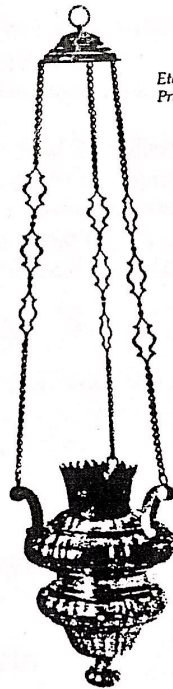


Lighting the Sabbath Candles

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah, Adonai, Eloheinu, melech haolam, asher kid'shanu
b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.*



*Eternal light,
Prague, 1850s*

Hinei Ma Tov

Please sing:

Hinei Mah tov u-ma nayim
Shevet achim gam yachad

הִנֵּה מַה טוֹב וַיְמָה נְעִים
שִׁבְתַּת אַחִים גַּם יַחַד

Behold how good and how pleasant it is for people to dwell together.

KIDDUSH

On this Sabbath, which is a reminder of creation,
We thank You, O God, for the world around us.

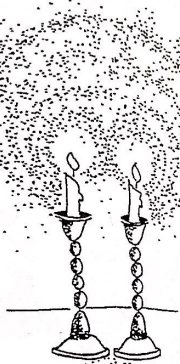
Our world has been filled with beauty for our eyes,
With music and laughter for our ears,
With soft things for us to touch,
With fragrances for us to smell,
With fine foods to sustain us and to bring us delight.



As we enjoy the many blessings,
Which we have been bountifully granted,
May we bring goodness into the lives others.

As we recall Your blessings,
Too many to be counted,
May we be moved to give thanks always, as we do now,
For the fruit of the vine,
And for the Shabbat which we sanctify.

Amen.



Please join in chanting:

Ba.ruch a.ta, A.do.nai E.lo.hei.nu,
me.lech ha.o.lam,
bo.rei pe.ri ha.ga.fen.

ברוך אתה, יי אלהינו,
מלך העולם,
בורא פרי הגפן.

Blessed be our God, creator of the fruit of the vine.

Ba.ruch a.ta, A.do.nai E.lo.hei.nu,
me.lech ha.o.lam,
ha.mo.tsi le.chem min ha.a.rets.

ברוך אתה, יי אלהינו,
מלך העולם,
המוציא לחם מן הארץ.

Blessed be our God, who causes bread to come forth from
the earth.

Amen.



THERE ARE DAYS

There are days
when we seek things for ourselves and measure failure by
what we do not gain.

On the Sabbath
we seek not to acquire but to share.

There are days
when we exploit nature as if it were a horn of plenty that
can never be exhausted.

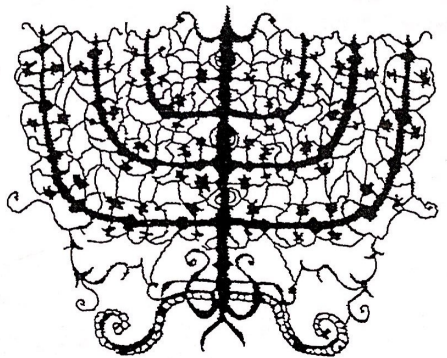
On the Sabbath
we stand in wonder before the mystery of
creation.

There are days
when we act as if we cared nothing for the rights of
others.

On the Sabbath
we are reminded that justice is our duty and
a better world our goal.

Therefore we welcome Shabbat -

Day of rest,
day of wonder,
day of peace.



SHOLOM ALEICHEM (Peace be with You)

Please sing together

Sha-lom a-lei-chem, mal-a-chei
ha-sha-reit,
mal-a-chei El-yon,
mi-me-lech ma-le-chei ham-la-chim,
ha-ka-dosh ba-ruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרָת,
מַלְאָכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Bo-a-chem le-sha-lom, mal-a-chei
ha-sha-lom,
mal-a-chei El-yon,
mi-me-lech ma-le-chei ham-la-chim,
ha-ka-dosh ba-ruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Ba-re-chu-ni le-sha-lom, mal-a-chei
ha-sha-lom,
mal-a-chei El-yon,
mi-me-lech ma-le-chei ham-la-chim,
ha-ka-dosh ba-ruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Tseit-chem le-sha-lom, mal-a-chei
ha-sha-lom,
mal-a-chei El-yon,
mi-me-lech ma-le-chei ham-la-chim,
ha-ka-dosh ba-ruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְדוֹשׁ בְּרוּךְ הוּא.

