Baruch atah, Adonai Eloheinu, Melech haolam, asher kidshanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֵׁל שַׁבָּת.

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



い Tiddush



Shamor v'zachor b'dibur echad, hishmianu El ham'yuchad, Adonai echad ush'mo echad, l'shem ul'tiferet v'lit'hilah. שְׁמוֹר וְזָכוֹר בְּדִבּוּר אֶחְד, הִשְׁמִיעְנוּ אֵל הַמְיֻחְד, יְיָ אֶחָד וּשְׁמוֹ אֶחְד, לְשֵׁם וּלְתִפְאֶרֶת וְלִתְהִלָּה.

לְכָה דוֹדִי לִקְרַאת כַּלָּה, פְּנֵי שַׁבָּת נְקַבְּלָה.

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



שָׁלוֹם עֲלֵיכֶם מַלְאֲבֵי הַשָּׁרֵת מַלְאַבֵי עֶּלְיוֹן

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲבֵי הַשָּׁלוֹם מַלְאֲבֵי עֶלְיוֹן מִּמֶּלֶךְ מַלְבֵי הַמְּלָכִים הַכָּדוֹשׁ בָּרוּךְ הוּא

Shalom aleichem malachei ha-sharet malachei Elyon, mi-melech malachei ha-melachim ha-kadosh Baruch Hu.

Bo'achem le-shalom malachei ha-shalom malachei Elyon, mi-melech malachei ha-melachim ha-kadosh Baruch Hu.

Peace be with you, ministering angels, messengers of the Most High, Messengers of the King of Kings, the Holy One, Blessed be He.

Come in peace, messengers of peace, messengers of the Most High, Messengers of the King of Kings, the Holy One, Blessed be He.



פָּרְכוּנִי לְשָׁלוֹם מַלְאֲבֵי הַשָּׁלוֹם מַלְאָבֵי עֶּלְיוֹן מִפֶּלֶךְ מַלְבִי הַמְּלָכִים הַכָּדוֹשׁ בָּרוּךְ הוּא

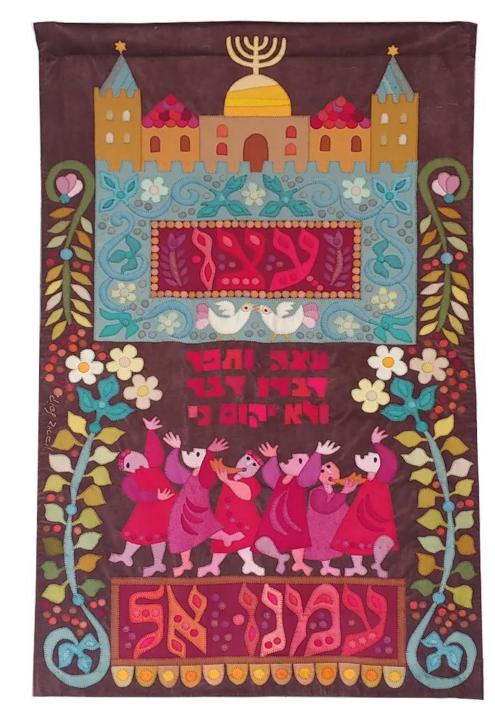
לַבְּ}צֵאתְכֶם לְשָׁלוֹם מַלְאֲבֵי הַשָּׁלוֹם מַלְאָבֵי עֶלְיוֹן מִפֶּלֶךְ מַלְבֵי הַמְּלָכִים הַכָּדוֹשׁ בָּרוּךְ הוּא

Barchuni le-shalom malachei ha-shalom malachei Elyon, mi-melech malachei ha-melachim ha-kadosh Baruch Hu.

{Be}Tzeitechem le-shalom malachei ha-shalom malachei Elyon, mi-melech malachei ha-melachim ha-kadosh Baruch Hu.

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

Go in peace, messengers of peace, messengers of the Most High, Messengers of the King of Kings, the Holy One, Blessed be He.



