

# MAZAL TOV!

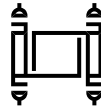
We are excited to study with you as you prepare to become a Bar or Bat Mitzvah.

This is a special B'nai Mitzvah Student Version of the **Har Shalom Shabbat Morning Service**.

The purple pages that start the notebooks are study versions of the prayers on which you will focus. Following is a copy of the entire siddur (prayer book) that will be used during your service.

Although most Bar/Bat Mitzvah students lead or read certain parts, it is also important that you be familiar with the whole siddur.

The specific part most Bar / Bat Mitzvah Students lead or read are marked with this Torah icon:



Remember, you should also practice the parts you will read in English.

There are also a few prayers which you may or may not actually lead in your service, but are an especially important part of the understanding and knowledge you should have as you become a Bar or Bat Mitzvah.

These prayers are marked with a Jewish star icon:



# TALIT BLESSING

Shabbat MORNING service  
page 35

Blessed are You Adonai,

בָּרוּךְ אַתָּה יי,

---

our God Sovereign of the universe.

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

---

You make us holy with mitzvot,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

---

and teach us

וְצִוָּנוּ

---

to wrap ourselves in the fringed Talit.

לְהִתְעַטֵּף בְּצִיצִת.

---

# יוֹצֵר אֹר ~ YOTZEIR OR

## CREATION PRAYER (morning)

Shabbat MORNING service

page 39

Blessed are You Adonai	בָּרוּךְ אַתָּה יי
our God, Sovereign of the Universe,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
Creator of light and Creator of darkness,	יוֹצֵר אֹר וּבוֹרֵא חֹשֶׁךְ,
who makes peace and fashions all things.	עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
God causes light to shine for the world	הַמָּאִיר לָאָרֶץ וְלַדָּרִים
and those who live on it with compassion,	עָלֶיהָ בְּרַחֲמִים,
and in God's goodness renews every day,	וּבִטּוּבוֹ מְחַדֵּשׁ בְּכָל-יוֹם
continually, the work of creation.	תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.
How numerous are your works, Adonai!	כִּמה רַבּוּ מַעֲשֵׂיךָ, יי!
In wisdom you have made them all,	כֻּלָּם בְּחָכְמָה עָשִׂיתָ,
filling the earth with Your creatures.	מְלֵאָה הָאָרֶץ קִנְיָנְךָ.
Let all bless you, Adonai, our God,	תִּתְבָּרֵךְ, יי אֱלֹהֵינוּ,
for the excellent work of Your hands,	עַל-שִׁבְחַ מַעֲשֵׂה יָדֶיךָ,
and for the glowing stars that you have made:	וְעַל-מְאֹרֵי-אֹר שְׁעָשִׂיתָ:
may they glorify You forever.	יִפְאָרוּךְ. סָלָה.
Shine a new light on Zion,	אֹר חָדָשׁ עַל צִיּוֹן תִּאִיר,
that we may all swiftly merit its radiance.	וְנִזְכֶּה כָּלֵנוּ מִהֲרָה לְאֹרוֹ.
Blessed are You, Adonai, Creator of heavenly lights.	בָּרוּךְ אַתָּה יי, יוֹצֵר הַמְּאֹרוֹת.

SH'MA ~ שְׁמַע  
HEAR OR LISTEN ~ THE DECLARATION THAT GOD IS ONE.

Shabbat MORNING service  
page 40

Hear O Israel,

שְׁמַע יִשְׂרָאֵל,

Adonai is our God, Adonai is one!

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Blessed is Your glorious

בְּרוּךְ שֵׁם כְּבוֹד

kingdom forever and ever!

מַלְכוּתוֹ לְעוֹלָם וָעֶד!

V'AHAVTA ~ וְאַהֲבַתָּ  
TO REMEMBER AND DO GOD'S COMMANDMENTS

Shabbat MORNING service  
page 40

And, you shall love Adonai, your God

וְאַהֲבַתָּ אֶת יְיָ אֱלֹהֶיךָ

with all your heart, with all your soul,

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ

and with all your being.

וּבְכָל-מְאֹדְךָ

Set these words

וְהָיוּ הַדְּבָרִים הָאֵלֶּה

which I command you today, upon your heart.

אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ.

And you shall teach them diligently to your children,  
and you shall speak of them

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָּם

when you sit in your house, when you travel on the road,

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ

when you lie down, and when you rise up.

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

And you shall bind them as a sign upon your hand,

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ,

they shall be signposts between your eyes.

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.

And you shall write them on the doorposts of your house,  
and on your gates.

וְכָתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

(do this) In order that you will remember

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

and perform (do) all my commandments.

אֶת-כָּל-מִצְוֹתַי.

And you will be holy unto your God.

וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.

I am Adonai, your God,

אֲנִי יְיָ אֱלֹהֵיכֶם

Who brought you out of the land of Egypt

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,

to be your God.

לִהְיוֹת לָכֶם לֵאלֹהִים.

I am Adonai, your God.

אֲנִי יְיָ אֱלֹהֵיכֶם.

# T'FILAH ~ תְּפִלָּה

PRAYER (introduction to center section of service)

Shabbat MORNING service

page 44

Adonai, open up my lips,

אֲדֹנָי שְׁפֹתַי תִּפְתָּח

that my mouth may declare Your glory.

וּפִי יַגִּיד תְּהִלָּתְךָ.

[The congregation will repeat this phrase after you chant or read it.]

# AVOT V'IMAHOT ~ אָבוֹת וְאִמָּהוֹת

## CONNECTION TO OUR ANCESTORS AND TRADITION

Shabbat MORNING service  
page 44

Blessed are You, Adonai our God,

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

God of our fathers and our mothers:

וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:

God of Abraham, God of Isaac,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,

and God of Jacob;

וְאֱלֹהֵי יַעֲקֹב.

God of Sarah, God of Rebekah,

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,

God of Rachel, and God of Leah.

אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

Great, mighty, awesome, and

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

transcendent God, who bestows loving kindness,

אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,

creates everything out of love,

וְקוֹנֵה הַכֹּל,

remembers the faithful of our ancestors,

וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאִמָּהוֹת,

brings redemption to their children's children

וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם

in love, for the sake of the Divine Name.\*

לְמַעַן שְׁמוֹ בְּאַהֲבָה.\*

Sovereign, Deliverer, Helper, and Shield.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

Blessed are You Adonai,

בָּרוּךְ אַתָּה יְיָ,

Abraham's Shield, Sarah's Helper.

מִגֵּן אַבְרָהָם וְעוֹזֶרֶת שָׂרָה.

\*During Yamim Noraim and on Shabbat Shuvah  
(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Remember us for life, O Sovereign who delights in life,

זְכֹרֵנוּ לְחַיִּים, מֶלֶךְ חִפֵּץ בְּחַיִּים,

and inscribe us in the Book of Life,

וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים,

for Your sake Living God.

לְמַעַן אֱלֹהִים חַיִּים.

# G'VUROT ~ גְבוּרוֹת

## GOD'S POWER

Shabbat MORNING service

page 45

Eternal is Your might, Adonai,

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,

all life is Your gift

מַחִיָּה הַכֹּל

Great is Your power to save.

אַתָּה רַב לְהוֹשִׁיעַ.

\*WINTER You cause the wind to shift and rain to fall.

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

\*SUMMER You rain dew upon us.

מוֹרִיד הַטֶּל.

With love, You sustain the living.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

You give life to all

מַחִיָּה הַכֹּל

with great compassion

בְּרַחֲמִים רַבִּים.

You send help to the falling, and healing to the sick,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

You bring freedom to the captive,

וּמַתִּיר אֲסוּרִים,

and keep faith with those who sleep in the dust.

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

Who is like You, Mighty One,

מִי כָמוֹךָ בַּעַל גְבוּרוֹת

and who can be compared to You?

וּמִי דוֹמָה לָךְ,

Author of life and death

מֵלֶכֶךְ מִמִּית וּמַחִיָּה

Source of Salvation?\*

וּמַצְמִיחַ יְשׁוּעָה?\*

You faithfully sustain the living.

וְנֹאמָן אַתָּה לְהַחְיֹת הַכֹּל.

Blessed are You, Adonai, the Source of life.

בָּרוּךְ אַתָּה יְיָ מַחִיָּה הַכֹּל.

\*SEASONAL ADDITIONS:

WINTER: From Simchat Torah to Pesach (fall through the following spring.)

SUMMER: From Pesach to Simchat Torah (spring through the following fall.)

\*\*On Shabbat Shuvah (the Shabbat between Rosh Hashanah and Yom Kippur), add:

Who is like You, Source of mercy,

מִי כָמוֹךָ אֵב הַרְחָמִים,

You sustain the life of Your children in compassion?

זוֹכֵר יְצוּרְיוֹ לְחַיִּים בְּרַחֲמִים?



# קַבּֿלַּת הַתּוֹרָה ~ KABBALAT HA-TORAH ~

## WELCOMING THE TORAH

Shabbat MORNING service  
page 52

Hear O Israel,

שְׁמַע יִשְׂרָאֵל,

Adonai is our God, Adonai is one!

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

# BIRCHOT HA-TORAH ~ הַתּוֹרָה בְּרָכוֹת

## TORAH BLESSINGS

Shabbat MORNING service

page 54

Blessing before each section of Torah is read

ALIYAH HONOREE or BAR/BAT MITZVAH:

Bless Adonai, who is blessed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION RESPONDS:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

ALIYAH HONOREE or BAR/BAT MITZVAH CONTINUES:

Blessed is Adonai, who is blessed

בְּרוּךְ יְיָ הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has chosen us from all peoples

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

by giving us the Torah.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Blessed is the Eternal, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

~

Blessing after each section of Torah is read

Blessed are You, Adonai

בְּרוּךְ אַתָּה יְיָ

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has given us a Torah of truth,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

implanting within us eternal life.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Blessed are You, Adonai, who gives the Torah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

# בִּרְכוֹת הַהַפְּטָרָה ~ BIRCHOT HA-HAFTARAH

## BLESSING BEFORE THE HAFTARAH READING

Shabbat MORNING service

page 56

Blessed are You, Adonai our God,  
Ruler of the Universe,

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Who has chosen faithful prophets,

אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,

pleased with their words, to speak in truth.

