
Halleluhu b'teka' shofar.
Halleluhu b'nevel v'kinor.
Halleluhu b'tof u'machol.
Halleluhu b'minim v'ugav.

Halleluhu b'tzil'tz'lei shama'.
Halleluyah b'tzil'tz'lei teru'ah!
Kol han'shamah t'halleluyah.
Halleluyah!

הַלְלוּיָהּ הַלְלוּ-אֵל בְּקֹדֶשׁוֹ הַלְלוּהוּ בְּרִקְיעַ עֲזָו:
הַלְלוּהוּ בַגְּבוּרֹתָיו הַלְלוּהוּ כְּרֹב גִּדְלוֹ:
הַלְלוּהוּ בַתִּקְעַ שׁוֹפָר הַלְלוּהוּ בַנְּבֵל וּכְנֹר:
הַלְלוּהוּ בַתֶּף וּמַחֹל הַלְלוּהוּ בַמִּנִּים וְעוּגָב:

הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ,
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
כֹּל הַנְּשָׁמָה תִהְלֵל יְיָ הַלְלוּיָהּ:

*Praise God with trumpet and drum, with strings and winds and voice.
Praise God with song and prayer, with joy, with dance and love.
Let every breath sing praise to God. Halleluyah!*

Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

GRATITUDE, BEFORE GOD, FOR THE WONDER OF THE BODY

Baruch Atah Adonai, Eloheinu
melekh ha'olam, asher yatzar et
ha'adam b'chochmah, u'vara vo
n'kavim n'kavim, chalulim
chalulim. Galu'i v'yadu'a lif'nei
kiseh k'vodecha she'im
yi'pate'ach echad mi'hem, o
yi'sa'tem echad mi'hem, ee
efshar l'hitkay'em v'la'amod
l'fanecha.

Baruch Atah Adonai rofeh kol
basar u'mafli la'asot.

ברוך אתה יי אלהינו מלך העולם, אשר יצר
את האדם בחכמה, וברא בו נקבים ונקבים,
חלולים חלולים, גלוי וידוע לפני כסא כבודך
שאם יפתח אחד מהם, או יסתם אחד מהם, אי
אפשר להתקיים ולעמוד לפניך:

ברוך אתה יי, רופא כל בשר, ומפליא לעשות:

We bless You, Adonai, our God, Creator of the Universe,
who has made each of us with wisdom.

You have created the human body with veins, arteries, structures and organs --
each of which must function properly for our survival.

We thank You, God,

who heals all creatures, and performs wonders.

GRATITUDE, BEFORE GOD, FOR THE SOUL, LIFE'S EMPOWERING SPIRIT

Elohai, n'shamah she'nata'ta bi
t'horah hi, Atah v'ra'ta, Atah
y'tzar'ta, Atah n'fach'ta bi,
v'Atah m'sham'rah b'kirbi. Kol
z'man she'ha'n'shamah b'kirbi,
Men: 'Modeh'
Women: 'Modah'

ani l'fanecha, Adonai Elohai
v'Elohei avotai, ribon kol
ha'ma'asim Adon kol
ha'n'shamot.

Baruch Atah Adonai, asher
b'yado nefesh kol chai v'ru'ach
kol b'sar ish.

אלהי, נשמה שנתת בי טהורה היא. אתה
בראתה, אתה יצרתה, אתה נפחתה בי, ואתה
משמרה בקרבי. כל זמן שהנשמה בקרבי,

[מודה / מודה]

אני לפניך, יי אלהי ואלהי אבותי, רבון כל
המעשים, אדון כל הנשמות.

ברוך אתה יי, אשר בידו נפש כל-חי ורוח
כל-בשר-איש.

My God, the soul with which You endowed me is pure.

You created it, You formed it, You breathed it into me,
and you preserve it within me.

So long as this soul is within me, I will thank You, Adonai my God,
God of my ancestors, Ruler of all creatures, Master of all souls.

We bless You, Adonai, in whose hands are the souls of all the living,
and the spirit of all human beings.

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Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

GRATITUDE, BEFORE GOD, FOR MINDS AND THE GIFT TO STUDY TORAH

Baruch Atah Adonai, Eloheinu
melekh ha'olam, asher kid'shanu
b'mitzvotav v'tzivanu la'asok
b'div'rei Torah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה:

Blessed are You, ADONAI, our God,
Ruler of the universe,
who makes our lives holy with the *mitzvot*,
and commands us to spend our time engaged with words of Torah.

FROM THE TALMUD

אֵלּוּ דְבָרִים שְׂאִין לָהֶם שְׁעוֹר, שְׂאָדָם אוֹכֵל פְּרוֹתֵיהֶם בְּעוֹלָם הַזֶּה
וְהַקָּרָן קִיָּמָת לֹא לְעוֹלָם הַבָּא, וְאֵלּוּ הֵן:

These are the obligations without measure, whose reward, too, is without measure:

<i>To honor father and mother,</i>	כְּבוֹד אָב וְאִם,
<i>to perform acts of love and kindness</i>	וּגְמִילוּת חֲסָדִים,
<i>to attend the House of Study, morning and evening,</i>	וְהִשְׁכַּמְת בֵּית הַמְּדֻרָשׁ שְׁחֲרִית וְעֶרְבִית,
<i>to welcome guests,</i>	וְהִכְנִסְת אֹרְחִים,
<i>to visit the sick,</i>	וּבִקּוֹר חוֹלִים,
<i>to help the needy bride,</i>	וְהִכְנִסְת כַּלָּה,
<i>to comfort the bereaved,</i>	וּלְוִיַת הַמֵּת,
<i>to pray with sincerity,</i>	וְעִיּוֹן תְּפִלָּה,
<i>to make peace between people,</i>	וְהִבְאֵת שְׁלוֹם בֵּין אָדָם לְחֵבְרוֹ,

וְתִלְמוּד תוֹרָה כְּנֶגֶד כָּלֶם.

