

# SHABBAT EVENING SERVICE

Hinei Mah Tov - How Good it is

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם יַחַד.

*Hineih mah tov u'mah na-im shevet achim gam yachad.*

How good and pleasant it is that brothers and sisters dwell together.

Mah Yafe HaYom - How Beautiful is this Shabbat

מַה יָּפֶה הַיּוֹם, שַׁבָּת שְׁלוֹם.

*Ma yafeh hayom Shabbat shalom.*

How beautiful is this Shabbat. Let it be a Shabbat of peace.

Yedid Nefesh - Beloved of the Soul

יְדִיד נֶפֶשׁ אָב הַרְחָמֶן, מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.

יְרוּץ עַבְדְּךָ כְּמוֹ אֵיל יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרָךְ

*Yedid nefesh av ha-rachaman, m'shoch avd'cha, el r'tzonecha.*

*Yarootz av'decha kemo a-yal, yeeshtachaveh el mool hadarecha.*

Beloved of the soul, Source of mercy, draw Your servant into Your arms.

Hadlakat Neiroi - Shabbat Candlelighting

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,  
וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch Ata Adonai Eloheinu Melech ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the Shabbat lights.

Kiddush - Sanctification

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

*Baruch Ata Adonai Eloheinu Melech ha'olam borei p'ri hagafen.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְרָצָה בָּנוּ, וְשַׁבָּת  
קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֵן לְמַעֲשֵׂה בְּרָאשִׁית, כִּי הוּא יוֹם תְּחִלָּה  
לְמִקְרָאֵי קֹדֶשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרָתָ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל  
הָעַמִּים, וְשַׁבָּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ. בָּרוּךְ אַתָּה יְיָ, מִקְדֵּשׁ  
הַשַּׁבָּת.

*Baruch Ata Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kod'sho  
b'ahava uv'ratzon hinchilanu zikaron l'ma'aseh v'reishit. Ki hu yom t'chilah l'mikra'ei kodesh, zecher litzi'at  
mitzrayim, ki vanu vacharta v'otanu kidashta mikol ha'amim, v'Shabbat kod'sh'cha b'ahava uv'ratzon  
hichaltanu. Baruch Ata Adonai, m'kadesh haShabbat.*

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe, who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of Creation. As first among our sacred days, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

L'cha Dodi - The Sabbath Bride

לְכָה דוֹדֵי לְקִרְאֵת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה.

*L'cha dodi likrat kalah p'nei Shabbat n'kablah.*

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְׁמִיעֵנוּ אֵל הַמַּיְחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם  
וּלְתִפְאֶרֶת וּלְתִהְיֶיךָ. **לכה**

*Shamor v'zachor b'dibur echad hishmi'anu el ha'm'yuchad, Adonai echad u'sh'mo echad l'shem ul'tiferet v'litchilah.*

לְקִרְאֵת שַׁבָּת לָכֹו וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה, מִרְאֵשׁ מְקַדָּם נְסוּכָה, סוּף  
מַעֲשֶׂה בְּמַחֲשָׁבָה תִּחְלָה. **לכה**

*Likrat Shabbat l'chu v'nelcha ki hi m'kor hab'racha, meirosh mikedem n'sucha sof ma'aseh b'machshava t'chilah.*

*L'cha...*

הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי, כִּי בָּא אֲוִירֶךְ קוֹיְמֵי אֲוִירֵי, עוֹרֵי עוֹרֵי שִׁיר דְּבִירֵי, כְּבוֹד יְיָ  
עֲלֶיךָ נִגְלָה. **לכה**

*Hit'or'ri, hit'or'ri, ki va orech kumi ori, uri uri shir dabeiri, k'vod Adonai alayich niglah. L'cha...*

בּוֹאֵי בְּשָׁלוֹם עֲטֶרֶת בְּעִלָּה, גַּם בְּשִׂמְחָה וּבִצְהִלָּה, תוֹךְ אֲמוּנֵי עַם סִגְלָה,  
בּוֹאֵי כְלָה, בּוֹאֵי כְלָה. **לכה**

*Bo'i v'shalom ateret bah'lah, gam b'simcha uv'tzoholah, toch emunei am segulah, bo'i chalah, bo'i chalah. L'cha...*

Beloved come to meet the bride; beloved come to greet Shabbat.

“Keep” and “Remember”: a single command the Only God caused us to hear; the Eternal is One, God’s Name is One; glory and praise are God’s.

Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as from the start: the last of days, for which the first was made.

Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal’s glory dawns upon you.