Peace be with you, Oh ministering angels.
Oh messengers of peace, come in peace,
Bless us with peace, and depart in peace.



SHEMA

The Shema proclaims the unity of God. Throughout the centuries, recitation of the Shema has been a way in which Jews have declared their Judaism. More than any other prayer, the Shema declares, "Whether my link to Judaism may appear weak or strong, I am a Jew."

Please rise and chant together:

Ba-re-chu et A-do-nai ham-vo-rach!
Ba-ruch A-do-nai ham-vor-rach
le-o-lam va-ed!

בְּרַחוּ אֱתֹנֵי הַמְּבֹרָךְ!
בָּרוּךְ יְיָ הַמְּבֹרָךְ
לְעוֹלָם וָעֶד!

Praise the Lord, to whom our praise is due!
Praise be the Lord, to whom our praise is due, now and
forever!

She-ma Yis-ra-eil: A-do-nai
E-lo-hei-nu, A-do-nai E-chad!
Ba-ruch sheim ke-vod mal-chu-to
le-o-lam va-ed!

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Hear, O Israel: the Lord is our God, the Lord is One!
Blessed is God's glorious reign for ever and ever!

Please be seated.

The Ve'ahavta prayer, which is part of the Shema, declares the unity of all parts of Judaism - the notion of love and ethical conduct, the belief in education, and the importance of ritual. The commitment to God - to justice, to love, to humanity - is so central to Judaism, says the prayer, that it should be "bound as a sign upon your hand" and "inscribed on the doorposts of your house."

Please recite together:

Ve-a-hav-ta eit A-do-nai E-lo-he-cha, be-chol
le-va-ve-cha, u-ve-chol naf-she-cha, u-ve-chol
me-o-de-cha.
Ve-ha-yu ha-de-va-rim ha-ei-leh, a-sher a-no-chi
me-tsa-ve-cha ha-yom, al le-va-ve-cha.
Ve-shi-nan-tam
le-ve-ne-cha, ve-di-bar-ta bam be-shiv-te-cha
be-vei-te-cha, u-ve-lech-te-cha va-de-rech,
u-ve-shoch-be-cha u-ve-chu-me-cha.
U-ke-shar-tam le-ot
al ya-de-cha, ve-ha-yu le-to-ta-fot bein ei-ne-cha
U-che-tav-tam al me-zu-zot bei-te-cha
u-vish-a-re-cha.

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ בְּכָל-
לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי
מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ. וְשָׁנַנְתָּם
לְבִנְיָךְ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתְךָ, וּבִלְכֻתְךָ בְּדַרְךָ,
וּבְשֹׁכְכְךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת
עַל-יָדְךָ, וְהָיוּ לְטֶטֶפֶת בֵּין עֵינֶיךָ.
וְכַתַּבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ,
וּבְשַׁעְרֶיךָ.

So you shall love what is holy
With all your courage, with all your passion, with all your strength.
Let the words that have come down shine in our words and our actions.

*We must teach our children to know and understand them.
We must speak about what is good and holy within our homes,
When we are working, when we are at play,
When we lie down and when we get up.*

Let the work of your hands speak them,
Let your eyes shine and see with their knowledge.
Let them run in your blood and glow from your doors and windows.

*We should love ourselves, for we are of God
We should love our neighbors as ourselves.
We should love the stranger, for we were once strangers in the land of
Egypt
And have been strangers in all the lands of the world since.*

Let love fill our hearts with its clear precious water
 For all living with whom we share the water of life.
 Heaven and earth observe how we cherish or spoil our world.
 Heaven and earth watch whether we choose life or choose death.
 We must choose life so that we and our children's children may live.
 We must love the source of being and the power of life.

*Be quiet and listen to the still small voice within that speaks in love.
 Open to it, hear it, heed it and work for life.
 Let us remember and strive to be good.
 Let us remember to find what is holy within and without.*

Marge Piercy



MI CHAMOCHA

This song was sung by the Israelites when they were delivered from slavery in Egypt. It reminds us that there are still many people in this world who suffer the large and small indignities of prejudice daily, people who are still enslaved by the color of their skin, their religion, their political beliefs, or where they were born.

please sing together

Mi cha-mo-cha ba-ei-lim, A-do-nai?
 Mi ka-mo-cha, ne-dar ba-ko-desh,
 no-ra te-hi-lot, o-sei fe-leh?

