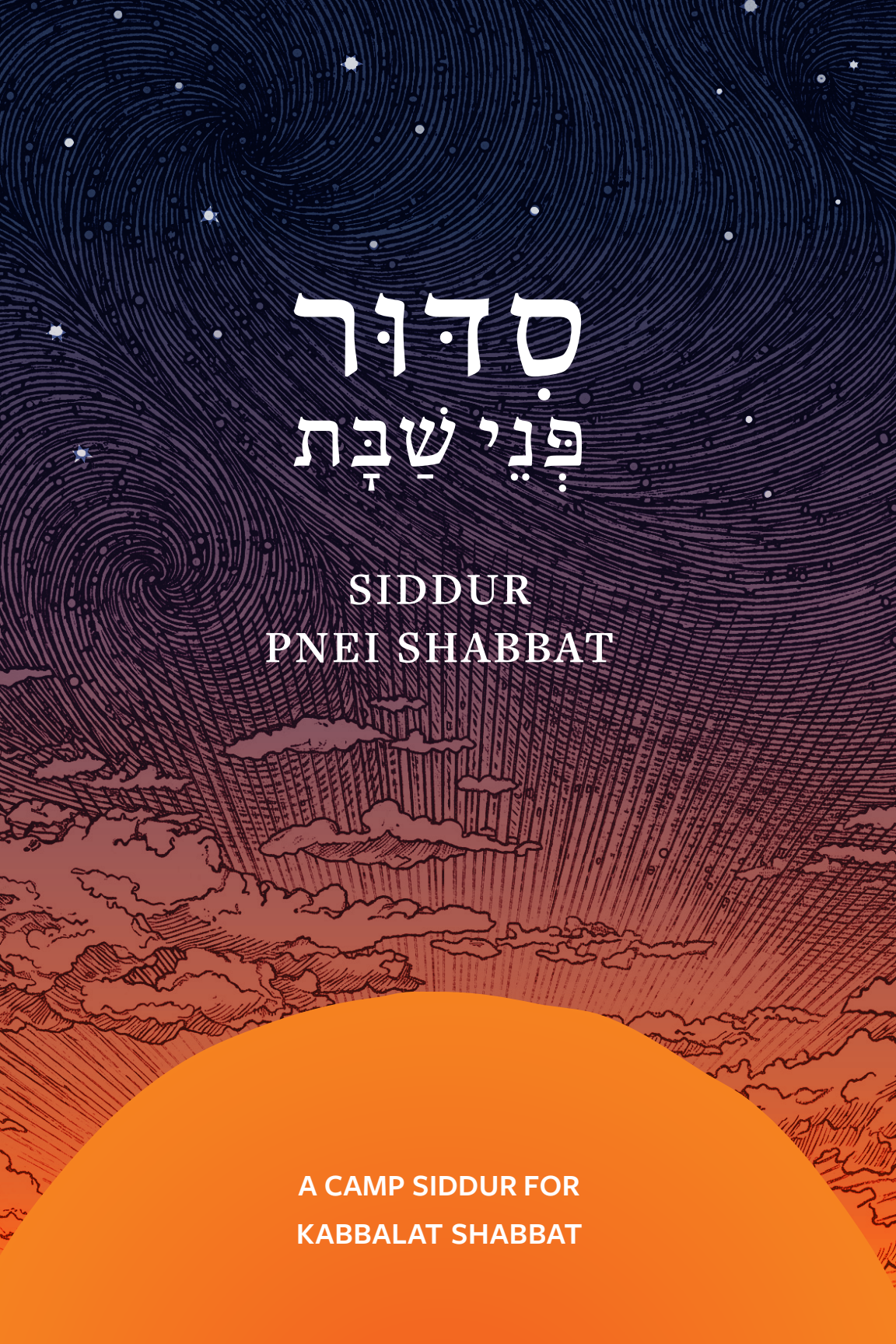




סידור פְּנֵי שַׁבָּת

SIDDUR
PNEI SHABBAT

A CAMP SIDDUR FOR
KABBALAT SHABBAT

סִדּוּר פְּנֵי שַׁבָּת

SIDDUR
PNEI SHABBAT

A Camp Siddur for
Kabbalat Shabbat

RABBI JOSHUA CAHAN

A *Yedid Nefesh* Publication

קַבֿלַת שַׁבָּת KABBALAT SHABBAT

What things do you prepare for the most?

How does preparing for an event make it feel more special?

Part of the magic of Shabbat is that we prepare for it in lots of ways. We have special meals and prepare all of the food before it begins. We clean the house, dress in nice clothing, and set the table beautifully so we are ready when Shabbat arrives.

This builds up excitement and tells us that Shabbat is a big deal. It is not just time off – it is a time for rest and renewal that we look forward to all week. During Shabbat, try to focus just on Shabbat.

Kabbalat Shabbat is our last piece of Shabbat preparation. It was introduced by Jewish mystics in the 16th century. They imagined Shabbat as a bride and the songs and feast on Friday night as a wedding celebration. At a Jewish wedding, we don't just sit and wait for the bride to arrive – we go out to greet her, sing with her, and lead her in. The mystics used to go out to the fields outside their town to greet Shabbat singing happy songs. They sang six Psalms, one for each day of the week leading up to Shabbat, framed by two love poems they wrote for Shabbat – *Yedid Nefesh* and *L'kha Dodi*. That way, by the time they sang the seventh Psalm, the 'Song for Shabbat' (*mizmor shir l'yom hashabbat*), the party was already in full swing.

קַדִּישׁ יְתוֹם MOURNERS' KADDISH

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. אָמֵן.

