

1 ערב שבת

*EREV SHABBAT - SHABBAT EVENING*

*KABALAHT SHABBAT SERVICE*

*WELCOMING THE SABBATH*

וּשְׁאַבְתֶּם מַיִם בְּשִׁשּׁוֹן  
מִמַּעַיְנֵי הַיְשׁוּעָה:

מָה טָבוּ אֵהְלִיךָ יַעֲקֹב,  
מִשְׁכַּנְתִּיךָ יִשְׂרָאֵל. וְאֲנִי בָרַב  
חֶסֶדְךָ אָבוֹא בֵיתְךָ,  
אֲשַׁתְּחֹה אֶל הַיְכָל קֹדֶשְׁךָ  
בִּירְאָתְךָ.

יְיָ אֶהְבֹּתִי מֵעוֹן בֵּיתְךָ,  
וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ. וְאֲנִי  
אֲשַׁתְּחֹה וְאֶכְרַעָה, אֲבָרְכָה  
לְפָנֶי יְיָ עֲשֵׂי. וְאֲנִי, תְּפַלְתִּי  
לְךָ יְיָ, עֵת רְצוֹן, אֶלֵּהֶם  
בָּרַב חֶסֶדְךָ, עֲנֵנִי בְּאֵמַת  
יְשׁוּעָה.

## 2 Shabbat Eve

This scripture song rouses us to draw forth "living water" from the fountains of our Salvation - Yeshua our Messiah!

### OOSHAVTEM MAYEEM YOU SHALL DRAW FORTH WATER

*Isaiah 12:3*

*Oo-shav-tem ma-yeem b'sa-sonē me-my-nay  
ha-y'shoo-ah. Hay...*

And with joy you shall draw forth water from the fountains of Salvation!

A collection of praise verses traditionally chanted on assembling in the house of worship.

### MA TOEVOO - HOW LOVELY

How lovely are your tents, O Jacob, your dwelling places, O Israel. O Lord, through Your abundant kindness I will enter Your house, in awe I will bow down toward Your Holy Sanctuary.

O Lord, I love the House where You dwell, and the place where Your Glory resides. I shall prostrate myself and bow, bend the knee before the Lord my Maker. As for me, may my prayers to You, O Lord, be at the right time. O God, in Your abundant righteousness, answer me with the truth of Your Salvation.

*Ma Toe-voo oh-ha-leh-cha Ya-ah-kov  
meesh-k'no-teh-cha Yisrael. Va-ah-nee b'rove chahs-d'cha  
ah-voe vay-teh-cha, ehsh-ta-cha-veh el hay-chahl kahd-sh'cha  
b'yeer-ah-teh-cha.*

*Adonai ah-hav-tee m'own bay-teh-cha, oo-m'kome  
meesh-kahn k'voe-deh-cha. Va-ah-nee ehsh-ta-cha-veh  
v'ehch-ra-ah, ev-r'cha leef-nay Adonai oh-see. Va-ah-nee  
t'fee-la-tee l'cha Adonai ate ra-tzon, Eh-lo-heem b'rav  
chas-deh-cha, ah-nay-nee beh-eh-met Yeesh-eh-cha.*

לְכוּ נִרְנְנָה לַיְיָ נִרְיָעָה לְצוּר  
 יִשְׁעֵנוּ: נִקְדְּמָה פָּנָיו בְּתוֹדָה  
 בְּזִמְרוֹת נִרְיָע לוֹ:

לְכָה דוֹדֵי לְקִרְאת כָּלָה. פְּנֵי  
 שַׁבַּת נִקְבְּלָה:

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד,  
 הַשְּׁמִיעֵנוּ אֵל הַמֵּיחָד. יְיָ אֶחָד  
 וְשִׁמוֹ אֶחָד. לְשֵׁם וּלְתַפְאֶרֶת  
 וּלְתִהְלָה: לְכָה

הַתְּנַעֲרֵי מֵעֶפֶר קוֹמֵי. לְבָשִׁי  
 בְּגָדֵי תַפְאֶרֶתְךָ עַמִּי: עַל יַד בֶּן  
 יִשִּׁי בֵּית הַלְּחָמִי. קָרְבָה אֶל נַפְשִׁי  
 גְּאֻלָּה: לְכָה

הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי. כִּי בָא אוֹרְךָ  
 קוֹמֵי אוֹרֵי. עוֹרֵי עוֹרֵי שִׁיר  
 דְּבָרֵי. כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה: לְכָה

#### 4 Shabbat Eve

A traditional chant to welcome the Shabbat which exhorts us to come and worship the Lord:

### **L'CHOO N'RA-N'NA L'ADONAI - O COME LET US SING TO THE LORD**

*Psalm 95:1-2*

O come let us sing unto the Lord, let us joyfully acclaim the rock of our salvation. Let us approach Him with thanksgiving, and acclaim Him with songs of praise!

*L'choo N'ra-n'na L'Adonai na-ree-ah l'tzoor  
Yeesh-ay-noo. N'kahd-ma fa-nav b'toe-da beez-me-rote na-re-ah  
low.*

Composed in the 16th century by Rabbi Shlomo HaLevi Alkabetz, L'cha Doe-dee is a joyous "Greeting the Shabbat" song and poem. It emphasizes remembering God and His creation on the Shabbat, the anticipation of Messiah's coming, and Israel's final redemption .

### **L'CHA DOEDEE - COME MY BELOVED**

Come my beloved to welcome the bride, the presence of Shabbat we receive.

"Observe and Remember" in one divine utterance, we heard from the One and Only God, the Lord is One and His name One, for renown, for splendor, and for praise. Come my beloved...

Shake off the dust, arise! Dress in garments of glory, my people, through the son of Jesse, the Bethlehemite, redemption draws near to my soul. Come my beloved...

Wake up, wake up! For your light has come, awaken, awaken, sing a song, for the glory of the Lord is revealed to you! Come my beloved...

*L'cha doe-dee leek-raht ka-la, p'nay Shabbat n'kab-la (2).*

*Sha-more v'za-chor b'dee-boor eh-chad heesh-me-ah-noo  
ale hahm-yoo-chad, Adonai eh-chad oo-sh'moe eh-chad, l'shame  
ool-tee-feh-ret v'leet-he-la, L'cha doe-dee...*

*Heet-na-ah-re may-ah-fahr koo-me, leev-she beeg-day  
teef-ahr-taych ah-me, ahl yahd ben Yee-shy bait ha-lahch-me,  
kahr-va el nahf-she g'ah-la, L'cha doe-dee...*

*Heet-oh-r'ree heet-oh-r'ree key va oh-raych koo-me  
oh-ree, oo-ree, oo-ree sheer da-bay-ree k'vode Adonai  
ah-la-yeech neeg-la, L'cha doe-dee...*

With the house lights dimmed, two or three candles are lit by the honored woman, who circles the lights three times with her hands, drawing in the light, and then recites the blessing.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּדַבְּרֶךָ וְנָתַן לָנוּ אֶת יְשׁוּעַ  
מְשִׁיחֵנוּ, וְצִוָּנוּ לְהִיּוֹת אוֹר לְעוֹלָם:

Many songs can be sung after the lighting of the candles, such as Nancy Santiago's "See the Shabbat Candles", and the "Sabbath Prayer" from *Fiddler on the Roof*. Presented here is "Shalom Alaychem". For atmosphere it may be nice to keep the lights low until the end of the candle lighting song.

שְׁלוֹם עֲלֵיכֶם, מְלֶאכִי הַשָּׂרֵת, מְלֶאכִי  
עֲלִיוֹן, מִמְּלֶךְ מְלֶכִי הַמְּלָכִים, הַקְּדוֹשׁ  
בְּרוּךְ הוּא:

בוֹאֲכֶם לְשָׁלוֹם, מְלֶאכִי הַשָּׁלוֹם, מְלֶאכִי  
עֲלִיוֹן, מִמְּלֶךְ מְלֶכִי הַמְּלָכִים, הַקְּדוֹשׁ  
בְּרוּךְ הוּא:

בְּרִכּוֹנֵי לְשָׁלוֹם, מְלֶאכִי הַשָּׁלוֹם, מְלֶאכִי  
עֲלִיוֹן, מִמְּלֶךְ מְלֶכִי הַמְּלָכִים, הַקְּדוֹשׁ  
בְּרוּךְ הוּא:

צֵאתְכֶם לְשָׁלוֹם, מְלֶאכִי הַשָּׁלוֹם, מְלֶאכִי  
עֲלִיוֹן, מִמְּלֶךְ מְלֶכִי הַמְּלָכִים, הַקְּדוֹשׁ  
בְּרוּךְ הוּא:

## 6 Shabbat Eve

A Messianic Shabbat candle lighting prayer:

### CANDLE LIGHTING PRAYER

Blessed are You O Lord our God, King of the Universe, Who has sanctified us in Your Word, and given us Yeshua our Messiah, and commanded us to be light to the world. Amen.

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer keed-sha-noo beed-va-reh-cha v'na-tahn la-noo et Yeshua m'she-chay-noo, v'tzee-va-noo l'he-oat oar la-oh-lahm. Ah-main.*

### SHALOM AHLAYCHEM - PEACE BE UNTO YOU

Peace be unto you, ministering angels, angels of the Most High, coming forth from the King of kings, the holy One, blessed be He.

May your coming forth be in peace, angels of peace, angels of the Most High, coming forth from the King of kings, the holy One, blessed be He.

Bless me with peace, angels of peace, angels of the Most High, coming forth from the King of kings, the holy One, blessed be He.

May your departure be in peace, angels of peace, angels of the Most High, coming forth from the King of kings, the holy One, blessed be He.

*Shalom ah-lay-chem ma-la-chay ha-sha-rate, ma-la-chay el-yone, me-meh-lech mahl-chay hahm-la-cheem, ha-ka-dosh ba-rooch hoo.*

*Bo-ah-chem l'shalom ma-la-chay ha-shalom, ma-la-chay el-yone, me-meh-lech mahl-chay hahm-la-cheem, ha-ka-dosh ba-rooch hoo.*

*Bar-choo-nee l'shalom ma-la-cha ha-shalom, ma-la-chay el-yone, me-meh-lech mahl-chay hahm-la-cheem, ha-ka-dosh ba-rooch hoo.*

*Tzate-chem l'shalom ma-la-chay ha-shalom, ma-la-chay el-yone, me-meh-lech mahl-chay hahm-la-cheem, ha-ka-dosh ba-rooch hoo.*

אֲשֶׁת חַיִּל מִי יִמָּצֵא וְרַחֵק  
מִפְּנֵינִים מְכָרָה:

בְּטַח בָּהּ לֵב בַּעֲלָהּ וְשָׁלָל  
לֹא יִחָסֵר:

יִשְׁמַךְ אֱלֹהִים כְּאֶפְרַיִם  
וְכַמְנָשָׁה:

יִשְׁמַךְ אֱלֹהִים כְּשָׂרָה,  
רַבָּקָה רַחֵל, וְלֵאָה:

## 8 Shabbat Eve

Ayshet Chayeel is traditionally sung to honor the women.

### AYSHET CHAYEEL - A WOMAN OF VALOR

*Proverbs 31:10-11*

*Ay-shet Cha-yeel me yeem-tza, me yeem-tza, me yeem-tza,  
v'ra-chok meep-nee-neem, v'ra-chok meep-nee-neem, v'ra-chok  
meep-nee-neem mee-ch-ra.*

*Ba-tahch ba lave ba-ah-la, lave ba-ah-la, lave ba-ah-la,  
v'sha-lahl v'sha-lahl v'sha-lahl v'sha-lahl v'sha-lahl low  
yehch-sahr.*

A woman of valor who can find, she is worth far more than precious jewels.

The heart of her husband safely trusts in her, and he profits greatly thereby.

To bless the children, parents may place their hands on the shoulders or heads of the children, or a large Tallit may be held up over a large group of youngsters.

### BLESSING THE CHILDREN

FOR SONS:

*Y'seem-cha Eh-lo-heem k'Ef-ra-yeem v'cheem-na-sheh.*

May God make you as Ef-ra-yeem and M'na-sheh.

FOR DAUGHTERS:

*Y'see-maych Eh-lo-heem k'Sa-rah, Reev-kah, Ra-chale  
V'Lay-ah.*

May God make you as Sara, Rivka, Rachel, and Lay-ah.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.

יְאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ.

יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ  
שָׁלוֹם.

## 10 Shabbat Eve

For a large or mixed group of children, the Aaronic Benediction may be used.

### THE AARONIC BENEDICTION

*Numbers 6:24-26*

The Lord bless you and keep you;

The Lord make His face shine upon you and be gracious to you;

The Lord lift up His countenance upon you and give you peace.

*Y'va-reh-ch'cha Adonai v'yeesh-m'reh-cha,*

*Ya-air Adonai pa-nahv ay-leh-cha vee-choo-neh-ka,*

*Yee-sa Adonai pa-nahv ay-leh-cha v'ya-same l'cha Shalom.*

Note: See pages 116-138 for additional prayers and blessings used in home celebrations of Shabbat.

*ARVEET L'SHABBAT*  
*SHABBAT EVENING SERVICE*

The reader, or Cantor, may bow at 'bless,' and straighten up at 'Lord.'  
The congregation may then bow at 'blessed,' and straighten up at 'Lord.'

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ:  
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעַד:

## 12 Shabbat Eve

The Barchoo is the first of the formal "B'rachot" or "Blessings" in the evening service. The Bracha, or blessing, always begins with blessing or thanking God. It is a very old biblical form of worship.

### **BARCHOO - BLESS**

READER: Bless the Lord, the blessed One.

CONGREGATION: *Blessed is the Lord, the blessed One, for all eternity.*

*Bar-choo et Adonai ha-m'vo-rahch.*

*Ba-rooch Adonai ha-m'vo-rahch l'oh-lam va-ed.*

A Shabbat reading preceding the V'sham-roo.

### **RESPONSIVE READING:**

*Exodus 20:8-11, 31:13*

READER: Remember the Sabbath day to keep it holy.

RESPONSE: *Six days shall you labor and do all your work;*

READER: But the seventh day is the Sabbath of the Lord your God; in it you shall not do any work.

RESPONSE: *For in six days the Lord made heaven and earth, the sea and all that is in them and rested on the seventh day; that is why the Lord blessed the Sabbath day and hallowed it.*

READER: Speak also unto the children of Israel saying: Above all, my Sabbaths you shall keep; for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת  
 הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת  
 לְדֹרֹתָם בְּרִית עוֹלָם: בְּנֵי  
 וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא  
 לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה  
 יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ אֶת  
 דְּרֹךְ הַיְשׁוּעָה בְּמַשִּׁיחַ יְשׁוּעָה:  
 אָמֵן:

## 14 Shabbat Eve

The V'shamroo gives us the scriptural basis for the Shabbat celebration.

### **V'SHAMROO V'NAY YISRAEL AND THE CHILDREN OF ISRAEL SHALL KEEP**

*Exodus 31:16,17 (with Isaiah 66:23, English)*

The children of Israel shall keep the Shabbat, observing it throughout their generations as an everlasting covenant. It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.

And it shall come to pass that from one new moon to another and from one SHABBAT to another, ALL flesh shall come to worship before Me, says the Lord.

*V'sham-roo v'nay Yisrael et ha-Shabbat, la-ah-sote et ha-Shabbat l'doe-ro-tahm b'reet oh-lahm, bay-nee oo'vain b'nay Yisrael, ote he l'oh-lahm, key shay-shet ya-meem ah-sa Adonai, et ha-sha-ma-yeem, v'et ha-ah-retz, oo'va-yom hahsh-ve-ee, sha-vaht va-yee-na-fahsh.*

Along with the many traditional 'B'rachot,' or Blessings, we have a New Covenant 'Bracha,' thanking God for giving us the way of Salvation in our Messiah, Yeshua.

### **THE BLESSING OF MESSIAH**

Blessed are you O Lord our God, King of the universe, Who has given us the way of salvation in Messiah Yeshua. Amen.

*Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer na-tahn la-noo et deh-rech ha-y'shoo-ah b'ma-she-ahch Yeshua. Ah-main.*

שִׁמְעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,  
יְיָ אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ  
לְעוֹלָם וָעֶד.

וְאֶהְיֶה אֵת יְיָ אֱלֹהֵיךָ,  
בְּכָל לְבָבְךָ, וּבְכָל נַפְשְׁךָ,  
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצִוֶּה  
הַיּוֹם, עַל לְבָבְךָ: וּשְׁנַנְתָּם  
לְבִנְיָהּ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ  
וּבְשִׁכְבְּךָ, וּבְקוּמְךָ. וְקִשַּׁרְתָּם  
לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפוֹת  
בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל  
מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

וְאֶהְיֶה לְרַעַךְ כָּמֹךָ:

## 16 Shabbat Eve

In the Shema, we join together in proclaiming the two greatest commandments as taught by Yeshua: To love God with all our heart, soul and strength, and to love our neighbor as ourself. We also see that God wants us to *love* Him, not just "obey" Him because He is Almighty.

### **SHEMA YISRAEL - HEAR O ISRAEL**

*Deuteronomy 6:4-9*

*Sh'ma Yisrael Adonai Eh-lo-hay-noo Adonai eh-chahd.  
Ba-rooch shame k'vode mahl-choo-toe l'oh-lahm vah-ed.*

Hear O Israel, the Lord is our God, the Lord is One.  
Blessed is the name of His glorious kingdom for all eternity.

*V'ah-hav-ta et Adonai Eh-lo-heh-cha b'chol l'vahv-cha  
oo-v'chol nahf-sh'cha, oo-v'chol m'oh-deh-cha. V'ha-yoo  
ha-d'va-reem ha-ay-leh, ah-sheer ah-no-chee m'tzav-cha ha-yom  
ahl l'va-veh-cha, v'she-nahn-tahm l'va-neh-cha, v'dee-bar-ta  
bahm b'sheev-t'cha b'vay-teh-cha oo-v'lech-t'cha va-deh-rech  
oo-v'shahch-b'cha oo-v'koo-meh-cha. Oo-k'shar-tahm l'oat al  
ya-deh-cha, v'ha-yoo l'toe-ta-fote bain ay-neh-cha.  
Oo-ch'tahv-tahm ahl m'zoo-zoht bay-teh-cha  
oo-vee-sh'ah-reh-cha.*

And you shall love the Lord your God, with all your heart,  
with all your soul, and with all your might. And have these words,  
which I command you this day, be upon your heart. And you shall  
teach them diligently to your children, and speak of them when you  
sit in your house, when you walk by the way, when you retire, and  
when you arise. And you shall bind them for a sign upon your  
hand and let them be frontlets between your eyes. And you shall  
write them on the doorposts of your house and upon your gates:

### **V'AHHAVTA L'RAYAHCHA AND YOU SHOULD LOVE YOUR NEIGHBOR**

*Leviticus 19:18*

*V'ah-hav-ta l'ray-ah-cha ka-moe-cha.*

And you should love your neighbor as yourself.

מִגֵּן אָבוֹת בְּדַבְרוֹ, מַחֲיֵה  
מֵתִים בְּמֵאֲמָרוֹ, הָאֵל  
הַקָּדוֹשׁ שְׁאִין כְּמוֹהוּ, הַמְּנִיחַ  
לְעַמּוֹ בַּיּוֹם שֶׁבֶת קִדְשׁוֹ, כִּי  
בָּם רָצָה לְהַנִּיחַ לָהֶם. לְפָנָיו  
נֶעְבּוֹד בְּיִרְאָה וּפִחַד, וְנוֹדָה  
לְשִׁמּוֹ בְּכָל יוֹם תָּמִיד, מֵעֵין  
הַבְּרָכוֹת. אֵל הַהוֹדָאוֹת  
אֲדוֹן הַשָּׁלוֹם, מְקַדֵּשׁ  
הַשַּׁבָּת, וּמְבָרֵךְ שְׁבִיעֵי,  
וּמְנִיחַ בְּקִדְשָׁהּ לְעַם מְדֻשְׁנֵי  
עֲנָג, זְכָר לְמַעֲשֵׂה בְּרֵאשִׁית:

## 18 Shabbat Eve

A traditional Shabbat hymn, Magain Ahvot sums up the seven blessings with the attributes of God found in the Amida prayer.

### MAGAIN AHVOTE - OUR FATHER'S SHIELD

*Ma-gain ah-vote beed-va-row m'cha-yaye may-teem  
b'ma-ah-ma-row, ha-ale ha-ka-dosh sheh-ayne ka-mow-hoo  
ha-may-nee-ach l'ah-moe b'yom Shabbat kahd-show, ke vahm  
ra-tza l'ha-ne-ach la-hem, key vahm ra-tza l'ha-ne-ach la-hem,  
l'fa-nav na-ah-vode b'year-ah va-fa-chad, v'no-deh leesh-mow  
b'chol yom ta-meed, may-ayn ha-b'ra-chote, ale ha-hoe-da-oat,  
ah-doan ha-shalom, m'ka-daysh ha-sha-bat oo-m'va-raych  
sh'vee-ee oo-may-nee-ach beek-doo-sha l'ahm m'doosh-nay  
oh-neg, zay-chere l'ma-ah-say l'ma-ah-say v'ray-sheet.*

A shield to our fathers in His word, giving life to the dead in His utterance, The holy King, that there is none like unto Him, gives rest to His people on His Holy Shabbat, for He was pleased with them to grant them rest. Before Him we shall serve with reverence and fear, and we will give thanks to His name every day continually, with due blessings unto Him. God of grateful praise, Master of peace, who sanctifies the Shabbat and blesses the seventh day, and who gives rest in holiness to a people full of delight, in commemoration of the work of creation.

### MEEZMORE L'DAVEED - PSALM 23

READER: The Lord is my shepherd, I shall not want.

RESPONSE: *He makes me lie down in green pastures, he leads me beside the still waters.*

READER: He restores my soul, He leads me in the paths of righteousness for His name's sake.

RESPONSE: *Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff they comfort me.*

READER: You prepare a table before me in the presence of my enemies: You anoint my head with oil; my cup overflows.

RESPONSE: *Surely goodness and grace will follow me all the days of my life; and I will dwell in the house of the Lord forever.*

(Continued)

מְזִמּוֹר לְדָוִד, יְיָ רַעִי לֹא  
אֶחְסֹר. בְּנֵאוֹת דָּשָׂא יִרְבִּיצְנִי  
עַל־מִי מְנוּחֹת יִנְהַלְנִי. נַפְשִׁי  
יִשׁוּבָב יִנְחֲנִי בְּמַעְגְלֵי צְדָק  
לְמַעַן שְׁמוֹ. גַּם כִּי אֵלֶיךָ בָּגִיא  
צַלְמוֹת לֹא־אֵירָא רַע כִּי אַתָּה  
עֹמְדִי, שְׁבִטְךָ וּמִשְׁעֲנִתְךָ הֵמָּה  
יִנְחֲמֵנִי. תַּעְרֹךְ לְפָנַי שֶׁלְחָן  
נֶגְדַת צִרְרֵי, דִּשְׁנֹת בִּשְׁמֹן רֵאשִׁי  
כּוֹסֵי רוּיָהּ. אֵךְ טוֹב וְחֶסֶד  
יִרְדְּפוּנִי כָּל יְמֵי חַיִּי, וְשִׁבְתִּי  
בְּבַיִת יְיָ לְאַרְךָ יָמִים.