SABBATH BRIDE Words and music by Shelly Orbach

On the sixth day after creation came, an angel looked west and he spied, A lonely figure upon a hill, calling "Come, I will be your bride."

She beckoned to him, she beckoned to him, calling "Come I will be your bride.

The seventh day is the Sabbath, and for now you must rest by my side,"

He started to tell her of those six days, the work and the pain and he cried, resting his weary head on her knee,, the weight of the world in his eyes

She said, "Blessings on him" She said, "Blessings on him"
She said, "on this day you are mine. Until heaven comes down to earth,
You must rest with the Sabbath Bride,"

On the eighth day after creation came, the angel awoke and he sighed, For nowhere could he find her, gone was the Sabbath Bride.

Many years later I find myself on the evening train home Friday night, wondering if this week's creations are worthy of the Sabbath Bride.

Please beckon to me, bless all that you see even though the world's not yet right. Please remind us of heaven on the wings of the Sabbath Bride.

שְׁמַע וּבִרְכוֹתֶיהָ

Sh'ma Uvirchoteha · Sh'ma and Its Blessings

Bar'chu et Adonai hamvorach.

Baruch Adonai hamvorach

l'olam va·ed.

בָּרְכוּ אֶת יְיָ הַמְבֹּרָךְ. בָּרוּךְ יְיָ הַמְבֹּרָךְ לְעוֹלָם וָעֶד.

Bless the Eternal, the Blessed One. Blessed is the Eternal, the Blessed One, now and forever.



שמע ישראל יהוה אלהינו יהוה אחד ברוך שם כבוד מלכותו לעולם ועד.

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad!

Listen, Israel: Adonai is our God, Adonai is One!

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

Blessed is God's glorious majesty forever and ever.



V'ahavta et Adonai Elohecha —
b'chol-l'vav'cha,
uvchol-nafsh'cha,
uvchol-m'odecha.
V'hayu had'varim ha·eileh
asher anochi
m'tzav'cha hayom
al l'vavecha.

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךּ בְּכְל־לְבָבְךְ וּבְכָל־מָאֹדֶךּ: וּבְכָל־מְאֹדֶךּ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָבֹכִי מְצַוְּךְ הַיּוֹם עַל־לְבָבֶךְ:

You shall love Adonai your God with all your mind, with all your soul, and with all your strength. Set these words, which I command you this day, upon your heart.



V'shinantam l'vanecha
v'dibarta bam
b'shivt'cha b'veitecha,
uvlecht'cha vaderech,
uvshochb'cha, uvkumecha.
Ukshartam l'ot al-yadecha;
v'hayu l'totafot bein einecha;
uchtavtam al-m'zuzot beitecha
uvisharecha.

וְשָׁנַּנְתַם לְבַנֵיך וֹבַבַּרֹתׁ כַּם בְּשָׁבְתְּךָ בְּבֵיתֶךָ וּבְלֵכָתִּךְ בַדֵּרֵךְ וּבְשָּׁכְבְּךּ וּבְקוּמֶדְ: וּקְשַּׁרְתָּם לְאוֹת עַל־יָדֶךְ ּוְהָיוּ לְטֹטָפֹת בֵּין עֵיבֵיף: וּכִתַבְתָּם עַל־מְזָזוֹת בֵּיתֶךְ וּבִשְּעֶרֶיך:

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.



L'maan tizk'ru vaasitem

et-kol-mitzvotai,

viyitem k'doshim l'Eloheichem.

Ani Adonai Eloheichem —

asher hotzeiti et·chem

mei·eretz Mitzrayim

liyot lachem l'Elohim:

ani Adonai Eloheichem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כְּל־מִצְוֹתָי וִהְיִיתֶם קְדֹשִׁים לֵאלְהֵיכֶם אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אַנִי יִי אֱלֹהֵיכֵם:

Be mindful of all My mitzvot, and do them; thus you will become holy to your God. I, Adonai, am your God, who brought you out of Egypt to be your God — I, Adonai your God.

