

## MAH YAFEH HAYOM

Mah yafeh hayom, Shabbat shalom.

מה יפה היום, שבת שלום.

How lovely today is, Shabbat Shalom.

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**MAY THE DOOR** of this synagogue be wide enough  
to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden,  
thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough  
to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block  
to young or straying feet.

May it be too high to admit complacency,  
selfishness and harshness.

May this synagogue be, for all who enter,  
the doorway to a richer and more meaningful life.

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**AS THESE SHABBAT CANDLES** give light  
to all who behold them,  
so may we, by our lives, give light 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.

*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 בְּמִצְוֹתָיו,  
וְצִוָּנוּ 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.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

Bless me with peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

SHALOM aleichem, malachei hashareit,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,  
מַלְאָכֵי עֲלִיוֹן,  
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

בוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן,  
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן,  
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן,  
מִמְלֶכֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

And so we understand that ordinary people are messengers of the Most High. They go about their tasks in holy anonymity, often, even unknown to themselves. Yet, if they had not been there, if they had not said what they said or did what they did, it would not be the way it is now. We would not be the way we are now. Never forget that you, too, yourself may be a messenger. Perhaps even one whose errand extends over several lifetimes. *Lawrence Kushner*

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of other(s)...above all for those upon whose smile and well-being our own happiness depends, for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day, I realize how much my outer and inner life is built upon the labors of people, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received and am still receiving. *Albert Einstein, Living Philosophies*

**ENTRANCES** to holiness are everywhere.  
The possibility of ascent is all the time,  
even at unlikely times and through unlikely places.  
There is no place on earth without the Presence.

**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!

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**THIS IS AN HOUR** of change.  
Within it we stand uncertain on the border of light.  
Shall we draw back or cross over?  
Where shall our hearts turn?  
Shall we draw back, my brother, my sister,  
or cross over?  
This is the hour of change, and within it,  
we stand quietly  
on the border of light.  
What lies before us?  
Shall we draw back, my brother, my sister,  
or cross over?

בְּרוּךְ אַתָּה, יְיָ, הַמַּעֲרִיב עַרְבִים.

Baruch atah, Adonai, hamaariv aravim.

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שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה 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.

**V'AHAVTA** et Adonai Elohecha,  
 b'chol l'vav'cha 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 uvisharecha.

L'maan tizk'ru, vaasitem et  
 kol mitzvotai vih'yitem k'doshim  
 l'Eloheichem. Ani Adonai Eloheichem,  
 asher hotzeiti et-chem mei-eretz  
 Mitzrayim lih'yot lachem l'Elohim  
 ani Adonai Eloheichem.

**וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ**  
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-  
 מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
 אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-  
 לִבְבְּךָ: וְשִׁנַּנְתֶּם לְבַבְיְךָ וּדְבַרְתֶּם  
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַחְתְּךָ  
 בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:  
 וּקְשַׁרְתֶּם לְאוֹת עַל-יָדֶיךָ וְהָיוּ  
 לְטֹטְפוֹת בֵּין עֵינֶיךָ: וּכְתַבְתֶּם  
 עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-  
 כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים  
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם  
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
 מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים  
 אֲנִי יְיָ אֱלֹהֵיכֶם:

**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.

**H**ASHKIVEINU, Adonai Eloheinu,  
 l'shalom, v'haamideinu shomreinu l'chayim,  
 ufros aleinu sukat sh'lomecha,  
 v'takneinu b'eitzah tovah milfanecha,  
 v'hoshi-einu l'maan sh'mecha.

**הַשְׁכִּיבֵנוּ**, יי אֱלֹהֵינוּ,  
 לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים,  
 וּפְרֹשׂ עֲלֵינוּ סִכַּת שְׁלוֹמְךָ,  
 וְתַקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,  
 וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ.

**GRANT, O GOD**, that we lie down in peace,  
 and raise us up, our Guardian, to life renewed.  
 Spread over us the shelter of Your peace.  
 Guide us with Your good counsel; for Your Name's sake, be our help.  
 Shield and shelter us beneath the shadow of Your wings.  
 Defend us against enemies, illness, war, famine and sorrow.  
 Distance us from wrongdoing.  
 For You, God, watch over us and deliver us. For You, God, are gracious and merciful.  
 Guard our going and coming, to life and to peace, evermore.

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us,  
 over all Your people Israel, and over Jerusalem.

**בָּרוּךְ אַתָּה**, יי, הַפּוֹרֵשׂ סִכַּת שְׁלוֹם עָלֵינוּ  
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu  
 v'al kol amo Yisrael v'al Yerushalayim.

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## PRAYER INVITES

God's Presence to suffuse our spirits,  
 God's will to prevail in our lives.  
 Prayer may not bring water to parched fields,  
 nor mend a broken bridge,  
 nor rebuild a ruined city.  
 But prayer can water an arid soul,  
 mend a broken heart,  
 rebuild a weakened will.

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

**אֲדֹנָי**, שְׁפָתַי תִּפְתָּח,  
 וּפִי יגיד תְּהִלָּתְךָ.

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

**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, יְיָ, מִחַיֵּה הַכֹּל (הַמֵּיתִים).

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

V'EIZEHU CHACHAM,

halomeid mikol adam.

V'eizehu gibor, hakoveish et yitzro.

V'eizehu ashir hasamei-ach b'chelko.

וְאֵיזֶהוּ חָכָם,

הַלּוֹמֵד מִכָּל אָדָם.

וְאֵיזֶהוּ גִבּוֹר, הַכּוֹבֵשׁ אֶת יִצְרוֹ.