מִי־כְמוֹכָה בָּאֱלִים, יְיָ
 מִי כְמוֹכָה, נֶאֱדָר בְּקִדְשׁ.
 נוֹרָא תְהִלָּת, עֹשֶׂה פִלֵּא?

Who is like our God, among the gods that are worshipped?
 Majestic in holiness, awesome in splendor, doing wonders?

AMIDAH

The Amidah, along with the Shema, is the central element of worship in every service and is a time for meditation and contemplation. The Amidah opens with the invocation of the matriarchs and patriarchs. These words link the generations to one another. The Amidah ends with a prayer for peace. By following the teachings of our ancestors, we hope to be granted peace and wholeness.

Please rise and recite together:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמֹּהֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רִבְקָה, וְאֱלֹהֵי רָחֵל וְלֵאָה.

Ba-ruch a-ta, A-do-nai E-lo-hei-nu, vei-lo-hei a-vo-tei-nu, v'i-ma-tei-nu,
e-lo-hei Av-ra-ham, e-lo-hei Yitz-chak, vei-lo-hei Ya-a-kov, e-ol-hei
Sa-ra, e-lo-hei Riv-ka, vei-lo-hei Ra-cheil, v'Lei-a.

Blessed is the God of our ancestors, God of Abraham, Isaac, and Jacob, God of Sarah, Rebecca, Rachel, and Leah.

Our lives are inseparable from those of our parents, our grandparents, and our other ancestors.

They beheld God in the heavens; they felt God in their hearts; they sought God in their lives.

Now their quest is ours. May we see the wonder of being. May we have the courage to search for truth. May we learn the path to a better life.

So shall we, by our lives and our labors, bring nearer to realization the great hope inherited from ages past, for a world transformed by liberty, justice and peace.

אָתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחִיָּה הַכֹּל אָתָּה, רַב לְהוֹשִׁיעַ.

A-ta gi-bor l'olam, Adonai, m'cha-yei ha-kol a-ta, rav l'ho-shi-a.

In a world where the weak were tormented by oppressors, our Torah taught us to love the poor and the stranger.

A heritage of justice has come down to us.

Where the sword was sovereign, we were commanded to seek peace and pursue it.

A heritage of peace has come down to us.

All this now is ours. Ours the teaching, ours the task, to make the heritage live.

For it is our life, and the length of our days!

Please be seated.

SILENT MEDITATION



Please take a few moments for silent meditation and reflection. If you wish, you may read to yourself from any of the following passages.

UNDERNEATH WE'RE ALL THE SAME

He prayed - it wasn't my religion.
He ate - it wasn't what I ate.
He spoke - it wasn't my language.
He dressed - it wasn't what I wore.
He took my hand - it wasn't the color of mine.
But when he laughed - it was
 how I laughed, and when he cried -
 it was how I cried.

Amy Maddox, 16
from *Teaching Tolerance*



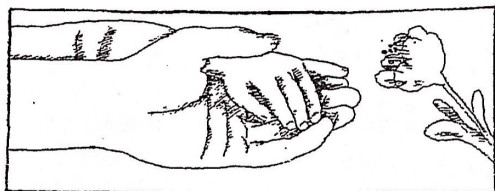
Listen to the words of wisdom,
Listen to the words of warning,
From the lips of the Great Spirit,
From the Master of Life, who made you!
"I have given you lands to hunt in,
I have given you streams to fish in,
I have given you bear and bison,
I have given you roe and reindeer,
I have given you brant and beaver,
Filled the marshes full of wild-fowl,
Filled the rivers full of fishes:
Why then are you not contented?
Why then will you hunt each other:
"I am weary of your quarrels,
Weary of your wars and bloodshed,
Weary of your prayers for vengeance,
Of your wranglings and dissensions;
All your strength is in your union,
All your danger is in discord;
Therefore be at peace henceforward,
And as brothers live together.

H.W. Longfellow
The Song of Hiawatha

I stepped from plank to plank
 So slow and cautiously;
 The stars about my head I felt,
 About my feet the sea.

I knew not but the next
 Would be my final inch, -
 This gave me that precarious gait
 Some call experience.

Emily Dickinson



I sought my soul, but my soul I could not see,
 I sought my God, but He eluded me,
 I sought by brother, and I found all three.

Martin Luther King, Jr

Please read together:

Our lives begin and end with shalom, for it is our hope, as it is the precious teaching of our faith. May this Shabbat bring peace to us all, and encourage us to bring peace to our homes, to our cities and country, and bring peace among the nations. As long as there is war, we have not obeyed God's command to seek peace and pursue it. Grant us peace and give us the will to proclaim its message to all the peoples of the earth.

