

A Shabbat Service for

***Healing of the Spirit
and
Healing of the Body***

רְפוּאֵת הַנֶּפֶשׁ
וְרְפוּאֵת הַגּוּף

***Refuat HaNefesh
u'Refuat HaGuf***

***Temple Shomer Emunim
2022***

Shabbat's Shalom
A Service of Healing

Shalom Aleichem - שלום עליכם

שְׁלוֹם עֲלֵיכֶם, מַלְאַכֵי הַשָּׁרֵת, מַלְאַכֵי עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
 בּוֹאֲכֶם לְשָׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
 בְּרַכּוֹנֵי לְשָׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
 צֵאתְכֶם לְשָׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

Shalom Aleichem, malachei hashareit, malachei Elyon mi-Melech hamlachim HaKadosh Baruch Hu.
 Bo-achem l'shalom, malachei hashalom, malachei Elyon miMelech hamlachim HaKadosh Baruch Hu.
 Bar'chuni l'shalom, malachei hashalom, malachei Elyon miMelech hamlachim HaKadosh Baruch Hu.
 Tseit'chem l'shalom, malachei hashalom, malachei Elyon miMelech hamlachim HaKadosh Baruch Hu.

Peace be to you, ministering angels, messengers of the Most High, the supreme Ruler of Rulers, the Holy One, blessed is God.

Enter in peace, messengers of peace, messengers of the Most High, the supreme Ruler of Rulers, the Holy One, blessed is God.

Bless me with peace, messengers of peace, messengers of the Most High, the supreme Ruler of Rulers, the Holy One, blessed is God.

Depart in peace, messengers of peace, messengers of the Most High, the supreme Ruler of Rulers, the Holy One, blessed is God.

Elohei Oz אלהי עז Calcutta melody

Elohei oz t'hilati, r'fa-eini v'eirafei.
 V'tein marpe l'machalati lval amut v'esafeh.
 L'cha odeh b'odi chai b'toch rei-ai v'gam
 achai
 V'arbeh mahalal sichai b'kol areiv v'niv
 yafeh.

אֱלֹהֵי עֵז תְּהִלָּתִי, רַפְּאֵנִי וְאִרְפֵּא.
 וְתֵן מִרְפָּא לְמַחְלָתִי לְבָל אַמּוּת
 וְאַסְפֵּה.
 לְךָ אוֹדָה בְּעוֹדֵי חַי בְּתוֹךְ רְעֵי וְגַם
 אַחֵי
 וְאַרְבֵּה מִהֲלַל סִיחֵי בְּקוֹל אֶרֶב וְנִיב
 יָפֵה.

(My God, my strength who is praised, heal me, that I will be healed. And grant healing to my illnesses, lest I die. I will tahnk You so long as I live among my friends and companions and add to the glory of my speech with sweet voice and beautiful idiom.)

Olam Chesed Yibaneh עולם חסד יבנה by Menachem Creditor

Olam chesed yibaneh... yai dai dai... עולם חסד יבנה

I will build this world from love... yai dai dai
 And you must build this world from love... yai dai dai
 And if we build this world from love... yai dai dai
 Then God will build this world from love... yai dai dai

Esa Einai אשא עיני

אשא עיני אל ההרים, מאין יבא עזרי? עזרי מעם יי, עשה שמים וארץ.
 Esa einai el heharim mei-ayin yavo ezri? Ezri mei-im Adonai, oseh shamayim va-aretz.

I lift my eyes to the mountains; from where will my help come? My help comes from God,
 Maker of heaven and earth. Psalm 121:1-2

God is with us when we face darkness and fear and when we have mountainous tasks to
 overcome. God is within us, urging us on, giving us the strength, if we but only listen.

Pitchu Li פתחו לי

פתחו לי שערי צדק, אבא-בם אודה יה.

Pitchu li sha'arei tzedek, avo vam odeh Yah.

(Open the gates of victory for me that I may enter them and praise Adonai.)

Candle Blessings

[#1] As the great doors of night are opening
 we come into the clean quiet room of
 Shabbat.

Let us be thankful, as we light these candles
 like eyes of holiness, for this moment of
 peace.

[#2] Where the world is shadowed by
 suffering,

let me kindle the light of love.

Where the world is dimmed by lies,

let me kindle the light of truth.

Let me be worthy of this honor

as I strike this match and kindle the flame
 that illumines the heart of the world.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו,
 וצונו להדליק נר של שבת.

Baruch atah Adonai, Eloheinu Melech haolam, asher kid'shanu b'mitsvotav,
 v'tsivanu l'hadlik ner shel Shabbat.

Blessed are You, Adonai, our God, Ruler of the Universe, who has made us holy with your
 commandments and commanded us to kindle Sabbath light.

Rest reveals the importance of work.
 Work reveals the importance of rest.
 The two together make the world;
 the two together make a human being.

I set aside these moments
 to honor all that I have been given.
 I set aside these moments
 to take stock of all that I am.

I rest when I cease my struggle to control.
 I rest when I abandon my pride of
 ownership.
 I rest when I give thanks for what is.
 I set aside these moments to revel in Your
 work by sharing in Your rest.
 I set aside these moments
 for mindfulness and renewal.

I take time to make Shabbat:
 to open my heart to joy and my mind to
 truth.
 May I live my life in such a way that
 each moment fulfills the promise
 of this moment.

**

I can begin with a prayer of gratitude for all that is
 holy in my life.
 God needs no words, no English or Hebrew, no semantics
 and no services.
 But I need them.

**

I shall never forget Shabbat in my town. When I shall have forgotten everything
 else, my memory will still retain the atmosphere of holiday, of serenity pervading
 even the poorest houses; the white tablecloth, the candles, the meticulously
 combed little girls, the men on their way to synagogue. When my town shall fade
 into the abyss of time, I will continue to remember the light and warmth it radiated
 on Shabbat.

The jealousies and grudges, the petty rancors between neighbors could wait. As
 could the debts and worries, the dangers. Everything could wait. As it enveloped
 the universe, the Sabbath conferred on it a dimension of peace, an aura of love.