Adonai Eloheichem emet.

ּוְיָ אֱלֹהֵיכֶם אֱמֶת.

Adonai your God is true.



לישלום הייני סבת שלומה והייני שלום והייני ש

V'sham'ru v'nei Yisrael et ha'Shabbat, la'asot et-ha'Shabbat l'dorotam b'rit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai ethashamayim v'et-ha'aretz, uvayom hashvi'l shavat vayinafash. וְשַׁמְרוּ בְנִי־יִשְׁרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׁוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם. כִּי־שֵׁשֶׁת יָמִים עֲשָׂה יְיָ אֶת־הַשָּׁמֵים וְאֶת־הָאָרֶץ. וּבַיּוֹם הַשָּׁבִיעִי שֲבַת וַיִּנַּפַשׁ.

The children of Israel shall keep the Shabbat, observing Shabbat as an eternal covenant for all generations. It is a sign forever between Me and the people of Israel, for Adonai made the heavens and earth in six days; but on the seventh day, God rested and was refreshed (Exodus 31:16-17).



"Mi-chamochah ba·eilim, Adonai? Mi kamocha — nedar bakodesh, nora t'hilot, oseih-fele?" מִי־כָמְכָה בָּאֵלִם, יְיָ, מִי כָּמְכָה נֶאְדָּר בַּקְּדֶש, נוֹרָא תְהִלֹּת, עְשֵׁה פֶּלֶא.

"Of all that is worshiped, is there another like You? Maker of wonders, who is like You — in holiness sublime, evoking awe and praise?"





אַדֹנִי, שִּׂפְתֵי תִּפְתָּח, וּפִי יַגִּיד תְּהַלֶּתֶךְ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

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





בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֲלֹהֵי אַבְּרָהָם, אֱלֹהֵי יִצְקִק, וֵאלֹהֵי יַצְקֹב, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְקִב, אֶלֹהֵי שָׂרָה, אֱלֹהֵי רְבְקָה, אֱלֹהֵי רָחֲל וֵאלֹהֵי לֵאָה.

Baruch Atah, Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah.

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. הָאֵל הַגְּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסְדִים טוֹבִים, וְקוֹנֵה הַכּּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמְּהוֹת, וּמֵבִיא גְּאָלָּה לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem l'maan sh'mo b'ahavah.

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.





מֶלֶדְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בְּרוּדְ אַתָּה, יְיָ, מָגַן אַבְרָהָם וְעֶזְרַת שָׂרָה.

Melech ozeir u'moshia u'magen. Baruch Atah, Adonai, magein Avraham v'ezrat Sarah.

Sovereign, Deliverer, Helper and Shield. Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.



Atah gibor l'olam, Adonai — m'chayeih hakol/meitim atah, ravl'hoshia.

Morid hatal.

M'chalkeil chayim b'chesed, m'chayeih hakol/meitim b'rachamim rabim אַתָּה גִּבּוֹר לְעוֹלֶם, אֲדֹנָי – מְחַיֵּה הַכּּלוֹמֵתִים אַתָּה, רַב לְהוֹשְׁיעַ. מוֹרִיד הַטָּל. מְחַיֵּה הַכּּלוֹמֵתִים מְחַיֵּה הַכּּלוֹמֵתִים בְּרַחֲמִים רַבִּים –

Your life-giving power is forever, Adonai — with us in life and in death. You liberate and save, cause dew to descend; and with mercy abundant, lovingly nurture all life. From life to death, You are the force that flows without end —



סוֹמֶדְ נוֹפְלִים, someich noflim, וְרוֹפֵא חוֹלִים v'rofei cholim וּמַתִּיר אֲסוּרִים, umatir asurim; וּמְקַיֵּם אֱמוּנָתוֹ umkayeim emunato לִישֶבֵי עַפַר. lisheinei afar. מִי כָמְוֹךָ, בַּעַל גְּבוּרוֹת, Mi chamocha, baal g'vurot; וּמִי דְּוֹמֶה לַּדְּ, umi domeh-lach? — מֶלֶךְ מֵמִית וּמְחַיֶּה melech meimitum chayeh וּמַצְמֶיחַ יְשׁוּעָה. umatzmiach y'shuah.

