

# Shabbat Shalom from Temple Sinai!

This is for the Kabbalat Shabbat Service  
for Friday, October 23, 2026.

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if you don't have a copy  
of *Mishkan T'filah*, our siddur.

## **Shabbat Shalom!**

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# NIGGUN

a wordless melody

as we center ourselves for Shabbat

Where has this week vanished?

Is it lost forever?

Will I ever recover anything from it?

The joy of life, the unexpected victory,  
the realized hope, the task accomplished?

Will I ever be able to banish the memory of pain,  
the sting of defeat, the heaviness of boredom?

On this day let me keep for a while what must drift away.

On this day let me be free of the burdens that must return.

On this day, Shabbat, abide.

Help me to 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.

*Baruch atah Adonai*

*Eloheinu, Melech haolam,*

*asher kid'shanu b'mitzvotav,*

*v'tzivanu l'hadlik*

*ner shel Shabbat.*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

וְצִוָּנוּ לְהַדְלִיק

נֵר שֶׁל שַׁבָּת.

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

# HINEIH MAH TOV

*Hineih mah tov u'mah na-im*      הִנֵּה מַה-טוֹב וְמַה-נֶּאֱמָרִים  
*Shevet achim/achot gam yachad.*      שֵׁבֶט אֶחָיִם/אֶחָוֹת גַּם-יַחַד.

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

(Psalm 133:1)

## PSALM 95

*L'chu n'ran'na l'Adonai,*

*nariyah l'tzur yisheinu.*

*N'kadmah fanav b'todah,*

*biz'mirot naria lo.*

*Ki El gadol Adonai,*

*uMelech gadol al kol elohim.*

לְכוּ נִרְנְנָה לַיהוָה,

נָרִיעָה לְצוּר יִשְׁעֵנוּ.

נִקְדְּמָה פָנָיו בְּתוֹדָה,

בְּזִמְרוֹת נָרִיעַ לוֹ.

כִּי אֵל גָּדוֹל יְיָ,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer;  
let us come into God's presence with praise; let us raise a shout for God in song!

For Adonai is a great God, the great ruler of all divine beings.

# L'CHAH DODI

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 1)

*Shamor v'zachor b'dibur echad,*      שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,  
*hishmianu El ham'yuchad,*      הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,  
*Adonai echad ush'mo echad, l'shem*      יְיָ אֶחָד וּשְׁמוֹ אֶחָד,  
*ul'tiferet v'lit'hilah.*      לְשֵׁם וּלְתִפְאָרֶת וּלְתִהְלָה.

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

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 2)

*Likrat Shabbat l'chu v'neilcha,  
ki hi m'kor hab'rachah,  
meirosh mikedem n'suchah,  
sof maaseh b'machashava t'chilah.*

לְקַרְאֵת שַׁבָּת לָכוּ וְנִלְכָּהּ,  
כִּי הִיא מְקוֹר הַבְּרָכָה,  
מֵרֵאשִׁית מִקֵּדֶם נְסוּכָה,  
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה.

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

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 3)

|                                        |                                        |
|----------------------------------------|----------------------------------------|
| <i>Mikdash Melech, ir m'luchah,</i>    | מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה,        |
| <i>kumi tz'l mitoch hahafeichah,</i>   | קוּמִי צֵאִי מִתּוֹךְ הַהִפְּכָה,      |
| <i>rav lach shevet b'emek habacha,</i> | רַב לָךְ יָשַׁבְתְּ בְּעֵמֶק הַבְּכָא, |
| <i>v'hu yachamol alayich chemlah.</i>  | וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.       |

Royal shrine, city of kings,  
rise up and leave your ravaged state.

You have dwelt long enough in the valley of tears;  
now God will shower mercy on you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 4)

|                                         |                                          |
|-----------------------------------------|------------------------------------------|
| <i>Hitnaari, mei-afar kumi,</i>         | הִתְנַעֲרִי, מֵעָפָר קוּמִי,             |
| <i>livshi bigdei tifarteich ami,</i>    | לְבִשִׁי בְּגָדֵי תִפְאַרְתְּךָ, עַמִּי, |
| <i>al yad ben Yishai Beit haLachmi,</i> | עַל יַד בֶּן יִשָּׁי בֵּית הַלַּחְמִי,   |
| <i>karvah el nafshi g'alah.</i>         | קִרְבָּה אֶל נַפְשִׁי גָאֲלָה.           |

Lift yourself up! Shake off the dust!  
Array yourself in beauty, O my people!  
At hand is Bethlehem's David, Jesse's son,  
bringing deliverance into my life.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 5)

*Hitor'ri, hitor'ri,*

*ki va oreich, kumi ori,*

*uri uri shir dabeiri,*

*k'vod Adonai alayich niglah.*

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,  
כִּי בָּא אֹרֶךְ קוֹמִי אֹרִי,  
עוֹרִי עוֹרִי שִׁיר דַּבְּרִי,  
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