—Elie Wiesel, [A Jew Today](#)

Slow me down, God.
 Ease the pounding of my heart, by the quieting of my mind.
 Steady my hurried pace with the vision of the eternal reach of time.
 Give me, amidst the confusion of the week, the calmness of the everlasting hills,
 and the coming of Shabbat.

Break the tensions of my nerves and muscles with the soothing music of the singing streams
 that live in my memory.
 Help me to know the magical restoring power of sleep.

Teach me the art of taking a minute's vacation - of slowing down, of Sabbath rest,
to look at a flower, to chat with a friend, to pat a dog,
to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise,
that I may know that the race is not always to the swift,
that there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak tree
and know that it grew great and strong
because it grew slowly and well.

Slow me down, God, and inspire me to send my roots deep into
the soil of life's enduring values that I may grow toward the stars of greater destiny.
May Shabbat enter my soul.

Adapted from Wilfred A. Peterson

Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba b'alma di v'ra chiruteih, v'yamlich malchuteih b'chaiyeichon
uv'yomeichon uv'chaiyei d'chol Beit Yisraeil baagala uviz'man kariv, v'imru: A-mein.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעַלְמֵי עָלְמַיָּא.

Y'hei sh'mei raba m'varach l'alam ul'almei almaiya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא.

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei v'yithadar v'yitaleh v'yithalal sh'mei
d'kud'sha b'rich Hu.

לְעֵלָא מִן כּוֹל בִּרְחָתָא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירָן בְּעַלְמָא, וְאָמְרוּ אָמֵן.
L'eila min kol birchata v'shirata tushb'chata v'nechemata daamiran b'alma, v'imru: A'mein.

Let the glory of God be extolled, let God's great name be hallowed in the world whose creation
God willed. May Your Rulerdom soon prevail, in our own day, our own lives, and the life of all
Israel, and let us say: Amen. Let God's great name be blessed for ever and ever. Let God's holy
name be glorified, exalted, and honored, though You are beyond all the praises, songs, and
adorations that we can utter, and let us say: Amen

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(Please rise for Barchu)

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ:
Barchu et Adonai ham'vorach.

Praise Adonai to whom our praise is due.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:
Baruch Adonai ham'vorach l'olam vaed.

Praised be Adonai to whom our praise is due now and forever.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עַרְבִים, בְּחֶכְמָה פּוֹתֵחַ
שָׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַיָּמִינִים, וּמְסַדֵּר אֶת הַכּוֹכָבִים,
בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ. בּוֹרָא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ
מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיִם, תָּמִיד וְיָמֵלֶךְ עָלֵינוּ לְעוֹלָם וָעֶד. בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים:

Baruch Atah Adonai Eloheinu Melech haolam, asher bid'varo maariv aravim, b'chochma poteach sh'arim, u'vitvuna m'shaneh itim, u'machalif et haz'manim, um'sadelr et hakoachavim b'mishm'roteihem barakia kirtzono. Borei yom valaila, golel or mipnei choshech, v'choshech mipnei or. U'maavir yom u'mevi laila, u'mavdil bein yom u'vein laila, Adonai Tz'vaot shmo. El chai v'kayam, tamid yimloch aleinu l'olam vaed. Baruch Atah Adonai, hamaariv aravim.

We praise You Adonai our God, Ruler of the universe, Creator of all things. You have made the moon to mark the seasons, and the sun knows its time of setting. Adonai our God, exalted and far above the heavens, You are robed in majesty and honor.

When the sun rises and when it sets, let Your great name be praised. How manifold are Your works, O God! In wisdom have You made them all. Blessed are you, Adonai, whose wisdom and power are revealed in creation.

Blessed are You, Worker of wonders, Your splendor fills the earth.

All our strength, all our courage, come from You, and so we offer thanks for the power of Your Presence. You are the Maker of heaven and earth, of sun-stars and galaxies, of microbes and minds. You are the Seeker, haunting the human heart, hunting us out in every age.

You made Your covenant with Abraham and Sarah.

You went down with us into *Mitzrayim*.

You heard our cry, as we toiled beneath the fiery sun in Pharaoh's brickyards.

You summoned Moses at the burning bush to face the fierceness of Pharaoh and to lead us forth from Egypt.

Blessed is the One who continues to seek us out,

Who calls to us from the narrowness of our lives to the wilderness of freedom.

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת, תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ
 לְמַדְתָּ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְרֵי תּוֹרָתְךָ
 וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נַהְגֶּה יוֹמָם וּלְיַלְקָה,
 וְאֶהְבֵּתְךָ אֶל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים. בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat olam Beit Yisraeil amcha ahavta, 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 vaed. Ki heim chaiyeinu v'orech yameinu, uva'hem neh'geh
 yomam valailah, v'avavt'cha al tasir mimenu l'olamim. Baruch Atah Adonai, ohev amo Yisraeil.

With everlasting love have You loved the House of Israel; Torah and commandments, laws and
 justice have You taught us. And so, Eternal our God, when we lie down and when we rise up we
 shall discuss Your laws, rejoicing in the worlds of Your Torah and divine commands for all
 eternity. For they are our life and the length of our days, and we will meditate on them day and
 night Never take away Your love from us. Blessed are You. Eternal our God: You love Your
 people Israel.

Open Up Our Eyes

Open up our eyes
 Teach us how to live
 Fill our hearts with joy
 And all the love You have to give
 Gather us in peace
 As You lead us to Your Name
 And we will know that You are One.
 We will know that You are One.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisraeil, Adonai Eloheinu, Adonai Echad.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto l'olam vaed.

Hear, O Israel, Adonai is our God, Adonai is one.
 Blessed is God's holy name forever and ever.

(Please be seated after the singing of the Shema)

V'ahavtah

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִלְיָהּ וּדְבַרְתָּ בָם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטָטְפוֹת
בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יְהוָה
אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהוֹת לָכֶם לְאֱלֹהִים אֲנִי יְהוָה
אֱלֹהֵיכֶם:

V'ahavtah eit Adonai Elohecha, b'chol l'avvacha, uv'chol nafsh'cha, uv'chol m'odecha. V'hayu had'varim ha'eileh, asher Anochi m'tsav'cha hayom, al l'avvecha. V'shinantam l'vanecha, v'dibarta bam b'shivt'cha b'veitecha, uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha, uch'tavtam al m'zuzot beitecha uvish'arecha. L'ma'an tizk'ru va'asitem et kol mitsvotai, vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem, asher hotzeiti etchem mei-eretz Mitzrayim, lih'yot lachem l'Elohim, Ani Adonai Eloheichem.