בְּעֶלְמָא דִּי־בְרָא כְּרַעוּתָהּ וַיְמַלִּיף מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל
בְּעֶגְלָא וּבְזֶמֶן קָרִיב וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

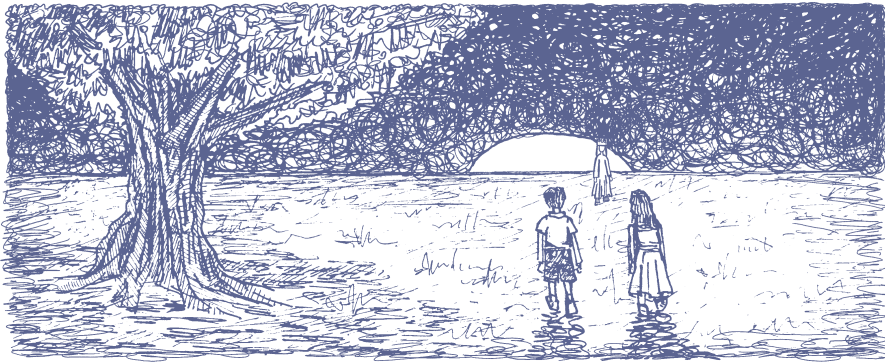
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָא מִן־כָּל־בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דְּאֲמִירָן בְּעֶלְמָא וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן־שְׂמִיָּא וְחַיִּים עָלֵינוּ
וְעַל־כָּל־יִשְׂרָאֵל וְאָמְרוּ אָמֵן.

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל (וְעַל כָּל יוֹשְׁבֵי תֵיבֵל)
וְאָמְרוּ אָמֵן.





ותיק, יהמו רחמיה,
וחוס נא על בן אוהבה,
כי זה כמה נכסף נכסף
לראות בתפארת עזה.
אנא, אלי, מחמד לבי,
חוושה נא ואל תתעלם.

הגלה נא, ופרש חביב עלי
את סבת שלומך.
תאיר ארץ מכבודך,
נגילה ונשמחה בך.
מהר, אהוב, כי בא מועד,
וחנני כימי עולם.

Vatik, yehemu rahamekha,
v'hus na al ben ohavakh.
Ki zeh kama nikhsaf nikhsaf
lir'ot b'tiferet uzakh.
Ana eli, mahmad libi,
husha na v'al tit'alam.
Higaleh na, uf'ros haviv alai
et sukat sh'lomakh.
Ta'ir erets mik'vodakh,
nagila v'nism'ha bakh.
Maher, ahuv, ki va mo'ed,
v'honeni kiymeit olam.

Soul mate, loving God, teach me to do your will.
I run like a darting deer to glimpse your presence.
Hurry, Beloved, the time comes, show me your endless kindness.

Your beautiful light brightens the world, my soul yearns for your love.
Please, God, heal me, shine your healing light on me.
Then I will find strength and healing and be forever your servant.

An island in time

In the stormy ocean of time, Shabbat is an island of quiet where we can find rest and reclaim our strength and our dignity. Abraham Joshua Heschel

Close your eyes and think about all of the things that filled your week. The things you worked on, the stresses, the things that happened to you. Now let it all go. Feel Shabbat come in and wash it away.

- What metaphor would you use to describe your ideal shabbat?

ידיד נפש YEDID NEFESH

With whom do you most value spending time?
What makes your best relationships feel special?

ידיד נפש, אב הרחמן,
משך עבדך אל רצונך.
ירוע עבדך כמו איל,
ישתחווה אל מול הדרך.
יערב לו ידידותך
מנפת צוף וכל טעם.

הדור, נאה, זיו העולם,
נפשי חולת אהבתך.
אנא, אל, נא, רפא נא לה,
בהראות לה נעם זיוך.
אז תתחזק ותתרפא,
והיתה לך שפחת עולם.

Yedid nefesh, av harahaman,
m'shokh avdakh el r'tsonakh.
Yaruts avdakh k'mo ayal,
yishta'aveh el mul hadarakh.
Ye'erav lo y'didutakh
minofet tsuf v'khol ta'am.
Hadur, na'eh, ziv haolam,
nafshi holat ahavatakh.
Ana, el na, r'fa na lah,
b'har'ot lah no'am zivakh.
Az tithazek v'titrafeh,
v'hay'ta lakh shifhat olam.

Ancient One, show kindness to your beloved child.
How I long to see the glory of your power.
Please, have mercy and do not delay.

Show yourself, Beloved, and cover me with your shelter of peace.
The earth is filled with Your light and we sing in celebration.
Hurry, love, the time is now; be gracious like in the olden days.



Into the woods

What makes Shabbat at camp so special? Shabbat at camp is different because YOU are different at camp. You can breathe in the sweet Shabbat spirit, the joy of Shabbat rest, more deeply than you can during the year. As you enter Shabbat, think about this beautiful Hasidic story:

There was once a young boy who loved to spend time in the forest. At first his father let him wander, but over time he started to worry. While the forest can be beautiful and full of wonders, it can also be a dark and dangerous place. One day he asked his son, 'I see that you love to go into the forest. Tell me, why do you go there so often?' 'I go there to find God,' the boy answered. 'I am glad you are searching for God,' the father said, 'but don't you know that God is the same everywhere?' 'Of course,' said the boy. 'But I am not.'

Psalm 96

What does it mean to sing a new song?
How can a familiar song become new?