Enter in peace, O crown of your husband; enter in gladness, enter in joy; Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

The Shema and its Blessings - שמע וברכות

Barechu - Praise God

בִּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Bar'chu et Adonai ham'vorach.*

*Baruch Adonai ham'vorach l'olam va'ed.*

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

Ma'ariv Aravim - Praise God for Bringing on the Evening

ברוך אתה יי, אלהינו מלך העולם, אשר בדברו מעריב ערבים, בחכמה  
פותח שערים, ובתבונה משנה עתים, ומחליף את הזמנים, ומסדר את  
הכוכבים במשמרותיהם בקיע כרצונו. בורא יום ולילה, גולל אור מפני  
חשך, וחשך מפני אור, ומעביר יום ומביא לילה, ומבדיל בין יום ובין לילה,  
יי צבאות שמו. אל חי וקים, תמיד ומלוד עלינו לעולם ועד. ברוך אתה יי,  
המעריב ערבים.

*Baruch Ata Adonai Eloheinu Melech ha'olam asher bid'varo ma'ariv aravim, b'chochmah potei-ach sh'arim,  
uvit'vunah m'shaneh itim umachalif et haz'manim, um'sadeir et hakochavim b'mishm'roteihem barakia  
kirtzono. Borei yom valailah, goleil or mipnei choshech, v'choshech mipnei or. Umaavir yom umeivi lailah,  
umavdil bein yom uvein lailah, Adonai Tz'vaot sh'mo. El chai v'kayam, tamid yimloch aleinu l'olam va-ed.  
Baruch Ata Adonai, hamaariv aravim.*

Blessed are You, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan. You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other. *Adonai Tz'vaot* is Your Name. Ever-living God, may You reign continually over us into eternity. Blessed are You, Adonai, who brings on the evening.

Ahavat Olam - Everlasting Love

אהבת עולם בית ישראל עמך אהבת, תורה ומצוות, חקים ומשפטים,  
אותנו למדת. על כן יי אלהינו, בשכבנו ובקומנו נשיח בחקיך, ונשמח  
בדברי תורתך ובמצותיך לעולם ועד. כי הם חיינו וארך ימינו, ובהם נהגה  
יומם ולילה, ואהבתך אל תסיר ממנו לעולם.  
ברוך אתה יי, אוהב עמו ישראל.

*Ahavat olam beit Yisrael amcha ahavat, Torah umitzvot, chukim umishpatim, otanu limad'ta. Al kein, Adonai  
Eloheinu, b'shochbeinu uv'kumeinu nasiach b'chukecha, v'nismach b'divrei Torat'cha uv'mitzvotcha l'olam  
va-ed. Ki heim chayeinu v'orech yameinu uvahem neh'geh yomam valailah. V'ahavat'cha al tasir mimenu  
l'olamim. Baruch Ata Adonai, ohev amo Yisrael.*

Everlasting love You offered Your people Israel by teaching us Torah and mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and Your commandments. We will rejoice in Your Torah for ever. Day and night we will reflect on them for they are our life and doing them lengthens our days. Never remove Your love from us. Praise to You, Adonai, who loves Your people Israel.

Shema - Hear

שמע ישראל, יי אלהינו, יי אחד.  
ברוך שם כבוד מלכותו לעולם ועד.

*Shema Yisrael, Adonai Eloheinu, Adonai echad.  
Baruch shem k'vod mal'chuto l'olam va'ed.*

Hear, O Israel: Adonai is our God, Adonai is One!  
Blessed is God's glorious majesty forever and ever.

V'ahavta - And You Will Love

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצִוֶּה הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבִנְיָךְ, וְדִבַּרְתָּ בָם,  
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ,  
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ  
וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יי אֱלֹהֵיכֶם, אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים,  
אֲנִי יי אֱלֹהֵיכֶם.

*V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh  
asher anochi m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha  
uv'lech't'cha vaderech uv'shoch'b'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha.  
Uch'tavtam al m'zuzot beitecha u'vish'arecha. L'ma'an tizk'ru va'asitem et kol mitzvotai vih'yitem k'doshim  
leilohleichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt mitzrayim lih'yot lachem leilohim.  
Ani Adonai Eloheichem.*

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates. Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God; I am Adonai your God.

Mi Chamocha - Who is Like God?

מִי כְמוֹכָה בָּאֱלֹם יי, מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֹשֶׂה פֶלֶא.  
מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעוֹלָם וָעֶד.  
וְנֶאֱמַר: כִּי פָדָה יי אֶת יַעֲקֹב, וּגְאָלוּ מִיַּד חֲזַק מִמֶּנּוּ.  
בָּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל.