You shall love the Eternal One, your God, with all your heart, with all your mind, with all your being. Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be a symbol before your eyes; inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them; so shall you consecrate yourselves to your God. I am your Eternal God who led you out of Egypt to be your God; I am your Eternal God.

Torah is a closed book until it is read with an open heart.

House of Israel, great and small, open your heart to the words of Torah.

Torah sanctifies life; it teaches us how to be human and holy.

House of Israel, near and far, cherish the eternal sign of God's love.

Torah is given each day; each day we can choose to reject or accept it.

House of Israel, now, as at Sinai, choose to accept and be blessed by its teachings.

Once a man dreamed that he had died and gone to heaven. In his dream, he was judged as to the quality of his earthly life and was at last permitted to enter the celestial gates. Much to his surprise, he found a simple, modest house of study, where he saw the greatest sages of Jewish history deeply absorbed in sacred learning. "Is this all there is?" the man exclaimed. "I thought this was Paradise!" Thereupon, a heavenly voice gently informed him: "Foolish one, the sages are not in Paradise. Paradise is in the sages."

Mi Chamochah

מי כְּמֹכָה בְּאֵלִים יְיָ, מִי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ, נֹרָא תְהִילֹת, עֲשֵׂה פֶלֶא? מִלְּכוּתְךָ
 רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַנּוּ
 וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.
 וְנֶאֱמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וּגְאָלוּ מִיַּד חֲזָק מִמֶּנּוּ.
 בְּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל:

Mi chamocha ba'eilim Adonai? Mi kamocha nedar bakodesh? Norah t'hilot osei feleh?
 Mal'chut'cha ra'u vanecha, bokei-a yam lif'nei Mosheh u'Miryam, zeh Eili anu v'amru, "Adonai
 Yimloch l'olam va'ed."

V'ne'emar ki fada Adonai et Ya'akov, ugalo mi yad chazak mimeinu. Baruch atah Adonai, Gaal
 Yisra'eil.

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in
 holiness, awesome in splendor, doing wonders? Your children saw Your saving power, and they
 said: "This is my God!" "The Eternal will reign for ever and ever!" Now let all come_to_say: The
 Eternal has redeemed Israel and all the oppressed. Blessed is the Eternal God.

To pray is so necessary and so hard. Hard not because it requires intellect or
 knowledge or a big vocabulary, but because it requires of us humility. And that
 comes, I think, from a profound sense of one's brokenness, and one's need. Not
 the need that causes us to cry, "Get me out of this trouble, quick!" but the need
 that one feels every day of one's life - even though one does not acknowledge it
 - to be related to something bigger than one's self, something more alive than
 one's self, something older and something not yet born, that will endure through
 time.

-Lillian Smith

Prayer is like playing jazz. You can pray alone - but exciting things happen in
 sessions with other musicians, especially if you've played with them before.
 Some play the 'old standards,' others try new pieces. Sometimes we all pray in
 harmony, other times we pray at our own rhythm, our own volume. Mystical
 tradition teaches that the words are only the shell, the outer wrapping of the
 prayers. Jewish tradition explores the inner meaning of the words through
 interpretation, and ancient, sacred texts stay alive when each generation
 re-interprets them.

-Rabbi Levi Weiman-Kelman

Hashkiveinu

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים. וּשְׂמוֹר צִאתָנוּ וּבֹאֵנוּ,
 לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. וּפָרַשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ,
 הַפּוֹרֵשׁ סִכַּת שָׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Hashkiveinu Adonai Ehloheinu l'shalom, v'ha'amideinu Malkeinu l'chayim. Ush'mor tzeiteinu uvo'einu, l'chayim ul'shalom, mei'atah v'ad olam. Ufros aleinu sukat shlomecha. Baruch Atah Adonai, haporeis sukat shalom aleinu v'al kol amo Yisraeil v'al Y'rushalayim.

Adonai, Our God, help us to find solace amid the turmoil of life so that we might find peace in our dreams. When we rise, O God, help us to live our lives to the fullest. Watch over us, Eternal God, in your graciousness and mercy. Guard our goings and our comings so that we may find life and peace, from now until eternity. Establish, Adonai, Our God, your shelter of peace over us. Blessed are You, Adonai, who spreads God's shelter of peace over us, over all of the people Israel, and over Jerusalem.

**

May I live each day with fullness of mind,
 attending to life and all its places before me.
 Thus will I live without hesitation.
 Only then can I lie down in peace,
 having given life my all.
 Only then can I rise up
 in anticipation of a new day,
 knowing I have so much more to give.

Let mercy refine my actions,
 and justice shield me from enemies.
 Let my life be a vehicle for grace and mercy,
 bringing peace and comfort to all in need.
 May the Source of Life spread a blanket of
 peace
 over me, over Israel, over Jerusalem,
 and over all the world.

**

We reach for You, our God,
 from our quiet places.
 May we stand still,
 for a brief moment, and
 listen to the rain -
 Stand still, for a brief
 moment, and watch the
 play of sunlight and
 shadow on the leaves.

For a brief moment -
 listen to the world.
 Let us stop the wheels
 of every day
 To savor Shabbat —
 in the stillness of this holy place
 in the stillness of our souls.
 We reach for You, God,
 from our quiet places.

Oh Guide My Steps by Deborah Winston

Oh guide my steps and help me find my way;
I need Your shelter now.
Rock me in Your arms and guide my steps.
And help me make each day
a song of praise to You.
Rock me in Your arms and guide my steps.

וּפְרוֹס עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

Ufros aleinu sukkat sh'lomecha.

(Spread over us the shelter of Your peace.)