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,
שִׁירוּ לַיהוָה כָּל הָאָרֶץ.
שִׁירוּ לַיהוָה בְּרִכּוֹ שְׁמוֹ,
בְּשִׁירוֹ מִיּוֹם לַיּוֹם יִשְׁוּעָתוֹ.
סִפְּרוּ בְּגוֹיִם כְּבוֹדוֹ, בְּכָל־הָעַמִּים
נִפְלְאוֹתָיו. כִּי גָדוֹל יְהוָה וּמְהֻלָּל
מְאֹד, נוֹרָא הוּא עַל כָּל אֱלֹהִים.
כִּי כָל אֱלֹהֵי הָעַמִּים אֱלִילִים,
וַיהוָה שְׁמַיִם עָשָׂה. הוֹד וְהָדָר לְפָנָיו,
עַז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ.
הִבּוּ לַיהוָה מִשְׁפָּחוֹת עַמִּים,
הִבּוּ לַיהוָה כְּבוֹד וְעֹז.
הִבּוּ לַיהוָה כְּבוֹד שְׁמוֹ,
שְׂאוּ מִנְחָה וּבִאוּ לַחֲצֵרוֹתָיו.
הִשְׁתַּחֲוּוּ לַיהוָה בְּהִדְרַת קֹדֶשׁ,
חִילוֹ מִפְּנֵי כָּל הָאָרֶץ. אִמְרוּ בְּגוֹיִם
יְהוָה מֶלֶךְ, אֵף תִּכּוֹן תִּבְלָל בַּל תִּמוּט,
יָדִין עַמִּים בְּמִישְׁרִים.
יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,
יִרְעֻם הַיָּם וּמִלְאוּ. יַעֲלֶז שִׁדְּי
וְכָל־אֲשֶׁר בּוֹ, אֲזִי יִרְנְנוּ כָּל עֲצֵי יַעַר.
לְפָנֵי יְהוָה כִּי בָא, כִּי בָא לְשִׁפְט
הָאָרֶץ, יִשְׁפֹּט תִּבְלָל בְּצִדִּיק,
וְעַמִּים בְּאַמוּנָתוֹ.

Shiru ladonai shir hadash,
shiru ladonai kol ha'arets.
Shiru ladonai bar'khu shemo,
bas'ru miyom l'yom y'shu'ato.
Sap'ru vagoyim k'vodo, b'khol ha'amim
nifl'otav. Ki gadol adonai um'hulal
m'od, nora hu al kol elohim.
Ki kol elohei ha'amim elilim,
vaddonai shamayim asa. Hod v'hadar l'fanav,
oz v'tif'eret b'mikdasho.
Havu ladonai mishp'hot amim,
havu ladonai kavod va'oz.
Havu ladonai k'vod shemo,
s'u min'ha uvo'u l'hatsrotav.
Hishtahavu ladonai b'hadrat kodesh,
hilu mipanav kol ha'arets. Imru vagoyim
adonai malakh, af tikon tevel bal timot,
yadin amim b'meisharim.
Yism'hu hashamayim v'tagel ha'arets,
yir'am hayam umlo'o. Ya'aloz sadai
v'khol asher bo, az y'ranenu kol atsei ya'ar.
Lifnei adonai ki va, ki va lishpot
ha'arets, yishpot tevel b'tsedek,
v'amim be'emunato.

Sing a new song to God, everyone on earth. Sing to God every day. God is the greatest force in the world, Creator of all that we see. Glory and majesty surround God, strength and beauty fill God's Temple. Let all people see Adonai's great power and come to honor and serve God, to bow with awe in God's house. Tell everyone, 'God rules and righteous people cannot falter. God judges all people fairly.' The heavens and the earth will celebrate, the sea and the forest will sing with joy, when God comes to judge the earth with righteousness.

Psalm 95

Picture yourself overlooking a mountain or ocean. How does it make you feel?

לְכוּ נִרְנְנָה לַיהוָה,
נְרִיעָה לְצוֹר יִשְׁעֵנוּ. נִקְדְּמָה פָּנָיו
בְּתוֹדָה, בְּזִמְרוֹת נְרִיעַ לוֹ.
כִּי אֵל גָּדוֹל יְהוָה, וּמֶלֶךְ גָּדוֹל עַל
כָּל־אֱלֹהִים. אֲשֶׁר בִּידוֹ מַחְקֵרֵי אָרֶץ,
וְתוֹעֲפוֹת הָרִים לוֹ. אֲשֶׁר לוֹ הַיָּם
וְהוּא עָשָׂהוּ, וַיַּבֶּשֶׂת יָדָיו יַצְרוּ.
בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעַה, נִבְרָכָה
לְפָנֵי יְהוָה עֲשֹׂנוּ. כִּי הוּא אֱלֹהֵינוּ,
וְאֲנַחְנוּ עִם מַרְעִיתוֹ וְצֹאן יָדוֹ,
הַיּוֹם אִם בָּקָלוֹ תִשְׁמָעוּ. אֵל תִּקְשׁוּ
לְבַבְכֶּם כְּמַרְיָבָה, כִּיּוֹם מָסָה
בַּמִּדְבָּר. אֲשֶׁר נִסּוּנִי אֲבוֹתֵיכֶם,
בְּחַנוּנֵי גַם רָאוּ פְעָלִי.
אַרְבָּעִים שָׁנָה אָקוּט בְּדוֹר וְאָמַר עִם
תַּעֲיִ לִבִּב הֵם, וְהֵם לֹא יָדְעוּ דֶּרֶכִּי.
אֲשֶׁר נִשְׁבַּעְתִּי בְּאַפִּי,
אִם יִבְאוּ אֶל מְנוּחָתִי.

L'khu n'ran'na ladonai,
naria l'tsur yishenu. N'kad'ma fanav
b'toda, bizmirot naria lo.
Ki el gadol adonai, umelekh gadol al
kol elohim. Asher b'yado mehk'rei arets,
v'to'afot harim lo. Asher lo hayam
v'hu asahu, v'yabeshet yadav yatsaru.
Bo'u nishtahaveh v'nikhra'a, niv'r'kha
lifnei adonai osenu. Ki hu eloheinu,
va'anahnu am mar'ito v'tson yado,
hayom im b'kolo tishmau. Al takshu
l'avkhem kimriva, k'yom masa
bamidbar. Asher nisuni avoteikhem,
b'hanuni gam rau fo'oli.
Arba'im shana akut b'dor va'omar am
to'ei levav hem, v'hem lo yad'u d'rakhai.
Asher nishba'ti v'api,
im y'vo'un el m'nuhati.