You support the falling, heal the sick, free the imprisoned and confined; You are faithful, even to those who rest in the dust. Power-beyond-Power, from whom salvation springs, Sovereign over life and death — who is like You?



V'ne∙eman atah l'hachayot hakol/meitim. וְנֶאֱמֶן אַתָּה לְהַחֲיוֹת הַכֹּלו מֵתִים.

Baruch atah, Adonai, m'chayeih hakol/hameitim.

בָּרוּךְ אַתָּה, יְיָ, מְחַיֵּה הַכֹּל/הַמֶּתִים.

Merciful God, who compares with You? With tender compassion You remember all creatures for life. Faithful and true, worthy of our trust — You sustain our immortal yearnings; in You we place our undying hopes.



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

אַתָּה קְדוֹשׁ וְשִׁמְךְ קְדוֹשׁ וּקְדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךְ, סֶלָה. בָּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.

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







שָׁלוֹם רָב עַל יִשְׂרָאֵל עַמְּדְ תָּשִׂים לְעוֹלֶם, כִּי אַתָּה הוּא מֶלֶדְ אָדוֹן לְכָל הַשָּׁלוֹם.

Shalom rav al Yisrael amcha tasim l'olam, ki atah hu Melech Adon l'chol hashalom.

Grant abundant peace to Israel Your people forever, for You are the Sovereign God of all peace.

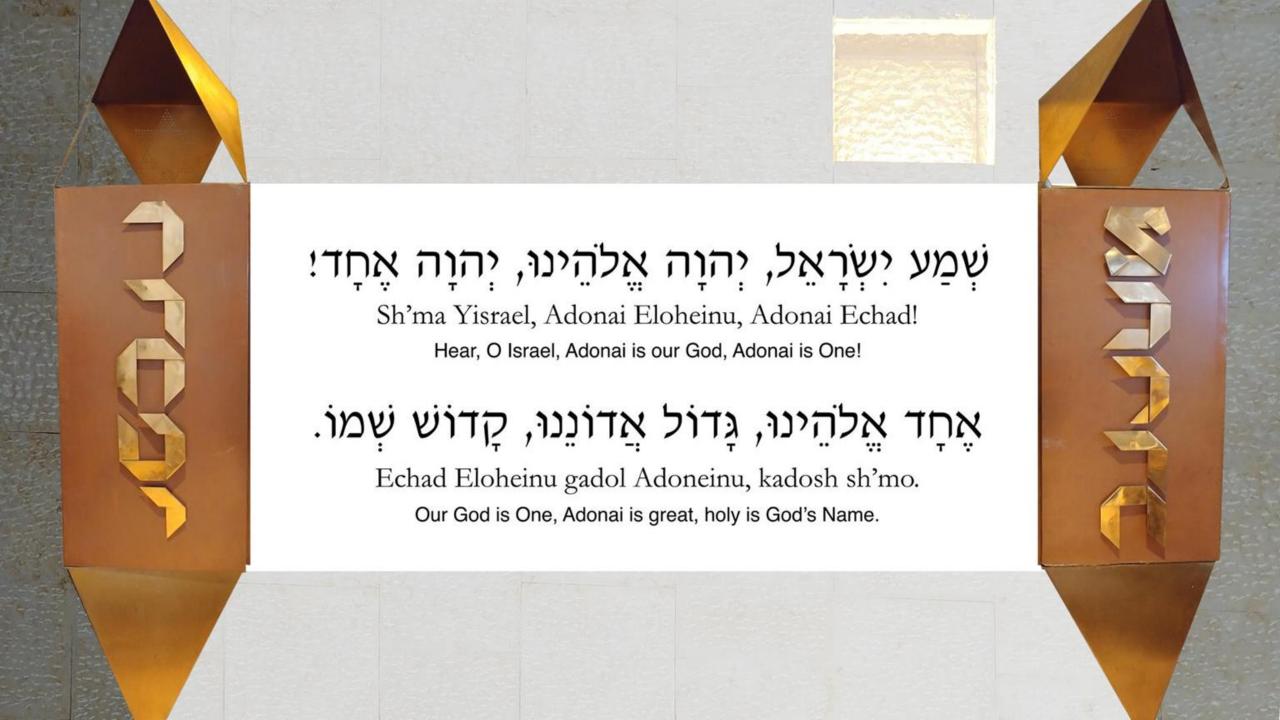
Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.

