Tefillat Shabbat
Prayers for Shabbat

HINEI MAH TOV

 når ha me Tov
orraine ma Tov va ma'im
Shabat zahim yig tohid.

Hi-nei mah tov u-mah na-im
She-vet a-khim gam ya-chad.

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

LEKHA DODI

lakh derdi lekorat kula.
pe'iy shabat bikulha.

Le-kha do-di lik-rat ka-lab, p'ney sha-bat n'kab-lab.

Shomer zikor be-kor ahad, ufshiyon al mishpeth.
yi Ahad yeshmo ahad. lishem ulehp'aret lakulah.

lekrahat shabat l'ein-kula. ee hidah mekhor yibrech.
m'razh mekhor yis'oreh. sikh me'ahsheh b'makshibot tiklal.

Lik-rat sha-bat l'khu v'nel-kha. Kee hee m'kor ha-bra-kha.
Mey-rosh mee-ke-dem n'su-kha. Sof ma-a-seh b'makh-sha-vah t'hee-lah.
Beloved, come to meet the bride; beloved, come to greet Shabbat. "Keep" and "Remember" in a single word, the Unique God caused us to hear. The Eternal is One, God's name is One, for fame and glory and praise. Come with me to greet Shabbat, for she is a fountain of blessing! She flows from the first to the last - last to be created, the first in intention. Arouse yourself! Rise and shine, for your light has come! Awake, awake, break out in song! God's glory has dawned upon you! Enter in peace, O crown of your husband, in joy and gladness enter the midst of your treasured people! Come, O bride! Come, O bride!

SHABBAT CANDLES

As these Shabbat candles give light and warmth to all who behold them, so may we, by the lives that we live, give light and warmth to all who behold us. As their brightness reminds us of the generations of Israel who have kindled light, so may we, in our own day, be among those who kindle light.

We praise You, Eternal God, Sovereign of the universe: You hallow us with Your mitzvot, and command us to kindle the lights of Shabbat.
The Shema and Its Blessings

BAREKHU

Bar-khu et Adonai hahm-vo-rakh.

Ba-rukh Adonai hahm-vo-rakh l'o-lahm va-ed.

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

PRE-SHEMA (JUDI NERI, MISHKAN T’FILAH)

“Love your neighbor as yourself,” You said. And light-blinded, we saw that inner and outer worlds are one. As You are One. You spoke and we wrote. We reached for You down the centuries, Your light moving before us as we climbed, fell back, and climbed again Your Sinai-of-life.

Ba-rukh a-ta Adonai, o-hev a-mo Yisrael.
Blessed are You, O God, who loves humankind.

SHEMA

Sh’ma Yisrael, Adonai E-lo-hey-nu, Adonai E-khad.
Ba-rukh shem k’vod mal-khu-to l’o-lahm va-ed.

Hear, O Israel, Adonai is our God, Adonai is One! Blessed is God’s glorious name forever and ever!
V’AHAVTA


V’AHAVTA

We see the flaws in our own souls and struggle to efface them. Redemption will come when we desist from it.” Redemption will come when love comes to rule the earth and we reveal our faces to one another. Redemption will come when we return out of our exile from each other, and Isaac and Ishmael, Jacob and Esau, can embrace upon the peaceful shores of love. Redemption will come when we see the flaws in our own souls and struggle to efface them. Redemption will come when we renounce excessive self-concern and allow our hearts to be moved by the misery of others. We shall not stand by idly while our neighbor bleeds.

MEE KHAMOKHA

“Lo alekha hahmlakha ligmor -- it is not our duty to complete the work, but neither are we free to desist from it.” Redemption will come when love comes to rule the earth and we reveal our faces to one another. Redemption will come when we return out of our exile from each other, and Isaac and Ishmael, Jacob and Esau, can embrace upon the peaceful shores of love. Redemption will come when we see the flaws in our own souls and struggle to efface them. Redemption will come when we renounce excessive self-concern and allow our hearts to be moved by the misery of others. We shall not stand by idly while our neighbor bleeds.

Praised are You, Adonai, who will fulfill the time of redemption for Israel and for all the world.

Ba-rukh a-ta Adonai, ga-al Yisrael.
CHORUS: And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we’ve exalted
Miriam and the women danced and danced the whole night long

And Miriam was a weaver of unique variety;
The tapestry she wove was one which sang our history.
With every strand and every thread she crafted her delight
A woman touched with spirit she dances toward the light.

When Miriam stood upon the shores and gazed across the sea,
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand?
And we would pass to freedom and march to the Promised Land?

And Miriam the prophet took her timbrel in her hand,
And all the women followed her just as she had planned.
And Miriam raised her voice in song, she sang with praise and might:
We’ve just lived through a miracle; we’re going to dance tonight!

**HASHKIVENU (DAN NICHOLS)**

*Hash-kee-vey-nu, Adonai ... Eb-lohey-nu, l’sha-lom,*
*V’ha-amey-dey-nu, shom-ray-nu ... l’kha-yeem.*

Spread the shelter of Your peace over us.
Guide us in wisdom, compassion and trust.

Save us for the sake of Your name.
Shield us from hatred, sorrow and shame.

*Help us, O God, to lie down in peace, and awaken us each morning to renewed life and strength.*
You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.

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

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children’s children for the sake of Your name. You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.
A-tah gee-bor l’o-lam, Adonai, m’kha-yey ha-kol a-tah, rav l’ho-shee-ab.


Eternal is Your might, O God, and great is Your saving power. [Simhat Torah to Pesakh — You cause the wind to shift and rain to fall. Pesakh to Simhat Torah — You rain dew upon us.] In love You sustain the living; in Your great mercy, You sustain us all. You uphold the falling and heal the sick; free the captive and keep faith with Your children in death as in life. We praise You, Eternal One, the Source of life.