Let us sing out to Adonai, greet God with thanks and song. The earth's depths and its mountain peaks, its seas and land, are in God's hands. God is giving us guidance even today, if we only would listen more closely to God's voice. 'Do not rebel like your ancestors in the desert, who challenged Me even though they had seen My wonders. For forty years I was angry with them; I said, They are sinful and do not know My ways. That is why I did not let them enter the Promised Land, My place of rest.'

A beautiful life

If someone asks about your year, you might say you've had a great year. But if they ask about your day, you have a list of small complaints. It is easy to feel unhappy or frustrated even when we are doing well. This Psalm says that Israel focused so much on small troubles during the desert journey that they forgot how far they'd come. This is why they were not allowed to enter Israel, God's 'place of rest'.

Our service starts with a reminder that we can only fully enter Shabbat, the time of rest, when we can let go of our small troubles and see the bigger, beautiful picture of our lives.

- How can you use this Shabbat to reflect on the big picture of your life?

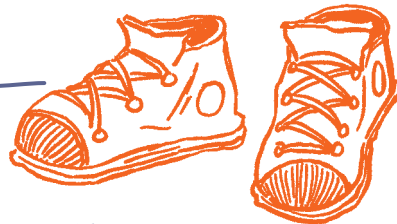
Psalm 98

What do you hope God sees when God looks at you?

מִזְמוֹר. שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,
כִּי נִפְלְאוֹת עָשָׂה,
 הוֹשִׁיעָה לוֹ יְמִינוּ וְזִרְעוֹ קָדְשׁוֹ.
 הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ,
 לַעֲיִנֵי הַגּוֹיִם גְּלָה צְדָקָתוֹ.
 זָכַר חֲסִדּוֹ וְאַמוּנָתוֹ, לְבֵית יִשְׂרָאֵל,
 רָאוּ כָל־אֲפָסֵי אָרֶץ אֶת יְשׁוּעַת אֱלֹהֵינוּ.
 הָרִיעוּ לַיהוָה כָּל הָאָרֶץ,
 פָּצְחוּ וְרָנְנוּ וְזָמְרוּ.
 זָמְרוּ לַיהוָה בְּכִנּוֹר, בְּכִנּוֹר וְקוֹל
 זָמְרָה. בְּחִצְצֹרוֹת וְקוֹל שׁוֹפָר,
 הָרִיעוּ לִפְנֵי הַמֶּלֶךְ יְהוָה.
 יִרְעֵם הַיָּם וּמַלְאוּ, תִּבֵּל וַיִּשְׁבִּי בָהּ.
 נְהָרוֹת יִמְחָאוּ כָף, יַחַד הָרִים יִרְנְנוּ.
 לִפְנֵי יְהוָה כִּי בָא לִשְׁפֹט הָאָרֶץ,
 יִשְׁפֹט תִּבֵּל בְּצִדָּק,
 וְעַמִּים בְּמִישָׁרִים.

Mizmor. Shiru l'adonai shir hadash,
 ki nifl'ot asa,
 hoshia lo yemino uzro'a kodsho.
 Hodia adonai yeshu'ato,
 l'einei hagoyim gila tsidkato.
 Zakhar hasdo ve'emunato, l'veit yisrael,
 ra'u khol afsei arets et y'shu'at eloheinu.
 Hari'u l'adonai kol ha'arets,
 pits'hu v'ranenu v'zameru.
 Zam'ru l'adonai b'k'hinor, b'k'hinor v'kol
 zimra. Bahtsotsrot v'kol shofar,
 hari'u lifnei hamelekh adonai.
 Yir'am hayam umlo'o, tevel v'yoshvei vah.
 N'harot yimha'u khaf, yahad harim y'ranenu.
 Lifnei adonai ki va lishpot ha'arets,
 yishpot tevel b'tsedek,
 v'amim b'meisharim

A Psalm! Sing a new song to Adonai who has done wonders; God's might brings victory. God showed God's devotion to Israel in front of all the nations of the earth. The whole earth shouts for joy and bursts out in song! It calls out to Adonai with trumpets and shofar calls. The seas will crash, the rivers will roar, and the mountains will sing before God, who comes to judge the earth. God will judge the world with justice and all peoples with fairness.



The shoemaker

In one village, there was a shoemaker who never came to the synagogue to pray. One day, the rabbi visited him and asked gently: 'Why don't you come to pray with us?'

The shoemaker said, 'Rabbi, I rise before dawn to fix shoes. When I finish a pair, I whisper, "Master of the Universe, just as I repair these shoes so someone can walk to work, please repair the world so all people may walk in peace." I know it is not in the prayerbook, but I hope it counts for something.'

The rabbi nodded and said softly, 'Truly, your mended shoes are also prayers.'

- What is something you do that you see as a kind of prayer?

Psalm 97

What does being righteous mean to you?

