Shabbat Shalom

An Adventure of Song and Prayer

Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.

- John Muir
Six days a week, we humans use time. We value it as a means to an end. Time “well spent” for us is time that helps us acquire something. Yet, to have more does not mean to be more. Indeed, there is a realm of time where the goal is not to have, but to be, not to own, but to give, not to control, but to share, not to subdue, but to be in accord. Life goes wrong when the control of space, the acquisition of things, becomes our sole concern. The seventh day rights our balance and restores our perspective. It is like a palace in time with a kingdom for all. It is not a date, but an atmosphere.

On the seventh day, we celebrate time rather than space. Six days we live under the tyranny of things of space; on the seventh day we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time. To turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

—Adapted from Abraham Joshua Heschel

All I ever really needed to know I learned in kindergarten.
Share everything.
Play fair. Don’t hit people.
Put things back where you found them. Clean up your own mess. Don’t take things that aren’t yours. Say you’re sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands, and stick together. Be aware of wonder.

--Robert Fulghum

As Gandhi stepped aboard a train one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it as the train was moving. To the amazement of his companions, Gandhi calmly took off his other shoe and threw it back along the track to land close to the first. Asked by a fellow passenger why he did so, Gandhi smiled. “The poor man who finds the shoe lying on the track,” he replied, “will now have a pair he can use.”

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because some day in your life, you will have been all of these.

--George Washington Carver

Attention is love, what we must give
children, mothers, fathers, pets,
our friends, the news, the woes of others.
What we want to change we curse and then
pick up a tool. Bless whatever you can
with eyes and hands and tongue. If you
can't bless it, get ready to make it new.”

--From The Art of Blessing the Day by Marge Piercy
We’re so glad you are here. Please sing with us!

Bim Bam
Bim, bam, bim-bim bam,  
Bim bim-bim-bim bam.  
Shabbat shalom, Shabbat shalom,  
Shabbat Shabbat-Shabbat-Shabbat shalom.

Hinei Mah Tov
Hinei mah tov umah naim  
Shevet achim gam yachad.

How good it is, and how pleasant when we sit together in peace. (Psalm 133:1)

Halelu, halelu, halelu, halelu, halelu, halelu. (2x)  
Kol haneshama, t’ha’lel’ya, halelu, halleluyah! (2x)

Give praise, let every breath praise!

Words of Welcome

Hinei Mah Tov (Rich Recht’s melody)
Hinei mah tov umah naim  
Shevet achim gam yachad.

This prayer sequence invites us to fully “arrive” in the present moment.  
We all have thoughts and concerns tethering us to the mundane world. Try to let “it” go for just an hour. Allow yourself to enter into this holy Shabbat space, to rest and recuperate within the “oasis of time.”

This holy time is your gift, a sacred inheritance passed to you by your ancestors. Allow the songs and prayers of our People to wash over you, soothing and connecting you. The concerns of the world will still be there when this hour is complete. The world will be the same - will you?
There are days when we seek things for ourselves and measure failure by what we do not gain.

On Shabbat, we seek not to acquire but to share.

There are days when we exploit nature as if it were a horn of plenty that can never be exhausted,

On Shabbat, we stand in wonder before the mysteries of creation.

There are days when we act as if we cared nothing for the rights of others.  (con’t…)
On Shabbat, we remember that justice is our duty and better world our goal.

So, we embrace Shabbat: Day of rest, day of wonder, day of peace.
--Harvey Fields

Option 2:
Each of us enters this sanctuary with a different need.

Some hearts are overflowing with the happiness of love and the joy life. They are eager to greet the day, to make the world a better place. We rejoice with them.

Some hearts are full of gratitude. They are recovering from illness or have escaped misfortune. We give thanks alongside them.

Some hearts are full of gratitude. They are recovering from illness or have escaped misfortune. We give thanks alongside them.

Some hearts ache with sorrow. Disappointments weigh heavily on them. Families have been broken; loved ones lie on a bed of pain; death has taken a cherished loved one. May our presence and caring bring them comfort.