מִי כָמְכָה בְּאֵלִים יְיָ, מִי  
כָמְכָה נֶאֱדָר בְּקִדְשׁ, נוֹרָא  
תְּהִילַת, עֲשֵׂה פְּלֹא:

הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם  
חֶסֶד:

## 20 Shabbat Eve

PSALM 23 Continued

*Meez-more l'Da-veed, Adonai ro-ee lo ech-sar. Be-note  
deh-sheh yar-be-tzay-nee ahl-may m'noo-chot y'na-ha-lay-nee.  
Nahf-she y'show-vave, yahn-cha-nee b'mahg-lay tzeh-dek  
l'ma-ahn sh'mow. Gahm key ay-laych, b'gay tzahl-ma-vet, lo  
ee-ra-ra key ah-ta ee-ma-ah-dee, sheev-t'cha  
oo'me-shahn-teh-cha hay-ma y'na-cha-moo-nee. Ta-ah-roch  
l'fa-nye shooh-chahn neh-ged tzo-r'rye; de-shahn-ta  
ba-sheh-men ro-she, ko-see r'va-ya. Ach tov va-cheh-sed  
year-d'foo-nee kol y'may cha-yi, v'shahv-tee b'vait Adonai  
l'oh-rech ya-meem.*

Me Chamoecha is a 3,500 year old hymn of praise that our ancestors sang at the Red Sea thanking God for their deliverance.

### ME CHAMOECHA - WHO IS LIKE THEE?

*Exodus 15:11*

*Me Cha-moe-cha ba-ay-leem Adonai, me ka-moe-cha  
neh-dahr ba-ko-desh, no-ra t'he-lote oh-say feh-leh.*

Who is like Thee O Lord among the gods? Who is like Thee glorified in holiness? You are awesome in praise, working wonders O Lord, who is like Thee O Lord?

### HODOO L'ADONAI - GIVE THANKS TO THE LORD

*Psalm 136:1*

*Ho-doo la-doe-nigh key tov, key l'oh-lahm chas-doe, (2)*

*Ho-doo, ho-doo, ho-doo, ho-doo, ho-doo la-doe-nigh key tov. (2)*

Give thanks to the Lord He is good, His mercy forever endures.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי  
 אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
 וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל  
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
 גּוֹמֵל חֲסִדִים טוֹבִים, וְקוֹנֵה  
 הַכֹּל, וְזוֹכֵר חֲסִדֵי אֲבוֹת,  
 וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם  
 לְמַעַן שְׁמוֹ בְּאַהֲבָה:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
 בְּרוּךְ אַתָּה יי, מַגֵּן אַבְרָהָם:

## 22 Shabbat Eve

The Amida, or standing prayer, is the oldest of our traditional prayers, going back to early 2nd Temple times. There are many parts to the Amida, and some of the Shabbat portions differ from the weekday sections.

### ***THE AMIDAH PRAYER***

The Ahvot, or "fathers" portion, speaks of God's faithfulness, and His promise to bring a Redeemer.

### **AHVOT - FATHERS**

Blessed are You Lord our God and God of our fathers, God of Abraham, God of Isaac and God of Jacob, the great, mighty and awesome God, the most high God, Who bestows grace and creates all, and remembers the kindnesses of the Fathers, and brings a Redeemer to their children's children, for His name's sake with love.

O King, Helper, Savior, and Shield, blessed are You O Lord, Shield of Abraham.

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo v'eh-lo-hay ah-vo-tay-noo, Eh-lo-hay Ahv-ra-hahm, Eh-lo-hay Yeetz-chahk, v'Eh-lo-hay Ya-ah-kov; Ha-ale ha-ga-dole ha-gee-bore v'ha-no-ra Ale el-yone, go-male cha-sa-deem toe-veem, v'ko-nay ha-kole, v'zo-chare chas-day ah-vote, oo-may-vee go-ale leave-nay v'nay-hem l'ma-ahn sh'mo b'ah-ha-va.*

*Meh-lech oh-zair oo-ma-she-ah oo-ma-gain, ba-rooch ah-ta Adonai, ma-gain Ahv-ra-hahm.*

אַתָּה גְבוֹר לְעוֹלָם אֲדֹנָי,  
מַחִיָּה מֵתִים אַתָּה, רַב  
לְהוֹשִׁיעַ:

מִכָּלֵל חַיִּים בְּחֶסֶד, מַחִיָּה  
מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ  
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר  
אֲסוּרִים, וּמְקַיֵּם אֲמוֹנָתוֹ  
לִישַׁנֵּי עֶפֶר, מִי כְמוֹךְ בַּעַל  
גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ  
מִמִּית וּמַחִיָּה וּמַצְמִיחַ  
יְשׁוּעָה:

וּנְאֻמָּן אַתָּה לְהַחֲיוֹת מֵתִים.  
בְּרוּךְ אַתָּה יְיָ, מַחִיָּה הַמֵּתִים:

## 24 Shabbat Eve

This portion, talking of God's might, also speaks of Salvation and the Resurrection of the Dead.

### **GEEBORE ADONAI - THE MIGHT OF GOD**

You O Lord are mighty forever. You raise the dead, You are mighty to save.

You sustain the living with grace, resurrect the dead with abundant mercy, uphold the falling, heal the sick, set free those in bondage, and keep faith with those that sleep in the dust. Who is like You, Master of mighty deeds, and who can compare to You, King, who causes death and restores life, and makes Salvation sprout! And You are faithful to resurrect the dead. Blessed are You O Lord, Who resurrects the dead.

*Ah-ta gee-bore l'oh-lahm Adonai, m'cha-yaye may-team  
ah-ta rahv l'hoe-she-ah.*

*M'chahl-kale cha-yeem b'cheh-sed m'cha-yaye may-teem  
b'ra-cha-meem ra-beem, so-maych nof-leem v'ro-fay cho-leem  
oo-ma-teer ah-soo-reem, oo-m'ka-yaym eh-moo-na-toe  
lee-shay-nay ah-fahr. Me cha-moe-cha ba-ahl g'voo-rote oo-me  
doe-meh lahch, meh-lehch may-meet oo-m'cha-yeh  
oo-mahtz-me-ahch Yeshua. V'neh-eh-mahn ah-ta l'ha-cha-yote  
may-teem. Ba-rooch ah-ta Adonai m'cha-yaye ha-may-teem.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
רְצֵה בְּמִנוּחָתֵנוּ. קִדְּשָׁנוּ  
בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ  
בְּתוֹרָתֶךָ, שִׁבְעֵנוּ מִטוֹבֶךָ,  
וְשִׂמְחֵנוּ בִישׁוּעָתֶךָ, וְטֵהר  
לְבָנוּ לְעִבְדֶּךָ בְּאַמֶּת,  
וְהִנְחֵילָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה  
וּבְרָצוֹן שַׁבַּת קִדְּשֶׁךָ, וְיִנּוּחוּ  
בָּהּ יִשְׂרָאֵל, מִקִּדְּשֵׁי שְׁמֶךָ.  
בָּרוּךְ אַתָּה יְיָ, מִקִּדְּשׁ  
הַשַּׁבָּת:

## 26 Shabbat Eve

### *HOLINESS OF THE DAY*

#### **EHLOHAYNOO V'EHLOHAY AHVOTAYNOO OUR GOD AND GOD OF OUR FATHERS**

with *VTAHARE LEEBAYNOO - PURIFY OUR HEARTS*

Our God and God of our fathers, may You be pleased with our rest. Sanctify us in Your commandments and grant us our portion in Your Torah. Satisfy us from Your goodness and make us rejoice in Your **SALVATION**. *And purify our hearts to serve You in truth.* In love and favor, O Lord Our God, grant us Your holy Shabbat as a heritage, and may Israel who sanctifies Your name, rest therein. Blessed are You O Lord, Who makes the Shabbat holy.

*Eh-lo-hay-noo v'eh-lo-hay ah-vo-tay-noo r'tzay  
veem-noo-cha-tay-noo, kahd-shay-noo b'meeetz-vo-teh-cha v'tain  
chel-kay-noo b'toe-ra-teh-cha, sahb-ay-noo me-too-veh-cha  
v'sahm-chay-noo be-Y'shoo-ah-teh-cha, v'ta-hare le-bay-noo  
l'ahv-d'cha beh-eh-met, v'hahn-chee-lay-noo Adonai  
Eh-lo-hay-noo b'ah-ha-va oo-v'ra-tzone Shabbat kahd-sheh-cha,  
v'ya-noo-choo va Yisrael m'kahd-shay sh'meh-cha. Ba-rooch  
ah-ta Adonai, m'ka-daysh ha-Shabbat.*

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
 בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,  
 וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן  
 וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
 יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמַּן קָרִיב  
 וְאָמְרוּ אָמֵן:  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵ  
 וְלְעַלְמֵי עַלְמֵיָא:  
 יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר  
 וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר  
 וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ  
 דְקַדְשָׁא בְרִיךְ הוּא. לְעֵלְא מִן  
 כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
 תְּשַׁבַּחְתָּא וְנַחֲמַתָּא, דְאָמִירוֹן  
 בְּעֵלְמָא, וְאָמְרוּ אָמֵן:  
 עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא  
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

If it is desired to have a Torah service at this point, turn now to page 63 in the Shabbat Morning Service.

## 28 Shabbat Eve

The Kadeesh, an Aramaic prayer originating in Second Temple times, is a prayer of praise and Messianic hope. It also, over the years, became a mourner's prayer. Why? In the words of one Rabbi, the answer is found in Job 1:21. When Job learned of the death of his children, he said, "The Lord gives, the Lord takes away, blessed be the name of the Lord." From this verse we learn that in *every* situation in life we are to praise the Lord.

### THE KADEESH

Magnified and sanctified be His great name in the world which He has created according to His will. May He establish His kingdom during your life and during your days, and during the life of the whole house of Israel, even swiftly and soon, and say amen.

Let His great name be blessed forever and to all eternity.

Blessed, praised, and glorified, exalted, extolled and honored, magnified and lauded be the name of the Holy One, blessed is He, though He be high above all the blessings and songs, praises, and consolations which are uttered in the world, and say amen.

May He Who makes peace in His high places make peace upon us and upon all Israel, and say amen.

*Yeet-ga-dahl v'yeet-ka-dahsh sh'may ra-ba. B'ohl-ma dee v-ra ch'roo-tay v'yahm-leech mahl-choo-tay, b'cha-yaye-chon oo-v'yo-may-chon oo-v'cha-yaye d'chol bait Yisrael, ba-ah-ga-la oo-veez-mahn kah-reev v'eem-roo ah-mane.*

*Y'hay sh'may ra-ba m'va-rahch, l'oh-lahm oo-l'ahl-may ahl-ma-ya, yeet-ba-rahch.*

*Yeet-ba-rahch v'yeesh-ta-bahch v'yeet-pa-ahr v'yeet-ro-mahm v'yeet-na-say, v'yeet-ha-dahr v'yeet-ah-leh v'yeet-ha-lahl sh'may d'kood-sha b'reech hoo. L'ay-la meen kol beer-cha-ta v'she-ra-ta, toosh-b'cha-ta v'neh-cheh-ma-ta da-ah-me-rahn b'ahl-ma, v'eem-roo ah-mane.*

*Oh-seh shalom beam-ro-mahv, hoo ya-ah-seh shalom ah-lay-noo, v'ahl kol Yisrael, v'eem-roo ah-mane.*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת  
 גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא  
 עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ  
 כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם  
 חָלְקָנוּ כָּהֵם, וְגָרְלָנוּ כְּכֹל הַמוֹנִם  
 וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
 וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי  
 הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
 שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,  
 וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,  
 וְשֹׁכֵן עִזּוֹ בְּגַבְהֵי מְרוֹמִים, הוּא  
 אֵלֵינוּ אֵין עוֹד. אִמֵּת מַלְכֵנוּ  
 אָפֶס זולָתוֹ, כִּפְתוּב בְּתוֹרָתוֹ:  
 וַיִּדְעַת הַיּוֹם וְהַשַּׁבָּת אֵל לְבַבְךָ,  
 כִּי יי הוּא הָאֵלִים בְּשָׁמַיִם  
 מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת, אֵין  
 עוֹד:

וְנֶאֱמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל  
 הָאָרֶץ, בַּיּוֹם הַהוּא יְהִי יי אֶחָד,  
 וְשְׁמוֹ אֶחָד:

### 30 Shabbat Eve

The Ahlaynoo is a prayer expressing our gratitude and praise to God for making us His covenant people. It is customary to bow during the words "And we bend the knee and bow."

#### AHLAYNOO - IT IS OUR (DUTY)

It is our duty to praise the Master of all, to ascribe greatness to the Author of creation; for He made us unlike the nations of the lands, and has not placed us like the families of the earth. He has not made our portion like theirs, and our lot like all their multitudes. And we bend the knee and bow, and acknowledge our thanks before the King over Kings, the Holy One, blessed be He.

He stretches out heaven and establishes earth's foundation, and the seat of His glory is in the heavens above, and the presence of His Power is in the most exalted heights. He is our God, there is none other. True is our King, there is nothing beside Him, as it is written in His Torah: And you shall know this day and take to your heart, that the Lord He is God, in the heavens above and on the earth below - there is none other.

*Ah-lay-noo l'sha-bay-ach la-ah-doan ha-kol, la-tate g'doo-la l'yo-tzair b'ray-sheet sheh-low ah-sah-noo k'go-yaye ha-ah-ra-tzote v'low sa-ma-noo k'meesh-p'chote ha-ah-da-ma, sheh-low sahm chel-kay-noo ka-hem v'go-ra-lay-noo k'chole ha-moe-nahm, va-ah-nach-noo kor-eem oo-meesh-ta-cha-veem oo-moe-deem leaf-nay meh-lech mahl-chay hahm-la-cheem ha-ka-doesch ba-rooch hoo.*

*Sheh-hoo no-teh sha-ma-yeem v'yo-sade ah-retz, oo-moe-shav y'ka-row ba-sha-ma-yeem me-ma-ahl, oo-sh'chee-naht oo-zo, b'gahv-hay m'ro-meem hoo Eh-lo-hay-noo ayn ode. Eh-met mahl-kay-noo eh-fes zoo-la-toe ka-ka-toov b'toe-rah-tow, v'ya-da-ta ha-yom va-ha-shay-vo-tah el l'va-veh-cha, key Adonai hoo ha-Eh-lo-heem ba-sha-ma-yeem me-ma-ahl v'ahl ha-ah-retz me-ta-chat, ayn ode.*

The V'neh-eh-mahr, the last verse at the end of the Ahlaynoo, speaks of the time of Messiah's return, when He will be known in all the earth.

#### V'NEH-EH-MAHR - AND IT IS SAID

*Zechariah 14:9*

And it is said: The Lord shall be King over all the world; on that day the Lord will be One and His Name one.

*V'neh-eh-mahr, v'ha-ya Adonai, l'meh-lech ahl kol ha-ah-retz, ba-yom ha-hoo, ba-yom ha-hoo, yee-yeh Adonai eh-chad, oo-sh'moe, oo-sh'moe, oo-sh'moe eh-chad.*

אֵין כֵּאלֹהֵינוּ, אֵין כֵּאֲדוֹנֵינוּ,  
אֵין כִּמְלַכְנוּ, אֵין כְּמוֹשִׁיעֵנוּ.  
מִי כֵּאלֹהֵינוּ, מִי כֵּאֲדוֹנֵינוּ, מִי  
כִּמְלַכְנוּ, מִי כְּמוֹשִׁיעֵנוּ. נוֹדָה  
לְאֱלֹהֵינוּ, נוֹדָה לְאֲדוֹנֵינוּ,  
נוֹדָה לְמַלְכְנוּ, נוֹדָה  
לְמוֹשִׁיעֵנוּ. בָּרוּךְ אֱלֹהֵינוּ,  
בָּרוּךְ אֲדוֹנֵינוּ, בָּרוּךְ מַלְכְנוּ,  
בָּרוּךְ מוֹשִׁיעֵנוּ. אַתָּה הוּא  
אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,  
אַתָּה הוּא מַלְכְנוּ, אַתָּה הוּא  
מוֹשִׁיעֵנוּ. אַתָּה הוּא  
שֶׁהַקְטִירוֹ אֲבוֹתֵינוּ לְפָנֶיךָ אֶת  
קְטָרֵת הַסִּמִּים.

## 32 Shabbat Eve

A popular ancient hymn, Ain Kaylowhaynoo is a song of praise and worship to a living God.

### AIN KAYLOWHAYNOO THERE IS NONE LIKE OUR GOD

*Ain kay-low-hay-noo, ain ka-doe-nay-noo, ain  
k'mahl-kay-noo, ain k'mo-she-ay-noo.*

*Me chay-lo-hay-noo, me cha-doe-nay-noo, me  
ch'mahl-kay-noo, me ch'mo-she-ay-noo.*

*No-deh lay-lo-hay-noo, no-deh la-doe-nay-noo, no-deh  
l'mahl-kay-noo, no-deh l'mo-she-ay-noo.*

*Ba-rooch eh-lo-hay-noo, ba-rooch ah-doe-nay-noo,  
ba-rooch mahl-kay-noo, ba-rooch mo-she-ay-noo.*

*Ah-ta hoo eh-lo-hay-noo, ah-ta hoo ah-doe-nay-noo,  
ah-ta hoo mahl-kay-noo, ah-ta hoo mo-she-ay-noo.*

*Ah-ta hoo sheh-heak-tea-roo ah-vo-tay-noo l'fa-neh-cha  
et k'toe-ret ha-sa-meem.*

There is none like our God, there is none like our Lord,  
there is none like our King, there is none like our Deliverer.

Who is like our God? Who is like our Lord? Who is like  
our King? Who is like our Deliverer?

Let us give thanks to our God, let us give thanks to our  
Lord, let us give thanks to our King, let us give thanks to our  
Deliverer.

Blessed be our God, blessed be our Lord, Blessed be our  
King, Blessed be our deliverer.

You are our God, You are our Lord, You are our King, You  
are our Deliverer.

You are He to whom our fathers offered before You the  
fragrant incense.

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,  
בְּטָרֶם כָּל יִצִּיר נִבְרָא: לַעֲת  
נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזִי מֶלֶךְ  
שְׁמוֹ נִקְרָא: וְאַחֲרֵי כִכְלוֹת  
הַכֹּל, לְבַדּוֹ יִמְלוֹךְ נוֹרָא. וְהוּא  
הָיָה, וְהוּא הוֹה, וְהוּא יְהִיָּה,  
בְּתַפְאָרָה. וְהוּא אֶחָד וְאֵין  
שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי יְרֵאֻשִׁית בְּלִי תַכְלִית, וְלוֹ  
הָעוֹז וְהַמְשַׁרָּה. וְהוּא אֵלִי וְחִי  
גְּאֵלִי, וְצוֹר חֲבֵלִי בְּעֵת צָרָה.  
וְהוּא נָסִי וּמָנוֹס לִי מִנֶּת כּוֹסִי  
בְּיוֹם אֶקְרָא. בְּיָדוֹ אֶפְקִיד  
רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה.  
וְעַם רוּחִי גְּוִיתִי, יֵי לִי וְלֹא  
אִירָא.

### 34 Shabbat Eve

This thousand year old traditional hymn glorifies the supremacy of God, His omnipotence, and His providence.

#### AHDOAN OHLAM - MASTER OF THE UNIVERSE

*Ah-doon oh-lahm ah-sheer ma-lach b'teh-rem kol y'tzeer neev-ra, l'ate na-so b'chef-tzo kol ah-zye meh-lech sh'moe neak-ra.*

*V'ah-cha-ray keech-lote ha-kole l'va-doe yeem-loch no-ra, v'hoo ha-ya v'hoo ho-veh v'hoo yee-yeh b'teef-ah-ra.*

*V'hoo eh-chad v'ayn shay-nee l'hahm-sheel lo l'hach-be-ra, b'lee ray-sheet b'lee tahch-leet v'lo ha-oz v'ha-mees-ra.*

*V'hoo ay-lee v'chy go-ah-lee v'tzoor chev-lee b'ate tza-ra, v'hoo nee-see oo-ma-nos lee m'naht ko-see b'yom ek-ra.*

*B'ya-doe ahf-keed roo-chee b'ate ee-shahn v'ah-ee ra, v'eem roo-chee g'vee-ya-tee Adonai lee v'lo ee-ra.*

Master of the universe who reigned before any form was created, when creation came about by His will, then as King was His name proclaimed to be.

And after all has ceased to be, He alone will reign in Awesomeness. And He was, and He is, and shall be (eternally) in splendor.

And He is First, and there is no second, to compare to Him, to be His equal, without beginning and without end, His is the power and dominion.

And He is my God, my living Redeemer, and the rock of my pain in times of trouble, and He is my Banner and a refuge for me, the portion of my cup in the day I call (upon Him.)

In His hands I entrust my spirit, in the time I sleep or am awake, and with my spirit, my body, the Lord is with me, I shall not fear.

יוֹם הַשְּׁשִׁי. וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ  
 וְכָל צְבָאָם: וַיִּכַּל אֱלֹהִים בַּיּוֹם  
 הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,  
 וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל  
 מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ  
 אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ  
 אֹתוֹ, כִּי בּו שְׁבֹת מִכָּל מְלַאכְתּוֹ,  
 אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶךְ הָעוֹלָם,  
 בּוֹרֵא פְרִי הַגֶּפֶן.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶךְ  
 הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצּוֹתֶיךָ  
 וְרָצָה בָּנוּ, וְשִׁבֹת קִדְּשׁוּ בְּאַהֲבָה  
 וּבְרָצוֹן הַנְּחִילָנוּ זְכוֹרוֹן לְמַעֲשֵׂה  
 בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה  
 לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת  
 מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ  
 קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבֹת קִדְּשָׁךְ  
 בְּאַהֲבָה וּבְרָצוֹן הַנְּחִלָּתָנוּ. בָּרוּךְ  
 אַתָּה יי, מְקַדֵּשׁ הַשְּׁבֹת.

### 36 Shabbat Eve

The Kedoosh, or sanctification prayer (from the word ka-dosh, holy) gives us the purpose and significance of the Shabbat.

#### **THE EREV SHABBAT KEDOOSH THE EVE OF SHABBAT SANCTIFICATION PRAYER**

The Sixth Day. The heavens and the earth were completed and all their array. And on the seventh day, God finished the work He had done, and He rested on the seventh day from all the work He had done. And God blessed the seventh day and made it holy, because on it He rested from all His work that God created to do.

Blessed are You O Lord our God, King of the universe, Who creates the fruit of the Vine.

Blessed are You O Lord our God, King of the Universe, Who has sanctified us with His Commandments and taken delight in us. With love and favor He gave us the holy Shabbat as a heritage, a remembrance of the works of creation. For it is the beginning of our sacred convocations, a memorial of the Exodus from Egypt. For You have chosen us, and You have sanctified us from all the nations. And You gave us Your holy Shabbat, with love and favor as a heritage, blessed are you O Lord, Who sanctifies the Shabbat.