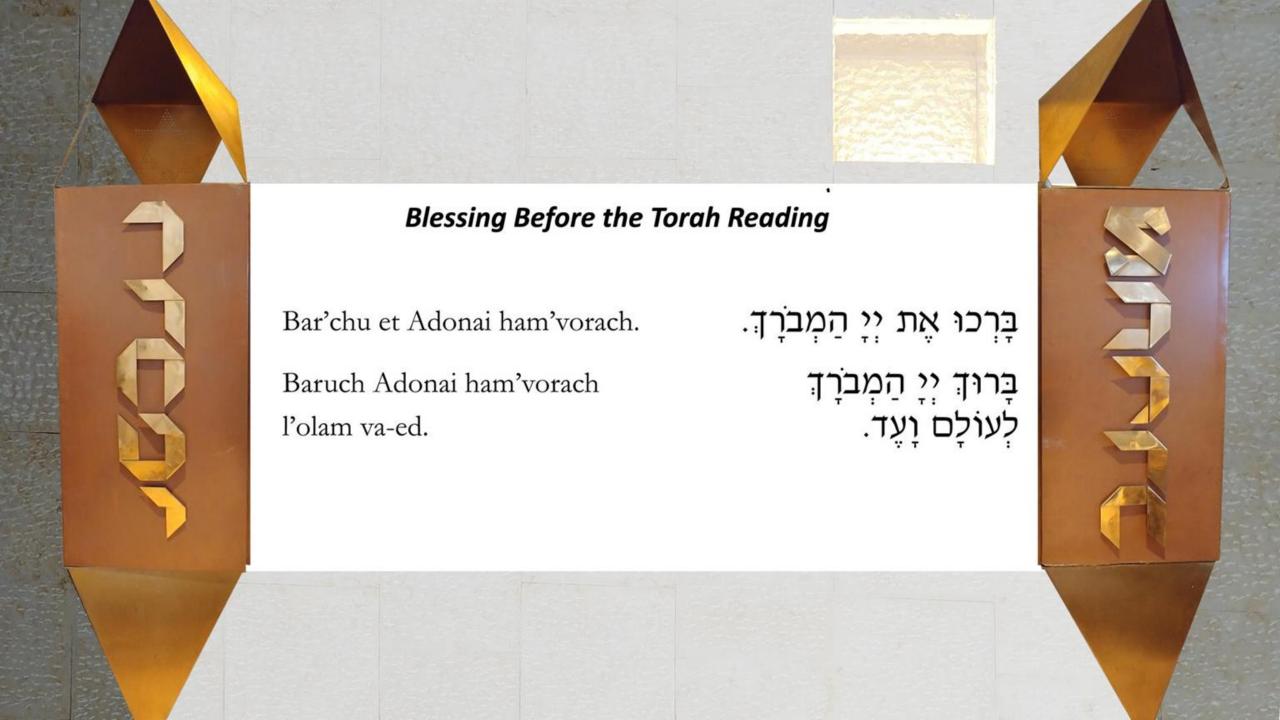
May the words of my mouth and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer. יִהְיוּ לְרָצוֹן אִמְרֵי פִּי וְהֶגְיוֹן לִבִּי לְפָנֶידְ, יִי צוּרִי וְגוֹאֲלִי.

