

## KABBALAT SHABBAT

**Yedid nefesh** av hara-chama-an, mi-sho-ch av-deh-cha el ri-tzonecha, Yar-ertz av-dach k’ moh ayal, yish-ta-cha-veh el mul ha-da-rach, Ye-eruv loh yedi-du-tach, mi-no-fet tzuf vi-chal ta-am. Ha-dur na-eh ziv ha-olam, naf-shi cho-lat a-ha-va-tach a-nah eil nah r’fah nah lah, bi-har-ot lah no-am zi-vach az tit-cha-zeich v’ tit-ra-fei, v’ ha-ya-tah lach shif-chat o-lam Va-tik ye-he-mu ra-cha-me-chah, v’to-a-fot ha-rim lo. A-sher lo ha-yam v’hu a-vach ki zeh ka-mah nich-sof nich-saf, lir-ot bi-tif-eret u-zach anah ei-li mach-mad li-bi, chu-shah nah v’ al tit-alam. Hi-ga-lei nah uf-rosh cha-viv a-lei, et su-kat sh’ lo-mach Ta-ir eretz mik-vo-dach, na-gi-lah v’ nis-me-cha bach Ma-heir a-huv ki vah mo’ed, vi-cha-nis-noo ki-mei o-lam

*Kabbalat Shabbat consists of seven poems, one for each day of the week. The six "working days of the week" are represented by six Psalms. The Sabbath is represented by the poem, L'cha Dodi.*

*(Psalm 95) L'chu n'ra-n'na* La-do-nai, Na-ri-a l'tsur yish-ei-nu. N'ka-d'ma fa-nav b'to-dah, Biz-mi-rot na-ri-a lo. Ki eil ga-dol A-do-nai, u-me-lech ga-dol al kol E-lo-him. A-sher b'ya-do mech-k'rei g-rets, v'to-a-fot ha-rim lo. A-sher lo ha-yam v'hu a-sa-hu, v'ya-be-shet ya-dav ya-tsa-ru. Bo-u nish-ta-cha-veh v'nich-ra-a, Niv-r'cha lif-nei A-do-nai o-sei-nu. Ki hu E-lo-hei-nu, va-a-nach-nu am mar-i-to v'tson ya-do. Ha-yom im b'ko-lo tish-ma-u: Al tak-shu l'vav-chem kim-ri-va, k'yom ma-sa ba-mid-bar. A-sher nis-u-ni a-vo-tei-chem, B'cha-nu-ni gam ra-u fo-o-li. Ar-ba-im shana a-kut b'dor, va-o-mar am to-ei lei-vav heim, v'heim lo ya-d'u d'ra-chai. A-sher nish-ba'-ti v'a-pi, im y'vo-un el m'nu-cha-ti.

*(Psalm 96) Shi-ru La-do-nai shir cha-dash*, Shi-ru La-do-nai kol ha-a-rets. Shi-ru La-do-nai ba-r'chu sh'mo, Ba-s'ru mi-yom l'yom y'shu-a-to. Sa-p'ru va-go-yim k'vo-do, b'chol ha-a-mim nif-l'o-tav. Ki ga-dol A-do-nai um-hu-lal m'od, No-ra hu al kol E-lo-him. Ki kol e-lo-hei ha-a-mim e-li-lim, Va-do-nai sha-ma-yim a-sa. Hod v'ha-dar l'fa-nav, Oz v'tif-e-ret b'mik-da-sho. Ha-yu La-do-nai mish-p'chot a-mim, Ha-vu La-do-nai ka-yod va-oz. Ha-yu La-do-nai k'vod sh'mo, S'u min-cha u-vo-u l'chats-ro-tav. Hish-ta-cha-vu la-do-nai b'had-rat ko-desh, Chi-lu mi-pa-nav kol ha-a-rets. Im-ru va-go-yim A-do-nai ma-lach, Af ti-kon tei-veil bal ti-mot, yadin a-mim b'mei-sha-rim. Yis-m'chu ha-sha-ma-yim v'ta-geil ha-a-rets, Yir-am ha-yam um-lo-o. Ya-a-loz sa-dai v'chol a-sher bo, Az y'ra-n'nu kol a-tsei ya-ar; Lif-nei Adonai ki va, ki va lishpot ha-a-retz; Yishpot tei-veil b'tzedek, v'a-mim be-emunato.

*(Psalm 97) A-do-nai ma-lach, ta-geil ha-a-rets*, yis-m'chu i-yim ra-bim. A-nan va-a-ra-fel s'vi-vav, tse-dek u-mish-pat m'chon kis-o. Eish l'fa-nav tei-leich, ut-la-heit sa-viv tsa-rav. Hei-i-ru v'ra-kav tei-veil, ra-a-ta va-ta-cheil ha-a-rets. Ha-rim ka-do-nag na-ma-su mi-lif-nei A-do-nai, mi-lif-nei a-don kol ha-a-rets. Hi-gi-du ha-sha-ma-yim tsid-ko, v'ra-u chol ha-a-mim k'vo-do. Yei-vo-shu kol o-v'dei fe-sel, ha-mit-ha-l'lim ba-e-li-lim, hish-ta-cha-vu lo kol e-lo-him. Sha-m'a va-tis-mach T'si-on, va-ta-geil-na b'not Y'hu-dah, l'ma-an mish-pa-te-cha A-do-nai. Ki a-tah A-do-nai el-yon al kol ha-a-rets, m'od na-a-lei-ta, al ol e-lo-him. O-ha-vei A-do-nai, sin-u ra, sho-meir naf-shot cha-si-dav, Mi-yad r'sha-im ya-tsi-leim. Or za-ru-a la-tsa-dik, ul-yish-rei leiv sim-cha. Sim-chu tsa-di-kim Ba-do-nai, v'ho-du l'zei-cher kod-sho.