Some hearts are embittered: ideals are betrayed and mocked, answers sought in vain, life has lost its meaning and value. May the knowledge that we too are searching restore their hope and give them courage to believe that not all is emptiness.

Some spirits hunger:
They long for friendship; they crave understanding; they yearn for warmth. May we in our common need and striving, gain strength from one another, as we share our joys, lighten each other’s burdens and pray for the welfare of our community.
--adapted from Chaim Stern

Option 3:
May the door of this synagogue be wide enough to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden, thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness and harshness.

May this synagogue be, for all who enter, the doorway to a richer and more meaningful life.
Kabbalat Shabbat Service

Ma Gadlu

May be sung as a round with part 1 and part 2. Or sing part 1 together, and then part 2 as a call and response.

Part 1:
Ma Gadlu Ma’asecha Yah,
M’od Amku Mach-sh’votecha

How vast are Your works Adonai, how very profound Your designs. (Psalm 92:6)

Part 2:
Halleluyah: Halleluyah! (4x)

Frequently, we don’t light candles at our services because of the fire danger and the wind. How can you kindle an inner light this Shabbat? How can you bring the light of Shabbat into your weekend?

Candle Blessing

Baruch Atah Adonai, Eloheinu Melech ha-olam,
asher kid’shanu b’mitz’votav v’tzivanu
l’hadlik neir shel Shabbat.

You! Bring light into the world.

Y’did Nefesh

Y’did nefesh Av HaRachaman, (2x)
M’shoch av’d’cha, el r’tzon’cha,
M’shoch av’d’cha, ya-lai-lai-lai-lai-lai el r’tzon’cha.

Yarutz avdecha, k’mo ayal
Yish’tachaveh, ya-lai-lai-lai-lai-lai-lai-lai
El mul hadar’cha.

How splendid is your light, which worlds do reflect! My soul is worn from craving for your love’s delight.

Mah Yafeh Hayom

Mah Yafeh Hayom, Shabbat shalom
Mah Yafeh Hayom, Shabbat shalom!

Shabbat, Shabbat Shalom (3x)
Shabbat Shalom.

How beautiful is this day of Sabbath peace.
Our ancestors used to walk into the mountains of S’fat to greet the approaching Sabbath.
As we “sing in” the Sabbath, what else do we greet?
What is the wind blowing in tonight? What are you ready to welcome and take in?
What is the wind blowing out tonight? What can you hand over to be carried away?

**L'chah Dodi Version #1**

L’chah dodi, likrat kalah, likrat kalah
P’nei Shabbat n’kab’lah, n’kab’lah.
  Shabbat shalom, Shabbat shalom
  Shabbat shalom u-m’vo-varch. (2x)

**L'chah Dodi Version #2**

L'chah dodi likrat kalah, p’nei Shabbat n’kab’lah.
  Shamor v’zachor b’dibur echad,
  Hish’mi-anu El ham’yuchad,
  Adonai echad, ush’mo echad,
  L’sheim ul’tif’eret v’lit’hilah.

Lik’rat Shabbat l’chu v’neil’chah,
Ki hi m’kor hab’rachah,
Meirosh mikedem n’suchah,
Sof ma-aseh b’machashavah t’chilah.

Hitor’ri, hitor’ri,
Ki va oreich! Kumi ori
Uri uri, shir dabeiri;
K’vod Adonai alayich nig’lah.

*We rise and face the entrance to welcome the Sabbath Bride*

Bo-i v’shalom, ateret ba’lach;
Gam b’simchah uv’tzoholah
Toch emunei am s’gulah,
Bo-i chalah! Bo-i chalah!

Translation Summary: My beloved, come greet the Sabbath Bride. Arise! Awake! Sing out!

**Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one’s lifetime.**

-- Mark Twain
Kabbalat Shabbat Service

Shiru L’Adonai Psalm 96

Shiru l’Adonai, kol ha-aretz,
Shiru l’Adonai, shir chadash. (repeat)

Harmony sung during repeat:
Shiru shiru l’Adonai,
Shiru shiru l’Adonai!

Sing unto God all the earth a new song.
I will sing unto God a new song.
Sing unto God and we’ll all sing along.
All the earth a new song unto God.