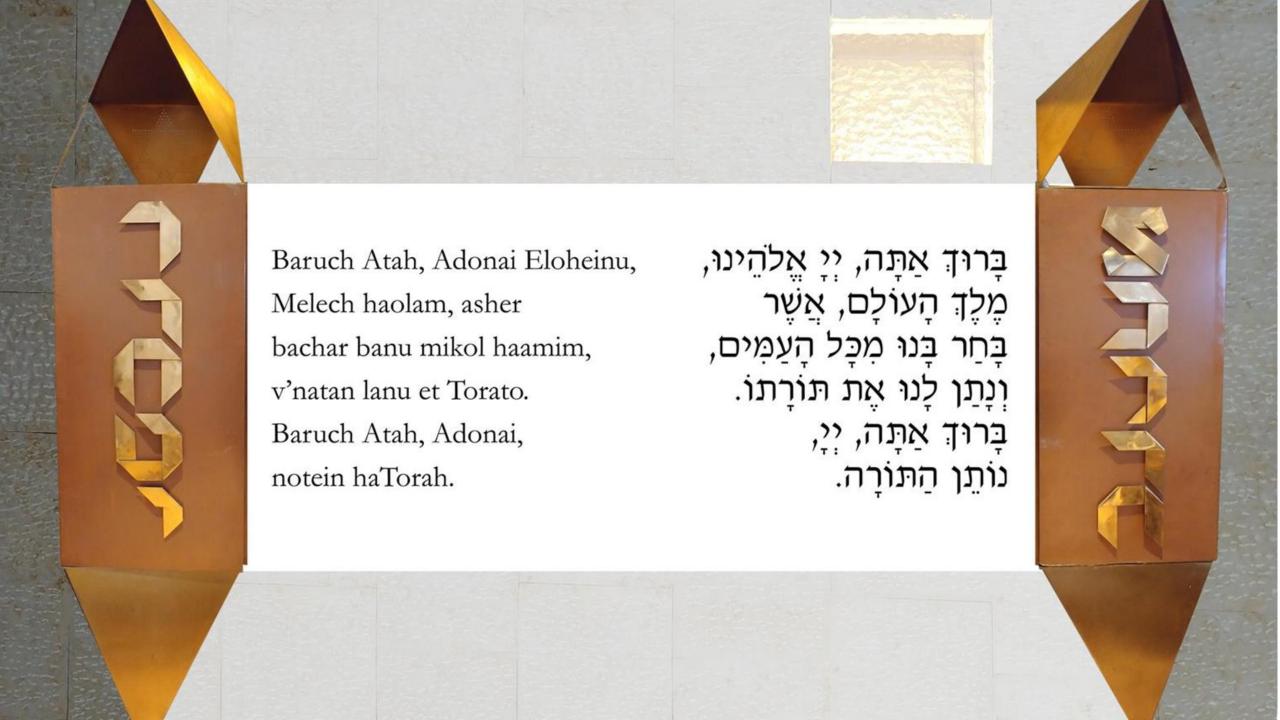














Blessing After The Torah Reading

Baruch Atah, Adonai Eloheinu, Melech haolam, asher natan lanu Torat emet, v'chayei olam nata b'tocheinu.

Baruch Atah, Adonai, notein haTorah.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הְעוֹלֶם, אֲשֶׁר נְתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלֶם נְטַע בְּתוֹכֵנוּ. בִּרוּד אִתָּה יִי

בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.



מִי שֶׁבֵּרֶדְ אֲבוֹתֵינוּ מְקוֹר הַבְּרֶכָה לְאִמּוֹתֵנוּ.

Mi shebeirach avoteinu M'kor habrachah 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.