*(Psalm 98) Miz-mor Shi-ru La-do-nai Shir Cha-dash*, ki nif-la-ot a-sa, Ho-shi-a lo y'mi-no uz-ro-a kod-sho. Ho-di-a A-do-nai y'shu-a-to, l'ei-nei ha-go-yim gi-la tsid-ka-to. Za-char chas-do ve-e-mu-na-to l'veit Yis-ra-eil, ra-u chol af-sei a-rets eit y'shu-at E-lo-hei-nu. Ha-ri-u La-do-nai kol ha-a-rets, Pits-chu v'ra-n'nu v'za-mei-ru. Zam'ru La-do-nai b'chi-nor, b'chi-nor v'kol zim-ra. Ba-cha-tso-ts'rot v'kol sho-far ha-ri-u lif-nei ha-me-lech A-do-nai. Yir-am ha-yam um-lo-o, tei-veil v'yo-sh'vei va. N'ha-rot yim-cha-u chaf, ya-chad ha-rim y'ra-nei-nu. Lif-nei A-do-nai ki va lish-pot ha-a-rets yish-pot tei-veil b'tse-dek, v'a-mim b'mei-sha-rim.

*(Psalm 99) A-do-nai ma-lach yir-g'zu a-mim*, yo-sheiv k'ru-vim, ta-nut ha-a-rets. A-do-nai b'tsi-on ga-dol, v'ram hu al kol ha-a-mim. Yo-du shim-cha ga-dol v'no-ra, ka-dosh hu. V'oz me-lech mish-pat a-heiv, a-ta ko-nan-ta mei-sha-rim, Mish-pat uts-da-ka b'Ya-a-kov a-ta a-si-ta. Ro-m'mu A-do-nai E-lo-hei-nu, v'hish-ta-cha-vu la-ha-dom rag-lav: "Ka-dosh hu!" Mo-she v'A-ha-ron b'cho-ha-nav u-Sh-mu-eil b'ko-r'ei sh'mo, Ko-rim el A-do-nai v'hu ya-a-neim. B'a-mud a-nan y'da-beir a-lei-hem, sha-m'ru ei-do-tav v'chok na-tan la-mo. A-do-nai E-lo-hei-nu a-ta a-ni-tam, eil no-sei ha-yi-ta la-hem, V'no-keim al a-li-lo-tam. Ro-m'mu A-do-nai E-lo-hei-nu, v'hish-ta-cha-vu l'har kod-sho, Ki ka-dosh A-do-nai E-lo-hei-nu.

*(Psalm 29) Miz-mor l'Da-vid: Ha-yu La-do-nai* b'nei ei-lim Ha-yu La-do-nai kavod va-oz Ha-yu La-do-nai k'vod sh'mo hish-ta-cha-vu La-do-nai b'had-rat ko-desh. Kol A-do-nai al ha-ma-yim eil ha-ka-vod, hir-im A-do-nai al ma-yim ra-bim. Kol A-do-nai ba-ko-ach Kol A-do-nai be-ha-dar Kol A-do-nai sho-veir a-ra-zim Vay'sha-beir A-do-nai et ar-zei ha-l'va-non. Va-yar-ki-deim k'mo ei-gel l'va-vov v'sir-yon k'mo ven r'ei-mim. Kol A-do-nai cho-tseiv la-ha-vo-et eish. Kol A-do-nai ya-chil mid-bar Ya-chil A-do-nai mid-bar Ka-desh. Kol A-do-nai y'cho-leil a-ya-lot va-ye-che-sof y'a-rot uv-hei-cha-lo ku-lo o-meir ka-vod. A-do-nai la-ma-bul ya-shav va-vei-shev A-do-nai me-lech l'olam. A-do-nai oz l'a-mo yi-tein A-do-nai y'va-reich et a-mo va-sha-lom.

**A-nah b'cho-ach** gi-du-lat yi-min-cha ta-tir tzi-ru-rah: Ka-beil ri-nat am-chah sag-veinu ta-ha-rei-nu no-rah: nah gi-bor dor-shei yichud-chah ki-vo-vat sham-reim: bar-cheim ta-ha-reim ra-cha-meim tzid-kat-chah tamid gam-leim: cha-sin ka-dosh bi-rov tuv-chah na-hey! a-do-techah. Ya-chid gei-eh le-am-chah p-nei zoch-rei ki-du-sha-techah: shav-atei-nu ka-beil u-she-mah tza-a-kotei-nu yo-de-ah ta-a-lu-mot. Baruch sheim ki-vod mal-chu-toh li-o-lam vo-ed:

**L'cha do-di** lik-rat ka-la, P'nei Sha-bat n'ka-b'la. (x2) Sha-mor v'za-chor b'di-bur e-chad, hish-mi-a-nu eil ham-yu-chad. A-do-nai e-chad ush-mo e-chad, l'sheim ul-tif-e-ret v'lit-hi-la. **L'cha do-di...** Lik-rat Sha-bat l'chu v'nei-l'cha, ki hi m'kor ha-b'ra-cha. meirosh mik'edem n'sucha, sof ma'aseh, b'machashava t'chi-la. **L'cha do-di...** Mik-dash me-lech, ir m'lu-cha, ku-mi tz'i mi-toch ha-ha-fei-cha. Rav lach shevet b'eimek habacha v'hu yachamol alayich chemla. **L'cha dodi...** Hit-na-a-ri! Mei-a-far ku-mi! Liv-shi big-dei tif-ar-teich, a-mi! Al yad ben Yi-shai, beit ha-lach-mi kor-ya el naf-shi g'a-lah. **L'cha do-di...** Hit-o-r'ri! Hit-o-r'ri! ki va o-reich! Ku-mi o-ri, u-ri, u-ri, shir da-bei-ri; k'vod A-do-nai a-la-yich nig-la. **L'cha do-di...** Lo tei-vo-shi v'lo ti-ka-l'mi; ma tish-to-cha-chi, u-ma te-he-mi? bach ye-che-su a-ni-vei a-mi, v'niv-n'ta ir al ti-la. **L'cha do-di...**

V'ha-yu lim-shi-sa sho-sa-yich, v'ra-cha-ku, kol m'va-l'-a-yich; ya-sis a-la-yich E-lo-ha-yich, kim-sos cha-tan al ka-la. **L'cha do-di...** Ya-min us-mol tif-ro-tsi, v'et A-do-nai ta-a-ri-tsi; al yad ish ben par-tsi, v'nis-m'cha v'na-gi-la. **L'cha do-di...**