And the Study of Torah is equal to them all, because it leads to them all.

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Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

GRATITUDE, BEFORE GOD, FOR DAILY BLESSINGS

ברוך אתה יי אלהינו מלך העולם, אשר נתן לשכוי בינה,
להבחין בין יום ובין לילה:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who gives us the ability to distinguish between day and night.

ברוך אתה יי אלהינו מלך העולם, פוקח עורים:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who opens the eyes of the blind.

ברוך אתה יי אלהינו מלך העולם, מלביש ערמים:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who clothes the naked.

ברוך אתה יי אלהינו מלך העולם, מתיר אסורים:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who releases the captive.

ברוך אתה יי אלהינו מלך העולם, זוקף כפופים:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who raises those who are bent over.

ברוך אתה יי אלהינו מלך העולם, רוקע הארץ על המים:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who makes the earth firm upon the waters.

ברוך אתה יי אלהינו מלך העולם, שעשני בצלמו:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who created me in God's image.

ברוך אתה יי אלהינו מלך העולם, שעשני ישראל:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who made me a Jew.

ברוך אתה יי אלהינו מלך העולם המכין מצעדי גבר:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who guides our steps towards honor.

ברוך אתה יי אלהינו מלך העולם, אוזר ישראל בגבורה:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who empowers Israel with courage.

ברוך אתה יי אלהינו מלך העולם, עוטר ישראל בתפארה:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who crowns Israel with glory.

ברוך אתה יי אלהינו מלך העולם, הנותן ליצהף כח:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who gives strength to the weary.

ברוך אתה יי אלהינו מלך העולם, המעביר שנה מעיני ותנומה מעפעפי:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who removes the sleep from my eyes, and who clears away the slumber from my eyelids.

ברוך אתה יי אלהינו מלך העולם, שעשה לי כל צרכי:

Baruch Atah Adonai, Eloheinu melekh ha'olam, who has provided for my every need.

Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

GRATITUDE, BEFORE GOD, FOR CONSCIENCE TO DISCERN RIGHT FROM WRONG

Adonai our God, and God of all ages,
help us to learn Your Torah, and to devote ourselves to Your *mitzvot*.

*Help us to keep far from sin,
to overcome temptation
and to avoid falling under its spell.
Help us distance ourselves from those with evil plans and wicked intent.*

Give us strength to cultivate our desire for good, to perform good deeds.
May our conscience lead us to do God's will,
so that today and every day
we may be gracious people, loving and compassionate
in Your eyes and in the eyes of all humanity.

בְּרוּךְ אַתָּה יי , גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל:

*Blessed is Adonai, who brings loving kindness to Your people Israel
and to all the world.*

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לְעוֹלָם יִהְיֶה אָדָם יֵרָא שָׁמַיִם בְּסִתְרָ וּבְגִלּוּי,
וּמִוֹדָה עַל הָאֱמוּנָה, וְדוֹבֵר אֱמוּנָה בְּלִבָּבוֹ.

At all times let us revere God inwardly as well as outwardly,
in public and in private. Let us acknowledge the truth and speak it in our hearts.

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רַבִּי אֹמֵר: אֵיזוֹהִי דֶרֶךְ יִשְׂרָאֵל שְׂיִבּוֹר לּוֹ הָאָדָם?
כֹּל שֶׁהִיא תִפְאָרֶת לְעוֹשֵׂיהָ, וְתִפְאָרֶת לּוֹ מִן הָאָדָם.

Rabbi Judah taught:

What is the path that a person should take?
That which brings honor to one's Creator
and which brings respect from one's fellow human beings.

Service for Shabbat Morning

Blessings and Words of Thanks for the Morning

HATZI KADDISH

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

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

Yitbarach v'yishtabach v'yitpa'ar
v'yitromam v'yitnasei v'yithadar
v'yitaleh v'yithahal sh'mei
d'kudesha, 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. בְּעֶלְמָא דִּי בְרָא
כְרֵעוּתָהּ, וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עֲלַמְיָא:
יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא,
בְּרִיךְ הוּא,

לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבַּחְתָּא
וְנַחֲמַתָּא, דְאָמְרִין בְּעֶלְמָא, וְאָמְרוּ אָמֵן:

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Please Rise

BARCHU - WE RESPOND TO THE CALL TO PRAY TOGETHER

Leader calls:

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

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ:

Let us bless the Holy One of Blessing!

Congregation responds:

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

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

Blessed is the Holy One of Blessing, forever!

Please be seated

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Service for Shabbat Morning

Sh'ma and Her Blessings

YOTZER OR -

WE ARE MINDFUL AND GRATEFUL FOR THE ORDERED UNIVERSE IN WHICH WE LIVE

Baruch Atah Adonai, Elohienu
melekh ha'olam, yotzer or u'vorei
choshech o'seh shalom u'vorei et
hakol.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר,
וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל:

Hame'ir la'aretz v'ladarim aleiha,
uv'tuvo m'chadesh b'chol yom
tamid ma'aseh vereshit.

הַמְאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים, וּבְטוֹבוֹ
מַחֲדֵשׁ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה בְּרֵאשִׁית:

Mah rabu ma'asecha, kulam
b'chochma a'sita mal'ah ha'aretz
kin'yanecha. Titbarach Adonai
Eloheinu al shevach ma'asecha
v'al m'orei or she'asita
y'fa'arucha selah.

מַה רַבּוּ מַעֲשֵׂיךָ יְיָ, כֹּלֵם בְּחָכְמָה עֲשִׂיתָ, מְלֹאָה
הָאָרֶץ קִנְיָנְךָ: תִּתְבָּרַךְ יְיָ אֱלֹהֵינוּ עַל שִׁבְח
מַעֲשֵׂה יְדִיךָ. וְעַל מְאֹרֵי אוֹר שֶׁעֲשִׂיתָ יִפְאָרוּךְ
סְלָה.