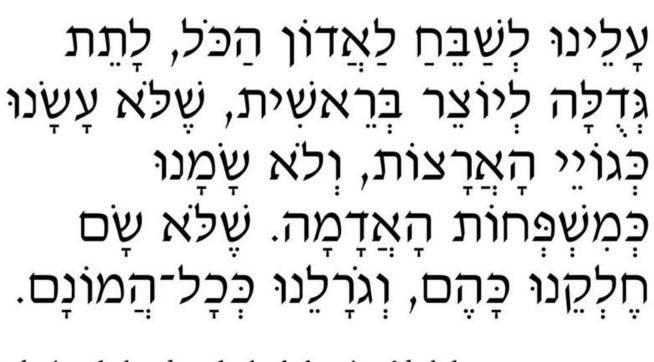


מִי שֶׁבֵּרַדְ אִמּוֹתֵנוּ מְקוֹר הַבְּרָכָה לַאֲבוֹתֵינוּ.

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.





Aleinu l'shabei-ach laadon hakol, lateit g'dulah l'yotzeir b'reishit, shelo asanu k'goyei haaratzot, v'lo samanu k'mishp'chot haadamah. Shelo sam chelkeinu kahem, v'goraleinu k'chol hamonam.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator, Who has set us apart from the other families of the earth, giving us a destiny unique among the nations.



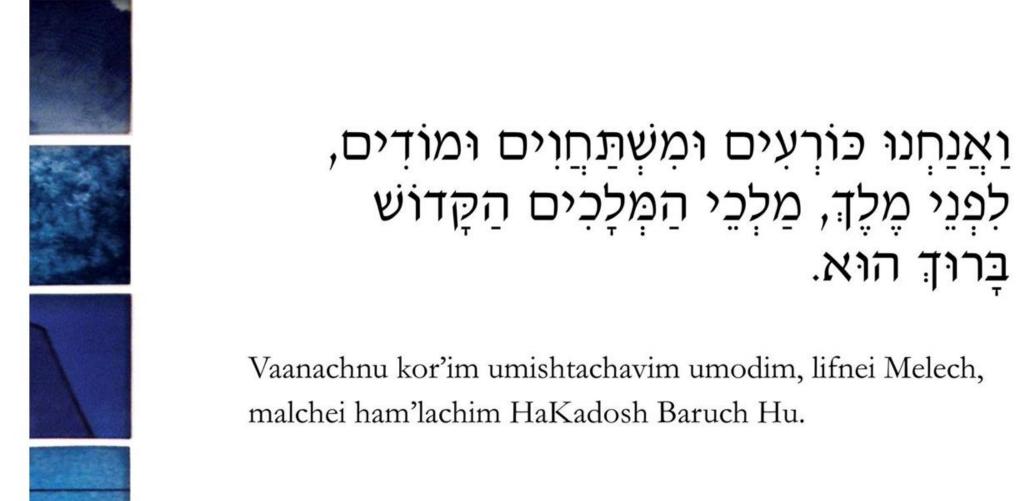












Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.











ּוְנֶאֱמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ. בּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

V'ne-emar, v'hayah Adonai l'Melech al kol haaretz. Bayom hahu yih'yeh Adonai echad ush'mo echad.

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.



Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, baagala uviz'man kariv.

V'imru: Amen.

בחייכון וביומיכון ובחיי דכל בית ישראל ָא וּבִזְמַן קָרִיב. ואמרו: אמן.

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently, to which we say Amen.

Y'hei sh'mei raba m'yarach l'alam ul'almei almaya. Yitbarach v'yishtabach, v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei d'Kud'sha b'rich Hu,



יהא שמה רבא מברך

Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One,

L'eila min kol birchata v'shirata, tushb'chata v'nechemata, daamiran b'alma. V'imru: Amen. Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael.

V'imru: Amen.

לִעֵלָּא מִן כַּל בִּרְכַתָא תא, תשבחתא למא. ואמרו: אמי ואמרו: אַמֶן.

Beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel. To which we say Amen.

Oseh shalom bimromav, hu yaaseh shalom aleinu, v'al kol Yisrael, v'imru: Amen. עֹשֶׂה שָׁלוֹם בִּמְרוֹמְיוּ הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ: אָמֵן. וְאִמְרוּ: אָמֵן.



May the One who creates harmony on high, bring peace to us and to all Israel. To which we say: Amen.