Bo-i v'sha-lom, a-te-ret ba'l'lah; gam < b'sim-cha | b'ri-na > uv-tso-ho-la. toch e-mu-nei am s'gu-la. Bo-i cha-la! Bo-i cha-la! **L'cha do-di...**

*"Each service is preceded by an introductory section whose main theme is praise. It helps bridge the wide psychological gap between the active working world and the introspective world of prayer." -The Synagogue Survival Kit, J. Wagner*

*(Psalm 92) Miz-mor shir l'yom ha-Sha-bat:* Tov l'ho-dot la-A-do-nai, ul-za-meir l'shim-cha el-yon. L'ha-gid ba-bo-ker chas-de-cha, ve-e-mu-na-t'cha ba-lei-lot. a-lei a-sor va-a-lei na-vel, a-lei hi-ga-yon b'chi-nor. Ki si-mach-ta-ni A-do-nai b'fo-a-le-cha, b'ma-a-sei ya-de-cha a-ra-neim. Ma ga-r'l'u ma-a-se-cha A-do-nai, m'od a-m'ku mach-sh'vo-te-cha. Ish ba-ar lo yei-da, uch-sil lo ya-vin et zot. Bif-ro-ach r'sha-im k'mo ei-sev va-ya-tsi-tsu kol po-a-lei a-ven l'hi-sha-m'dam a-dei ad. V'a-ta ma-rom l'o-lam A-do-nai. Ki hi-nei o-y've-cha A-do-nai, ki hi-nei o-y've-cha yo-vei-do yit-pa-r'du kol po-a-lei a-ven. Va-ta-rem kir-eim kar-ni, ba-lo-ti b'she-men ra-a-nan. Va-ta-beit ei-ni b'shu-rai, ba-ka-mim a-lai m'rei-im tish-ma-na oz-nai. Tsa-dik ka-ta-mar yif-rach, k'e-rez ba-l'va-non yis-geh. Sh'tu-lim b'veit A-do-nai, b'chats-rot E-lo-hei-nu yaf-ri-chu. Od y'nu-vun b'sei-va, d'shei-nim v'ra-a-na-nim yi-h'yu, L'ha-gid ki ya-shar Adonai, Tsu-ri, v'lo av-lata bo.

*(Psalm 93) A-do-nai ma-lach gei-ut la-veish*, La-veish A-do-nai oz hit-a-zar, Af ti-kon tei-veil bal ti-mot. Na-chon kis-a-cha mei-az, mei-o-lam a-ta. Na-s'u n'ha-rot, A-do-nai, Na-s'u n'ha-rot ko-lam, Yis-u n'ha-rot doch-yam. Mi-ko-lot ma-yim ra-bim, A-di-rim mish-b'rei yam, Adir ba-ma-rom A-do-nai. Ei-do-te-cha ne-em-nu m'od, L'vei-t'cha na-a-va ko-desh, Adonai, l'o-rech ya-mim.

*[Kaddish means, simply, Sanctification. Originally inspired by Ezekiel, its mood emanates from an awareness of G-d's infinite power and majesty. It has always been a bold testament of faith in the existence and sovereignty of a great and holy G-d. It is said to indicate the end of subdivisions in the synagogue service. Kiddush Shalem (Full Kaddish) is said to indicate the completeness of a prescribed service. The recitation of a Mourner's Kaddish (Kaddish Yatom; literally Orphan's Kaddish) was instituted in the 16<sup>th</sup> century by R' Isserles, as it is at the time of tragedy and loss that offers the greater challenge of remembering and reaffirming one's faith. Kaddish d'Rabbanan (Kaddish of the Rabbis) is recited after any session that includes some midrashic or aggadic study or recitation.]*

*–To Pray as a Jew, Y. Donin*

<b>Kaddish</b>
Yit-ga-dal v'yit-ka-dash sh'mei ra-ba,Amen. <i>Amen.</i>
B'al-ma di-v'ra chi-ru-tei, v'yam-lich mal-chu-tei b'chai-yei-chon uv'yo-mei-chon uv'chai-vei d'chol beit Yisra-el, ba-a-ga-la u-viz-man ka-riy, v'im'ru: Amen. <i>Amen.</i>
<i>Y'hei sh'mei r'cho-vel va-<u>ra</u>-rach l'a-lam ul'al-mei al-ma-ya.</i>
Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam v'yit-na-sei, v'yit-ha-dar v'yit-a-leh v'yit-ha-lal, sh'mei d'ku-d'sha, b'rich hu, <i>b'rich hu</i> l' <u>ei</u> -la min kol bir-cha-ta v'shi- <u>ra</u> -ta, tush-b'cha-ta v'ne-che-ma-ta, da-a-mi-ran b'al-ma, v'im'ru: Amen. <i>Amen.</i>
<i>(For Kaddish d'Rabbanan, add: Al Yis-ra-eil v'al ra-ba-nan, v'al tal-mi-dei-hon, v'al kol tal-mi-dei tal-mi-dei-hon, v'al kol man d'a-s'kin b'o-ra-y'ta, di v'at-ra ha-dein v'di v'chol a-tar va-a-tar; Y'hei l'hon u-l'chon, sh'l'a-<u>ma</u> ra-<u>ba</u>, chi-na v'chis-da, v'ra-cha-min v'cha-yin a-ri-chin, u-fur-ka-na min-ka-dam a-vu-hon d'vi-sh'ma-ya, v'im'ru: Amen.)</i>
<i>(For Kaddish Shalem, add: Tit-ka-bal ts'lo-t'hon u-va-o-t'hon d'chol beit Yis-ra-eil ka-dam a-vu-hon di vish-ma-ya, v'im'ru: Amen.)</i>
<i>(For Kaddish Yatom, Kaddish Shalem, &amp; Kaddish d'Rabbanan add: Y'hei sh'l'a-<u>ma</u> ra-<u>ba</u> min sh'ma-<u>ya</u>, v'cha-yim, a-<u>lei</u>-nu kol Yis-ra-el, v'im'ru: Amen.</i>
<i>O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-<u>lei</u>-nu v'al kol Yis-ra-el, v'im'ru: Amen.)</i>

