



Judaism Your Way

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Shabbat and Havdalah Siddur



Shabbat Shalom

Your presence is a blessing!

We are so grateful to gather with you to bring in Shabbat, our weekly moment to reset, recharge and connect with your soul, your loved ones, and the Divine.

At Judaism Your Way, we're an open tent, embracing everyone who seeks connection to Jewish Life. Whether this is your first or your hundredth time participating in Jewish space, we welcome you exactly as you are, with only love and appreciation, and without judgment. We invite you to embrace this present moment by dropping your shoulders, loosening your jaw, opening your heart and taking a deep, cleansing breath. Welcome to this space and this moment!

Many of us struggle with the dominant metaphor of the Divine in our culture: God is some sort of ruling, male entity. If you resonate with this struggle, you are not alone! Fortunately, Judaism contains a multitude of ways to refer to that Divine Source with an array of alternative metaphors like: Havayah - Being and Becoming, Yah - Breath of Life, Shechinah - God's feminine essence literally meaning Dwelling, Creator, Rock, Oneness, That Which has no Name, just to name a few. You will encounter these metaphors throughout this siddur and we hope that you find one or a few that you feel connected with. You can experiment and step beyond what you may be most familiar with! Many translations were edited to include various names for the Divine.

Our services are designed to help everyone feel included and offer short teachings/intentions or kavanot to deepen learning and understanding of the prayers and blessings included in Shabbat liturgy.

Feel free to connect to our services in whatever way feels good for you: sing along, sign along, hum, dance, move, close your eyes, listen, cry, mourn, smile, and enjoy.

May our services uplift your soul and help you connect deeply to the essence of Shabbat: K'dushah - holiness or literally, separation from the mundane, M'nuchah - rest and rejuvenation, and Oneg - pleasure and enjoyment.

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Gratitude and Appreciation for Our Beloveds

Rabbi Caryn Aviv

We welcome and appreciate all our loved ones and allies who share in building Jewish life together. Thank you for loving Jewish people as partners, family members, and friends. Thank you for standing by Jewish people, especially when we feel scared about our safety, worth, and belonging in an uncertain world. Thank you for walking with us to raise children with Jewish culture in a world where that's not always easy. We see you. We value your presence. We appreciate all the gifts you bring to our families and communities. May you feel blessed in this space.

1. Opening Nigun (Wordless Melody) of the Month

Yai lai lai...

2. Or shel Shabbat / Light of Shabbat

Author Unknown

I lift a match to the candles
Watching as the flame catches;
The brightness of yellow and blue;
A flicker of heat in the air.

As the fire dances with shadows on the wall,
The stress in my body eases
Releasing the burdens that have
Seeped into my core.

My neck lightens as my shoulders calm;
My spine flexes with more ease;
My heart slows to a languid pace
Gratefully surrendering to the peace of the seventh day.

The Sabbath has arrived.

I no longer need effort to relax on this holy day.
My eyes see the lights
As my voice chants the prayers,
And my body responds.

My mind instantly stops,
Ceasing its hectic path of have-to's,
Reveling in this restoration of stillness
So lacking in the previous days.

The grace of a dedicated separation
Between the mundane and the sacred,
Prescribed by the Divine's compassion,
Restores my soul's tranquility.

The Sabbath has arrived.

3. Shabbat Candle Blessing

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah Adonai Eloheinu ruach ha'olam
asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.*

בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִדְּשָׁתָנוּ
בְּמִצְוֹתֶיהָ וְצִוָּתָנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*B'ruchah at Sh'chinah Eloteinu Ruach ha'olam asher
kidashtanu b'mitzvotaha v'tzivtanu l'hadlik ner shel Shabbat.*

Blessed are You, Source of Light, Spirit of the world,
bringing holiness to our lives through the lights of Shabbat.

4. Created in Your Image / A Blessing for Inclusion

Gabrielle Ariella Kaplan-Meyer

*Makor HaHayim,
Source of Life,
You created human beings in your image,
B'tzelem Elohim.*

Each one of us
a unique creation—
genetic material that
holds a neshamah
a soul that is pure.

Our bodies and our minds
are different and diverse creations–
Full of strengths and vulnerabilities,
talents, challenges,
abilities, struggles.

Some of us born into our bodies needing help
to move, to see, to hear, to talk, to eat.
Some of us will take our bodies and minds for granted
until they change with age...
reminding us that there are times
when we all need support.

The human body is a vessel
that we can see–
but deeper,
what is constant and in common
among us all is the unseen–
the souls that you have placed within us.

Makor HaHayim,
Source of Life,
Help us to encounter one another

as that pure soul
created in Your image;
that we see ourselves and one another
as *B'tzelem Elohim*.



Warming Up Our Souls

5. Shalom Aleichem

Translation edited by Dan Yolles

*Shalom aleichem
malachei hashareit
malachei elyon.
Mimelech malachei
ham'lachim
Hakadosh baruch hu.*

*Bo-achem l'shalom
malachei hashalom
malachei elyon
Mimelech malachei
ham'lachim
Hakadosh baruch hu.*

*Barchuni l'shalom
malachei hashalom
malachei elyon
Mimelech malachei
ham'lachim
Hakadosh baruch hu.*

*Tzeitchem l'shalom
malachei hashalom
malachei elyon
Mimelech malachei
ham'lachim
Hakadosh baruch hu.*

שְׁלוֹם עֲלֵיכֶם מְלָאכֵי
הַשָּׁרֵת
מְלָאכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּמְלָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

בּוֹאֲכֶם לְשָׁלוֹם מְלָאכֵי
הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּמְלָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

בְּרַכּוּנִי לְשָׁלוֹם מְלָאכֵי
הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּמְלָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

צֵאתְכֶם לְשָׁלוֹם
מְלָאכֵי הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּמְלָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

Peace be with you, ministering angels messengers of the Most High.
Messengers of the Holy One, Blessed be The Source.

Come in peace, messengers of peace, messengers of the Most High.
Messengers of the Holy One, Blessed be the Source.

Bless me with peace, messengers of peace, messengers of the Most High.
Messengers of the Holy One, Blessed be the Source.

Go in peace, messengers of peace, messengers of the Most High.
Messengers of the Holy One, Blessed be the Source.

6. Hinei Mah Tov / Psalm 133:1

הִנֵּה מַה־טוֹב וּמַה־נָּעִים שֵׁבֶת אַחִים גַּם־יַחַד:

Hinei mah tov umah naim, shevet achim gam yachad.(x10)

How good it is for sisters, brothers, and siblings to be here together.