וְרָצָה בְּדְבָרֵיהֶם הַנֶּאֱמָרִים בְּאֵמֶת.

Blessed are You, Adonai, for the revelation of  
Your Torah

בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה

for Moses, Your servant, and Israel, Your people,

וּבְמֹשֶׁה עַבְדְּךָ, וּבִישְׂרָאֵל עַמּוֹ,

and the prophets of truth and righteousness.

וּבְנְבִיאֵי הָאֵמֶת וְצֶדֶק.

# בִּרְחוֹת הַחַפְטָרָה ~ BIRCHOT HA-HAFTARAH

## BLESSING AFTER THE HAFTARAH READING

Shabbat MORNING service

page 56

Blessed are You Adonai, Eternal our God,  
Ruler of the universe,

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Rock of all creation,

צוּר כָּל-הָעוֹלָמִים,

Righteous One of all generations,

צַדִּיק בְּכָל-הַדּוֹרוֹת,

the faithful God, whose word is deed,

הָאֵל הַנֶּאֱמָן, הָאוֹמֵר וְעוֹשֶׂה,

who speaks and fulfills,

הַמְדַּבֵּר וּמְקַיֵּם,

whose every command is just and true.

שְׁכָל-דִּבְרֵיו אֱמֶת וְצֶדֶק.

For the Torah, for the privilege of worship,

עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה

for the prophets, and for this Shabbat

וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,

that You, O God, have given us

שְׁנַתָּה-לָנוּ, יְיָ אֱלֹהֵינוּ,

for holiness and rest, for honor and glory,

לְקִדְשָׁה וּלְמִנוּחָה, לְכָבוֹד וּלְתִפְאָרֶת,

For all this, Adonai our God,

עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,

we thank You,

אֲנַחְנוּ מוֹדִים לָךְ,

and bless You. May Your name be blessed

וּמְבָרְכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ

by every living being continually and forever.

בְּפִי כָל-חַי תָּמִיד לְעוֹלָם וָעֶד.

Blessed are You, Eternal God, for the Sabbath  
and its holiness.

בָּרוּךְ אַתָּה יְיָ, מִקְדָּשׁ הַשַּׁבָּת.

SHEHECHEYANU ~ שְׁהֵחֵינּוּ  
GRATITUDE FOR FIRST TIMES AND JOYFUL OCCASIONS

Shabbat MORNING service

page 59

Blessed are You Adonai,

בָּרוּךְ אַתָּה יי,

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

for giving us life, sustaining us,

שְׁהֵחֵינּוּ, וְקִיָּמָנוּ,

and enabling us to reach this day [of joy].

וְהִגִּיעָנוּ, לַיּוֹם הַזֶּה.

# KADDISH YATOM ~ קַדִּישׁ יָתוֹם

## MOURNER'S KADDISH.

Kaddish comes from the Hebrew word for holy. It is a prayer that praises God.  
It is used both to remember those who have died and as a way to affirm faith even in grief and sad times.

Shabbat MORNING service

page 62

Exalted and hallowed is 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 in the lives of all Israel,

speedily and imminently,

To which we say: Amen.

May God's great name

be blessed to all eternity.

Blessed and 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,

which we say. To which we say: Amen.

May there be abundant peace from heaven,

and life for all of us and all Israel.

To which we say: Amen.

May the One who creates harmony on high,

bring peace to us [all the world],

and to all the Israel. To which we say: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֻלְמָא דִּי בְרָא כְרַעוּתָהּ,

וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ

וּבְיוֹמֵינוּ וּבְחַיֵּי

דְּכָל בֵּית יִשְׂרָאֵל,

בְּעֻגְלָא וּבְזֶמַן קָרִיב,

וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא

מְבָרַךְ לְעֵלָם וּלְעֻלְמֵי עֻלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח,

וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא

וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְּקַדְשָׁא, בְּרִידָּהּ הוּא,

לְעֵלָּא מִן-כָּל בְּרַכְתָּא וְשִׁירָתָא,

תַּשְׁבְּחָתָא וְנַחֲמָתָא,

דְּאָמְרוּ בְּעֻלְמָא. 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.

# KIDDUSH U'MOTZI ~ קדוש ומוציא

## BLESSINGS OVER WINE AND CHALLAH

Shabbat MORNING service

page 64

Blessed are You Adonai,

ברוך אתה יי,

our God, Ruler of the universe,

אלהינו מלך העולם,

who creates the fruit of the vine.

בורא פרי הגפן.

Blessed are You Adonai,

ברוך אתה יי,

our God, Ruler of the universe,

אלהינו מלך העולם,

who causes bread to come forth from the earth.

המוציא לחם מן הארץ.

# SHABBAT MORNING SERVICE

Within its bounds Shabbat is one of the surest means of finding peace  
in the war-torn realms of the soul.

It is one of the basic institutions of humanity ~  
an idea with infinite potentiality, infinite power, infinite hope.

Through Shabbat, Judaism has succeeded in turning its greatest  
teachings into a day.

Out of a remote world of profound thought, grand dreams,  
and fond hopes ~ all of which seem so distant, so intangible  
and so unrealizable ~ Shabbat has forged a living reality which  
can be seen and tasted and felt at least once a week.

~ Erich Fromm



In all ages people have seen Shabbat as a sign of freedom;  
freedom through shedding the yoke of tasks that enslave us;  
a great interruption of our routines, obligations, and secular lives.

This freedom is a victory of the holy over the ordinary;  
a victory of the spiritual over the material;  
a time when holiness prevails in our inner selves  
and in the universe.

~ unknown



Slow down...you move to fast.  
You've got to make the morning last.  
Just kickin' down the cobblestones.  
Looking for fun and feeling groovy.

~ Paul Simon, Simon and Garfunkel's *Feeling Groovy*





## הִנֵּה מַה-טוֹב ~ HINEI MA TOV

*Hi-nei ma-tov u-ma-na-im  
she-vet a-chim gam-ya-chad.*

Behold, how good and pleasant it is for people to dwell together in unity.  
~ Psalm 133:1



## טָלִית ~ TALIT

The Talit is a fringed prayer shawl worn as a reminder of the commandments.  
The Talit also connects the wearer to thousands of years of Jewish history and tradition,  
while at the same time creating a personal sanctuary for prayer.

## בַּר מִצְוָה ~ בֵּית מִצְוָה

### TALIT PRESENTATION\*

Our lives are a tapestry of rich and royal hue...  
an everlasting vision of the ever changing view.  
A collection of threads from the fabrics of those who came before us ~  
Stitched together into quilts created from our own actions, words,  
intentions, hopes, and dreams.  
A wondrous woven magic that inspires us for our lifetime.  
With these sentiments we present you with this Talit,  
as you are about to become a Bar/Bat Mitzvah.  
It is a tapestry that weaves you both to those who came before you,  
as it connects you to generations of Jewish tradition,  
and to all of our wishes and dreams for your future.  
~ Inspired by Carole King's *Tapestry*



The Talit is a very personal ritual object that can serve many functions.  
Its tzi-tzit remind us of the commandments.

It is a portable spiritual home in which we can always wrap ourselves  
for a moment of quiet meditation.

It emphasizes our connections to our people and to the community  
of Jewish people throughout time and space.

As we are blessed to present you with this Talit today, we hope it  
will also remind you of all the love and pride surrounding you on this special day.  
~ SK

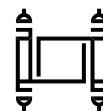
\*Choose one of these selections or your own words. Add anything special about the Talit presented.



~ Talit Blessing ~

בָּרוּךְ אַתָּה יְיָ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Blessed are You, Adonai our God, Sovereign of the universe.  
You make us holy with mitzvot,  
and teach us to wrap ourselves in the fringed Talit.



## ...ON THE SOUL

E-lo-hai, n'-sha-ma she-na-ta-ta bi  
t'-ho-ra hi.

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּתָּ בִּי  
טְהוֹרָה הִיא.

My God, the soul you have given me is pure.

My soul came to me pure, drawn from the reservoir of the Holy.

All the time it remains with me,  
I am thankful for its thirst for compassion and justice.

Let my eyes behold the beauty of all creatures;  
let my hands know the privilege of righteous deeds.

~ Rabbi Elyse Frishman



I'm a new soul, I came to this strange world  
Hoping I could learn a bit 'bout how to give and take  
But since I came here, felt the joy and the fear  
Finding myself making every possible mistake.

La-la la la, la-la-la-la la la...La-la-la-la la, la-la la, la-la la  
La-la la la, la-la-la-la la la...La-la-la-la la, la-la la, la-la la.

See I'm a young soul in this very strange world  
Hoping I could learn a bit 'bout what is true and fake  
But why all this hate? Try to communicate  
Finding trust and love is not always easy to make.

La-la la la, la-la-la-la la la...La-la-la-la la, la-la la, la-la la  
La-la la la, la-la-la-la la la...La-la-la-la la, la-la la, la-la la, ooh.

~ Yael Naim, *New Soul*



Judaism teaches that at the time of birth God gives each person a  
טְהוֹרָה נִשְׁמָה (n'-sha-ma t'-ho-ra) ~ a pure soul.

Jewish people do not believe that human beings are born in sin or evil.  
The soul of every person can be good or evil  
depending upon the way he or she chooses to live.