Shiru l’Adonai, kol ha-aretz,
Shiru l’Adonai, shir chadash.

Reader's Kaddish

Yit’gadal v’yit’kadash sh’mei raba:
B’alma di-v’ra chi’rutei,
V’yam’lich mal’chutei,
b’chayeichon Uv’yomeichon uv’chayeii
d’chol-beit Yisrael,
Ba-agala uviz’man kariv, v’im’ru: Amen.

Y’hei sh’mei raba m’varach
l’alam ul’al’mei al’maya. Yit’barach.

Yit’barach v’yish’tabach v’yit’pa-ar
V’yit’romam v’yit’nasei,
V’yit’hadar v’yit’aleh v’yit’halal sh’mei
d’kud’sha,
B’rich hu,
I’eila min-kol-bir’chata v’shirata,
Tush’b’chata v’nechemata da-amiran
b’al’ma
V’im’ru: Amen.

Optional Reading:

This is an hour of change. Within it we stand uncertain on the border of light.
Shall we draw back or cross over? Where shall our hearts turn?
Shall we draw back, my brother, my sister, or cross over?

This is the hour of change, and within it, we stand quietly on the border of light.
What lies before us?
Shall we draw back, my brother, my sister, or cross over?
The Barchu is the “Call to Worship.” Why is the Call to Worship placed so far into the service? Because realistically, it takes us this long to truly “arrive.” The Barchu beckons us to “show up” and “be here now.” It reminds us that if our minds and hearts still linger elsewhere, the time has come to arrive here with the fullness of our being.

Please Rise

Bar’chu

Ya-lai-lai, lai-lai lai lai, etc.
Bar’chu et Adonai ham’vorach!
Baruch Adonai ham’vorach l’olam va-ed!
Baruch Adonai ham’vorach l’olam va-ed!
Ya-lai-lai, lai-lai lai lai, etc.

Ma-ariv Arvaim is a nightly prayer reminding us to give thanks for the beauty of the natural world. Look around you. What things in nature do you see, smell, hear and feel? What can you notice that you might not have noticed had you not taken this time to do so?

Ma-ariv Aravim

Baruch Atah Adonai, Eloheinu Melech ha-olam,
Asher bid’varo ma-ariv aravim,
B’choch’mah potei-ach sh’arim,
Uvit’vunah m’shanah itim,
Umachalif et-haz’manim, um’sadeir et-hakochavim, B’mishm’roteihem baraki-akir’tzono.

Borei yom valai’lah,
Golei or mip’nei choshech v’choshech
mip’nei or, Uma-avir yom umeivi lai’lah,
mav’dil bein yom uvein lai’lah, Adonai
 tz’va-ot sh’mo.
El chai v’kayam, tamid yim’loch aleinu
 l’olam va-ed.
Baruch Atah, Adonai, hama-ariv aravim.

Look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious.

---Stephen Hawking
Ahavat Olam

Ahavat olam beit Yisrael
Am’cha ahav’ta, am’cha ahav’ta:
Torah umitzvot, chukim umish’patim
Otanu limad’ta, otanu limad’ta.

Al ken Adonai Eloheinu,
Beshoch’beinu uv’kumeinu
Nasiach b’chukecha,
V’nis’mach b’divrei toratecha
Uv’mitz’votecha l’olam va-ed.

Ki heim chayeinu, v’orech yameinu, Uvahem
neh’geh yomam valai’lah,
Neh’geh yomam valai’lah.

V’ahavat’cha al-tasir
Mimenu l’olamim!
Baruch Atah Adonai, ohev amo Yisrael.
Ohev amo Yisrael.

Please rise

Sh’ma

Sh’ma Yisrael: Adonai Eloheinu,
Adonai echad.
Baruch sheim k’vod mal’chuto
l’olam va-ed.

Hear, O Israel: the Eternal One is our God, the Eternal One alone.
(Deuteronomy 6:4)
Blessed is God’s glorious majesty forever and ever.

