



Siddur Am Yisrael

Contemporary Siddur for Erev Shabbat

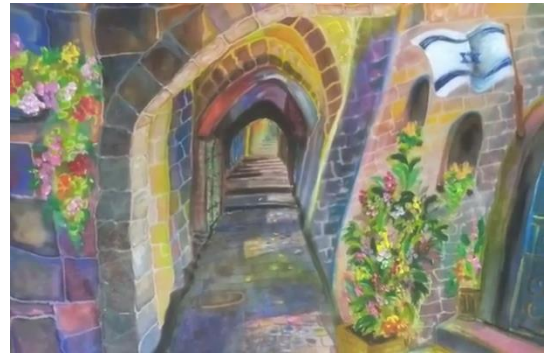
**Hebrew Congregation of St Thomas
(The St Thomas Synagogue)**



One does not travel to Jerusalem,
One returns,
One ascends
The road taken by generations,
The path of longing
On the way to redemption.

One brings rucksacks
Stuffed with memories
To each mountain
And each hill.
In the cobbled white alleyways
One offers a blessing
For the memories of the past
Which have been renewed.

One does not travel to Jerusalem.
One returns.





מעריב לחול

Evening Service

A Meditation on Prayer

If prayer is pure and untainted,
surely that holy breath that rises from your lips
will join with the breath of heaven
that is always flowing into you from above.

Thus our masters have taught the verse of the Psalmist
"Every breath shall praise God, means
with every single breath that you breathe, God is praised.

As the breath leaves you, it ascends to God,
and then it returns to you from above.
Thus that spark from the divine which lives within you
is reunited with its source.

Opening Prayer

“And after the fire, a still, small voice...” (I Kings 19)
Eternal God, You give meaning to our days, to our struggles and strivings.
In the stillness of the night, and in the press of the crowd,
Yours is the voice within that brings peace.

*We do not ask for a life of ease, for happiness without alloy.
We ask only to be uncomplaining, and unafraid.
In our darkness, be our light,
and in our loneliness, help us to discover
the many souls akin to our own.
Give us strength to face life with courage,
to draw blessing even from challenge and conflict.
Help us to understand that life calls us not merely
to enjoy the richness of the earth,
but to exult in heights gained
after the toil of climbing.*

*O God, let our darkness be dispelled by Your love,
that we may rise above fear and failure.
You give meaning to our days;
You are our support and our trust.*

HINEIH MAH TOV

Hineih mah tov u'mah na-im
shevet achim gam yachad.

הִנֵּה מַה־טוֹב וּמַה־נִּיעִים
שֵׁבֶת אַחִים גַּם־יַחַד.

How good and how pleasant it is that brothers and sisters dwell together.
(Psalm 133:1)

ESA EINAI

Esa einai el heharim, mei-ayin yavo ezri? אֲשָׂא עֵינַי אֶל־הַהָרִים, מֵאֵין יָבֹא עֲזָרִי?
Ezri mei-im Adonai, oseih shamayim vaaretz. עֲזָרִי מֵעַם יְיָ, עֲשֵׂה שָׁמַיִם וָאָרֶץ.

I lift my eyes to the mountains; from where does my help come?
My help comes from God, maker of heaven and earth. (Psalm 121:1-2)

Welcome and Introductions

Blessing of the Candles



Wellfleet Shabbat

The hawk eye of the sun slowly shuts.
The breast of the bay is softly feathered
dove grey. The sky is barred like the sand
when the tide trickles out.

The great doors of Shabbat are swinging
open over the ocean, loosing the moon
floating up slow distorted vast,
a copper balloon just sailing free.

The wind slides over the waves, patting
them with its giant hand, and the sea
stretches its muscles in the deep,
purrs and rolls over.

The sweet beeswax candles flicker
and sigh, standing between the phlox
and the roast chicken. The wine shines
its red lantern of joy.

Here on this piney sandspit, the Shekinah
comes on the short strong wings of the
seaside
sparrow raising her song and bringing
down the fresh clean night.

Marge Piercy

It grows dark.
I light two candles
and drink a sip of wine
And the world changes for
one day,
If I let it.

There will be music
And friendship
And food,
If I allow it.

There will be Torah
And wisdom
And God-ness,
If I permit it.

There will be quiet
And napping
And deep rest,
If I open up to it

There will be study
And expansion
And new ideas,
If I consent to it.

There will prayer
And blessings
And meditation,
If I give in to it.

There will be hope
And renewal
And clarity,
If I walk toward it.

If I let it
If I allow it
If I permit it
If I open up to it
If I consent to it.
If I give in to it.
If I walk toward it
The world changes
for one day.

Shabbat happens,
If I let it.

Trisha Arlin

Candle Blessing for Shabbat

BARUCH atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ,
וְצִוֵּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

Kabbalat Shabbat The Psalms with Which We Welcome Shabbat

PSALM 95:1-7

L'CHU n'ran'na l'Adonai,
nariyah l'tzur yisheinu.
N'kadmah fanav b'todah,
bizmirot naria lo.

Ki El gadol Adonai,
uMelech gadol al kol elohim.
Asher b'yado mech'krei aretz,
v'to-afot harim lo.
Asher lo hayam v'hu asahu,
v'yabeshet yadav yatzaru.

Bo-u nishtachaveh v'nichraah,
nivr'cha lifnei Adonai oscinu.
Ki hu Eloheinu,
vaanachnu am marito v'tzon yado.

Hayom im b'kolo tishma-u.

לְכוּ נְרַנְנָה לַיהוָה,
נְרַיְעָה לְצוּר יִשְׁעֵנוּ.
נִקְדְּמָה פָנֵינוּ בְּתוֹדָה,
בְּזִמְרוֹת נְרַיֵעַ לוֹ.

כִּי אֵל גָּדוֹל יְיָ,
וּמֶלֶךְ גָּדוֹל עַל-כָּל-אֱלֹהִים.
אֲשֶׁר בְּיָדוֹ מַחְקְרֵי-אָרֶץ,
וְתוֹעֲפוֹת הַרִים לוֹ.
אֲשֶׁר-לוֹ הַיָּם וְהוּא עֹשֶׂהוּ,
וַיַּבֶּשֶׂת יָדָיו יָצָרוּ.

בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעַה
נִבְרַכָּה לְפָנֵי-יְיָ עֲשֵׂנוּ.
כִּי-הוּא אֱלֹהֵינוּ,
וַאֲנַחְנוּ עַם מְרַעִיתוֹ וְצֹאן יְדוֹ,
הַיּוֹם אִם-בְּקוֹלוֹ תִשְׁמָעוּ.