Let There Be Love by Noah Aronson

Let there be love and understanding among us
Let peace and friendship be our shelter from life's storms.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ

הַשְׁכִּיבֵנוּ לְשָׁלוֹם

Hashkiveinu Adonai eloheinu

Hashkiveinu l'shalom

(Let us lie down, Adonai, our God, in peace)

וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

V'ha'amideinu shom'reinu l'chayim

Uf'ros aleinu sukkat sh'lomecha

(And raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace)

V'shamru

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֶם בְּרִית עוֹלָם: בֵּינִי וּבֵין
בְּנֵי יִשְׂרָאֵל אֹת הַיָּמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

V'shamru v'nei Yisraeil et haShabbat, la'asot et haShabbat l'dorotam b'rit olam. Beini u'vein
B'nei Yisraeil 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 the Sabbath, observing the Sabbath in every generation as a covenant for all time. It is a sign for ever between Me and the people of Israel, for in six days the Eternal God made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Prayer is our humble answer to the inconceivable surprise of living. It is all we can offer in return for the mystery by which we live. Who is worthy to be present at the constant unfolding of time? Amidst the meditation of mountains, the humility of flowers...we are hating, hunting, hurting. Suddenly we feel ashamed of our clashes and complaints in the face of the tacit glory in nature. It is so embarrassing to live! How strange we are in the world and how presumptuous our doings! Only one response can maintain us: gratefulness for witnessing the wonder, for the gift of our unearned right to serve, to adore, and to fulfill. It is gratefulness that makes the soul great.

-Rabbi Abraham Joshua Heschel

When Our Prayers Work

Prayer may work in that one may have asked God for something which indeed came about.
 Prayer may work by significantly connecting us with the Jewish community and tradition.
 Prayer may work by quieting or centering the self.
 Prayer may work by momentarily transporting us to a place of beauty and transcendence.
 Prayer may work by focusing us on the blessings in our lives, enabling us to magnify our sense of gratitude.
 Prayer may work by invoking a greater sense of God's presence, giving us strength to face the trials of our lives.

-Rabbi Amy Eilberg

When I was young, I wanted to change the world.
 I tried, but the world did not change.
 Then I tried to change my town, but my town did not change.
 Then I tried to change my family, but my family did not change.
 Then, I knew:
 First, I must change myself.

-Rabbi Israel Salanter

Prayer is a step on which we rise from the self we are to the self we wish to be. Prayer is the search for silence amidst the noise of life...Our prayers are answered not when we are given what we ask, but when we are challenged to be what we can be.

-Rabbi Morris Adler

(Please rise for the Tefillah)

אֲדֹנָי שְׁפָתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, u'fi yagid t'hilatecha.

Eternal God, open my lips that my mouth may declare your glory.

Avot v'Imahot- Fathers and Mothers

בָּרוּךְ אַתָּה אֲדֹנָי, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל.

Baruch Atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Elohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Leah, v'Elohei Racheil.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,

גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל,

זוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Haeil hagadol hagibor v'hanora, Eil Elyon, gomeil chasadim tovim v'konei hakol, v'zocheir chasdei avot v'imahot, u'meivi g'ulah liv'nei v'neihem, l'maan sh'mo b'ahavah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

בָּרוּךְ אַתָּה אֲדֹנָי, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

Melech ozeir u'moshi-a uma-gein. Baruch Atah Adonai, Magein Avraham v'Ezrat Sarah.

Praised are You, Adonai, our God, God of our fathers and our mothers;
God of Abraham and Sarah, God of Isaac and Rebecca, God of Jacob, Leah and Rachel;
Great, mighty, and awesome God, highest God. Your wondrous creative power fills heaven and earth. Ruler of all that lives, your ways are ways of love. You remember the righteous actions of our ancestors, and in love bring redemption to their descendants for the sake of Your Name. You are our Sovereign and Help, our Redeemer and our Shield. We praise you, Eternal God, Shield of Abraham and Protector of Sarah.

G'vurot- God's Power

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים.

Atah gibor l'olam, Adonai, m'chayei hakol Atah, rav l'hoshi-a. M'chalkeil chayim b'chesed,
m'chayei hakol b'rachamim rabim.

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵה חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

Someich nof'lim, v'ro'fei cholim, uma'tir asurim, um'kayeim emunato lisheinei afar.

מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי דְּוֹמָה לָךְ,
מֶלֶךְ מַמְיֵת וּמְחַיֶּה וּמְצַמֵּיחַ יְשׁוּעָה?

Mi chamocha baal g'vurot, umi domeh lach, melech mei'mit
um'chayeh umatz'mi'ach y'shuah.

וְנִאֲמַן אֶתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל.

V'ne'eman Atah l'hachayot hakol. Baruch Atah Adonai, m'chayei hakol.

You have wondrous powers, Adonai. You grant life to all living creatures. Abundant is Your power to save. You are righteous and merciful. You help lift up those who have fallen and heal those who are ill. You help those in times of trial and are the foundation of hope for those who find themselves destitute. Who is like you, Mighty One? Who is Your equal, Author of life and death, Source of Salvation? Blessed are You, Adonai, Source of All Life.

Evening Kedushah- In Praise of God's Holiness

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וּקְדוּשֵׁים בְּכָל-יוֹם יְהַלְלוּךָ, סְלָחָה. בָּרוּךְ אַתָּה יי, הָאֵל
הַקָּדוֹשׁ.

Atah kadosh v'shimcha kadosh, uk'doshim b'chol yom y'ha'l'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.

(Please be seated)

Who Gives Meaning

May You, O God, the one who gives meaning to human strivings, attune our hearts for communion with You. How often, when everything else fails us, do we yearn for your embrace! In the stillness of the the night, in the press of the crowd, in the agony of inner conflict, we bow our heads, and then, behold, You enter our hearts and we find peace.

We know not, O God, whether the gifts for which we ask are for our good, whether or trials and tribulations may be blessings in disguise, whether even the fragment of our shattered hopes and the faintest remnants of love may not help us to aid and promote the upbuilding of other lives and the betterment of our world, a good end, beyond our current understanding. We do not pray to You to make our lives easy, to give us happiness without challenge.