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

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 6)

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| <i>Lo teivoshi v'lo tikalmi,</i>     | לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,       |
| <i>mah tishtochachi umah tehemi,</i> | מַה תִּשְׁתּוֹחָחִי וּמַה תִּהְיֶמִי, |
| <i>bach yochesu aniyei ami,</i>      | בָּךְ יִחְסוּ עֲנֵיִי עַמִּי,         |
| <i>v'nivn'tah ir al tilah.</i>       | וְנִבְנְתָה עִיר עַל תִּלָּהּ.        |

An end to shame and degradation  
forget your sorrow; quiet your groans.  
The afflicted of my people find respite in you,  
the city renewed upon its ancient ruins.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 7)

*V'hayu lim'shisah shosayich,  
v'rachaku kol m'valayich,  
yasis alayich Elohayich,  
kimsos chatan al kalah.*

וְהָיוּ לְמַשְׁסָּה שֹׁסְאִיךָ,  
וְרַחֲקוּ כָּל מְבַלְעֶיךָ,  
יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ,  
כִּמְשׁוֹשׁ חָתָן עַל כַּלָּה.

The scavengers are scattered,  
your devourers have fled;  
as a bridegroom rejoices in his bride,  
your God takes joy in you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 8)

*Yamim usmol tifrotzi,  
v'et Adonai taaritz,  
al yad ish ben partzi,  
v'nism'chah v'nagilah.*

יָמֵן וּשְׂמָאל תִּפְרוֹצִי,  
וְאֶת־יְיָ תַעֲרִיצִי,  
עַל יַד אִישׁ בֶּן פֶּרֶצִי,  
וְנִשְׁמַחַת וְנִגִּילָה.

Your space will be broad,  
your worship free:  
await the promised one;  
we will exult, we will sing for joy!

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 9)

*Bo-i v'shalom ateret ba'lah,  
gam b'simcha uv'tzoholah,  
toch emunei am s'gulah,  
bo-i challah, bo-i challah.*

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ,  
גַּם בְּשִׂמְחָה וּבִצְהֵלָה,  
תּוֹךְ אֶמּוּנֵי עַם סִגְלָהּ,  
בּוֹאִי כָלָה, בּוֹאִי כָלָה.

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

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

*Yitgadal v'yitkadash sh'meih raba*

*b'alma di v'ra chiruteih,*

*v'yamlich malchuteih*

*b'chayeichon uvyomeichon*

*uvchayei d'chol beit Yisrael,*

*baagala uvizman kariv,*

*v'imru: Amen.*

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעַלְמָא דִּי בְרָא כְרַעוּתָהּ,

וַיְמַלִּיךְ מַלְכוּתָהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן.

Exalted and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel – speedily, imminently. To which we say: Amen.

*Y'hei sh'meih raba m'varach  
l'alam ul-almei almaya.*

יְהִי שֵׁמִיה רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

*Yitbarach v'yishtabach, v'yitpaar  
v'yitromam v'yitnasei,  
v'yit-hadar v'yitaleh v'yit-halal  
sh'meih d'kudsha b'rich hu,*

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

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and  
lauded be the name of the Holy Blessed One,

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma,*

*v'imru: Amen.*

לְעֵלָא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאִמְרוּן בְּעֵלְמָא,

וְאָמְרוּ: אָמֵן.

Beyond the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

*Barchu et Adonai ham'vorach!*

*Baruch Adonai ham'vorach*

*l'olam vaed!*

בָּרְכוּ אֶת יְיָ הַמְּבָרֵךְ!

בָּרוּךְ יְיָ הַמְּבָרֵךְ

לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

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

*Baruch atah Adonai,*

*Eloheinu Melech haolam,*

*asher bid'varo maariv aravim,*

*b'chochmah poteiach sh'arim,*

*u'vit'vunah m'shaneh itim*

*umachalif et hazmanim,*

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבָּרוֹ מַעֲרִיב עֲרֵבִים,

בְּחִכְמָה פּוֹתֵיחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחֲלִיף אֶת הַזְּמָנִים,

Blessed are You, Adonai our God, Ruler of the universe,  
who speaks the evening into being,  
skillfully opens the gates,  
thoughtfully alters the time and changes the seasons,

*um'sadeir et hakochavim*

*b'mishm'roteihem barakia*

*kirtzono. Borei yom valailah,*

*goleil or mipnei choshech,*

*v'choshech mipnei or. Uma'avir*

*yom umeivi lailah,*

וּמַסְדֵּיר אֶת הַכּוֹכָבִים

בְּמִשְׁמֹרֶתֵיהֶם בָּרַקִּיעַ

כִּרְצוֹנּוֹ. בּוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

and arranges the stars in their heavenly courses according to plan.