O Source of peace, lead us to peace, a peace profound and true; lead us to a healing, to mastery of all that drives us to war within ourselves and with others.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל-
 יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu
 ve-al kol Yis-ra-eil, ve-im-ru a-mein.

For All People

Not for ourselves alone do we pray
Not for ourselves alone but for all people.

Knowing our failings,
Let us be patient with those of others.

Knowing our will to goodness,
May we see in others a dignity that is human, a beauty inviolate
forever.

Every soul is precious in the sight of the Lord
And every life is a gift to us.

Yet one stands poised to strike the next;
Armies uproot vines and fig trees, as war and war's alarms make all
afraid.

Not for ourselves alone do we pray
Not for ourselves alone but for all people do we invoke God's love.



And they shall beat their swords into plowshares,
And their spears into pruninghooks;
Nation shall not lift up sword against nation,
Neither shall they learn war any more.

Isaiah, Chapter 2, Verse 4

Please sing together:

Lo yi-sa goi el goi che-rev,
lo yil-me-du od mil-cha-ma

לא ישא גוי אל גוי חרב,
לא ילמדו עוד מלחמה.



DEVIS GREBU

ALEINU

Since the thirteenth century, every public worship service - for festivals, Sabbath, or weekday, morning and evening - has included the ancient prayer, the Aleinu. Like the Shema, it is a prayer which persecuted Jews have recited in the face of death.

The prayer declares the ultimate sovereignty of divine and moral forces over our lives. As we say it, we express the hope that someday all humanity will be united under a single moral law.

Please chant together while standing:

A-lei-nu le-sha-bei-ach la-a-don ha-kol,
la-teit ge-du-lah le-yo-tseir be-rei-shit,
she-lo a-sa-nu ke-go yei ha-a-ra-tsoth,
ve-lo sa-ma-nu ke-mish-pe-chot ha-a-da-mah;
she-lo sam chel-kei-nu ka-hem,
ve-go-ra-lei-nu ke-chol ha-mo-nam.

Va-a-nach-nu ko-re-im u-mish-ta-cha-vim u-mo-dim
li-fe-nei me-lech ma-le-chei ha-me-la-cheim
ha-ka-dosh ba-ruch Hu.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה;
שֶׁלֹא שָׂם חֵלְקֵנוּ כֵּהֶם,
וְנִרְלָנוּ כְּכָל-הַמוֹנָם.

וְאֶנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.

We face tomorrow with hope made stronger by the vision of a world where poverty and war are banished, where injustice and hate are gone. Teach us more and more to share the pain of others, to heed the call for justice, to pursue peace. Help us to gain victory over evil, to bring nearer the day when all the world shall be one.

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

Ve-ne-e-mar: "Ve-ha-ya A-do-nai le-me-lech
al kol ha-a-rets; ba-yom ha-hu yi-hi-yeh
A-do-nai e-chad, u-she-mo e-chad."

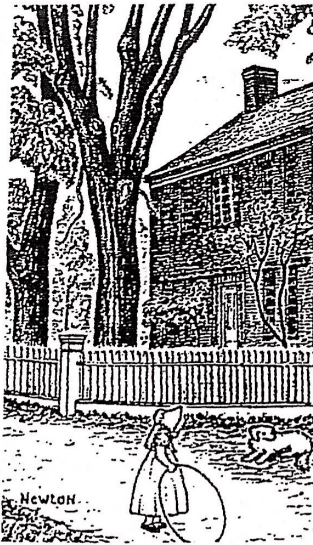
וְנֵאמַר: "וְהָיָה יי לְמֶלֶךְ
עַל-כָּל-הָאָרֶץ; בַּיּוֹם הַהוּא יִהְיֶה
יי אֶחָד וּשְׁמוֹ אֶחָד."

Please be seated.

MOURNER'S KADDISH

"Kaddish" means "sanctification". Every traditional Jewish service has more than one Kaddish. One Kaddish is set aside for those who have recently lost a close relative or family member.

The Kaddish, however, is not about death. It is a declaration of the central belief that life is good and that righteousness will prevail. As a result, it is in reality, a reaffirmation of life in the face of sorrow, adversity, or pain.



Birth is a beginning
And death a destination.
And life is a journey:

From childhood to maturity
And youth to age;
From innocence to awareness
And ignorance to knowing;
From foolishness to discretion
And then, perhaps, to wisdom.