***Mishnah (Shabbat 2) & Talmud (Berachot 64a):***Ba-meh mad-li-kin u-va-mah ayn mad-li-kin. ayn mad-li-kin lo v'leh-chesh, v'lo v'choson, v'lo v'cha-lach, v'lo bif-ti-lach ha-i-don, v'lo bif-ti-lat ha-mid-bar, v'lo vi-roo-dah sha-al p-nai ha-ma-yim. Lo vi-ze-fet v'lo v'sha-a-vah Kik, v'lo v'she-men kik, v'lo v'she-men s'rei-fah, v'lo v'al-yav v'lo vi-chei-lev na-chum ha-ma-di o-mer, mad-li-kin b'chei-lav m-vu-shal. Va-cha-mim or-rim, e-chad m-vu-shal v'a-chad sha-ei-nu m-vu-shal ayn mad-li-kin bo: ayn mad-li-kin b'sha-man s'rei-fah b'ym tov. Ra-bi yish-ma-eil o-mer, ayn mad-li-kinb`it-ran, mif-nei ki-vo-ha-shabat vah-cha-cha-mim ma-tir-in b'chol ha-shma-nim, b'sham-an shum-shmin, b'sha-man ego-nim, b'sha-man tzi-no-not, b'sham-an dag-im, b'sham-an pa-ku-ot, b`it-ran u-v`nei-fit. Ra-bi tar-fon o-mer, ayn mad-li-kin a-lah b'sha-man za-yat bil-vad: kol ha-yo-tzeir min ha-eitz ayn mad-li-kin bo a-lah pish-tan. V'chol ha-yo-tzei min ha-eitz ei-no mi-ta-mei tum-at o-ha-lim a-lah pish-tan. P'ti-lat ha-be-ged sha-kif-lah v'lo hiv-ha-chah, ra-bi eli-ei-zer o-mer, ti-mei-ah he, v'ayn mad-li-kin bah. Ra-bi aki-va-h o-mer, ti-ho-rah li, u-mad-li-kin bah: lo yi-kov a-dam sh-fofa-ret shel bei-tzah vi-mal-a-nah sh-man v'yit-na-nah al pi haneir bish-vil shet-hay mih-atafet, va-afi-lu hi shel cheres. V'ra-bi y'hu-dah ma-tir. Aval im chib-rah ha-yo-tzeir mit-chi-lah, mu-tar, mif-nei she-hu k'li eched . lo y'am-lei adam k'a-rah sha-man vit-na-nah bi-tzar ha-neir v'yi-tein rosh haf'ti-lah b'to-chah, bish`vil shat-hei sho-ebet. V'ra-bi y`hu-dah ma-tir: ham-cha-beh et ha-neir mif-nei she-hu mit-ya-rei mip-nei goyim, mip-nei lis-tim, mip-nei ru-ach ta-ah, o bish-vil ha-cho-lah sha-yi-shan, pa-tur. Ki-chas al ha-neir, ki-chas al ha-she-man, ki-chas al haf-ti-lah, cha-yav. Ra-bi yo-si po-teir bich-lan chutz min haf-ti-lah, mip-nei she-hu o-sah pa-chem: al sha-losh a-vei-rot na-shim mei-tot bish-at lei-da-tan, al she-ei-nan zi-hi-rot b`nidah b`challah u-v`had-la-kat ha-neir: shlo-sha d`varim tza-rich adam lo-meir b'toch bei-to erev shabat im cha-shei-chah. Is-ar-tem. ei-rav-tem. had-li-ku et hei-neir! Sa-feik ei-nah cha-shei-chah, ayn mi-as-rin et ha-va-dai, v'ayn mit-bi-lin et ha-cha-min: tim-yah, amar ra-bi cha-nan-yah: cha-yav adam l'mash-meish b'ge-dav b'erev shabat im cha-shei-chah, shemah yish-kach v'yei-tzah. Amar rav yosef: hi-lich-tah rab-tah li-shab-tah.

Amar ra-bi eli-zar amar ra-bi cha-ni-nah: talmid-ei cha-cha-mim mar-bim sha-lomba-olam, she-ne-emar: v'chol ba-na-yich li-mu-bi-ti Adonai v'rav sh`lom ba-na-yich: al tik-ri ba-na-yich, elah bo-na-yich. Shalom rav li-o-ha-vei tora-techa, v'ayn la-mo mich-shol: y'hi shalom b'chei-leich, shalvah b'ar-min-o-ta-yeich: L'ma-an a-chai v'rei-a, a-da-bra na sha-lom bach, l'ma-an beit A-do-nai E-lo-hei-nu, a-vak-sha tov lach, Adonai oz l'a-mo yi-tein, Adonai y'va-rech et a-mo va-sha-lom.

*Kaddish D'Rabbanan*

## MA'ARIV L'SHABBAT

**Ba-r'chu** et A-do-nai ha-m'vo-rach. Ba-ruch A-do-nai ha-m'vo-rach l'o-lam va'ed. Ba-ruch a-ta A-do-nai, E-lo-hei-nu me-lech ha-o-lam, a-sher bid'varo ma-a-riv a-ra-vim. B'choch-ma-po-tei-ach sh'a-rim, u-vit'vu-na m'sha-neh i-tim, u-ma-cha-lif et haz'ma-nim, u-m'sa-deir et ha-ko-cha-vim b'mish-m'ro-tei-hem ba-ra-ki-a kir-tso-no. Bo-rei yom va-lai-la, go-leil or mi-p'nei cho-shech v'cho-shech mi-p'nei or, u-ma-a-vir yom u-mei-vi lai-la, u-mav-dil bein yom u-vein lai-la, A-do-nai ts'va-ot sh'Mo. Eil chai v'ka-yam, ta-mid yim-loch a-lei-nu, l'o-lam va'ed. Ba-ruch a-ta A-do-nai, ha-ma-a-riv a-ra-vim.