יְהוָה מֶלֶךְ, תִּגַּל הָאָרֶץ,
יִשְׁמְחוּ אֵימִים רַבִּים. עָנָן וְעֶרְפֶּל
סָבִיבוּ, צֶדֶק וּמִשְׁפָּט מִכּוֹן כְּסָאוֹ.
אֵשׁ לִפְנֵי תֵלֶךְ, וּתְלַהֵט סָבִיב צָרִיו.
הָאִירוּ בְּרָקִיו תִּבֵּל, רָאֲתָה וַתַּחַל
הָאָרֶץ. הָרִים כִּדּוֹנָג נָמְסוּ
מִלִּפְנֵי יְהוָה, מִלִּפְנֵי אֲדוֹן כָּל הָאָרֶץ.
הִגִּידוּ הַשָּׁמַיִם צִדְקוֹ,
וְרָאוּ כָל־הָעַמִּים כְּבוֹדּוֹ.
יִבְשׁוּ כָל עֲבָדֵי פֶסֶל,
הַמֵּתְהַלְלִים בָּאֱלִילִים, הַשֹּׁתְחָווּ לוֹ
כָּל אֱלֹהִים. שָׁמְעָה וַתִּשְׁמַח צִיּוֹן,
וַתִּגְלֶנָּה בְּנוֹת יְהוּדָה,
לִמְעַן מִשְׁפָּטֶיךָ יְהוָה.
כִּי אַתָּה יְהוָה עֲלִיוֹן עַל כָּל הָאָרֶץ,
מֵאֵד נְעֻלִיתָ עַל כָּל אֱלֹהִים.
אֶהְיֶי יְהוָה, שְׁנְאוֹ רָע, שֹׁמֵר
נַפְשׁוֹת חֲסִידָיו, מִיַּד רָשָׁעִים יִצִּילֵם.
אוֹר זָרַע לְצַדִּיק, וְלִישְׁרֵי לֵב שִׁמְחָה.
שִׁמְחוּ צַדִּיקִים בַּיהוָה,
וְהוֹדוּ לִזְכָּר קָדְשׁוֹ.

Adonai malakh, tagel ha'arets,
 yism'hu iyim rabim. Anan va'arafel
 s'vivav, tsedek umishpat m'khon kis'o.
 Esh l'fanav telekh, ut'lahet saviv tsarav.
 He'iru v'rakav tevel, ra'ata vatahel
 ha'arets. Harim kadonag namasu
 milifnei adonai, milifnei adon kol ha'arets.
 Higidu hashamayim tsidko,
 v'rau khol ha'amim k'vodo.
 Yevoshu kol ov'dei fesel,
 hamit'hal'lim ba'elilim, hishtahevav lo
 kol elohim. Sham'a vatisma'h tsiyon,
 vatagelna b'not y'huda,
 l'ma'an mishpatekha adonai.
 Ki ata adonai elyon al kol ha'arets,
 m'od na'aleita al kol elohim.
 Ohavei adonai, sin'u ra, shomer
 nafshot hasidav, miyad r'sha'im yatsilem.
 Or zarua latsadik, ulyishrei lev simha.
 Simhu tsadikim badonai,
 v'hodu l'zekher kodsho.

When Adonai rules, the world will rejoice. God rules the world with fairness and justice. God's light shines over the world, while God's fire destroys their enemies, and even mountains melt in fear like wax. The heavens show God's goodness and all people will see God's fairness. Those who honor idols and worthless gods will be ashamed when those gods bow to Adonai, who rules the earth with justice. We will celebrate Your judgments. If you love God – fight evil! God protects the faithful and saves them from the wicked. Light is stored for the righteous; joy for the upright. They will rejoice in God, and praise God's holy name.



Psalm 29

We rise

*What fills you with wonder? How does that feel?***מִזְמוֹר לְדָוִד.**

הָבוּ לַיהוָה בְּנֵי אֱלֹהִים,
הָבוּ לַיהוָה כְּבוֹד וְעֹז.
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,
הַשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.
קוֹל יְהוָה עַל הַמַּיִם,
אֵל הַכְּבוֹד הִרְעִים, יְהוָה עַל מַיִם רַבִּים.
קוֹל יְהוָה בַּכַּחַּת, קוֹל יְהוָה בְּהַדָּר.
קוֹל יְהוָה שֹׁבֵר אֲרָזִים,
וַיִּשְׁבֵּר יְהוָה אֶת אֲרָזֵי הַלְבָּנוֹן.
וַיִּרְקִידֵם כְּמוֹ עֵגֶל,
לְבָנוֹן וּשְׁרִינֹן כְּמוֹ בְּדֹרֵאִמִּים.
קוֹל יְהוָה חֲצֹב לְהַבֹּת אֵשׁ.
קוֹל יְהוָה יַחִיל מִדְּבָר,
יַחִיל יְהוָה מִדְּבָר קֹדֶשׁ.
קוֹל יְהוָה יַחֲלֹל אֵילוֹת,
וַיַּחֲשֹׁף יַעֲרֹת וּבְהִיכְלוֹ כָּלֹ.
אִמַּר כְּבוֹד. יְהוָה לִמְבוֹל יִשָּׁב,
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם.
יְהוָה עֹז לְעַמּוֹ יִתֵּן,
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Mizmor l'david.

Havu l'adonai b'nei elim,
havu l'adonai kavod va'oz.
Havu l'adonai k'vod sh'mo,
hishtahavu l'adonai b'hadrat kodesh.
Kol adonai al hamayim,
el hakavod hir'im, adonai al mayim rabim.
Kol adonai bakoah, kol adonai behadar.
Kol adonai shover arazim,
vay'shaber adonai et arzei hal'vanon.
Vayarkidem k'mo egel,
l'vanon v'siryon k'mo ven r'emim.
Kol adonai hotsev lahavot esh.
Kol adonai yahil midbar,
yahil adonai midbar kadesh.
Kol adonai y'holel ayalot,
vayehe sof y'arot uv'hekhalo kulo
omer kavod. Adonai lamabul yashav,
vayeshev adonai melekha l'olam.
Adonai oz l'amo yiten,
adonai y'varekh et amo vashalom.

A psalm to David! Sing, angels, of God's glory and strength. Shout out God's name! The voice of God thunders over the oceans. It is full of power and shakes the earth. It makes mountains dance, splits rocks, and shakes the wilderness. The voice of God fills the world and all of creation stands in awe. Adonai rules the world for all time. May Adonai bless us with strength and peace.

**אֲנֵא בְכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה.
קִבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טַהֲרָנוּ נוֹרָא.**

Ana b'khoah g'dulat y'minkha tatir ts'rura.
Kabel rinat am'kha sagvenu taharenu nora.

May Your mighty hand release that which is bound.
Accept the song of Your people, Awesome One, raise us up and purify us.