Come, let us sing joyously to Adonai,
Give Praise for our Rock and Deliverer
Let us advance towards God with thanks,
may we shout out to our God with songs.

For Adonai is mighty indeed,
ruling over all else thought as divine.
In God's hands are the depths of the earth;
the peaks of the mountains are God's.
The sea and all that is in it God made;
God's hands shaped all on dry land.

Come, let us bow down, acknowledge
our blessings before the One who made us.
For God is our God, we are God's people.
Today... if we hearken unto God's voice.

Alternative Translation, by Ken Chasen

L'chu Neranenah, yai lai lai lai lai
L'Adonai, yai lai lai lai lai
Naria, yai lai lai lai lai,
L'tzur Yisheinu, yai lai lai lai lai.

Let us sing out to God,
the Maker of all,
sure and strong.
Let all of creation
from mountain to sea
hear our song.
L'chu Neranenah...

For all of the wonder
in all of God's light we rejoice.
So now let us listen
with all of our hearts
to hear God's voice

SHIRU l'Adonai shir chadash,

shiru l'Adonai kol haaretz.

Shiru l'Adonai bar'chu sh'mo,

basru miyom l'yom y'shuato.

Sapru vagoyim k'vodo,

b'chol haamim niflotav.

Ki gadol Adonai um'hulal m'od,

nora hu al kol elohim.

Ki kol elohei haamim elilim

v'Adonai shamayim asah.

Hod v'hadar l'fanav,

oz v'tiferet b'mikdasho.

Yism'chu hashamayim v'tageil haaretz

yiram hayam um'lo-o.

Yaaloz saddai v'chol asher bo

az y'ran'nu kol atzei yaar.

Lifnei Adonai ki va, ki va lishpot haaretz

yishpot teiveil b'tzedek v'amim be-emunato.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,

שִׁירוּ לַיהוָה כָּל־הָאָרֶץ.

שִׁירוּ לַיהוָה, בְּרַכּוּ שְׁמוֹ,

בַּשָּׁרִי מִיוֹם־לְיוֹם יְשׁוּעָתוֹ.

סַפְּרוּ בְּגוֹיִם כְּבוֹדוֹ,

בְּכָל־הָעַמִּים נִפְלְאוֹתָיו.

כִּי גָדוֹל יְיָ וּמְהֻלָּל מְאֹד,

נוֹרָא הוּא עַל־כָּל־אֱלֹהִים.

כִּי כָל־אֱלֹהֵי הָעַמִּים אֱלִילִים

וַיַּיְשָׁמֵם עֲשָׂה.

הוֹדִיָּה־וְהִדָּר לְפָנָיו,

עֹז וְתִפְאֵרֶת בְּמִקְדָּשׁוֹ.

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ

יִרְעַם הַיָּם וּמְלֵאוּ.

יַעֲלֹז שִׁדְי וְכָל־אֲשֶׁר־בוֹ,

אֲזֵ יִרְנְנוּ כָּל־עֲצֵי־יַעַר.

לְפָנָיו יְיָ כִּי בָא, כִּי בָא לְשִׁפֹּט הָאָרֶץ,

יִשְׁפֹּט תִּבְלַ בְּצַדֵּק וְעַמִּים בְּאִמּוֹנָתוֹ.

SING TO ADONAI a new song,

sing to Adonai, all the earth.

Sing to Adonai, bless God's name,

proclaim God's victory day after day.

Tell of God's glory among the nations,

God's wondrous deeds, among all peoples.

For Adonai is great and much acclaimed,

God is held in awe by all divine beings.

All the gods of the peoples are mere idols,

but Adonai made the heavens.

Glory and majesty are before God;

strength and splendor are in God's temple.

Let the heavens rejoice and the earth exult;

let the sea and all within it thunder,

the fields and everything in them exult;

then shall all the trees of the forest shout for joy

at the presence of Adonai, for God is coming,

for God is coming to rule the earth;

God will rule the world justly,

and its peoples in faithfulness.

From Psalm 97:11

Or zarua latzaddik
ul'yishrei lev simchah.

אור זרע לצדיק
ולישרי לב שמחה.

Light is sown for the righteous; radiance for the upright.

From Psalm 98

Zamru l'Adonai b'chinar,
b'chinar v'kol zimrah.
Bachatzotz'rot v'kol shofar
hariu lifnei HaMelech Adonai.
Yiram hayam um'lo-o
teiveil v'yoshvei vah.
N'harot yimcha-u chaf
yachad harim y'raneinu.
Lifnei Adonai ki va
lishpot haaretz
yishpot teiveil b'tzedek
v'amim b'meisharim.

זמרו ליי בכנור,
בכנור וקול זמרה.
בחצצרות וקול שופר
הריעו לפני המלך יי.
ירעם הים ומלאו
תבל וישבי בה.
נהרות ימחאו כף
יחד הרים ירננו.
לפניי כי בא
לשפט הארץ
ישפט תבל בצדק
ועמים במישרים.

SING PRAISE TO ADONAI with the lyre,
with the lyre and melodious song.
With trumpets and the blast of the horn
raise a shout before Adonai, the ruler.
Let the sea and all within it thunder,
the world and its inhabitants;
let the rivers clap their hands,
the mountains sing joyously together
at the presence of Adonai,
for God is coming to rule the earth;
God will rule the world justly,
and its peoples with equity.

From Psalm 99

Rom'mu Adonai Eloheinu
v'hishtachavu l'har kodsho,
ki kadosh Adonai Eloheinu.

רוממו יי אלהינו
והשתחוו להר קדשו,
כי קדוש יי אלהינו.

Exalt Adonai our God, and bow towards God's holy hill, for Adonai our God is holy!

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.
 Kol Adonai bako-ach kol Adonai behadar.
 Kol Adonai shoveir arazim
 vay'shabeir Adonai et arzei hal'vanon,
 vayarkideim k'mo eigel
 l'vanon v'siryon k'mo ven r'eimim.

Kol Adonai chotzeiv lahavot eish,
 kol Adonai yachil midbar,
 yachil Adonai midbar Kadeish.
 Kol Adonai y'choleil ayalot
 vayechesof y'arot
 uv'heichalo kulo omeir kavod.
 Adonai lamabul yashav
 vayeishev Adonai Melech l'olam.

Adonai oz l'amo yitein
 Adonai y'vareich et amo vashalom.