**A-ha-vat O-lam** beit Yis-ra-eil a-m'cha a-hav-ta. To-rah u-mits-vot, chu-kim u-mish-pa-tim, o-ta-nu li-ma-d'ta. Al kein A-do-nai E-lo-hei-nu b'shoch-vei-nu u-v'ku-mei-nu na-si-ach b'chu-ke-cha v'nis-mach b'div-rei [tal-mud] to-ra-te-cha u-v'mitz-vo-te-cha l'o-lam va-ed. Ki heim cha-vei-nu, v'o-rech ya-mei-nu u'va-hem neh-geh yo-mam va-lai-la V'a-ha-va-t'cha al ta-sir mi-me-nu l'o-la-mim. Ba-ruch a-tah A-do-nai, o-heiv a-mo Yis-ra-eil.

**Sh'ma** Yis-ra-eil, A-do-nai E-lo-hei-ni-nu, A-do-nai E-chad.

Ba-ruch sheim k'vod mal-chu-to l'o-lam va-ed

V'a-havta et Adonai E-lo-hecha, b'chol l'va-v'cha, u-v'chol naf-sh'cha, u-v'chol m'o-decha. V'ha-yu ha-d'va-rim ha-ei-leh, Asher a-nochi m'tza-v'cha ha-yom, al l'va-vecha. V'shi-nantam l'-va-necha, v'di-barta bam b'shiv-t'cha b'vei-techa, uv-lech-t'cha va-derech, u-v'shoch-b'cha uv-ku-mecha. Uk-shartam l'ot al ya-decha, v'ha-yu l'to-ta-fot bein ei-necha. Uch-tavtam, al m'zu-zot bei-techa, u-vish-a-re-cha.

V'ha-ya, im sha-mo-a tish-m'u el mits-vo-tai a-sher a-no-chi m'tsa-veh et-chem ha-yom l'a-ha-va et A-do-nai E-lo-hei-chem ul-ov-do b'chol l'vav-chem, u-v'chol naf-sh'chem, V'na-ta-ti m'tar ar-tis'chem b'to, yo-reh u-mal-kosh, v'a-saf-ta d'ga-ne-cha, v'ti-ro-sh'cha v'yits-ha-re-cha. V'na-ta-ti ei-sev b'sa-d'cha liv-hem-te-cha, v'a-chal-ta v'sa-va-ta. Hi-sha-m'ru la-chem pen yif-te l'vav-chem, v'sar-tem, va-a-vad-tem E-lo-him a-chei-rim, v'hish-ta-cha-vi-tem la-hem. V'cha-rah af A-do-nai ba-chem, v'a-tsar et ha-sha-ma-yim, v'lo yi-h'yeh ma-tar, v'ha-a-da-ma lo ti-tein et y'vu-la, va-a-vad-tem m'hei-ra mei-al ha-a-rets ha-to-va a-sher A-do-nai no-tein la-chem. V'sam-tem et d'vara ei-leh, al l'vav-chem v'al naf-sh'chem, uk-shar-tem o-tam l'ot al yed-chem, v'ha-yu l'to-ta-fot bein ei-nei-chem. V'li-mad-tem o-tam et b'nei-chem, l'da-beir bam b'shiv-t'cha v'bei-te-cha, uv-lech-t'cha va-de-rech u-v'shoch-b'cha uv-ku-me-cha. Uch-tav-tam, al m'zu-zot bei-te-cha, u-vish-a-re-cha. L'ma-an yir-bu y'mei-chem, vi-mei v'nei-chem, al ha-a-da-ma a-sher nish-ba A-do-nai la-a-vo-tei-chem, la-teit la-hem ki-mei ha-sha-ma-yim al ha-a-rets.

Va-yo-meir A-do-nai el Mo-she lei-mor: Da-beir el b'nei Yis-ra-eil, v'a-mar-ta a-lei-hem v'a-su la-hem tsi-tsit, al kan-fei vig-dei-hem l'do-ro-tam, v'na-t'nu al tsi-tsit ha-ka-naf p'til t'chei-let. V'ha-ya la-chem l'tsi-tsit, ur-i-tem o-to uz-char-tem et kol mits-vot A-do-nai, va-a-si-tem o-tam, v'lo ta-tu-ru a-cha-rei l'vav-chem, v'a-cha-rei ei-nei-chem a-sher a-tem zo-nim a-cha-rei-hem, L'ma-an tiz-k'ru, va-a-si-tem et kol mits-vo-tai yi-h'y'i-tem k'do-shim lei-lo-hei-chem. A-ni A-do-nai E-lo-hei-chem, a-sher ho-tsei-ti et-chem mei-e-rets Mits-ra-yim li-h'yot la-chem lei-lo-him; A-ni A-do-nai **E-lo-hei-chem: ...E-met...**

**...ve-e-mu-na** kol zot, v'ka-yam a-lei-nu, ki hu A-do-nai E-lo-hei-nu v'ein zu-la-to, va-a-nach-nu, Yis-ra-eil a-mo. Ha-po-dei-nu mi-yad m'la-chim, mal-kei-nu ha-go-a-lei-nu mi-kaf kol he-a-ri-tsim. Ha-eil ha-nif-ra la-nu mi-tsa-rei-nu, v'ha-m'sha-leim g'mul l'chol o-y'vei naf-shei-nu. Ha-o-seh g'do-lot ad ein chei-ker, v'nif-la-ot ad ein mis-par. Ha-sam naf-shei-nu ba-cha-yim, v'lo na-tan la-mot rag-lei-nu. Ha-mad-ri-chei-nu al ba-mot o-y'vei-nu, va-ya-rem kar-nei-nu al kol so-n'e'i-nu. Ha-o-seh la-nu ni-sim un-ka-ma b'far-o, o-tot u-mo-f'tim b'ad-mat b'nei Cham. Ha-ma-keh v'ev-ra-to, kol b'cho-rei Mits-ra-yim, va-yo-tsei et a-mo Yis-ra-eil, mito-chem l'chei-rut o-lam. Ha-ma-a-vir ba-nav bein giz-rei Yam Suf et ro-d'fei-hem v'et so-n'ei-hem, bit-ho-mot ti-ba. V'ra-u va-nav g'vu-ra-to, shi-b'chu v'ho-du lish-mo, U-mal-chu-to v'ra-tson ki-b'l'u a-lei-hem, Mo-she u-v'nei Yis-ra-eil l'cha a-nu shi-ra, b'sim'cha ra-ba, v'a-m'ru chu-lam:

Mi cha-mo-cha ba-ei-lim A-do-nai. Mi ka-mo-cha ne-'dar ba-ko-desh. No-ra t'hi-lot o-sei fe-le. Mal-chu-t'cha ra-u va-ne-cha, bo-kei-a yam lif-nei Mo-she, zeh ei-li a-nu v'a-m'ru: A-do-nai yimloch l'o-lam va-ed. V'ne-emar: Ki fa-da A-do-nai et Ya-akov, uga-lo mi-yad cha-zak mi-menu. Baruch a-tah Adonai, ga-al Yisra-el. Amen.

**Hash-ki-vei-nu** A-do-nai E-lo-hei-nu, l'sha-lom, v'ha-a-mi-dei-nu, mal-kei-nu, l'cha-yim. Ufros a-lei-nu su-kat sh'l'o-me-cha, v'ta-k'nei-nu b'ei-tsa-to va mi-l'fa-ne-cha, v'ho-shi-ei-nu l'ma-an sh'me-cha, V'ha-gein ba-a-dei-nu, v'ha-seir mei-a-lei-nu o-yeiv, de-ver v'che-rev v'ra-av v'ya-gon, V'ha-seir sa-tan mi-l'fa-nei-nu u-mei-a-cha-rei-nu, uv'tseil k'na-fe-cha tas-ti-rei-nu, Ki Eil sho-m'rei-nu u-ma-tsi-lei-nu a-tah, ki Eil me-lech cha-nun v'ra-chum a-tah. Ush'mor tsei-tei-nu u-vo-ei-nu l'ra-ch-yim ul'sha-lom, mei-a-tah v'ad o-lam, ufros a-lei-nu su-kat sh'l'o-me-cha. Ba-ruch a-tah, A-do-nai, ha-po-reis su-kat sha-lom a-lei-nu, v'al kol a-mo Yis-ra-eil, v'al Y'ru-sha-la-yim. A-mein.

(*Exodus 31:16-17*) **V'sha-m'ru** v'nei Yis-ra-eil et ha-Sha-bat, la-a-sot et ha-Sha-bat l'do-ro-tam b'rit o-lam. Bei-ni u-vein b'nei Yis-ra-eil et hi l'o-lam. Ki shei-shet ya-mim a-sa A-do-nai et ha-sha-ma-yim v'et ha-a-rets, u'va-yom ha-sh'vi-i sha-vat va-yi-na-fash.

### Kaddish

A-do-nai s'fa-tai tif-tach, u-fi ya-gid t'hi-la-te-cha.

*The Amidah, the silent personal prayer, consists of seven parts in the Shabbat Ma'ariv service. The first three blessing appeal to G-d as the protector of our forebearers, extol G-d's power and praise G-d's holiness. The final three blessings speak of the hope of the rebuilding of the holy Temple, thanksgiving to G-d, and a prayer for peace. They are called: 1.Avot (Fathers), 2.Givurot (Powers), 3. K'dushat Hashem (Holiness of G-d), 4.Kedushat Ha-yom (Sanctification of the Day), 5.Avodah (Worship), 6. Birkat Hoda'ah (Tthanksgiving), and 7. Birkat Shalom (The Peace Blessing)*

(*Avot*): Ba-ruch a-tah A-do-nai, E-lo-hei-nu, Vei-lo-hei a-vo-tei-nu, E-lo-hei Av-ra-ham, E-lo-hei Yitz-chak, Vei-lo-hei Ya-a-kov, Ha-eil Ha-Ga-dol Ha-Gi-bor v'Ha-No-rah Eil Eil-yon, go-meil cha-sa-dim to-vim v'ko-nei ha-kol v'zo-cheir chas-dei a-vot u'mei-vi go-eil liv-nei v'nei-hem l'ma-an sh'mo b'a-havah, Me-lech o-zeir u'mo-shi-a u-ma-gein Ba-ruch a-tah A-do-nai, ma-gein Av-ra-ham.

(*Givurot*): A-tah gi-bur l'o-lam, A-do-nai m'chai-yei mei-tim a-ta rav l'ho-shi-a, (between Sukkot & Pesach add: ma-shiv ha-ru-ach u-mo-rid ha-ga-shem) m'chal-keil cha-yim b'che-sed m'cha-yei mei-tim b'ra-cha-mim ra-bim so-meich no-f'lim v'ro-fei cho-lim u-ma-tir a-su-rim u-m'kai-yeim e-mu-na-to li-shei-nei a-far mi cha-mo-cha ba-al g'vu-rot u-mi do-me lach me-lech mei-mit u-m'chai-yei u-matz-mi-ach y'shu-a, v'ne-e-man a-tah l'ha-cha-yot mei-tim Ba-ruch a-tah A-do-nai, m'cha-yei ha-mei-tim.

(*K'dushat Hashem*): A-tah ka-dosh, v'shim-cha ka-dosh, u-k'do-shim b'chol yom y'ha-l'lu-cha se-lah. Ba-ruch a-tah Adonai, ha-El ha-kadosh. A-tah ki-dash-ta et yom ha-sh'vi-i li-sh'me-cha, tach-lit ma-a-sei sha-ma-yim va-a-rets, u-vei-rach-to

Va-y'chu-lu ha-sha-ma-yim v'ha-a-retz, v'chol ts'va-am. va-y'chal e-lo-him ba-yom ha-sh'vi-i, m'lach-to a-sher a-sa va-yish-bot ba-yom ha-sh'vi-i, mi-kol m'lach-to a-sher a-sa. va-y'va-rech e-lo-him et yom ha-sh'vi-i, va-y'ka-deish o-to ki vo sha-vat mi-kol m'lach-to a-sher ba-ra e-lo-him la-a-sot.