God's creative power is in all that is new,
God is with us when we strive for enlightenment,
when we struggle to make a better world.

*God's wisdom has brought all creation into being.
All people are created in God's image.*

When we reach out to people in need,
God's light shines upon us.

*Shine Your light upon us and upon Zion, O God,
that one day, we may all see Your light.*

Or chadash al Tzion ta'ir v'nizkeh
kulanu m'herah l'oro.
Baruch Atah Adonai, yotzeir
ha'm'rot.

אוֹר חָדָשׁ עַל צִיּוֹן תִּאִיר וְנִזְכֶּה כָּלֵנוּ מִהֶרָה
לְאוֹרוֹ:

בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְאֹרוֹת:

We bless You, Creator of the light in the universe.

Service for Shabbat Morning

Sh'ma and Her Blessings

AHAVAH RABBAH -

WE ARE MINDFUL AND GRATEFUL FOR TORAH'S TEACHINGS

Ahavah rabbah ahav'tanu Adonai
Eloheinu chem'la g'dolah vit'era
chamalta aleinu. Avinu mal'keinu
ba'avur avoteinu vi'moteinu
she'batchu v'cha. Va't'lamdem
chukei chayim ken t'chaneinu
ut'lam'deinu Avinu ha'Av
haRachaman ham'rachem rachem
aleinu. V'tein b'libeinu l'ha'vin
u'l'has'kil lish'mo'a lil'mod
u'l'lamed lishmor v'la'asot
ul'kayem et kol divrei talmud
Torah'techa b'ahavah.

V'ha'eir eineinu b'Torah'techa
v'dabbek libeinu b'mitzvot
v'yached l'vaveinu b'ahavah
ul'yirah et sh'mecha. V'lo
ne'vosh l'olam va'ed ki v'shem
kod'shecha ha'gadol v'hanorah
batach'nu na'gilah v'nis'm'cha
bi'yshu'atecha.

אַהבה רבה אהבתנו, יי אלהינו, חמלה גדולה
ויתרה חמלת עלינו. אבינו מלכנו, בעבור
אבותינו שפטחו בך, ותלמדם חקי חיים, בן
תחננו ותלמדנו. אבינו, האב הרחמן, הרחם,
רחם עלינו, ותן בלבנו להבין ולהשכיל,
לשמע, ללמד וללמד, לשמור ולעשות ולקיים
את כל דברי תלמוד תורתך באהבה.

והאר עינינו בתורתך, ודבק לבנו במצותך,
ויחד לבבנו לאהבה וליראה את שמך, ולא
יבוש לעולם ועד: כי בשם קדשך הגדול
והנורא בטחנו, נגילה ונשמחה בישועתך.

God, You give us teachings that help us live.

Our ancestors -- our parents, grandparents, and great-grandparents
all trusted in You and You taught them the laws of life.

Show Your love for us, too:

Help us, teach us. Make us wise with Your commandments.

Enlighten us with Your Torah.

Inspire our hearts to want to fulfill Your Mitzvot.

Keep us from stumbling,

from shame, and from humiliation, today and always.

Help us become one with others around us.

Give us a heart of wisdom, that we may act wisely.

We bless You, Adonai, who has chosen Israel, the Jewish people,
for Your gift of Torah.

Ki El po'el Atah, u'vanu vacharta,
v'keiravtanu l'shimcha hagadol
sela b'emet, l'hodot l'cha
ul'yached'cha b'ahavah.

כי אל פועל ישועות אתה, ובנו בחרת
וקרבתנו לשמך הגדול סלה באמת להודות
לך וליחדך באהבה.

Baruch Atah Adonai ha'bocheir
b'amo Yisrael b'ahavah.

ברוך אתה יי, הבוחר בעמו ישראל באהבה.

Service for Shabbat Morning

Sh'ma and Her Blessings

Preparing for the Sh'ma

The central prayer we recite in Judaism is not a prayer at all,
it is a cry to others -- and to ourselves:
"Remember that all things are One."

The Holy One connects all things,
all people, at all times.
Things that seem to be opposites are actually the same.
People who seem to be unrelated are actually
quite similar to one another.
Times that seem to be distant are actually quite close.
All things are One,
connected, related, and close.
This is our central prayer,
a reminder for all time:

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!

Service for Shabbat Morning

Sh'ma and Her Blessings

MITZVOT, OUR PATH TO LOVE GOD AND STRENGTHEN ONENESS

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

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

V'hayu had'varim ha'eleh asher Anochi m'tzav'cha hayom al l'vavecha.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ:

V'shinantam l'vanecha v'dibarta bam, b'shiv'techa b'veitecha, uv'lecht'cha vaderech, uv'shoch-b'cha uv'kumecha.

וּשְׁנַנְתֶּם לְבָנֶיךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

UK'shartam l'ot al yadecha, v'hayu l'totafot bein einecha, uch'tavtam al m'zuzot beitecha uvi'sha'arecha.

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וּכְתַבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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.

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵיהֶם
וַעֲשׂוּ לָהֶם צִיצִית עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית
הַכַּנָּף פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם
אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתְּנוּ אַחֲרַי לְבַבְכֶם
וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם:

L'ma'an tizk'ru v'asitem et kol mitzvotai, v'hitem k'doshim l'Eloheichem. Ani Adonai Eloheichem, asher hotzeiti etchem m'erezt Mitzrayim, L'hiyot l'chem l'Elohim. Ani Adonai Eloheichem. [Emet.]