וְאֵיזֶהוּ עָשִׂיר הַשֶּׁמֶחַ בְּחֵלְקוֹ.

**AND WHO IS WISE?** The one who learns from everyone. And who is mighty? One who controls one's urges. And who is rich? One who is happy with what one has.

*Pirkei Avot 4:1*

**FOR THE GOOD** in us  
which calls us to a better life,  
we give thanks.

For the strength to improve the world  
with our hearts and hands,  
we give praise.

For the peace in us  
which leads us to work for peace,  
we are grateful.

For the gift of Shabbat  
which renews us for life,  
we offer blessing.

בָּרוּךְ אַתָּה, יְיָ, מִקְדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

**FOR THE GIFT** of our souls, for the promise of our lives,  
for all we are and all we might yet become,  
for the creative seeds sown within our minds,  
whose nurturing can yield a grand harvest;  
for all these gifts, we thank You, O God,  
and pray that we prove ourselves worthy.

May our lives be ripe with the fruit of compassion,  
sweetly sustaining those in need.

May we use our gifts wisely and with love,  
true messengers of blessing to the world.

בְּרוּךְ אַתָּה, יְיָ, הַטּוֹב שֶׁמָּדָד וּלְךָ נָאֵה לְהוֹדוֹת.

Baruch atah, Adonai, hatov shimcha u'lcha na-eh l'hodot.

**HELP ME, O GOD**, to find still moments,  
quiet spaces within to refresh my soul;  
cease my questions, my inner debates.  
And let me meditate on Your goodness.

Help me, O God, to nurture my courage,  
recalling moments of strength,  
remembering days of fortitude,  
the certainty of Your regard.

Help me, O God, to turn to the light,  
warmed face and fingers outstretched,  
alive, alive in Your sight.

§§

YIH'YU L'RATZON imrei fi

v'hegyon libi l'fanecha,

Adonai tzuri v'go-ali.

יְהִיּוּ לְרָצוֹן אֱמָרֵי פִי  
וְהִגִּיּוֹן לִבִּי לְפָנֶיךָ,  
יְיָ צוּרִי וְגוֹאֲלִי.

MAY THE WORDS of my mouth and the meditations of my heart  
be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh shalom bimromav,

hu yaaseh shalom aleinu

v'al kol Yisrael,

v'al kol yoshvei teiveil,

v'imru: Amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל,  
וְאָמְרוּ: אָמֵן.

§

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.

§

### Recognizing the Good / Hakarat HaTov

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.

*Baruch atah Adonai, Eloheinu 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 לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל,  
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁהוּא עָשָׂנוּ כְּשׁוֹמְרֵי הָאָדָמָה  
וְהוּא שָׁמָנוּ כְּשְׁלִיחֵי הַתּוֹרָה  
שֶׁהוּא שָׂם 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.

§

MAY WE GAIN WISDOM in our lives,  
overflowing like a river with understanding.  
Loved, each of us, for the peace we bring to others.  
May our deeds exceed our speech,  
and may we never lift up our hand  
but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity.  
Cause light to go forth over all the lands between the seas.  
And light up the universe with the joy  
of wholeness, of freedom, and of peace.

§

**YEISH** kochavim she-oram magia artzah  
 rak kaasher heim atzmam avdu v'ainam.  
 Yeish anashim sheziv zichram mei-ir  
 kaasher heim atzmam einam od b'tocheinu.  
 Orot eileh hamavhikim  
 b'cheshkat halayil  
 heim heim shemarim laadam et haderech.

**יֵשׁ** כּוֹכָבִים שְׂאוֹרִם מִגִּיעַ אֶרְצָה  
 רַק כְּאֲשֶׁר הֵם עֲצָמָם אֲבָדוּ וְאֵינָם.  
 יֵשׁ אַנְשִׁים שֶׁזִּיב זִיכְרָם מֵאֵיר  
 כְּאֲשֶׁר הֵם עֲצָמָם אֵינָם עוֹד בְּתוֹכֵינוּ.  
 אוֹרוֹת אֵלֶּה הַמַּבְהִיקִים  
 בְּחֶשֶׁקֶת הַלַּיִל  
 הֵם הֵם שְׂמֵרָאִים לְאָדָם אֶת הַדֶּרֶךְ.

**THERE ARE STARS** up above,  
 so far away we only see their light  
 long, long after the star itself is gone.  
 And so it is with people that we loved —  
 their memories keep shining ever brightly  
 though their time with us is done.  
 But the stars that light up the darkest night,  
 these are the lights that guide us.  
 As we live our days, these are the ways we remember.

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**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'im'ru: Amen.  
 Y'hei sh'mei raba m'varach  
 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'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.  
 בְּעֵלְמָא דִּי בְרָא כְרַעֲוִיתָהּ,  
 וְיַמְלִיךְ מַלְכוּתָהּ,  
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
 בְּעֵגְלָא וּבְזִמְן קָרִיב. וְאָמְרוּ: אָמֵן.  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.  
 יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
 וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,  
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,  
 לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,  
 תִּשְׁבַּחְתָּא וְנִחְמְתָא,  
 דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.  
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.  
 וְאָמְרוּ: אָמֵן.  
 עֹשֶׂה שְׁלוֹם בְּמִרְוֵי,  
 הוּא יַעֲשֶׂה 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.

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#### OD YAVO SHALOM ALEINU

Od yavo shalom aleinu v'al kulam.

Salaam, aleinu v'al kol haolam,

Salaam, salaam.

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּלָם.  
סָלָאָם, עָלֵינוּ וְעַל כָּל הָעוֹלָם,  
סָלָאָם, סָלָאָם.

Peace will surely come to us, to everyone. Salaam, for us and for the entire world.

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