(*Sanctification of the day*): E-lo-hei-nu vei-lo-hei a-vo-tei-nu, r'tsei vim-nu-cha-tei-nu. Ka-d'shei-nu b'mitz-vo-te-cha, v'tein chel-kei-nu b'to-ra-te-cha. Sa-b'ei-nu mi-tu-ve-cha, < v'sa-m'chei-nu v'sa-mach naf-shei-nu > bi-shu-a-te-cha, v'ta-heir li-bei-nu l'ov-d'cha be-e-met. V'han-chi-lei-nu, A-do-nai E-lo-hei-nu, b'a-ha-va uv'ra-tson Sha-bat kod-she-cha, v'ya-nu-chu va [kol ] Yis-ra-eil m'ka-d'shei sh'me-cha. Ba-ruch a-tah A-do-nai, m'ka-deish ha-Sha-bat.

(*Avodah*): R'tsei, A-do-nai E-lo-hei-nu, b'a-m'cha Yis-ra-eil u-vit-fi-la-tam. V'ha-sheiv et ha-a-vo-dah lid-vir bei-te-cha. V'i-shei Yis-ra-eil ut'fi-la-tam b'a-ha-va t'ka-beil b'ra-tson. U-t'hi l'ra-tson ta-mid a-vo-dat Yis-ra-eil a-me-cha. V'te-che-ze-na ei-nei-nu b'shu-v'cha, l'Tsi-on b'ra-cha-mim. Ba-ruch a-tah A-do-nai, ha-ma-cha-zir sh'chi-na-to l'Tsi-on.

(*Birkat Hoda'ah*): Mo-dim a-nach-nu lach sha-a-ta hu A-do-nai E-lo-hei-nu vei-lo-hei a-vo-tei-nu l'olam va-ed. Tsur cha-vei-nu ma-gein yish-ei-nu a-tah hu l'dor va-dor. No-deh l'cha un'sa-peir t'hi-la-te-cha al cha-vei-nu ha-m'su-rim b'ya-de-cha v'al nish-mo-tei-nu ha-p'ku-dot lach v'al ni-se-cha she-b'chol yom i-ma-nu v'al nif-l'o-te-cha v'to-vo-te-cha, she-b'chol eit, e-rev va-yo-ker v'tso-ha-ra-yim. Ha-tov ki lo cha-lu ra-cha-me-cha v'ha-m'ra-cheim ki lo ta-mu cha-sa-de-cha [ ki ] mei-o-lam ki-vi-nu lach. V'al ku-lam, yit-ba-rach v'yit-ro-mam shim-cha Mal-kei-nu, ta-mid l'o-lam va-ed. V'chol ha-cha-yim yo-du-cha se-la la vi-ha-l'lu et shim-cha be-e-met, [l'o-lam ki tov,] ha-eil y'shu-a-tei-nu v'ez-ra-tei-nu se-la. [ha-Eil ha-tov.] Ba-ruch a-tah A-do-nai, ha-tov shim-cha ul'cha na-e l'ho-dot.

(*Birkat Shalom*): Sha-lom rav al Yis-ra-eil a-m'cha, ta-sim l'o-lam Ki a-tah hu me-lech, a-don l'chol ha-sha-lom V'tov b'ei-ne-cha l'va-reich et a-m'cha Yis-ra-eil b'chol eit u-v'chol sha-a bish-lo-me-cha. Ba-ruch a-tah A-do-nai, ha-m'va-reich et a-mo Yis-ra-eil ba-sha-lom.

### (Insert silent personal prayers & meditations.)

(*Meditation following the Amidah*): Elo-hai, n'tzor l'sho-ni mei-rah. u-spa-tai mi-da-beir mir-mah. V'lim-kal'lai naf-shi ti-dom, v'naf-shi keh-a-far la-kol ti-hayah. pi-tach li-bi bi-torah-techa, u-v'mitzo-techah tir-dof naf'shi. V'chol ha-cho-sh'vim a-lai ra-ah, m'hay-rah ha-fair a-tza-tam v'kal-keil ma-cha-shav-tam. A-sei l'ma-an sh'me-chah, a-sei l'ma-an yi-mi-ne-chah, a-sei l'ma-an ki-du-sha-te-chah. A-sei l'ma-an torah-te-chah. L'ma-an yei-chal-tzun yi-di-de-chah, ho-shi-ah yi-min-cha va-a-nei-nu. Y'hi l'ra-tzon im-rei fe v'heg-yon li-bi lif-a-ni-ne-chah, Adonai tzuri v'go-a-li. O-she shalom bim-ro-mav, hu va-a-sheh shalom alien-u vi-al kol Yis-ra-el vi-im-ru: Amein.

Y'hi ra-tzon mil-fa-nechah, Adonai elo-hei-nu ve-lo-hai avo-tei-nu, she-yi-ba-nah beit hamik-dash bim-hei-rah vi-ya-mei-nu, v'tein chel-kei-nu b'torah-techah. V'sham na-a-vad-chah bi-yir-ah ki-mei olam uch-sha-nim kad-mo-ni-ot. Vi-ar-vah l'Adonai min-chat y'hu-dah v'Y'ru-sha-la-yim ki-mei olam uch-sha-nim kad-mo-ni-ot.

Va-y'chu-lu ha-sha-ma-yim v'ha-a-retz, v'chol ts'va-am. va-y'chal e-lo-him ba-yom ha-sh'vi-i, m'lach-to a-sher a-sa va-yish-bot ba-yom ha-sh'vi-i, mi-ol m'lach-to a-sher a-sa. va-y'va-rech e-lo-him et yom ha-sh'vi-i, va-y'ka-deish o-to ki vo sha-vat mi-kol m'lach-to a-sher ba-ra e-lo-him la-a-sot.