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם
קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לְהִיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

“Thou shall love the Lord your God with all thy heart, all thy soul, all thy mind.
And these words which I command you this day shall be upon thy heart.
Thou shall teach them dilligently unto thy children,
and thou shall speak of them when thou sittest in thy house,
when thou walkest by the way, and when thou liest down, and when thou risest up.
Thou shall bind them for a sign upon thy hand; they shall be for frontlets between
thy eyes. Thou shall write them on the doorposts of thy house and upon thy 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 commandments and do them, and not follow after your heart and your eyes which might draw you astray.”

That you may remember and do all of My commandments, and be holy unto your God.
I am Adonai your God who took you out of the land of Egypt in order to be your God.
I am Adonai your God.”
Numbers 15:37-41

MI CHAMOCHA -

WE AFFIRM FREEDOM WITH THE ISRAELITES' SONG OF LIBERATION FROM SLAVERY

The most enduring Jewish symbol of redemption is the Crossing of the Sea of Reeds. From there we journeyed to Sinai and to wisdom. Always, we travel towards the Promised Land. Each of us has difficult crossings; let faith and tradition bear us through.

*Let us bless the Source of Life,
Source of faith and daring,
wellspring of new song,
and the courage to mend.*

*

“You are My witnesses, says the Eternal One.
You are My servant, whom I have chosen.
Know Me, and put your trust in Me.”
*We are the People of Israel.
Again we proclaim that You are our God,
our only God,
as our ancestors did at the shores of the Sea.*

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

Shirah chadasha shib'chu g'ulim
l'shimcha al s'fat ha'yam,
yachad kulam hodu v'him'lichu
v'amru.
"Adonai yimloch le'olam va'ed."

Tzur Yisrael, kumah b'ezrat
Yisrael u'f'deh chinu'mecha
Y'hudah v'Yisrael. Go'aleinu
Adonai Tz'va'ot shemo, k'dosh
Yisrael.
Baruch Atah Adonai, ga'al Yisrael.

מי כְּמוֹכָה בְּאֵלִים יי?
מי כְּמוֹכָה נֶאֱדָר בְּקֹדֶשׁ?
נוֹרָא תְהִילַת, עֹשֶׂה פְּלֵא?

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִים לְשִׁמְךָ עַל שְׂפַת הַיָּם,
יַחַד כְּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
"יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד."

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה
כְּנַאמְךָ יְהוּדָה וְיִשְׂרָאֵל. גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל:

*

Service for Shabbat Morning

Sh'ma and Her Blessings

MEDITATIONS ON PRAYER BEFORE THE AMIDAH SECTION

Dear God,
Open up the blocked passageways to You,
those paths of prayer which have been so forgotten.

God, You open the blossoms in spring,
You bring out the colors of autumn,
You open up the heavens to bring down the rain.
Open us --

open us so we may feel Your great, awesome and wonderful Presence.

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

דע לפני מי אתה עומד.
"Know before Whom you stand."
- *Talmud*

Prayer invites
God's presence to suffuse our spirits,
God's will to prevail in our lives.
Prayer might not bring water to parched fields,
nor mend a broken bridge,
nor rebuild a ruined city.
But prayer can water an arid soul,
mend a broken heart,
rebuild a weakened will.
Those who rise from prayer better persons,
their prayer is answered.

Service for Shabbat Morning
Meditations before the Amidah Section

AMIDAH

Please rise

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

Adonai s'fatai tiftach u'fi yagid t'hilatecha. אֲדֹנָי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

AVOT - WE REMEMBER OUR ANCESTORS' FAITH WITH GRATITUDE

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

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekkah, 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 with love. You are our Ruler and our Help, our Redeemer and our Shield. We praise you, Adonai, Shield of Abraham, Help of Sarah.

We praise You, Adonai our God,
God of our ancestors: God of Abraham, God of Isaac, God of Jacob,
God of Sarah, God of Rebecca, God of Leah, God of Rachel,
God of all generations.
*Creator of all things, Source of all Being,
goodness and kindness are the work of Your hands.*

We turn to You as did our people in ancient days.
Teach us the path to a better life.
*Give us the courage to search for truth.
Help us find redemption.
Remember us as You did our ancestors long ago.*

Blessed are You, Sheild of Abraham, Help of Sarah.

Service for Shabbat Morning

Amidah for Shabbat

G'VUROT -

WE REMEMBER GOD'S POWERS THAT ARE IN OUR HANDS

אַתָּה גִּבּוֹר לְעוֹלָם אֲדוֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב
לְהוֹשִׁיעַ:

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

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם, מִי כְמוֹךָ בַּעַל
גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה: וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל:

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

*Winter: Mashiv haru'ach
u'morid hagashem.

*Summer: Morid ha'tal.

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

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

Your might, O God, is everlasting.

Help us to use our strength for good and not for evil.

You are the Source of life and blessing;

Help us to choose life for ourselves and our children.

You are the Support of the falling;

Help us to lift up the fallen.

You are the Author of freedom;

Help us to set free the captive.

You are our hope in life as in death;

Help us to keep faith with those who sleep in the dust.

Your might, O God, is everlasting.

Help us to use our strength for good.

Service for Shabbat Morning

Amidah for Shabbat

KEDUSHAH - WE SING A POEM IN PRAISE OF KEDUSHAH, HOLINESS

We sing a poem in praise of *Kedushah*, holiness, in the universe and in our lives:

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, בְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ
בְּשִׁמְי מְרוֹם, בְּכַתוּב עַל יַד נְבִיאָךְ: וְקָרָא זֶה
אֶל זֶה וְאָמַר:
N'kadesh et shim'cha ba'olam,
k'shem she'makdishim oto
bish'mei marom, ka'katuv al yad
n'vi'echa, v'kara zeh el zeh
v'amar:

Long ago the prophet Isaiah imagined voices on high calling out before God:

"Kadosh, Kadosh, Kadosh, Adonai
Tze'va'ot m'lo chol ha'aretz
k'vo'do."

“קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְיָ זְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.”