*Mi chamochah ba'eilim Adonai; Mi kamochah ne'dar bakodesh, nora t'hilot, osei feleh.  
Malchut'cha ra'u vanecha, bokei'a yam lifnei Moshe u'Miriam. Zeh eili, anu v'amru:  
Adonai yimloch l'olam va'ed.  
V'ne'emar ki fadah Adonai et Ya'akov, ug'alo miyad chazak mimenu.  
Baruch Atah Adonai ga'al Yisrael.*

Who is like You, O God, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, working wonders?

Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam.

"This is our God!" they cried. "Adonai will reign forever and ever!"

Thus it is said, "Adonai redeemed Jacob, from a hand stronger than his own."

Praised are You, Adonai, for redeeming Israel.

תִּשְׁכַּיְבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים. וּפְרוֹשׁ עָלֵינוּ סִכַּת  
שְׁלוֹמְךָ וְתִקְנֵנוּ בְּעֶצֶה טוֹבָה מִלִּפְנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגּוּ בַּעֲדֵנוּ.  
וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר וְחָרָב וְרָעָב וְגִזּוֹן. וְהִרְחִיק מִמֶּנּוּ עוֹן וּפֶשַׁע. וּבָצַל  
כְּנֶפֶיךָ תִּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל חֲנוּן וְרַחוּם אַתָּה,  
וְשִׁמּוֹר צִאתָנוּ וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. בָּרוּךְ אַתָּה יי,  
הַפּוֹרֵשׁ סִכַּת שָׁלוֹם עָלֵינוּ וְעַל-כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

*Hashkiveinu, Adonai Eloheinu, l'shalom, v'haamideinu shomreinu l'chayim, ufros aleinu sukat sh'lomecha, v'takneinu beitzah tovah milfanecha, v'hoshi-einu l'maan sh'mecha. V'hagein baadeinu, v'haseir mei-aleinu oyeiv, dever, v'cherev, v'raav, v'yagon, v'harcheik mimenu avon vafesha. Uv'tzeil k'nafecha tastireinu, ki El shomreinu umatzileinu atah, ki El chanun v'rachum atah. Ushmor tzeiteinu uvo-einu l'chayim ul'shalom, mei-atah v'ad olam. Baruch Ata, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*  
Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace. Guide us with Your good counsel; for Your Name's sake, be our help. Shield and shelter us beneath the shadow of Your wings. Defend us against enemies, illness, war, famine and sorrow. Distance us from wrongdoing. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and our coming, to life and to peace, evermore. Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

V'shamru - We Will Guard Shabbat

וְשָׁמְרוּ בְּנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת, לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרוֹתֶם בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם  
וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

*V'shamru v'nei Yisrael et HaShabbat, laasot et HaShabbat l'dorotam b'rit olam. Beini u'vein b'nei Yisrael ot hi l'olam, ki sheishet yamim asah Adonai et hashamayim v'et haaretz, u'vayom hashvi-i shavat vayinafash.*  
The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Tefilah

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ.

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

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

Avot v'Imahot

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֶה הַכֹּל, וְזוֹכֵר חֲסִידֵי  
אֲבוֹת וְאִמּוֹת, וּמַבִּיא גְּאֻלָּה לְבְנֵי בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה. מְלֹךְ עוֹזֵר  
וּמוֹשִׁיעַ וּמִגֵּן. בָּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

*Baruch Atah Adonai, Eloheinu veilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Eilohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Eilohei Leah, ha'Eil hagadol hagibor v'hanora,*

*Eil Elyon, gomeil chasadim tovim v'konei hakol, v'zocher chasdei avot v'imahot, u'meivi g'ulah livnei v'neihem l'ma'an sh'mo b'ahavah. Melech ozer u'moshi'a u'magein.*

*Baruch Atah Adonai, magein Avraham v'ezrat Sarah.*

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebekah, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God who bestows loving-kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield - Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

#### Gevurot

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל/מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.  
מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחָסֶד, מְחַיֶּה הַכֹּל/מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,  
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי כְמוֹךָ בַּעַל  
גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מְלֶכֶךְ מִמִּית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה. וְנֶאֱמָן אַתָּה  
לְהַחְיֹת הַכֹּל/מֵתִים. בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל/הַמֵּתִים.