(*Seven faceted benediction*): Ba-ruch a-tah A-do-nai, E-lo-hei-nu, v'e-lo-hei a-vo-tei-nu; E-lo-hei Av-ra-ham, E-lo-hei Yits-chak, vei-lo-hei Ya-a-kov; ha-Eil, ha-Ga-dol, ha-Gi-bor, v'ha-No-ra; Eil Eil-yon; ko-nei sha-ma-yim va-a-retz.

**Ma-gein a-vot** bid-va-ro, m'chai-vei mei-tim b'ma-a-ma-ro, ha-Eil ha-Ka-dosh she-ein ka-mo-hu, ha-mei-ni-ach l'a-mo b'yom sha-bat kad-sho, ki vam ra-tsa l'ha-ni-ach la-hem, l'fa-nav na-a-vod b'yir-a va-fa-chad, v'no-deh lish-mo b'chal yom tamid mei-ein ha-b'ra-chot. Eil ha-h-o-da-ot, a-don ha-sha-lom, m'ka-deish ha-sha-bat um'va-reich sh'vi-i, u-mei-ni-ach bi-k'du-sha l'am m'du-sh'nei o-neg zei-cher l'ma-a-sei v'rei-shit.

Ei-lo-hei-nu vei-lo-hei a-vo-tei-nu, r'tsei [ na ] vim-nu-cha-tei-nu. Ka-d'shei-nu b'mitz-vo-te-cha, v'tein chel-kei-nu b'to-ra-te-cha. Sa-b'ei-nu mi-tu-ve-cha, v'sa-m'chei-nu bi-shu-a-te-cha, v'ta-heir li-bei-nu l'ov-d'cha be-e-met. V'han-chi-lei-nu, A-do-nai E-lo-hei-nu, b'a-ha-va uv'ra-tson Sha-bat kod-she-cha, v'ya-nu-chu va Yis-ra-eil m'ka-d'shei sh'me-cha. Ba-ruch a-tah A-do-nai, Ba-ruch hu u-va-ruch sh'mo! m'ka-deish ha-Sha-bat.

### Kaddish Shalem

**A-leinu** l'sha-bei-ach la-a-don ha-kol la-teit g'du-la l'yo-tseir b'rei-shit she-lo a-sa-nu k'go-yei ha-a-ra-tzot v'lo sa-ma-nu k'mish-p'chot ha-a-da-ma she-lo sam hel-kei-nu ka-hem v'go-ra-lei-nu k'chol ha-mo-nam. Va-a-nach-nu ko-r'im u-mish-ta-cha-vim u-mo-dim lif-nei me-lech, mal-chei ha-m'l'a-chim ha-ka-dosh ba-ruch hu. She-hu no-teh sha-ma-yim v'yo-seid a-rets, u-mo-shav y'ka-ro ba-sha-ma-yim mi-ma-al, ush-chi-nat u-zo b'gov-hei m'ro-mim. Hu Eloheinu, ein od. Emet mal-kei-nu, efes zu-lato, ka-ka-tuv b'torah-to: v'ya-da'ta hayom, va-hasheivo-ta el l'va-ve-cha, ki Adonai hu ha-elohim, bashamayim mi-ma-al, v'al ha-a-retz mi-tachat, ein od.

Al kein n'ka-ve l'cha, A-do-nai E-lo-hei-nu, lir-ot m'hei-ra b'tif-e-ret u-ze-cha, l'ha-a-vir gi-lu-lim min ha-a-rets, v'ha-e-li-lim kar-rot yi-ka-rei-tun, l'ta-kein o-lam, b'mal-chut Sha-dai. V'chol b'nei va-sar yik-r'u vish-me-cha, l'haf-not ei-le-cha, kol rish-ei a-rets, ya-ki-ru v'yei-d'u, kol yo-sh'vei tei-veil, ki l'cha tich-ra kol be-rech, ti-sha-va kol la-shon, l'fa-ne-cha A-do-nai E-lo-hei-nu, yich-r'u v'yi-po-lu, v'litch-vo-shim-cha y'kar yi-tei-nu, vi-ka-b'l'u chu-lam et ol mal-chu-te-cha, v'tim-loch a-lei-hem m'hei-ra l'o-lam va-ed. Ki ha-mal-chut she-l'cha hi, ul-g-l'mei ad tim-loch b'cha-vod, Ka-ka-tuv b'to-ra-te-cha: A-do-nai yim-loch l'o-lam va-ed.

V'ne-e-mar: v'ha-ya A-do-nai l'me-lech al kol ha-a-retz; ba-yom ha-hu yi-h'y'e Adonai e-chad, u-sh'mo e-chad.

### Kaddish Yatom

Yig-dal E-lo-him chai, v'yish-ta-bach nim-tsa v'ein eit el m'tsi-u-to. E-chad v'ein ya-chid k'yi-chu-do ne-'lam v'gam ein sof l'ach-du-to. Ein lo d'mut ha-guf, v'ei-no guf lo na-a-roch ei-lav k'du-sha-to. Kad-mon l'chal da-var, a-sher niv-ra ri-shon v'ein rei-shit l'rei-shi-to. Hi-no a-don o-lam, v'chol no-tsar yo-reh g'du-la-to u-mal-chu-to. She-fa n'vu-a-to, n'ta-no el an-shei s'gu-la-to v'tif-ar-to. Lo kam b'Yis-ra-eil, k'Mo-she od na-vi u-ma-bit et t'mu-na-to. To-rat e-met na-tan l'a-mo eil al yad n'vi-o, ne-e-man bei-to Lo ya-cha-lif ha-Eil v'lo ya-mir da-to l'o-la-mim l'zu-la-to. Tso-fe v'yo-dei-ya s'ta-rei-nu ma-bit l'sof da-var b'kad-ma-to. Go-meil l'ish che-sed, k'mif-a-lo no-tein l'ra-sha, ra k'ri-sha-to. Yish-lach l'keits ha-ya-min m'shi-chei-nu lif-dot m'cha-kei keits y'shu-a-to. Mei-tim y'chai-ye eil b'rov chas-do Ba-ruch a-dei ad sheim t'hi-la-to.