One Love

English Lyrics: Bob Marley, mashup by Hal Aqua and Reb Jack Gabriel

One Love, One Heart, let's get together and feel alright.

Talking 'bout One, One Love, One Heart, give thanks and praise to the One and we will feel alright, singing, let's get together and feel alright.

Brothers and Sisters

English words/music by Nefesh Mountain

Yai dai dai dai...

We come from a tale told long ago,
Passed on by the waves and the wind,
We've made it this far together you know,
Come brothers and sisters let's sing

Chorus

*Hinei mah tov umah naim,
shevet achim gam yachad (x4)*

Come gather 'round and hear the song,
If you're the wandering kind
You can make it alone but just so you know,
We leave no one behind
Our mothers and fathers who've weathered the storms,
Grew strong through the trials of their times,
So we brothers and sisters, l'dor vador
Carry on with this song in our lives

Chorus

We'll sing out this song for years to come,
In a story without an end,
For how good it is to be among,
Our family, siblings and friends

Chorus

7. Y'did Nefesh

Translation by Gabe Seed, edited by Dan Yolles

Y'did nefesh, Av harachaman,
M'shoch Avd'ach El rtzonach.
Yarutz avdach k'mo ayal,
Yishtachaveh mul hadarach.
Ki yerav lo y'didutach,
Minofet tsuf v'chol ta'am.

Hadur naeh ziv ha'olam,
Nafshi cholat ahavatach.
Ana El na r'fa na lah,
B'harot lah noam zivach,
Az titchazeik v'titrapei,
V'haytah lach shifchat olam.

Vatik yehemu rachamecha
V'chus na al ben ohavach.
Ki zeh kamah nichsof nichsaf,
Lir'ot b'tiferet uzach.
Anah Eyli, machmad libi,
Chushah nah v'al titalam.

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

יְדִיד נֶפֶשׁ, אָב הַרְחָמָן,
מִשְׁחָ עֲבָדְךָ אֶל רְצוֹנְךָ,
יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל,
יִשְׁתַּחֲוֶה מוֹל הַדָּרֶךְ
כִּי יַעֲרַב לוֹ יְדִידוּתְךָ
מִנֹּפֶת צוּף וְכֹל טַעַם

הַדּוֹר, נְאֻה, זִיו הָעוֹלָם
נִפְשֵׁי חוֹלַת אֲהַבְתְּךָ
אֲנֵא אֶל נֵא, רִפְא נֵא לָהּ
בְּהִרְאוֹת לָהּ נַעַם זִיוֶךָ
אֲז תִּתְחַזֵּק וְתִתְרַפֵּא
וְהִיְתָה לְךָ שִׁפְחַת עוֹלָם

וְתִיק, יִהְמוּ רַחֲמֶיךָ
וְחוּס נֵא עַל בֶּן אוֹהֲבֶיךָ
כִּי זֶה כְּמָה נִכְסוּף נִכְסֵף
לְרְאוֹת בְּתַפְאֶרֶת עֲזֶךָ
אֲנֵא אֵלֶי, מַחְמַד לִבִּי
חוּסָה נֵא, וְאֵל תִּתְעַלֵּם

הַגִּלָּה נֵא וּפְרוּשׁ, חֲבִיב עָלַי
אֶת סִכַּת שְׁלוֹמְךָ
תִּאִיר אֶרֶץ מִכְבוֹדְךָ
נְגִילָה וְנִשְׁמַחָה בְּךָ
מְהֵרָ אֲהוּב, כִּי בָּא מוֹעֵד
וְחֲנִנִי כִימֵי עוֹלָם

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

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

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

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

8. Psalm 95:1-3 / L'Chu N'ran'nah

*L'chu n'ran'nah l'Adonai,
Nariah l'tzur yisheinu.
N'kadmah fanav b'todah,
bizmirot naria lo.*

לְכוּ נִרְנְנָה לַיהוָה
נָרִיעָה לְצוּר יִשְׁעֵנו.
נִקְדָּמָה פָּנָיו בְּתוֹדָה
בְּזִמְרוֹת נָרִיעַ לוֹ.

*Ki El gadol Adonai/Havayah
umelech gadol al kol Elohim.*

כִּי אֵל גָּדוֹל יְיָ
וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

O come, let us sing unto the Source; let us shout for joy to the
Rock of our salvation. Let us come before the Divine presence
with thanksgiving, let us shout for joy unto our Creator with
psalms. For Adonai is a great God, and a great power above all
others.

9. Psalm 96:1-2 / Shiru Ladonai

Shiru l'Adonai shir chadash;

שִׁירוּ לַיהוָה, שִׁיר חֲדָשׁ;

Shiru l'Adonai kol ha'aretz.

שִׁירוּ לַיהוָה, כָּל-הָאָרֶץ.

Shiru l'Adonai barechu shemo;

שִׁירוּ לַיהוָה, בְּרָכוּ שְׁמוֹ;

bas'ru miyom leiyom yeshuato.

בְּשָׂרוּ מִיּוֹם-לְיוֹם, יְשׁוּעָתוֹ.

O sing unto Yah a new song; sing unto Yah, all the earth. Sing unto Yah, bless the name of the Source; proclaim our Creator's salvation from day to day.

10. Psalm 97:11 / Or Zarua

Or zarua latzadik,

אוֹר זָרַע לְצַדִּיק;

ul'yishrei lev simchah.

וּלְיִשְׂרֵי-לֵב שִׂמְחָה

Light is sown for the righteous, radiance for the upright!

11. Psalm 98:5, 8 / Zamru, Yiram Hayam

זָמְרוּ לַיהוָה בְּכִנּוֹר; בְּכִנּוֹר, וְקוֹל זִמְרָה.

Zam'ru l'Adonai b'chinos, b'chinos v'kol zimrah.

Sing praise to the Divine with the lyre, with the lyre and melodious song.

יָרְעַם הַיָּם, וּמְלֹאוּ; תִּבְּל, וַיִּשְׁבְּי בָּהּ.

נְהָרוֹת יִמְחֲאוּ-כַף; יַחַד, הַרִים יִרְנְנוּ.

Yiram hayam umlo'o, teiveil v'yosh'vei vah.

N'harot yimcha'u-chaf, yachad harim y'raneinu.

Let the sea and all within it thunder, the world and its inhabitants; let the rivers clap their hands, the mountains sing joyously together.

12. Psalm 99:9 / Rom'mu

*Rom'mu Havayah Eloheinu,
V'hishtachavu l'har kodsho.*

רוֹמְמוּ, הַיְוָה אֱלֹהֵינוּ,
וְהִשְׁתַּחֲווּ, לְהַר קֹדֶשׁוֹ.