"Holy, holy, holy! God's holiness is everywhere in the universe!"

The Psalmist embraced God's holiness on earth with these words:

אֲדִיר אֲדִירֵינוּ, יְהוָה אֲדִירֵנוּ, מָה אֲדִיר שְׁמֶךָ
בְּכָל-הָאָרֶץ!
Adir adireinu Adonai Adoneinu, mah
adir shim'cha b'chol ha'aretz!

"How awesome is God's presence in all the earth!"

Then the prophet Ezekiel, lifted by a great rushing voice, proclaimed:

Baruch k'vod Adonai mim'ko'mo.

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

"Blessed is God's glory in His high place!"

Now it is we who affirm:

Our God is One! God alone is our Creator, our Ruler and our Helper, the One Who makes us secure, Who understands us with compassion.

We welcome God's loving declaration: "I, Adonai, am Your God."

אֶחָד הוּא אֱלֹהֵינוּ. הוּא אָבִינוּ הוּא מְלִכְנוּ, הוּא
מוֹשִׁיעֵנוּ וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל-חַי:
“אֲנִי יְיָ אֱלֹהֵיכֶם!”

Echad hu Eloheinu, hu Avinu, hu
Malkeinu, hu Moshi'einu v'hu
yashmi'einu b'rachamav l'einei kol
chai: "Ani Adonai Eloheichem!"

Service for Shabbat Morning

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And with the words of the Psalms we declare:

Yim'loch Adonai l'olam Elohayich יְמִלֹךְ יי לְעוֹלָם, אֱלֹהֵינוּ לְדוֹר וָדוֹר,
Tzion, l'dor va'dor. Halleluyah! הַלְלוּיָהּ!

*“Adonai shall rule forever,
the Source of Truth and Justice, Compassion and Freedom.
Our God, People of Zion, will be from one generation to the next.
Halleluyah, Let us praise Adonai!”*

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ,
וּלְנֵצַח נֵצָחִים קִדְשְׁתֶּךָ נִקְדִּישׁ,
וְשִׁבְחֶךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

L'dor va'dor nagid god'lecha,
ul'netzach netzachim kedushatcha
nakdish,
V'shiv'checha Eloheinu mi'pinu lo
yamush l'olam va'ed.
Baruch Atah Adonai,
ha'El hakadosh.

From one generation to the next generation
Let us sing of God's greatness.
Let us add strength to God's holiness.
May our homage to God's holiness never waver.

Blessed is Adonai, Source of Holiness.

Please be seated

*

Service for Shabbat Morning

Amidah for Shabbat

WE FIND SPECIAL JOY -- ONEG -- IN CELEBRATING SHABBAT

Yism'chu b'malechutecha shom-
rei Shabbat v'korei oneg.

Am m'kadeshi shv'i'i, kulam
yisb'u v'yitangu m'tuvecha.
U'vashvi'i ratzita bo v'kidash'to.
Chemdat yamim oto kara'ta.
Zecher l'ma'aset vereshit.

יְשִׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֵג.
עִם מְקַדְּשֵׁי שְׁבִיעֵי, כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ
מִטּוֹבְךָ, וּבְשִׁבְעֵי רְצִיַתְּ בּוֹ וְקִדְּשָׁתוּ, חֶמְדַּת
יָמִים אוֹתוֹ קָרָאתָ, זִכָּר לְמַעֲשֵׂה בְּרֵאשִׁית:

Those who keep Shabbat will experience joy in Your realm. They call Shabbat a delight. A people that observes the holy seventh day enjoys abundant goodness and delight. For You favored the seventh day and made it holy, You have called it the most loved of days, a sign You made of it forever, a remembrance of Creation's works and days.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה נָא בְּמִנוּחָתֵנוּ, קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׁבַעֲנוּ מִטּוֹבְךָ וְשִׂמְחָנוּ בִּישׁוּעָתְךָ, וְטַהַר לִבֵּנוּ
לְעִבְדֶּךָ בְּאֵמֶת, וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שַׁבָּת קִדְּשָׁךְ, וַיְנַוְחוּ
בּוֹ כָּל יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ.

Our God and God of our ancestors, God of our mothers and fathers:
Bless us on this day with rest and contentment.

*Satisfy us with Your goodness,
fill us with joy in Your Presence,
and restore our hearts to serve You truthfully.
Make us holy through Your commandments,
and imbue our lives with Your Torah.
Let us savor Your holy Shabbat
and let all who worship here find rest on this day.*

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת:
Blessed are You, Adonai, who makes holy the Sabbath day.

*

*After God completed the work of Creation,
what was created on the Sabbath?
Peace, pleasure, quietude, and tranquility.*

Midrash Genesis Rabbah 10:9

Service for Shabbat Morning

Amidah for Shabbat

WHEN SHABBAT OCCURS DURING A FESTIVAL or ROSH HODESH

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֵא, וְיִזְכֹּר זְכוּרֹנָנוּ וְזִכְרוֹן כָּל עַמּוֹת בֵּית
יִשְׂרָאֵל לְפָנֶיךָ לְטוֹבָה, לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם
רֵאשׁ חוֹדֶשׁ הַזֶּה,
חַג הַשְּׁבוּעוֹת הַזֶּה,
חַג הַמִּצּוֹת 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 Shabbats of joy,
and this day of*

Rosh Hodesh, the first day of the new month,

day of Shavuot, Festival of Weeks, Time of the Giving of the Torah

day of Passover, Festival of Matzah, Time of Our Freedom

day of Sukkot, Festival of Booths, 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 on this special day.

We ask Your blessing:

זְכֹרְנוּ, יְיָ, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה,
וּפְקֹדְנוּ בּוֹ לְבִרְכָה,
וְהוֹשִׁיעֵנו 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.