You are Creator of the day and night,

rolling light away from darkness and darkness from light,

transforming day into night

*umavdil bein yom uvein lailah,*

*Adonai tz'vaot sh'mo.*

*El chai v'kayam,*

*tamid yimloch aleinu l'olam*

*va'ed. Baruch atah Adonai,*

*hamaariv aravim.*

וּמַבְדִּיל בֵּין יוֹם וּבֵין  
לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם

וְעַד. בָּרוּךְ אַתָּה יְיָ,

הַמַּעֲרִיב עַרְבִים.

and distinguishing one from the other.

*Adonai Tz'vaot is Your Name.*

Ever-living God, may You reign continually over us into eternity.

Blessed are You, Adonai, who brings on evening.

Wisdom and wonder, passion and instruction, story and symbol.

All these things Your Torah gives to us.

And the more we devote ourselves to it, the more it grows and gives.

What could be a truer token of Your abiding love

than this holiest of Your works, and the living language  
that gives it form?

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Baruch atah Adonai, ohev amo Yisrael.*

*Sh'ma, Yisrael:*

*Adonai Eloheinu,*

*Adonai echad!*

*Baruch shem k'vod*

*malchuto l'olam va-ed.*

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד.

בָּרוּךְ שֵׁם כְּבוֹד

מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

*V'ahavta et Adonai Elohecha,  
b'chol l'vavcha uv'chol nafsh'cha  
uv'chol m'odecha. V'hayu had'varim  
ha-eileh asher anochi m'tzav'cha  
hayom al l'vavecha.*

וְאַהֲבָתָה אֶת יְיָ אֱלֹהֶיךָ,  
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ,  
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ  
הַיּוֹם, עַל לִבְבְּךָ.

You shall love Adonai your God with all your heart,  
with all your soul, and with all your might.  
Take to heart these instructions with which I charge you this day.

*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.*

וְשִׁנַּנְתֶּם לְבָנֵיכֶם, וְדִבַּרְתֶּם

בָּם, בְּשִׁיבְתְּכֶם בְּבֵיתְכֶם,

וּבְלֶכְתְּכֶם בַּדֶּרֶךְ,

וּבְשֹׁכְבְּכֶם, וּבְקוּמְכֶם.

וְקִשַּׁרְתֶּם לְאוֹת עַל יָדֵיכֶם, וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֵיכֶם. וְכָתַבְתֶּם

עַל מְזֻזוֹת בֵּיתְכֶם וּבְשַׁעְרֵיכֶם.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

*L'maan tizk'ru, vaasitem et*

*kol mitzvotai, vih'yitem k'doshim*

*l'Eloheichem. Ani Adonai Eloheichem,*

*asher hotzeiti et-chem mei-eretz*

*Mitzrayim lih'yot lachem l'Elohim*

*ani Adonai Eloheichem.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת  
כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם,  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
מִצְרַיִם, לֵהְיוֹת לָכֶם לֵאלֹהִים,  
אֲנִי יְיָ אֱלֹהֵיכֶם.

Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

Standing on the parted shores of history  
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  
together.

*Mi chamochah ba'eilim, Adonai,*

*Mi kamochah nedar bakodesh,*

*nora t'hilot, oseih fele!*

מִי כְּמֹכָה בְּאֵלִים יְיָ,

מִי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ,

נֹרָא תְהִילֹת, עֹשֶׂה פִלֵּא.

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

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

*Malchut'cha ra-u vanecha,  
bokei-a yam lifnei Moshe.  
Zeh Eli, anu v'amru,  
Adonai yimloch l'olam va-ed!*

מַלְכוּתְךָ רָאוּ בְּנֵיךָ,  
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,  
זֶה אֱלֹהֵי עַמּוֹ וְאָמְרוּ:  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

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

“This is our God!” they cried.

“Adonai will reign forever and ever!”

*V'ne-emar:*

*ki fadah Adonai et Yaakov,*

*ug'alo miyad chazak mimenu.*

*Baruch atah, Adonai, gaal Yisrael.*

וְנֵאמָר:

כִּי פָדָה יְיָ אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בָּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל.

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

Praised are You, Adonai, for redeeming Israel.

Let there be love and understanding among us.

Let peace and friendship be our shelter from life's storms.