Exalt the Source our God, and bow toward God's holy hill,
for Yah our God is holy!

13. Psalm 29:1-3 / Mizmor L'David

Mizmor l'david:

*Havu l'Adonai, b'nei eilim,
havu l'Adonai kavod va'oz.*

*Havu l'Adonai k'vod sh'mo,
hishtachavu l'Adonai
b'hadrat kodesh.*

*Kol Adonai al hamayim,
El hakavod hirim
Adonai al mayim rabim.*

מִזְמוֹר, לְדָוִד:

הִבּוּ לַיהוָה, בְּנֵי אֱלִים;
הִבּוּ לַיהוָה, כְּבוֹד וְעֹז.

הִבּוּ לַיהוָה, כְּבוֹד שְׁמוֹ;
הִשְׁתַּחֲווּ לַיהוָה,
בְּהַדְרַת-קֹדֶשׁ.

קוֹל יְהוָה, עַל-הַמַּיִם:
אֵל-הַכְּבוֹד הַרְעִים
יְהוָה עַל-מַיִם רַבִּים.

A psalm of David. Ascribe to Yah, O divine beings, ascribe to the Creator glory and strength. Ascribe to Yah the glory of the Divine name; bow down to the Source, majestic in holiness. The voice of the Divine is over the waters; the God of glory thunders, the Creator, over the mighty waters.

14. L'chah Dodi (Verses 1, 2, 5, 9)

**L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah!**

*Shamor v'zachor b'dibur echad,
Hishmianu el ha'm'yuchad.
Adonai echad ushmo echad;
L'shem ul'tiferet v'lit'hilah.*

*Likrat Shabbat l'chu v'neil'cha
Ki hi m'kor hab'rachah
Meirosh mikedem n'suchah
Sof ma'aseh b'machashavah
t'chilah*

*Hitor'ri, hitor'ri,
Ki va oreich, kumi ori.
Uri, uri, shir dabeiri;
K'vod Adonai alayich niglah*

(rise and face the entrance):

*Bo'i v'shalom, ateret balah,
Gam b'simchah uv'tzoholah.
Toch emunei am segulah;
Bo'i chalah, bo'i chalah.*

**לְכֵה דוּדֵי לְקִרְאֵת כָּלָה.
פְּנֵי שַׁבַּת נִקְבְּלָה**

שְׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֶל הַמִּיּוּחָד
ה' אֶחָד וּשְׁמוֹ אֶחָד.
לְשֵׁם וּלְתִפְרֵאֲרַת וּלְתִהְלָה

לְקִרְאֵת שַׁבַּת לָכוּ וּנְלַכְהָ,
כִּי הִיא מְקוֹר הַבְּרָכָה
מֵרֵאשׁ מִקְדָּם נְסוּכָה
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה
תַּחֲלָה

הַתְּעוֹרְרִי הַתְּעוֹרְרִי.
כִּי בָּא אוֹרְךָ קוּמִי אוֹרִי
עוֹרִי עוֹרִי שִׁיר דְּבָרִי.
כְּבוֹד ה' עָלֶיךָ נִגְלָה

בּוֹאִי בְּשָׁלוֹם עֲטָרַת בַּעֲלָה.
גַּם בְּשִׂמְחָה וּבְצִהְלָה
תּוֹךְ אֲמוּנֵי עַם סִגְלָה.
בּוֹאִי כָלָה, בּוֹאִי כָלָה

Come, my friend, to meet the Beloved; let us welcome Shabbat!

“Observe” and “Remember,” in a single word.

The Divine One announced to us.

Oneness, named One, for fame,
for glory and for praise.

Toward Shabbat, come hurry, she has every blessing's taste,
for that is the source, from which to bless.

From the beginning, chosen before time, last made,
the first in mind.

Wake up, wake up,
Your light has come, rise and shine.
Awaken, awaken; sing a melody,
The glory of the Divine to be revealed upon thee.

Come in peace, crown of the Divine, come with joy and
cheerfulness; amidst the faithful of our people come O bride;
come, O Beloved...

15. Psalm 92 / Mizmor Shir

Mizmor shir l'yom haShabbat.

Tov l'hodot l'Adonai,

Ulzameir l'shimcha elyon.

L'hagid baboker chasdecha

v'emunatcha, baleilot.

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.

טוֹב לְהוֹדוֹת לַיהוָה

וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.

לְהַגִּיד בַּבֹּקֶר חַסְדֶּיךָ

וְאֱמוּנָתְךָ בַּלַּיְלוֹת.

A Psalm, a Song for the Sabbath day: It's good to give thanks
to the Divine, and to sing praises to the Name, to the Beyond;
to declare Divine lovingkindness in the morning, and Divine
faithfulness in the night seasons.

מה-גִּדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עִמָּקוֹ מְחֻשְׁבֹּתֶיךָ.

Ma-gadlu ma'asecha Yah, m'od amku machsh'votecha.

How great are Your works, Creator, how very subtle Your designs.

Sh'ma and her Blessings: Entering Community and Oneness

16. Barchu

בְּרַכּוּ אֶת יְהוָה הַמְבָרֵךְ:
בְּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וָעֶד:

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

Bless the Infinite, the Blessed One.
Blessed is the Infinite, the Blessed One, now and for all time.

Am I Awake

Am I awake? Am I prepared?
Are you listening to my prayer?
Can you hear my voice?
Can you understand?
Am I awake? Am I prepared?

One Voice

The Wailin' Jennys

This is the sound of one voice.
One spirit. One voice.
The sound of one who makes a choice.
This is the sound of one voice.

This is the sound of voices two.
The sound of me singing with you.
Helping each other to make it through.
This is the sound of voices two.

This is the sound of voices three.
Singing together in harmony.
Surrendering to the mystery.
This is the sound of voices three.

This is the sound of all of us.
Singing with love and the will to trust.
Leave the rest behind, it will turn to dust.
This is the sound of all of us.

This is the sound of one voice.
One people, one voice.
A song for every one of us.
This is the sound of one voice.

17. Ma'ariv Aravim

Baruch atah Adonai Eloheinu
Ruach ha'olam,
Asher bidvaro ma'ariv aravim:
B'chochmah potei'ach sh'arim
Uvit'vunah m'shaneh itim
umachalif et haz'manim,
um'sadeir et hakochavim
b'mishm'roteihem barakia
kirtzono.

Borei yom valailah,
goleil or mipnei choshech,
v'choshech mipnei or.
Uma'avir yom umeivi lailah,
umavdil bein yom uvein lailah,
Adonai Tz'vaot sh'mo.