*Yom ha-she-she, va-y'choo-loo ha-sha-ma-yeem v'ha-ah-retz v'chol tz'va-ahm. Va-y'chahl Eh-lo-heem ba-yom hahsh-vee-ee m'lahch-toe ah-sheh ah-sa, va-yeesh-bote ba-yom hahsh-vee-ee me-kol m'lahch-toe ah-sheh ah-sa. Va-y'va-rech Eh-lo-heem et yom hahsh-vee-ee va-y'ka-daysh oh-toe, key vo sha-vaht me-kol m'lahch-toe ah-sheh ba-ra Eh-lo-heem la-ah-sote.*

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lehch ha-oh-lahm, bo-ray p'ree ha-ga-fen.*

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lehch ha-oh-lahm, ah-sheh keed-sha-noo b'meeetz-vo-tahv v'ra-tza va-noo, v'sha-baht kahd-show b'ah-ha-va oo-v'ra-tzon heen-chee-la-noo, zee-ka-rone l'ma-ah-say v'ray-sheet. Key hoo yom t'chee-la l'meek-ra-ay ko-desh, zay-cher lee-tzee-aht meetz-ra-yeem. Key va-noo va-chahr-ta, v'oh-ta-noo key-dahsh-ta me-kol ha-ah-meem, v'sha-baht kahd-sh'cha b'ah-ha-va oo-v'ra-tzon heen-chahl-ta-noo ba-rooch ah-ta Adonai, m'ka-daysh ha-sha-baht.*

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

יְבָרְכֵךָ יְיָ וְיִשְׁמְרֵךָ.

יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיַּחַנְךָ.

יִשָּׂא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ  
שָׁלוֹם.

### **38 Shabbat Eve**

The Hamotzee is sometimes chanted along with the Kedoosh.

Using two loaves if possible, the Challa (the special Shabbat bread) is lifted up and the following blessing is offered:

#### **THE HAMOTZEE THE BLESSING OVER THE BREAD**

Blessed are You O Lord our God, King of the Universe,  
Who brings forth bread from the Earth.

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lehch  
ha-oh-lahm, ha-mo-tzee leh-chehm meen ha-ah-retz.*

#### **THE AARONIC BENEDICTION**

*Numbers 6:24-26*

The Lord bless you and keep you;

The Lord make His face shine upon you and be gracious to you;

The Lord lift up His countenance upon you and give you peace.

*Y'va-reh-ch'cha Adonai v'yeesh-m'reh-cha,*

*Ya-air Adonai pa-nahv ay-leh-cha vee-choo-neh-ka,*

*Yee-sa Adonai pa-nahv ay-leh-cha v'ya-same l'cha Shalom.*

# **SHABBAT SHALOM!**

*SHABBAT MORNING*

וּשְׁאֲבֹתָם מִים בְּשִׁשּׁוֹן  
מִמַּעֲיָנִי הַיְשׁוּעָה:

מָה טָבוּ אֱהַלֶיךָ יַעֲקֹב,  
מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל. וְאֲנִי בְּרַב  
חֶסֶדְךָ אָבוֹא בֵיתְךָ,  
אֲשַׁתְּחֹה אֶל הַיְכָל קֹדֶשְׁךָ  
בִּירְאָתְךָ.

יִי אֱהַבְתִּי מֵעוֹן בֵּיתְךָ,  
וּמִקוֹם מִשְׁכַּן כְּבוֹדְךָ. וְאֲנִי  
אֲשַׁתְּחֹה וְאֶכְרַע, אֲבָרְכָה  
לְפָנֶי יִי עֲשֵׂי. וְאֲנִי, תִּפְלְתִי  
לְךָ יִי, עֵת רְצוֹן, אֱלֹהִים  
בְּרַב חֶסֶדְךָ, עֲנֵנִי בְּאֵמַת  
יְשׁוּעָה.

## 40 Shabbat Day

This scripture song rouses us to draw forth "living water" from the fountains of our Salvation - Yeshua our Messiah!

### OOSHAVTEM MAYEEM YOU SHALL DRAW FORTH WATER

*Isaiah 12:3*

*Oo-shav-tem ma-yeem b'sa-sonē me-my-nay  
ha-y'shoo-ah. Hay...*

And with joy you shall draw forth water from the fountains of Salvation!

A collection of praise verses traditionally chanted on assembling in the house of worship.

### MA TOEVOO - HOW LOVELY

How lovely are your tents, O Jacob, your dwelling places, O Israel. O Lord, through Your abundant kindness I will enter Your house, in awe I will bow down toward Your Holy Sanctuary.

O Lord, I love the House where You dwell, and the place where Your Glory resides. I shall prostrate myself and bow, bend the knee before the Lord my Maker. As for me, may my prayers to You, O Lord, be at the right time. O God, in Your abundant righteousness, answer me with the truth of Your Salvation.

*Ma Toe-voo oh-ha-leh-cha Ya-ah-kov  
meesh-k'no-teh-cha Yisrael. Va-ah-nee b'rove chahs-d'cha  
ah-voe vay-teh-cha, ehsh-ta-cha-veh el hay-chahl kahd-sh'cha  
b'yeer-ah-teh-cha.*

*Adonai ah-hav-tee m'own bay-teh-cha, oo-m'kome  
meesh-kahn k'voe-deh-cha. Va-ah-nee ehsh-ta-cha-veh  
v'ehch-ra-ah, ev-r'cha leef-nay Adonai oh-see. Va-ah-nee  
t'fee-la-tee l'cha Adonai ate ra-tzon, Eh-lo-heem b'rav  
chas-deh-cha, ah-nay-nee beh-eh-met Yeesh-eh-cha.*

שׁוֹכֵן עַד, מָרוֹם וְקָדוֹשׁ  
 שְׁמוֹ: וְכָתוּב, רַנְּנוּ צַדִּיקִים  
 בְּיְי, לַיְשָׁרִים נְאוּה תְהִלָּה.  
 בְּפִי יְשָׁרִים תְּתַהַלֵּל. וּבְדַבְרֵי  
 צַדִּיקִים תְּתַבָּרַךְ. וּבְלִשׁוֹן  
 חֲסִידִים תְּתַרְוֶמֶם. וּבְקֶרֶב  
 קְדוֹשִׁים תְּתַקַּדֵּשׁ:

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מִלְכָּנוּ.  
 בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד  
 עוֹלָם. בָּרוּךְ אַתָּה יְי, אֵל  
 מֶלֶךְ גָּדוֹל בַּתְּשׁוּבָה, אֵל  
 הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת,  
 הַבוֹחֵר בְּשִׁירֵי זְמִרָה, מֶלֶךְ,  
 אֵל, חַי הָעוֹלָמִים.

## 42 Shabbat Day

Based on Isaiah 57:15 and other scriptures, Showchain Odd is a beautiful chant of praise.

### **SHOWCHAIN-ODD MAROME HE WHO ABIDES FOREVER**

He who abides forever, exalted and holy is His Name. And it is written: Sing joyfully you righteous to the Lord; it is befitting for the upright to praise Him. By the mouth of the upright You shall be lauded; by the words of the righteous You shall be blessed; by the tongue of the pious You shall be exalted; and in the midst of the holy You shall be sanctified.

*Show-chain odd ma-rome v'ka-dosh sh'moe. V'ka-toove ra-n'-noo tza-de-keem ba-Adonai la-y'sha-reem na-va t'hee-la. B'fee y'sha-reem teet-ha-lahl, Oo-v'deev-ray tza-dee-keem teet-ba-rahch, Oo-veel-shone cha-see-deem teet-roe-mahm, oo-v'keh-rev k'doe-sheem teet-ka-dahsh.*

These verses, also known as Birkat Hasheer, Blessing of Song, are traditionally chanted as high praise to the Lord.

### **YEESHTABAHCH SHEEMCHA MAY YOUR NAME BE PRAISED**

May Your name be praised forever, our King. Unto You we offer blessings and thanksgiving from this time and forever. Blessed are You O Lord, God, King exalted through praises, God of thanksgiving, Master of wonders, Who chooses musical songs of praise, King, God, giver of life to the world.

*Yeesh-ta-bahch sheem-cha la odd mahl-kay-noo. B'ra-chot v'ho-da-oat may-ah-ta v'odd oh-lahm, ba-rooch ah-ta Adonai, Ale meh-lehch ga-dole ba-teesh-ba-choht, ale ha-hoe-da-oat, ah-doan ha-neeef-la-oat, ha-bo-chare b'she-ray zeem-ra, meh-lehch ale chay ha-oh-la-meem.*

The reader, or Cantor, may bow at 'bless,' and straighten up at 'Lord.'

The congregation may then bow at 'blessed,' and straighten up at 'Lord.'

בְּרַכּוֹ אֶת יְיָ הַמְּבָרֵךְ:

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

## 44 Shabbat Day

The Barchoo is the first of the formal "B'rachot" or "Blessings" in the morning service. The Bracha, or blessing, always begins with blessing or thanking God. It is a very old biblical form of worship.

### **BARCHOO - BLESS**

READER: Bless the Lord, the blessed One.

CONGREGATION: *Blessed is the Lord, the blessed One, for all eternity.*

*Bar-choo et Adonai ha-m'vo-rahch.*

*Ba-rooch Adonai ha-m'vo-rahch l'oh-lam va-ed.*

A Shabbat reading preceding the V'sham-roo.

### **RESPONSIVE READING:**

*Exodus 20:8-11, 31:13*

READER: Remember the Sabbath day to keep it holy.

RESPONSE: *Six days shall you labor and do all your work;*

READER: But the seventh day is the Sabbath of the Lord your God; in it you shall not do any work.

RESPONSE: *For in six days the Lord made heaven and earth, the sea and all that is in them and rested on the seventh day; that is why the Lord blessed the Sabbath day and hallowed it.*

READER: Speak also unto the children of Israel saying: Above all, my Sabbaths you shall keep; for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת  
 הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת  
 לְדֹרֹתָם בְּרִית עוֹלָם: בְּיַמֵּי  
 וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא  
 לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה  
 יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ אֶת  
 דְּרֹךְ הַיְשׁוּעָה בְּמַשִּׁיחַ יֵשׁוּעַ:  
 אָמֵן:

## 46 Shabbat Day

The V'shamroo gives us the scriptural basis for the Shabbat celebration.

### **V'SHAMROO V'NAY YISRAEL AND THE CHILDREN OF ISRAEL SHALL KEEP**

*Exodus 31:16,17 (with Isaiah 66:23, English)*

The children of Israel shall keep the Shabbat, observing it throughout their generations as an everlasting covenant. It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.

And it shall come to pass that from one new moon to another and from one SHABBAT to another, ALL flesh shall come to worship before Me, says the Lord.

*V'sham-roo v'nay Yisrael et ha-Shabbat, la-ah-sote et ha-Shabbat l'doe-ro-tahm b'reet oh-lahm, bay-nee oo'vain b'nay Yisrael, ote he l'oh-lahm, key shay-shet ya-meem ah-sa Adonai, et ha-sha-ma-yeem, v'et ha-ah-retz, oo'va-yom hahsh-ve-ee, sha-vaht va-yee-na-fahsh.*

Along with the many traditional 'B'rachot,' or Blessings, we have a New Covenant 'Bracha,' thanking God for giving us the way of Salvation in our Messiah, Yeshua.

### **THE BLESSING OF MESSIAH**

Blessed are you O Lord our God, King of the universe, Who has given us the way of salvation in Messiah Yeshua. Amen.

*Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer na-tahn la-noo et deh-rech ha-y'shoo-ah b'ma-she-ahch Yeshua. Ah-main.*

שִׁמְעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,  
יְיָ אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ  
לְעוֹלָם וָעֶד.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל  
לְבָבְךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל  
מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,  
אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל  
לְבָבְךָ: וְשִׁנַּנְתָּם לְבִנְיָהּ,  
וּדְבַרְתָּ בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ,  
וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ,  
וּבְקוֹמְךָ. וְקִשַּׁרְתָּם לְאוֹת עַל  
יָדְךָ, וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ,  
וְכִתַּבְתָּם עַל מַזְזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

וְאָהַבְתָּ לְרַעֲךָ כָּמוֹךָ:

## 48 Shabbat Day

In the Shema, we join together in proclaiming the two greatest commandments as taught by Yeshua: To love God with all our heart, soul and strength, and to love our neighbor as ourself. We also see that God wants us to *love* Him, not just "obey" Him because He is Almighty.

### **SHEMA YISRAEL - HEAR O ISRAEL**

*Deuteronomy 6:4-9*

*Sh'ma Yisrael Adonai Eh-lo-hay-noo Adonai eh-chahd.  
Ba-rooch shame k'vode mahl-choo-toe l'oh-lahm vah-ed.*

Hear O Israel, the Lord is our God, the Lord is One.  
Blessed is the name of His glorious kingdom for all eternity.

*V'ah-hav-ta et Adonai Eh-lo-heh-cha b'chol l'vahv-cha  
oo-v'chol nahf-sh'cha, oo-v'chol m'oh-deh-cha. V'ha-yoo  
ha-d'va-reem ha-ay-leh, ah-sheh ah-no-chee m'tzav-cha ha-yom  
ahl l'va-veh-cha, v'she-nahn-tahm l'va-neh-cha, v'dee-bar-ta  
bahm b'sheev-t'cha b'vay-teh-cha oo-v'lech-t'cha va-deh-rech  
oo-v'shahch-b'cha oo-v'koo-meh-cha. Oo-k'shar-tahm l'oat al  
ya-deh-cha, v'ha-yoo l'toe-ta-fote bain ay-neh-cha.  
Oo-ch'tahv-tahm ahl m'zoo-zoht bay-teh-cha  
oo-vee-sh'ah-reh-cha.*

And you shall love the Lord your God, with all your heart, with all your soul, and with all your might. And have these words, which I command you this day, be upon your heart. And you shall teach them diligently to your children, and speak of them when you sit in your house, when you walk by the way, when you retire, and when you arise. And you shall bind them for a sign upon your hand and let them be frontlets between your eyes. And you shall write them on the doorposts of your house and upon your gates:

### **V'AHHAVTA L'RAYAHCHA AND YOU SHOULD LOVE YOUR NEIGHBOR**

*Leviticus 19:18*

*V'ah-hav-ta l'ray-ah-cha ka-moe-cha.*

And you should love your neighbor as yourself.

מִגֵּן אָבוֹת בְּדַבְּרוֹ, מַחִיָּה  
מִתִּים בְּמֵאֲמָרוֹ, הָאֵל  
הַקָּדוֹשׁ שְׁאִין כְּמוֹהוּ, הַמְּנִיחַ  
לְעַמּוֹ בְּיוֹם שַׁבַּת קָדְשׁוֹ, כִּי  
בִּם רָצָה לְהַנִּיחַ לָהֶם. לְפָנָיו  
נֶעֱבֹד בְּיִרְאָה וּפֶחֶד, וְנוֹדָה  
לְשִׁמּוֹ בְּכָל יוֹם תָּמִיד, מֵעֵין  
הַבְּרָכוֹת. אֵל הַהוֹדָאוֹת  
אֲדוֹן הַשָּׁלוֹם, מְקַדֵּשׁ  
הַשַּׁבָּת, וּמְבָרֵךְ שְׁבִיעֵי,  
וּמְנִיחַ בְּקִדְשָׁהּ לְעַם מְדֻשְׁנֵי  
עֲנָג, זְכֹר לְמַעֲשֵׂהּ בְּרֵאשִׁית:

## 50 Shabbat Day

A traditional Shabbat hymn, Magain Ahvot sums up the seven blessings with the attributes of God found in the Amida prayer.

### MAGAIN AHVOTE - OUR FATHER'S SHIELD

*Ma-gain ah-vote beed-va-row m'cha-yaye may-teem  
b'ma-ah-ma-row, ha-ale ha-ka-dosh sheh-ayne ka-mow-hoo  
ha-may-nee-ach l'ah-moe b'yom Shabbat kahd-show, ke vahm  
ra-tza l'ha-ne-ach la-hem, key vahm ra-tza l'ha-ne-ach la-hem,  
l'fa-nav na-ah-vode b'year-ah va-fa-chad, v'no-deh leesh-mow  
b'chol yom ta-meed, may-ayn ha-b'ra-chote, ale ha-hoe-da-oat,  
ah-doan ha-shalom, m'ka-daysh ha-sha-bat oo-m'va-raych  
sh'vee-ee oo-may-nee-ach beek-doo-sha l'ahm m'doosh-nay  
oh-neg, zay-chere l'ma-ah-say l'ma-ah-say v'ray-sheet.*

A shield to our fathers in His word, giving life to the dead in His utterance, The holy King, that there is none like unto Him, gives rest to His people on His Holy Shabbat, for He was pleased with them to grant them rest. Before Him we shall serve with reverence and fear, and we will give thanks to His name every day continually, with due blessings unto Him. God of grateful praise, Master of peace, who sanctifies the Shabbat and blesses the seventh day, and who gives rest in holiness to a people full of delight, in commemoration of the work of creation.

### MEEZMORE L'DAVEED - PSALM 23

READER: The Lord is my shepherd, I shall not want.

RESPONSE: *He makes me lie down in green pastures, he leads me beside the still waters.*

READER: He restores my soul, He leads me in the paths of righteousness for His name's sake.

RESPONSE: *Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff they comfort me.*

READER: You prepare a table before me in the presence of my enemies: You anoint my head with oil; my cup overflows.

RESPONSE: *Surely goodness and grace will follow me all the days of my life; and I will dwell in the house of the Lord forever.* (Continued)

מְזִמּוֹר לְדוֹד, יי רְעִי לֹא  
 אֶחָסֵר. בְּנֹאוֹת דָּשָׂא  
 יִרְבִּיצְנִי עַל־מִי מְנוּחֹת  
 יִנְהַלְנִי. נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי  
 בְּמַעְגְלֵי צְדָק לְמַעַן שָׁמוּ. גַּם  
 כִּי אֵלֶךְ בְּגִיא צַלְמוֹת לֹא  
 אִירָא רָע כִּי אֵתָה עִמָּדִי,  
 שְׁבִטְךָ וּמִשְׁעֲנִתְךָ הֵמָּה  
 יִנְחֲמֵנִי. תִּעְרֹךְ לְפָנַי שְׁלַחֹן  
 נֶגֶד צַרְרִי, דִּשְׁנֵת בְּשָׁמֶן  
 רֹאשִׁי כּוֹסֵי רוּיָהּ. אֶךְ טוֹב  
 וְחֶסֶד יִרְדְּפוּנִי כָּל יְמֵי חַיִּי,  
 וְשִׁבְתִּי בְּבַיִת יי לְאַרְךָ יָמִים.

מִי כָמְכָה בְּאֵלִים יי, מִי  
 כָּמְכָה נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא  
 תְּהִילָת, עֲשֵׂה פְּלֹא:

הוֹדוּ לַיי כִּי טוֹב, כִּי לְעוֹלָם  
 חֶסֶדוֹ:

## 52 Shabbat Day

PSALM 23 (Continued)

*Meez-more l'Da-veed, Adonai ro-ee lo ech-sar. Be-note  
deh-sheh yar-be-tzay-nee ahl-may m'noo-chot y'na-ha-lay-nee.  
Nahf-she y'show-vave, yahn-cha-nee b'mahg-lay tzeh-dek  
l'ma-ahn sh'mow. Gahm key ay-laych, b'gay tzahl-ma-vet, lo  
ee-ra-ra key ah-ta ee-ma-ah-dee, sheev-t'cha  
oo'me-shahn-teh-cha hay-ma y'na-cha-moo-nee. Ta-ah-roch  
l'fa-nye shooh-chahn neh-ged tzo-r'rye; de-shahn-ta  
ba-sheh-men ro-she, ko-see r'va-ya. Ach tov va-cheh-sed  
year-d'foo-nee kol y'may cha-yi, v'shahv-tee b'vait Adonai  
l'oh-rech ya-meem.*

Me Chamoecha is a 3,500 year old hymn of praise that our ancestors sang at the Red Sea thanking God for their deliverance.

### ME CHAMOECHA - WHO IS LIKE THEE?

*Exodus 15:11*

*Me Cha-moe-cha ba-ay-leem Adonai, me ka-moe-cha  
neh-dahr ba-ko-desh, no-ra t'he-lote oh-say feh-leh.*

Who is like Thee O Lord among the gods? Who is like Thee glorified in holiness? You are awesome in praise, working wonders O Lord, who is like Thee O Lord?

### HODOO L'ADONAI - GIVE THANKS TO THE LORD

*Psalm 136:1*

*Ho-doo la-doe-nigh key tov, key l'oh-lahm chas-doe, (2)*

*Ho-doo, ho-doo, ho-doo, ho-doo, ho-doo la-doe-nigh key tov. (2)*

Give thanks to the Lord He is good, His mercy forever endures.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי  
 אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
 וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל  
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
 גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה  
 הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת,  
 וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם  
 לְמַעַן שְׁמוֹ בְּאַהֲבָה:

מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן:  
 בָּרוּךְ אַתָּה יְיָ, מַגִּן אַבְרָהָם:

## 54 Shabbat Day

The Amida, or standing prayer, is the oldest of our traditional prayers, going back to early 2nd Temple times. There are many parts to the Amida, and some of the Shabbat portions differ from the weekday sections.

### *THE AMIDAH PRAYER*

The Ahvot, or "fathers" portion, speaks of God's faithfulness, and His promise to bring a Redeemer.

#### **AHVOT - FATHERS**

Blessed are You Lord our God and God of our fathers, God of Abraham, God of Isaac and God of Jacob, the great, mighty and awesome God, the most high God, Who bestows grace and creates all, and remembers the kindnesses of the Fathers, and brings a Redeemer to their children's children, for His name's sake with love.

O King, Helper, Savior, and Shield, blessed are You O Lord, Shield of Abraham.

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo v'eh-lo-hay ah-vo-tay-noo, Eh-lo-hay Ahv-ra-hahm, Eh-lo-hay Yeetz-chahk, v'Eh-lo-hay Ya-ah-kov; Ha-ale ha-ga-dole ha-gee-bore v'ha-no-ra Ale el-yone, go-male cha-sa-deem toe-veem, v'ko-nay ha-kole, v'zo-chare chas-day ah-vote, oo-may-vee go-ale leave-nay v'nay-hem l'ma-ahn sh'mo b'ah-ha-va.*

*Meh-lech oh-zair oo-ma-she-ah oo-ma-gain, ba-rooch ah-ta Adonai, ma-gain Ahv-ra-hahm.*

אֶתָּה גְבוּר לְעוֹלָם אֲדֹנָי,  
מַחֲיֵה מֵתִים אֶתָּה, רַב  
לְהוֹשִׁיעַ:

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחֲיֵה  
מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ  
נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם  
אֲמוֹנָתוֹ לִישָׁנֵי עֶפְרָיִם,  
כְּמוֹךְ בַּעַל גְּבוּרוֹת וּמִי  
דוֹמֶה לָךְ, מֶלֶךְ מִמִּית וּמַחֲיֵה  
וּמַצְמִיחַ יְשׁוּעָה:

וְנֶאֱמַן אֶתָּה לְהַחְיֹת מֵתִים.  
בָּרוּךְ אַתָּה יְיָ, מַחֲיֵה  
הַמֵּתִים:

## 56 Shabbat Day

This portion, talking of God's might, also speaks of Salvation and the Resurrection of the Dead.