~ Rabbi Harvey J. Fields



## LA'ASOK B'DIVREI TORAH ~ בְּדִבְרֵי תוֹרָה ~ לַעֲסוֹק

La'asok B'divrei Torah, also called the blessing for study,  
is said in gratitude for the gift of Torah and for the freedom to study.

Ba-ruch a-ta A-do-nai	בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sheer kid-sha-nu b'-mitz-vo-tav v-tzi-va-nu	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
la-a-sok b'-div-rei To-rah.	לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe.  
You make us holy with mitzvot, and command us to engage with words of Torah.



## EILU D'VARIM ~ אֵלֵּי דְּבָרִים ~

Eilu D'varim reminds us of the core ethical values of Judaism  
and that each of these teachings is learned through the study of Torah.

Ei-lu d'-va-rim she-ein la-hem shi-ur,	אֵלֵּי דְּבָרִים שֶׁאֵין לָהֶם שְׁעוֹר,
she-a-dam o-cheil pei-ro-tei-hem	שֶׁאָדָם אוֹכֵל פִּירוֹתֵיהֶם
ba-o-lam ha-zeh v'-ha-ke-ren	בְּעוֹלָם הַזֶּה וְהַקֶּרֶן
ka-ye-met lo la-o-lam ha-ba. V'-ei-lu hein:	קֵיֶמֶת לוֹ לְעוֹלָם הַבָּא. וְאֵלֵּי הֵן:

Ki-bud av va-eim;	כְּבוֹד אָב וָאִם;
U-g'-mi-lut cha-sa-dim;	וְגִמְלוֹת חֲסָדִים;
V'-hash-ka-mat beit ha-mid-rash	וְהַשְׁכַּמַּת בֵּית הַמִּדְרָשׁ
sha-cha-rit v'-ar-vit;	שַׁחֲרִית וְעֶרְבִית;
V'-hach-na-sat or-chim;	וְהַכְנָסַת אוֹרְחִים;
U-vi-kur cho-lim;	וּבִקּוּר חוֹלִים;
V'-hach-na-sat ka-lah;	וְהַכְנָסַת כֹּלָה;
Ul-va-yat ha-meit;	וְלִנְיַת הַמֵּת;
V'-i-yun t'-fi-lah;	וְעִיּוֹן תִּפְלָה;
Va-ha-va-at sha-lom	וְהַבָּאת שְׁלוֹם
bein a-dam la-cha-vei-ro;	בֵּין אָדָם לַחֲבֵירוֹ;

V'-tal-mud To-rah k'-ne-ged ku-lam.      וְתִלְמוּד תוֹרָה כְּנֶגֶד כָּלֶם.

There are obligations without measure, whose rewards, too, are without measure.  
They are:

Honoring one's father and mother;  
Engaging in deeds of compassion;  
Arriving at the house of study early, morning and evening;  
Dealing graciously with guests;  
Visiting the sick;  
Rejoicing with the wedding couple;  
Accompanying the dead for burial and comforting the grieving;  
Praying with devotion; and  
Making peace where there is strife.

But, the study of Torah encompasses them all.

## ...ON THE WONDERS OF NATURE

We join with the earth and with each other...

*to bring new life to the land,  
to restore the waters, to refresh the air.*

We join with the earth and with each other...

*to renew the forests, to care for the plants,  
to cherish the creatures.*

We join with the earth and with each other...

*to celebrate the seas, to rejoice in the sunlight,  
to sing the song of the stars.*

We join with the earth and with each other...

*to love the earth, to appreciate the wonders of nature,  
to assume responsibility for protecting these gifts.*

~ U.N. Environmental Sabbath [adapted]



Why must people [do the proscribed things] to pray?

If I really wanted to pray, I'll tell you what I'd do.  
I'd go out into a great big field all alone,  
or in the deep, deep woods and I'd look up into the sky ~  
up ~ up ~ up ~ into that lovely blue sky  
that looks as if there was no end to its blueness.

And then I'd just *feel* a prayer.

~ L.M. Montgomery, *Anne of Green Gables* [adapted]



Faith moves mountains,  
but you have to keep pushing while you are praying.

~ Mason Cooley



## BAR'CHU ~ בָּרְכוּ

Bar'chu is the "call to worship." The first part of the service prepares the individual.  
Bar'chu signals to the congregation that, following the "warm up,"  
it is now time for the more formal, and communal prayer to begin.

PLEASE RISE

Ba-r'-chu et A-do-nai ha-m'-vo-rach!      בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ!  
Bless the Eternal, to whom all blessings are due!

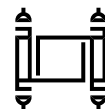
*Ba-ruch A-do-nai ha-m'-vo-rach l'-o-lam va-ed!*      בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!  
Blessed is the Eternal forever and ever!

PLEASE BE SEATED



## YOTZEIR OR ~ יוֹצֵר אוֹר

Yotzeir Or literally means Creator of light. It thanks and praises God for Creation, especially creating nature,  
the wonders of the universe, and the differentiation between light and darkness.

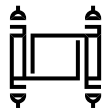


בָּרוּךְ אַתָּה יְיָ  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
יוֹצֵר אוֹר וּבוֹרֵא חַשְׁדָּה,  
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.  
הַמַּאֲוִיר לְאַרְצְךָ וְלַדָּרִים  
עָלֶיךָ בְּרַחֲמִים,  
וּבְטוֹבוֹ מִחֲדָשׁ בְּכָל-יוֹם  
תַּמִּיד מַעֲשֶׂה בְּרָאשִׁית.  
מִה רַבּוֹ מַעֲשֶׂיךָ, יְיָ!  
כָּל־סֵדֶר בְּחִכְמָה עֲשִׂיתָ,  
מִלְּאָה הָאָרֶץ קִנְיָנְךָ.  
תִּתְּבָרֵךְ, יְיָ אֱלֹהֵינוּ,  
עַל-שִׁבְחַ מַּעֲשֶׂה יְדִידְךָ,  
וְעַל-מְאֹרֵי-אוֹר שְׁעֲשִׂיתָ:  
יִפְאָרוּךְ. סֶלָה.  
אוֹר חֲדָשׁ עַל צִיּוֹן תִּבְרֹךְ,  
וְנִזְכָּה כָּל־נוֹרָה מְהֵרָה לְאוֹרוֹ.  
בָּרוּךְ אַתָּה יְיָ, יוֹצֵר הַמְּאֹרוֹת.

Blessed are You, Adonai our God, Sovereign of the universe,  
Creator of light and darkness, who makes peace and fashions all things.  
In mercy, You illumine the world and those who live upon it.  
In Your goodness You daily renew creation.  
How numerous are Your works, Adonai!  
In wisdom, You formed them all, filling the earth with Your creatures.  
Be praised, Adonai our God, for the excellent work of Your hands,  
and for the lights You created, may they glorify You.  
Shine a new light upon Zion, that we all may swiftly merit its radiance.  
Blessed are You, Adonai, Creator of all heavenly lights.

## SH'MA ~ שְׁמַע

Sh'ma, which means hear or listen, is the central declaration of Jewish faith: that God is One.



שְׁמַע יִשְׂרָאֵל,  
יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Hear, O Israel: Adonai is our God, Adonai is one!

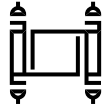
בָּרוּךְ שֵׁם כְּבוֹד  
מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is Your glorious kingdom forever and ever!



## V'AHAVTA ~ וְאַהֲבַתָּ

V'ahavta is a continuation of Sh'ma. V'ahavta tells us to both remember *and* do God's commandments, particularly loving God ~ shown through how we treat others ~ and teaching what we learn to those that come after us.



וְאַהֲבַתָּ אֶת יְיָ אֱלֹהֶיךָ  
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדְךָ  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
אֲשֶׁר אֶנֶכֶּי מְצִוֶּה הַיּוֹם עַל-לִבְבְּךָ.  
וּשְׁנַתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ בַּדֶּרֶךְ  
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ;  
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ,  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.  
וְכִתַּבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.  
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
אֶת-כָּל-מִצְוֹתַי.  
וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.  
אֲנִי יְיָ אֱלֹהֵיכֶם  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,  
לְהוֹיֹת לָכֶם לֵאלֹהִים.  
אֲנִי יְיָ אֱלֹהֵיכֶם.

And you shall love Adonai, your God,  
with all your heart, with all your soul, and with all your being.  
Take these instructions which I command you this day.  
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.

Thus you shall remember and observe all My commandments, and 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.

~ Deuteronomy 6:5-9 and Numbers 15:40-41

## ...ON LOVE

...Love is my religion, Love is my religion, Love is my religion;  
hey you can take it or leave it, and you don't have to believe it.

All my days I've been searching, to find out what this life is worth,  
through the books and bibles of time I've made up my mind.  
I don't condemn, I don't convert, this is a calling have you heard?  
Bring all the lovers to the fold, cause no one is gonna lose their soul....

I don't want to fight, hey let's go fly a kite,  
there's nothing that we can't cure, and I'll keep you in my arms for sure,  
so don't let nobody stop us, free spirits have to soar,  
with you I share the gift, the gift that we now know oh oh oh....

Well I'm done searching now, I found out what this life is worth,  
not in the books that I find, but by searching my mind.  
I don't condemn, I don't convert, this is the calling have you heard?  
Bring all the lovers to the fold, no one is gonna lose their soul.

~ Ziggy Marley, *Love is My Religion*



Love all God's creation, the whole of every grain of sand in it.  
Love every leaf, every ray of God's light.  
Love the animals, love the plants, love everything.

If you love everything, you will perceive the Divine mystery in things.  
Once you perceive it, you will begin to comprehend it better every day.  
And you will come at last  
To love the whole world with an all embracing love.