El chai v'kayam,
tamid yimloch aleinu
l'olam va'ed.
Baruch atah, Adonai,
hama'ariv aravim.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
רוּחַ הָעוֹלָם
אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עַרְבִים:
בְּחִכְמָה פּוֹתַח שְׁעָרִים
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים
וּמַחְלִיף אֶת הַזְּמַנִּים
וּמְסַדֵּר אֶת הַכּוֹכָבִים
בְּמִשְׁמֵרוֹתֵיהֶם בְּרַקִּיעַ
כִּרְצוֹנוֹ:

בוֹרֵא יוֹם וְלַיְלָה
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ
וְחֹשֶׁךְ מִפְּנֵי אוֹר:
וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה
יְיָ צְבָאוֹת שְׁמוֹ:

אֵל חַי וְקַיָּם
תָּמִיד יִמְלוֹךְ עָלֵינוּ
לְעוֹלָם וָעֶד:
בְּרוּךְ אַתָּה יְיָ
הַמַּעְרִיב עַרְבִים:

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

You vary the seasons... Setting the sky's light as You adjust the times
to conform to their appointed tasks. You create day and night.
You make for dawn and dusk. Now the day is over, and you bring
on the night.

You give us discernment, to know the difference between day
and night.

Source of Diversity is Your Name.

Oh! Living, Present God, may You always govern our lives.

Baruch atah Yah, ha-ma'ariv aravim.

Alternative Ma'ariv Reading / The Moon Sings to the Stream

Lea Goldberg

I am the unity on high,
I am the multiple in the pond,
Looking up to me from the stream
My image, my double.
I am the truth on high,
I am the fabrication in the pond
Looking up to me from the stream
My image, in its fated deception.
Above - I am enwrapped in silence,
Whispering, singing, in the pond.
On high I am divine,
In the stream, I am the prayer.

18. Ahavat Olam

Ahavat olam, beit Yisrael

Am'cha ahavta.

Torah umitzvot chukim

umishpatim otanu limad'ta.

Baruch atah Adonai/Havayah,

ohev amo Yisrael.

אהבת עולם בית ישראל

עמך אהבת

תורה ומצוות חקים ומשפטים

אותנו למדת

ברוך אתה יהוה

אוהב עמו ישראל

Eternal love for Your people, House of Yisrael,
Holy teachings and mitzvot,
and guidelines have You taught us.
Blessed are you, Source of life,
who loves the souls of this existence.

19. Sh'ma

Sh'ma Yisrael

Adonai Eloheinu Adonai echad

Baruch shem k'vod malchuto

l'olam va'ed.

שְׁמַע יִשְׂרָאֵל

יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ

לְעוֹלָם וָעֶד:

Listen, those who dance with the Divine,
the Source of our being is one!
Blessed is the Presence whose splendor
shines through all time and space.

20. V'Ahavta / And You Will Love / Deuteronomy 6:5-9

Translation by Rabbi Brian Field

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לִבְבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־
מַאֲדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם עַל־לִבְבְּךָ:
וְשָׁנַנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ בָּם בְּשַׁבְּתֶךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשְׁרָתָם לְאֹזֶן עַל־יָדְךָ וְהָיוּ לְטָטְפֹת בֵּין
עֵינֶיךָ: וְכָתַבְתָּם עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha b'chol l'vav'cha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi
m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shivt'cha b'veitecha uv'lecht'cha vaderech uv'shoch'b'cha
uv'kumecha. Uk'shartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvisharecha.*

When you love
with your whole heart,
your whole being and all that you do,
these teachings cannot help
but connect
your heart today
to your interactions
with your children
and in all the ways that you
rest and move, dream and wake.
Therefore create practices to remind you
to dedicate to love
all you do with your hands,
and conceive with your mind,
bringing special awareness to the
boundaries of your homes,
communities and imaginations.

21. Mi Chamochah

Mi chamochah ba'eilim Adonai!

Mi kamochah nedar bakodesh

Nora t'hilot, oseih fele!

Who is like You, Source of Life, dressed with holiness, awesome in
splendor, doing wonders!

מי כמכה בְּאֵלִים יי
מי כמכה נֶאֱדָר בְּקֹדֶשׁ
נֹרָא תְהִלַּת עֹשֶׂה פְּלֵא

22. Hashkiveinu

'Let It Be' lyrics by Lennon/McCartney

שְׁלוֹם, שְׁלוֹם
הַשְׁכִּיבֵנוּ יי אֱלֹהֵינוּ לְשְׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים

וְשָׁמַר צְאֲתָנוּ וּבֹאֲנוּ
לְחַיִּים וּלְשְׁלוֹם מְעַתָּה
וְעַד עוֹלָם

Shalom, Shalom (x4)
Hashkiveinu Adonai,
Eloheinu l'shalom
V'ha'amideinu shomreinu l'chayim (x2)
Ushmor tzeiteinu uvo-einu
L'chayim ul'shalom mei'atah v'ad olam

When I find myself in times of trouble, HaSh'chinah comes to me
Speaking words of wisdom, let it be
And in my hour of darkness she is standing right in front of me
Speaking words of wisdom, let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

And when the brokenhearted people living in the world agree
There will be an answer, let it be
For though they may be parted, there is still a chance that they
will see
There will be an answer, let it be

Let it be, let it be, let it be, let it be
There will be an answer, let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

Translation: Cause us to lie down, Divine Source, in peace; and
raise us up, our Protector of life. Guard us in our goings and
comings, for life, and peace, for now and forever more.

23. Keeping Kabbalat Shabbat

Suzanne Zabrinsky

We do not celebrate Shabbat,
We receive it.
As it was that very first time,
Creator has blessed us with a holy day

We open our hearts, our minds, our beings,
To accept the gift that is Shabbat. It is a covenant between our
people and our Creator;

We keep Shabbat, and Shabbat keeps us.

It is a day of returning to our roots,
For reconnecting with our Source.
A time to pray, and to study,
To learn, and to rest.

Each week on this holy day
We turn our vision inward.
We seek out the still, small, voice,
Which is the Divine calling to us.

The Torah speaks of the heaven and the earth,
The sky and the land.
Yet the Eternal lives in none of these places...
Yah, lives within each of us.

And so on each Shabbat
As we welcome the Shechina's return,
We are asked to contemplate righteousness,
To see that we have failed to behave righteously.

We remember the words of Rav Hillel who said:

“That which is hateful to you, do not do to your fellow!
That is the whole Torah; the rest is interpretation.”