### GEEBORE ADONAI - THE MIGHT OF GOD

You O Lord are mighty forever. You raise the dead, You are mighty to save.

You sustain the living with grace, resurrect the dead with abundant mercy, uphold the falling, heal the sick, set free those in bondage, and keep faith with those that sleep in the dust. Who is like You, Master of mighty deeds, and who can compare to You, King, who causes death and restores life, and makes Salvation sprout! And You are faithful to resurrect the dead. Blessed are You O Lord, Who resurrects the dead.

*Ah-ta gee-bore l'oh-lahm Adonai, m'cha-yaye may-team  
ah-ta rahv l'hoe-she-ah.*

*M'chahl-kale cha-yeem b'chek-sed m'cha-yaye may-team  
b'ra-cha-meem ra-beem, so-maych nof-leem v'ro-fay cho-leem  
oo-ma-teer ah-soo-reem, oo-m'ka-yaym eh-moo-na-toe  
lee-shay-nay ah-fahr. Me cha-moe-cha ba-ahl g'voo-rote oo-me  
doe-meh lahch, meh-lehch may-meet oo-m'cha-yeh  
oo-mahtz-me-ahch Yeshua. V'neh-eh-mahn ah-ta l'ha-cha-yote  
may-team. Ba-rooch ah-ta Adonai m'cha-yaye ha-may-team.*

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם  
 שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,  
 כַּכְּתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה  
 אֶל זֶה וְאָמַר: קָדוֹשׁ קָדוֹשׁ  
 קָדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָּל  
 הָאָרֶץ כְּבוֹדוֹ. לְעַמְתָּם בְּרוּךְ  
 יֵאמְרוּ: בְּרוּךְ כְּבוֹד יְיָ,  
 מִמְּקוֹמוֹ. מִמְּקוֹמְךָ מִלְּכָנוּ  
 תּוֹפִיעַ, וְתִמְלֹךְ עָלֵינוּ, כִּי  
 מְחַכִּים אֲנִיחָנוּ לָךְ. מָתִי תִמְלֹךְ  
 בְּצִיּוֹן, בְּקָרוֹב בְּיָמֵינוּ, לְעוֹלָם  
 וָעַד תִּשְׁכּוֹן. תִּתְגַּדֵּל וְתִתְקַדֵּשׁ  
 בְּתוֹךְ יְרוּשָׁלַיִם עִירֶךָ, לְדוֹר וָדוֹר  
 וּלְנֹצֵחַ נְצָחִים. וְעֵינֵינוּ תִרְאֶינָה  
 מִלְּכוּתֶךָ, כַּדָּבָר הָאָמוּר בְּשִׁירֵי  
 עֲזָרָה, עַל יְדֵי דָוִד מְשִׁיחַ צְדָקָה:  
 יְמִלֶךְ יְיָ לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן  
 לְדוֹר וָדוֹר, הַלְלוּיָהּ.

## 58 Shabbat Day

The K'doosha prayer, instituted by the Men of the Great Assembly (early 2nd Temple times) deals with the holiness of God and contains several scriptures from the books of the Prophets.

### K'DOOSHA - THE SANCTIFICATION PRAYER

READER: We will sanctify Your name in this world even as it is sanctified in the heavens above, as it is written by Your prophet; and they call to each other saying:

RESPONSE: *Holy, holy, holy is the Lord of Hosts; the whole earth is full of His glory.*

READER: Those facing them say: "Blessed".

RESPONSE: *Blessed is the glory of the Lord from His (abiding) place.*

ALL: From Your heavenly abode You will appear O our King, and reign over us for we wait for You. When will you reign in Zion? Soon, even in our days, may You dwell there forever and ever. May You be exalted and sanctified within Jerusalem Your city, from generation to generation and for all eternity. May our eyes see Your kingdom, as it is expressed in the songs of Your Might, by the hand of David, Your righteous Anointed:

The Lord shall reign forever, your God O Zion, from generation to generation, Hallelujah!

*N'ka-daysh et sheem-cha ba-oh-lam K'shame sheh-mahk-dee-sheem oh-toe beesh-may ma-rome ka-ka-toov ahl yad n'vee-eh-cha v'ka-ra zeh el zeh v'ah-mahr:*

*Ka-dosh, ka-dosh, ka-dosh, Adonai tz'va-oat m'lo chol ha-ah-rets k'vo-doe.*

*L'oo-ma-tahm ba-rooch yo-may-roo.*

*Ba-rooch k'vod Adonai meem-ko-mo.*

*Meem-kom-cha mahl-kay-noo toe-fee-ya v'teem-lowch ah-lay-noo key m'cha-keem ah-nach-noo lahch. Ma-tie teem-lowch b'tzee-own b'ka-rove b'ya-may-noo l'oh-lahm va-ed teesh-kone. Teet-ka-dahl v'teet-ka-dahsh b'towch Y'roo-sha-la-yeem ear-cha, l'dore va-dore oo-l'nay-tzahch n'tza-cheem. V'ay-nay-noo tee-reh-na mahl-choo-teh-cha, ka-da-vahr ha-ah-moor b'she-ray oo-zeh-cha ahl y'day Da-veed m'she-ahch tzeed-keh-cha.*

*Yeem-lowch Adonai l'oh-lam Eh-lo-ha-yeech tzee-own l'dore va-dore Ha-leh-loo-ya.*

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ  
 יי אֱלֹהִים צְבָאוֹת.  
 אֲשֶׁר הָיָה וְהוּא וְיָבוֹא:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 רְצֵה בְּמִנוּחָתֵנוּ. קְדֹשְׁנוּ  
 בְּמִצּוֹתֶיךָ וְתֵן חֶלְקֵנוּ  
 בְּתוֹרָתֶךָ, שִׁבְעֵנוּ מִטוֹבֶךָ,  
 וְשִׁמְחֵנוּ בִּישׁוּעָתֶךָ, וְטִהַר  
 לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת,  
 וְהִנְחֵילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה  
 וּבְרָצוֹן שַׁבַּת קְדֻשָּׁךָ, וְיִנוּחוּ  
 בָּהּ יִשְׂרָאֵל, מִקְדָּשֵׁי שְׁמֶךָ.  
 בָּרוּךְ אַתָּה יי, מִקְדָּשׁ  
 הַשַּׁבָּת:

## 60 Shabbat Day

As an alternative to the K'doosha, this song, Kadosh, could be sung. Or, it could be sung at the place in the Kedoosha where the words "Holy, Holy, Holy,..." are found.

### KADOSH - HOLY

*Revelation 4:8*

*Ka-dosh, ka-dosh, ka-dosh, (2).*

*Adonai Eh-lo-heem tz'va-oat, (2).*

*Ah-sheer ha-ya v'ho-veh v'ya-vo (2).*

Holy, Holy, Holy, (2)

Is the Lord God of Hosts (2).

Who was and is, and is to come. (2)

### HOLINESS OF THE DAY

### EHLOHAYNOO V'EHLOHAY AHVOTAYNOO OUR GOD AND GOD OF OUR FATHERS

with *V'TAHARE LEEBAYNOO - PURIFY OUR HEARTS*

Our God and God of our fathers, may You be pleased with our rest. Sanctify us in Your commandments and grant us our portion in Your Torah. Satisfy us from Your goodness and make us rejoice in Your **SALVATION**. *And purify our hearts to serve You in truth.* In love and favor, O Lord Our God, grant us Your holy Shabbat as a heritage, and may Israel who sanctifies Your name, rest therein. Blessed are You O Lord, Who makes the Shabbat holy.

*Eh-lo-hay-noo v'eh-lo-hay ah-vo-tay-noo r'tzay  
veem-noo-cha-tay-noo, kahd-shay-noo b'metz-vo-teh-cha v'tain  
chel-kay-noo b'toe-ra-teh-cha, sahb-ay-noo me-too-veh-cha  
v'sahm-chay-noo be-Y'shoo-ah-teh-cha, v'ta-hare le-bay-noo  
l'ahv-d'cha beh-eh-met, v'hahn-chee-lay-noo Adonai  
Eh-lo-hay-noo b'ah-ha-va oo-v'ra-tzone Shabbat kahd-sheh-cha,  
v'ya-noo-choo va Yisrael m'kahd-shay sh'meh-cha. Ba-rooch  
ah-ta Adonai, m'ka-daysh ha-Shabbat.*

וְיִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
 בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ,  
 וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן  
 וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
 יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמּוֹן קָרִיב  
 וְאָמְרוּ אָמֵן:  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם  
 וּלְעָלְמֵי עָלְמֵיָא:  
 יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
 וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא  
 בְּרִיךְ הוּא. לְעֵלְא מִן כָּל  
 בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחָתָא  
 וְנַחֲמָתָא, דְאָמִירוֹן בְּעֶלְמָא,  
 וְאָמְרוּ אָמֵן:  
 עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא  
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

## 62 Shabbat Day

The Kadeesh, an Aramaic prayer originating in Second Temple times, is a prayer of praise and Messianic hope. It also, over the years, became a mourner's prayer. Why? In the words of one Rabbi, the answer is found in Job 1:21. When Job learned of the death of his children, he said, "The Lord gives, the Lord takes away, blessed be the name of the Lord." From this verse we learn that in *every* situation in life we are to praise the Lord.

### THE KADEESH

Magnified and sanctified be His great name in the world which He has created according to His will. May He establish His kingdom during your life and during your days, and during the life of the whole house of Israel, even swiftly and soon, and say amen.

Let His great name be blessed forever and to all eternity.

Blessed, praised, and glorified, exalted, extolled and honored, magnified and lauded be the name of the Holy One, blessed is He, though He be high above all the blessings and songs, praises, and consolations which are uttered in the world, and say amen.

May He Who makes peace in His high places make peace upon us and upon all Israel, and say amen.

*Yeet-ga-dahl v'yeet-ka-dahsh sh'may ra-ba. B'ohl-ma dee v-ra ch'roo-tay v'yahm-leech mahl-choo-tay, b'cha-yaye-chon oo-v'yo-may-chon oo-v'cha-yaye d'chol bait Yisrael, ba-ah-ga-la oo-veez-mahn kah-reev v'eem-roo ah-mane.*

*Y'hay sh'may ra-ba m'va-rahch, l'oh-lahm oo-l'ahl-may ahl-ma-ya, yeet-ba-rahch.*

*Yeet-ba-rahch v'yeesh-ta-bahch v'yeet-pa-ahr v'yeet-ro-mahm v'yeet-na-say, v'yeet-ha-dahr v'yeet-ah-leh v'yeet-ha-lahl sh'may d'kood-sha b'reech hoo. L'ay-la meen kol beer-cha-ta v'she-ra-ta, toosh-b'cha-ta v'neh-cheh-ma-ta da-ah-me-rahn b'ahl-ma, v'eem-roo ah-mane.*

*Oh-seh shalom beam-ro-mahv, hoo ya-ah-seh shalom ah-lay-noo, v'ahl kol Yisrael, v'eem-roo ah-mane.*

*THE TORAH SERVICE*

The ark is opened - all stand.

אֵין כָּמוֹךָ בָּאֱלֹהִים, יְיָ, וְאֵין  
 כְּמַעֲשֵׂיךָ. מַלְכוּתְךָ מַלְכוּת כָּל  
 עֲלָמִים, וּמִשְׁלֹתְךָ בְּכָל דָּר  
 וְדָר. יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ יְמֶלֶךְ  
 לְעֵלָם וָעַד. יְיָ עֲזֵ לְעַמּוֹ יִתֵּן יְיָ  
 יְבָרֶךְ אֶת עַמּוֹ בַשְּׁלוֹם.

The Torah scrolls are removed from the ark and held facing the Congregation. The English of Vay'hee Beensoah Haahrone is recited, and then, the processional through the Congregation begins, to the singing of Vay'hee Beensoah Haahrone in Hebrew.

וַיְהִי בְּנִסּוֹעַ הָאָרוֹן וַיֹּאמֶר  
 מֹשֶׁה, קוֹמָה יְיָ, וַיִּפְצוּ אִיבֵיךָ,  
 וַיִּנְסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ: כִּי  
 מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יְיָ  
 מִירוּשָׁלַיִם: בָּרוּךְ שְׁנַתֵּן תוֹרָה  
 לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Some Congregations, to extend the processional, also sing a worship song such as the *Israel's Hope* song, 'Holy, Holy, Holy, Lord God Almighty.'

## 64 Shabbat Day

This passage, from the Psalms and the book of Exodus, praises the Lord.

### **AYN KAMOCHA - THERE IS NONE LIKE YOU**

There is none like You among the gods, O Lord, and there is nothing like Your works. Your kingdom is an everlasting kingdom, and Your dominion is throughout all generations. The Lord reigns, the Lord has reigned, the Lord will reign for ever and ever. The Lord will give strength unto His people; the Lord will bless His people with peace.

*Ayn ka-mo-cha va-Eh-lo-heem Adonai v'ayn k'ma-ah-seh-cha. Mahl-choot-cha mahl-choot kol oh-la-meem oo-mem-shahl-t'cha b'chol dor va-dor. Adonai meh-lech, Adonai ma-lahch, Adonai yeem-lowch l'oh-lahm va-ed. Adonai ohz l'ah-mo yee-tain Adonai y'va-raych et ah-mo va-shalom.*

In the processional we pay homage to the Torah, the written word of God, knowing that it is a representation of the living Word, Yeshua, dwelling among us.

As the Torah passes by, a traditional custom is to kiss the Torah by placing a Tallit corner, Siddur, Bible, or even one's hand, on the cover of the Torah, and then kissing that which we used to touch the Torah.

### **THE TORAH PROCESSIONAL**

#### **VAY'HEE BEENSOAH HAAHRONE - WHEN THE ARK WOULD TRAVEL**

*Num. 10:35, Isa. 2:3, (in part)*

When the Ark would travel, Moses would say, 'Arise O Lord, and let Your enemies be scattered, and let them that hate You flee from You.' For from Zion will go forth the Torah, and the word of the Lord from Jerusalem. Blessed be He, Who in His holiness, gave the Torah to His people Israel.

*Va-y'hee been-so-ah ha-ah-rone va-yo-mehr Mo-sheh. Koo-ma Adonai v'ya-foo-tzoo oy-veh-cha, v'ya-noo-soo m'sahn-eh-cha me-pa-neh-cha. Key me-tzee-ohn tay-tzay Torah (2), oo-d'vahr Adonai me-roo-sha-la-yeem. Ba-rooch sheh-na-tahn Torah Torah (2), l'ah-mo Yisrael beek-doo-sha-toe.*

With the conclusion of the processional, a Torah scroll is placed on the reading table and unwrapped, and any extra Torahs are returned to the Ark, and the Parochet (ark curtain) is closed. The Congregation may now be seated. The Torah portion is announced, and the first Aliya (person called to the Torah) is now called.

יַעֲמֵד \_\_\_ בֶּן/בֵּית \_\_\_ לַתּוֹרָה:

בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ:

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֵד:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנוּ מִכָּל  
הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת  
אֱמֶת, וְחַיֵּי עוֹלָם נִטְעַ

בְּתוֹכֵנוּ: בְּרוּךְ אַתָּה יְיָ, נוֹתֵן

הַתּוֹרָה:

## 66 Shabbat Day

Torah Reader:

*Ya-ah-mode, (first name - in Hebrew) ben (father's first name - in Hebrew) la-Torah!*

Come forward ( first name ) son of ( father's first name ) to the Torah.

If a man's Hebrew name is unknown, the name Avrahahm (Abraham) is sometimes used. For a woman, the name Sara (Sarah), or Root (Ruth) may be used.

### **THE TORAH BLESSINGS**

The Aliya (person called to the Torah) recites the following blessing:

**ALIYA:** *Bar-choo et Adonai hahm-vo-rahch.*

**CONGREGATION:** *Ba-rooch Adonai hahm-vo-rahch l'oh-lahm va-ed.*

**ALIYA:** *Ba-rooch Adonai hahm-vo-rahch l'oh-lahm vah-ed. Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer ba-char ba-noo me-kol ha-ah-meem, v'na-tahn la-noo et torah-toe, ba-rooch ah-ta Adonai, no-tane ha-torah.*

Bless the Lord the blessed One.

Blessed is the Lord, the blessed One, for all eternity.

Blessed are You O Lord our God, King of the Universe, Who has chosen us from all peoples and given us His Torah, blessed are You O Lord, Giver of the Torah.

The Torah portion is chanted.

After the Torah reading:

**ALIYA:**

*Ba-rooch ah-ta Adonai, eh-lo-hay-noo meh-lech ha-oh-lahm, ah-sheer na-tahn la-noo toe-raht eh-met, v'cha-yaye oh-lahm na-ta b'toe-chay-noo, ba-rooch ah-ta Adonai, no-tain ha-torah.*

Blessed are you O Lord our God, King of the Universe, Who has given us a Torah of truth, and has planted eternal life in our midst, blessed are You O Lord, Giver of the Torah.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם  
מֹשֶׁה לְפָנָיו בְּנֵי יִשְׂרָאֵל עַל  
פִּי יְיָ בְּיַד מֹשֶׁה:

## 68 Shabbat Day

### *THE TORAH CLOSING*

Everyone rises, the Torah is lifted up so that the Congregation can view the text, and the following is chanted:

#### **V'ZOTE HATORAH**

*V'zote ha-Torah ah-sheh sahm Mo-sheh leaf-nay b'nay  
Yees-ra-el ahl pee Adonai b'yahd Mo-sheh.*

And this is the Torah that Moses placed before the children of Israel, at the command of the Lord, through Moses' hand.

The person who lifted the Torah sits down with it (the Congregation may now be seated) and a second individual helps to roll in the Torah, secure a sash around it, and place the cover back over the scroll. If a New Covenant or Hahftorah (prophetic reading) portion is to be read, then the Torah remains in the arms of the Torah lifter, who remains seated. If there is not going to be a Hahftorah or New Covenant reading, skip to "The Return of the Torah to the Ark."

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים  
 טוֹבִים, וְרָצָה בְּדַבְרֵיהֶם  
 הַנְּאֻמִּים בְּאַמֶּת, בָּרוּךְ אַתָּה  
 יְיָ, הַבוֹחֵר בַּתּוֹרָה וּבַמִּשָּׁה  
 עֲבָדוֹ, וּבִישְׂרָאֵל עַמּוֹ,  
 וּבְנְבִיאֵי הָאֱמֶת וְצֶדֶק.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, צוֹר כָּל הָעוֹלָמִים,  
 צַדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל  
 הַנְּאֻמָּן הָאוֹמֵר וְעוֹשֶׂה, הַמְּדַבֵּר  
 וּמְקַיֵּם, שֶׁכָּל דְּבָרָיו אֱמֶת  
 וְצֶדֶק. נְאֻמָּן אַתָּה הוּא יְיָ  
 אֱלֹהֵינוּ, וְנְאֻמָּנִים דְּבָרֶיךָ,  
 וְדָבַר אֶחָד מִדְּבָרֶיךָ אַחֲזוֹר לֹא  
 יָשׁוּב רִיקָם, כִּי אֵל מֶלֶךְ נְאֻמָּן  
 וְרַחֲמָן אַתָּה. בָּרוּךְ אַתָּה יְיָ,  
 הָאֵל הַנְּאֻמָּן בְּכָל דְּבָרָיו.

## 70 Shabbat Day

### *THE HAHFTORAH BLESSINGS*

The following blessing is recited before the chanting of the prophetic reading:

#### *THE HAHFTORAH READER:*

*Ba-rooch, ah-ta Adonai, eh-lo-hay-noo, meh-lech ha-oh-lahm, ah-sheer ba-char, been-vee-eem toe-veem, v'ra-tza b'deev-ray-hem, ha-neh-eh-ma-reem, beh-eh-meht. Ba-rooch ah-ta, Adonai, ha-bo-char ba-torah, oo-v'mo-sheh ahv-doe, oo-v'yees-ra-ale ah-mo, oo-veen-vee-aye ha-eh-met, va-tzeh-dek.*

Blessed are you O Lord our God, King of the Universe, Who selected good prophets, and was pleased with their words which were spoken truthfully. Blessed are You O Lord, Who chooses the Torah, Your servant Moses, Your people Israel, and prophets of truth and righteousness.

#### **The Hahftorah portion is chanted.**

The following is recited after the Prophetic portion:

#### *THE HAHFTORAH READER:*

*Ba-rooch, ah-ta Adonai, eh-lo-hay-noo meh-lech ha-oh-lahm, tzoor kol ha-oh-la-meem, tza-deek b'chol ha-doe-rote, ha-ale ha-neh-eh-mahn, ha-oh-mare v'oh-seh, ha-m'da-bare oo-m'ka-yame, sheh-kol d'va-rahv, eh-met va-tzeh-dehk. Neh-eh-mahn, ah-ta hoo Adonai eh-lo-hay-noo, v'neh-eh-ma-neem d'va-reh-cha, v'da-vahr eh-chahd meed-va-reh-cha, ah-chor lo ya-shoov ray-kahm, key ale meh-lech neh-eh-mahn, v'ra-cha-mahn ah-ta, ba-rooch ah-ta Adonai, ha-ale ha-neh-eh-mahn, b'chol d'va-rahv.*

Blessed are You O Lord our God, King of the universe, Rock of all eternities, Faithful in all generations, the trustworthy God, Who says and does, Who speaks and makes it come to pass, all of Whose words are true and righteous. Faithful are You O Lord our God, and faithful are Your words, for not one word of Yours is turned back unfulfilled. For You are a faithful and compassionate God and King, blessed are You O Lord, the God Who is faithful in all His words.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ  
מְשִׁיחַ יֵשׁוּעַ, וְהַדְּבָרוֹת שֶׁל  
הַבְּרִית הַחֲדָשָׁה. בָּרוּךְ אַתָּה  
יְיָ נוֹתֵן הַבְּרִית הַחֲדָשָׁה:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ הַדְּבָר  
הָאֱמֶת, וְחַיֵּי עוֹלָם נְטִיעַ  
בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה יְיָ נוֹתֵן  
הַבְּרִית הַחֲדָשָׁה:

## 72 Shabbat Day

At this point in the service, those wishing to have a Breet Chadasha (New Covenant) reading may use the following:

### BREET CHADASHA BLESSINGS

Blessing before the New Covenant reading:

**READER:**

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-shehr na-tahn la-noo ma-she-ahch Yeshua, v'ha-deeb-rote shell Ha-breet Ha-cha-da-sha, ba-rooch ah-ta Adonai, no-tain Ha-breet Ha-cha-da-sha.*

Blessed are You O Lord our God, King of the Universe, Who has given us Messiah Yeshua and the commandments of the New Covenant, blessed are You O Lord, Giver of the New Covenant.

The Breet Chadasha portion is read.