Rather do we pray for You to aid us in being uncomplaining and unafraid. Teach us to face life with faith and courage that we may see the blessings hidden away even in its times of discord and struggle. Help us wrest victory from the experience of pain. May we realize that life calls us not merely to enjoy the bounty of the earth and simple pleasures, but to exult in heights attained after we have labored to climb.

In this way, our darkness will be illumined by Your light and our weaknesses made strong by Your strength, lifting us above fear and defeat, and sustaining us with an immortal hope. Praised are You, O God, who guards and supports the righteous.

- Adapted from UPB 1961 p. 335

R'tzei

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם, בְּאַהֲבָה תִקְבֵּל, וּתְהִי לְרָצוֹן תָּמִיד
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
 אֵל קָרוֹב לְכֹל קְרָאִיו, פְּנֵה אֶל עֲבָדֶיךָ וְחַנּוּנוֹ, שְׁפֹךְ רוּחֶךָ עָלֵינוּ.
 וְתַחֲזָנָה עֵינֵינוּ בְּשׁוּבֶךָ לְצִיּוֹן בְּרַחֲמִים.
 בְּרוּךְ אַתָּה יְיָ, הַמְחַזֵּיר שְׂכִינְתּוֹ לְצִיּוֹן.

R'tzei Adonai Eloheinu b'amcha Yisra'eil, ut'filatam b'ahavah t'kabeil, ut'hi l'ratzon tamid avodat Yisraeil amecha. Eil karov l'ch'ol korav, p'nei el avadecha v'choneinu; sh'foch ruha'cha aleinu, v'te'chezenah ei'neinu b'shuv'cha l'Tziyon b'rachamim. Baruch ata Adonai, hamachazir sh'chinato l'Tziyon.

Find favor, Adonai our God, with your people Israel, and accept their prayer in love. May the worship of Your people Israel always be acceptable. God, who is near to all who call, turn lovingly to your servants. Pour out Your spirit upon us. Let our eyes behold Your loving return to Zion. Blessed are You, Adonai, whose Presence returns to Zion.

Shalom Rav

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אָדוֹן לְכָל הַשָּׁלוֹם.
 וְטוֹב בְּעֵינֶיךָ לְבָרֹךְ אֶת עַמְּךָ יִשְׂרָאֵל, בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוּמֶךָ. בְּרוּךְ אַתָּה
 יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Shalom rav al Yisra'eil am'cha tasim l'olam, ki Atah hu melech adon l'chol hashalom. v'tov
 b'einecha l'vareich et amcha Yisra'eil, b'chol eit uv'chol sha'ah bishlomecha. Baruch Atah
 Adonai, hamvareich et amo Yisraeil bashalom.

Bring complete and lasting peace to Israel Your people, for You are the Master of peace who
 rules over all. Let it be good in Your eyes to bless Israel Your people every season, every hour,
 with Your peace.

Blessed are You, Eternal One: You bless Your people Israel with peace.

From Pain to Purpose and Peace

Blessed are the works of your hands, O Holy One.
 Blessed are hands that have touched life.
 Blessed are hands that have nurtured a child.
 Blessed are hands that have embraced with love and friendship.
 Blessed are hands that have planted new seeds.
 Blessed are hands that have, harvested ripe, fields.
 Blessed are hands that have cleaned, washed, mopped, and scrubbed.
 Blessed are hands that have held pain,
 Blessed are hands that have become knotty with age.
 Blessed are hands that are wrinkled and scarred from doing justice.
 Blessed are hands that hold the promise of the future.
 Blessed are the works of your hands, O Holy One.

**

Makor HaChayim, Fountain of Life, we turn to You when life has turned a deaf ear to our tears.

May we be open to hear Your comforting voice.

At times of loss, when the darkness of life has left us blind,

May we see the eternal light of Your presence.

When the difficulties we encounter have left us feeling groundless, with no sure path on which
 we may travel,

May we be guided by Your firm and caring hand.

How often we have felt alone, needing the friendship of others, yet uncertain of where to go.

May we find the strength of Your constant companionship.

**

Whenever one is confronted with an inescapable, unavoidable situation, whenever one has to face a fate which cannot be changed, such as an incurable disease, such as an incurable cancer; just then one is given a last chance to actualize the highest value, to fulfill the deepest meaning, the meaning of suffering. For what matters above all is the attitude we take towards suffering, the attitude in which we take our suffering upon ourselves.

**

While on his deathbed, a student of Zusya asked "Rabbi, what worries you about your death? Surely you will be welcomed into the gates of heaven."

Zusya sighed. "My son, I am not worried that God will ask me, 'Zusya, why weren't you more like Moses?' Because I am not Moses. I am worried that God will ask, 'Zusya, why weren't you more like Zusya?'"

We fear being held to unfair standards, yet we too often hold others to unfair standards. We, knowing that we are imperfect, demand it of others.

**

We pray that we might know before whom we stand:
the Power whose gift is life,
who quickens those who have forgotten how to live.

We pray for the winds to disperse the choking air of sadness,
for cleansing rains to make parched hopes flower,
and to give all of us the strength to rise up toward the sun.

We pray for love to encompass us
for no other reason save that we are human,
for love through which we may all blossom into persons
who have gained power over our own lives.
We pray to stand upright, we fallen;
to be healed, we sufferers;
we pray to break the bonds that keep us from the world of beauty;
we pray for opened eyes,
we who are blind to our own authentic selves.
We pray that we may walk in the garden of a purposeful life,
our own powers in touch with the power of the world.

Praised be the God whose gift is life,
whose cleansing rains let parched men and women
flower toward the sun.

May the One who blessed our ancestors bring
a complete renewal of body and spirit to all those in need.

Mi SheBeirach מִי שֶׁבֵּרַח by Debbie Friedman Lyrics by Debbie Friedman and Drorah Setel

Mi shebeirach avoteinu, m'kor habracha l'imoteinu,
 May the source of strength, who blessed the ones before us,
 help us find the courage to make our lives a blessing, and let us say, Amen.

Mi shebeirach imoteinu, m'kor habracha l'avoteinu,
 Bless those in need of healing, with r'fua sh'leima,
 the renewal of body, the renewal of spirit, and let us say, Amen.