On this and every Shabbat,
Let us all go forth into the world
Speaking truth, doing good,
And practicing Tikkun Olam

We can truly embrace Shabbat
By becoming more humane,
Learning to appreciate our differences,
And honoring our promise to The One.

24. V'Shamru V'nei Yisrael

*V'shamru v'nei Yisrael
et haShabbat
La'asot et haShabat l'dorotam
b'rit olam.*

*Beini uvein b'nei Yisrael,
Ot hi l'olam,*

*Ki sheishet yamim asah Adonai
Et hashamayim v'et ha'aretz,*

*Uvayom hash'vi'i
Shavat vayinafash.*

And the children of Israel will keep Shabbat
Make Shabbat in all generations,
As an everlasting covenant.
It will forever be a sign,
Between Me and the children of Israel
That for six days the Source laboured
Over the heavens and the Earth,
And on the seventh day,
The Source rested and was refreshed.

וּשְׁמְרוּ בְּנֵי יִשְׂרָאֵל
אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם
בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם.

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפָשׁ.

T'filah: Personal Prayer and Reflection

25. Amidah

Seven Breath Meditation

Siddur Ha-Kohanot, A Hebrew Priestess Prayerbook

Breathing in, I take breath into myself. Breathing out, I join the web of being.

Breathing in, I rest in the present. Breathing out, I am part of past and future.

Breathing in, I honor the shrine of my body. Breathing out, I honor the shrine of the cosmos.

Breathing in, Presence fills me. Breathing out, Presence enfolds me.

Breathing in, I witness what's broken. Breathing out, I bow to what is perfect.

Breathing in, I offer gratitude for what is. Breathing out, I accept all that changes.

Breathing in, I pray for peace for myself. Breathing out, I pray for peace for all beings.

Adonai S'fatai

Yai lai lai...

Adonai, s'fatai tiftach

U'fi yagid tehilatecha

אֲדֹנָי שְׁפָתַי תִּפְתָּח

וּפִי יַגִּיד תְּהִלָּתְךָ

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

Alternate Adonai S'fatai Reading

Rabbi Emily Stern

*Adonai, s'fatai tiftach
U'fi yagid tehilatecha*

Adonai, open up my lips
So my mouth can speak Your praises.
Open up my ears
So my heart can appreciate Your words.

Shaddai, open up my eyes
So I can behold Your glory.

El Elyon, open up my back
So what's beyond my knowledge can feel You.

Ruakh, open up my mind
So my soul can experience Your love.

Shekhinah, let me be present to You inside me.

Ha Kol, open me up to include Your wholeness
So I can serve All.

Blessed are you, Holy One, for expanding my awareness
So I can know Shalom.

**You may continue with your own silent prayer and meditation,
engage with the full Shabbat Amidah below or there are a
couple Amidah poems and readings.**

If you are standing, please be seated when you are finished.

Shabbat Amidah

Avot v'Imahot: Ancestors

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא, אֵל
עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת
וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה, מֶגֶן אֲבֹרָהִם וְעֲזֵרַת
שָׂרָה.

*Baruch atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu.
Elohei Avraham, Elohei Yitzchak, Elohei Ya'akov, Elohei Sarah,
Elohei Rivkah, Elohei Rachel, v'Elohei Leah. Ha'El hagadol
hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneh
hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei
v'neihem l'ma'an sh'mo b'ahavah. Melech ozeir umoshia
umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.*

G'vurot: The Power of the Sacred

אַתָּה גְּבוּר לְעוֹלָם אֲדֹנָי, רַב לְהוֹשִׁיעַ.

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם (winter)

מוֹרִיד הַטָּל (summer)

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמְטִיר אֲסוּרִים וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי
עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ, מֶלֶךְ מִמִּית וּמְחַיֶּה
וּמְצַמֵּחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יְהוָה,
מְחַיֶּה הַכֹּל.

*Atah gibor l'olam Adonai, rav l'hoshia.
(Winter) Mashiv haruach umorid hagashem
(Summer) Morid hatal*

M'chalkeil chayim b'chesed. M'chayei hakol b'rachamim rabim, someich noflim v'rofei cholim umatir asurim, um'kayeim emunato lisheinei afar. Mi chamochah ba'al g'vurot umi domeh lach, melech meimit um'chayei umatzmiach y'shuah. V'ne'eman atah l'hachayot hakol. Baruch atah Adonai, m'chayeih hakol.

K'dushah: Holiness

אתה קדוש ושמך קדוש וקדושים בכל-יום יהללוך סלה.
ברוך אתה יהוה האל הקדוש:

Atah kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha, selah. Baruch atah Adonai, ha'El hakadosh.

K'dushat HaYom: This Holy Day

אתה קדשת את יום השביעי לשמך. תכלית מעשה שמים וארץ. וברכתו מכל הימים. וקדשתו מכל הזמנים וכן כתוב בתורתך: ויכלו השמים והארץ וכל-צבאם: ויכל אלהים ביום השביעי מלאכתו אשר עשה. וישבת ביום השביעי מכל-מלאכתו אשר עשה: ויברך אלהים את-יום השביעי ויקדש אתו. כי בו שבת מכל-מלאכתו אשר-ברא אלהים לעשות:

Atah kidashta et yom hashvi'i lishmecha, tachlit ma'aseih shamayim va'aretz. Uveirachto mikol hayamim, v'kidashto mikol haz'manim, v'chein katuv b'Toratecha: Vay'chulu hashamayim v'ha'aretz v'chol tz'vaam. Vay'chal Elohim bayom hashvi'i m'lachto asher asah, vayishbot bayom hashvi'i mikol m'lachto asher asah. Vay'varech Elohim et yom hashvi'i vay'kadeish oto, ki vo shavat mikol m'lachto asher bara Elohim la'asot.

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

Eloheinu v'Elohei avoteinu v'imoteinu, r'tzeih vim'nuchateinu. Kad'sheinu b'mitzvatecha v'tein chelkeinu b'Toratecha. Sabeinu mituvecha, v'samcheinu bij'shuatecha, v'taheir libeinu l'ovd'cha be'emet, v'hanchileinu Adonai Eloheinu b'ahavah uv'ratzon Shabbat kodshecha, v'yanuchu vah Yisrael m'kadshei sh'mecha. Baruch atah, Adonai, m'kadeish HaShabbat.