Please be seated

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The V’ahavat’cha offers this teaching:
Judaism is not intended to dwell exclusively in the
synagogue or home. Rather, Judaism is meant to
thrive in, and bring meaning to, the daily tasks of our
days, as we go on our way and when we come home
again.

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One day, Honi was journeying on the road and he
saw a man planting a carob tree.
He asked him, “How long does it take for this tree to
bear fruit?”
The man replied, “Seventy years.”
Honi asked, “Do you think you will live another
seventy years?”
The man replied, “When I came into the world, I
found carob trees. Much as my parents planted
these for me, so I plant these for my children.”

--Talmud Bavli Ta’anit 23a

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I only went out for a walk and finally concluded to stay
out till sundown, for going out, I found, was really going
in.

-John Muir
V’ahavta

V’ahavta eit Adonai Elohecha
b’chol l’iv’v’cha uv’chol naf’sh’cha,
uv’chol m’odecha.
V’hayu had’varim ha-eileh
Asher Anochi m’tzav’cha
hayom al-l’vavecha.
V’shinantam l’vanecha v’dibarta bam
B’shiv’t’cha b’veitecha
uv’lecht’cha vaderech
Uv’shoch’b’cha uv’kumecha.
Uk’shartam l’ot al yadecha
V’hayu l’totafot bein einecha.
Uch’tav’tam al m’zuzot beitecha
uvish’arecha.

L’m-a-an tizk’ru va-asitem et kol mitz’votai
Vih’yitem k’doshim l’Eloheichem. Ani
Adonai Eloheichem ashker hotzeiti et’chem
me’eretz Mitz’rayim Lih’ytot lachem
l’Elohim. Ani Adonai Eloheichem.

You shall love your Eternal God with all your heart, with all your soul, and with all your might. And all these words, which I command you on this day, shall be upon your heart. And you shall teach them diligently to your children. And you shall speak of them when you sit in your house, when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand. And they shall be for frontlets between your eyes. And you shall write them on the doorposts of your house and upon your gates.

(Deuteronomy 6:5-9)

So that you will remember and do all My commandments and be holy to your God. I am your Eternal God who led you out of Egypt to be your God. I am your Eternal God.

(Numbers 15:40-41).

Mi Chamocha

Yai lai lai lai etc.

Mi chamochah ba-eilim Adonai?
Mi-kamochah, ne’dar bakodesh,
Nora t’hilot, oseh feleh?
Nora t’hilot, oseh feleh?

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.

--John Muir
Kabbalat Shabbat Service

Malchuta ra’u vanecha, Malchuta ra’u vanecha.
bokei’a yam lifnei Mosheh; bokei’a yam lifnei Mosheh.
Zeh Eili, anu v’am’ru Zeh Eili, anu v’am’ru:
Zeh Eili, anu v’am’ru:

Adonai yim’loch, l’olam va’ed!
Adonai yim’loch, l’olam va’ed

Yai lai lai lai etc.

The world is big, and I want to have a good look at it before it gets dark.”
-- John Muir

Hashkiveinu

Uf’ros aleinu sukkat, Spread over us a shelter of Your peace.
sukkat sh’lomecha.
Uf’ros aleinu sukkat, Spread over us a shelter of Your peace.
sukkat sh’lomecha.

Yai lai lai lai (clap)
Yai lai lai lai (clap)
Yai lai lai lai lai lai lai (clap)

Yai lai lai lai (clap)
Yai lai lai lai (clap)
Yai lai lai lai lai lai lai.

Help me withdraw for a while from the flight of time.
Contain the retreat of the hours and days from the grasp of frantic life.

Let me learn to pause, if only for this day.
Let me find peace on this day.
Let me enter into a quiet world this day.
On this day, Shabbat, abide.
- David Polish

Drash (sermon)

Try This: Don’t stand up yet.

We are going to take our time, repeating the introductory to the Amidah 5-7 times, possibly more! We will start quietly, building intensity with each repetition. When we have reached the height of our sound and power, we will decrescendo, ending the last repetition quietly.

Stand up any time during those introductory repeats.