A PSALM OF DAVID.

Ascribe to Adonai, O divine beings,
 ascribe to Adonai glory and strength.
 Ascribe to Adonai the glory of God's name;
 bow down to Adonai, majestic in holiness.
 The voice of Adonai is over the waters;
 the God of glory thunders,
 Adonai, over the mighty waters.
 The voice of Adonai is power;
 the voice of Adonai is majesty;
 the voice of Adonai breaks cedars;
 Adonai shatters the cedars of Lebanon.
 God makes Lebanon skip like a calf,
 Sirion, like a young wild ox.

מִזְמוֹר לְדָוִד.

הָבוּ לַיהוָה בְּנֵי אֱלֹהִים,
 הָבוּ לַיהוָה כְּבוֹד וְעֹז.
 הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,
 הִשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת-קֹדֶשׁ.
 קוֹל יְיָ עַל-הַמַּיִם,
 אֱלֹהֵי-הַכְּבוֹד הִרְעִים,
 יְיָ עַל-מַיִם רַבִּים.
 קוֹל-יְיָ בִפְנֵי קוֹל יְיָ בְּהַדָּר.
 קוֹל יְיָ שֹׁבֵר אֲרָזִים
 וַיִּשְׁבֵּר יְיָ אֶת-אֲרָזֵי הַלְּבָנוֹן,
 וַיִּרְקִידֵם כְּמוֹ-עֵגֶל
 לְבָנוֹן וְסִרְיוֹן כְּמוֹ בֶן-רְאִמִּים.

קוֹל-יְיָ חִצֵּב לַהֲבוֹת אֵשׁ,
 קוֹל יְיָ יַחִיל מִדְּבָר,
 יַחִיל יְיָ מִדְּבַר קֹדֶשׁ.
 קוֹל יְיָ יַחֲלֵל אַיִלוֹת
 וַיִּחַשְׁף יַעֲרֹת
 וַבְּהִיכְלוֹ כָּלוּ אִמֵּר כְּבוֹד.
 יְיָ לַמַּבּוּל יָשָׁב
 וַיִּשָּׁב יְיָ מִלֶּדֶךָ לְעוֹלָם.

יְיָ עֹז לְעַמּוֹ יִתֵּן,
 יְיָ יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

THE VOICE OF ADONAI kindles flames of fire;
 the voice of Adonai convulses the wilderness;
 Adonai convulses the wilderness of Kadesh;
 the voice of Adonai causes hinds to calve,
 and strips forests bare;
 while in God's temple all say "Glory!"
 Adonai sat enthroned at the Flood;
 Adonai sits enthroned, sovereign forever.

May Adonai grant strength to God's people;
 may Adonai bestow on God's people wellbeing.

MIZMOR SHIR

l'yom HaShabbat.
 Tov l'hodot l'Adonai
 ul'zameir l'shimcha elyon.
 L'hagid babokeir chasdecha,
 ve-emunatcha baleilot.
 Alei asor vaalei navel
 alei higayon b'chinor.
 Ki simachtani Adonai b'fo-olecha
 b'maasei yadecha aranein.

Mah gadlu maasecha Adonai,
 m'od amku machsh'votecha.
 Ish baar lo yeida
 uch'sil lo yavin et zot.

Tzaddik katamar yifrach
 k'erez baL'vanon yisgeh.
 Sh'tulim b'veit Adonai,
 b'chatzrot Eloheinu yafrichu.
 Od y'nuvun b'seivah,
 d'sheinim v'raananim yih'yu.
 L'hagid ki yashar Adonai,
 tzuri v'lo avlatah bo.

מִזְמוֹר שִׁיר

לְיוֹם הַשַּׁבָּת.
 טוֹב לְהַדוֹת לַיהוָה
 וּלְזַמֵּר לְשִׁמְךָ עֲלֵינוּ.
 לְהַגִּיד בַּבֹּקֶר חַסְדֶּיךָ,
 וְאֱמוּנָתְךָ בַּלַּיְלוֹת.
 עַל־עֲשׂוֹר וְעַל־נַבֵּל,
 עַל־י הַגַּיֹן בְּכִנּוֹר.
 כִּי שִׂמַּחְתָּנִי יְיָ בְּפַעֲלֶיךָ
 בְּמַעֲשֵׂי יָדֶיךָ אֲרָנוּ.

מַה־גָּדְלוֹ מַעֲשֵׂיךָ, יְיָ,
 מֵאֵד עֲמָקוֹ מִחֲשֻׁבְתֶּיךָ.
 אִישׁ־בָּעַר לֹא יֵדַע
 וְכֹסֵיל לֹא־יָבִין אֶת־זֹאת.

צַדִּיק כַּתְּמָר יִפְרַח
 כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגֶּה.
 שְׁתוּלִים בְּבַיִת יְיָ,
 בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.
 עוֹד יִנּוּבוּן בְּשֵׁיבָה,
 דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ.
 לְהַגִּיד כִּי־יָשָׁר יְיָ,
 צוּרֵי וְלֹא־עוֹלָתָהּ בּוֹ.

A PSALM. A SONG FOR SHABBAT. It is good to praise Adonai; to sing hymns to Your name, O Most High, to proclaim Your steadfast love at daybreak, Your faithfulness each night, with a ten-stringed harp, with voice and lyre together. You have gladdened me by Your deeds, Adonai; I shout for joy at Your handiwork.

How great are Your works, Adonai, how very subtle Your designs!
 A brute cannot know, a fool cannot understand this:

The righteous bloom like a date-palm; they thrive like a cedar in Lebanon; planted in the house of Adonai, they flourish in the courts of our God. In old age they still produce fruit; they are full of sap and freshness, attesting that Adonai is upright, my Rock, in whom there is no wrong.

Shalom Aleichem

SHALOM aleichem, malachei hashareit,
malachei elyon,
mimelech malchei ham'lachim,
HaKadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,
malachei elyon,
mimelech malchei ham'lachim,
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,
malachei elyon,
mimelech malchei ham'lachim,
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,
malachei elyon,
mimelech malchei ham'lachim,
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Bless me with peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵהּ, וְיִמְלִיךְ מַלְכוּתֵהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעַגְלָא וּבְזַמַּן קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עָלְמֵיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשֻׁבְחָתָא וְנְחֻמָּתָא, דְּאָמְרוּ בְּעֻלְמָא
וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadesh sh'mei raba.
B'alma di-vara chirutei v'yamlich malchutei
B'chayeichon u'v'yomeichon u'v'chayei d'chol beit Yisrael,
Ba'a'galah u'vizman kariv. V'imru: Amen.
Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
Yitbarach, viyishtabach, v'yit'pa'ar, v'yitromam v'yit'nasei,
V'yit'hadar, v'yit'aleh,, v'yit'halal, sh'mei d'kud'sha, B'rikh Hu.
L'eilah min kol birchata v'shirata,
Tush'bechata, v'nechemata, da'amiran b'alma.
V'imru: Amen.