Avodah: Prayerful Service

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמְךָ יִשְׂרָאֵל וּבְתַפְלֹתֶם וְהַשֵּׁב אֶת
הָעֲבוּדָה לְדַבֵּיר בֵּיתְךָ וּתְפִלֹתֶם בְּאַהֲבָה תִקְבַּל בְּרָצוֹן וְתֵהִי
לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ:

R'tzei, Adonai Eloheinu, b'amcha Yisrael, uvit'filatam v'hasheiv et ha'avodah ledvir beitecha ut'filatam b'ahavah t'kabeil b'ratzon ut'hi l'ratzon tamid avodat Yisrael amecha.

וּתְחַזְּינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים: בְּרוּךְ אַתָּה יְהוָה
הַמַּחְזִיר שְׂכִינְתוֹ לְצִיּוֹן:

V'techezenah eineinu b'shuv'cha l'Tzion b'rachamim. Baruch atah, Adonai, hamachazir Shechinato l'Tzion.

Hoda'ah: Giving Thanks

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֵלֵהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד צוּר חַיֵּינוּ מְגִן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר
וְדוֹר נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל־חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ
וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ וְעַל נְסִיךְ שְׁבָכְל יוֹם עִמָּנוּ וְעַל
נְפְלָאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׁבָכְל עֵת עָרַב וּבִקְר וְצָהָרִים הַטוֹב כִּי
לֹא כָלוּ רַחֲמֶיךָ וְהִמְרַחֵם כִּי לֹא תִמּוּ חֲסִדֶיךָ מֵעוֹלָם קוִינּוּ לָךְ:

Modim anachnu lach, sha'atah hu Adonai Eloheinu v'Elohei avoteinu v'imoteinu l'olam va'ed. Tzur chayeinu, magen yisheinu, atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha. Al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim. Hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu chasadecha, mei'olam kivinu lach.

וְעַל־כָּל־מַלְכֵינוּ וְיִתְבָּרַךְ וְיִתְרַומַם שְׁמֵךְ מְלַכְנוּ תָּמִיד לְעוֹלָם וָעֶד:

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid l'olam va'ed.

וְעַזְרַתְנוּ סְלָה: בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֵךְ וְלֶךְ נָאָה לְהוֹדוֹת:
וְעַזְרַתְנוּ סְלָה: בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֵךְ וְלֶךְ נָאָה לְהוֹדוֹת:

V'chol hachayim yoducha selah, viy'hal'lu et shimcha be'emet, Ha-El y'shuateinu v'ezrateinu selah. Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

Shalom: Peace & Wholeness

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תִּשָּׂים לְעוֹלָם כִּי אַתָּה הוּא מֶלֶךְ
אֲדוֹן לְכָל־הַשְּׁלוֹם וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת־עַמֶּךָ יִשְׂרָאֵל בְּכָל־
עַת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ. בְּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת־עַמּוֹ
יִשְׂרָאֵל בְּשָׁלוֹם:

Shalom rav al Yisrael amcha tasim l'olam, ki atah hu Melech Adon l'chol hashalom. V'tov b'einecha l'vareich et amcha Yisrael b'chol eit uv'chol sha'ah bish'lomecha. Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

A Sewn Amida

Lisa Lynn Vendeland

Each stitch is a name, a voice, a memory, a mitzvah of old;
Each stitch connects them with me and me with mine,
Each stitch securing us in the fabric of life.
Each stitch, Holy, Holy, Holy;
Each stitch calling the Angels, who call to more,
"Come see the Holy One praised in the stitches."

Each stitch piecing together a picture of where
the next stitch will lead.

Each stitch turning back and forth;
stopping where it is meant to be.

Each stitch no matter how small, how loosened, can be repaired.
Each stitch releasing stitches that have bound,
separating instead of joining.

Each stitch repairing the body, the heart, the spirit;
finding holes needing repair.
Each stitch placed in its proper time and place;
sustaining the woven web.
Each stitch drawing the scattered fabrics in to the whole.
Each stitch loyal to the ones before it, judging its place in
relationship to the pattern,
Each stitch making humble those that would damage the weave.
Each stitch connecting to the East, free of oppression and fear.
Each stitch counts, as if it were the only one;
the finished piece depending only on it.
Each stitch a prayer, a call;
connecting all other stitches to the hand of the tailor.

Each stitch placed with joy to serve the Holy One.
Each stitch placed in thanksgiving for the miracle
of its existence in the construction,
Each stitch a moment in a time of peace,
a time of beauty, a time that touches,
Each stitch.
Amen

Modim

Cathleen Cohen

We practice giving thanks
as You knit together dusk, dawn and afternoon,
filling them with miracles:
with light and sparkling dark, with voice and touch
through winding paths of our desires,
ups and downs, peaks and troughs.

Our days move like sea waves, sound waves,
electrical heart pulses.
We swim among wonders
and pause to pray
Your compassion won't leave us,
Your mercy won't cease.

26. Oseh Shalom

עוֹשֵׂה שְׁלוֹם בְּמִרְוּמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ: אָמֵן.

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

May the one who creates peace on high bring peace to us and to all Israel and all beings. And we say: Amen.

Healing the Body, Mind, and Soul

27. Mi Shebeirach

*Mi shebeirach avoteinu,
m'kor hab'rachah l'imoteinu*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

May the source of strength who blessed the ones before us, Help us find the courage to make our lives a blessing, and let us say: Amen.

Mi shebeirach imoteinu, m'kor hab'rachah l'avoteinu

Bless those in need of healing with refuah sh'leimah, the renewal of body, the renewal of spirit. And let us say: Amen.

28. Tree of Life Healing Prayer

Nefesh Mountain

O sweet Spirit, hear my prayer
Help these words
heal someone out there
I am but a voice, just a cry in the air
But I sing, nonetheless,
in this pain we share.

O sweet friends,
come and dry your eyes
And hold each other
by this Tree of Life
I'm angry and tired
of this great divide
But I sing, nonetheless,
with love on our side.

Ana El na refa na la (x4)
(Translation: Please God heal her now)

O sweet souls who feel broken now
We'll heal together,
somewhere, somehow
Time and again,
we have been let down
But we sing, nonetheless,
still whole and still proud.

Ana El na refa na la (x4)

O sweet Spirit, hear our prayer,
And help these words,
Heal someone out there.

Translation: Please, Source of Life, heal her/him/us/them now.

**29. Vahasheivota / You shall return / Deuteronomy 4:39;
Zechariah 14:9**

Rabbi Shir Yaakov

וְהִשְׁבַּתְּ אֶל לְבַבְךָ, כִּי הַנְיָה הוּא הָאֱלֹהִים:
וְנֹאמַר וְהִיָּה יְהוָה לְמִלְכָּךְ עַל כָּל הָאָרֶץ.
בְּיוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד וְשִׁמוֹ אֶחָד:

Vahasheivota (repeat)

El l'vavecha (repeat)

Ki Havayah (repeat)

Hu ha-Elohim (repeat).