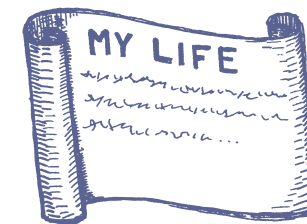
Psalm 99

Who inspires you? How would you like to be like them?

**יְהוָה מֶלֶךְ יִרְגְּזוּ עַמִּים,
יֵשֶׁב כְּרוּבִים תְּנוּט הָאָרֶץ.
יְהוָה בְּצִיּוֹן גָּדוֹל,
וְרָם הוּא עַל כָּל הָעַמִּים.
יִדּוּ שִׁמְכָה גָּדוֹל וְנוֹרָא, קָדוֹשׁ הוּא.
וְעֹז מֶלֶךְ מִשְׁפָּט אָהֵב,
אֶתָּה כּוֹנֵנֶת מִיִּשְׁרָאֵל,
מִשְׁפָּט וְצִדְקָה בִּיעָקֵב אֶתָּה עֹשִׂיתָ.
רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ,
וְהַשְׁתַּחֲוּוּ לַהֲדֹם רַגְלָיו קָדוֹשׁ הוּא.
מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו וּשְׁמוּאֵל
בְּקֹרְאֵי שְׁמוֹ, קֹרְאִים אֶל יְהוָה וְהוּא
יַעֲנֵם. בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם,
שָׁמְרוּ עֲדוּתָיו וְחַק נָתַן לָמוֹ.
יְהוָה אֱלֹהֵינוּ אֶתָּה עֲנִיתָם, אֵל נֶשֶׁא
הַיִּת לָהֶם, וְנֹקֵם עַל עֲלִילוֹתָם.
רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ, וְהַשְׁתַּחֲוּוּ
לְהָר קֹדֶשׁוֹ, כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.**

**Adonai malakh yirg'zu amim,
yoshev k'ruvim, tanut ha'arets.
Adonai b'tsiyon gadol,
v'ram hu al kol ha'amim.
Yodu shimkha gadol v'nora, kadosh hu.
V'oz melek mishpat ahev,
ata konanta meisharim,
mishpat utsdaka b'ya'akov ata asita.
Rom'mu adonai eloheinu,
v'hishtahavu lahadom raglav kadosh hu.
Moshe v'aharon b'khohanav ushmu'el
b'kor'ei sh'mo, kor'im el adonai v'hu
ya'anem. B'amud anan y'daber aleihem,
sham'ru edotav v'hok natan lamo.
Adonai eloheinu ata anitam, el noseh
hayita lahem, v'nokem al alilotam.
Rom'mu adonai eloheinu, v'hishtahavu
l'har kodsho, ki kadosh adonai eloheinu.**

Your judgement will fill people with awe and even make the earth shake. You are strong and love justice. You fill the world with justice and righteousness. Moses, Aaron, Samuel, and all our leaders and priests, called out God's name and God answered them. God spoke to them in a pillar of cloud and they followed God's instruction. Adonai, You answered them with compassion even though You punished their wrongs. We bow before You, Adonai, the source of justice and holiness.



**Days are scrolls –
write on them what you want to be remembered for.**

Rabbeinu Bahya (11th century Spain)

הַתְנַעֲרִי מֵעָפָר קוּמִי
לְבָשִׁי בְּגָדֵי תִפְאַרְתְּךָ עִמִּי.
עַל יַד בֶּן יִשָּׂאִי בֵּית הַלְחָמִי
קִרְבָּה אֶל נַפְשִׁי גְּאֻלָּה.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

הַתְעוֹרְרִי הַתְעוֹרְרִי
כִּי בָּא אוֹרְךָ קוּמִי אוֹרִי.
עוֹרִי עוֹרִי שִׁיר דַּבְּרִי
כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

לֹא תִבְשִׂי וְלֹא תִפְלִמִי
מֵה תִשְׁתַּחֲוִי וּמֵה תִהְיֶה.
בְּךָ יִחְסוּ עֲנִיִּי עִמִּי
וְנִבְנְתָה עִיר עַל תֵּלָה.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

Hitna'ari me'afar kumi

livshi bigdei tif'artekh ami.

Al yad ben yishai beit halaḥmi

korva el nafshi ge'alah.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Hit'oreri hit'oreri

Ki va orekh kumi ori.

Uri uri shir daberi

K'vod adonai alayikh nigla.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Lo tevoshi v'lo tikalmi

ma tishtoḥaḥi uma tehemi.

Bakh yeḥesu aniyei ami

v'nivn'ta ir al tilah.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Rise and shake off the dust, My people, put on your best clothing,
Follow the son of Jesse, from Bethlehem. Come close to my soul and restore it!

Wake up! Wake up! Your light comes and rouses me;
stand up and sing as God's glory shines through.

Do not feel ashamed or embarrassed; there is no reason to be sad or upset.
Everyone who suffers will find shelter in the beautiful city on the hill.



לְכֶה דוּדֵי L'KHA DODI

What is your favorite memory of Jerusalem?

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala,
p'nei shabbat n'kab'la.

שָׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד
הַשְׁמִיעֵנוּ אֶל הַמִּיָּחָד.
יְהוָה אֶחָד וְשִׁמוֹ אֶחָד
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִילָה.

Shamor v'zakhor b'dibur eḥad
hishmi'anu el ham'yuhad.
Adonai eḥad ushmo eḥad
l'shem ul'tif'eret v'lit'hila.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

לְקִרְאֵת שַׁבָּת לְכוּ וְנִלְכֶה
כִּי הִיא מְקוֹר הַבְּרָכָה.

Likrat shabbat l'khu v'nelkha
ki hi m'kor hab'rakha.

