



Temple Shaarei Shalom Family Shabbat

How Do You Talk to God?

One way we talk to God is through prayer.

We experience this Shabbat and celebrate together with prayer.

When we pray together in a synagogue, we know that we belong.

We are touched by the feelings and experiences of others and they are touched by us.

When we pray, we have a conversation and connection with God.

Prayer is a way of looking inside of ourselves and connecting to God in holiness.

Prayer connects us with our Jewish people both past and present.

It connects us with our history and our Jewish traditions.

Prayer reminds us to be thankful and grateful to God for the gifts we receive daily in life.

Our prayers must have thought behind the words.

Listen to yourself this Shabbat.

Hinei Mah Tov By Elana Arian

הִנֵּה מַה טוֹב וּמַה נְעִים שֶׁבֶת אַחִים גַּם יַחַד.

Hinei mah tov, u-mah na-im shevet achim gam yachad(2x)

How good it is (how good it is)

How sweet it is (how sweet it is)

To be together on this day!

Service compiled by Cantor Carrie Barry.

Most readings borrowed from *Shabbat Reflections*

written by Rabbi Samuel M. Cohon and Nanci J. Freedberg.

When you look into the candle's flame, what do you see?

We light Shabbat candles to add brightness to our world.

It is a time to stop, rest, and make the transition from last week to this week.

A great pianist was asked, "How do you play the notes so much better than everyone else?"
He answered, "I play the notes the same as everyone else. It's the pauses between the notes that I do better than others."

*Shabbat is our pause between the notes.
As we light candles and welcome Shabbat,
We take a deep breath from the busy week,
Take time to greet Shabbat by opening our eyes, hearts, and minds.
We pause and take time to think about and to talk about God.*

Shabbat Candle Blessing

O source of light and truth, Creator of the eternal law of goodness, help us to find knowledge by which to live. Lead us to take the words we shall speak into our hearts and our lives. Bless all who enter this sanctuary in need, all who bring the offerings of their hearts. May our worship lead us to acts of kindness, peace and love.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav
vitzivanu l'hadlik neir shel Shabbat.*

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot,
commanding us to kindle the lights of Shabbat.

What did you do this week?

Think about the week you just lived: from last Shabbat to this Shabbat.

Think about the moments and memories over the past seven days.

How many choices did you make that were on target?

How many times were you unselfish?

How many times did you tell the truth?

How many times did you say “thank you?”

How many times did you say, “I’m sorry?”

How many times did you appreciate what you have?

Shabbat is a time to reflect on a week gone by.

Am I Awake?/Barchu By Noah Aronson

Am I Awake? Am I prepared? Are You listening to my prayers?

Can You hear my voice? Can You understand? Am I awake? Am I prepared?

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

Barechu et Adonai ha-m'vo-rach

Praise Adonai to whom praise is due!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai ha-m'vo-rach l'o-lam va-ed

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

We thank you God for every sunset and sunrise.

Time simply passes bringing us new seasons and new life experiences.

There is a purpose to each element in the universe.

God designed it with beauty and distinction.

The powerful forces of God surround us.

We praise You each and every day.

Roll into Dark by Noam Katz

Roll into dark, roll into light, night becomes day, day turns to night.(2x)

Borei yom valaila, goleil or mipnei choshech

בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

Goleil or mipnei choshech, v'choshech mipnei or.

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.

What does it mean to love God with all your heart, mind and soul?

While we pray together this Shabbat,
We think of God, and we think about what it means to be Jewish.
Being Jewish is who we are throughout our lives, wherever we are.
To love God with all our heart, mind and soul
Means we are with God all the time and completely.

*God is with us when we are at home.
God is with us when we are at play, or at school, or at work.
God is with us in times of sorrow or recovery.
God is with us when we win and when we lose.
God is with us when we make both good and bad choices.
God is with us in our dreams.
How lucky we are that God is all around us—everywhere.*

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

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Baruch shem k'vod malchuto l'olam va-ed.

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

Blessed is God's glorious majesty forever.

Please be seated.

וְאַהֲבַת אֵת יְיָ | אֱלֹהֶיךָ, כָּכֵל-לְבָבְךָ, וּכָכֵל-נַפְשְׁךָ, וּכָכֵל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר | אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ: וְשִׁנְנֶתָם לְבִנְיָךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִקְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וּקְשַׁרְתָם לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין | עֵינֶיךָ,
וּכְתַבְתָּם | עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'vavcha 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'shochb'cha uv'kumecha.
Uk'shartam l'ot al yadecha v'hayu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha
uvish'arecha.*