V'ne'emar: V'hayah Adonai l'melech al kol ha'aretz.

Bayom hahu yihyeh Adonai echad ush'mo echad.

You shall return to your hearts, for Being and Becoming is the Source. With reverence and thanksgiving we accept our destiny the day on which all will be one.

It is Upon Us

Trisha Arlin

It is upon us to repair the broken places.

It is upon us to face the truth no matter how difficult.

It is upon us to see that justice is complex and not always easy.

It is upon us to know when we have choices, and to make them.

It is upon us to understand that our prayers are holy conversations.

It is upon us to be mindful and to take our spirituality seriously.

It is upon us to hold more than one idea of God in our heads at any given time.

It is upon us to enjoy our bodies without shame.

It is upon us to listen when others say no, and when they say yes.

It is upon us to have fun and to spread it around.

30. Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ
מַלְכוּתֵיהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא
וּבְזִמְן קָרִיב וְאִמְרוּ אַמֵּן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעַלְמֵי עַלְמֵיָא: יִתְבָּרַךְ
וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקָדְשָׁא בְּרִיךְ הוּא לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנִחַמְתָּא, דְאִמְרִין בְּעַלְמָא, וְאִמְרוּ אַמֵּן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ: אַמֵּן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאִמְרוּ: אַמֵּן.

*Yitgadal v'yitkadash sh'meih raba — b'alma di vra chiruteih
v'yamlich malchuteih, b'chayeichon uv'yomeichon uv'chayei
d'chol beit Yisrael, ba'agala uvizman kariv, v'imru: **Amen.***

Y'hei sh'meih raba m'varach l'alam ul'almei almaya.

*Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit-halal sh'meih d'kud'sha **b'rich hu,** l'eila
min kol birchata v'shirata, tushb'chata v'nechemata, da'amiran
bealma, v'imru: **Amen.***

*Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael.
V'imru: **Amen.***

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

Alternative Translation

Rabbi Daniel Brenner

Make the God-name big. Big and holy.
Do it in this world, this creation, sprung from consciousness,
and bring some order to this.
Do it fast, in the days ahead.
Everybody join with me:
May the Name be blessed, forever and ever.

Yes, blessed! Blessed, sung out, shouted, honored, this holy
blessed name. The name is beyond any song, poem or
comforting words we could ever speak.

Everybody say:
That's the truth!

May peace descend for all our peoples, for all beings,
and let everybody say: May it be true!

Make that peace in the heavens, great One who creates
wholeness.
Everybody say: Amen. May it be true!

Shabbat Blessings

31. Kiddush/Motzi

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן:

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

בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הַגָּפֶן:

B'ruchah at Sh'chinah Eloheinu Ruach ha'olam, boreit p'ri hagafen.

Blessed are You and all those who bring forth the fruit of the vine.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

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

בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיָּא לֶחֶם מִן
הָאָרֶץ:

B'ruchah at Sh'chinah Eloheinu Ruach ha'olam, hamotziah lechem min ha'aretz.

Blessed are you, Source of abundance, bringing forth bread from the earth.

32. Adon Olam

*Adon olam, asher malach,
b'terem kol y'tzir nivra.*

*L'eit na'asah v'cheftzo kol,
azai melech sh'mo nikra.*

*V'acharei kichlot hakol,
l'vado yimloch nora.*

*V'hu hayah, v'hu hoveh,
v'hu yih'yeh b'tifarah.*

*V'hu echad, v'ein sheni
l'hamshil lo, l'hachbirah.*

*B'li reishit, b'li tachlit,
v'lo ha'oz v'hamisrah.*

*V'hu Eli, v'chai go'ali,
v'tzur chevli b'eit tzarah.*

*V'hu nisi umanos li,
m'nat kosi b'yom ekra.*

*B'yado afkid ruchy
b'eit ishan v'a'irah.*

*V'im ruchy g'viyati,
Adonai li v'lo ira.*

אָדוֹן עוֹלָם אֲשֶׁר מְלָךְ,
בְּטֶרֶם כָּל יִצִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
אֲזֵי מְלָךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הִיָּה, וְהוּא הוֹנֶה,
וְהוּא יִהְיֶה, בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גְאֵלֵי,
וְצוֹר חֲבָלֵי בְּעֵת צָרָה.
הוּא נָסִי וּמְנוֹס לִי,
מִנֵּת כּוֹסֵי בְיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאַעִירָה.
וְעַם רוּחִי גְוִיָּתִי,
יְיָ לִי וְלֹא אִירָא.

The Divine Presence of the Universe who reigned before
anything was created.

When all was made by that power
The Source was acknowledged as Power.

And when all ends
The Divine still all alone will exist.
Being was, Being is,
and Being will be in glory.

And Being is One, and there's no other,
to compare or join Being and Becoming.
Without beginning, without end
and to Being belongs existence and power.

And Being is my God, my living God.
to Yah I flee in time of grief,
and the Divine is my miracle and my refuge,
who answers the day I call.

To Being and Becoming I commit my spirit,
in the time of sleep and awakening,
even if my spirit leaves,
Yah is with(in) me, I will not be afraid.

33. Olam Chesed

Olam chesed yibaneh
yai dai dai (x4)

עולם חסד יבנה

I will build this world from love...yai dai dai
And you must build this world from love...yai dai dai
And if we build this world from love...yai dai dai
Then Yah will build this world from love...yai dai dai

34. Od Yavo

Od yavo shalom aleinu (x3);

V'al kulam

עוד יבוא שלום עלינו
ועל כולם!

Salaam, aleinu v'al kol ha'olam;

Salaam, salaam,

סלאם, עלינו ועל כל העולם
סלאם סלאם

Shalom, aleinu v'al kol ha'olam;

Shalom, shalom

Bring peace to us and everyone, peace to us and the entire world.

35. One Day

Matisyahu

Sometimes I lay under the moon,
and I thank God I'm breathin'
Then I pray don't take me soon,
'cause I am here for a reason

Sometimes in my tears I drown,
but I never let it get me down
So when negativity surrounds,
I know someday it'll all turn around because

All my life I been waitin' for, I been prayin' for,
for the people to say
That we don't want to fight no more,
there'll be no more wars,
and our children will play

One day, one day, one day (2x)

It's not about win or lose
'Cause they all lose when they feed on
The souls of the innocent
Blood drenched pavement
Keep on moving though the waters stay ragin'

In this maze,
You can lose your way, your way
It might drive you crazy
But don't let it faze you no way, no way!