AMIDAH

Ana na na na na na Adonai, Eternal God, open my lips, that my mouth may declare Your glory
Ana na na na na s’fatai tiftach, (Psalm 51:17).
Ana na na na na ufi yagid
Ufi yagid t’hilatecha.
Repeat
1. Avot v’Imahot

Baruch atah Adonai, Eloheinu v’Elohei avoteinu v’Imoteinu, 
Elohei Avraham, Elohei Yitzchak, 
V’Elohei Yaakov. 
Elohei Sarah, Elohei Rivkah, 
Elohei Leah, v’Elohei Rachel. 
Ha-El hagadol hagibor v’hanora, 
El elyon. 
Gomeil chasadim Tovim, 
v’konei hakol, 
v’zocheir chasdei avot V’imahot, 
umeivi g’ulah liv’nei v’neihem, 
l’ma-an sh’mo b’ahava. 
Melech ozeir umosha umagein. 
Baruch Atah Adonai, 
magen Avraham v’ezrat Sarah.

2. G’vurot

Atah gibor l’olam, Adonai, m’chayei hakol atah, 
rav l’hoshi-a. 
M’chakel chayim b’chesed, 
m’chayei hakol b’rachamim rabim. 
Somech noflim, v’rofe cholim, umatir asurim, 
Um’kayeim emunato, 
Melech meimit um’chayeh umatzmiach y’shuah? 
V’ne-eman atah l’hachayot hakol. 
Baruch Atah Adonai, m’chayeh hakol.

3. K’dushat HaShem

Atah kadosh v’shimcha kadosh 
Uk’doshim b’chol-yom 
y’hal’luca, Selah! 
Baruch Atah Adonai, ha-El hakadosh.
Whenever Jews pray, we end with a prayer for peace and at that point we take three steps backward. To make peace you have to make space for someone else. You have to give up a little of your dream for the sake of someone else’s dream.

--Rabbi Lord Jonathon Sacks

Please be seated

We pause for silent reflection. Inspirational readings can be found on the inside cover and the last page.

Yih’yu L’ratzon

Y’hiiyu l’ratzon im’rei-fi, im’rei-fi.
V’hegyon libi l’faneca,
Adonai, tzuri, Adonai,
Tzuri v’go-ali, 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. (Psalms 19:15)

Shalom Rav

Chorus:
Shalom rav al-Yisrael am’cha
tasim l’olam.
Shalom rav al-Yisrael am’cha
tasim l’olam.

Verse 1:
Ki Atah hu Melech Adon l’chol-hashalom.
Ki Atah hu Melech Adon l’chol-hashalom.

Chorus

Verse 2:
V’tov b’einecha l’vareich et-am’cha Yisrael
B’chol-eit uv’chol-sha’ah bish’lomecha.

Chorus

Oseh Shalom

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

Ya-aseh shalom, ya-aseh shalom
shalom aleinu v’alkol Yisrael!

May the Maker of peace in the high places make peace descend upon us and upon all Israel.

How wonderful it is that nobody needs to wait a single moment before starting to improve the world.

--Anne Frank
Last Night I Had the Strangest Dream

Last night I had the strangest dream I ever dreamed before, I dreamed the world had all agreed To put an end to war I dreamed I saw a mighty room The room was filled with men And the paper they were signing said They’d never fight again And when the papers all were signed And a million copies made They all joined hands and bowed their heads And grateful prayers were prayed. And the people in the streets below Were dancing round and round And guns and swords and uniforms Were scattered on the ground Last night I had the strangest dream I ever dreamed before I dreamed the world had all agreed To put an end to war…

-- Ed McCurdy

I keep my ideals, because in spite of everything I still believe that people are really good at heart.

--Anne Frank

Aleinu

Aleinu l’shabei-ach la-adon hakol, lateit g’dulah l’yotzer b’reishit, shelo asanu k’goyei ha-aratzot, velo samanu k’mishp’chot ha-adamah; shelo sam chelkeinu kahem, v’goraleinu k’chol-hamonam.

Va-Anachnu kor’im umish’tachavim umodim lif’nei Melech Mal’chei haM’lachim, haKadosh Baruch Hu.

