

FOLK SHABBAT

HINEI MAH TOV

Hinei mah tov umah naim shevet achim gam yachad

How good it is! How sweet it is to be together on this day

GESHER TSAR M'OD

Kol ha'olam kulo gesher tsar (gesher tsar m'od gesher tsar m'od)

Veha'ikar (veha'ikar) lo l'fached, lo l'fached klal

All the world is a very narrow bridge. The key is not to fear at all.

CANDLE LIGHTING

Baruch Ata Adonai, Eloheinu Melech Ha-Olam, Asher Kid'shanu b'mitzvotav, v'tzivanu lehadlik ner, lehadlik ner shel shabbat.

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

We bless You who makes us holy through mitzvot, and commands us to light the Sabbath candles.

SHALOM ALEICHEM

Shalom aleichem mal'achei hashareit, mal'achei elyon.

Mimelech mal'achei ham'lachim, haKadosh Baruch Hu.

Bo'achem leshalom mal'achei hashalom, mal'achei elyon

Mimelech mal'achei ham'lachim haKadosh Baruch Hu.

Barchuni leshalom mal'achei hashalom, mal'achei elyon

Mimelech mal'achei ham'lachim haKadosh Baruch Hu.

Shamruni beshalom mal'achei hashalom, mal'achei elyon

Mimelech mal'achei ham'lachim haKadosh Baruch Hu.

Peace to you, ministering angels, angels of the Most High. Sovereign of all, The Holy Blessed One.

Come in peace, angels of peace, angels of the Most High. Sovereign of all, The Holy Blessed One.

Bless me in peace, angels of peace, angels of the Most High. Sovereign of all, The Holy Blessed One.

Watch over us in peace angels of peace, angels of the Most High. Sovereign of all, The Holy Blessed One.

L'CHU N'ARANENA (Psalm 95)

לְכוּ נִרְנְנָה לַיהוָה

Let's sing joyously to God, raise a shout for our rock and deliverer. Come with praise. Raise a shout in song.

CHORUS: L'chu n'ranena (2X) L'chu n'ranena l'Adonai (repeat)

VERSE: Nari'a nari'a l'tzur yisheinu n'kadma fanav b'todah

Nari'a nari'a l'tzur yisheinu bizmirot nari'a lo

YISM'CHU HASHAMAYIM (Psalm 96)

Let the heavens rejoice and the earth exult; let the sea and all within it thunder,

שְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ יִרְעַם הַיָּם וּמְלֵאוֹ

Yism'chu hashamayim (hashamayim) [3X] v'tagel ha'aretz.

Yir'am hayam (clap) Yir'am hayam (clap) Yir'am hayam u-m'lo-o

LECHA DODI

Come, My Beloved, welcome your beloved! Greet the Sabbath!

CHORUS: Lecha dodi likrat kala, p'nei Shabbat n'kabra

Shamor v'zachor b'dibur echad hishmi'anu El ha-m'yuchad
Adonai Echad u-sh'mo echad, l'shem u-l'tiferet ve-l'tehilah - **CHORUS**

Likrat shabat lechu ve-nelchah ki hi m'kor ha-b'rachah
merosh mikedem n'suchah, b'sof ma'aseh ba-mach-shavah t'chilah - **CHORUS**

Hitoreri, hitoreri, ki va orech, kumi uri,
uri, uri, shir daberi, k'vod Adonai alaich nig'lah. - **CHORUS**

(Stand, face entrance. Slowly)

Boi be-shalom ateret ba'alah, gam be-simchah u-ve-tzahalah
toch emunei am segulah, (*bow left*) boi kalah, (*bow right*) boi, kalah - **CHORUS**

from **PSALM 92- A Psalm for the Sabbath Day**

**CHORUS: Mizmor shir leyom hashabbat. Tov lehodot L'Adonai,
Ul'zamer leshimcha elyon (2x)**

Verse: Lehagid baboker chasdecha ve-emunatcha, baleylot.
Alel asor va-alei-navel; alei heegayon bekinor.

Verse: Ki simachtani adonai befoalecha; bema'asei yadecha aranen.
Ma-gadlu ma'asecha Adonai, meod, amku machshevotcha.

It is good to give thanks, to sing praises to the Divine.

To declare our steadfast love in the morning, and our faithfulness by night,

With the music of the lute and the harp, and with tunes on the lyre.

For I am made glad by the work of Creation, at the Creator's handiwork I sing for joy.

How great are Your works! How profound your design! ...