Mi Shebeirach מִי שֶׁבֵּרַח by Lisa Levine

Mi shebeirach Avoteinu, Avraham, Yitzchak
 v'Ya-akov.

And strengthened by the power of Your
 love.

Mi shebeirach Imoteinu, Sarah, Rivkah,
 Leah v'Racheil.

[Chorus]

May the One who blessed our Mothers,
 may the One who blessed our Fathers
 Hear our prayer, hear our prayer, hear our
 prayer, hear our prayer
 And bless us as well.

Bless us with the vision for tomorrow,
 Help us to reach out to those in pain.
 May the warmth of friendship ease our
 sorrow.

Bless us with the power of Your healing,
 Bless us with the power of Your hope.
 May our hearts be filled with understanding

Give us courage, give us faith, show us the
 way.

[Chorus]

The Prayer for Healing - Music and Lyrics by Todd Herzog

El na r'fa na, El na r'fa-na lanu (2x) אֵל נָא רְפֵא נָא, אֵל נָא רְפֵא נָא לָנוּ

Dear God of our ancestors, help us renew our faith,
 Grant us a perfect healing, bring peace to all our days

El na r'fa na, El na r'fa-na lanu (2x) אֵל נָא רְפֵא נָא, אֵל נָא רְפֵא נָא לָנוּ

Restore our strength of body, help us clarify our minds,
 Refresh our tired spirits, rejuvenate our lives

El na r'fa na, El na r'fa-na lanu (2x) אֵל נָא רְפֵא נָא, אֵל נָא רְפֵא נָא לָנוּ

Thank you for all these blessings, throughout our days and nights,
 We celebrate the journeys, this precious gift of life

El na r'fa na, El na r'fa-na lanu (4x)

Heal Us, Now by Leon Sher

רְפְּאוּנוּ יְיָ וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִשְׁעָא, אֵל קָרוֹב לְכָל-קְרָאיוּ, אֶדְ קָרוֹב לִירְאָיוּ יְשַׁעוּ.

R'fa-einu Adonai v'neirafei, hoshi-einu v'nivashei-a

Eil karov l'chol kor'av, Ach karov lirei-av yish-o.

We pray for healing of the body, we pray for healing of the soul
For strength of flesh and mind and spirit, we pray to once again be whole

אֵל נָא רְפָא נָא Eil na, r'fa na

Oh please, heal us now

רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף, רְפוּאָה שְׁלֵמָה

R'fu-at hanefesh ur'fu-at haguf, r'fu-ah sh'leimah

Heal us now.

הוֹשִׁיעָה אֶת-אֲמֶדָּה וּבְרַדְּ אֶת-נַחְלָתֶךָ, וּרְעֵם וְנִשְׂאֵם עַד-הָעוֹלָם.

Hoshi-a et-amecha uvareich et-nachalatecha, ur-eim v'na-s'eim ad-ha-olam.

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ, מִי שֶׁבִּירַךְ אֲמוֹתֵינוּ, אָנָּה יְיָ הוֹשִׁיעָה נָא.

Mi shebeirach avoteinu, mi shebeirach imoteinu, ana Adonai hoshi-ah na.

We pray for healing of our people, we pray for healing of the land
And peace for every race and nation, every child, every woman, every man.

רְפְּאוּנוּ R'fa-einu by Aminadav Aloni

רְפְּאוּנוּ, יְיָ, וְנִרְפָּא,

הוֹשִׁיעֵנוּ וְנִשְׁעָא

R'fa-einu, Adonai, v'neirafei

Hoshi-enu v'nivashei-ah

Heal us, O God, and we shall be healed

Save us, and we shall be saved

R'fa-einu, Adonai, v'neirafei

Hoshi-enu v'nivashei-ah

V'ha-lei r'fu-ah sh'leimah l'chol makoteinu

Grant us a perfect healing from all our

wounds.

בָּרוּךְ אַתָּה, יְיָ, רוֹפֵא הַחוֹלִים.

Baruch ata Adonai, rofei hacholim.

רְפְּאוּנוּ, יְיָ, וְנִרְפָּא,

הוֹשִׁיעֵנוּ וְנִשְׁעָא

וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכָל מִכּוֹתֵינוּ

(Blessed are You, Adonai, who heals the
sick.)

Eil Na R'fa Na La אֵיל נָא רְפָא נָא לָהּ by Debbie Friedman

אֵיל נָא רְפָא נָא לָהּ.

Eil na r'fa na la.

And Moses cried, "Heal Miriam, heal Miriam this I pray."

(Silent Prayer)

A SILENT MEDITATION

Let me not ask why these trials have been visited upon me, but what I can learn from them. My grief connects me more strongly with every other person who has grieved. My loss connects me with everyone who has lost, and, truly, my sense of isolation connects me to everyone who has ever felt alone. Adonai, help me to use this experience to connect with others.

To open eyes when others close them
 to hear when others do not wish to listen
 to look when others turn away
 to seek to understand when others give up
 to rouse oneself when others accept
 to continue the struggle even when one is not the strongest
 to cry out when others keep silent —
 to be a Jew
 it is that,
 it is first of all that
 and further
 to live when others are dead
 and to remember when others have forgotten.

The opposite of love is not hate,
 It's indifference.
 The opposite of art is not ugliness,
 It's indifference.
 The opposite of faith is not heresy,
 It's indifference.
 And the opposite of life is not death,
 It's indifference.

-Elie Wiesel

As the darkness lifts, don't let that moment pass without experiencing its full force. Take a walk, even if it's only around the block. Breathe deeply. Gaze at the trees, listen to the birds, look up at the sky, take in the beauty. Eat your favorite food. Savor every bite with renewed appetite for living. Grate a lemon and smell its rind. Hug your family, thank your friends for standing by you when you were in pain. Ask forgiveness from those you alienated. Stand before a mirror and stare into your own eyes. See the hope that shines through. Tell yourself how far you have come and acknowledge the strength you never knew you had. Sit in a quiet place and talk to God. Express your full range of emotions. Your anger, frustration, and sadness, as well as your joy, relief, and optimism. Give thanks for the power to endure and carry on, for the new day and its promise, for all the blessings you have taken for granted. Then brace yourself for the struggles that are yet to come.