~ Fyodor Dostoyevsky



A loving heart is the truest wisdom.

~ Charles Dickens



# MI CHAMOCHA ~ מִי כַמּוֹכָה

Mi Chamocha celebrates freedom.

Through this prayer, we express appreciation to God for freeing the Jewish people from slavery in Egypt, and also pray for an end to all slavery and freedom for all people for all time.

Just as Moses, Miriam, and the Children of Israel did,  
as they reached the shores of the sea,  
may the day soon arrive when all are free to sing with joy:

*Mi cha-mo-cha ba-ei-lim A-do-nai?  
Mi ka-mo-cha ne-dar ba-ko-desh,  
no-ra t'-hi-lot, o-sei fe-leh?*

Who is like You, Eternal One, among the gods that are worshipped?  
Who is like You, majestic in holiness, awesome in splendor, doing wonders?

*Shi-ra cha-da-sha shib-chu g'-u-lim  
I-shim-cha al-s'-fat ha-yam!  
ya-chad ku-lam ho-du v'-him-li-chu  
v'-am-ru: "A-do-nai yim-loch l'-o-lam va-ed!"*

With a new song inspired at the shore of the sea, the redeemed sang Your praise.  
In unison they all offered thanks. Acknowledging Your Sovereignty, they said, "Adonai will reign forever!"

*Tzur Yis-ra-eil, ku-ma b'-ez-rat Yis-ra-eil  
uf'-dei chin-u-me-cha y'-hu-da v'-Yis-ra-eil.  
Go-a-lei-nu A-do-nai tz'-va-ot sh'-mo,  
k'-dosh Yis-ra-eil.  
Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil.*

Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised.  
Our redeemer, Adonai Tz'vaot is Your Name. Blessed are You, Adonai, for redeeming Israel.

צור יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,  
וּפְדֵה כְנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.  
גָּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,  
קְדוֹשׁ יִשְׂרָאֵל.  
בָּרוּךְ אַתָּה יְיָ גֹאֲלֵ יִשְׂרָאֵל.

הַרְהוּרִים...

har-hur-im

MUSINGS...

## ...ON FREEDOM

Oh, freedom...oh, freedom...oh, freedom ~ I love thee! ~

And before I'd be a slave, I'll be buried in my grave,  
and go home to my Lord and be free.

There'll be singing...there'll be singing ~

And before I'd be a slave, I'll be buried in my grave,  
and go home to my Lord and be free.

There'll be praying...there'll be praying ~

And before I'd be a slave, I'll be buried in my grave,  
and go home to my Lord and be free.

~ Traditional African-American Spiritual

If we are to be truly thankful for our freedom,  
we must be vitally concerned with the plight of those still in chains.

~ Rabbi Sydney Greenberg





## ...ON GENERATIONS

Within the circles of our lives  
we dance the circles of the years,  
the circles of the seasons  
within the circles of the years,  
the cycles of the moon  
within the circles of the seasons,  
the circles of our reasons  
within the cycles of the moon.

Again, again we come and go,  
changed, changing.  
Hands join,  
un-join in love and fear,  
grief and joy.

The circles turn,  
each giving into each, into all.  
only music keeps us here,  
each by all the others held.  
In the hold of hands and eyes  
we turn in pairs, that joining  
joining each to all again.

And then we turn aside, alone,  
out of the sunlight gone  
into the darker circles of return.

~ Wendell Berry



Hope of the world is in our generation.  
It's all left up to us to change this present situation.

Take caution from our elders...Don't make the same mistake.  
Let's fill the world with love, and get rid of all the hate.

~ John Legend, *Our Generation*



## T'FILAH ~ תְּפִלָּה

T'filah, which means prayer, begins the next section of the service.

This section is the central liturgy of Jewish services.

It opens with a passage from Psalms, chanted responsively.

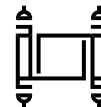
It is a petition that we may pray with sincerity and without hesitation.

PLEASE RISE

~ Please repeat after the leader ~

אֲדֹנָי שְׁפָתַי תִּפְתָּח  
וּפִי יַגִּיד תְּהִלָּתְךָ.

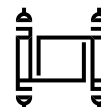
Adonai, open up my lips, that my mouth may declare Your glory.



## AVOT V'IMAHOT ~ אָבוֹת וְאִמּוֹת

Avot v'Imahot means fathers and mothers.

It connects us to our ancestors and to the continuity of Jewish teachings and traditions throughout time.



בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאִמּוֹתֵינוּ:  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
וְאֱלֹהֵי יַעֲקֹב.  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רֵבֶקָה,  
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.  
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקוֹנֵה הַכֹּל,  
זוֹכֵר חֲסִדֵי אָבוֹת וְאִמּוֹת,  
וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.\*  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֹּן.  
בָּרוּךְ אַתָּה יְיָ,  
מִגֹּן אַבְרָהָם וְעִזְרַת שָׂרָה.

Blessed are You, Adonai our God, 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 Rachel and God of Leah.

Great, mighty, awesome, and transcendent God, who bestows loving kindness,

creates everything out of love, remembers the faithful of our ancestors,

and in love brings redemption to their children's children for the sake of the Divine Name.\*

Sovereign, Deliverer, Helper, and Shield.

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

\*During Yamim Noraim and on Shabbat Shuva

(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Zoch-rei-nu l'-cha-yim, Me-lech cha-feitz ba-cha-yim,

v'-chot-vei-nu b'-sei-fer ha-cha-yim,

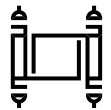
l'-ma-an-cha E-lo-him cha-yim.

זְכוּרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,

וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים,

לְמַעַן אֱלֹהִים חַיִּים.

Remember us for life, O Sovereign who delights in life, and inscribe us in the Book of Life, for Your sake Living God.



אַתָּה גְבוֹר לְעוֹלָם אֲדֹנָי,  
מְחִיָּה הַכֹּל  
אַתָּה רַב לְהוֹשִׁיעַ.

WINTER<sup>1</sup>

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER<sup>1</sup>

מוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחִיָּה הַכֹּל  
בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים,  
וּמַקְיֵם אֲמוּנָתוֹ לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בֹּעַל גְבוּרוֹת  
וּמִי דוֹמֶה לָךְ,  
מְלַךְ מֵמִית וּמַחְיָה  
וּמַצְמִיחַ יְשׁוּעָה?<sup>\*</sup>  
וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ, מְחִיָּה הַכֹּל.

You are forever mighty, Adonai; You give life to all.

WINTER: You cause the wind to shift and the rain to fall.<sup>1</sup>

SUMMER: You rain dew upon us.<sup>1</sup>

You sustain life through love, giving life to all through great compassion,  
supporting the fallen, healing the sick, freeing the captive,  
and keeping faith with those who sleep in the dust.  
Who is like You, Mighty One, Author of life and death, causing deliverance to spring up?  
You faithfully giving life to all.  
Blessed are You, Adonai, who gives life to all.

<sup>1</sup>Seasonal addition:

WINTER ~ From Simchat Torah to Pesach (fall through the following spring).

SUMMER ~ From Pesach to Simchat Torah (spring through the following fall).

<sup>\*</sup>During Yamim Noraim and on Shabbat Shuva

(the ten Days of Awe, including the Shabbat, between Rosh Hashanah and Yom Kippur), add:

Mi cha-mo-cha av ha-ra-cha-mim,

מִי כְמוֹךָ אֲבִי הַרַחֲמִים,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim?

זוֹכֵר יִצְוָרְיוֹ לַחַיִּים בְּרַחֲמִים?

Who is like You, Compassionate God, who mercifully remembers Your creatures for life?

# K'DUSHA ~ קְדוּשָׁה

K'dusha declares God's holiness.

*N'ka-deish et-shim-cha ba-o-lam,  
k'sheim she-mak-di-shim  
o-to bish-mei ma-rom,  
ka-ka-tuv al-yad n'-vi-e-cha:  
v'-ka-ra zeh el-zeh v'-a-mar:  
Ka-dosh, ka-dosh, ka-dosh  
A-do-nai tz'-va-ot,  
m'-lo chol ha-a-retz k'-vo-do.  
A-dir a-di-rei-nu, A-do-nai a-do-nei-nu,  
ma-a-dir shim-cha  
b'-chol ha-a-retz!  
Ba-ruch k'-vod A-do-nai mim'-ko-mo.  
e-chad hu E-lo-hei-nu  
hu a-vi-nu, hu mal-kei-nu,  
hu mo-shi-ei-nu;  
v'-hu yash-mi-ei-nu  
b'-ra-cha-mav l'-ei-nei kol-chai.  
"A-ni A-do-nai E-lo-hei-chem!"  
Yim-loch A-do-nai l'-o-lam,  
e-lo-ha-yich tzi-yon.  
L'-dor va-dor. Ha-l'-lu-yah!  
L'-dor va-dor na-gid god-le-cha,  
ul-nei-tzach n'-tza-chim  
k'-du-shat-cha na-k'-dish.  
V'-shiv-cha-cha, E-lo-hei-nu,  
mi-pi-nu lo ya-mush l'-o-lam va-ed.  
Ba-ruch a-ta A-do-nai, ha-eil ha-ka-dosh.*