V’ne-emar: v’hayah Adonai l’melech al-kol-ha-aretz; bayom hahu yih’yeh Adonai echad, ush’mo echad!

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to divine a purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of others… Above all, for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy.

--Albert Einstein, Living Philosophies (adapted)
Mourner's Kaddish

It customary in our congregation to share the names of loved ones who have passed away recently or at this time in years past. As the Rabbi’s hand passes across the community, indicate with a wave and she will pause for you to say your loved one’s name and their relationship to you. The purpose of this custom is to enable us to give each other condolences and inquire about our loved ones.

Yit’gadal v’yit’kadosh sh’mey rabah.
B’alma di-v’ra chir’uteih, v’yam’lich mal’chuteih B’chayeichon
uv’yomeichon uv’chayei d’chol beit Yisrael, ba-agala uviz’m’an kariv,
v’im’ru: Amen.

Y’hei sh’mey rabah m’vorach l’alam ul’almei al’maya.

Yit’barch v’yish’tabach v’yit’pa-ar v’yit’romam V’yit’nasei v’yit’hadar v’yit’aleh v’yit’halal sh’mey bah D’kud’sha, B’rich Hu, l’eila min-kol-bir’chata V’shirata tush’b’chata v’nechemata da’amiran
B’alma, v’im’ru: Amen.

Y’hei sh’lama raba min-sh’maya v’chayim aleinu

Oseh shaloh bim’romav, Hu ya-aseh shaloh

There are stars whose light only reaches us long after they have turned to dust and memory.

There are people whose remembrance gives light long after they have passed from this world. Their memory shines to light our path when we must travel the darkest road.

Announcements

Please return your prayerbooks as you exit. We need them for our next service. We would be happy to send you an electronic copy. Just email us and ask.

Kids and teens are invited to join the Rabbi on the bimah.

★★
Kabbalat Shabbat Service

Kiddush
Baruch ata Adonai,
Eloheinu melech haolam, borei p’ri hagafen.
Baruch ata Adonai, Eloheinu melech ha-olam, asher kid’shanu
b’mitzvotav v’ratza vanu, v’shabbat kod’sho b’ahava uv’ratzon hinchilanu,
zikaron l’ma’asei v’reisheet.
Ki hu yom t’chila l’mikra’ei kodesh,
zeicher litziat m’shehu.
Ki vanu vacharta v’otanu kidashta mikol ha’amim, v’shabbat kod’sh’cha b’ahava uv’ratzon hin’chaltanu.
Baruch ata Adonai, m’kadeish hashabbat.

Blessing of the Children

Hamotzi
Baruch ata Adonai, Eloheinu melech haolam, hamotzi lechem min ha’aretz.

Praised be our Eternal God, Ruler of the universe who brings forth the bread from the earth.

Closing Song Choices:

Sabbath Prayer
May the Lord protect and defend you.
May God always shield you from shame.
May you come to be
In Israel a shining name.

May you be like Ruth and like Esther.
May you be deserving of praise.
Strengthen them, Oh Lord,
And keep them from all dangerous ways.

May God bless you and grant you long lives.

May the Lord fulfill our Sabbath prayer for you.)
May God make you good mothers and wives.
(May He send you husbands who will care for you.)

May the Lord protect and defend you.
May the Lord preserve you from pain.
Favor them, Oh Lord, with happiness and peace.
Oh, hear our Sabbath prayer. Amen.

--Jerry Block & Sheldon Harnick
Ein Keloheinu
Ein kelohenu, ein kadoneinu,
Ein k’malkeinu, ein k’moshianu.

Mi cheloheinu? Mi chadoneinu?
Mi ch’malkeinu? Mi ch’moshianu?

Nodeh ileloheinu, nodeh ladoneinu,
Nodeh l’malkeinu, nodeh l’moshianu.

Baruch eloheinu, baruch adoneinu,
Baruch malkeinu, baruch moshianu.

Ata hu eloheinu, ata hu adoneinu,
Ata hu malkeinu, ata hu moshianu.

There is none like our God, there is none like our Ruler,
there is none like our Sovereign, there is none like our Savior.