Service for Shabbat Morning

Amidah for Shabbat

WE OFFER PRAYERS OF HOPE

רְצֵה, יי אֱלֹהֵינוּ, בְּעֵמֶךָ יִשְׂרָאֵל, וּתְפַלְתֵם בְּאַהֲבָה תִקְבַּל בְּרָצוֹן,
וּתְהִי לְרָצוֹן תְּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. וְתַחֲזִינָה עֵינֵינוּ בְּשׁוֹבְךָ
לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יי, הַמְּחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן.

O God, we pray that we find favor in Your eyes. Please accept our prayers
of hope with love. May our prayers to You always be acceptable.

May our eyes see the day when You come home.

Blessed are You, Adonai, who brings your presence home to Zion.

WE ARE GRATEFUL FOR EACH DAY'S GIFTS

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָה הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ, מְגִן יְשָׁעֵנוּ, אַתָּה הוּא
לְדוֹר וָדוֹר נוֹדֵה לָךְ וְנִסְפָּר תְּהִלָּתְךָ. עַל חַיֵּינוּ הַמְּסוּרִים
בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל יוֹם
עִמָּנוּ, וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל יְעַת, עֶרֶב וּבֹקֵר
וְצַהֲרַיִם, הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם כִּי לֹא תִמּוּ
חֲסָדֶיךָ מֵעוֹלָם קוֹיֵנוּ לָךְ.

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 we witness every day --*

for our lives, which are bound up in Your hand,

for our souls, which are in Your keeping,

and for Your wondrous goodness,

which is with us at all times, evening, morning, and noon.

You give us many gifts,

and Your love never ceases.

בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמָךְ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

We praise You, O Source of Life, whose Name is Goodness,
and to whom it is fitting to give thanks.

Service for Shabbat Morning

Amidah for Shabbat

WE PRAY FOR PEACE IN OUR LIVES AND IN OUR WORLD

We try to imagine a time of true peace and tranquility, and we think of our part in helping this time to come.

*What can we do to bring peace?
How can we become peacemakers?*

We are given the power to bestow the blessing of peace.
We can bestow the blessing of peace wherever we go.

*Bless us, O God, one and all, with Your light,
that we may be like the children of Aaron,
seeking peace and pursuing peace
with all humanity,
with all the nations of the earth.*

Rabbi Shimon ben Gamliel taught: The world stands upon three things: upon justice, truth, and peace.

Sim shalom tovah uv'rachah chein
va'chesed v'rachamim aleinu v'al
kol Yisrael amecha.

Barcheinu Avinu kulanu k'echad
b'or paneicha. Ki v'or paneicha
natata lanu, Adonai eloheinu.

Torat chayim v'ahavat chesed
utz'edakah uv'rachah v'rachamim
v'chayim v'shalom.

V'tov b'einecha l'varech at amcha
Yisrael b'chol eit uv'chol sha'ah
bish'lomecha.

Baruch Atah Adonai, ha'm'varech
et amo Yisrael ba'shalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים,
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

בְּרַכְנוּ, אָבִינוּ, כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ, כִּי בְּאוֹר
פְּנִיךָ נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת
חֶסֶד, וְצִדְקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם,
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת
וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְיָ הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*We praise You, Adonai, who commands Your people Israel to speak, to act,
and to create Shalom, peace.*

*

Service for Shabbat Morning

Amidah for Shabbat

A SILENT MOMENT FOR PRAYERS
FROM WITHIN OUR SEPARATE SOULS

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַ. וּשְׁפָתַי מִדְּבַר מַרְמָה: וְלִמְקַלְלֵי נַפְשִׁי
תָּדוּם, וְנַפְשִׁי כְּעֶפֶר לְכָל תְּהִיָּה. פָּתַח לְבִי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ
תִּרְדּוּף נַפְשִׁי, וְכָל הַחֹשְׁבִים עָלַי רָעָה, מִהֲרָה הִפֵּר עֲצָתָם וְקָלְקַל
מִחֻשְׁבֹתָם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן
קִדְשֹׁתֶךָ, עֲשֵׂה לְמַעַן תּוֹרָתְךָ. לְמַעַן יִחַלְצוּן יְדִידְךָ, הוֹשִׁיעָה יְמִינְךָ
וְעֲנֵנוּ.

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*. Save me with your
power; in time of trouble, be my answer, that those who love you may rejoice.

*

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

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

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ,
יְי צוּרִי וְגוֹאֲלִי.

Oseh shalom bim'romav hu ya'aseh
shalom aleinu v'al kol Yisrael
v'imru: Amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ: אָמֵן.

*May the One who creates harmony above make peace for us and for all Israel,
and for all who dwell on earth. Amen.*

*

Service for Shabbat Morning

Amidah for Shabbat

HALLEL: PRAISES WHEN SHABBAT OCCURS DURING A FESTIVAL or ROSH HODESH

Baruch Atah Adonai, Eloheinu
melekh ha'olam, asher kid'shanu
b'mitzvotav, v'tzivanu likro et
ha'Hallel.

ברוך אתה יי אלהינו מלך העולם, אשר
קדשנו במצותיו וצונו לקרא את ההלל.

*We praise You, Adonai, our God, Ruler of the universe, who gives us opportunities for holiness
with commandments, and commands us to recite the Hallel praises.*

*

from PSALM 114

B'tzeit Yisrael mi'Mitzrayim beit
Ya'akov me'am lo'ez.
Hay'ta Yehudah l'kodsho, Yisrael
mam'shelotav. Hayam ra'a
vayanus, haYarden yisov le'achor.