Love your God with every heartbeat, with every breath, with every conscious act.
 Keep in mind the words I command you today.
 Teach them to your children, talk about them at work: whether you are tired or you are rested.
 Let them guide the work of your hands; keep them in the forefront of your vision.
 Do not leave them at the doorway of your house, or outside your gate.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת-כָּל-מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יי | אֱלֹהֵיכֶם,
 אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מֵאֶרֶץ מִצְרַיִם, לְהֵיוֹת לָכֶם לֵאלֹהִים, אֲנִי | יי | אֱלֹהֵיכֶם:

*L'ma'an tizk'ru va'asitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai
 Eloheichem, asher hotzeiti etchem mei'erezt Mitzrayim lih'yot lachem l'Elohim: Ani Adonai
 Eloheichem.*

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

Love Adonai Music by Robbi Sherwin

Chorus: Love Adonai your God, Love Adonai your God. (4x)
Verse 1: With all your heart, with all your soul, with all your might.
Verse 2: Take these words which I command this day, and keep them in your heart.
Verse 3: Write them on the doorposts of your house, and on your gates.

מִי כַמֹּכָה בְּאֵלִים יי, מִי כַמֹּכָה נֹאדָר בְּקֹדֶשׁ, נֹרָא תְהִילַת, עֲשֵׂה פְלֵא:
 מְלֻכּוֹתֶיךָ רָאוּ בְנֵיךָ, בּוֹקַע יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:
 יי יְמֻלֹךְ לְעוֹלָם וָעֶד.

*Mi chamocha ba-eilim, Adonai, mi kamocha nedar bakodesh, nora t'hilot, oseih feleh!
 Malchut'cha ra-u vanecha, bokei-a yam lifnei Moshe u'Miryam, zeh Eli, anu v'amru,
 Adonai yim-loch l'olam va-ed!*

Who is like You, O God, among the gods that are worshipped?
 Who is like You, majestic in holiness, awesome in splendor, working wonders?
 Your children witnessed Your sovereignty, the sea splitting before Moses.
 "This is our God!" they cried. "Adonai will reign forever and ever!"

For what should we be thankful?

On the sixth day, the heaven and the earth and everything in between, were finished.
By the seventh day, God had completed the work.
Then God blessed the seventh day, made it holy, and rested from the work of creation.

*God created us both free and intelligent.
How lucky we are to be able to share in God's power of creation.
We feel God's power when we experience God's creations,
A vivid sunset, the crash of the waves, or the birth of a wild stallion.
Oh God, inspire us to create what is good throughout our lives.
Help us to appreciate and delight in all You create.*

V'shamru

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אֹת הַיּוֹם הַזֶּה, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפֹּשׁ.

*V'shamru v'nei Yisrael et HaShabbat, la'asot et HaShabbat l'dorotam b'rit olam. Beini u'vein
b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et hashamayim v'et ha'aretz, u'vayom
hashvi-i shavat vayinafash.*

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is 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.

What gift has God given you?

*We thank You, God, for our senses.
The sun is not bright without eyes that see.
The laughter of children can't be heard without ears that listen.
The fragrance of a flower can't be enjoyed without the sense of smell.
The warmth of family can't be felt without touch.
Our Shabbat dinner would have no meaning without taste.
Thank you, God, for giving us the ability to enjoy our world.*

T'filah

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתֶךָ:

Adonai s'fatai tiftach u-fi yagid tehilatecha

Adonai, open up my lips that my mouth may declare Your praise.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וְיַמְבִּיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יי, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

Baruch atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Leah v'Elohei Racheil. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, u-meivi g'ulah liv'nei v'neihem l'ma-an shmo b'ahavah. Melech ozeir u-moshia u-magein. Baruch atah, 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 Leah and God of Rachel, the great, mighty and awesome God, transcendant 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, Sarah's Helper, Abraham's Shield.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ. מְבַלְבֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׂרָאֵל עֶפְרַי, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: וְנַאֲמָן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל:

Atah gibor l'olam Adonai, m'chayei hakol atah, rav l'hoshiah. M'chalkeil chayim b'chesed, m'chayeh hakol b'rachamim rabim, someich noflim, v'rofei cholim, u-matir asurim, u-m'kayeim emunato lisheinei afar. Mi chamocha ba-al g'vurot u-mi do-meh lach melech meimit um'chayeh u-matzmiach yeshuah. V'ne-eh-man atah l'ha-chayot hakol. Baruch atah Adonai, m'chayeh hakol.

You are forever mighty, Adonai; You give life to all. You sustain life through love, giving life to all through great compassion, supporting the fallen, 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.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁי יוֹם בְּכָל יוֹם יְהִלְלוּךָ, סְלָה.
בְּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

Atah kadosh v'shimcha kadosh u-k'doshim b'chol yom y'hal'lucha, selah.

Baruch Atah Adonai, ha-El ha-kadosh.

You are holy. Your name is holy. Seekers of holiness praise You day by day.

Blessed are You, Adonai, holy God.

Does God hear your prayer?

God hears my prayers, because my words come from my heart.