Who is like our God? Who is like our Ruler?
Who is like our Sovereign? Who is like our Savior?

We will give thanks to our God, we will give thanks
to our Ruler,
we will give thanks to our Sovereign, we will give
thanks to our Savior.

Blessed is our God, blessed is our Ruler,
blessed is our Sovereign, blessed is our Savior.

You are our God, You are our Ruler,
You are our Sovereign, You are our Savior.

Adon Olam
Adon olam, asher malach
b’terem kol-y’tzir niv’ra,
I’eit na’asah b’cheftzo kol,
azai melech sh’mo nikra.

V’charei kich’lot hakol,
I’vado yimloch nora;
v’hu hayah, v’hu hoveh,
v’hu yih’yeh b’tifarah.

V’hu echad, v’ein sheini
I’hamshil lo, I’hach’bira,
B’li reisheet, b’li tach’lit,
v’lo ha’oz v’hamis’ra.

V’hu Eili, v’chai go’ali,
v’tzir chev’li v’eit tzara,
V’hu nisi umanos li,
m’nat kosi b’yom ek’ra.

B’yado af’kid ruchi,
b’eit ishan v’aira,
V’im ruchi g’viyati,
Adonai li, v’lo ira.

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Kabbalat Shabbat Service

Shehechiyanu
Baruch atah Adonai Eloheinu melech ha'olam,
shehecheyanu v'kimanu v'higianu laz'man hazeh.

We give thanks for life, for all that sustains us and for this moment—right now.

Mi Shebeirach
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.

Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit, and let us say, Amen.

Eili Eili
Eili Eili, shelo y'gamer l'olam
Hachol v'hayam, rish-rush shel hamayim
B'rak hashamayim t'filat ha'adam.

O God, my God, I pray that these things never end:
The sand and the sea, the rush of the water,
The crash of the heavens, the prayer of the heart.

L'chi Lach
L'chi lach, to a land that I will show you
Leich l'cha, to a place you do not know
L'chi lach, on your journey I will bless you and (you shall be a blessing) 3x L'chi lach

L'chi lach, and I shall make your name great
Leich l'cha, and all shall praise your name
L'chi lach, to the place that I will show you (L'sim-chat cha-yim) 3x L'chi lach

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

--Mark Twain

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.

~Anne Frank

I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.

~John Muir
When we try to pick out anything by itself, we find it hitched to everything else in the universe.
--John Muir

The mountains are calling, and I must go.
--John Muir

The clearest way into the Universe is through a forest wilderness.
--John Muir

I don't think of all the misery, but of the beauty that still remains.
- Anne Frank

We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.
-- Jawaharial Nehru first prime minister of independent India

Think of all the beauty still left around you and be happy.
- Anne Frank

In every walk with nature one receives far more than he seeks.
-- John Muir

Climb the mountains and get their good tidings.
-- John Muir

Laziness may appear attractive, but work gives satisfaction.
- Anne Frank

Standing on the parted shores, we still believe what we were taught before ever we stood at Sinai's foot; that wherever we go, it is eternally Egypt; that there is a better place, a promised land; that the winding way to that promise passes through the wilderness. That there is no way to get from here to there except by joining hands, marching
- Michael Walzer

A Blessing (For birth, bar/bat mitzvah)
May your eyes sparkle with the light of the Torah, and your ears hear the music of its words. May the space between each letter of the scrolls bring warmth and comfort to your soul.
May the syllables draw holiness from your heart, and may this holiness be gentle and soothing to you and all God's creatures.
May your study be passionate, and meanings bear more meanings until Life itself arrays itself to you as a dazzling wedding feast.
And may your conversation, even of the commonplace, be a blessing to all who listen to your words and see the Torah glowing in your face.
-- Danny Siegel

When one tugs at a single thing in nature, he finds it attached to the rest of the world.
-- John Muir

The power of imagination makes us infinite.
-- John Muir

I must uphold my ideals, for perhaps the time will come when I shall be able to carry them out.
- Anne Frank

Keep close to Nature’s heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.
-- John Muir

Whoever is happy will make others happy too.
- Anne Frank