בצאת ישראל ממצרים, בית יעקב מעם לעז.
היתה יהודה לקדשו, ישראל ממשלותיו. הים
ראה וינס, הירדן יסב לאחור:

*When Israel came forth from Egypt, the House of Jacob from a people of strange speech,
Judah became God's "holy one," Israel became God's dominion.
The sea saw them and fled, the Jordan River ran backward.*

from PSALM 118

Hodu L'Adonai ki tov!
Ki l'olam chasdo!
Yomar na Yisrael:
Ki l'olam chasdo!
Yom'ru na Beit Aharon:
Ki l'olam chasdo!
Yom'ru na yir'ei Adonai:
Ki l'olam chasdo!

הודו ליי כי טוב, כי לעולם חסדו:
יאמר נא ישראל, כי לעולם חסדו:
יאמרו נא בית אהרן, כי לעולם חסדו:
יאמרו נא יראי יי, כי לעולם חסדו:

*Give praises to God, for God is good! God's steadfast love is eternal.
May Israel declare it, may the House of Aaron declare it, may those who fear God declare it*

Ana Adonai, Hoshi'ah na!
Ana Adonai, Hoshi'ah na!
Ana Adonai, Hatz'lichah na!
Ana Adonai, Hatz'lichah na!

אנא יי הושיעה נא:
אנא יי הושיעה נא:
אנא יי הצליחה נא:
אנא יי הצליחה נא:

God, we pray for deliverance. God, we pray for prosperity.

Service for Shabbat Morning

Amidah for Shabbat

SERVICE FOR THE READING OF THE TORAH

All rise

The Ark is Opened

The Torah Scrolls are taken from the Ark

Ki m'Tzion tetze Torah, u'd'var
Adonai m'Yirushalayim.
Baruch she'natan Torah l'amo
Yisrael bik'dushato.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה , וְדַבֵּר יְיָ מִירוּשָׁלַיִם:
בְּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשׁוֹ:

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Sh'ma Yisrael Adonai Eloheinu Adonai echad!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ:
Echad Eloheinu, gadol Adoneinu, kadosh sh'mo.

Face the Ark and bow with the Torah

Gad'lu l'Adonai iti, v'n'rom'ma
sh'mo yach'dav.

גָּדְלוּ לַיְיָ אֶתִּי, וְנִרְוֹמְמָה שְׁמוֹ יַחְדָּו.

Hakafah: Torah Processional

We honor the Torah with a respectful kiss by reaching to it with a prayer shawl or hand

L'cha Adonai ha'g'dulah
v'ha'g'vurah v'ha'tif'eret
v'ha'netzach v'ha'hod. Ki chol
bashamayim u'va'aretz.
L'cha Adonai ha'mam'lacha
v'hamitnaseh l'chol l'rosh.

לְךָ יְיָ הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְחָה
וְהַהוֹד, כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ: לְךָ יְיָ הַמַּמְלָכָה
וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ:

Al shloshe d'varim ha'olam omed.
Al haTorah, v'al ha'avodah, v'al
g'milut chasadim.

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד: עַל הַתּוֹרָה,
וְעַל הָעֲבוּדָה, וְעַל גְּמִילוּת הַחַסְדִּים

The world stands upon three things: Upon Torah, upon worship and upon acts of lovingkindness.

Service for Shabbat Morning

Service for Reading the Torah

BLESSING BEFORE THE TORAH IS READ

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

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

Congregation:

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

Congregation:

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Baruch Atah Adonai, Eloheinu
melekh ha'olam asher bachar
banu mikol ha'amim v'natan lanu
et Torah'to.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר
בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרַתְךָ:

Baruch Atah Adonai Eloheinu
notein ha'Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Blessed are You, Adonai our God, Ruler of the universe, who has chosen us from among all the peoples and given us Your Torah. Blessed are You, Adonai, who gives the Torah.

*The week's Torah portion is read
Please follow along in the Torah commentary volume*

BLESSING AFTER THE TORAH IS READ

Baruch Atah Adonai, Eloheinu
melekh ha'olam asher natan lanu
Toraht emet, v'chayei olam nata'
b'tocheinu.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן
לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ:

Baruch Atah Adonai Eloheinu
notein ha'Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Blessed are You, Adonai, our God, Ruler of the universe, who has given us the Torah of truth, and planted within us eternal life. Blessed are You, Adonai, who gives the Torah.

GRATITUDE FOR HAVING REACHED THIS MOMENT

Baruch Atah Adonai, Eloheinu
melekh ha'oalm, she'he'chyanu
v'kiy'manu v'higyanu laz'man
ha'zeh.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיָּינוּ
וְקִיּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are You, Adonai our God, Ruler of the Universe who has given us life, sustained us, and brought us to this moment.

Service for Shabbat Morning

Service for Reading the Torah

Please rise as the Torah is Lifted and Dressed

V'zot haTorah asher sam Moshe
lif'nei b'nai Yisrael al pi Adonai
b'yad Moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנָי בְּנֵי יִשְׂרָאֵל
עַל פִּי יְיָ בְּיַד מֹשֶׁה:

This is the Torah which Moses himself placed before the Jewish people at God's command.

BLESSINGS FOR READING THE HAFTARAH

BEFORE THE READING

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בַּנְּבִיאִים טוֹבִים, וְרָצָה
בְּדְבָרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת. בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה וּבַמֹּשֶׁה
עַבְדּוֹ, וּבִישְׂרָאֵל עַמּוֹ, וּבַנְּבִיאֵי הָאֵמֶת וְצַדִּיק.

Blessed are You, Adonai our God, Ruler of the universe, who has chosen good prophets and accepts their trusted and true words. Blessed are You, Adonai, who has chosen the Torah and Moses Your servant, and Israel Your people, and the true and just prophets.