Let the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say Amen. Let God's great name be blessed forever and ever. Let the name of the Blessed Holy One be glorified, exalted and honored, though God is above all the praises, songs and adorations that we can utter, and let us say Amen.

Entrances to holiness are everywhere.
The possibility of ascent is all the time,
even at unlikely times, and in unlikely places.
There is no place on earth without the Presence...

Please rise.

**בְּרַכּוּ אֶת יְיָ הַמְּבַרְךָ.
בְּרוּךְ יְיָ הַמְּבַרְךָ לְעוֹלָם וָעֶד.**

Barekhu et Adonai ham'vo-rakh.

Barukh Adonai ham-vo-rakh l'olam va'ed.

Praise Adonai to whom our praise is due!

Praise Adonai to whom our praise is due, now and forever!

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עַרְבִים,
בְּחִכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר.
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת
שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים.

Barukh Atah Adonai, Elohenu Melekh ha-olam, asher bid-va-ro ma'ariv aravim,

b'ho^hkhmah po-tay-ah sh'a-rim, u'veet'vu-nah m'sha-neh ee-teem, u'ma-ha-leef et haz-ma-nim,
u'm'sa-dair et a ko-kha-vim b'meesh-m'ro-tay-hem ba-ra-ki'a kir-tso-no.

Borai yom va-lai-lah, golel or mip-nay ho-shekh, v'ho-shekh meep-nay or.

U'ma'a-veer yom u'may-vee lai-lah, u'mav-dil bain yom u'vain lailah, Adonai Ts'va-ot Sh'mo.

El hai v'kay-yam, tamid yim-lokh aleinu l'olam va'ed.

Barukh Atah Adonai, ha-ma-a-reev ara-veem.

*Praised be Adonai our God, Ruler of the universe,
whose word brings on the evening, whose wisdom opens heaven's gates,
whose understanding makes the ages pass and the seasons alternate,
and whose will controls the stars as they travel through the skies.*

*You are Creator of day and night,
rolling light away from darkness and darkness away from light.
You cause the day to pass and bring on the night, separating day from night.*

*You command the hosts of heaven!
May the living and eternal God rule us always, to the end of time!
Blessed is Adonai, whose word makes evening fall.*

אַהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבָתְךָ,
 תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּתְךָ.
 עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ,
 וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
 כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה,
 וְאַהֲבָתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.
 בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat Olam beit Yisrael am'cha ahavta,
 Torah u'mitzvot, chukim u'mishpatim, otanu limad'ta.
 Al kein Adonai Eloheinu, b'shochveinu, u'v'kumeinu nasiach b'chukecha,
 v'nismach b'divrei Toratecha, u'v'mitzvotecha l'olam v'ed.
 Ki heim chayeinu v'orech yameinu, u'vaheim neh'geh yomam valaila.
 v'ahavat'cha al tasir mimeinu l'olamim.
 Baruch atta Adonai, oheiv amo Yisraei.

*Unending is Your love for Your people, the House of Israel;
 Torah and Mitzvot, laws and precepts have You taught us.*

*Therefore, O God, when we lie down and when we rise up,
 we will meditate on Your laws and rejoice in Your Torah and Mitzvot forever.
 For they are our life, and the length of our days,
 and we will reflect upon them day and night.*

*Then Your love shall never depart from us.
 Blessed are You, Eternal One, who loves Your people Israel.*



שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Elohenu Adonai Ehad!

Barukh Shem k'vod Malkhuto l'olam va'ed!

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

Blessed is God's glorious majesty forever and ever!

Please be seated.

וְאַהַבְתָּ אֶת יְיָ | אֱלֹהֶיךָ, בְּכֹל | לְבַבְךָ, וּבְכֹל נַפְשְׁךָ, וּבְכֹל מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר | אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל | לְבַבְךָ.
וּשְׁנַנְתָּם לְבִנְיָךָ, וְדִבַּרְתָּ בָּם, בְּשַׁבְתְּךָ בְּבֵיתְךָ,
וּבְלַכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת | עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין | עֵינֶיךָ.
וּכְתַבְתָּם | עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ | אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מִמִּצְרַיִם,
לְהִיוֹת לָכֶם לֵאלֹהִים, אֲנִי | יְיָ | אֱלֹהֵיכֶם.

V'ahavta et Adonai Eloheicha b'chol l'vav'cha u'v'chol nafshecha uv'chol me'odecha.

V'hayu ha'd'varim ha'eleh, asher anochi m'tzav'cha hayom al l'vavecha.

V'shinantam l'vanecha, v'dibarta bam bishivt'cha b'veitecha,

U'v'lechtem badereck, u'v'shoch'b'cha, uv'kumecha.

U'k'shartem l'ot al yadecha, v'hayu l'totafot beyn eynecha,

Uch'tav'tam al m'zuzot beytecha, uvish'arecha.

L'ma'an tizk'ru va'asitem et kol mitzvotai, vi'h'yitem k'doshim leiloheichem.

Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim,

Li'h'yot lachem leilohim. Ani Adonai Eloheichem.

You shall love Adonai your God with all your mind, with all your strength, with all your being. Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand, let them be a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates. Be mindful of all My Mitzvot, and do them; so shall you consecrate yourselves to your God. I am your Eternal God, who led you out of Egypt to be your God. I am your Eternal God.

True and faithful is this, enduring for us:
that you are Adonai, our God, there is none else...
and we are Israel Your people.

*Standing on the parted shores of history
we still believe what we were taught
before ever we stood at Sinai's foot;
that wherever we go, it is eternally Egypt
that there is a better place, a promised land;
that the winding way to that promise passes
through the wilderness
that there is no way to get from here to there
except by joining hands, marching together.*



מִי כְמוֹכָה בְּאֵלִים יְיָ,
מִי כְמוֹכָה נְאֻדָּר בְּקֹדֶשׁ,
נֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא.
מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם,
זֶה אֱלֹהֵינוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.
וְנֹאמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב,
וַיִּגְאֹלוּ מִיַּד חֲזָק מִמֶּנּוּ.
בָּרוּךְ אַתָּה יְיָ, גֹאֲלֵי יִשְׂרָאֵל.