All my life I been waitin' for, I been prayin' for,
for the people to say
That we don't want to fight no more,
there'll be no more wars,
and our children will play

One day, one day, one day (2x)

One day this all will change, treat people the same,
stop with the violence, down with the hate

One day we'll all be free and proud to be
under the same sun, singing songs of freedom like

Wayohhhhhh! Wayoh oh oh oh (x2)

All my life I been waitin' for, I been prayin' for,
for the people to say
That we don't want to fight no more,
there'll be no more wars,
and our children will play
One day, one day, one day (2x)



36. Oseh Shalom

Oseh Shalom, bimromav

Hu ya'aseh shalom

Aleinu v'al kol Yisrael

V'imru Amen (x2)

עוֹשֵׂה שְׁלוֹם בְּמִרְוּמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ: אָמֵן.

Grant us peace, grant us peace
For every weary heart that beats
find a moment of relief
Grant us peace

May the one who creates peace on high bring peace to us and to
all Israel and all beings. And we say: Amen.

Havdalah: Saying Goodbye to Shabbat Welcome!

We are so grateful you are here to join us for Havdalah, a beautiful, weekly ritual where we say goodbye to Shabbat, our holy day of rest, rejuvenation and reconnection, and welcome in the coming week! The intention of this ritual is for us to take a bit of the spirit and life-spark we acquired on Shabbat and infuse it into the coming week, so we feel energized and motivated to be the best versions of ourselves as we move through the 'mundane.'

This ritual is one that enlivens the senses available to us, so we invite you to take a deep, wholesome breath and open your heart to aligning your available senses to the various elements of Havdalah.

You are welcome to sing, sign, hum, breathe, dance, sit and/or do whatever your body and soul needs at this moment to prepare yourself for entering into the new week ahead.

Opening Niggun

Yai lai lai...

La-Yhudim / Esther 8:16

*La-Y'hudim haitah orah
v'simchah v'sason vikar. (2x)
Kein tihyeh lanu, tihyeh lanu,
tihyeh lanu*

לְיְהוּדִים הַיְתָה אוֹרָה הַיְתָה אוֹרָה
וְשִׂמְחָה וְשִׂשׂוֹן וְיִקָּר
כִּן תִּהְיֶה לָנוּ תִהְיֶה לָנוּ
תִּהְיֶה לָנוּ

The Jews of old had light, and happiness and joy and love — may it be so for us!

A Separation

Reb Debra Smith

Eternal One of Blessing:

The weekly time of separation is here.

We reach out to hold You close a bit longer.

As we step away, we also reach out.

We draw You near.

Stay with us a little while longer.

Your fragrance, Your brilliant glow, Your sweet delights:

Reminders of who we can be, of where we can go...

Separation: a time of missed opportunities.

Separation: a time of new possibilities.

As the Shabbat flames flicker and die,

The light of each soul glows steady.

A heart renewed, a life reborn.

Lo Yisa Goy / Isaiah 2

Aaayyy ohhhh, ohhhh aaayyy

*Lo yisa goy el goy cherev
lo yilm'du od milchamah.*

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
לֹא יִלְמְדוּ עוֹד מִלְחָמָה

Don't walk in front of me I may not follow,
Don't walk behind me I may not lead
Just walk in front of me and be my friend
And together we will walk in the path of Yah

Translation: No nation shall lift a sword, nor shall they learn war any longer

Havdalah Blessings

Rabbi Rachel Barenblat

A ritual, such as Havdalah, creates a spiritual change while it is taking place. I love Havdalah because it's the second bookend, the close parenthesis, which balances the ritual of making Shabbat in the first place. I love Havdalah because, even without all the extra teachings and interpretations we can lay on top of it, it works. It makes a difference. Spending five minutes in a darkened room holding that braided candle aloft, making these blessings, breathing in the sweet spices, and then plunging the candle into the wine -- it does something. You can feel the change in the energy of the room. Something has ended and something else has begun.

Blessing over Wine

Wine is a symbol of the sweetness of Shabbat. The glass of wine that we use symbolizes our wish for the blessings of Shabbat to flow into the coming week.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן

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

We bless the Source of delight, for creating the fruit of the vine.

Blessing over Spices

The spices are used to replenish and refresh our soul as our 'extra soul' we acquire on Shabbat departs our presence. We enter the coming week feeling refreshed and refocused by the fragrance of havdalah.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרָא מִיְּנֵי בְּשָׂמִים

Baruch atah, Adonai, Eloheinu melech ha'olam, borei minei v'samim.

We bless Life Unfolding, for creating fragrant spices and smells.

Blessing over the Havdalah Candle

With the braided candle, we are twisting the energy of holiness, peace and pleasure we experienced and acquired on Shabbat into the new week, reminding us to not let our inner light go extinguished from the business of life and responsibilities.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרָא מְאוֹרֵי הָאֵשׁ

Baruch atah, Adonai, Eloheinu melech ha'olam, borei m'orei ha'eish.

We bless the Source of radiant illumination, for creating the light of fire.

Blessing to say goodbye to Shabbat time

The sound of the candle sizzling out from the wine and going from light to dark marks the moment Shabbat has left us, so we can go about our week, strive to accomplish our goals and tasks at hand, and await Shabbat's arrival next week.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל

Baruch atah, Adonai, Eloheinu melech ha'olam, hamavdil bein kodesh l'chol.

We bless Being and Becoming, for creating the distinction between the sacred and the ordinary in time and space.

After the Ritual

Some people dip their fingers in the wine and dab their fingers on their eyes or eyebrows - to be able to see things more clearly, with wisdom, and from multiple points of view.

Shavua Tov (x8)

A good week, a week of peace, may gladness reign and joy increase. (repeat twice)

Eliyahu Hanavi

Eliyahu hanavi

Eliyahu hatishbi

Eliyahu, Eliyahu,

Eliyahu hagiladi -

Bimheirah b'yameinu,

yavo eileinu

Im Mashiach ben David.

אֱלִיָּהוּ הַנָּבִיא

אֱלִיָּהוּ הַתִּשְׁבִּי

אֱלִיָּהוּ אֱלִיָּהוּ

אֱלִיָּהוּ הַגִּלְעָדִי


בְּמַהֲרָה בְּיָמֵינוּ

יָבוֹא אֵלֵינוּ

עִם מָשִׁיחַ בֶּן דָּוִד.

Elijah the prophet, Elijah the Tishbite, Elijah the Gileadite. May he soon in our days come to us, with the anointed son of David.

Shavua Tov!



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