Blessing after the New Covenant reading:

**READER:**

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lech ha-oh-lahm, ah-shehr na-tahn la-noo Ha-d'vahr Ha-eh-meht, v'cha-yaye oh-lahm na-ta b'toe-chay-noo, ba-rooch ah-ta Adonai, no-tain Ha-breet Ha-cha-da-sha.*

Blessed are You O Lord our God, King of the Universe, Who has given us the Word of Truth and has planted life everlasting in our midst, blessed are You O Lord, Giver of the New Covenant.

עַץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ,  
וְתַמְכֶיהָ מֵאֲשֶׁר. דְּרָכֶיהָ דְרָכֵי  
נְעָם, וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.  
הֲשִׁיבֵנו יְיָ, אֵלֵינוּ וְנָשׁוּבָה, חֲדָשׁ  
יְמֵינוּ כְּקֶדֶם.

## 74 Shabbat Day

### ***THE RETURN OF THE TORAH TO THE ARK***

The Congregation rises, the ark is opened and the torah scroll taken and placed back in the ark. With the ark remaining open, *Aytz Chayeem He* is chanted.

#### **AYTZ CHAYEEM HE - IT IS A TREE OF LIFE**

*Aytz cha-yeem he la-ma-cha-zee-keem ba, v'tome-cheh-ha m'oo-shahr. D'ra-cheh-ha dahr-chay no-ahm, v'chol n'tee-vo-teh-ha shalom. Ha-she-vay-noo Adonai, ay-leh-cha v'na-shoo-va, cha-daysh, cha-daysh ya-may-noo, cha-daysh ya-may-noo k'keh-dem.*

It is a tree of life to those who take hold of it, and those who support it are praiseworthy. Its ways are ways of pleasantness and all its paths are peace. Bring us back Lord to You, and we shall come, renew our days as of old.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
 בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ,  
 וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן  
 וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
 יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמּוֹן קָרִיב  
 וְאָמְרוּ אָמֵן:  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵ  
 וּלְעַלְמֵי עָלְמַיָּא:  
 יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר  
 וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר  
 וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ  
 דְקַדְשָׁא בְרִיךְ הוּא. לְעֵלְא מִן  
 כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
 תְּשַׁבַּחְתָּא וְנַחֲמְתָּא, דְאֲמִירוֹן  
 בְּעֶלְמָא, וְאָמְרוּ אָמֵן:  
 עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא  
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

## 76 Shabbat Day

The Kadeesh, an Aramaic prayer originating in Second Temple times, is a prayer of praise and Messianic hope. It also, over the years, became a mourner's prayer. Why? In the words of one Rabbi, the answer is found in Job 1:21. When Job learned of the death of his children, he said, "The Lord gives, the Lord takes away, blessed be the name of the Lord." From this verse we learn that in *every* situation in life we are to praise the Lord.

### THE KADEESH

Magnified and sanctified be His great name in the world which He has created according to His will. May He establish His kingdom during your life and during your days, and during the life of the whole house of Israel, even swiftly and soon, and say amen.

Let His great name be blessed forever and to all eternity.

Blessed, praised, and glorified, exalted, extolled and honored, magnified and lauded be the name of the Holy One, blessed is He, though He be high above all the blessings and songs, praises, and consolations which are uttered in the world, and say amen.

May He Who makes peace in His high places make peace upon us and upon all Israel, and say amen.

*Yeet-ga-dahl v'yeet-ka-dahsh sh'may ra-ba. B'ohl-ma dee v-ra ch'roo-tay v'yahm-leech mahl-choo-tay, b'cha-yaye-chon oo-v'yo-may-chon oo-v'cha-yaye d'chol bait Yisrael, ba-ah-ga-la oo-veez-mahn kah-reev v'eem-roo ah-mane.*

*Y'hay sh'may ra-ba m'va-rahch, l'oh-lahm oo-l'ahl-may ahl-ma-ya, yeet-ba-rahch.*

*Yeet-ba-rahch v'yeesh-ta-bahch v'yeet-pa-ahr v'yeet-ro-mahm v'yeet-na-say, v'yeet-ha-dahr v'yeet-ah-leh v'yeet-ha-lahl sh'may d'kood-sha b'reech hoo. L'ay-la meen kol beer-cha-ta v'she-ra-ta, toosh-b'cha-ta v'neh-cheh-ma-ta da-ah-me-rahn b'ahl-ma, v'eem-roo ah-mane.*

*Oh-seh shalom beam-ro-mahv, hoo ya-ah-seh shalom ah-lay-noo, v'ahl kol Yisrael, v'eem-roo ah-mane.*

אֵין כַּאֲלֵהֵינוּ, אֵין  
 כַּאֲדוֹנֵינוּ, אֵין כְּמַלְכֵנוּ, אֵין  
 כְּמוֹשִׁיעֵנוּ. מִי כַּאֲלֵהֵינוּ, מִי  
 כַּאֲדוֹנֵינוּ, מִי כְּמַלְכֵנוּ, מִי  
 כְּמוֹשִׁיעֵנוּ. נוֹדָה לְאֵלֵהֵינוּ,  
 נוֹדָה לְאֲדוֹנֵינוּ, נוֹדָה  
 לְמַלְכֵנוּ, נוֹדָה לְמוֹשִׁיעֵנוּ.  
 בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ  
 אֲדוֹנֵינוּ, בָּרוּךְ מַלְכֵנוּ, בָּרוּךְ  
 מוֹשִׁיעֵנוּ. אַתָּה הוּא  
 אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,  
 אַתָּה הוּא מַלְכֵנוּ, אַתָּה הוּא  
 מוֹשִׁיעֵנוּ. אַתָּה הוּא  
 שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ  
 אֶת קְטֹרֶת הַסַּמִּים.

## 78 Shabbat Day

A popular ancient hymn, Ain Kaylowhaynoo is a song of praise and worship to a living God.

### AIN KAYLOWHAYNOO THERE IS NONE LIKE OUR GOD

*Ain kay-low-hay-noo, ain ka-doe-nay-noo, ain  
k'mahl-kay-noo, ain k'mo-she-ay-noo.*

*Me chay-lo-hay-noo, me cha-doe-nay-noo, me  
ch'mahl-kay-noo, me ch'mo-she-ay-noo.*

*No-deh lay-lo-hay-noo, no-deh la-doe-nay-noo, no-deh  
l'mahl-kay-noo, no-deh l'mo-she-ay-noo.*

*Ba-rooch eh-lo-hay-noo, ba-rooch ah-doe-nay-noo,  
ba-rooch mahl-kay-noo, ba-rooch mo-she-ay-noo.*

*Ah-ta hoo eh-lo-hay-noo, ah-ta hoo ah-doe-nay-noo,  
ah-ta hoo mahl-kay-noo, ah-ta hoo mo-she-ay-noo.*

*Ah-ta hoo sheh-heak-tea-roo ah-vo-tay-noo l'fa-neh-cha  
et k'toe-ret ha-sa-meem.*

There is none like our God, there is none like our Lord,  
there is none like our King, there is none like our Deliverer.

Who is like our God? Who is like our Lord? Who is like  
our King? Who is like our Deliverer?

Let us give thanks to our God, let us give thanks to our  
Lord, let us give thanks to our King, let us give thanks to our  
Deliverer.

Blessed be our God, blessed be our Lord, Blessed be our  
King, Blessed be our deliverer.

You are our God, You are our Lord, You are our King, You  
are our Deliverer.

You are He to whom our fathers offered before You the  
fragrant incense.

עֲלִינוּ לְשִׁבְחַ לְאֲדוֹן הַכֹּל, לְתֵת  
 גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא  
 עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ  
 כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם  
 חָלְקָנוּ כָּהֵם, וְגָרְלָנוּ כְּכֹל הַמוֹנִם  
 וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
 וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי  
 הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
 שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,  
 וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,  
 וְשֹׁכֵנֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים, הוּא  
 אֵלֵינוּ אֵין עוֹד. אָמֵת מַלְכָּנוּ  
 אֶפְסֵ זולָתוֹ, כִּכְתוּב בְּתוֹרָתוֹ:  
 וַיִּדְעַתְּ הַיּוֹם וְהַשַּׁבָּת אֵל לְבַבְךָ,  
 כִּי יְיָ הוּא הָאֵלִים בְּשָׁמַיִם  
 מִמַּעַל, וְעַל הָאֶרֶץ מִתַּחַת, אֵין  
 עוֹד:

**וְנֹאמַר**, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל  
 הָאֶרֶץ, בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד,  
 וְשִׁמוֹ אֶחָד:

## 80 Shabbat Day

The Ahlaynoo is a prayer expressing our gratitude and praise to God for making us His covenant people. It is customary to bow during the words "And we bend the knee and bow."

### AHLAYNOO - IT IS OUR (DUTY)

It is our duty to praise the Master of all, to ascribe greatness to the Author of creation; for He made us unlike the nations of the lands, and has not placed us like the families of the earth. He has not made our portion like theirs, and our lot like all their multitudes. And we bend the knee and bow, and acknowledge our thanks before the King over Kings, the Holy One, blessed be He.

He stretches out heaven and establishes earth's foundation, and the seat of His glory is in the heavens above, and the presence of His Power is in the most exalted heights. He is our God, there is none other. True is our King, there is nothing beside Him, as it is written in His Torah: And you shall know this day and take to your heart, that the Lord He is God, in the heavens above and on the earth below - there is none other.

*Ah-lay-noo l'sha-bay-ach la-ah-doan ha-kol, la-tate g'doo-la l'yo-tzair b'ray-sheet sheh-low ah-sah-noo k'go-yaye ha-ah-ra-tzote v'low sa-ma-noo k'meesh-p'chote ha-ah-da-ma, sheh-low sahm chel-kay-noo ka-hem v'go-ra-lay-noo k'chole ha-moe-nahm, va-ah-nach-noo kor-eem oo-meesh-ta-cha-veem oo-moe-deem leaf-nay meh-lech mahl-chay hahm-la-cheem ha-ka-doesh ba-rooch hoo.*

*Sheh-hoo no-teh sha-ma-yeem v'yo-sade ah-retz, oo-moe-shav y'ka-row ba-sha-ma-yeem me-ma-ahl, oo-sh'chee-naht oo-zo, b'gahv-hay m'ro-meem hoo Eh-lo-hay-noo ayn ode. Eh-met mahl-kay-noo eh-fes zoo-la-toe ka-ka-toov b'toe-rah-tow, v'ya-da-ta ha-yom va-ha-shay-vo-tah el l'va-veh-cha, key Adonai hoo ha-Eh-lo-heem ba-sha-ma-yeem me-ma-ahl v'ahl ha-ah-retz me-ta-chat, ayn ode.*

The V'neh-eh-mahr, the last verse at the end of the Ahlaynoo, speaks of the time of Messiah's return, when He will be known in all the earth.

### V'NEH-EH-MAHR - AND IT IS SAID

*Zechariah 14:9*

And it is said: The Lord shall be King over all the world; on that day the Lord will be One and His Name one.

*V'neh-eh-mahr, v'ha-ya Adonai, l'meh-lech ahl kol ha-ah-retz, ba-yom ha-hoo, ba-yom ha-hoo, yee-yeh Adonai eh-chad, oo-sh'moe, oo-sh'moe, oo-sh'moe eh-chad.*

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,  
בְּטָרֵם כָּל יִצִּיר נִבְרָא: לְעֵת  
נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזִי מֶלֶךְ  
שְׁמוֹ נִקְרָא: וְאַחֲרֵי כִכְלוֹת  
הַכֹּל, לְבַדּוֹ יִמְלוֹךְ נוֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹה, וְהוּא  
יְהִיָּה, בְּתַפְאָרָה. וְהוּא אֶחָד  
וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ  
לְהַחְבִּירָה. בְּלִי רֵאשִׁית בְּלִי  
תְּכֵלִית, וְלוֹ הָעוֹז וְהַמְשָׁרָה.  
וְהוּא אֵלִי וְחֵי גֵאֲלִי, וְצוֹר  
חֶבְלֵי בְּעֵת צָרָה. וְהוּא נָסִי  
וּמְנוּס לִי מִנֶּת כּוֹסֵי בְיוֹם  
אֶקְרָא. בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישׁוֹן וְאַעִירָה. וְעַם  
רוּחִי גּוֹיֹתַי, יֵי לִי וְלֹא  
אִירָא.

## 82 Shabbat Day

This thousand year old traditional hymn glorifies the supremacy of God, His omnipotence, and His providence.

### AHDOAN OHLAM - MASTER OF THE UNIVERSE

*Ah-doan oh-lahm ah-sheer ma-lach b'teh-rem kol y'tzeer neev-ra, l'ate na-so b'chef-tzo kol ah-zye meh-lech sh'moe neak-ra.*

*V'ah-cha-ray keech-lote ha-kole l'va-doe yeem-loch no-ra, v'hoo ha-ya v'hoo ho-veh v'hoo yee-yeh b'teef-ah-ra.*

*V'hoo eh-chad v'ayn shay-nee l'hahm-sheel lo l'hach-be-ra, b'lee ray-sheet b'lee tahch-leet v'lo ha-oz v'ha-mees-ra.*

*V'hoo ay-lee v'chy go-ah-lee v'tzoor chev-lee b'ate tza-ra, v'hoo nee-see oo-ma-nos lee m'naht ko-see b'yom ek-ra.*

*B'ya-doe ahf-keed roo-chee b'ate ee-shahn v'ah-ee ra, v'eem roo-chee g'vee-ya-tee Adonai lee v'lo ee-ra.*

Master of the universe who reigned before any form was created, when creation came about by His will, then as King was His name proclaimed to be.

And after all has ceased to be, He alone will reign in Awesomeness. And He was, and He is, and shall be (eternally) in splendor.

And He is First, and there is no second, to compare to Him, to be His equal, without beginning and without end, His is the power and dominion.

And He is my God, my living Redeemer, and the rock of my pain in times of trouble, and He is my Banner and a refuge for me, the portion of my cup in the day I call (upon Him.)

In His hands I entrust my spirit, in the time I sleep or am awake, and with my spirit, my body, the Lord is with me, I shall not fear.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
 לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית  
 עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת  
 הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה  
 יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם  
 הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ.  
 שֵׁשֶׁת יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל  
 מְלַאכְתֶּךָ. וַיּוֹם הַשְּׁבִיעִי שַׁבָּת לַיְיָ  
 אֱלֹהֶיךָ, לֹא תַעֲשֶׂה כָּל מְלָאכָה,  
 אֶתָּה וּבִנְךָ וּבִתֶּךָ עֹבְדֶךָ וְאִמָּתֶךָ  
 וּבְהֶמְתֶּךָ, וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ. כִּי  
 שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם  
 וְאֶת הָאָרֶץ אֶת הַיָּם וְאֶת כָּל  
 אֲשֶׁר בָּם, וַיִּנַּח בַּיּוֹם הַשְּׁבִיעִי.  
 עַל כֵּן בֵּרַךְ יְיָ אֶת יוֹם הַשַּׁבָּת  
 וַיְקַדְּשֵׁהוּ. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
 מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

## 84 Shabbat Day

The Kedoosh, or sanctification prayer (from the word ka-dosh, holy) gives us the purpose and significance of the Shabbat.

### YOM SHABBAT KEDOOSH SHABBAT DAY SANCTIFICATION PRAYER

And the children of Israel shall keep the Shabbat, observing it throughout their generations as an everlasting covenant. It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.

Remember the Shabbat day to keep it holy. Six days shall you labor and do all your work; but the seventh day is the Shabbat of the Lord your God. You shall not do any work, you, your son, your daughter, your manservant, your maidservant, your cattle, and the stranger that is within your gates. For in six days the Lord made heaven and earth, the sea and all that is within them, and He rested on the seventh day. Therefore the Lord blessed the Shabbat day and sanctified it. Blessed are You O Lord, King of the universe, Who creates the fruit of the vine.

*V'sham-roo v'nay Yisrael et ha-Shabbat la-ah-sote et ha-Shabbat l'doe-ro-tahm b'reet oh-lahm, bay-nee oo-vain b'nay Yisrael oat he l'oh-lahm key shay-sheht ya-meem ah-sa Adonai et ha-sha-ma-yeem v'et ha-ah-retz oo-va-yom hahsh-vee-ee sha-vaht va-yee-na-fahsh.*

*Za-chore et yom ha-Shabbat l'kahd-show, shay-shet ya-meem ta-ah-vode v'ah-see-ta kol m'lach-teh-cha, v'yom hahsh-vee-ee Shabbat l'Adonai Eh-lo-heh-cha, lo ta-ah-seh chol m'la-cha ah-ta oo-veen-cha oo-vee-teh-cha ahv-d'cha va-ah-maht-cha oo-v'hem-teh-cha, v'gare-cha ah-sheer beesh-ah-reh-cha. Key shay-shet ya-meem ah-sa Adonai et ha-sha-ma-yeem v'et ha-ah-retz, et ha-yahm v'et kol ah-sheer bahm va-ya-nahch ba-yom hahsh-vee-ee. Ahl kane bay-rahch Adonai et yom ha-Shabbat va-y'kahd-shay-hoo, ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm bo-ray p'ree ha-ga-fen.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמוֹצִיא לָחֶם מִן  
הָאָרֶץ.

יְבָרְכֵךָ יְיָ וְיִשְׁמְרֵךָ.

יְאֵר יְיָ פָּנָיו אֵלֶיךָ וַיַּחֲנֵךָ.

יִשָּׂא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ  
שָׁלוֹם.

## **86 Shabbat Day**

If there is to be an "Oneg" (after service Shabbat fellowship with food) the following may also be added as part of the prayer before eating or chanted with the Kedoosh.

Using two loaves if possible, the Challa (the special Shabbat bread) is lifted up and the following blessing is offered:

### **THE HAMOTZEE THE BLESSING OVER THE BREAD**

Blessed are You O Lord our God, King of the Universe,  
Who brings forth bread from the Earth.

*Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lehch  
ha-oh-lahm, ha-mo-tzee leh-chehm meen ha-ah-retz.*

### **THE AARONIC BENEDICTION**

*Numbers 6:24-26*

The Lord bless you and keep you;

The Lord make His face shine upon you and be gracious to you;

The Lord lift up His countenance upon you and give you peace.

*Y'va-reh-ch'cha Adonai v'yeesh-m'reh-cha,*

*Ya-air Adonai pa-nahv ay-leh-cha vee-choo-neh-ka,*

*Yee-sa Adonai pa-nahv ay-leh-cha v'ya-same l'cha Shalom.*

# **SHABBAT SHALOM!**

Havdala comes from the Hebrew word l'hav-deal, which means to differentiate. In the Havdala service, chanted in the synagogue or at home, we are leaving the sacred and holy Shabbat, and going back into the secular days of the week. But as we do so, we first carry over part of the Shabbat into the new week.

Timed to begin after three stars have appeared in the post-Shabbat evening sky, Havdala is chanted over an overflowing cup of the 'fruit of the vine' (held over a saucer). Our desire is that the week be overflowing in sweetness, just as our joy was in the shabbat.

הַנֵּה אֵל יִשׁוּעָתִי, אֲבֹטַח וְלֹא  
אֶפְחָד, כִּי עֲזִי וְזַמְרַת יְהוָה יִי, וַיְהִי  
לִי לִישׁוּעָה: וּשְׂאֵבֶתָם מִיָּם  
בְּשִׁשׁוֹן מִמַּעֲיָנַי הַיִּשׁוּעָה: לִי  
הַיִּשׁוּעָה עַל עַמֶּךָ בְּרִכְתֶּךָ סֵלָה: יי  
צְבָאוֹת עֲמָנוּ מִשְׁגָּב לָנוּ אֱלֹהֵי  
יַעֲקֹב סֵלָה: יי צְבָאוֹת אֲשֶׁר־  
אָדָם בֹּטַח בְּךָ: יי הוֹשִׁיעָה הַמֶּלֶךְ  
יַעֲנֵנוּ בַּיּוֹם קָרָאנוּ: לַיהוָדִים  
הַיְתָה אוֹרָה וְשִׂמְחָה וְשִׁשׁוֹן  
וַיִּקְרָ: כֵּן תִּהְיֶה לָנוּ, כּוֹס יִשׁוּעוֹת  
אֲשֶׁר. וּבְשֵׁם יי אֶקְרָא: בְּרוּךְ  
אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְרֵי הַגֶּפֶן.

## 88 Shabbat Day

### THE HAVDALA SERVICE

The braided candle, usually held by a young person, is for us as believers, symbolic of our joining together in the Messiah, and in His Shabbat and Festivals. We become One *in* Him and *with* Him, the true Light of the world.

A spice box, containing cloves and cinnamon, reminds us of the sweetness of Shabbat, a little of which we carry over into the new week. The song *Ayleeyahoo Hanavi* (Elijah the prophet) is sung at the *end* of Havdala, as we look forward, even at the beginning of a new week, to the ultimate *end*, when Yeshua the Messiah returns.

The candle is lit and the Leader, holding the cup of the 'fruit of the vine,' begins chanting:

*He-nay ale y'shoo-ah-tee ev-tahch v'lo ef-chahd, key  
ah-zee v'zeem-raht ya Adonai va-y'hee lee lee-shoo-ah,  
oo-shahv-tehm ma-yeem b'sa-sone me-my-nay ha-y'shoo-ah  
la-Adonai ha-y'shoo-ah ahl ahm-cha beer-cha-teh-cha seh-la.  
Adonai tz'va-oat ee-ma-noo mees-gahv la-noo Eh-lo-hay  
Ya-ah-kov seh-la, Adonai tz'va-oat ahsh-ray ah-dahm  
bo-tay-ahch bahch, Adonai ho-she-ah ha-meh-lehch  
ya-ah-nay-noo b'yom kahr-ay-noo. La-y'hoo-deem hi-ta oh-ra  
v'seem-cha v'sa-sone vee-kohr, kayn tee-yeh la-noo. Kos  
Y'shoo-oat eh-sa oo-v'shame Adonai ek-ra, ba-rooch ah-ta  
Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm bo-ray p'ree  
ha-ga-fen.*

Behold God is my Salvation, I will trust and not be afraid;  
for the Lord My God is my strength and my song, and He also has  
become my Salvation. And with joy you shall draw forth water  
from the springs of Salvation. Salvation is the Lord's; upon Your  
people be Your blessing, Selah. The Lord of Hosts is with us, a  
stronghold for us is the God of Jacob, Selah. Lord of Hosts,  
praised is the man who trusts in You. Lord save, and may the King  
answer us on the day when we call. The Jews had light and  
gladness, joy and honor, so may it be for us. I will lift up the cup  
of Salvation and will call on the Name of the Lord, blessed are You  
O Lord our God, King of the Universe, Who creates the fruit of the  
vine.

(Continued)

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׁמַיִם:  
 בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ:  
 בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל,  
 בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל  
 לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי, לְשֵׁשֶׁת  
 יָמֵי הַמַּעֲשֶׂה: בָּרוּךְ אַתָּה יְיָ,  
 הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל:

אֱלֹהֵינוּ הַנְּבִיא, אֱלֹהֵינוּ הַתְּשֻׁבִי,  
 אֱלֹהֵינוּ הַגְּלֻעָדִי, בְּמַהְרָה בְּיָמֵנוּ  
 יָבוֹא אֱלֵינוּ עִם מְשִׁיחַ בֶּן דָּוִד.  
 שְׂבוּעַ טוֹב!