Mi chamocha ba'eilim Adonai,
mi kamocha ne'edar bakodesh,
nora t'hilot oseh feleh.
Malchut'cha ra'u vanecha, bokeya yam lifnei Moshe u'Miryam,
zeh eil, anu v'am'ru.
Adonai Yimloch l'olam va'ed.
V'ne'emar ki fada Adonai et Ya'akov,
u'ga'alo miyad chazak mimenu.
Barukh atta Adonai, ga'al Yisraeil.

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders? In their escape from the sea, Your children saw Your sovereign might displayed. "This is my God," they cried. "The Eternal will reign for ever and ever." And it has been said: The Eternal One delivered Jacob, and redeemed us from the hand of one stronger than ourselves. We praise You, Eternal One, Redeemer of Israel.



הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים,
 וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ

Hashkiveinu Adonai Eloheinu l'shalom, v'ha'amideinu malkeinu l'chayim
 U'fros aleynu sukkat sh'lomecha

*Grant, our Eternal God, that we may lie down in peace,
 and raise us up, our Sovereign, to life renewed.
 Spread over us the shelter of Your peace.*

*Guide us with Your good counsel, and for Your name's sake, be our Help!
 Shield us from hatred and plague; keep us from war and famine and anguish;
 subdue our inclination to evil.*

*God, our Guardian and Helper, our gracious and merciful Ruler,
 give us refuge in the shadow of Your wings.*

*Guard our coming and our going, that now and always we have life and peace.
 Blessed is Adonai, Guardian of Your people Israel for ever.*

בְּרוּךְ אַתָּה יְיָ, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעַד.
 Barukh attah Adonai, shomeir amo Yisraeil la'ad.

Hashkiveinu/One Day mashup
 Craig Taubman/Matisyahu

*Hashkiveinu Adonai Eloheinu L'Shalom
 V'ha'amideinu Shomreinu L'chayim.*

Sometimes I lay under the moon
 and thank God I'm breathing
 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 some day it'll all turn around 'cause...

All my life I've been waiting for
 I've been praying
 for the people to say
 That we don't wanna fight no more,
 there'll be no more wars
 And our children will play

One day, One day, One day Ohhhh (2x)
 Hashkiveinu...



V' SHAMRU v'nei Yisrael et HaShabbat,
laasot et HaShabbat l'dorotam
b'rit olam.
Beini uvein b'nei Yisrael
ot hi l'olam,
ki sheishet yamim asah Adonai
et hashamayim v'et haaretz,
uvayom hashvi-i shavat vayinafash.

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

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

רֵאשִׁית חֲכָמָה יִרְאַת יי',
שֵׁכֶל טוֹב לְכֹל עֲשִׂיהֶם, תְּהִלָּתוֹ עוֹמֶדֶת לְעַד.

Reishit Chochmah Yirat Adonai

Seichel tov l'chol oseihem, t'hilato omedet la'ad.

Wisdom begins with reverence for the Eternal;
discernment belongs to those who do this, for God's praise endures forever.

We grow to learn that we are not in control of the world around us;
all we can master is the world inside us.

“Everything is in the hands of heaven... except the fear of heaven.”

Either you will
go through this door
or you will not go through.

If you go through
there is always the risk
of remembering your name.

Things look at you doubly
and you must look back
and let them happen.

If you do not go through
it is possible
to live worthily
to maintain your attitudes
to hold your position
to die bravely

but much will blind you,
much will evade you,
at what cost who knows?

The door itself
makes no promises.
It is only a door.



תפילה

O God, it is not easy to pray.
And yet I pray that these few moments
Will somehow bring me closer to You.

Please Rise

אֲדֹנָי, שְׁפָתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתֶךָ
Adonai, Sifatei Tiftach, u'fi Yagid t'hilatecha

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

Avot v'Emahot

Our Patriarchs and Matriarchs

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 חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חֲסֵדֵי אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה:
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן:
בְּרוּךְ אַתָּה יי, מְגַן אַבְרָהָם וְעִזְרַת שָׂרָה

Barukh ata Adonai, Eloheinu veilohei avoteinu v'imoteinu
Elohei Avraham, Elohei Yitzchak, Veilohei Ya'akov,
Elohei Sarah, Elohei Rivkah, Elohei Leah, Veilohei Racheil,
Ha'eil hagadol hagibor v'hanora, Eil Elyon
Gomeil chasadim tovim, v'konei hakol,
V'zocheir chasdei avot v'imahot,
U'meivi g'ulah livnai v'neihem, l'ma'an shmo b'ahavah.
Melech ozeir u'moshia u'magein:
Barukh ata Adonai, Magein Avraham v'Ezrat Sarah.



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

Gevurot

God's Power

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,
 מְחִיָּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ:
 מוֹרִיד הַטָּל מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים,
 סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
 וּמְקַיֵּם אֲמוּנָתוֹ לְיֹשְׁנֵי עֶפְרָיִם,
 מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ,
 מְלַךְ יִמְמִית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה:
 וְנֶאֱמַן אֶתָּה לְהַחְיֹת הַכֹּל.
 בְּרוּךְ אַתָּה יי, מְחִיָּה הַכֹּל.

Atta Gibor l'olam Adonai
 M'cheyei hakol ata rav l'hoshiya:
 Morid haTal/ Mashiv haruach, u'morid hagashem
 M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim
 Someich noflim v'rofei cholim, u'matir asurim,
 u'm'kayeim emunato lisheinei afar.
 Mi khamokha ba'al g'vurot, u'mi domeh lach,
 melech meimit u'm'chayei u'matzmiach y'shuah.
 V'ne'eman ata l'hachayot hakol.
 Barukh ata Adonai, M'chayei hakol.

You are forever Mighty, Adonai; You give life to all.
 WINTER: You cause the wind to shift and rain to fall.
 SUMMER: You rain dew upon us.
 You sustain the living through love, giving life to all through great compassion,
 supporting the falling, healing the sick, freeing the captive,
 keeping faith with those who sleep in the dust.
 Who is like You, Source of mighty acts?
 Who resembles You, a Sovereign who takes and gives life,
 causing deliverance to spring up and faithfully giving life to all.
 Blessed are You, Adonai, who gives life to all.



