

Shabbat Moment

A scarf trailing
over the lilac sunset,
fair weather clouds,
silk chiffon.

Twilight softens the air,
whispering, come,
lie down with me.

Untie the knots of the will.

Loosen
your clenched grip
barren hills of bone.

Here, no edges to hone,
only the palm fallen
open as a rose about
to toss its petals.

What you have made,
what you have spoiled
let go.

Let twilight empty
the crowded rooms
quiet the jostling colors
to hues of swirling water
pearls of fog.

This is the time
for letting time go
like a released balloon
dwindling.

Tilt your neck and let
your face open to the sky
like a pond catching light
drinking the darkness.¹

¹ Marge Piercy from *The Art of Blessing the Day* (adapted)

Kavvanah (Insight) for Candle Lighting

Why do we circle our hands three times when we light the Shabbat candles?
 Our mystical tradition teaches that every human soul has three elements:
 Nefesh - body, the breath of life that animates our being;
 Ruach - mind, our consciousness;
 Neshamah - spirit, our connection to the infinite.
 Entering Shabbat with our entire self--body, mind, spirit / nefesh, ruach,
 neshamah--
 we circle our hands three times
 and with each circle, draw in another part of our being.

Candle Lighting

The candles are lit before the blessing is recited.

BARUCH atah, Adonai
 Eloheinu, Melech haolam,
 asher kid'shanu b'mitzvotav,
 v'tzivanu l'hadlik
 ner shel Shabbat.

בָּרוּךְ אַתָּה, יי
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ,
 וְצִוֵּנוּ לְהַדְלִיק
 נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
 who hallows us with mitzvot,
 commanding us to kindle the light of Shabbat.

PRAYER IS NOT purely an act; all things pray,
 and all things pour forth their souls.
 The heavens pray, the earth prays,
 every creature and every living thing.
 In all life, there is longing.
 Creation is itself but a longing,
 a kind of prayer to the Almighty.
 What are the clouds, the rising and the setting of the sun,
 the soft radiance of the moon and the gentleness of the night?
 What are the flashes of the human mind
 and the storms of the human heart?
 They are all prayers —
 the wordless outpouring of boundless longing for God.

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!
 בְּרוּךְ יְיָ הַמְּבָרָךְ
 לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

Praised be Adonai to whom praise is due,
 now and forever!

Kavanah for the Sh'ma

Let the whisper of the Infinite
Enter the secret chamber of your
heart.

Yearning is a gift -
It pierces
The shell you build around who you
truly are.

The Source of kindness
And the Source of justice
Are, in truth,
One Source,
The only one,
The Source of love.

There is no other,
No otherness;
All that has been, all that is, and all
that shall be,
All comes from One and all is One.²

² Alexander Massey, "A New Shema" (excerpt) <https://www.ritualwell.org/ritual/new-shema>

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

Blessed is God's glorious majesty forever and ever.

GIVE US a place to rest, O God.

Shelter us in the long, soft, evening shadows of Your truth.

You are true protection and safety,

in Your Presence we find love and acceptance.

Watch over us as we go forth.

Prepare for us as we return.

Spread over us Your shelter of peace,

over all we love — over our Jerusalem and Yours.

בְּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu

v'al kol amo Yisrael v'al Yerushalayim.

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

אֲדֹנָי, שְׁפִתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

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

OUR FATHERS AND MOTHERS PRAYED,

each through their own experience of God,
each through their own visions which we have come to share.

Abraham with the fervor of justice, pleaded the cause of cities.

Sarah, in the pain of waiting, dared to hope for new life.

Isaac, meditating alone in the field, lifted his eyes to find love.

Rebecca asked for the ability to discern God's call.

Jacob climbed the rungs of his night into heaven, seeking destiny.

Leah dreamed of love; and Rachel sought harmony.

We, as they, seek God's Presence.

בְּרוּךְ אַתָּה, יי, פּוֹקֵד שָׂרָה וּמַגֵּן אַבְרָהָם.

Baruch atah, Adonai, pokeid Sarah u'magein Avraham.

YOUR MIGHT, O God, is everlasting;
help us to use our strength for good and not evil.

You are the Source of life and blessing;
help us to choose life for ourselves and our children.

You are the support of the falling;
help us to lift up the fallen.

You are the author of freedom;
help us to free the captive.

You are our hope in death as in life;
help us to keep faith with those who sleep in the dust.

Your might, O God, is everlasting;
help us to use our strength for good.

For blessing and not for curse,
for life and not death.
for abundance, not want.

בָּרוּךְ אַתָּה, יי, מְחַיֶּה הַכּוֹל (הַמַּיִתִּים).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

HOW SHALL WE sanctify God's name?

By being holy ourselves.

How do we accomplish this?

Let our prayers bring us to sacred deed,
to actions that promote justice, harmony and peace.