They are sincere and God hears my truth. God knows me.

God listens to my hopes and dreams.

Please, God, accept my prayers,

For my family, my friends, my people, and my world.

How can you make this world a better place?

Look within yourself

And God will look within as well.

It is up to us today and tomorrow

To make peace, to face each other, to face ourselves,

And to face God.

When I make my daily world a better place,

In turn, I make the whole world a better place.

We pray for peaceful hearts and homes.

We pray for understanding and compassion between parents and children.

We pray for friendship.

We pray for forgiveness and unselfishness.

We pray for peace in our country.

And we pray for peace among nations.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ, 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 bishlomecha.

Baruch atah, Adonai, ham'vareich et amo Yisrael ba-shalom.

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

Can you make a promise to God this Shabbat?

This Shabbat I will make a promise to God.
I will help those in need by healing the sick,
Supporting the less fortunate,
Feeding the hungry, housing the homeless,
Befriending the lonely, and by giving hope to people.

As You have helped us live better lives, I will help others too.
I praise You, who gives meaning to my life.

I make a promise to You this Shabbat, God, by loving, caring, and giving to others.

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim-romav hu ya-ah-seh shalom aleinu v'al kol Yisrael, v'imru Amen

May the Maker of peace on high make peace for us, for all Israel and let us say: Amen.

Building a Better World

Music and English text by Ellen Allard

We're building a better world (3x) One person at a time.

Chorus: And the world goes round and round
 The world goes round and round and round
 And the world goes round and round
 The world goes round and round and round

We're building a world with peace (3x) One person at a time.

We're building a world with love (3x) One person at a time.

We're building a world with friends (3x) One person at a time.

Be Holy, Hear the Whisper

Music and English text by Peter and Ellen Allard

Be holy, hear the whisper,
a quiet gentle voice
Be holy, hear the whisper, that helps us make
the choice to be like God, to be like God.

Be holy, hear the whisper,
present every day
Be holy, hear the whisper,
it teaches us the way
to be like God,
to be like God.

Ha-kadosh, Baruch Hu.

Be holy, hear the whisper,
that guides each word and deed
Be holy, hear the whisper, reminding us we
need to be like God, to be like God.

Be holy, hear the whisper,
the warmth of love's embrace
Be holy, hear the whisper,
giving us the grace
to be like God,
to be like God.

Ha-kadosh, Baruch Hu.

Mi Shebeirach

How can you pray for someone you care about?

We pray for healing.

God, You create our bodies.

You make them complete and whole, wonderful, complicated, growing and healthy.

But sometimes bodies don't work as well as we wish.

And sometimes the people we love get sick.

Please help them to heal. Make their bodies well again.

Please give those who are ill a *r'fuah sh'leimah*,

A complete healing of body and soul, spirit and heart and mind.

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 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.

Aleinu

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל, לְתַתּוֹת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ בָהֶם, וְגִרְלָנוּ כְּכֹל הַמּוֹנֵם.
וְאִנְחָנוּ כְּוָרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מְלִכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.
וְנֹאמַר, יְיָ לְמֶלֶךְ עַל כָּל הָאָרְצִים, בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

Aleinu l'shabeiach la-adon hakol lateit g'dulah l'yotzeir b'reishit, she-lo asanu k'go-yei

ha-aratzot, v'lo samanu k'mish-p'chot ha-adamah, she-lo sam chelkeinu ka-hem v'goraleinu

k'chol hamonam. Va-anachnu korim, umishtachavim u'modim, lifnei melech, mal'chei

ham'lachim, ha-kadosh baruch Hu. V'ne-emar v'hayah Adonai, l'melech al kol ha-arets, bayom

hahu yihyeh Adonai echad, u-sh'mo echad.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator whose unity we are charged to declare; whose realm it is our purpose to uphold. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One. Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's Name will be one.

Do we ever really say goodbye?

Remembering is a gift. We treasure our wonderful memories.
Our sad memories are softened by the passing seasons.
We will always remember those who were a part of us,
And share those memories with those who now share our lives.

We honor and remember the ones we have loved who are no longer with us physically but are here with us in spirit. We love them, we think of them, we remember them.

There are tears in our remembering, but there are smiles as well.

So we never really have to say "goodbye" to those we love,

Because they live in our hearts and minds forever.

We give thanks; remembering is a gift. We give thanks; their lives were a blessing.

We give thanks for what we had. We give thanks for what we have.