**K'dushah
Sanctification**

For an Evening Service:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וְקָדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ סְלָה.
בָּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ

Atta kadosh v'shim'cha kadosh
u'k'doshim b'chol yom y'hal'lucha selah.
Baruch atta Adonai, haEil HaKadosh.

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

K'dushat HaYom; Sanctification of the Day

Eloheinu v'Elohei avoteinu v'imoteinu,	אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
r'tzeih vim'nuchateinu. Kad'sheinu b'mitzvatecha	רְצֵה בְּמִנּוּחֵינוּ. קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
v'tein chelkeinu b'Toratecha.	וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ,
Sabeinu mituvecha, v'samcheinu biy'shuatecha,	שַׁבְּעֵנוּ מִטּוֹבְךָ וְשִׂמְחֵנוּ בִישׁוּעַתְךָ,
v'taheir libeinu l'ovd'cha be-emet,	וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת,
v'hanchileinu Adonai Eloheinu	וְהַנְחִילֵנוּ, יי אֱלֹהֵינוּ,
b'ahavah uv'ratzon Shabbat kodshecha,	בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קָדְשְׁךָ
v'yanuchu vah Yisrael m'kadshei sh'mecha.	וְיַנּוּחוּ בְּךָ יִשְׂרָאֵל, מִקְדְּשֵׁי שְׁמֶךָ.
Baruch atah, Adonai, m'kadeish HaShabbat.	בָּרוּךְ אַתָּה, יי, מִקְדֵּשׁ הַשַּׁבָּת.

MAY THESE HOURS of rest and renewal
open our hearts to joy and our minds to truth.
May all who struggle find rest on this day.
May all who suffer find solace.
May all who hurt find healing on this day.
May all who despair find purpose.
May all who hunger find fulfillment on this day.
And may this day fulfill its promise.

בָּרוּךְ אַתָּה, יי, מִקְדֵּשׁ הַשַּׁבָּת.
Baruch atah, Adonai, m'kadeish HaShabbat.

Avodah

Prayer and Action

רצה, יי אלהינו, בעמך ישראל
ובתפלתם באהבה תקבל,
ותהי לרצון תמיד עבודת ישראל עמך.
אל קרוב לכל-קראיו, פניה אל עבדיך וחנונו;
שפוך רוחך עלינו, * ותחזינה עינינו בשובך לציון ברחמים.
ברוך אתה יי, המחזיר שכנתו לציון.

R'tzei Adonai Eloheinu, B'Am'cha Yisrael

U't'filatam b'ahavah t'kabel.

U't'hi l'ratzon tamid avodat Yisrael amecha.

Eil karov l'chol korav, p'nei el avodecha v'choneinu;

Sh'foch ruchacha aleinu*, v'techezeinah eyneinu b'shuv'cha l'tziyon b'rachamim.

Barukh Atta Adonai, HaMachazir Sh'chinato L'tziyon.

Find favor, Adonai our God, with Your people Israel,
and accept their prayer in love.

May the worship of Your people Israel always be acceptable.

God, who is near to all who call, turn graciously to Your servants.

Pour out your spirit upon us.* Let our eyes behold your return to Zion.

Blessed are You, Adonai, whose Presence returns to Zion.

Hoda'ah
Thanksgiving

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, לְעוֹלָם וָעֶד,
צוּר חַיֵּינוּ, מְגִן יְשָׁעֵנוּ, אֵתָהּ הוּא לְדוֹר וָדוֹר, נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ,
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשָׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,
וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת,
עָרַב וְבָקַר וְצִהָרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ,
מֵעוֹלָם קִוִּינוּ לָךְ. וְעַל כָּל־תְּבָרָךְ וְיִתְרוֹמָם שְׂמֵךְ מַלְכֵנוּ תָּמִיד לְעוֹלָם וָעֶד.
וְכָל הַחַיִּים יוֹדִיךָ סֵלָה, וְיִהְלֹוּ אֶת שְׂמֵךְ בְּאַמֶּת, הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה.
בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֵךְ וְלָךְ נֶאֱמָה לְהוֹדוֹת.

Modim Anachnu Lach she'atta hu Adonai Eloheinu,
v'eilohei Avoteinu v'Imoteinu l'olam va'ed
Tzur chayeinu, magein yisheinu, atta hu l'dor vador, nodeh l'cha u'n'sapeir t'hilatecha,
al chayeinu ham'sorim b'yadecha, v'al nishmoteinu ha'p'kudot lach,
v'al nisecha she'b'chol yom imanu, v'al niflotecha v'tovotecha she'b'chol eit,
erev vavoker v'tzoharaim, hatov ki lo chalu rachamecha,
v'ham'racheim ki lo tamu chasadecha
mei'olam kivinu lach. V'al kulam yitbarach v'yitromam shim'cha
malkeinu tamid l'olam va'ed.
V'chol hachayim yoducha sela vihal'lu et shim'cha be'emet.
Ha'eil yishuateinu v'ezrateinu sela.
Baruch atta Adonai, haTov shimcha ul'cha na'eh l'hodot.

We thank You, Adonai our God,
God of our mothers and fathers forever.
You are the Rock of our lives,
the Shield of our salvation in every generation.
Let us thank You, and proclaim Your praise --
for our lives which are placed in Your hand,
our souls which are in Your care,
and for Your miracles which we every day are with us,
and for Your wondrous deeds and favors at all times --
evening, morning and afternoon.
O Good One, whose mercies never end; O Compassionate One,
whose kindness never fails, You have always been our hope.
For all these things, O Sovereign,
let Your name be forever praised and blessed.
O God, our Redeemer and Helper, let all who live affirm You
and praise Your name in truth.
Blessed are You, Adonai, Whose Name is Goodness,
and to Whom our thanks are due.

Alternative Version

FOR THE EXPANDING GRANDEUR of Creation,
worlds known and unknown, galaxies beyond galaxies,
filling us with awe and challenging our imaginations,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For this fragile planet earth, its times and tides,
its sunsets and seasons,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For the joy of human life, its wonders and surprises,
its hopes and achievements,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For human community, our common past and future hope,
our oneness transcending all separation, our capacity to work
for peace and justice in the midst of hostility and oppression,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For high hopes and noble causes, for faith without fanaticism,
for understanding of views not shared,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For all who have labored and suffered for a fairer world,
who have lived so that others might live in dignity and freedom,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

For human liberties and sacred rites:
for opportunities to change and grow, to affirm and choose,
Modim anachnu lach. מוֹדִים אֲנַחְנוּ לָךְ.