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At this point, the cup is set down, the spice box held up, and the following is chanted:

***Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech  
ha-oh-lam bo-ray me-nay v'sa-meem.***

Blessed are You O Lord our God, King of the Universe,  
Who creates species of spices.

The spice box is passed around to all to savor the aroma. Then the spice box is set aside and we observe the flaming candle, and the following blessing is chanted as we examine ourselves in the light that represents for us the Light of the World.

***Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech  
ha-oh-lam bo-ray m'oh-ray ha-aysh.***

Blessed are You O Lord our God, King of the Universe,  
Who creates the lights of fire.

The cup is now lifted up again and the following is chanted:

***Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech  
ha-oh-lam ha-mahv-deal bayn ko-desh l'chol bayn or  
l'cho-shech, bayn Yees-ra-el la-ah-meem bayn yom ha-sh'vee-ee  
l'shay-sheht y'may ha-ma-seh, ba-rooch ah-ta Adonai  
ha-mahv-deal bayn ko-desh l'chol.***

Blessed are You O Lord our God, King of the Universe,  
who makes a distinction between the holy and the secular, light and  
darkness, Israel and the nations, the seventh day and the six days of  
labor. Blessed are You O Lord, Who makes a distinction between  
holy and secular.

At this point, the custom is to sing Ayleeyahoo Hanavee and Shavooah  
Tov.

***Ay-le-ya-hoo ha-na-vee, ay-le-ya-hoo ha-teesh-bee,  
ay-le-ya-hoo, ay-le-ya-hoo, ay-le-ya-hoo ha-ge-la-dee.  
Beem-hay-ra v'ya-may-noo, ya-vo ay-lay-noo, eem ma-she-ach  
ben Dah-veed, eem ma-she-ach ben Da-veed.***

Elijah the prophet, Elijah the Teesh-bite, Elijah from  
Giladi. Quickly in our day come to us, with the Messiah, Son of  
David.

**Song:           *Sha-voo-ah Tov!... (8)*  
                          Have a good week!**

*ADDITIONAL WORSHIP*

The following worship songs, from the Psalms and the Prophets, may also be used as liturgy. Similar to traditional liturgy, they can be inserted best between the Shema and the Amida.

אָבִינוּ מֶלְכֵנוּ, אָבִינוּ מֶלְכֵנוּ,  
הוֹשִׁיעֵנוּ מִמּוֹת, הַצִּילָנוּ בְּחֶסֶד,  
הוֹצִיאָנוּ מִבֵּית עֲבָדִים, אָבִינוּ  
מֶלְכֵנוּ:

הַרוּחַ וְהַכֹּלֵה אוֹמְרִים: בּוֹא.  
הַשׁוֹמֵעַ יֹאמֶר נָא, יֹאמֶר נָא:  
בוֹא. הַצֵּמָא יְבוֹא נָא הַחֶפֶץ יִקַּח  
נָא מִים חַיִּים חַנָּם, מִים חַיִּים  
חַנָּם:

נִשְׁגַּב אֲדוֹנֵי כִי שׁוֹכֵן מְרוֹם, מִלֵּא  
צִיּוֹן מְשַׁפֵּט וְצַדִּיקָה. (2)  
אֲדוֹנֵי שׁוֹפְטֵנוּ, אֲדוֹנֵי מְחֻקְקֵנוּ  
אֲדוֹנֵי מֶלְכֵנוּ, הוּא יוֹשִׁיעֵנוּ.  
הוּא הוּא הוּא יוֹשִׁיעֵנוּ. (2)

## 92 Additional Worship

### AHVEENOO MAHLKAYNOO OUR FATHER OUR KING

Can be sung in both Hebrew and English.

*Ah-vee-noo mahl-kay-noo, ah-vee-noo mahl-kay-noo,  
ho-she-ay-noo me-ma-vet hee-tzee-la-noo b'cheh-sed  
ho-tzee-ah-noo me-bayt ah-va-deem, ah-vee-noo mahl-kay-noo.*

Our Father our King, our Father our King, You redeemed us from death, saved us by grace, brought us forth from the house of bondage, Our Father Our King.

### HAROOACH V'HAKALA THE SPIRIT AND THE BRIDE

*Revelation 22:17*

The Spirit and the bride say, "Come!" And let him who hears say, "Come!" Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of water of life.

*Ha-roo-ach v'ha-ka-la om-reem bo, ha-sho-may-ah  
yo-mahr na, yo-mahr na bo. Ha-tza-may ya-vo-na, heh-cha-faytz  
ye-kahch na, ma-yeem cha-yeem che-nahm, ma-yeem cha-yeem  
chee-nahm.*

### NEESGAV ADONAI - THE LORD IS EXALTED

*Isaiah 33:5,22*

The Lord is exalted, for He dwells on high; He will fill Zion with justice and righteousness. For the Lord is our judge, the Lord is our lawgiver, the Lord is our King, it is He Who will save us.

*Nees-gav Adonai key show-chayn ma-rome, me-lay  
tzee-own meesh-paht oo-tz'da-ka. (2)*

*Adonai shof-tay-noo, Adonai m'cho-k'kay-noo, Adonai  
mahl-kay-noo, hoo yo-she-ay-noo.*

יְשִׁישׁוּ וְיִשְׁמְחוּ בְךָ  
כָּל־מְבַקְשֶׁךָ (2)  
יֵאמְרוּ תְּמִיד, יֵאמְרוּ תְּמִיד  
יִגְדֵּל אֲדוֹנֵי אֹהֲבֵי  
תְּשׁוּעָתְךָ. (4)

1. מָה אָשִׁיב לַיהוָה, כָּל  
תִּגְמוּלֵי עָלַי (2)  
פז: כּוֹס יְשׁוּעוֹת אֲשֶׁר  
וּבְשֵׁם יְיָ אֶקְרָא (2)  
2. לָךְ אֶזְבַּח זֶבַח תּוֹדָה  
וּבְשֵׁם יְיָ אֶקְרָא, (2)  
נְדָרֵי לֵי, נְדָרֵי אֲשֶׁלֶם. (2)

## 94 Additional Worship

### **YASEESOO V'YEESM'CHOO REJOICE AND BE GLAD**

*Psalm 40:16*

May all who seek You rejoice and be glad in You; may those who love Your salvation always say, "the Lord be exalted!"

*Ya-see-soo v'yees m'choo b'cha kol m'vahk-sheh-cha (4)*

*Yom-roo ta-meed yom-roo ta-meed*

*Yeeg-dahl Adonai oh-ha-vay t'shoo-ah-teh-cha. (4)*

### **KOS Y'SHOO-OAT EH-SA I WILL LIFT UP THE CUP OF SALVATION**

*Psalm 116:12-13, 17-18*

What can I give back to the Lord for all His goodness to me? I will lift up the cup of salvation and call in the name of the Lord. To You Lord, I will offer a sacrifice of thanksgiving and I will call in the name of the Lord. My vows to the Lord - my vows I will pay.

*1. Ma ah-sheev la-Adonai, kol tahg-moo-lahv ah-lye (2)*

*Chorus: Kos y'shoo-oat eh-sa oo-v'shame Adonai ehk-ra. (2)*

*2. L'cha ez-bach zeh-vahch toe-da oo-v'shame Adonai ehk-ra. (2)*

*3. N'da-rye la-Adonai, n'-da-rye ah-sha-laym. (2)*

שׁוֹשׁ אֲשִׁישׁ בְּיַי, תִּגַּל נַפְשִׁי  
בְּאֱלוֹהֵי,  
כִּי הִלְבַּשְׁנִי בְּגָדֵי יֵשׁעַ, מְעִיל  
צְדָקָה יַעֲטֵנִי. (2)

פז: לא גָבַה לִיבִי, וְלֹא רָמוּ  
עֵינַי, וְלֹא הִלַּכְתִּי בְּגִדְלוֹת  
וּבְנִפְלְאוֹת מִמֶּנִּי. (2)  
א. הִנֵּה שׁוֹיֵתִי וְדוֹמְמֵתִי  
נַפְשִׁי כְּגִמְלַת עָלַי אִמּוֹ, כְּגִמְלַת  
עָלַי נַפְשִׁי.  
ב. יַחַל יִשְׂרָאֵל אֶל יְיָ,  
מֵעַתָּה וְעַד עוֹלָם, מֵעַתָּה  
וְעַד עוֹלָם.

## 96 Additional Worship

### SOS AHSEES - I WILL GREATLY REJOICE

*Isaiah 61:10*

I will greatly rejoice in the Lord; My soul will be joyful in my God. For He has clothed me with garments of salvation, and covered me with a robe of righteousness.

*Sos ah-sees ba-Adonai, ta-gale nahf-she bay-lo-hi,  
Key heel-be-sha-nee beeg-day yeh-sha, m'eel tz'da-ka  
y'ah-ta-nee (2).*

### LO GAVA LEEBEE - MY HEART IS NOT PROUD

*Psalms 131*

My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. O Israel, put your hope in the Lord both now and for evermore.

*Chorus: Lo ga-va lee-bee, v'lo ra-moo ay-nigh,  
v'lo he-lach-tee beeg-doe-lote oo-v'neef-la-oat me-meh-nee.(2x)*

*1. He-nay she-vee-tee v'doe-mahm-tee nahf-she  
k'ga-mool ah-lay ee-moe, k'ga-mool ah-lye nahf-she.*

*2. Ya-chale Yees-ra-ale el Adonai, may-ah-ta v'ahd  
oh-lahm, may-ah-ta v'ahd oh-lahm.*

פז: בְּלִבִּי צַפְנֹתִי בְּלִבִּי  
צַפְנֹתִי אִמְרֹתֶיךָ לְמַעַן לֹא  
אֶחָטָא לָךְ.  
(2)

בָּרוּךְ אַתָּה יְיָ, לְמִדְּנֵי חוֹקֶיךָ,  
בְּשִׁפְתַי סִפְּרֹתֶי כֹּל מִשְׁפָּטֶי  
פִּיךָ...פז'

מִשֶּׁךְ חֶסֶדְךָ לִידְעֶיךָ וְצִדְקֹתֶיךָ  
לְיִשְׂרָאֵל לֵב. (2)  
אֵל תְּבוֹאֵנִי רַגְלֵי גֵאוּהָ, וַיֵּד  
רְשָׁעִים אֵל תִּנְדְּנֵנִי.  
שֵׁם נִפְלו פְעָלֵי אֲוֹן, דוּחוּ  
וְלֹא יִכְלוּ קוּם.

## 98 Additional Worship

### **B'LEEBEE TZAFANTEE IN MY HEART I HAVE HIDDEN**

*Psalm 119:11-13*

In my heart I have hidden Your word, that I might not sin against You. Blessed are You O Lord; teach me Your statutes, I have declared all the judgements of Your mouth with my lips.

*B'lee-bee tza-fahn-tee b'lee-bee tza-fahn-tee  
eem-ra-teh-cha l'ma-ahn lo eh-cheh-ta lach. (2)*

*Ba-rooch ah-ta Adonai, lahm-day-nee choo-keh-cha,  
bees-fa-tye see-pahr-tee kol meesh-p'tay fee-cha.*

*B'lee-bee tza-fahn-tee...*

### **M'SHOWCH CHASDEHCHA CONTINUE YOUR GRACE**

*Psalm 36:11-13*

Continue Your grace to those who know You, Your righteousness to the upright in heart. May the foot of the proud not come against me, nor the hand of the wicked drive me away. See how the workers of iniquity lie fallen - thrown down, not able to rise.

*M'showch chas-deh-cha l'yod-eh-cha, v'tzeed-kaht-cha  
l'yeesh-ray lave. (2)*

*Ahl t'voe-ay-nee reh-gel ga-ah-va, v'yahd r'sha-eem ahl  
t'nee-day-nee.*

*Shahm nahf-loo poe-ah-lay ah-ven, doe-choo v'lo  
yach-loo koom.*

הַשְׁמִיעֵנִי בַּבֶּקֶר חֲסִדָּךָ כִּי בָךְ  
בְּטַחְתִּי.  
הוֹדִיעֵנִי דְרֹךְ זֶה אֱלֹהִים, כִּי אֵלֶיךָ  
נִשְׂאֵתִי נַפְשִׁי.  
פִּז': הַצִּילֵנִי מֵאוֹיְבַי יְיָ אֱלֹהֶיךָ  
כְּסִיתִי. (2)  
לְמַדְנִי לַעֲשׂוֹת רְצוֹנְךָ, כִּי אַתָּה  
אֱלֹהִים,  
רוֹחֶךָ טוֹבָה תִּנְחַנֵּנִי, בְּאֶרֶץ  
מִישׁוֹר. פִּז'...

לְמַעַן צִיּוֹן לֹא אֶחְשָׂה, לֹא, לֹא  
אֶחְשָׂה.  
וּלְמַעַן יְרוּשָׁלַיִם לֹא אֶשְׁקוּט,  
לֹא, לֹא אֶחְשָׂה.  
עַד יֵצֵא כְּנֶגֶה צְדָקָה, לֹא, לֹא  
אֶחְשָׂה.  
וּישׁוּעָתָה כָּל־פִּיד יִבְעַר, לֹא, לֹא  
אֶחְשָׂה.

## 100 Additional Worship

### HASHMEAYNEE - LET ME HEAR

*Psalm 143:8-10*

Let me hear in the morning of Your grace, for I have put my trust in You. Show me the way I should go, for to You I lift up my soul. Rescue me from my enemies, O Lord, for in You I hide myself. Teach me to do Your will, for You are my God. Your Spirit is good, lead me on level ground.

*Hash-me-ay-nee ba-bo-kehr chas-deh-cha key b'cha ba-tahch-tee. Ho-dee-ay-nee deh-rech zoo ay-laych, key ay-leh-cha nah-sah-tee nahf-she.*

*Chorus: Ha-tzee-lay-nee may-oy-vy Adonai ay-leh-cha chee-see-tee. (2)*

*Lahm-day-nee la-ah-sote r'tzone-cha, key ah-ta Eh-lo-hi, Roo-cha-cha toe-va tahn-chay-nee, b'eh-retz mee-shore.*

*Ha-tzee-lay-nee...*

### L'MA-AN TZEEOWN - FOR ZION'S SAKE

*Isaiah 62:1*

Can be sung in both Hebrew and English.

*L'ma-an Tzee-own lo eh-cheh-sheh lo lo eh-cheh-sheh, oo-l'ma-ahn Y'roo-sha-la-yeem lo esh-kote, lo lo eh-cheh-sheh.*

*Ahd yay-tzay ka-no-gah tzeed-ka, lo lo eh-cheh-sheh, vee-y'shoo-ah-ta k'la-peed yeev-ahr lo lo eh-cheh-sheh.*

For Zion's sake I will not be still, will not be still.

For Jerusalem's sake I will not remain, quiet.

Till her righteousness shines out like the dawn, I will not be still.  
And her salvation burns like a blazing torch, I will not be still.

פז': בְּרָכִי נַפְשִׁי אֶת יְיָ, וְכָל  
קָרְבִי אֶת שֵׁם קְדֹשׁוֹ. בְּרָכִי נַפְשִׁי  
אֶת יְיָ, וְאֵל תִּשְׁכַּחֵי כָּל גְּמוּלָיו.  
הַסּוֹלַח לְכָל עֲוֹנוֹתֶיךָ, הָרוֹפֵא לְכָל  
תַּחֲלוּאֹתֶיךָ, הַגּוֹאֵל מִשַּׁחַת חַיֵּיךָ,  
הַמַּעֲטֵרְכִי חֶסֶד וְרַחֲמִים. פז'...

חֶסֶד לְכֶם וְשָׁלוֹם מֵאֵת אֱלֹהִים  
אָבִינוּ, וְהָאֲדוֹן יֵשׁוּעַ הַמְּשִׁיחַ:

## 102 Additional Worship

### **BARCHEE NAHFSHE - BLESS MY SOUL**

*Psalm 103:1-4*

Bless the Lord, O my soul; and all my innermost being (bless) His holy name. Bless the Lord, O my soul, and forget not all His rewards. Who forgives all my sins, and heals all my diseases; Who redeems my life from ruin, Who encircles me with grace and compassion.

*Bar-chee nahf-she et Adonai, v'chol k'ra-vy et shame kahd-show.*

*Bar-chee nahf-she et Adonai, v'ahl teesh-k'chee kol g'moo-lahv.*

*Ha-so-lay-ach l'chol ah-vo-nay-chee, ha-ro-fay l'chol tahch-loo-i-chee, ha-go-ale me-sha-chat cha-yi-chee, ha-m'aht-ray-chee cheh-sed v'ra-cha-meem.*

*...Bar-chee nahf-she...*

### **CHEHSED LACHEM - GRACE TO YOU**

*Romans 1:7*

Can be sung in both Hebrew and English

*Cheh-sed la-chem v'shalom, may-ate Eh-lo-heem Ah-vee-noo, v'ha-ah-doen Yeshua Ha-ma-shee-ach.*

Grace to you and peace from God our father, and the Lord Yeshua the Messiah.

גִּילִי מְאֹד בֵּית צִיּוֹן, הֲרִיעֵי  
בֵּית יְרוּשָׁלַיִם. (2)  
הִנֵּה מֶלֶךְ יָבֹא לָךְ צַדִּיק  
וְנוֹשֵׁעַ הוּא,  
עָנִי וְרוֹכֵב עַל חֲמֹר, וְעַל  
עֵיר בֶּן אֲתוֹנוֹת.  
גִּילִי מְאֹד...

בְּטַחוּ בְּאֲדוֹנָי עֲדֵי עַד, (2)  
כִּי בֵּיה אֲדוֹנָי צוּר עוֹלָמִים.  
(4)

אֲדוֹן הַכְּבוֹד, מֶלֶךְ הַמְּלָכִים,  
שֶׁמֶשׁ צְדָקָה וּמִרְפֵּא  
בְּכַנְפֵיהָ:

## 104 Additional Worship

### GEELEE M'ODE - REJOICE GREATLY

*Zechariah 9:9*

Rejoice greatly O Daughter of Zion! Shout, Daughter of Jerusalem! Behold, Your King comes to you, righteous and having salvation, poor and riding on a donkey, on a colt.

*Gee-lee m'ode baht tzee-own, ha-re-ee baht  
Y'roo-sha-la-yeem. (2)*

*He-nay mahl-kaych yah-voe lahch, tza-deek v'no-sha hoo,  
ah-nee v'ro-chayv ahl cha-more, v'ahl ah-year ben ah-toe-note.*

*Gelee m'ode...*

### BEETCHOO B'ADONAI - TRUST IN THE LORD

*Isaiah 26:4*

Trust in the Lord forever, for the Lord God is an eternal rock.

*Beet-choo b'Adoani ah-day odd, (2).*

*Key b'ya Adonai tzoor oh-la-meem. (4).*

### AHDOAN HAKAVODE - LORD OF GLORY

Can be sung in both Hebrew and English.

*Ah-daan ha-ka-vode meh-lech hahm-la-cheem,  
sheh-mesh tz'da-ka oo-mahr-pay beech-na-feh-ha.*

Thou art the Lord of Glory, Thou art the King of Kings,

Thou art the sun of righteousness, with healing in Thy wings.

***SELECTED READINGS***

**PROPHETIC READING**

**Joel 2:23, 25-28, 32**

CONGREGATION:

Be glad, O children of Zion, and rejoice in the Lord Your God. For He has given you the early rain according to righteousness, and He will cause the rain to come down for you, both the early rain, and the latter rain in the first month. And I will restore to you the years that the locust has eaten, the cankerworm, the caterpillar, and the palmerworm, my great army that I sent among you. And you shall eat in plenty and be satisfied, and you shall praise the name of the Lord Your God, Who has dealt wondrously with you. And My people shall never again be ashamed. And you shall know that I am in the midst of Israel, and that I am the Lord Your God, and there is no other. And it shall come to pass afterward, that I will pour out My spirit upon all flesh. And your sons and your daughters shall prophesy; your old men shall dream dreams, your young men shall see visions. And it shall come to pass, that whosoever shall call upon the name of the Lord shall be saved. For salvation shall be in Mount Zion and in Jerusalem as the Lord has said, and in the remnant whom the Lord shall call.

## 106 Selected Readings

### **RESPONSIVE READING: Psalm 92:1-5, 8-10, 12-15**

READER: It is good to give thanks to the Lord, and to sing praises to Your name, O most High;

**RESPONSE:** *To declare Your lovingkindness in the morning, and Your faithfulness by night.*

READER: With the ten-stringed lute and with the harp; with resounding music upon the lyre.

**RESPONSE:** *For You O Lord have made me glad by what You have done, I will sing for joy at the works of Your hands.*

READER: How great are Your works O Lord! Your thoughts are very deep.

**RESPONSE:** *You O Lord are on high forever.*

READER: For behold Your enemies O Lord, For behold Your enemies will perish; all who do iniquity will be scattered.

**RESPONSE:** *But You have exalted my horn like that of the wild ox; I have been anointed with fresh oil.*

READER: The righteous man will flourish like the palm tree, he will grow high like a cedar in Lebanon.

**RESPONSE:** *Planted in the house of the Lord, in the courts of our God shall they spring up.*

READER: They will still yield fruit in old age; they shall be full of sap and very green,

**RESPONSE:** *To declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.*

**RESPONSIVE READING:**

**Psalm 111**

READER: Praise the Lord. I will extol the Lord with all my heart, in the council of the upright and in the assembly.

**RESPONSE:** *Great are the works of the Lord; they are pondered by all who delight in them.*

READER: Glorious and majestic are His deeds, and His righteousness endures forever.

**RESPONSE:** *He has caused His wonders to be remembered; the Lord is gracious and compassionate.*

READER: He provides food for those who fear Him; He remembers His covenant forever.

**RESPONSE:** *He has shown His people the power of His works, giving them the lands of other nations.*

READER: The works of His hands are faithful and just; all His precepts are trustworthy.

**RESPONSE:** *They are steadfast for ever and ever, done in faithfulness and uprightness.*

READER: He provided redemption for His people; He ordained His covenant forever, holy and awesome is His name.

**RESPONSE:** *The fear of the Lord is the beginning of wisdom; all who follow His precepts have good understanding. To Him belongs eternal praise.*

## **108 Selected Readings**

### **PROPHETIC READING: Isaiah 64:4-6, 54:4-5, 59:20-21**

#### **CONGREGATION:**

Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides You who acts on behalf of those who wait for Him. You come to the help of those who gladly do right, who remember Your ways. But when we continued to sin, You were angry. How then can we be saved? All of us have become like one who is unclean, and all our righteous acts are like filthy rags...But the day is coming when You will forget the shame of our youth and remember no more the reproach of our widowhood. For our Maker is our husband - the Lord Almighty is His name - the Holy One of Israel is our Redeemer. For the Redeemer will come to Zion, to those in Jacob who repent of their sins, declares the Lord. This is My covenant with you, says the Lord. My Spirit Who is on you, and My words that I have put in your mouth will not depart from your mouth, or from the mouths of your children, or from the mouths of their descendants from this time forth and forevermore.