BARCHU

Leader: **Barchu et Adonai ha-m'vorach**

All: (bowing)

Baruch Adonai ha-m'vorach l'olam va'ed.

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ.
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

MA'ARIV ARAVIM – Out of Darkness Ellie Flier

The days grow long, the seasons change Nothing ever stays the same
The sun'll shine but not for long, time marches on
Then the sun'll set and the moon'll rise, the stars at rest up in the sky
Charting a course across the heavens above

Boreh yom valayla, golel or mipnei choshech v'choshech mipnei or x2

We stand at the edge of the fading light. What lies ahead is out of sight
Give us the strength to cross into the unknown
Guide us through our dark despair. What life hands us we must bear
But when we feel you in the dark, we know we're not alone

Boreh yom valayla, golel or mipnei choshech v'choshech mipnei or x2

Out of darkness there'll be light (3x) to shine on us again.

Baruch Atah Adonai, ha-ma'ariv aravim

Blessed are You, who brings each evening's dusk.

AHAVAT OLAM – Unending Love

We thank you for the gift of love, for the human capacity to love and to feel loved, and for Your unending expansive love for each of us and for this people. You show your love through giving us the power to choose right from wrong, giving us Torah and laws for a good life. They are our life and the length of our days. We bless you for loving this people Israel.

**Ahavat olam beit Yisrael amcha
ahav'ta, Torah umitzvot, chukim
umishpatim, otanu limad'ta.**

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עֲמָךְ אֶהְבֵּתְךָ, תּוֹרָה וּמִצְוֹת,
חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתְּךָ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂכְכֵנוּ
וּבְקוֹמָנוּ נִשְׁיַח בְּחַקִּיךָ, וְנִשְׁמַח בְּדַבְרֵי תוֹרַתְךָ וּבְמִצְוֹתֶיךָ
לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם נִהְגֶה יוֹמָם
וְלַיְלָה, וְאֶהְבֵּתְךָ אֵל תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים. בְּרוּךְ אַתָּה יְיָ,
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

**Al kein, Adonai Eloheinu,
b'shochbeinu uv'kumeinu nasiach
b'chukecha, v'nismach b'divrei
Toratecha uv'mitzvotcha l'olam
va'ed.**

**Ki hem chayeinu v'orech ameinu, v'orech yameinu uvahem neh'geh yomam valailah
Baruch atah, Adonai, ohev amo Yisrael.**

SHEMA and V'AHAVTA

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

SHEMA YISRAEL ADONAI ELOHEINU ADONAI ECHAD

Hear, O Israel. Adonai, Our God, Adonai is One.

Quietly: Baruch shem kavod, malchuto, l'olam va'ed.

You shall love Adonai your God with all your heart,
 with all your soul, and with all your might.
 Take to heart these instructions with which I charge you this day.
 Impress them upon your children.
 Recite them when you stay at home and when you are away,
 when you lie down and when you get up.
 Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe
 them on the doorposts of your house and on your gates.
 Thus you shall remember to observe all My commandments
 and to be holy to your God.
 I am Adonai, your God, who brought you out of the land of Egypt to be your God:
 I am Adonai your God.

MI CHAMOCHA

Who is like You among the holy, Adonai. Who is like you, wondrous, beyond praise, creating miracles. Safe from Pharaoh's army, they cried – "Zeh Eli" - "This is my God" and sang: "The Divine will reign forever."

מִי כַמֹּכָה בְּאֱלִים יְיָ, מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִילָת, עֲשֵׂה פֶלֶא :
Mi chamocha ba'elim Adonai, Mi kamocho nedar bakodesh, nora t'hilot, oseh fele.

**Malchut'cha ra'u vanecha boke'a yam lifnei Moshe
 Zeh Eli anu v'amru, "Adonai yimloch l'olam va'ed."**

HASHKIVENU (*rabbi*)

V'SHOMRU

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.

V'shamru v'nei Yisrael et HaShabbat, laasot et HaShabbat l'dorotam b'rit olam.

- Beini u'vein b'nei Yisrael ot hi l'olam, וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם
- Ki sheishet yamim asah Adonai et hashamayim v'et haaretz, בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.
- u'vayom hashvi-i shavat vayinafash.