נְקַדֵּשׁ אֶת-שִׁמְךָ בְּעוֹלָם,  
כְּשֵׁם שֶׁמְקַדִּישִׁים  
אוֹתוֹ בְּשָׁמַי מְרוֹם,  
כְּכַתוּב עַל-יַד נְבִיאָךְ:  
וְקָרָא זֶה אֶל-זֶה וְאָמַר:  
קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ  
יְיָ צְבָאוֹת,  
מְלֵא כָל הָאָרֶץ כְּבוֹדוֹ.  
אֲדִיר אֲדִירָנוּ, יְיָ אֲדִינֵנוּ,  
מִה-אֲדִיר שִׁמְךָ  
בְּכָל-הָאָרֶץ!  
בָּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ.  
אֶחָד הוּא אֱלֹהֵינוּ,  
הוּא אָבִינוּ, הוּא מֶלְכֵנוּ,  
הוּא מוֹשִׁיעֵנוּ;  
וְהוּא יִשְׁמִיעֵנוּ  
בְּרַחֲמָיו לְעֵינֵי כָל-חַי.  
"אֲנִי יְיָ אֱלֹהֵיכֶם!"  
יְמַלֵּךְ יְיָ לְעוֹלָם,  
אֱלֹהֶיךָ צִיּוֹן.  
לְדֹר וָדֹר. הַלְלוּהָ!  
לְדֹר וָדֹר נִגִּיד גֹּד-לֶךָ,  
וּלְנֹצֵחַ נֹצְחִים  
קְדוּשַׁתְךָ נְקַדִּישׁ.  
וְשִׁבְחֶךָ, אֱלֹהֵינוּ,  
מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.  
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

Let us sanctify Your Name on earth, as it is sanctified in the heavens above.  
As it is written by Your prophet: Holy, holy, holy is Adonai Tz'vaot!  
God's presence fills the whole earth.  
Source of our strength, Sovereign One, how majestic is Your presence in all the earth!  
Blessed is the presence of God, shining forth from where God dwells.  
God alone is our God and our Creator, our Ruler and our Helper; and in mercy,  
God is revealed in the sight of all the living: I am Adonai, your God!  
Adonai shall reign forever, your God, O Zion, from generation to generation, Halleluyah!  
To all generations we declare Your greatness, and for all eternity proclaim Your holiness.  
Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

PLEASE BE SEATED

## ...ON GRATITUDE

We thank You God for this most amazing day,  
for the leaping greenly spirits of trees,  
and for the blue dream of sky and for everything  
which is natural,  
which is infinite,  
which is yes.

~ e.e. cummings [adapted]



We are grateful each morning for the fresh promise of a new day:

*A day of new experience and of warmth and friendship.  
A day of new tasks undertaken, new fruits planted, efforts  
brought to fruition, of bountiful harvest reaped.*

We are grateful each day for the creative and nurturing capacities  
we have been granted:

*For the compassion to sense those in fear, in hunger and  
in pain, for the opportunities to share some of our bounty  
with those less fortunate.*

We are grateful each evening for the rest that comes after the day's  
tasks are done:

*For the satisfaction of enjoying the fruits of our labors, and  
for the opportunity to share this completeness with our neighbors.*

~ Siddur Vetaher Libenu [adapted]



Thank you is the best prayer anyone can say.

Thank you expresses extreme gratitude, humility, and understanding.

~ Alice Walker



## V'SHAMRU ~ וְשָׁמְרוּ

V'shamru means the people, referring to the Children of Israel.  
It is about joyously observing Shabbat.

*V'-sham-ru v'-nei Yis-rae-eil et ha-Sha-bat,  
la-a-sot et ha-Sha-bat  
l'-do-ro-tam b'rit o-lam.*

*Bei-ni u-vein b'-nai Yis-ra-eil  
ot hi l'-o-lam.*

*Ki shei-shet ya-mim a-sa  
A-do-nai ha-sha-ma-yim v'-et ha-a-retz.*

*U-va-yom ha-sh'vi-i sha-vat va-yi-na-fash.*

The children of Israel shall keep Shabbat, observing Shabbat in every generation as a covenant for all time.  
It is a sign forever between Me and the people Israel, for in six days the Eternal God made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אוֹת הִיא לְעוֹלָם.

כִּי שֵׁשֶׁת יָמִים עָשָׂה  
יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.



הַרְהוּרִים...

har-hur-im

MUSINGS...

## ...ON BEING PRESENT

הִנְנִי

Hi-nei-ni ~ Here I am.

In the Torah, God calls out to Abraham and Moses.  
We are taught that their replies of "hineini"  
mean more than the literal "here I am,"  
but are a lesson to us about being truly present.

Do more than exist ~ live.

Do more than touch ~ feel.

Do more than look ~ observe.

Do more than read ~ absorb.

Do more than hear ~ listen.

Do more than listen ~ understand.

Do more than think ~ ponder.

Do more than talk ~ communicate.

~ John H. Rhodes [adapted and introduction added]



## PRAYER FOR THE STATE OF ISRAEL

A-vi-nu shei-ba-sha-ma-yim tzur Yis-ra-eil v'-go-a-lo,      אֲבִינוּ שֶׁבַשְׁמַיִם צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,  
 ba-reich et-m'-di-nat Yis-ra-eil,      בָּרַךְ אֶת-מְדִינַת יִשְׂרָאֵל,  
 rei-shit tz'-mi-chat g'-u-la-tei-nu.      רֵאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ.  
 Ha-gein a-le-ha b'-ev-rat chas-de-cha,      הִגֵּן עָלֶיהָ בְּאֶבְרַת חֶסֶדְךָ,  
 u-fros a-le-ha su-kat shlo-me-cha.      וּפָרַס עָלֶיהָ סִכַּת שְׁלוֹמְךָ.  
 Ush-lach or-cha va-a-mit-cha      וּשְׁלַח אוֹרְךָ וְאֲמִתְךָ  
 l'-ra-she-ha, sa-re-ha v'-yo-a-tze-ha,      לְרֹאשֶׁיהָ, שָׂרֶיהָ וְיוֹעֲצֶיהָ,  
 v'-tak-neim v'-ei-tza to-va mil-fa-ne-cha.      וְתַקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.  
 Cha-zeik et-y'-dei m'-gi-nei e-retz kod-shei-nu,      חֲזֵק אֶת-יְדֵי מְגִנֵּי אֶרֶץ קֹדְשֵׁנוּ,  
 v'-han-chi-leim E-lo-hei-nu y'-shu-a,      וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,  
 v'-a-te-ret ni-tza-chon t'-at-reim.      וְעֲטַרְתָּ נֹצָחֹן תְּעֲטֶרֶם.  
 V'-na-ta-ta sha-lom ba-a-retz      וְנָתַתָּ שְׁלוֹם בְּאֶרֶץ  
 v'-sim-chat o-lam l-yosh-ve-ha,      וְשִׁמַּחַת עוֹלָם לְיוֹשְׁבֶיהָ,  
 v'-no-mar: a-mein.      וְנֹאמַר: אָמֵן.

Heavenly One, Rock and Protector of Israel:  
 Bless the State of Israel, which marks the dawning of hope for all who seek peace.  
 Shield it beneath the wings of Your love;  
 Spread over it the canopy of Your peace;  
 Send Your light and truth to all who lead and advise the country,  
 guiding them with Your good counsel.  
 Establish peace in the land and fullness of joy for all who dwell there.



## SIM SHALOM ~ שִׁים שְׁלוֹם

Sim sha-lom to-va uv'-ra-cha,      שִׁים שְׁלוֹם, טוֹבָה, וּבִרְכָּה,  
 chein va-che-sed v'-ra-cha-mim,      חֵן וְחֶסֶד וְרַחֲמִים,  
 a-lei-nu v'-al kol Yis-ra-eil a-me-cha.      עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל עַמְּךָ.  
 Bar-chei-nu, a-vi-nu,      בָּרְכֵנוּ, אֲבִינוּ,  
 ku-la-nu k'-e-chad b'-or pa-ne-cha,      כְּלָנוּ כְּאַחַד בְּאוֹר פָּנֶיךָ,  
 ki v'-or pa-ne-cha na-ta-ta la-nu,      כִּי בְּאוֹר פָּנֶיךָ נָתַתָּ לָנוּ,  
 A-do-nai E-lo-hei-nu.      יְיָ אֱלֹהֵינוּ.  
 To-rat cha-yim v'-a-ha-vat che-sed,      תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,  
 u-tz-da-ka uv'-ra-cha v'-ra-cha-mim      וְצִדְקָה וּבִרְכָּה וְרַחֲמִים  
 v'-cha-yim v'-sha-lom.      וְחַיִּים וְשְׁלוֹם.

Grant us peace, Your most precious gift, O Eternal Source of peace,  
 and give us the will to proclaim its message to all the peoples of the earth.  
 Bless our country as a safeguard of peace, its advocate among the nations.  
 May contentment reign within our borders, health and happiness within our homes.  
 Strengthen the bonds of friendship and fellowship among all the inhabitants of our world.  
 Plant virtue in every soul, and may the love of Your name hallow every person.

## ...ON PEACE

Sometimes I lay under the moon and thank God I'm breathing,  
Then I pray don't take me soon, cause I'm here for a reason.  
Sometimes in my tears I drown. but I never let it get me down  
So when negativity surrounds, I know some day it'll all turn around  
Because...

CHORUS:

*All my life I've been waiting for, I've been praying for,  
For the people to say that we don't wanna fight no more  
They'll be no more wars and our children will play.  
One day. [x6]*

Sometimes in my tears I drown, but I never let it get me down,  
So my negativity surrounds, I know some day it'll all turn around  
Because...[CHORUS].

One day this all will change; treat people the same.  
Stop with the violence. Down with the hate.  
One day we'll all be free, and proud to be under the same sun,  
Singing songs of freedom like  
One day [x2] ... [CHORUS]

~ Matisyahu, *One Day*



Od ya-vo sha-lom  
a-lei-nu v'-al ku-lam.  
Sa-laam, a-lei-nu v'-al kol ha-o-lam,  
v'-al kol ha-o-lam,  
sa-laam, sha-lom.

עוד יבוא שלום  
עלינו ועל כלם.  
סלאם, עלינו  
ועל כל העולם,  
סלאם, שלום.