*Atah gibor l'olam Adonai, m'chayei hakol/meitim Atah, rav l'hoshi'a.*

*Mashiv haruach umorid hagashem.*

*M'chalkel chayim b'chesed, m'chayei hakol/meitim b'rachamim rabim, somech noflim v'rofei cholim, u'matir asurim, um'kayem munato lisheinei afar. Mi chamocha ba'al g'vurot u'mi domeh lach, melech meimit um'chayeh u'matzmi'ach y'shu'ah. V'ne'eman Atah l'hachayot hakol/meitim. Baruch Atah Adonai, m'chayei hakol/hameitim.*

You are forever mighty, Adonai; You give life to all. You raid dew upon us at the appointed time. You sustain life throughout love, giving life to all. Through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of might acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all? Blessed are You, Adonai, who gives life to all.

#### Kedushat HaShem - Sanctification

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשָׁים בְּכָל יוֹם יְהִלְלוּךָ סֵלָה.  
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

*Atah kadosh v'shimcha kadosh, uk'doshim b'chol yom y'hal'lucha selah. Baruch Atah Adonai, ha'Eil hakadosh.*

You are holy, Your Name is holy, and those who are holy praise You every day. Blessed are You, Adonai, the Holy God.

#### Mi Shebeirach for Healing

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוּנָתֵינוּ,

*Mi shebeirach avoteinu m'kor hab'racha l'imoteinu*

May the Source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing; and let us say, Amen.

מִי שֶׁבִּירַךְ אֲמוּנָתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ,

*Mi shebeirach imoteinu m'kor hab'racha l'avoteinu*

Bless those in need of healing with refu'ah sh'leimah,  
the renewal of body, the renewal of spirit, and let us say: Amen.

Tefilah b'lachash  
**Silent Prayer**

Yih'hu Lratzon - May it be Your Will

יְהִי לְרָצוֹן אֱמִרֵי־פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

*Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.*

May the words of my mouth and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh Shalom - Maker of Peace

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

*Oseh shalom bim'romav hu ya'aseh shalom aleinu v'al kol Yisrael, v'imru: Amen.*

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

Aleinu

עָלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּהּ לְיוֹצֵר בְּרָאשִׁית, שֶׁהוּא נוֹטֶה שָׁמַיִם  
וְיִסַּד אֶרֶץ, וּמִוֹשֵׁב יִקְרוּ בְּשָׁמַיִם מִמַּעַל, וְשִׁכִּינָתָה עָזָו בְּגִבְהֵי מְרוֹמִים, הוּא  
אֱלֹהֵינוּ אֵין עוֹד. וְאַנְחָנוּ כְּזֶרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֶי מֶלֶךְ מַלְכֵי  
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא. וְנִאֶמֶר, וְהִיא יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם  
הַהוּא יְהִיָּה יְיָ אֶחָד, וְשִׁמוֹ אֶחָד.

*Aleinu l'shabei'ach la'adon hakol, lateit g'dulah l'yotzeir b'reishit, shehu noteh shamayim v'yosed aretz,  
u'moshav y'karo bashamayim mima'al, u'sh'chinat uzo b'govhei m'romim, hu Eloheinu ein od. Va'anachnu  
kor'im u'mish'tachavim u'modim, lifnei melech malchei ham'lachim, haKadosh Baruch Hu.*

*V'ne'emar v'hayah Adonai l'melech al kol ha'arets, bayom hahu yih'yeh Adonai echad, u'sh'mo echad.*

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. You are our God; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One. Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's name will be one.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְרְעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמָּן קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֻלְמָיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ  
דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
וְאָמְרוּ בְּעֻלְמָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.  
*Yitgadal v'yitkadash sh'mei raba, b'alma div'ra chir'utei v'yamlich malchutei, b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael ba'agala u'vizman kariv, v'imru: Amen.*

*Y'hei sh'mei raba m'varach l'alam ul'almei almaya.  
Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yit'aleh v'yithalal sh'mei  
d'kud'sha b'rich hu. L'eila min kol birchata v'shirata, tush'b'chata v'nechemata  
da'amiran b'alma, v'imru: Amen.*

*Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol Yisrael, v'imru: Amen.  
Oseh shalom bim'romav hu ya'aseh shalom aleinu v'al kol Yisrael, v'imru: Amen.*

Exalted and hallowed be God's great name in the world which God created, according to the plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel - speedily, imminently, to which we say Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel. To which we say Amen. May the One who creates harmony on high, bring peace to us and to all Israel. To which we say Amen.

**WISHING EVERYONE A SHABBAT SHALOM  
AND BLESSINGS OF GOOD HEALTH**