- Naomi Levy

יְהוָה לְרָצוֹן אֲמַרִי כִּי וְהִגִּיֹן לְבִי לְפָנֶיךָ, יְיָ, צוּרִי וְגוֹאֲלִי:

Yih'yu l'ratson im'reifi 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, O God, my Rock and my Redeemer.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom aleinu v'al kol Yisraeil, v'imru: Amein.

May the one who makes peace in the heavens make peace for us and for all of Israel, and let us say, Amein.

A Prayer for the World

Let the rain come and wash away the ancient grudges, the bitter hatreds held and nurtured over generations.

Let the rain wash away the memory of the hurt, the neglect. Then let the sun come out and fill the sky with rainbows.

Let the warmth of the sun heal us wherever we are broken. Let it burn away the fog so that we can see each other clearly. So that we can see beyond labels, beyond accents, gender or skin color.

Let the warmth and brightness of the sun melt our selfishness, so that we can share the joys and feel the sorrows of our neighbors.

And let the light of the sun be so strong that we will see all people as our neighbors.

Let the earth, nourished by rain, bring forth flowers to surround us with beauty.

And let the mountains teach our hearts to reach upward to heaven.

- Rabbi Harold S. Kushner

(Please rise)

Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֵם, וְגָרְלָנוּ כְּכֹל הַמּוֹנִם.

Aleinu l'shabei'ach la'adon hakol, lateit g'dulah l'yotzeir b'reishe'et, shelo asanu k'goyei
ha'aratzot, v'lo samanu k'mishp'chot ha'adamah, shelo sam chelkeinu kahem, v'goraleinu
k'chol hamonam.

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Va'anachnu kor'im umishtachavim umodim, lifnei Melech, Malchei Hamlachim, Hakadosh
Baruch Hu.

We must praise Adonai, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations. We therefore bow in awe and thanksgiving before the One who is Sovereign over all, the Holy One, blessed be God.

וְנֵאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וּשְׁמוֹ אֶחָד:
V'ne'emar v'hayah Adonai l'melech al kol ha'aretz, bayom hahu yih'yeh Adonai echad,
ush'mo echad.

On that day Adonai shall be One and God's name shall be One.

May the time not be distant, O God, when all peoples of the world are united in peace.

(Please be seated)

These things I know:

How the living go on living
and how the dead
go on living with them
so that in a forest even a dead tree
casts a shadow
and the leaves fall one by one
and the branches break in the wind
and the bark peels off slowly
and the trunk cracks
and the rain seeps in
through the cracks

What makes us human beings?

Is it simply our skin,
flesh, blood, veins, nerves, muscle and tissue?
No!
That part which makes us whole is our soul,
the rest being only the garments
that cover our inner essence.
When we depart this earth,
we put off these outer coverings
and
continue to live by virtue of our soul,
which is immortal.

Mourners' Kaddish

O God, this hour revives in us memories of loved ones who are no more. What happiness we shared when they walked among us! What joy when, loving and loved, we lived our lives together!

Their memory is a blessing forever.

Months or years have passed, yet we feel near to them. Our hearts yearn for them. Though the bitter grief has softened, a duller pain abides, for the place where once they stood is empty now forever. The links of life are broken. But the links of love and longing cannot break.

Their souls are bound up in ours forever.

We see them now with the eye of memory, their faults forgiven, their virtues grown larger. So does goodness live, and weakness fade from sight. We remember them with gratitude and bless their names.

Their memory is a blessing forever.

Yesh Kokhavim

יֵשׁ כּוֹכָבִים שְׂאוֹרָם מְגִיעַ אֶרְצָה רַק כְּאֲשֶׁר הֵם עֲצָמָם אָבְדוּ וְאֵינָם. יֵשׁ אֲנָשִׁים
שְׂזִיבוּ זִכְרָם מֵאִיר כְּאֲשֶׁר הֵם עֲצָמָם אֵינָם עוֹד בְּתוֹכֵינוּ. אוֹרוֹת אֵלֶּה הַמְּבַהֲיָקִים
בְּחֶשֶׁכַת הַלַּיִל הֵם הֵם שְׂמֵרָאִים לְאָדָם אֶת הַדֶּרֶךְ.

Yeish kochavim sheh'oram magi-a artza rak ka'asher heim atzmam avdu v'ainam. Yeish anashim sheziv zichram mei'ir ka'asher heim atzmam einam od b'tocheinu. Orot eileh hamavhikim b'cheshkat halayil heim heim sh'marim la'adam et haderech.

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

-Hannah Senesh

To everything there is a season,
A time for everything under the sun
A time to be born and a time to die
A time to laugh and a time to cry
A time to dance and a time to mourn
A time to seek and a time to let go.
This is the time we remember
those who gave meaning to our lives.
This is the time we remember
the bonds that tied us together, the love that
we shared, and the memories that remain with us still.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ, וַיִּמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash shmei raba. B'alma di v'ra chirutei, v'yamlich mal'chutei b'chayeichon
uv'yomeichon uv'chayei d'chol Beit Yisraeil. Ba'agala uvizman kariv v'imru: Amein.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמַי וּלְעָלְמֵי עָלְמַיָּא:

Y'hei shmei raba m'varach l'alam ul'almei al-maya.

וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעַלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא, תִּשְׁבַּחְתָּא וְנִחַמְתָּא, דְּאָמִירָן
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnasei v'yit'hadar v'yitaleh v'yit'halal sh'mei
d'kud'sha b'rich Hu l'eila min kol birchata v'shirata, tushb'chata v'ne'chah'mata, da'amiran
b'alma, v'imru: Amein.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol Yisraeil, v'imru: Amein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom aleinu v'al kol Yisraeil, v'imru: Amein.

Let the glory of God be extolled, let God's great name be hallowed in the world whose creation
God wiled. May the sovereignty of God soon prevail in our own day, our own lives, and the life
of all Israel, and let us say: Amen. Let God's great name be blessed for ever and ever. Let God's
holy name be glorified, exalted, and honored, though God is beyond all the praises, songs, and
adorations that we can utter, and let us say: Amen. For us and for all Israel, may the blessing of
peace and the promise of life come true, and let us say: Amen. May the One who causes peace
to reign in the high heavens, let peace descend on us, on all
Israel, and all the world, and let us say: Amen.