We pray that we may live not by our fears but by our hopes,
not by our words but by our deeds.

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

בָּרוּךְ אַתָּה, יי, הַטוֹב שְׂמֵךְ וְלֵךְ נְאֻה לְהוֹדוֹת.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

Birkat Shalom
The Blessing of Peace



שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.
בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Shalom Rav al Yisrael amcha, tasim l'olam,
ki atta hu melech adon, l'chol hashalom.
v'tov b'einecha l'vareich et amcha Yisrael
b'chol eit u'v'chol sha'ah bishlomecha.
Baruch atta Adonai, haM'vareich et amo Yisrael baShalom.

Grant abundant peace to Israel Your people forever,
for You are the sovereign God of all peace.
May it be pleasing to You to bless Your people Israel
in every season and moment with Your peace.
Blessed are You, Adonai, who blesses Your people Israel with peace.



Silent Prayer

Guiding Spirit of the Universe, grant me the ability to find comfort when alone:

May it be my custom to go outdoors each day,
among the trees and the grasses, among all growing things,
there to be alone, and to enter into prayer.

There may I express all that is in my heart,
talking with You to whom I belong.

And may all grasses and trees and plants
awake at my coming.

Send the power of their life into my prayer,
making whole my heart and my speech
through the life and spirit of growing things
made whole by their transcendent Source.

O that they would enter into my prayer!
Then would I fully open my heart
in prayer, supplication and holy speech;
then, O God, would I pour out the words
of my heart before Your presence.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, (וְעַל כָּל יוֹשְׁבֵי תֵבֵל) וְאָמְרוּ אָמֵן.

Oseh Shalom bimromov, hu ya'aseh shalom aleinu,
v'al kol Yisrael (v'al kol Yosh'vei Teiveil), v'imru: Amen.

May the One who makes peace in the high heavens
make peace for us, for all Israel, and for all who inhabit the earth.
And let us say: Amen.



Prayers for Wholeness, Healing and Hope

Mishebeirach (May the One Who Blessed...)

Prayer for Healing

Debbie Friedman

Mi shebeirach avoteinu

M'kor hab'racha l'imoteinu

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

Mi shebeirach imoteinu

M'kor habrachah l'avoteinu

Bless those in need of healing
with *r'fuah sh'leimah*,
the renewal of body,
the renewal of spirit,
and let us say: Amen



Concluding Prayers

Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה,
שֶׁלֹא שָׁם חִלְקֵנוּ כָּהֵם, וְגִרְלָנוּ כְּכֹל הַמוֹנִים,
וְאִנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

Aleinu l'shabeiach la'adon hakol, lateit g'dulah l'yotzeir b'reishit,
Shelo asanu k'goyei ha'aratzot, v'lo samanu k'mishpachot ha'adamah,
Shelo sam chelkeinu kahem, v'goraleinu k'chol ha'monam.
Va'anachnu korim, u'mishtachavim u'modim
Lifnei Melekh, Malkei Ham'lachim, HaKadosh, Barukh Hu.

We must praise the God of all,
acclaim the One who shaped creation,
(Who did not make one nation identical to another,
and did not make every family the same)
Who has set us apart from
the other families of the earth,
giving us a destiny unique among the nations.
We bend the knee and bow, giving thanks
before the supreme Sovereign,
the Holy One, Blessed be God.



שְׁהוּא נוֹטָה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
 וְשִׁכְיִנַּת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד.
 אֶמֶת מִלְּכָנוּ, אֶפֶס זוּלָּתוֹ, כִּפְתוּב בְּתוֹרָתוֹ:
 וַיִּדְעַת הַיּוֹם וְהַשְּׁבֵת אֶל לְבַבְךָ,
 כִּי יי הוּא הָאֱלֹהִים
 בְּשָׁמַיִם מִמַּעַל,
 וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד.

Shehu Noteh Shamayim, V'yoseid Aretz, u'moshav y'karo bashamayim mim'al,
 Ush'chinat uzo, b'govhei m'romim, Hu Eloheinu, Ein Od.
 Emet Malkeinu, efes zulato. Kakatuv b'torato
 "v'yada'ata hayom v'hasheivota el l'avvcha.
 Ki Adonai, Hu HaElohim
 Bashamayim Mim'al
 V'al HaAretz mitachat, Ein Od.

You spread out the heavens, and established the earth.
 God's majestic abode is in the heavens above,
 and God's mighty presence is in the loftiest heights.
 You are our God, there is none else.
 In truth You alone are our Sovereign, without compare,
 as it is written in Your Torah: "Know then this day, and take it to heart: Adonai
 is God in the heavens above, and the earth below,
 There is none else." (Deuteronomy 4:39)

וְנֹאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאֶרֶץ,
 בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וְשְׁמוֹ אֶחָד.

V'ne'emar, v'haya Adonai, l'Melekh Al Kol HaAretz,
 Bayom Hahu, yihyeh Adonai Echad, u'Shmo Echad.

On that day, God shall be One,
 and God's name shall be One.

When I die
 Give what's left of me away
 To children
 And old men
 That wait to die.
 And if you need to cry,
 Cry for your brother,
 Walking the street beside you.
 And when you need me
 Put your arms around anyone
 And give to them
 What you need
 To give to me.

I want to leave you something,
 Something better
 Than words
 Or sounds.

Look for me
 In the people I've known
 Or loved.
 And if you cannot give me away,
 At least let me live on in your eyes
 And not in your mind.

You can love me most
 By letting hands touch hands,
 By letting bodies touch bodies,
 And by letting go
 Of children
 That need to be free.

Love doesn't die.
 People do.
 So when all that's left of me
 Is love
 Give me away.

Merrit Malloy

YEISH kochavim she-oram magia artzah
 rak kaasher heim atzmam avdu v'ainam.
 Yeish anashim sheziv zichram mei-ir
 kaasher heim atzmam einam od b'tocheinu.
 Orot eileh hamavhikim
 b'cheshkat halayil
 heim heim shemarim laadam et haderech.

יש כוכבים שאורם מגיע ארצה
 רק כאשר הם עצמם אבדו ואינם.
 יש אנשים שזיו זכרם מאיר
 כאשר הם עצמם אינם עוד בתוכינו.
 אורות אלה המבהיקים
 בחשכת הליל
 הם הם שמראים לאדם את הדרך.