מֵרֹאשׁ מִקֶּדֶם נְסוּכָה
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

Merosh mikedem n'sukha
sof ma'aseh b'maḥashava t'hila.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה
קוּמִי צֹאֵי מִתּוֹךְ הַהֶפְכָּה.
רַב לָךְ שֶׁבֶת בְּעֵמֶק הַבָּקָא
וְהוּא יַחְמוֹל עָלֶיךָ חֲמֻלָּה.

Mikdash melekh ir m'lukha
kumi ts'i mitokh hahafekha.
Rav lakh shevet b'emek habakha
v'hu yaḥamol alayikh ḥemla.

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Come to greet the bride, let us welcome Shabbat!

God commanded us both to 'keep' and 'remember' it;
God is truly unique, in name, in beauty, and in praise.

Let us go out to welcome Shabbat, the source of blessing;
It was set apart at the very beginning of time, created last but planned first.

People of Jerusalem, the royal city, rise up and leave sorrow behind,
You have lived in tears too long, God will show you compassion and kindness.

Just a taste

The 16th-century Kabbalists, who wrote this song, thought that to live is to always want to feel a closeness to God that we can never fully reach. Shabbat is a time to find peace, but not to pretend that the world is perfect. Having a small taste of Shabbat rest should make us work even harder to build a world where everyone can feel at peace.

Psalm 92

What is special about this particular Shabbat?

What can you do to make this Shabbat more special?

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת.
טוֹב לַהֲדוֹת לַיהוָה, וּלְזַמֵּר לְשִׁמְחָה
עָלֶיּוֹן. לְהַגִּיד בַּבֹּקֶר חֲסִדָּה,
וְאַמוּנָתָה בַּלַּיִלוֹת.
עָלֵי עֲשׂוֹר וְעָלֵי נָבֶל, עָלֵי הַגִּיּוֹן
בְּכִנּוֹר. כִּי שִׁמְחָתָנִי יְהוָה
בַּפֶּעֱלָה, בְּמַעֲשֵׂי יָדָיִךְ אֲרָנִי.
מִה גָדְלוֹ מַעֲשֵׂיֶיךָ יְהוָה, מֵאֵד
עָמְקוֹ מַחְשְׁבֹתֶיךָ. אִישׁ בַּעַר לֹא יֵדַע,
וְכִסִּיל לֹא יָבִין אֶת זֹאת.
בִּפְרֹחַ רִשְׁעִים כְּמוֹ עֵשֶׂב, וַיִּצְיָצוּ
כָּל פֶּעֲלֵי אָוֶן, לְהַשְׁמָדָם עַד־יָעַד.
וְאַתָּה מָרוֹם לְעֵלְמָם יְהוָה.
כִּי הִנֵּה אֵיבֶיךָ יְהוָה, כִּי הִנֵּה אֵיבֶיךָ
יֹאבְדוּ, יִתְפָּרְדּוּ כָּל פֶּעֲלֵי אָוֶן.
וְתָרֵם כְּרָאִים קִרְנֵי, בִּלְתִּי בְשִׁמּוֹן
רַעְנָן. וְתִבֶּט עֵינֵי בְשׁוּרֵי, בְּקַמִּים
עָלֵי מְרַעִים תִּשְׁמַעְנָה אֲזָנֶי.
צַדִּיק כְּתָמָר יִפְרַח, כְּאֶרֶז בַּלְבָּנוֹן
יִשְׁגָּה. שְׁתּוּלִים בְּבֵית יְהוָה,
בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.
עוֹד יִנּוּבֹן בְּשִׁיבָה, דְּשָׁנִים וְרַעְנָנִים
יִהְיוּ, לְהַגִּיד כִּי יֵשֶׁר יְהוָה, צוּרֵי,
וְלֹא עוֹלָתָה בּוֹ.

Mizmor shir l'yom hashabbat:
Tov l'hodot ladonai, ulzamer l'shimkha
elyon. L'hagid baboker hasdekha,
ve'emunat'kha baleilot.
Aleis asor va'alei navel, alei higayon
b'khnor. Ki simahtani adonai
b'fo'olekha, b'ma'asei yadekha aranen.
Ma gad'lu ma'asekha adonai, m'od
am'ku mahsh'votekha. Ish ba'ar lo yeda,
ukhsil lo yavin et zot.
Bifroah r'sha'im k'mo esev, vayatsitsu
kol po'alei aven, l'hisham'dam adei ad.
V'ata marom l'olam adonai.
Ki hinei oy'vekha adonai, ki hinei oy'vekha
yovedo, yitpar'du kol po'alei aven.
Vatarem kir'em karni, baloti b'shemen
ra'anan. Vatabet eini b'shurai, bakamim
alai m're'im tishma'na oznai.
Tsadik katamar yifrah, k'erez bal'vanon
yisgeh. Sh'tulim b'veit adonai,
b'hatsrot eloheinu yafrihu.
Od y'nuvun b'seiva, d'shenim v'ra'ananim
yihyu, l'hagid ki yashar adonai, tsuri,
v'lo avlata bo.

A song for Shabbat. It is good to praise You, to sing of Your kindness and Your loyalty with instruments and chants. Your works are so great, Adonai, Your designs so rich. It is almost too much to understand. Even when the wicked seem to succeed, we know they will be brought down in the end, while You, God, remain forever. Your enemies will be scattered while You raise us up. The righteous will be fruitful like palm trees and strong like cedars; they will blossom in the House of God. They will bear fruit even in old age, full of life and freshness, because God is righteous and true.

וְהָיוּ לְמִשְׁשָׁה שְׂאִסִּיךְ
וְרַחֲקוּ כָּל מְבַלְעֵיךְ.
יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ
כְּמִשׁוֹשׁ חֲתָן עַל כְּלָה.

V'hayu limshisa shosayikh
v'rahaku kol m'val'ayikh.
Yasis alayikh elohayikh
Kimsos hatan al kala.