You are holy, Your name is holy, and Your holy ones declare Your glory day by day. Blessed is Adonai, the Holy God.

PHILIP HALLIE, “LEST INNOCENT BLOOD BE SHED”

On Pastor Andre Trocme and Le Chambon, the town where Jews were saved during the Holocaust: "I, who share Trocme’s and the Chambonnais’ beliefs in the preciousness of human life, may never have the moral strength to be much like the Chambonnais or like Trocme. But I know that I want to have the power to be. I know that I want to have a door in the depths of my being, a door that is not locked against the faces of all other human beings. I know that I want to be able to say, from those depths, 'Naturally, come in, and come in.'"
**Yih’yu L’ratzon**


May the words of my mouth and the meditations of my heart, be acceptable in Your sight, Adonai, my Rock and my Redeemer.

**Rabbi Chaim Stern, Mishkan T’filah**

Holy One, give me a quiet heart, and help me to hear the still, small voice that speaks within me. It calls me to come close to You, and to grow in Your likeness. It teaches me to do my work faithfully, even when no one's eye is upon me. It counsels me to judge others kindly, and to love them freely. For it persuades me to see divinity in everyone I meet. Help me, O God, to come to the end of each day feeling that I used its gifts wisely and faced its trials bravely.

**תפלה חלב**

**Prayer of the Heart**

**Sim Shalom (Julie Silver)**

Sim sha-lom to-va oov-ra-kha
Sim sha-lom to-va oov-ra-kha

Khayn va-khe-sed, khayn va-khe-sed v’ra-kha-meeem,
Khayn va-khe-sed, khayn va-khe-sed v’ra-kha-meeem, v’ra-kha-meeem

A-ley-nu v’al kol Yisrael
A-ley-nu v’al kol Yisrael ah-me-kha

GRANT PEACE, goodness and blessing, grace, kindness, and mercy, to us and to all Your people Israel.
MEE SHEBERAKH – PRAYER FOR WHOLENESS

Mee she-bey-rakh ah-vo-ney-nu, m’kor ha-b’ra-kha l’ee-mo-ney-nu.
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.

Mee she-bey-rakh ee-mo-ney-nu, m’kor ha-b’ra-kha la-a-vo-ney-nu,
Bless those in need of healing with (r’fu-ah sh’ley-mah),
The renewal of body, the renewal of spirit. And let us say: Amen.

ALENU (DAN NICHOLS AND CANTOR ELLEN DRESKIN)

It’s up to us to call ourselves to task, to sing what’s good and true,
To bring about redemption, it’s what we were freed to do.
For what’s the point of being here if we’re not moved to change our ways?
Aleinu l’shabeiakh ... it’s time to live our praise.

We are carrying the stories of the ones who came before.
What stories will be told of us when we are here no more?
We commit ourselves to action; it brings meaning to our days.
Aleinu l’shabeiakh ... it’s time to live our praise.

It’s up to us to own the vision, we are an answer to a call.
It’s up to us to live the words we speak for the benefit of all.
It’s up to us to bow down deeply — there’s a broken world to raise.
Aleinu l’shabeiakh ... it’s time to live our praise.

Va-a-nakh-nu kor-eem u-mish-ta-kha-veem u-mo-deem lif-ney me-lekh mal-khey bahn-la-kheem, ha-ka-dosh ba-rukh hu.
V'ne-e-mar: “V'ha-ya Adonai l’me-lekh al kol ha-a-retz; ba-yom ha-hu yi-b’yeh Adonai e-khad u-sh’mo E-khad.”

And it has been said: “God shall reign over all the earth. On that day, O God, You shall be One and Your name shall be One.”


Let the glory of God be exulted, and God’s great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen. Let God’s great name be blessed forever and ever. Beyond all the
praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say:

Amen. For us and for 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, cause peace to reign among us, all Israel, and all the world, and let us say: Amen.

ANNOUNCEMENTS

KIDDUSH FOR SHABBAT EVENING

Ba-rukh a-ta, Adonai, e-lo-hey-yi me-lekh ha-o-la-hm, bo-rey p’ree ha-ga-fen.


Kee va-nu va-khar-ta v'o-tah-nu k'eel ha-mim, v'Sha-bat kod-sh'kha b'a-ha-vah oov-ra-tzon hin-khal-ta-nu.

Ba-rukh a-ta, Adonai, m'ka-deeysh ha-Sha-bat.

We praise You, God, Ruler of the universe, Creator of the fruit of the vine. We praise You, Adonai, Ruler of the universe, for delighting in us and sanctifying us with Your mitzvot. Lovingly, You have given us Your holy Shabbat as an inheritance and a reminder of Creation and the Exodus from Egypt. It is first among our sacred days. You have chosen us from all people and have given us a sacred purpose in life. Lovingly, you have given us Your holy Shabbat as a sacred heritage. Praised are You, O God, who makes Shabbat holy.

MOTZI

Ba-rukh a-ta, Adonai E-lo-hey-yi me-lekh ha-o-la-hm, ha-mo-tzee le-khem min ha-a-rez.

Blessed are You, O God, who brings forth bread from the earth.
Barukh ata Adonai, eloheynu melekh ha-olam,
She-he-khe-ya-nu v'kee-y'ma-nu v'hi-gee-ya-nu laz-man ha-zeh.

Blessed are you, Adonai, Ruler of the Universe, for giving us life, for sustaining us, and for enabling us to reach this day.

שָׁבָת שָלום!
Shabbat Shalom!

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