SILENT AMIDA Personal prayers

SHALOM RAV

Place profound peace upon Israel for all time, for you are the Ruler of Peace, and it is good in Your eyes to bless us - at every moment, every hour - with Your peace

CHORUS: Shalom rav al Yisrael amcha שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא
tasim l'olam, repeat מְלֶךְ אֲדוֹן לְכֹל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ

Ki atah hu Melech Adon l'chol hashalom. בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

V'tov b'einecha l'vareich et amcha Yisrael b'chol eit uv'chol shaah bish'lomecha.

Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

MI SHEBEIRACH

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 hab'rachah 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

ACHEINU KOL BEIT YISRAEL

**Acheinu kol beit Yisrael, han'tunim b'tzara u-vashiv'yah,
ha'omdim bein bayam uvein bayabasha.**

**Hamakom y'rachem y'rachem aleihem v'yotzi'em mitzara lir-vacha
u-mei'afeila l'orah u-mishi'abud lig'ulah, hashta ba'agala uvizman kariv.**

Our siblings, the whole house of Israel, who are given over to trouble or captivity, whether they abide on the sea or on the dry land: May the All-Present have mercy on them, and bring them from trouble to plenty, darkness to light, and subjection to redemption, quickly and soon. Amen.

AVINU AVINU

REFRAIN: Avinu avinu she-bashamayim tsur yisrael v'go'alo.

Our Parent above, Rock of Israel and her Protector, bless the State of Israel, the first flowering of our redemption. In your great care, shield her, spread over her your shelter of peace, and grant light and truth to her leaders, ministers, and advisors, and grace them with your good counsel.

ALEINU - It is our duty...

**Aleinu l'shabe'ach la'adon hakol, latet
g'dula l'yotser breishit, she lo asanu
k'goyei ha-aratzot, v'lo samanu
k'mishpachot ha-adama, shelo sam
cheklkeinu ka-hem, v'goraleinu k'chol a
monam:**

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,
שֶׁלֹא שָׂם חֻלְקֵנוּ כְּהֵם, וְגִרְלָנוּ כְּכֹל הַמּוֹנִם, וְאֲנַחְנוּ
כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מְלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בָּרוּךְ הוּא.

Bowing: Va-anachnu kor'im u'mishtachavim u'modim-

Standing: Lifnei melech, malchei ha-m'lachim ha-Kadosh, baruch hu.

It is our obligation to praise Creation and Creator, who has given each of us unique skills and responsibilities, talents and destinies: And we bend the knee, bow and thank before the Divine Ruler

**Shehu noteh shamayim v'yoseid
aretz, umoshav y'karo bashamayim
mimaal ush'chinat uzo b'govhei
m'romim. Hu Eloheinu ein od,
emet Malkeinu efes zulato.**

**Kakatuv b'Torato, V'yadata hayom
v'hashevota el l'vavecha,**

ki Adonai hu HaElohim bashamayim mimaal, v'al haaretz mitachat, ein od.

You spread out the heavens and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

V'ne'emar, v'haya Adonai
l'melech al kol ha'aretz

וְנֹאמֶר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי
אֶחָד, וְשִׁמוֹ אֶחָד.

Bayom

hahu, bayom hahu, yih'yeh Adonai echad, u'shmo, u'shmo, u'shmo echad. *On that day, God shall be one, and God's name One.*

MOURNER'S KADDISH -

Yitgadal v'yitkadash sh'may raba b'alma div'ra cherutei, ve'yamlich malchutei b'chaiyeichon uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala u'vizman kariv, ve'imru **amen**.

Y'hei sh'mei raba me'vorach le-alam ul-almei alma-ya.

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnasei, v'yithadar v'yitaleh v'yithalal sh'mei d'kud'shah, **b'rich hoo**. layla meen kol birchata v'shirata, tushb'chata v'neh-ch'mata, da'amiran b'alma, ve'imru **amen**.

Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol Yisrael, ve'imru **amen**.

Oseh shalom bimromav Hu ya'aseh shalom, aleinu, v'al kol Yisrael, (v'al kol yoshvei tevel) v'imru amen.

HATIKVAH

**Kol od balevav p'nimah -nefesh yehudi omiyah,
ulfa'atei mizrach kadimah ayin l'tzion tzofiyah.
Od lo avdah tikvateinu hatikvah bat shnot alpayim:
l'hiyot am chofshi b'artzeinu - eretz tzion virushalayim.**

*As long as the Jewish spirit is
yearning deep in the heart,
With eyes turned toward the East,
looking toward Zion,
Then our hope - the two-thousand-
year-old hope - will not be lost:
To be a free people in our own land,
the land of Zion and Jerusalem*