לָכָה דוֹדֵי לְקִרְאָת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

יָמִין וּשְׂמָאל תִּפְרֹטְסִי
וְאֵת יְהוָה תַּעֲרִיצִי.
עַל יַד אִישׁ בֶּן־פֶּרֶצִי
וְנִשְׁמָחָה וְנִגִּילָה.

Yamin usmol tifrotsi
v'et adonai ta'aritsi.
Al yad ish ben partsi
v'nism'ha v'nagila.

לָכָה דוֹדֵי לְקִרְאָת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Turn and face the back of the prayer space to welcome the Shabbat.

בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה
גַּם בְּשִׁמְחָה וּבְצִהָלָה.
תּוֹךְ אֱמוּנֵי עַם סֻגְלָה
בּוֹאִי כְּלָה, בּוֹאִי כְּלָה.

Bo'i v'shalom ateret ba'lah
gam b'simha uv'tsohola.
Tokh emunei am s'gula
bo'i khala, bo'i khala.

לָכָה דוֹדֵי לְקִרְאָת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה.

L'kha dodi likrat kala, p'nei shabbat n'kab'la.

Your enemies will be destroyed, those who attacked you driven away.
Your God will be rejoice with you like a groom rejoices with his bride.

Spread out to the right and to the left, bringing God honor.
We will once again fill your streets with joy.

Come in peace, Shabbat bride, bring us gladness and laughter,
join the faithful of the Jewish people. Come in, O bride! Come in, O bride!



קדיש יתום MOURNERS' KADDISH

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. אָמֵן.

Yitgadal v'yitkadash sh'mei raba. Amen.

בְּעֶלְמָא דִּי־בְרָא כְּרַעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ

B'al'ma di vra kir'utei, v'yamlikh malkhutei

בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית

b'hayekhon uv'yomeikhon uv'haye d'chol beit

יִשְׂרָאֵל בְּעֶגְלָא וּבְזִמְנָן קָרִיב וְאָמְרוּ אָמֵן.

yisra'el, ba'agala uvizman kariv, v'imru amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרָךְ

Y'hei sh'mei raba m'varakh

לְעֵלָם וּלְעָלְמֵי עָלְמַיָּא.

l'alam ul'al'mei al'maya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם

Yitbarakh v'yishtabah v'yitpa'ar v'yitromam

וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

v'yitnasei v'yit'hadar v'yit'aleh v'yit'halal

שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,

sh'mei d'kud'sha b'rikh hu,

לְעֵלָא מִן־כָּל־בִּרְכָּתָא וְשִׁירְתָּא תְּשַׁבְּחָתָא

l'ela min kol birkhata v'shirata tushb'hata

וְנַחֲמָתָא דְאִמְרִין בְּעֶלְמָא וְאָמְרוּ אָמֵן.

v'nehemata, da'amiran b'al'ma, v'imru amen.

יְהִי שְׁלָמָא רַבָּא מִן־שְׁמַיָּא וְחַיִּים עָלֵינוּ

Y'hei sh'lama raba min sh'maya, v'hayim aleinu

וְעַל־כָּל־יִשְׂרָאֵל וְאָמְרוּ אָמֵן.

v'al kol yisra'el, v'imru amen.

עוֹשֶׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא יַעֲשֶׂה שְׁלוֹם

Oseh shalom bimromav, hu ya'aseh shalom

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל (וְעַל כָּל יוֹשְׁבֵי תֵבֵל)

aleinu v'al kol yisra'el (v'al kol yoshvei tevel)

וְאָמְרוּ אָמֵן.

v'imru amen.

May God's name be made great and holy throughout the world.

May God's rule be proclaimed quickly in our lifetime. And let us say: Amen.

May God's name be blessed for all time.

May the Holy One be celebrated and honored, though God is really beyond any song or any tribute that we can give. And let us say: Amen.

Please send us peace from heaven, and goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace to the universe bring peace to us and to all Israel (and all who live on Earth) and let us say: Amen.

Psalms 93

יְהוָה מִלְךְ גֵּאוּת לִבֵּשׁ, לִבֵּשׁ

Adonai malach ge'ut lavesch, lavesch

יְהוָה עַז הַתְּאֵזֶר, אִף תִּכּוֹן תֵּבֵל

adonai oz hitazar, af tikon tevel

בַּל תִּמּוֹט. נֶכּוֹן כִּסְאָךָ מֵאֵז,

bal timot. Nakhon kis'akha me'az,

מֵעוֹלָם אֲתָהּ. נִשְׂאוּ נְהָרוֹת יְהוָה,

me'olam ata. Nas'u n'harot, adonai,

נִשְׂאוּ נְהָרוֹת קוֹלָם,

nas'u n'harot kolam,

יִשְׂאוּ נְהָרוֹת דּוֹכְיָם.

yis'u n'harot dokhyam.

מִקְלוֹת מַיִם רַבִּים, אֲדִירִים מִשְׁבְּרֵי

Mikolot mayim rabim, adirim mishb'rei

יָם, אֲדִיר בְּמָרוֹם יְהוָה.

yam, adir bamarom adonai.

עֲדֹתֶיךָ נֶאֱמְנוּ מֵאֵד, לִבֵּיתְךָ

Edotekha ne'emnu m'od, l'veit'kha

נֶאֱוָה קֹדֶשׁ, יְהוָה לְאֶרֶץ יָמִים.

na'ava kodesh, adonai l'orekh yamim.

Adonai is crowned with glory and strength. The world stands firm; it cannot be shaken. Your throne has stood strong for all time. The ocean crashes and pounds, the rivers rush against us, but God stands above them all. We are witnesses to Your glory and holiness, which will last forever.

God's wheel

God says to me with a kind of smile,

"Hey how would you like to be God awhile

And steer the world?"

"Okay," says I, "I'll give it a try.

Where do I set?

How much do I get?

What time is lunch?

When can I quit?"

"Gimme back that wheel," says God.

"I don't think you're quite ready yet."

Shel Silverstein