Blessed are You, Adonai, the Holy God.

בָּרוּךְ אַתָּה, יי, הָאֵל הַקְּדוֹשׁ.

Baruch atah, Adonai, Ha-El hakadosh.

I NEED STRENGTH, humility, courage, patience.

Strength to control my passions,
humility to assess my own worth,
courage to rise above defeats,
patience to cleanse myself of imperfections.

And wisdom: to learn and live by our sacred teachings.

Let me not be discouraged by my failings.

Let me take heart

from all that is good and noble in my character.

Keep me from falling victim to cynicism.

Teach me sincerity and enthusiasm.

Endow me with perception and courage,

that I may serve others with compassion and love.

TEACH ME, O God, a blessing, a prayer
 on the mystery of a withered leaf,
 on ripened fruit so fair,
 on the freedom to see, to sense,
 to breathe, to know, to hope, to despair.

Teach my lips a blessing, a hymn of praise,
 as each morning and night
 You renew Your days,
 lest my day be today as the one before;
 lest routine set my ways.

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 shaah bishlomecha.

SHABBAT SHUVAH — B'sefer chayim,

b'rachah, v'shalom, ufarnasah tovah,

nizacheir v'nikateiv l'fanecha,

anachnu v'chol amcha beit Yisrael,

l'chayim tovim ul'shalom.

Baruch atah, Adonai, oseih hashalom.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ

תְּשִׂים לְעוֹלָם,

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן

לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל

בְּכֹל עֵת וּבְכֹל שָׁעָה בְּשְׁלוֹמֶךָ.

בְּסֵפֶר חַיִּים, — SHABBAT SHUVAH

בְּרַכָּה וְשְׁלוֹם וּפְרִנָּסָה טוֹבָה,

נִזְכָּר וְנִקְטָב לְפָנֶיךָ,

אֲנַחְנוּ וְכֹל עַמְּךָ בֵּית יִשְׂרָאֵל,

לְחַיִּים טוֹבִים וּלְשְׁלוֹם.

בְּרוּךְ אַתָּה, יי, עוֹשֵׂה הַשְּׁלוֹם.

בְּרוּךְ אַתָּה, יי,

הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

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 laavoteinu.

Bless those in need of healing with *r'fuah sh'leimah*,
the renewal of body, the renewal of spirit, and let us say, Amen.

מִי שֶׁבִּירַח אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

מִי שֶׁבִּירַח אִמּוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

הכרת הטוב / Hakarat HaTov / Recognizing the Good

May we live with the awareness that each day is a miracle and each hour contains wonders.
May we wake up in gratitude and go to sleep in appreciation for all we have been given.
May we seek joy in both the small and great events of our lives, sharing this happiness with others.

And may we always remember to recognize the good in ourselves, in others, and in the world around us.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם שֶׁבְּכָל יוֹם וַיּוֹם מֵיטִיב לָנוּ

Baruch atah Adonai, melech ha-olam, she-bechol yom vayom meitiv lanu.

We acknowledge and praise the Source of Being, present throughout our days, bringing us goodness.

*Aleinu l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shehu asanu k'shomrei haadamah,
v'hu samanu kishlichei haTorah.*

Shehu sam chayeinu itam,

v'goraleinu in kol haolam

Vaanachnu kor'im

** umishtachavim umodim,*

lifnei Melech malchei ham'lachim

HaKadosh Baruch Hu.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁהוּא עָשָׂנוּ כְּשׁוֹמְרֵי הָאָדָמָה
וְהוּא שָׁמָנוּ כְּשִׁלְחֵי הַתּוֹרָה
שֶׁהוּא שָׁם חַיֵּינוּ אִתָּם
וְגָרְלָנוּ עִם כָּל הָעוֹלָם.
וְאִנְחָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who made us guardians of the Earth, and who placed us as messengers of Torah; who placed our lives with theirs, and our fate with all the world. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

V'ne-emar: V'hayah Adonai

l'Melech al kol haaretz,

bayom hahu yih'yeh Adonai echad,

ush'mo echad.

וְנֹאמַר: וְהָיָה יי
לְמֶלֶךְ עַל כָּל־הָאָרֶץ,
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד,
וּשְׁמוֹ אֶחָד.

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.

MOURNER'S KADDISH

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 uvizman kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach

l'alam ul'almei almay.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'mei d'kudsha b'rich Hu,

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.

Oseh shalom bimromav,

Hu yaaseh shalom aleinu,

v'al kol Yisrael. V'imru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֲלָמָא דִּי בְּרָא כְּרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֲגָלָא וּבְזִמְן קָרִיב. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,
לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשֻׁבָתָא וְנִחְמָתָא,
דְּאָמִירוֹן בְּעֲלָמָא. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

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.

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, 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.

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