**PROPHETIC READING: Jeremiah 23:3-8**

READER: And I will gather the remnant of My flock out of all countries to which I have driven them, and will bring them again to their folds; and they shall be fruitful and increase.

**RESPONSE:** *And I will set up shepherds over them who shall feed them, and they shall fear no more, nor be dismayed, neither shall they be lacking, says the Lord.*

READER: Behold the days are coming declares the Lord, when I shall raise up for David a righteous Branch, and a King shall reign and prosper, and shall execute judgement and justice in the earth.

**RESPONSE:** *In His days Judah shall be saved, and Israel shall dwell safely; and this is His name whereby He shall be called, THE LORD OUR RIGHTEOUSNESS.*

READER: Therefore, behold the day comes says the Lord, that they shall no more say, The Lord lives who brought up the children of Israel out of the land of Egypt;

**RESPONSE:** *But rather, the Lord lives who brought up and led the seed of the house of Israel out of the north country, and from all the countries where I have driven them, and they shall dwell in their own land.*

## 110 Selected Readings

### PROPHETIC READING:     **Jeremiah 31:1-7**

READER:     At that time, declares the Lord, I will be the God of all the families of Israel, and they shall be My people. Thus says the Lord: The people who survived the sword have found grace in the wilderness, even Israel when it went to find rest.

**RESPONSE:**   *The Lord has appeared to me from afar saying: I have loved you with an everlasting love; therefore, I have drawn you with grace, again I will build you, and you shall be rebuilt, O virgin of Israel.*

READER:     Again you shall take up your tambourines, and go forth to the dances of the merry-makers, again you shall plant vineyards on the hills of Samaria; the planters shall plant and enjoy their fruit.

**RESPONSE:**   *For there shall be a day when watchmen on the hills of Ephraim shall call out: Arise, let us go up to Zion, to the Lord our God.*

READER:     For thus says the Lord: Sing for Jacob with joy, and shout among the chief of the nations; proclaim, give praise and say, O Lord, save Your people, the remnant of Israel.

**PROPHETIC READING: Ezekiel 36:24-28**

CONGREGATION:

For I will take you from among the heathen, and gather you out of all countries, and will bring you into your own land. Then I will sprinkle clean water upon you, and you shall be clean; from all your defilement and from all your idols will I cleanse you. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put My spirit within you, and cause you to walk in My statutes, and you shall keep My judgements, and do them. And you shall dwell in the land that I gave to your fathers; and you shall be My people, and I will be your God.

**RESPONSIVE READING: Psalm 121**

READER: I lift my eyes to the hills - where does my help come from?

**RESPONSE:** *My help comes from the Lord, the Maker of heaven and earth.*

READER: He will not let your foot slip - He who watches over you will not slumber;

**RESPONSE:** *Indeed, He who watches over Israel will neither slumber nor sleep.*

READER: The Lord watches over you - the Lord is your shade at your right hand;

**RESPONSE:** *The sun will not harm you by day, nor the moon by night*

READER: The Lord will keep you from all harm - He will watch over your life;

**RESPONSE:** *The Lord will watch over your coming and going*

*both now and forevermore.*

**112 Selected Readings**

**PROPHETIC READING: Jeremiah 31:31-37**

**READER:** Behold, the day is coming, says the Lord, that I will make a new covenant with the house of Israel, and with the house of Judah.

**RESPONSE:** *Not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which My covenant they broke, although I was a husband unto them, says the Lord.*

**READER:** But this shall be the covenant that I will make with the house of Israel; After those days, says the Lord, I will put my law in their inward parts, and write it in their hearts; and I will be their God, and they shall be My people.

**RESPONSE:** *And they shall teach no more every man his neighbor, and every man his brother, saying: Know the Lord. For they shall all know Me, from the least of them to the greatest of them, says the Lord; for I will forgive their iniquity, and I will remember their sin no more.*

**READER:** Thus says the Lord, Who gives the sun for a light by day, and the ordinances of the moon and of the stars for a light by night, Who divides the sea when the waves roar; the Lord of Hosts is His name.

**RESPONSE:** *If these ordinances depart from before Me, says the Lord, then the seed of Israel also shall cease from being a nation before Me forever.*

**READER:** Thus says the Lord: If Heaven above can be measured, and the foundations of the earth searched out beneath, I will also cast off all the seed of Israel for all that they have done, says the Lord.

**PROPHETIC READING: Isaiah 53:3-12**

READER: He was despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were our faces from Him; He was despised and we did not esteem Him.

**RESPONSE:** *Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.*

READER: But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

**RESPONSE:** *All we like sheep have gone astray; we have turned, every one, to his own way; and the Lord has laid on Him the iniquity of us all.*

READER: He was oppressed and He was afflicted, yet He opened not His mouth; He was led as a lamb to the slaughter, and as a sheep before its shearers is silent, so He opened not His mouth.

**RESPONSE:** *He was taken from prison and from judgment, and who will declare His generation? For He was cut off from the land of the living; for the transgressions of My people He was stricken.*

READER: And they made His grave with the wicked - with the rich at His death, because He had done no violence nor was any deceit in His mouth.

**RESPONSE:** *Yet it pleased the Lord to bruise Him; He has put Him to grief; when You make His soul an offering for sin, He shall see His seed, He shall prolong His days, and the pleasure of the Lord shall prosper in His hand.*

READER: He shall see the travail of His soul, and be satisfied. By His knowledge My righteous Servant shall justify many, for He shall bear their iniquities.

**RESPONSE:** *Therefore I will divide Him a portion with the great, and He shall divide the spoil with the strong, because He poured out His soul unto death, and He was numbered with the transgressors, and He bore the sin of many, and made intercession for the transgressors.*

## 114 Selected Readings

### **PROPHETIC READING: Deuteronomy 30:1-6**

#### CONGREGATION:

And it shall come to pass when all these things have come upon you, the blessing and the curse which I have set before you; and you take them to heart wherever the Lord your God disperses you among the nations, and when you and your children return to the Lord your God and obey Him with all your heart and with all your soul according to everything I command you this day; then the Lord your God will turn your captivity and have compassion on you and will return and gather you from all the nations where He scattered you. Even if you have been cast out to the most distant land under the heavens, from there the Lord your God will gather you and bring you back. And He will bring you into the land that belonged to your fathers and you shall inherit it; He will make you even more prosperous and numerous than your fathers were. And the Lord your God will circumcise your hearts and the hearts of your descendants, to love Him with all your heart, and with all your soul, that you may live.

**OMER READING: Song of songs 2:1, 3-13**

READER: I am a rose of Sharon, a lily of the valleys.

**RESPONSE:** *Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste.*

READER: He has taken me to the banquet hall, and his banner over me is love.

**RESPONSE:** *Strengthen me with raisins, refresh me with apples, for I am faint with love.*

**READER:** *His left arm is under my head, and his right arm embraces me.*

**RESPONSE:** *Daughters of Jerusalem, I charge you by the gazelles and by the does of the field; do not arouse or awaken love until it so desires.*

READER: Listen! My Lover! Look! Here he comes, leaping across the mountains, bounding over the hills.

**RESPONSE:** *My lover is like a gazelle or a young stag. Look! There he stands behind our wall, gazing through the windows, peering through the lattice.*

READER: My lover spoke and said to me, "Arise, my darling, my beautiful one, and come with me.

**RESPONSE:** *See! The winter is past; the rains are over and gone.*

READER: Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.

**RESPONSE:** *The fig tree forms its early fruit; the blossoming vines spread their fragrance. Arise, come, my darling; my beautiful one, come with me."*

## 116 Celebrating Shabbat in the Home

### *SHABBAT CELEBRATIONS IN THE HOME*

In a home celebration of Shabbat, typical prayers used on Erev Shabbat might include the following:

1. V'shamroo
2. L'cha Doe-dee or L'choo N'ra-n'na
3. The Candle Lighting
4. Shalom Ahlaychem
5. Ayshet Chayeel
6. Blessing the Children
7. Harachamahn
8. Psalm 112
9. The Erev Shabbat Kedoosh
10. Rachatz
11. Hamotzee
12. Beerkaht Hamazone

Shabbat day celebrations might include:

1. The Yom Shabbat Kedoosh
2. Rachatz
3. Hamotzee
4. Beerkaht Hamazone

The Shabbat ends, with the chanting of the Havdala Service.

NOTES

The Erev Shabbat and Yom Shabbat Kedoosh, or Sanctification prayer, is said over a cup of the "fruit of the vine", at the 'Shoolchan Ah-rooch,' the Set Table. The table is referred to traditionally as a 'Mizbayahch M'aht', a "*Miniature Altar.*"

As part of the priestly functions at our Shabbat table (the Mizbayahch M'aht,) when the Challa, the Shabbat bread, is distributed for the Hamotzee (the blessing over the bread) a little salt is sprinkled on the Challa as was done over the sacrifices in the Temple.

הַרְחֵמֵנוּ, הוּא יְבָרֶךְ אֶת אָבִי  
מוֹרֵי בַעַל הַבַּיִת הַזֶּה, וְאֶת  
אֲמֵי מוֹרְתֵי בַעַל־הַבַּיִת  
הַזֶּה.

## 118 Celebrating Shabbat in the Home

The following prayers are not typically recited in the synagogue, and were not included in the regular Shabbat Service liturgy.

Children, who have been blessed by their parents after the Erev Shabbat Candle Lighting, may wish to respond with the following:

### **HARACHAMAHN - THE COMPASSIONATE ONE**

*Ha-ra-cha-mahn who y'va-raych et ah-vee mo-ree ba-al ha-ba-yeet ha-zeh, v'et ee-mee mo-ra-tee ba-ah-laht ha-ba-yeet ha-zeh.*

The Compassionate One, may He bless my father my teacher, the man of the home, and my mother my teacher, the woman of the home.

הַלְלוּיָהּ אֲשֶׁרִי אִישׁ יֵרָא אֶת  
יְיָ בְּמִצּוֹתָיו חֶפֶץ מְאֹד.  
גְּבוּר בְּאָרֶץ יִהְיֶה זִרְעוֹ דוֹר  
יְשָׁרִים יְבָרֵךְ. הוֹן וְעֶשֶׂר  
בְּבֵיתוֹ וְצַדִּיקְתּוֹ עֹמֶדֶת לְעַד.  
זָרַח בַּחֲשֶׁךְ אֹר לְיִשְׂרָאֵל  
חֲנוּן וְרַחוּם וְצַדִּיק. טוֹב  
אִישׁ חוֹנֵן וּמְלֹוֹה יְכַלֵּל  
דְּבָרָיו בְּמִשְׁפָּט. כִּי לְעוֹלָם  
לֹא יִמוּט לְזִכָּר עוֹלָם יִהְיֶה  
צַדִּיק. מְשֻׁמְעָה רָעָה לֹא  
יִירָא נָכוֹן לְבוֹ בְּטַח בִּיהוָה.  
סָמוּךְ לְבוֹ לֹא יִירָא אֵד אֲשֶׁר  
יִרְאֶה בְּצָרָיו. פִּזֵּר נָתַן  
לְאֲבִיוֹנִים צַדִּיקְתּוֹ עֹמֶדֶת לְעַד  
קָרְנוֹ תְרוּם בְּכָבוֹד:

## 120 Celebrating Shabbat in the Home

A wife who wishes to honor her husband after he has sung *Ayshet Chayeel* to her, may recite part or all of the words of Psalm 112 to him.

### PSALM 112: 1 - 9

*Ha-l'loo-ya! Ahsh-ray eesh ya-ray et Adonai, b'meetz-vo-tahv cha-faytz m'ode. Ge-bore ba-ah-retz yee-yeh zahr-oh, door y'sha-reem y'vo-rahch. Hone v'oh-shehr b'vay-toe, v'tzeed-ka-toe oh-meh-deht la-odd. Za-rahch ba-cho-shech ore la-y'sha-reem, cha-noon v'ra-choom v'tza-deek. Tov eesh cho-nane oo-mahl-veh, y'chahl-kale d'va-rahv ba-meesh-paht. Key l'oh-lahm lo yee-mote, l'zay-chehr oh-lahm yee-yeh tza-deek. Meesh-moo-ah ra-ah lo yee-ra na-chone lee-bo ba-too-ahch ba-Adonai. Sa-mooch lee-bo lo yee-ra ahd ah-shehr year-eh v'tza-rahv. Pee-zahr na-tahn la-ev-yo-neem tzeed-ka-toe oh-meh-det la-odd, kahr-no ta-room b'cha-vode.*

Halleluya! Happy is the man who fears the Lord, who delights greatly in His commandments. His seed shall be mighty upon the earth, the generation of the upright shall be blessed. Wealth and riches shall be in his house, and his righteousness shall endure for ever. Unto the upright there arises light in the darkness; he is gracious, and full of compassion, and just. A man is good who lends with grace, he conducts his affairs justly. Surely he shall never be moved; the righteous will be eternally remembered. He shall not be afraid of evil tidings; his heart is fixed, trusting in the Lord. His heart is established, he shall not be afraid when he gazes upon his enemies. He has distributed freely, he has given to the poor; his righteousness endures for ever, his horn shall be exalted with honor.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת  
יָדַיִם.

## 122 Celebrating Shabbat in the Home

As priests of our homes, we may wish to continue the practice of Rachatz, hand washing, symbolic of the washing of the hands by the priests in the Temple before they served the Lord.

The traditional custom is to pour a small amount of water from a cup or pitcher, over the tips of the fingers, into a bowl or over a sink, washing each hand at least twice.

### RACHATZ - THE WASHING OF HANDS

*Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech  
ha-oh-lahm, ah-shehr keed-sha-noo b'meetz-vo-tahv  
v'tzee-va-noo ahl n'tee-laht ya-da-yeem.*

Blessed are You O Lord our God, King of the Universe,  
Who has sanctified us in your commandments, and commanded us  
concerning the washing of hands.

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ אֶת  
 שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים:  
 אֲזַי מָלֵא שְׁחֹק פִּינוּ  
 וּלְשׁוֹנֵנוּ רָנָה אֲזַי אָמְרוּ  
 בַּגּוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם  
 אֱלֹהֵי: הַגְּדִיל יְיָ לַעֲשׂוֹת  
 עִמָּנוּ הָיִינוּ שְׂמֵחִים: שׁוּבָה  
 יְיָ אֶת שְׁבִיתָנוּ כַּאֲפִיקִים  
 בַּנְּגֹב: הַזֶּרְעִים בְּדַמְעָה  
 בְּרָנָה יִקְצְרוּ: הַלֹּךְ יִלְךְ  
 וּבָכָה נִשְׂא מִשֶּׁךְ הַזֶּרַע בָּא  
 יָבֵא בְּרָנָה נִשְׂא אֶלְמִתָּיו:

## 124 Blessing after Meals

The Blessings After Meals are recited in response to the verse "And you shall eat and be satisfied and bless the Lord your God for the good land that He gave you", (Deut. 8:10).

The Beerkaht Hamazone can be very enjoyable and fun to sing in a lively style after a Shabbat meal. Part or all of the Blessings may be chanted. The most common blessing used is the first paragraph after the opening song, Psalm 126. However, it is common on Shabbat to sing at least Sheer Hamaahote (Psalm 126), and the first blessing.

### ***BEERKAHT HAMAZONE BLESSINGS AFTER MEALS***

#### **Psalm 126**

*Sheer Ha-ma-ah-lote b'shoove Adonai et she-vaht  
Tzee-yone ha-yee-noo k'chohl-meem, ahz y'ma-lay s'chok  
pee-noo oo-l'show-nay-noo re-na. Ahz yom-roo va-go-yeem  
heeg-deal Adonai la-ah-sote eem aye-leh heeg-deal Adonai  
la-ah-sote ee-ma-noo ha-yee-noo s'may-cheem. Shoo-va Adonai  
et sh'vee-tay-noo ka-ah-fee-keem ba-neh-gev ha-zo-reem  
b'dee-ma b'ree-na yeek-tzoh-roo. Ha-loch yay-lech oo-va-cho  
no-say meh-shech ha-zo-ra bow ya-vo v'ree-na no-say  
ah-loo-mow-tahv.*

A song of ascents. When the Lord will bring back the captivity of Zion, we will be like dreamers. Then our mouths will be filled with laughter, and our tongue with glad singing. Then they will say among the nations: The Lord has done great things with these, the Lord has done great things with us, we are glad. Return our captivity, O Lord, like the springs in the Negev. Those who sow in tears shall reap in glad singing. He who goes weeping on his way, bearing a bag of seed, shall come back with joyful song, carrying his sheaves.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הִזֵּן  
 אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד  
 וּבְרַחֲמִים הוּא נוֹתֵן לָחֵם לְכָל בֶּשֶׂר כִּי  
 לְעוֹלָם חֶסֶדּוֹ. וּבְטוֹבוֹ הַגָּדוֹל תִּמְיֵד לֹא  
 חָסַר לָנוּ, וְאֵל יַחְסֹר לָנוּ מִזֶּן לְעוֹלָם  
 וְעַד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֵן  
 וּמְפָרֵס לְכָל וּמְטִיב לְכָל, וּמַכִּין מִזֶּן  
 לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יְיָ,  
 הִזֵּן אֶת הַכֹּל:

נוֹדָה לָךְ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ  
 לְאַבוֹתֵינוּ, אֶרֶץ חֶמְדָּה טוֹבָה וּרְחֻבָּה,  
 וְעַל שֶׁהוֹצֵאתָנוּ יְיָ אֱלֹהֵינוּ מֵאֶרֶץ  
 מִצְרַיִם, וּפְדִיתָנוּ, מִבֵּית עַבְדִּים, וְעַל  
 בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׂרָנוּ, וְעַל תּוֹרַתְךָ  
 שֶׁלְּמַדְתָּנוּ, וְעַל חֻקֶּיךָ שֶׁהוֹדַעְתָּנוּ וְעַל  
 חַיִּים חֵן וְחֶסֶד שֶׁחֻנַּנְתָּנוּ, וְעַל אֲכִילַת  
 מִזֶּן שֶׁאַתָּה זֵן וּמְפָרֵס אוֹתָנוּ תִּמְיֵד,  
 בְּכָל יוֹם וּבְכָל עֵת וּבְכָל שָׁעָה:

## 126 Blessing after Meals

*Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lech ha-oh-lahm ha-zahn et ha-oh-lahm koo-low b'too-voe b'chane b'cheh-sed oo-v'ra-cha-meem, hoo no-tain leh-chem l'chol ba-sahr key l'oh-lahm chas-doe, oo-v'too-voe ha-ga-dole ta-meed lo cha-sahr la-noo v'ahl yech-sahr la-noo ma-zone l'oh-lahm va-ed, ba-ah-voor sh'moe ha-ga-dole key hoo Ale zahn oo-m'fahr-nase la-kol, oo-may-teev la-kol oo-may-cheen ma-zone l'chol b'ree-yo-tav ah-sheer ba-ra, ba-rooch ah-ta Adonai ha-zahn et ha-kol.*

Blessed are You O Lord our God, King of the universe, Who nourishes the entire world in His goodness, with kindness, with grace, and with mercy. He gives nourishment to all flesh, for His grace is eternal. And through His great goodness nourishment was never lacking to us and may it never be lacking to us forever. For the sake of His Great Name, because He is the God Who nourishes and sustains all, and benefits all, and He prepares food for all of His creatures which He has created, blessed are You, O Lord, who nourishes all.

*No-deh l'cha Adonai Eh-lo-hay-noo ahl sheh-heen-chal-ta la-ah-voe-tay-noo, eh-retz chem-da toe-va oo-r'cha-va, v'ahl sheh-hoe tzay-ta-noo Adonai Eh-lo-hay-noo may-eh-retz metz-ra-yeem, oo-f'dee-ta-noo me-bait ah-va-deem v'ahl b'reet-cha sheh-cha-tahm-ta beev-sa-ray-noo, v'ahl toe-raht-cha sheh-lee-mahd-tah-noo v'ahl choo-keh-cha sheh-hoe-da-ta-noo v'ahl cha-yeem chayn va-cheh-sed sheh-cho-nahn-ta-noo v'ahl ah-chee-laht ma-zone sheh-ah-ta zahn oo-m'fahr-nase oh-ta-noo ta-meed b'chohl yom oo-v'chol ate oo-v'chol sha-ah.*

We thank You O Lord our God because You have given to our forefathers as a heritage a desirable, good and spacious land; because you removed us O Lord our God from the land of Egypt and You redeemed us from the house of bondage; for Your covenant which You sealed in our flesh; for Your Torah which You taught us and for Your statutes which you made known to us; for life, kindness, and grace which You granted us; and for the provision of food with which You nourish and sustain us constantly, in every day, in every season, and in every hour.

וְעַל הַכֹּל יְיָ אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לָךְ,  
וּמְבָרְכִים אוֹתְךָ, יְתַבְרַךְ שְׁמֶךָ בְּפִי כָּל חַי  
תָּמִיד לְעוֹלָם וָעֶד. כִּכְתוּב, וְאָכַלְתָּ  
וּשְׂבַעְתָּ, וּבִרְכַתְּ אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ  
הַטְּבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה יְיָ, עַל  
הָאָרֶץ וְעַל הַמַּזּוֹן:

רַחֵם נָא יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמֶּךָ,  
וְעַל יְרוּשָׁלַיִם עִירְךָ, וְעַל צִיּוֹן מְשֻׁכָּן  
כְּבוֹדְךָ, וְעַל מַלְכוּת בֵּית דָּוִד מְשֻׁחָךָ,  
וְעַל הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ שֶׁנִּקְרָא שְׁמֶךָ  
עָלָיו. אֱלֹהֵינוּ, אָבִינוּ, רַעְנוּ, זוֹנְנוּ,  
פְּרַנְסְנוּ, וְכֹלְכָלְנוּ, וְהַרְוִיחֵנוּ, וְהַרְוֵחַ לָנוּ  
יְיָ אֱלֹהֵינוּ מְהֵרָה מְכֹל צָרוֹתֵינוּ, וְנָא,  
אַל תַּצְרִיכֵנוּ יְיָ אֱלֹהֵינוּ, לֹא לַיְדֵי מִתְּנַת  
בְּשָׂר וָדָם, וְלֹא לַיְדֵי הַלְּוָאֲתָם. כִּי אִם  
לַיְדֶיךָ הַמַּלְאָה, הַפְּתוּחָה, הַקְּדוּשָׁה  
וְהַרְחָבָה, שֶׁלֹּא נִבּוֹשׁ וְלֹא נִכָּלֵם לְעוֹלָם  
וָעֶד:

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*V'ahl ha-kol Adonai Eh-lo-hay-noo ah-nahch-noo mo-deem lahch oo-m'vahr-cheem oh-tahch yeet-ba-rahch sheem-cha b'fee kol chi ta-meed l'oh-lahm va-ed, ka-ka-toov v'ah-chahl-ta v'sa-va-ta oo-vay-rahch-ta et Adonai Eh-lo-heh-cha ahl ha-ah-retz ha-toe-va ah-shehr na-tahn lahch, ba-rooch ah-ta Adonai ahl ha-ah-retz v'ahl ha-ma-zone.*

For all, O Lord our God, we thank You and bless You. May Your Name be blessed continuously forever by the mouth of all the living. As it is written (Deut. 8:10) "And you shall eat and be satisfied and bless Adonai your God for the good land which He gave you," blessed are You O Lord, for the land and for the food.