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



When the power of love overcomes  
the love of power  
the world will know peace.

~ Jimi Hendrix





הַרְחֹקִים...

har-hur-im

MUSINGS...

## ...ON PERSONAL REFLECTION

Prayer requires no consecrated edifice and no appointed hour.  
Indeed, it needs no words.  
Prayer is a ladder on which we rise  
from the self we are, to the self we wish to be.  
~ unknown



I have finally found a way to live,  
Like I never could before.  
I know that I don't have much to give,  
But I can open any door.  
Everybody knows the secret,  
Everybody knows the score.  
I have finally found a way to live,  
In the color of the Lord.  
I have finally found a way to live,  
Like I never could before.  
And I know that I don't have much to give,  
But I can open any door.  
Everybody knows the secret,  
Everybody knows the score.  
I have finally found a way to live,  
In the presence of the Lord.  
~ Eric Clapton, *Presence of the Lord*



Yi-h'-yu l'-ra-tzon im-rei fi  
v'-heg-yon li-bi l'-fa-ne-cha,  
A-do-nai tzu-ri v'-go-a-li.

יְהִי לְרָצוֹן אִמְרֵי פִי  
וְהִגִּיזוֹן לִבִּי לְפָנֶיךָ,  
יְיָ צוּרִי וְגֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You,  
Adonai, my Rock and my Redeemer.  
~ Psalm 19:15

O-seh sha-lom bim-ro-mav,  
hu ya-a-seh sha-lom a-lei-nu,  
v'-al-kol Yis-ra-eil, v'-im-ru: a-mein.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ,  
וְעַל-כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens, make peace for all of us,  
all Israel, and all who inhabit the earth: Amen.

## SEDER K'RIAT HA-TORAH ~ סֵדֶר קְרִיאַת הַתּוֹרָה

The word Torah means teaching.

The Torah scroll is a hand-written parchment scroll containing the Five Books of Moses.

PLEASE RISE

Ki mi-Tzi-on tei-tzei To-rah

ud-var-A-do-nai mi-Y'-ru-sha-la-yim.

From out of Zion will come the Torah, and the world of Adonai from Jerusalem.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה

וְיָדְבֶר-יְיָ מִירוּשָׁלַיִם.



THE ARK IS OPENED AND THE TORAH IS REMOVED.



## KABBALAT HA-TORAH ~ קַבֻּלַּת הַתּוֹרָה

Welcoming the Torah.

Ha-vu go-del lei-lo-hei-nu

ut'-nu cha-vod la-To-rah.

Let us declare the greatness of our God and give honor to the Torah.

הָבוּ גִדְּל לֵאלֹהֵינוּ

וְנִתְּנוּ כְבוֹד לַתּוֹרָה.

*Ba-ruch she-na-tan To-rah*

*I'-a-mo Yis-ra-eil bik-du-sha-to.*

Blessed is God who in holiness has given the Torah to Israel.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה

לְעַמּוֹ יִשְׂרָאֵל בְּקִדְּשָׁתוֹ.

Beit Ya-a-kov,

I'-chu v'-neil-cha b'-or A-do-nai.

O House of Jacob, come let us walk in the light of Adonai.

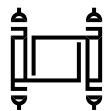
בֵּית יַעֲקֹב,

לְכוּ וְנֵלֶכֶה בְּאוֹר יְיָ.

שְׁמַע יִשְׂרָאֵל:

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Hear O Israel: Adonai is our God, Adonai is One.



הַרְהוּרִים...

har-hur-im

## ...ON LEARNING

We are taught that the Torah was not a static object,  
given only to those who may happen to have been present  
at Mt. Sinai at the time,  
but rather that the process of revelation is on-going  
and that each of us, in our own way and in our own time,  
must come to understand its ever evolving meanings for ourselves.

~ unknown

MUSINGS...



## HAKAFA ~ הקפה

Hakafa means to encircle or go around. It is the procession with the Torah scrolls.  
This is done as a means of allowing everyone present direct contact with the Torah.

*L'-cha A-do-nai, ha-g'-du-la*

*v'-ha-g'-vu-ra v'-ha-tif-e-ret*

*v'-ha-nei-tzach v'-ha-hod,*

*ki chol ba-sha-ma-yim u-va-a-retz.*

*L'-cha A-do-nai ha-mam-la-cha*

*v'-ha-mit-na-sei, l'-chol l'-rosh.*

Yours, O God, is the greatness and the power, the glory, the victory and the majesty; for all that is in heaven and in the earth is Yours; You are the Sovereign; You are exalted above all.

לְךָ יְיָ, הַגְדֵּלָהּ

וְהַגְבוּרָה וְהַתְפָּאֶרֶת

וְהַנְצַח וְהַהוֹד,

כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.

לְךָ יְיָ הַמַּמְלָכָה

וְהַמְתַּנְשָׂא, לְכָל לְרֹאשׁ.

*Ro-m'-mu A-do-nai E-lo-hei-nu*

*v'-hish-ta-cha-vu l'-har kod-sho,*

*Ki ka-dosh A-do-nai E-lo-hei-nu.*

Exalt and bow down toward God's holy mountain, for Adonai our God is holy.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ

וְהִשְׁתַּחֲווּ לְהַר קֹדֶשׁ,

כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

*Ha-l'-lu...*

*Kol ha-n'-sha-ma t'-ha-leil Ya,*

*Ha-l'-lu-Ya!*

Let all that breathes praise God. Halleluyah!

הַלְלוּ...

כָּל הַנְּשָׁמָה תְּהַלֵּל יְיָ,

הַלְלוּ-יְיָ!

*Al sh'-lo-sha d'-va-rim,*

*ha-o-lam o-meid:*

*al ha-Torah, v'-al ha-a-vo-da,*

*v'-al g'-mi-lut cha-sa-dim.*

The world rests on three things: on Torah, on worship,  
and on acts of loving kindness.

עַל שְׁלֹשָׁה דְּבָרִים,

הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,

וְעַל גְּמִילוּת חֲסָדִים.

PLEASE BE SEATED



בַּר מִצְוָה ~ בֵּית מִצְוָה

## SHALSHELET HA-KABBALAH ~ שְׁלֹשֶׁלֶת הַקַּבָּלָה

Shalshelet ha-Kabbalah is the chain of tradition ~ the custom of passing the Torah scroll to the Bar or Bat Mitzvah through from generation to generation. This symbolizes that all of its teachings and values are an inheritance from all Jewish people throughout history.

*L'-dor va-dor na-gid god'-le-cha,*

*ul'-nei-tzach n'-tza-chim*

*k'-du-shat'-cha nak'-dish.*

To all generations we declare Your greatness,  
and for all eternity proclaim Your holiness.

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ,

וּלְנֶצַח נְצָחִים

קְדוּשַׁתְךָ נִקְדִּישׁ.

BAR MITZVAH ~ BAT MITZVAH

## D'VAR TORAH ~ דְּבַר תּוֹרָה

D'var Torah means a word of Torah. It is an explanation, interpretation, commentary and lesson about the Torah and Haftarah readings delivered during the service.



## BIRCHOT HA-TORAH ~ בִּרְכוֹת הַתּוֹרָה

Torah Blessings. The word aliyah means to go up.

It refers to the honor of being called to the bima to recite blessings before and after each section of Torah is read.

~ Blessing before each section of Torah is read ~

LEADER:

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ!

CONGREGATION:

*Ba-ruch A-do-nai ha-m'-vo-rach  
l'-o-lam va-ed!*

LEADER:

בְּרוּךְ יְיָ הַמְּבָרָךְ  
לְעוֹלָם וָעֶד!

בְּרוּךְ יְיָ הַמְּבָרָךְ  
לְעוֹלָם וָעֶד!  
בְּרוּךְ אַתָּה יְיָ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,  
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai, who is blessed!

Blessed is Adonai, who is blessed now and forever!

Blessed is Adonai, who is blessed now and forever!

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. Blessed is the Eternal, who gives the Torah.

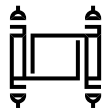
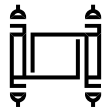
תּוֹרָה

THE TORAH READING

~ Blessing after each section of Torah is read ~

בְּרוּךְ אַתָּה יְיָ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,  
וְחַיִּי עוֹלָם נָטַע בְּתוֹכֵנוּ.  
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has given us a Torah of truth, implanting within us eternal life.  
Blessed are You, Adonai, who gives the Torah.



## SIMAN TOV ~ סִמָּן טוֹב

Siman Tov is sung after a Bar or Bat Mitzvah completes their Torah reading as a joyous celebration of their learning.

*Si-man tov u-ma-zal tov*

*u-ma-zal tov v'-si-man tov...*

*y'-hei la-nu, y'-hei la-nu*

*u'-l'-chol Yis-ra-eil!*

סִמָּן טוֹב וּמַזָּל טוֹב

וּמַזָּל טוֹב וְסִמָּן טוֹב...

יְהֵא לָנוּ, יְהֵא לָנוּ

וְלִכְל-יִשְׂרָאֵל!

It is a good and a lucky sign for us and for all Israel!



## MI SHEBEIRACH ~ מִי שֶׁבִּירַח

Mi Shebeirach is a prayer for healing.

*Mi she-bei rach a-vo-tei-nu*

*m'-kor ha-b'-ra-cha l'-i-mo-tei-nu.*

מִי שֶׁבִּירַח אֲבוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

*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 she-bei rach i-mo-tei-nu*

*m'-kor ha-b'-ra-cha l'-a-vo-tei-nu.*

מִי שֶׁבִּירַח אִמּוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Bless those in need of healing  
with r'-fu-a sh'-lei-ma\* ~  
the renewal of body,  
the renewal of spirit.  
And let us say: Amen.  
~ Debbie Friedman and Drorah Setel*

\*Complete healing.