Praise God, whom we cannot praise enough. May the source of peace send peace to all who
mourn and comfort all who are bereaved. Amen.

Tefilat HaDerech - Debbie Friedman

May we be blessed as we go on our way,
 May we be guided in peace.
 May we be blessed with health and joy,
 May this be our blessing. Amen.

May we be sheltered by the wings of peace.
 May we be kept in safety and in love.
 May grace and compassion find their way to every soul.
 May this be our blessing. Amen.

Gesher Tzar M'od גֶּשֶׁר צָר מְאֹד - Reb Nachman of Bratzlav

כָּל הָעוֹלָם בְּלוּ גֶשֶׁר צָר מְאֹד וְהֶעֱקַר לֹא לִפְחֹד כָּלֵל.

Kol ha-olam kulo gesher tzar m'od
 Gesher tzar m'od, gesher tzar m'od
 Kol ha-olam kulo gesher tzar m'od
 Gesher tzar m'od.

V'ha-ikar, v'ha-ikar
 lo l'facheid, lo l'facheid k'lal.
 V'ha-ikar, v'ha-ikar
 lo l'facheid k'lal.

The entire world is but a narrow bridge,
 but the most important thing is not to be afraid.

Ruach Elohim by Cantor Lisa Levine

Ruach Elohim, May God's Spirit be with you.
 Ruach Elohim, Keep you safe from harm.
 May the love of God be your shelter from
 every storm.

Ruach Elohim, May God bless you and keep
 you,
 Bring you to the light and safe from harm.
 May the love of friends be your shelter from
 every storm.

יְבָרְכֶךָ יְהוָה וַיְשַׁמְרֶךָ: יְאֵר יְהוָה פָּנָיו
 אֵלֶיךָ וַיַּחַנְדֶּךָ: יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ
 וַיִּשֶׂם לְךָ שָׁלוֹם:

Y'varech'cha Adonai v'yishm'rech'cha.
 Ya'eir Adonai panav eilecha vichuneka.
 Yisa Adonai panav eilecha
 v'yaseim l'cha shalom.

Ruach Elohim, May God's Spirit be with you,
 Bring you to the light and loving arms,
 Together we will be a shelter from every
 storm.

Od Yavo Shalom Aleinu עוד יבוא שלום עלינו by Moshe Ben Ari

עוד יבוא שלום עלינו ועל כלם. סלאם, עלינו ועל כל העולם, סלאם, סלאם.
Od yavo shalom aleinu v'al kulam. Salam, aleinu v'al kol ha'olam, salam, salam.

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

Angel's Niggun - by Shlomo Carlebach

בשם השם אלהי ישראל, מימיני מיכאל, ומשמאלי גבריאל, ומלפני אוריאל,
ומאחורי רפאל, ועל ראשי ועל ראשי שכנת איל.

B'sheim Hashem Elohei Yisrael, mimini Michael umismoli Gavriel, umilfanai Uriel ume'achorai R'fael, v'al roshi Shechinat Eil

In the name of The NAME, the God of Israel, may Michael be at my right hand; Gabriel at my left; before me, Uriel; behind me, Raphael; and above my head the divine presence of God.

The Angels' Blessing by Debbie Friedman

May our right hand bring us closer to our
Godliness,
May our left hand give us strength to face
each day.
And before us may our visions light our
paths ahead
And behind us may well-being heal our way.
All around us is Sh'chinah.

מימיני מיכאל, ומשמאלי גבריאל
ומלפני אוריאל, ומאחורי רפאל,
ועל ראשי שכנת איל.
Miy'mini Micha-eil, umis'moli Gavri-eil
Umil'fanai Uri-eil umei-achorai R'fa-eil,
V'al roshi Sh'chinah.

(May Michael be at my right hand, Gabriel at my left, before me Uriel, behind me Raphael, and above my head the Divine Presence.)

Nachamu נחמו/Comfort Us by Elana Arian

נחמו נחמו עמי יאמר אלהיכם
Nachamu, nachamu ami yomar eloheichem

Comfort us, comfort us in our wilderness
Comfort us as we struggle to take care of one another
Comfort us, comfort us in our wilderness
Comfort us as we struggle with this world.

Those Who Sow by Debbie Friedman

Those who sow, who sow in tears
 Shall reap in joy, shall reap in joy
 Those who sow, who sow in tears
 Shall reap, shall reap in joy.

It's the song of the dreamer,
 From a dark place it grows.

Like a flower in the desert,
 The oasis of our souls.
 Come back, come back where we belong,
 You who hear our longing cries.
 Our mouths, our lips are filled with song,
 You can see our tear-filled eyes.

Psalm 150:6

הַלְלוּ... כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּ, הַלְלוּ-יְהוָה:

Kol han'shamah t'haleil yah! Hal'luyah!

Let every thing that breathes praise Adonai! Hallelujah!

Ana B'choach אָנָּה בְּכַח

אָנָּה בְּכַח גְּדֹלַת יְמִינְךָ תַּתִּיר צְרוּרָה
 Ana b'cho-ach g'dulat y'mincha tatir tz'rurah

(Please, with the strength of Your right hand, untie our tangles.)

Yitchazeik V'yashuv יִתְחַזֵּק וַיָּשׁוּב by Benjie Ellen Schiller

יִתְחַזֵּק וַיָּשׁוּב לְבָנוֹת אֶת-עֲצָמוֹ
 Yitchazeik v'yashuv livnot et atzmo

(Be strengthened and return by rebuilding yourself)

B'yado בְּיָדוֹ

B'yado afkid ruchi
 B'ait ishan v'a'irah
 v'im ruchi g'vi'yati
 Adoni li v'lo ira.

My soul I give to You
 My spirit in Your care
 Draw me near, I shall not fear
 safely in your hand.

בְּיָדוֹ אֶפְקִיד רוּחִי
 בְּעֵת אִישׁוֹן וְאֶעִירָה
 וְעַם רוּחִי גּוֹיָתִי
 יְיָ לִי וְלֹא אִירָא.