From weakness to strength
Or strength to weakness -
And, often back again;
From health to sickness
And back we pray, to health again:
From offense to forgiveness.
From loneliness to love.

Birth is a beginning
And death a destination.
And life is a journey,
A sacred pilgrimage -
To life everlasting.

We invite all who wish to say the Kaddish to rise now.

Yit-ga-dal ve-yit-ka-dash
she-mei ra-ba
be-al-ma di-ve-ra chi-re-u-tei,
ve-yam-lich mal-chu-tei
be-cha-yei-chon
u-ve-yo-mei-chon u-ve-cha-yei
de-chol beit Yis-ra-eil,
be-a-ga-la u-vi-ze-man ka-riv,
ve-i-me-ru: a-mein.
Ye-hei she-mei ra-ba me-va-rach
le-a-lam u-le-al-mei al-may ya.
Yit-ba-rach ve-yish-ta-bach,
ve-yit-pa-ar ve-yit-ro-mam
ve-yit-na-sei,
ve-yit-ha-dar ve-yit-a-leh ve-yit-ha-lal
sh-mei de-ku-de-sha, be-rich hu,
le-ei-la min kol bi-re-cha-ta
ve-shi-ra-ta,
tush-be-cha-ta ve-ne-che-ma-ta
da-a-mi-ran be-al-ma, ve-i-me-ru:
a-mein.
Ye-hei she-la-ma ra-ba min
she-ma-ya
Ve-cha-yim a-lei-nu ve-al
kol yis-ra-eil.
Ve-i-me-ru: a-mein.
O-seh sha-lom bim-ro-mav
Hu y-a-seh sha-lom a-lei-nu
Ve-al kol yis-ra-eil.
ve-i-me-ru: a-mein.

May the Source of peace send peace to all who mourn, and comfort to all
who are bereaved. May the blessing of peace and the promise of life come true.

And let us say:

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא
בְּעָלְמָא דִּי-כְרָא כְרַעוּתָא,
וְיִמְלִיךְ מַלְכוּתָא בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיִּי
דְכָל-בֵּית יִשְׂרָאֵל,
בְּעָגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקוּדְשָׁא, בְּרִיף הוּא,
לְעָלְמָא מִן כָּל-בִּרְכָתָא וְשִׁירָתָא,
תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דְאָמִירָן בְּעָלְמָא, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וּחַיִּים עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן:
עֲשֵׂה שְׁלוֹם בְּמִרְמִיז
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל-יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

EIN KEILOHEINU

Ein Keiloheinu ("There is none like our God") is an enthusiastic song of praise to God. We will give thanks to God - the same God that links us to Jews throughout history.

Ein kei-lo-hei-nu, ein ka-do-nei-nu,
ein ke-mal-kei-nu, ein ke-mo-shi-ei-nu.

Mi chei-lo-hei-nu? Mi cha-do-nei-nu?
Mi che-mal-kei-nu? Mi che-mo-shi-ei-nu?

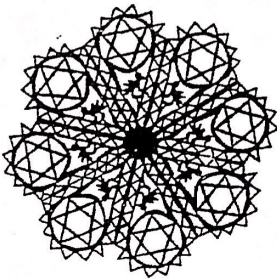
No-deh lei-lo-hei-nu, no-deh la-do-nei-nu,
no-deh le-mal-kei-nu, no-deh le-mo-shi-ei-nu.

Ba-ruch E-lo-hei-nu, ba-ruch A-do-nei-nu,
ba-ruch Mal-kei-nu, ba-ruch Mo-shi-ei-nu.

A-ta hu E-lo-hei-nu, A-ta hu A-do-nei-nu,
a-ta hu Mal-kei-nu, a-ta hu Mo-shi-ei-nu.

A-ta hu she-hik-ti-ru a-vo-tei-nu
Le-fa-ne-cha et ke-to-ret ha-sa-mim.

אין כּאלהינו, אין כּאדונינו,
אין כּמלכנו, אין כּמושיענו.
מי כּאלהינו מי כּאדונינו?
מי כּמלכנו מי כּמושיענו?
נוֹדֶה לַאֱלֹהֵינוּ, נוֹדֶה לַאֲדוֹנֵינוּ,
נוֹדֶה לְמֶלְכֵנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.
בְּרוּךְ אֱלֹהֵינוּ, בְּרוּךְ אֲדוֹנֵינוּ,
בְּרוּךְ מֶלְכֵנוּ, בְּרוּךְ מוֹשִׁיעֵנוּ.
אַתָּה הוּא אֱלֹהֵינוּ,
אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מֶלְכֵנוּ,
אַתָּה הוּא מוֹשִׁיעֵנוּ.
אַתָּה הוּא שֶׁהִקְטִירוּ
אֲבוֹתֵינוּ לְפָנֶיךָ
אֶת קִטְרֵת הַסַּמִּים:



ADON OLAM

Adon Olam proclaims that God is one, that God is without beginning and without end, and that none other can compare with the Lord.