With our Kaddish prayer, we thank You, God, for life and love.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ, וְיִמְלִיךְ מְלְכוּתָהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵנְגָלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן :

Yitgadal v'yitkadash sh'mei rabah. B'alma di v'ra chi-r'utei, v'yam-lich mal'chutei

b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chol beit Yisrael. Ba-ah-ga-la u-viz'man ka-riv

v'im-ru: Ah-mein.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:

Y'hei sh'mei raba m'va-rach l'a-lam u-l'almei al'maya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא
בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרִין בְּעֵלְמָא, וְאִמְרוּ
אָמֵן:

Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'kud'sha b'rich hu. L'ei-lah min kol bir-cha-ta v'shi-ra-ta tush-b'cha-ta v'ne-che-ma-ta da-a-mi-ran b'al-ma, v'im-ru Amein.

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

Y'hei sh'la-ma raba min sh'maya v'cha-yim aleinu v'al kol Yisrael, v'imru Amein.

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

Oseh shalom bim-romav hu ya-ah-seh shalom aleinu v'al kol Yisrael, v'imru Amen

Kiddush and Motzi

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֶת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ וּזְכוֹן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זִכָּר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשֶׁת מִכָּל הָעַמִּים, וְשִׁבֶת קִדְּשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָתָנוּ. בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah Adonai, Eloheinu melech ha-olam, bo-ray p'ri ha-ga-fen. Baruch atah Adonai, Eloheinu melech ha-olam, asher kid-sha-nu b'mitz-vo-tav v'ra-tza va-nu, v'sha-bat kod-sho, b'ah-ha-va uv-ra-tzon, hin-chi-la-nu, zi-ka-ron l'ma-ah-say v'ray-shit. Ki hu yom t'chi-lah l'mik-ra-ay ko-desh, ze-cher l'tzi-at mitz-ra-yim. Ki va-nu va-char-ta v'oh-ta-nu ki-dash-ta mi-kol ha-ah-mim. V'sha-bat kod'-sh'-cha b'ah-ha-vah uv-ra-tzon hin-chal-ta-nu. Ba-ruch Atah Adonai, m'-ka-deish ha-sha-bat.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine. Praise to You, Adonai our God, Sovereign of the universe, who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of creation. As first among our sacred says, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

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

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

Blessed are You, Adonai our God, Sovereign of the universe, who brings forth bread from the earth.

Zmirot (Songs)

Tefilat HaDerech

Words and Music by Debbie Friedman

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy.
May this be our blessing, Amen.

May we be sheltered by the wings of peace.
May we be kept in safety and in love.
May grace and compassion find their way
to every soul.
May this be our blessing, Amen.

I Have a Voice

Words and Music by Elana Arian

I will open my eyes (*I will open my eyes*)
I will not look away (*I will not look away*)
I will use this gift I've been given every day:

*Baruch atah, Adonai Eloheinu, Melech
ha-olam, sheh-asanu, sheh-asanu B'tzelem
Elohim.* (Chorus)*

Chorus: I have a voice, my voice is
powerful, my voice can change the world.
Change the world!

I will fight for the truth (*I will...*)
I'll stand up for what's right (*I'll stand...*)
I will use this strength I've been given to be
a light (Chorus)

I will give of myself (*I will give ...*)
I will reach out my hand (*I will reach ...*)
I will use this heart I've been given
to take a stand (Chorus)

*Blessed are You, Adonai our God,
sovereign of the universe,
who has made us in the image of God.

Olam Chesed Yibaneh Words and Music by Menachem Creditor (from Psalm 89:3)

Olam chesed yibaneh

עוֹלָם חֶסֶד יִבְנֶה.

I will build this world from love, ya da dai dai...
You must build this world from love, ya da dai dai...
and if we build this world from love, ya da dai dai...
Then God will build this world from love, ya da dai dai..

Kobi's Lullaby

Words and Music by Rick Recht

Verse 1

Before I close my eyes at night and sleep
Before I drift into my dreams
I give thanks for the blessings in my life
for the people who care for me

Chorus 1

Thank You God for my family,
Thank You God for my friends
Thank You God for the earth and sea
Thank You God for the trees
and the air I breathe
Thank You God for me.

Verse 2

When I open my eyes to the new daylight
before I rise and start my day
I give thanks for the music and love in my
life; for the freedom I have to say

Chorus 2

Thank You God for my hope,
Thank You God for my heart,
Thank You God for the strength
to know wrong from right
Thank You God for the faith
I have in myself
Thank You God for me.

Standing at the Sea

Words and Music by Peter and Ellen Allard

1. Standing at the sea, Mi Chamocha
Freedom's on our way.
Singing and dancing, Mi Chamocha
Freedom's on our way.

Chorus: Freedom, freedom's on our way!

2. They're coming up behind, Mi Chamocha
Freedom's on our way.
Bound no more, Mi Chamocha
Freedom's on our way. *Chorus*

3. The sea she parts, Mi Chamocha
Freedom's on our way.
Walking through the water, Mi Chamocha
Freedom's on our way. *Chorus*

4. We're on the other side, Mi Chamocha
Freedom's on our way.
One God, Mi Chamocha
Freedom's on our way. *Chorus*