There are stars up above
 So far away we only see their light
 long, long after the star itself is gone.

And so it is with people that we loved --
 their memories keep shining ever brightly
 though their time with us is done.

But the stars that light up the darkest night, these are the lights that guide us.
 As we live our days these are the ways we remember.

Based on Hanna Senesh

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעַגְלָא וּבְזַמַּן קָרִיב, וְאִמְרוּ אָמֵן.
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלְמֵיָא.
תְּבַרְךָ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא, לְעַלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרִין בְּעֻלְמָא, וְאִמְרוּ אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָא, וְחַיִּים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba.

B'alma di-vara chirutei v'yamlich malchutei

B'chayeichon u'v'yomeichon u'v'chayei d'chol beit Yisrael,

Ba'a'galah u'vizman kariv. V'imru: Amen.

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

Yitbarach, viyishtabach, v'yit'pa'ar, v'yitromam v'yit'nasei, V'yit'hadar, v'yit'aleh,, v'yit'halal,

sh'mei d'kud'sha, B'rikh Hu. L'eilah min kol birchata v'shirata,

Tush'bechata, v'nechemata, da'amiran b'alma. 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'im'ru: Amen

Let the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say Amen.

Let God's great name be blessed forever and ever.

Let the name of the Blessed Holy One be glorified, exalted and honored, though God is above all the praises,

songs and adorations that we can utter,

and let us say Amen. For us and all Israel, may the blessing of peace and the promise of life come true, and let us say Amen.

May the One who causes peace to reign in the high heavens

let peace descend upon us, on all Israel, and all the world,

and let us say Amen.

ADON OLAM

Adon olam asher malach,
b'terem kol y'tzir nivra.
L'eit naasah v'cheftzo kol,
azai Melech sh'mo nikra.

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כָּל יִצְרֵי נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

V'acharei kichlot hakol,
l'vado yimloch nora.
V'hu hayah, v'hu hoveh,
v'hu yih'yeh, b'tifarah.

וְאַחֲרַי כְּכֹלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹבֵה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

V'hu echad v'ein sheini,
l'hamshil lo l'hachbirah.
B'li reishit b'li tachlit,
v'lo haoz v'hamisrah.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הַעֲזֹ וְהַמְשָׂרָה.

V'hu Eli v'chai go-ali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li
m'nat kosi b'yom ekra.

וְהוּא אֵלַי וְחַי גֹּאֲלִי,
וְצוּר חֻבְלִי בְּעֵת צָרָה.
וְהוּא נֹסִי וּמְנוּס לִי
מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא.

B'yado afkid ruchy,
b'eit ishan v'a-irah.
V'im ruchy g'viyati,
Adonai li v'lo ira.

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

You are our Eternal God, who reigned before any being had been created;
when all was done according to Your will, then You were called Ruler.

And after all ceases to be, You alone will rule in majesty.
You have been, are yet, and will be in glory.

And You are One; none other can compare to or consort with You.
You are without beginning, without end. To You belong power and dominion.

And You are my God, my living Redeemer, my Rock in times of trouble and distress.
You are my standard bearer and my refuge, my benefactor when I call on You.

Into Your hands I entrust my spirit, when I sleep and when I wake,
and with my spirit my body also; Adonai is with me and I shall not fear.

EIN K'ELOHEINU — NON KOMO MUESTRO DIO
(SEPHARDIC/LADINO)

אין כַּאלֹהֵינוּ, אין כַּאֲדוֹנֵינוּ, אין כַּמַּלְכֵנוּ, אין כְּמוֹשִׁיעֵנוּ.

Ein k'Eloheinu, ein k'Adoneinu,
Ein k'Malkeinu, ein k'Moshi-einu.
Non komo nuestro Dio, non komo nuestro Señor,
Non komo nuestro Rei, non komo nuestro Salvador.

מי כַּאלֹהֵינוּ, מי כַּאֲדוֹנֵינוּ, מי כַּמַּלְכֵנוּ, מי כְּמוֹשִׁיעֵנוּ?

Mi ch'Eloheinu, mi ch'Adoneinu,
Mi ch'Malkeinu, mi ch'Moshi-einu?
Ken komo nuestro Dio? Ken komo nuestro Señor?
Ken komo nuestro Rei? Ken komo nuestro Salvador?

נוֹדֶה לְאֱלֹהֵינוּ, נוֹדֶה לְאֲדוֹנֵינוּ, נוֹדֶה לְמַלְכֵנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.

Nodeh l'Eloheinu, nodeh l'Adoneinu,
Nodeh l'Malkeinu, nodeh l'Moshi-einu.
Loaremos a nuestro Dio, loaremos a nuestro Señor,
Loaremos a nuestro Rei, loaremos a nuestro Salvador.

בְּרוּךְ אֱלֹהֵינוּ, בְּרוּךְ אֲדוֹנֵינוּ, בְּרוּךְ מַלְכֵנוּ, בְּרוּךְ מוֹשִׁיעֵנוּ.

Baruch Eloheinu, baruch Adoneinu,
Baruch Malkeinu, baruch Moshi-einu.
Bendicho nuestro Dio, bendicho nuestro Señor,
Bendicho nuestro Rei, bendicho nuestro Salvador.

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מַלְכֵנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

Atah hu Eloheinu, atah hu Adoneinu,
Atah hu Malkeinu, atah hu Moshi-einu.
Tu sos nuestro Dio, Tu sos nuestro Señor,
Tu sos nuestro Rei, Tu sos nuestro Salvador.



ELI ELI (HALICHAH L'KEISARIAH)

Eli Eli, shelo yigameir l'olam:

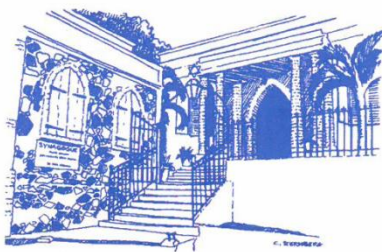
Hachol v'hayam, rishrush shel hamayim,

b'rak hashamayim, t'filat haadam.

אֱלֹהֵי אֱלֹהֵי, שְׁלֵא יִגְמַר לְעוֹלָם:
הַחֹל וְהַיָּם, רִישְׁרֻשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם, תְּפִילַת הָאָדָם.

O God, my God, I pray that these things never end
The sand and the sea, the rush of the waters,
The crash of the heavens, the prayer of the heart.

Hanna Senesh



The Hebrew Congregation of St. Thomas

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