*Ba-ruch a-ta A-do-nai, ro-fei ha-cho-lim.*

בָּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחוֹלִים.  
Blessed are You, Adonai, Source of healing.



## HAGBAHA ~ הִגְבָּהָה and G'LILAH ~ גְּלִילָה

Hagbaha is the lifting of the Torah scroll wide enough for everyone present to see at least three columns of the text. This is another means of ensuring all have direct access to the Torah. G'lilah, meaning to roll, is the ritual honor of helping dress the Torah and return it to the Ark.

PLEASE RISE

*V'-zot ha-To-rah a-she sam Mo-sheh*

*lif-nei b'-nei Yis-ra-eil,*

*al-pi A-do-nai b'-yad Mo-she.*

זֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה

לִפְנֵי בְנֵי יִשְׂרָאֵל,

עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

This is the Torah that Moses placed before the Children of Israel, to fulfill the word of God.

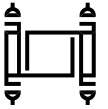
PLEASE BE SEATED

## BIRCHOT HA-HAFTARAH ~ הַפְּטָרָה בְּרָכוֹת

Haftarah blessings. Haftarah, which literally means conclusion, is a selection from the Prophets recited following the Torah reading. One explanation for the origin of Haftarah is that it was used to replace censored Torah texts during times of Jewish persecution. While the custom began as a thematic replacement for Torah study, eventually Haftarah became an fixed addition, rather than replacement, to help add depth, meaning, and understanding to our studies.

~ Blessing before the Haftarah Selection ~

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,  
וְרָצָה בְּדִבְרֵיהֶם הַנִּאֲמָרִים בְּאַמֶּת.  
בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה  
וּבְמִשְׁנֵה עֲבָדָיו, וּבִישְׁרָאֵל עַמּוֹ,  
וּבְנְבִיאֵי הָאַמֶּת וְצֶדֶק.



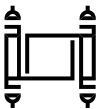
Blessed are You, Eternal God, Ruler of the universe, who has chosen faithful prophets to speak words of truth.  
Blessed are You, O God, for the revelation of Your Torah, for Moses Your servant and Israel Your people,  
and for the prophets of truth and righteousness.

## הַפְּטָרָה

THE HAFTARAH SELECTION

~ Blessing after the Haftarah Selection ~

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
צוּר כָּל-הָעוֹלָמִים,  
צַדִּיק בְּכָל-הַדּוֹרוֹת,  
הָאֵל הַנֶּאֱמָר, הָאוֹמֵר וְעוֹשֶׂה,  
הַמְדַּבֵּר וּמַקְיֵם,  
שְׁכַל-דִּבְרָיו אֶמֶת וְצֶדֶק.  
עַל-הַתּוֹרָה וְעַל-הָעֲבוֹדָה  
וְעַל-הַנְּבִיאִים וְעַל-יוֹם הַשַּׁבָּת הַזֶּה,  
שֶׁנִּתְּתָ-לָנוּ, יְיָ אֱלֹהֵינוּ,  
לְקַדְּשָׁה וּלְמְנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.  
עַל-הַכֹּל, יְיָ אֱלֹהֵינוּ,  
אֲנַחְנוּ מוֹדִים לָךְ,  
וּמְבָרְכִים אוֹתְךָ. וְיִתְבָּרַךְ שְׁמֶךָ  
בְּפִי כָל-חַי וְתַמִּיד לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.



Blessed are You, Eternal God, Ruler of the universe, Rock of all creation, Righteous One of all generations,  
the faithful God whose word is deed, whose every command is just and true.  
For the Torah, for the privilege of worship, for the prophets, and for Shabbat that You,  
O God, have given us for holiness and rest, for honor and glory, we thank and bless You.  
May Your name be blessed forever by every living being.  
Blessed are You, Eternal God, for the Sabbath and its holiness.

# HACHZARAT HA-TORAH ~ התּוֹרָה הַחֲזָרָת

Returning the Torah.

PLEASE RISE

Ho-do al e-retz v'-sha-ma-yim,  
va-ya-rem ke-ren l'-a-mo,  
t'-hi-la l'-chol chah-si-dav,  
liv-nei Yis-ra-eil am k'-ro-vo.  
Ha-l'-lu-Ya!  
Your splendor covers heaven and earth; You are the strength of Your people, making glorious Your faithful ones,  
the people of Israel whom You brought near to Yourself. Halleluyah.

Ki le-kach tov na-ta-ti la-chem,  
To-ra-ti al-ta-a-zo-vu.  
Behold a good doctrine has been given unto you; My Torah, forsake it not.

Eitz cha-yim hi la-ma-cha-zi-kim ba,  
v'-to-m'-che-ha m'-u-shar.  
It is a tree of life to them that hold fast to it, and all of its supporters are happy.

D'-ra-che-ha dar-chei-no-am,  
v'-chol-n'-ti-vo-te-ha sha-lom.  
Its ways are ways of pleasantness, and all its paths are peace.

Ha-shi-vei-nu A-do-nai ei-le-cha, v'-na-shu-va.  
Cha-deism ya-mei-nu k'-ke-dem.  
Help us to return to You, O God; then truly shall we return. Renew our days as in the past.

THE ARK IS OPENED AND THE TORAH IS RETURNED.

PLEASE BE SEATED

בֵּר מִצְוָה ~ בֵּית מִצְוָה

BAR ~ BAT MITZVAH PRAYER

BAR MITZVAH ~ BAT MITZVAH

## PARENT PRAYER\*

May God bless and keep you always ~  
 May your wishes all come true.  
 May you always do for others and let others do for you.  
 May you build a ladder to the stars and climb on every rung.  
 May you stay forever young.  
 May you grow up to be righteous ~  
 May you grow up to be true.  
 May you always know the truth and see the lights surrounding you.  
 May you always be courageous ~  
 Stand upright and be strong.  
 May you stay forever young.  
 May your hands always be busy ~  
 May your feet always be swift.  
 May you have a strong foundation when the winds of changes shift.  
 May your heart always be joyful.  
 May your songs always be sung.  
 May you stay forever young.

~ Bob Dylan, *Forever Young*



We give thanks for this day,  
 for the growth and learning which preceded it, and  
 for the unnumbered joys and challenges we are blessed to share with you.

As you step forward to take your own place in a Jewish chain of tradition,  
 which has links reaching back thousands of years,  
 our souls are joyful and our hearts are filled with love.

We are grateful that Judaism is a religion that not only permits,  
 but encourages you to ask questions and think for yourself.

We pray that the knowledge, insight and leadership which  
 you displayed today will carry over into all aspects of your life.

May you always joyously celebrate the special moments in your life,  
 surrounded by family and friends,  
 and may those special moments include the joys of Shabbat,  
 and the practice of Jewish traditions that are meaningful to you.

May your life choices and actions always be your own,  
 and may they also be guided by what you have learned,  
 and will continue to learn,  
 from the teachings, values, and ideals of our faith.

~ unknown



If we had the world to give, we'd give it to you, long as you live.  
 If we had a song to sing, we'd sing it to you, long as you live.  
 Only if you let us be your world, could we ever give this world to you,  
 But we will give what love we have to give, long as we live.

~ Robert Hunter and Jerry Garcia, *If I Had the World to Give* [adapted]

\*Choose one of these selections, or from those on page 87, or your own words.





## SHEHECHEYANU ~ שְׁהֵחֵינּוּ

Shehecheyanu is a prayer of gratitude said when experiencing something for the first time or celebrating a joyous occasion.

בָּרוּךְ אַתָּה יי,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שְׁהֵחֵינּוּ, וְקִיַּמְנוּ,  
וְהִגִּיעְנוּ, לַיּוֹם הַזֶּה.



Blessed are You, Adonai our God, Sovereign of the universe, for giving us life,  
sustaining us, and enabling us to reach this day of joy.



הַרְחִימֵנוּ...

har-hur-im

MUSINGS...

### ...ON FINDING GOD

"God is indeed deep," she said to the fish in the sea;  
"and much higher than high," she told the mountains.

"God is swift and free as the wind, and still and solid as a great rock,"  
she said to the breezes and stones.

"God is the life of the world," Turtle said to the willow.  
"Always close by, yet beyond the farthest twinkling light,"  
she told the ant and the star.

"God is gentle and powerful. Above all things and within all things."  
"God is all that we dream of, and all that we seek," said Old Turtle,  
"all that we come from and all that we can find."

"God IS."

The voice seemed to come from the mountain who rumbled,  
"Sometimes I see God swimming in the dark blue depths of the sea."

And from the ocean who sighed,  
"God is often among the snow-capped peaks, reflecting the sun."

From the stone who said,  
"I sometimes feel God's breath, as God blows by."

And from the breeze who whispered,  
"I feel God's still presence as I dance among the rocks."

And the star said, "God is very close;"

And the island said, "God's love touches everything."

~ Douglas Wood, *The Old Turtle* [excerpted]



## BIRKAT KOHANIM ~ בִּרְכַּת כֹּהֲנִים

Also called the Priestly Blessing and the Tri-fold Benediction, this blessing derives from the Book of Numbers.

In the Torah, Aaron and the priests who followed him, blessed the Children of Israel with these words, customarily offered in front of the open ark.

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha. יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.

Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka. יָאֵר יי פָּנָיו אֵלֶיךָ וִיחַנְךָ.

Yi-sa A-do-nai ei-le-cha v'-ya-seim l'-cha sha-lom! יֵשָׁא יי פָּנָיו אֵלֶיךָ וְיָשֵׁם לְךָ שְׁלוֹם!

May God bless and keep you.

May God deal kindly and graciously with you.

May God bestow favor upon you and grant you peace!