Please sing together:

A-don o-lam, a-sher ma-lach
be-te-rem kol ye-tsir-niv-ra,
le-eit na-a-sa ve-chef-tso kol,
a-zai me-lech she-mo nil-ra.

Ve-a-cha-rei ki-che-lot ha-kol,
le-va-do yim-loch no-ra,
ve-hu ha-ya, ve-hu ho-veh,
ve-hu yi-he-yeh be-tif-a-ra.

Ve-hu e-chad, ve-ein shei-ni
le-ham-shil lo, le-hach-bi-ra,
be-li rei-shit, be-li tach-lit,
ve-lo ha-oz ve-ha-mis-ra.

Ve-hu Ei-li, ve-chai go-a-li,
ve-tsur chev-li be-eit tsa-ra,
ve-hu ni-si u-ma-nos li
me-nat ko-si be-yom ek-ra.

Be-ya-do af-kid ru-chi
be-eit i-shan ve-a-i-ra,
ve-im ru-chi ge-vi-ya-ti:
A-do-nai li, ve-lo i-ra.

אֲדֹנָי עֹלָם, אֲשֶׁר מַלְאָךְ
בְּטֶרֶם כָּל-יִצִּיר וְנִבְרָא,
לֵעֵת נַעֲשֶׂה בְּחֶכְמוֹ כָּל,
אֲזִי מְלָךְ שְׁמוֹ נִקְרָא.
וְאַחֲרֵי כָכֵלֹת הַכָּל,
לְבִידּוֹ יִמְלֹךְ נִבְרָא,
וְהוּא הָיָה, וְהוּא הוֹנֶה,
וְהוּא יִהְיֶה בְּתַפְאָרָה.
וְהוּא אֶחָד, וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ, לְהַחְבִּירָה,
בְּלִי רֵאשִׁית, בְּלִי תַכְלִית,
וְלוֹ הָעֹז וְהַמְשָׁרָה.
וְהוּא אֱלֹהִי, וְחִי גּוֹאֲלִי,
וְצוֹר חֲבִלִי בְּעֵת צָרָה,
וְהוּא נָסִי וּמְנוֹס לִי.
מִנֶּת כּוֹסֵי בַּיּוֹם אֶקְרָא.
בִּידּוֹ אֶפְקִיד רוּחִי
בְּעֵת אִישׁן וְאַעִּירָה,
וְעַם-רוּחִי גּוֹיֹתִי:
יְיָ לִי, וְלֹא אֵירָא.

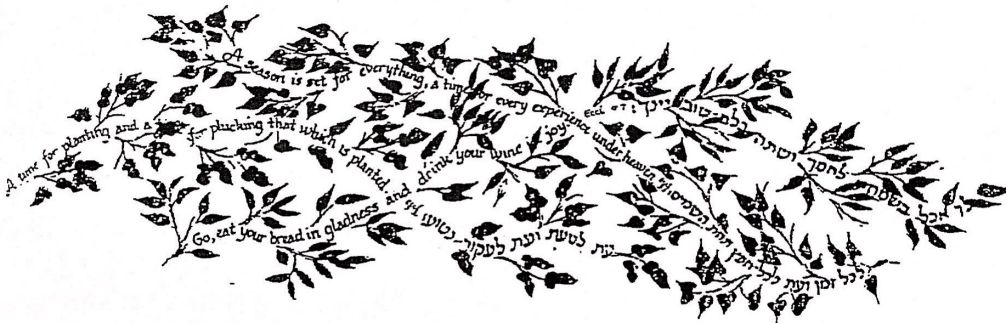


Closing

Together we have celebrated the Sabbath with friendship, prayer, food and song. Joyous and peaceful thoughts have refreshed our minds and opened our hearts.

In celebration of the cycle of work and rest,
In celebration of the gift of the Sabbath,
Let us turn to each other and say:

Shabbat Shalom.



Mi Sheberakh

Mi Shebeirach avoteinu,
M'kor hab'rachah 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 hab'rachah la'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.

(Words and music by Debbie Friedman)