*The week's Haftarah ("Complement") selection is read
from the Books of the Prophets*

AFTER THE READING

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל הָעוֹלָמִים, צַדִּיק בְּכֹל הַדּוֹרוֹת,
הַיֵּאל הַנְּאֻמִּים הָאוֹמֵר וְעָשָׂה, הַמְדַבֵּר וּמְקַיֵּם, שְׂכַל דְּבָרָיו אֵמֶת וְצַדִּיק.
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה, שְׁנַתָּת לָנוּ יְיָ
אֱלֹהֵינוּ, לְקַדְשָׁה וּלְמְנוּחָה, לְכַבוֹד וּלְתַפְאֲרָת. עַל הַכֹּל יְיָ אֱלֹהֵינוּ, אֲנַחֲנוּ
מוֹדִים לָךְ, וּמְבָרְכִים אוֹתָךְ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל חַי תָּמִיד לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

*Blessed are You, Adonai our God, Ruler of the universe, Rock of all existence, Righteous One of all time,
the God of Trust, Speech and Action, who speaks and brings into being, whose words are true and just.
We give thanks for the Torah, for worship, for the prophets and for this day of Shabbat which You have
given us, Adonai our God, for holiness and rest, for honor and dignity. For everything, Adonai our God,
we give thanks to You, and we bless You. May Your name be blessed by the mouth of everyone who
lives, now and always. Blessed are You, Adonai, who makes the Shabbat holy.*

Service for Shabbat Morning

Service for Reading the Torah

Rise as the Torah is returned to the Ark

Hodo al eretz v'shamayim
Vayarem keren l'amo.
T'hilah l'chol chasidav Liv'nei
Yisrael Am k'rovo. Halleluyah!

הודו על ארץ ושמים וירם קרן
לעמו, תהלה לכל חסידיו
לבני ישראל עם קרבו הללויה:

God's glory encompasses heaven and earth. God sheds light on God's people, and extols the faithful, the people Israel who are close to God. Halleluyah! (Psalm 148:13-14)

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When Torah entered the world, freedom entered it.
The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.
"What is hateful to you, do not do to any person.

That is the whole Torah; go and learn it."
Those who study Torah are among the guardians of civilization.

Honoring one another, doing acts of kindness, and making peace:
these are our highest duties.
But the study of Torah is equal to them all, because it leads to them all.

Let us learn in order to teach.
Let us learn in order to do!

Etz chayim hi la'machazikim bah
v'tomchei'ha m'u'shar. D'rachei-
ha dar'chei no'am v'chol
n'tivoteiha shalom. Hashiveinu
Adonai eilecha vnashuvah. Chad-
esh yameinu k'kedem.

עץ חיים היא למחזיקים בה, ותומכיה מאשר:
דרכיה דרכי נועם, וכל נתיבותיה שלום:
השיבנו יהוה אליך ונשובה חידש ימינו כקדם:

*It is a tree of life to those who hold it fast and all who cling to it find happiness.
Its ways are ways of pleasantness, and all its paths are peace.
Return us to You, Adonai, then shall we return. Renew our days as in the past.*

The Ark is closed

Please be Seated

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Service for Shabbat Morning

Service for Reading the Torah

CONCLUDING PRAYERS

IN SUMMARY: OUR OBLIGATIONS AND HOPES

All rise

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'mish- pachot
ha'adamah.
She'lo sam chelkeinu ka'hem
v'goraleinu k'chol hamo'nam.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר
בְּרֵאשִׁית, שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרֶצוֹת, וְלֹא
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ
כָּהֶם, וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם.

We bow our heads and bend our knees:

Va'anachnu kor'im u'misht-
achavim u'modim
lif'nei melek mal'chei ha'm'-
lachim haKadosh baruch Hu.

וְאֲנַחְנוּ כּוֹרְעִים וּמְשִׁתְּחִוִּים וּמוֹדִים,
לְפָנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

We believe

*that it is up to us to sanctify Creation,
to respond to Life with the fullness of our lives.*

It is up to us

*to meet the World, to embrace the Whole,
even as we wrestle with its parts.*

It is up to us to repair the World

and to bind our lives to Truth,

so that some day, justice and goodness shall prevail,

and all the peoples shall experience God's Oneness, as it is said:

"The Eternal God shall reign over all the earth;

On that day Adonai shall be One. God's Name shall be One!"

V'ne'emar v'hayah Adonai l'me-
lech al kol ha'arets.
Bayom hahu, bayom hahu y'hiyeh
Adonai echad u'sh'mo echad.

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

"The Eternal God shall reign over all the earth;

On that day Adonai shall be One, and God's Name shall be One!"

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Service for Shabbat Morning

Concluding Prayers

MOURNER'S KADDISH -

AFFIRMING LIFE AS WE REMEMBER THOSE WHO HAVE DIED

The ancient Kaddish prayer affirms our awareness of holiness in the world. Much of our experience of divine goodness, grace and love has come to us through those people whose lives touched our own. We remember them...

As one community, we now invoke the transcendent power of love and caring, as we sanctify God's name.

Yitgadal v'yitkadesh 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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא
בְּרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן:

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

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

Yitbarach v'yishtabach v'yit- pa'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'ami- ran b'alma
v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ
הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, הַתְּשַׁבְּחָתָא
וְנַחֲמָתָא, דְאָמְרוּן בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Y'hei shlama raba min sh'maya
v'chayim aleinu v'al kol Yisra'el
v'imru: Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav hu ya'aseh
shalom aleinu v'al kol Yisrael
v'imru: Amen.

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

Let the glory of God be extolled, let God's name be hallowed in the world whose creation is 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.

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

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Service for Shabbat Morning

Concluding Prayers

KIDDUSH

The people of Israel shall keep the Shabbat, observing the 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 לְדֹרוֹתֵם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם.
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפַשׁ.

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.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

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

*Blessed are You, Adonai our God, Ruler of the universe,
Creator of the fruit of the vine.*

*L'chayim! * לחיים!*

HAMOTZI

בָּרוּךְ 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 up bread from the earth.*

*

שַׁבָּת שְׁלוֹם!

Shabbat shalom!

Service for Shabbat Morning

Concluding Prayers