*Ra-chaym nah Adonai Eh-lo-hay-noo ahl Yees-ra-el ah-meh-cha v'ahl Y'roo-sha-la-yeem ee-reh-cha v'ahl tzee-own meesh-kahn k'voe-deh-cha v'ahl mahl-choot bait da-veed m'she-cheh-cha v'ahl ha-ba-yeet ha-ga-dole v'ha-ka-doesh sheh-neek-ra sheem-cha ah-lahv Eh-lo-hay-noo ah-vee-noo r'aye-noo zoo-nay-noo pahr-n'say-noo v'chahl-k'lay-noo v'hahr-vee-chay-noo v'hahr-vahch lah-noo Adonai Eh-lo-hay-noo m'hay-ra me-kol tza-roe-tay-noo, v'na ahl tahtz-ree-chay-noo Adonai Eh-lo-hay-noo low lee-day maht-naht ba-sahr va-dahm v'low lee-day hahl-va-ah-tahm key eem l'ya-d'cha ha-m'lay-ah ha-p'too-cha ha-k'doe-sha v'hahr-cha-vah sheh-low nay-voesh v'low nee-ka-laym l'oh-lahm va-ed.*

Have compassion Adonai our God on Your people Israel, on Your city Jerusalem, on Zion the resting place of Your glory, on the monarchy of the house of David, Your anointed, and on the great and holy House upon which Your name is called. Our God, our Father, tend us, nourish us, sustain us, support us, relieve us; O Lord our God, grant us quick relief from all our troubles. O Lord our God, make us not needful of the gifts of human hands nor of their lendings, but only of Your hand that is full, open, holy, and generous, that we should not feel shame or be humiliated for ever and ever.

רָצָה וְהִחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ  
 בְּמִצְוֹתֶיךָ וּבְמִצְוֹת יוֹם  
 הַשַּׁבָּת הַגָּדוֹל  
 וְהַקָּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל  
 וְקָדוֹשׁ הוּא לְפָנֶיךָ, לְשַׁבַּת בּוֹ  
 וְלַנוּחַ בּוֹ בְּאַהֲבָה כְּמִצְוֹת  
 רְצוֹנָךְ וּבְרְצוֹנָךְ הִנִּיחַ לָנוּ יְיָ  
 אֱלֹהֵינוּ, שֶׁלֹּא תִהְיֶה צָרָה וְיָגוֹן  
 וְאַנְחָה בְּיוֹם מְנוּחַתָּנוּ.  
 וְהִרְאֵנוּ יְיָ אֱלֹהֵינוּ בְּנִחְמַת  
 צִיּוֹן עִירָךְ, וּבְבִנְיִן יְרוּשָׁלַיִם  
 עִיר קְדֻשָׁךְ, כִּי אַתָּה הוּא בַעַל  
 הַיְשׁוּעוֹת וּבַעַל הַנִּחְמוֹת:

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקְּדֻשָׁה  
 בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ,  
 בּוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן

## 130 Blessing after Meals

*R'tzay v'ha-cha-lee-tzay-noo Adonai Eh-lo-hay-noo  
b'meetz-vo-teh-cha oo-v'meetz-vaht yom ha-sh'vee-ee  
ha-sha-baht ha-ga-dole v'ha-ka-doesh ha-zeh key yom zeh  
ga-dole v'ka-doesh hoo l'fa-neh-cha leesh-baht bo v'la-new-ahch  
bo b'ah-ha-va k'meetz-vaht r'tzo-neh-cha, oo-veer-tzone-cha  
ha-nee-ahch lah-noo Adonai Eh-lo-hay-noo sheh-low t'hay  
tza-ra v'ya-gon va-ah-na-cha b'yom m'noo-cha-tay-noo  
v'hahr-aye-noo Adonai Eh-lo-hay-noo b'neh-cheh-maht  
tzee-own ee-reh-cha oo-v'veen-yahn Y'roo-sha-la-yeem ear  
kahd-sheh-cha key ah-ta hoo ba-ahl ha-y'shoo-oat oo-va-ahl  
ha-neh-cha-mote.*

May it please You O Lord our God, give us peace and rest in your commandments and through the commandment of the seventh day, this great and Holy Shabbat. For this day is great and holy before You, to rest on it and be content on it in love, as commanded by Your will. May it be Your will O Lord our God that there be no distress, grief, or lament on this day of our contentment. And show us O Lord our God the Consolation of Zion Your city, and the rebuilding of Jerusalem, city of Your holiness, for You are the Master of salvations and Master of consolations.

*Oo-v'nay Y'roo-sha-la-yeem ear ha-ko-desh beem-hay-ra  
v'ya-may-noo, ba-rooch ah-ta Adonai bo-neh b'ra-cha-mahv  
Y'roo-sha-la-yeem ah-mane.*

Rebuild Jerusalem the Holy City, soon and in our days, blessed are You Adonai, Who rebuilds Jerusalem in His mercy Amen.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל  
 אֲבִינוּ, מִלְכֵנוּ, אֲדִירֵנוּ בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ,  
 יוֹצְרֵנוּ, קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ  
 רוֹעֵה יִשְׂרָאֵל. הַמֶּלֶךְ הַטּוֹב, וְהַמְּטִיב  
 לְכָל, שְׂבָכָל יוֹם וַיּוֹם הוּא הַטֵּיב, הוּא  
 מְטִיב, הוּא יֵיטִיב לָנוּ. הוּא גִמְלָנוּ, הוּא  
 גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ לְעַד לְחַן וְלַחֲסֵד  
 וְלִרְחֻמִּים וְלִרְוַח הַצֶּלֶה וְהַצִּלָּה בְּרַכָּה  
 וַיְשׁוּעָה, נְחֻמָּה, פְּרִנְסָה וְכִלְכָּלָה,  
 וְרַחֲמִים, וְחַיִּים וְשָׁלוֹם, וְכָל טוֹב, וּמְכַל  
 טוֹב לְעוֹלָם אֵל יַחְסְרֵנוּ:

הַרְחֵמֵנוּ, הוּא יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
 הַרְחֵמֵנוּ, הוּא יְתַבְּרֵנוּ בְּשָׁמַיִם וּבְאָרֶץ.  
 הַרְחֵמֵנוּ, הוּא יְשַׁתַּבַּח לְדוֹר דּוֹרִים,  
 וַיְתַפְּאֵר בָּנוּ לְעַד וּלְנֶצַח נְצָחִים,  
 וַיְתַהַדֵּר בָּנוּ לְעַד וּלְעוֹלָמֵי עוֹלָמִים.

## 132 Blessing after Meals

*Ba-rooch ah-ta Adonai Eh-lo-hay-noo meh-lehch  
ha-oh-lahm ha-ale ah-vee-noo mahl-kay-noo ah-dee-ray-noo  
bore-aye-noo go-ah-lay-noo yotz-ray-noo k'doe-shay-noo k'doesh  
ya-ah-kove row-aye-noo row-aye Yees-rah-ale ha-meh-lehch  
ha-tov v'ha-may-teev la-kol sheh-b'chol yom va-yom hoo  
hay-teeve hoo may-teev hoo yay-teev lah-noo hoo g'ma-la-noo  
hoo gome-lay-noo hoo yeeg-m'lay-noo la-odd, l'chane  
oo-l'cheh-sed oo-l'ra-cha-meem oo-l'reh-vahch ha-tza-la  
v'hatz-la-cha b'ra-cha vee-shoo-ah neh-cheh-ma pahr-na-sa  
v'chahl-ka-la v'ra-cha-meem v'cha-yeem v'sha-lome v'chole tov  
oo-me-kol toov l'oh-lahm ahl y'chahs-ray-noo.*

Blessed are You O Lord our God, King of the universe, the Almighty, our Father, our King, our Sovereign, our Creator, our Redeemer, our Maker, our Holy One, Holy One of Jacob, our Shepherd, the Shepherd of Israel, the good and beneficent King who does good for all. For every single day He did good, does good, and will do good, and will do good to us. He was bountiful to us, is bountiful with us, and will forever be bountiful to us with kindness and grace and with mercy; and with relief, salvation, success, blessing, help, consolation, sustenance, support, mercy, life, peace, and all good; and of all good may He never deprive us.

*Ha-ra-cha-mahn hoo yeem-lowch ah-lay-noo l'oh-lahm  
va-ed, ha-ra-cha-mahn hoo yeet-ba-rahch ba-sha-ma-yeem  
oo-va-ah-retz, ha-ra-cha-mahn hoo yeesh-ta-bahch l'door  
doe-reem v'yeet-pa-ahr ba-noo la-ahd oo-l'nay-tzahch  
n'tza-cheem v'yeet-ha-dahr ba-noo la-ahd oo-l'ohl-may  
oh-la-meem.*

The compassionate One, may He reign over us forever. The compassionate One, may He be blessed in heaven and in earth. The compassionate One, may He be praised throughout all generations, may He be eternally glorified amidst us, and be honored among us to all Eternity.

הַרְחֵמוּ, הוּא יִפְרֹנְסֵנוּ בְּכָבוֹד.  
 הַרְחֵמוּ, הוּא יִשְׁבֹּר עֲלֵנוּ מֵעַל  
 צְוֹאֲרֵנוּ וְהוּא יוֹלִיכֵנוּ  
 קוֹמְמִיּוֹת לְאַרְצֵנוּ. הַרְחֵמוּ,  
 הוּא יִשְׁלַח לָנוּ בְּרָכָה מְרֻבָּה  
 בַּבַּיִת הַזֶּה, וְעַל שְׁלַחַן זֶה  
 שְׂאֵכְלָנוּ עָלָיו. הַרְחֵמוּ, הוּא  
 יִשְׁלַח לָנוּ אֶת אֱלֹהֵי הַנְּבִיא  
 זְכוֹר לְטוֹב, וַיִּבְשֹׂר לָנוּ  
 בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת  
 וְנַחֲמוֹת.

הַרְחֵמוּ, הוּא יִבְרַךְ אֶת כָּל  
 הַבַּיִת הַזֶּה, וְאֶת שְׁלַחַן זֶה  
 שְׂאֵכְלָנוּ עָלָיו. כְּמוֹ שֶׁנִּתְבָּרְכוּ  
 אֲבוֹתֵינוּ, אֲבִרְהָם יִצְחָק  
 וַיַּעֲקֹב: בְּכָל, מְכָל, כָּל. כֵּן  
 יִבְרַךְ אוֹתָנוּ כָּלֵנוּ יַחַד. בְּבְרָכָה  
 שְׁלֵמָה, וְנֹאמַר אָמֵן:

## 134 Blessing after Meals

*Ha-ra-cha-mahn hoo y'fah-r-n'say-noo b'cha-vode, ha-ra-cha-mahn hoo yeesh-bore oo-lay-noo may-ahl tza-va-ray-noo v'hoo yo-lee-cha-noo ko-m'mee-oot l'ahr-tzay-noo. Ha-ra-cha-mahn hoo yeesh-lahch la-noo b'ra-cha m'roo-ba ba-ba-yeet ha-zeh v'ahl shool-chahn zeh sheh-ah-chahl-noo ah-lahv. Ha-ra-cha-mahn hoo yeesh-lahch la-noo et Aye-lee-ya-hoo ha-na-vee za-choor la-tov vee-va-sare la-noo b'so-rote toe-vote y'shoo-oat v'neh-cha-mote.*

The compassionate One, may He sustain us in honor. The compassionate One, may He break the yoke of oppression from our necks and guide us erect to our land. The compassionate One, may He send us abundant blessing in this house and upon this table at which we have eaten. The compassionate One, may He send us Elijah the prophet, remembered for good, to proclaim to us good tidings, salvations, and consolations.

*Ha-ra-cha-mahn hoo y'va-raych et kol ha-ba-yeet ha-zeh, v'et shool-chahn zeh sheh-ah-chahl-noo ah-lahv. K'mow sheh-neet-bahr-choo ah-vo-tay-noo Ahv-ra-hahm Yeetz-chahk v'Ya-ah-kove, ba-kol me-kol kol, kane y'va-raych oh-ta-noo koo-la-noo ya-chahd beev-ra-cha sh'lay-ma v'no-mahr ah-main.*

The compassionate One, may He bless everyone in this home, and this table from which we have eaten. Just as our forefathers Abraham, Isaac, and Jacob were blessed in everything, from everything, with everything. So may He bless us all together with a perfect blessing and let us say: Amen!

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעֲלֵינוּ  
 זְכוֹת, שְׁתֵּהָא לְמִשְׁמֶרֶת  
 שְׁלוֹם, וְנִשָּׂא בְרָכָה מֵאֵת יי  
 וְצַדִּיקָה מְאֵלֵהִי יִשְׁעֵנוּ, וְנִמְצָא  
 חֵן וְשִׁכְל טוֹב בְּעֵינֵי אֱלֹהִים  
 וְאָדָם:

הַרְחֵמֵן, הוּא יִנְחִילֵנוּ יוֹם  
 שְׁכָלוּ שַׁבָּת וּמְנוּחָה לְחַיֵּי  
 הָעוֹלָמִים.

הַרְחֵמֵן, הוּא יִזְכֵּנוּ לִימֹת  
 הַמְּשִׁיחַ וְלְחַיֵּי הָעוֹלָם הַבָּא.  
 מְגִדוֹל יִשׁוּעוֹת מַלְכוּ, וְעֲשֵׂה  
 חֶסֶד לְמְשִׁיחוֹ לְדָוִד וּלְזֶרְעוֹ  
 עַד עוֹלָם: עֲשֵׂה שְׁלוֹם  
 בְּמָרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם,  
 עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ  
 אָמֵן:

## 136 Blessing after Meals

*Ba-ma-rome y'lahm-doo ah-lay-hem v'ah-lay-noo z'choot  
sheh-t'hay l'meesh-meh-ret sha-lome, v'nee-sa v'ra-cha may-ate  
Adonai oo-tz'da-ka may-eh-lo-hay yeesh-aye-noo  
v'neem-tza-chane v'say-chel tov b'aye-nay Eh-lo-heem  
v'ah-dahm.*

On high, may merit be pleaded upon them and upon us for a safeguard of peace. May we receive a blessing from the Lord and just kindness from the God of our Salvation, and find favor and understanding in the eyes of God and man.

*Ha-ra-cha-mahn hoo yahn-che-lay-noo yom  
sheh-koo-low Shabbat oo-m'noo-cha l'cha-yay ha-oh-la-meem.*

The compassionate One, may He cause us to inherit the day which will be total Shabbat and rest, for all eternity.

*Ha-ra-cha-mahn hoo y'za-kay-noo lee-mote  
ha-ma-shee-ahch oo-l'cha-yay ha-oh-lahm ha-ba. Meeg-dole  
y'shoo-oat mahl-ko v'oh-seh cheh-sed leem-she-cho l-Dah-veed  
oo-l'zahr-ow ahd oh-lahm, oh-seh sha-lome beem-row-mahv hoo  
ya-ah-seh sha-lome ah-lay-noo v'ahl kol Yees-ra-el v'eem-roo  
ah-main.*

The compassionate One, may He make us worthy of the days of Messiah and the life of the world to come. The Lord is a tower of salvations to His King, and shows kindness to His Anointed, to David and his descendants forever. May He who makes peace in the high heavens, make peace for us and for all Israel and say: Amen!

יִרְאוּ אֶת יְיָ קְדוֹשׁוֹ, כִּי אֵין  
 מַחְסוֹר לִירְאָיו: כְּפִירִים  
 רָשׁוּ וְרָעִבוּ, וְדוֹרְשֵׁי יְיָ לֹא  
 יַחְסְרוּ כָּל טוֹב: הוֹדוּ לַיְיָ כִּי  
 טוֹב, כִּי לְעוֹלָם חֲסָדוֹ:  
 פוֹתַח אֶת יְדָךְ, וּמִשְׁבִּיעַ לְכָל  
 חַי רָצוֹן: בָּרוּךְ הַגִּבּוֹר אֲשֶׁר  
 יִבְטַח בֵּי יְיָ, וְהָיָה יְיָ מִבְטָחוֹ:  
 נֶעַר הָיִיתִי גַם זָקֵנְתִי וְלֹא  
 רָאִיתִי צָדִיק נֶעְזָב, וְזָרְעוֹ  
 מִבֶּקֶשׁ לֶחֶם: יְיָ עֵז לְעַמּוֹ  
 יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ  
 בְּשָׁלוֹם:

## 138 Blessing after Meals

*Yeer-oo et Adonai k'doe-shahv key ayn mahch-sore  
lee-ray-ahv, k'fee-reem rah-shoo v'ra-aye-voo v'door-shay  
Adonai low yach-s'roo kol tov. Ho-doo la-Adonai key tov, key  
l'oh-lahm chahs-doe poe-tay-ahch et ya-deh-cha oo-mahs-bee-ah  
l'chol chi ra-tzone. Ba-rooch ha-geh-vehr ah-shehr yeev-tahch  
ba-Adonai v'ha-ya Adonai meev-ta-cho, na-ahr ha-yee-tee gahm  
za-kahn-tee v'low ra-ee-tee tza-deek neh-eh-zahv, v'zahr-oh  
m'va-kaysh la-chem, Adonai ohz l'ah-moe yee-tain Adonai  
y'va-raych et ahmo va-shalom.*

Fear the Lord you His Saints, for those who fear Him never lack. Young lions may feel want and hunger, but those who seek the Lord will not lack any good thing. Give thanks unto the Lord for He is good, His Grace is forever. You open Your hand and satisfy the desire of every living thing. Blessed is the man who trusts in the Lord and the Lord will be his trust. I was young and now I have aged, and I have not seen a righteous man forsaken and his children begging bread. May the Lord give strength to His people, may the Lord bless His people with peace.

## תְּפִילַת הַתְּלִמִּידִים

אָבִינוּ שְׁבַשְׁמִים יִתְקַדֵּשׁ  
 שְׁמֶךָ. תָּבֵא מַלְכוּתְךָ יַעֲשֶׂה  
 רְצוֹנְךָ בְּאֶרֶץ כְּאֲשֶׁר נִעֲשֶׂה  
 בְּשָׂמִים. תֵּן לָנוּ הַיּוֹם לֶחֶם  
 חֻקֵּנוּ, וְסֵלַח לָנוּ אֶת  
 אֲשַׁמְתֵּינוּ כְּאֲשֶׁר סִלַּחְתָּ  
 אֲנַחְנוּ לְאֲשֶׁר אֲשָׁמוּ לָנוּ.  
 וְאַל תְּבִיאָנוּ לְיַדֵי מִסָּה, כִּי  
 אִם הִצִּילָנוּ מִן הָרָע. כִּי לְךָ  
 הַמַּמְלָכָה וְהַגְּבוּרָה  
 וְהַתְּפָאֶרֶת לְעוֹלָמֵי עוֹלָמִים  
 אָמֵן:

*APPENDIX*

**T'FEELAHT HATAHLMEDEEM  
THE DISCIPLES PRAYER**

*Ah-vee-noo sheh-ba-sha-ma-yeem yeet-ka-dahsh  
sh'meh-cha. Ta-voe mahl-choo-teh-cha, yay-ah-seh r'tzon-cha  
ba-ah-retz ka-ah-sheh na-ah-sah ba-sha-ma-yeem. Ten la-noo  
ha-yom leh-chem choo-kay-noo, oo-s'lahch la-noo et  
ahsh-ma-tay-noo ka-ah-sheh sole-cheem ah-nahch-noo  
la-ah-sheh ahsh-moo lah-noo. V'ahl t'vee-ay-noo lee-day  
ma-sah, key eem ha-tzee-lay-noo meen ha-rah. Key l'cha  
ha-mahm-la-cha v'ha-g'voo-ra v'ha-teef-eh-ret l'ole-may  
oh-la-meem, ah-mane.*

Our father Who art in Heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, in earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Thine is the kingdom and the power and the glory forever, amen.

# סְדוּר מְשִׁיחִי לְשַׁבָּת

## MESSIANIC SHABBAT SIDDUR

A Messianic Prayer Book for use in Sabbath  
Services and at Home.

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## Introduction I

### INTRODUCTION

#### NOTES ON THE SHABBAT

The children of Israel shall keep the Shabbat throughout their generations as a covenant forever. Between Me and the children of Israel it is a sign forever.

*Exodus 31:16-17*

Also the sons of the stranger that join themselves to the Lord, to serve Him and to love the name of the Lord, to be His servants, everyone that keeps the Shabbat from polluting it, and takes hold of my covenant; Even them will I bring to my Holy mountain...

*Isaiah 56:6-7a*

Shabbat, from the word 'to rest', was given to Jew and non-Jew for Oneg, joy, or delight. Isaiah said, "V'ka-ra-ta la-Shabbat Oneg, You shall call Shabbat a delight" (Isa. 58:13). Oneg implies celebration, sharing time with loved ones, leisurely meals with special conviviality and Zmirote (Shabbat Singing), hospitality, and relaxation.

The Shabbat is to be Kodesh or Holy. "Remember the Shabbat to keep it Holy...wherefore the Lord blessed the Shabbat and hallowed it.

Ex. 20:9,11b.

Shabbat is also to be a time of M'noo-cha, spiritual and physical rest and refreshment. This implies more than just refraining from work. On Shabbat we are to turn away from worldly activities and focus more on spiritual pursuits. If the week is characterized by competition, rush, and turmoil, their absence will contribute to serenity, and to the rejuvenation of body and spirit. It is this unique quality of M'noo-cha which moved Jewish tradition to call Shabbat "a foretaste of the days of the Messiah."

## II Preface

### *PREFACE*

This edition of our Messianic Shabbat Siddur is a major step forward from our previous Siddurim. Besides having the same amount of text (Hebrew, English, and transliteration) on two facing pages and being hardbound, there are introductory and explanatory notes on the prayers. "How to" notes on conducting the service are also provided. Furthermore, all the English translations have been reviewed, and changed to provide the most accurate, literal, translations possible. In some cases, a popular familiar English passage may have been changed, and for that we humbly ask for understanding. The integrity of the text was uppermost in our mind.

The transliterations were also reviewed and standardized as much as possible, and a key is provided with some of the more difficult usages. However, transliteration is an inexact science, and in order to hear the Hebrew pronounced correctly and chanted, you may want to purchase the set of tapes with all the Hebrew liturgy in the Siddur, which is available separately.

Many other changes and additions have also been made.

For information on selecting prayers and organizing complete services, contact us here at Messianic Liturgical Resources.

Our prayer is that this Messianic Shabbat Siddur will enhance the quality of Messianic Shabbat services and worship, and bless the Congregants using it.

B'shame Yeshua,

Jeremiah Greenberg

## Transliteration key III

### TRANSLITERATION KEY

ch - as in Johann Sebastian Bach

tz - as in pizza

oo - as in boot

ay or aye - as in bay

y - as in my

' - as the "i" in bit

a - as in ma, or also, as in bay

e or eh - "e" as in met

ee - as in beet

oe or ow - as in toe

oy - as in boy

i - as in hi

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