## ALEINU ~ עֲלֵינוּ

Aleinu stresses the unique contribution of Judaism in praying to only one God.

It is also a prayer of hope for a time when all that is broken in our world will be repaired.

PLEASE RISE

A-lei-nu l'-sha-bei-ach la-a-don ha-kol,  
la-teit g'-du-la l'-yo-tzeir b'-rei-shit,  
she-lo a-sa-nu k'-go-yei ha-a-ra-tzot,  
v'-lo sa-ma-nu k'-mish-p'-chot ha-a-da-ma.  
She-lo sam chel-kei-nu ka-hem,  
v'-go-ra-lei-nu ha-mo-nam.

עֲלֵינוּ לְשַׁבַּח לַאֲדֹן הַכֹּל,  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹא עָשָׂנוּ כְּגֹיֵי הָאֲרָצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.  
שֶׁלֹא שָׂם חֵלְקֵנוּ כֵּהֶם,  
וְגִרְלָנוּ כְּכֹל הַמּוֹנִם.

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.

She-hu no-teh sha-ma-yim v'-yo-seid a-retz,  
u-mo-shav y'-ka-ro ba-sha-ma-yim mi-ma-al,  
ush-chi-nat u-zo b'-gav-hei m'-ro-mim,  
hu E-lo-hei-nu ein od.  
E-met mal-chei-nu e-fes zu-la-to,  
ka-ka-tuv b'-To-ra-to: v'-ya-da-ta ha-yom  
va-ha-shei-vo-ta el l'-va-ve-cha, ki A-do-nai  
hu ha-E-lo-him ba-sha-ma-yim mi-ma-al,  
v' al ha-a-retz mi-ta-chat, ein od.

שֶׁהוּא נֹטֶה שָׁמַיִם וְיֹסֵד אֶרֶץ,  
וּמוֹשֵׁב יָקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
וּשְׁכִינֵת עָזוֹ בְּגִבְהֵי מְרוֹמִים,  
הוּא אֱלֹהֵינוּ אֵין עוֹד.  
אֱמֶת מִלְכֵנוּ אֶפֶס זֹלָתוֹ,  
כִּפְתוּב בְּתוֹרָתוֹ: וְיָדַעַת הַיּוֹם  
וְהִשְׁבַּת אֶל לִבְבֶּךָ, כִּי יי  
הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל,  
וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד.

For 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. You are our God and there is none else. In truth You are our Sovereign without compare, 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.

Va-a-nach-nu ko-rim u-mish-ta-cha-vim u-mo-dim,  
lif-nei Me-lech, mal-chai ham-la-chim,  
ha-ka-dosh ba-ruch hu.

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לִפְנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

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

V'-ne-e-mar: "v'-ha-ya A-do-nai  
l'-Me-lech al kol ha-a-retz."  
Ba-yom ha-hu yi-h'-ye  
A-do-nai e-chad u-sh'-mo e-chad.

וְנֵאמַר: "וְהָיָה יי  
לְמֶלֶךְ עַל כָּל הָאֶרֶץ."  
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.

PLEASE BE SEATED

## ...ON REMEMBRANCE

In delivering his eulogy for Clarence Clemons, Bruce Springsteen said:

Clarence doesn't leave the E Street Band when *he* dies.

He leaves when *we* die...

So, I'll miss my friend, his sax, the force of nature his sound was,  
his glory, his foolishness, his accomplishments, his face, his hands, his  
humor, his skin, his noise, his confusion, his power, his peace.

But, his love and his story, the story that he gave me,  
that he whispered in my ear, that he allowed me to tell...  
and that he gave to *you*... is gonna carry on...  
doing our modest version of God's work... work that's still unfinished.

So I won't say goodbye...I'll simply say, see you...further on up the road,  
where we will once again pick up that work, and get it done.

So it is for us.

We are reminded that as long as we continue the work, and remember the stories  
of those who touched our lives, a part of them lives on in us.

~ SK



To everything there is a season a time to every purpose under heaven:

A time to be born and a time to die.

A time to laugh and a time to weep.

A time to dance and a time to mourn.

A time to seek and a time to lose.

This is the time we remember those who gave meaning to our lives.

This is the time we remember the bonds that tied us together,

The love that we shared, and the memories that remain with us still.

~ Inspired by Ecclesiastes 3: 1-8



## KADDISH YATOM ~ קְדִישׁ יָתוֹם

Kaddish Yatom, or Mourner's Kaddish, is said near the end of most Jewish services.

Its name derives from the Hebrew root word meaning holy.

While it is used as a means of remembering the dead, it does not mention death or mourning.

Rather it is an affirmation of faith, even in times of pain and longing.

Memory is all we are ever left with,  
images of times gone by where our lives intersect with those we love.  
We embrace those memories and allow them to comfort us  
when we need them the most.  
~ MS



PLEASE RISE

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ,  
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי  
דְּכָל בֵּית יִשְׂרָאֵל,  
בְּעֻלְמָא וּבְזְמַן קָרִיב,  
וְאָמְרוּ: אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא  
מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח,  
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,  
לְעָלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירָתָא,  
תְּשַׁבַּחְתָּא וְנַחֲמָתָא,  
דְּאָמְרוּ בְּעֻלְמָא, 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 in the lives 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, to all Israel, and to all the world. To which we say: Amen.

May the Source of peace send peace to all who mourn,  
and comfort all who are bereaved. Amen.

PLEASE BE SEATED

## ADON OLAM ~ אָדוֹן עוֹלָם

Adon Olam is a poem, believed to have been written in medieval times, that sings of God alone as eternal, without beginning or end, and is a reminder that God is part of everything.

Tradition states that Adon Olam may be sung to ANY tune.

*A-don o-lam a-sheer ma-lach,  
b'-te-rem kol y'-tzir niv-ra.  
L'-eit na-a-sah v'-chef-tzo kol,  
a-zai Me-lech sh'-mo nik-ra.*

*V'-a-cha-rei ki-ch'-lot ha-kol,  
l'-va-do yim-loch no-ra.  
V'-hu ha-yah, v'-hu ho-veh,  
v'-hu yi-h'-yeh, b'-tif-a-rah.*

*V'-hu e-chad v'-ein shei-ni,  
l'-ham-shil lo l'-hach-bi-rah.  
B'-li rei-shit b'-li tach-lit,  
v'-lo ha-oz v'-ha-mis-rah.*

*V'-hu Ei-li v'-chai go-a-li,  
v'-tzur chev-li b'-eit tza-rah  
V'-hu ni-si u-ma-nos li  
m'-nat ko-si b'-yom ek-ra.*

*B'-ya-do af-kid ru-chi,  
b'-eit i-shan v'-a-i-rah.  
V'-im ru-chi g'-vi-ya-ti,  
A-do-nai li v'-lo i-rah.*

אָדוֹן עוֹלָם אֲשֶׁר מַלְאָךְ,  
בְּטֶרֶם כָּל יָצִיר נִבְרָא.  
לֵעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,  
אֲזִי מַלְאָךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכָלוֹת הַכֹּל,  
לְבַדּוֹ יִמְלֹךְ נוֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹנֶה,  
וְהוּא יִהְיֶה, בְּתִפְאַרֶה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,  
וְלֹא הָעֹז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גְאֻלִּי  
וְצוּר חֲבִלִי בְּעֵת צָרָה  
וְהוּא נְסִי וּמְנוּס לִי  
מִנֶּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישׁוֹן וְאַעִירָא.  
וְעַם רוּחִי גִוְיָתִי,  
יְיָ לִי וְלֹא אִירָא.

God is the eternal God, who reigned before any being had yet been created;  
when all was done according to God's will, already then God's name was Ruler.  
And after all has ceased to be, still will God reign in solitary majesty; God was,  
God is, and God shall be in glory. And God is One; none other can compare to God,  
or consort with God; God is without beginning, without end; to God alone belongs power and dominion.  
And God is my God, my living Redeemer, my Rock in time of trouble and distress;  
God is my banner and my refuge, my benefactor when I call. Into God's hands I entrust my spirit,  
when I sleep and when I wake. And with my spirit and my body, God is with me; I will not be afraid.



הַרְחֻרִים...

har-hur-im

...ON MUSIC

Music helps you find the truths you must bring  
into the rest of your life.

~ Alanis Morissette

MUSINGS...



## KIDDUSH U'MOTZI ~ קדוש ומוציא

Kiddush is from the Hebrew root word meaning holy.

It is the blessing said to sanctify wine ~ a symbol of joy ~ on Shabbat.

Motzi, the blessing said over challah (special bread eaten on Shabbat), literally means the One Who brings forth.

The blessing gives thanks for the "bringing forth" of the grain from the earth that we use to make bread.

~ Blessing over the Wine ~

בָּרוּךְ אַתָּה יי,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרִי הַגֶּפֶן.



Blessed are You, Eternal God, Ruler of the universe,  
who creates the fruit of the vine.

~ Blessing over the Challah ~

בָּרוּךְ אַתָּה יי,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.



Blessed are You, Eternal God, Ruler of the universe,  
who causes bread to come forth from the earth.



הַרְהוּרִים...

har-hur-im

MUSINGS...

### ...ON CELEBRATION

The commandment for Shabbat kiddush is the commandment  
to drink life as deeply as we drink the fruit of the vine...

To laugh until we are all laughter;  
To sing until we are all song;  
To dance until we are all dance;  
To love until we are all love.

~ Rabbi Sandy Eisenberg Sasso [adapted]



As we feed, we are fed.  
As we give, we receive.  
As we lift, we are raised.

~ unknown



Always remember, joy and celebration  
are not incidental to our  
spiritual quest.

They are vital to it.  
~ Rabbi Nachman of Bratslov