Adonai, help us to walk with good companions,

to live with hope in our hearts and eternity in our thoughts,

that we may lie down in peace and rise up waiting to do Your will.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Baruch atah Adonai, haporeis sukat shalom aleinu  
v'al kol amo Yisrael v'al Yerushalayim.*

|                                             |                                             |
|---------------------------------------------|---------------------------------------------|
| <i>V'shamru v'nei Yisrael et HaShabbat,</i> | וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, |
| <i>laasot et HaShabbat l'dorotam</i>        | לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם          |
| <i>b'rit olam.</i>                          | בְּרִית עוֹלָם.                             |
| <i>Beini u'vein b'nei Yisrael</i>           | בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל            |
| <i>ot hi l'olam,</i>                        | אֹת הִיא לְעוֹלָם,                          |
| <i>ki sheishet yamim asah Adonai</i>        | כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ             |
| <i>et hashamayim v'et haaretz,</i>          | אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,              |
| <i>u'vayom hashvi-i shavat vayinafash.</i>  | וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ. |

The people of Israel shall keep Shabbat,  
observing Shabbat throughout the ages as a covenant for all time.  
It is a sign for all time between Me and the people of Israel.  
For in six days Adonai made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

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

אֲדֹנָי, שִׁפְתֵי תִפְתָּח,  
וּפִי יַגִּיד תְּהִלָּתְךָ.

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

*Baruch atah, Adonai Eloheinu*

*v'Elohei avoteinu v'imoteinu,*

*Elohei Avraham, Elohei Yitzchak,*

*v'Elohei Yaakov, Elohei Sarah,*

*Elohei Rivkah, Elohei Rachel*

*v'Elohei Leah.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,  
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

Blessed are You, Adonai our God, God of our fathers and our mothers.

God of Abraham, God of Isaac, and God of Jacob, God of Sarah,

God of Rebecca, God of Rachel, and God of Leah.

*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'maan sh'mo b'ahavah.*

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,

וְקוֹנֵה הַכּוֹל, וְזוֹכֵר

חֲסֵדֵי אָבוֹת וְאִמָּהוֹת,

וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

the great, mighty and awesome God, transcendent God who  
bestows loving kindness, creates everything out of love, remembers the  
love of our fathers and mothers, and brings redemption to their children's  
children for the sake of the Divine Name.

*Melech ozeir umoshia umagein.*

*Baruch atah Adonai,*

*magein Avraham v'ezrat Sarah.*

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמָגֵן.

בָּרוּךְ אַתָּה יְיָ,

מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,

Blessed are You, Adonai,

Sarah's Helper, Abraham's Shield.

*Atah gibor l’olam, Adonai,  
m’chayeih hakol [meitim] atah,  
rav l’hoshia.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,  
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,  
רַב לְהוֹשִׁיעַ.

*Mashiv haruach  
umorid hagashem.*

מַשִּׁיב הָרוּחַ  
וּמוֹרִיד הַגֶּשֶׁם.

You are forever mighty, Adonai;  
You give life to all (revive the dead).  
and have a great ability to save.  
You cause wind to shift and rain to fall.

*M’chalkeil chayim b’chesed*

*m’chayei hakol [meitim]*

*b’rachamim rabim,*

*someich noflim,*

*v’rofei cholim,*

*umatir asurim,*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל (מֵתִים)

בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים,

וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

You sustain life through love, giving life to all (reviving the dead)  
through great compassion, supporting the fallen, healing the sick,  
freeing the captive,

*um’kayeim emunato lisheinei afar,*

*Mi chamochah baal g’vurot*

*umi domeh lach, Melech meimit*

*um’chayeh umatzmiach y’shuah.*

*V’ne-eman atah*

*l’hachayot hakol (meitim).*

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כַמוֹךְ בַּעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית

וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמָן אַתָּה

לְהַחְיֹת הַכֹּל (מֵתִים).

keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You,  
a Sovereign who takes and gives life, causing deliverance to spring up  
and faithfully giving life to all (reviving that which is dead)?

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

*Baruch atah Adonai, m'chayeih hakol (hameitim).*

Blessed are You, Adonai, who gives life to all (who revives the dead).

*Atah kadosh v'shimcha kadosh*

*uk'doshim b'chol yom*

*y'hal'lucha, selah.*

*Baruch atah, Adonai,*

*Ha-El hakadosh.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקַדּוֹשִׁים בְּכָל יוֹם

יְהַלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה, יי,

הָאֵל הַקָּדוֹשׁ.

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

We take a moment  
for silent prayer.

If you have your own copy of the siddur,  
please continue silently to page 62.

*Oseh shalom bimromav,  
hu ya'aseh shalom aleinu,  
v'al kol Yisrael,  
v'al kol yoshvei teivel,  
v'imru: Amen.*

עֹשֶׂה שְׁלוֹם בְּמִרְמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל,  
וְאָמְרוּ אָמֵן.

May the One who makes peace bring peace down.

Assemble the people, men, women, and children,  
and the strangers in your cities,  
to hear, to learn, to revere Adonai your God,  
to observe faithfully the words of this Torah.  
And let their children, who do not yet know it, hear,  
that they, too, may learn to revere Adonai your God.

*Ki mitziyon teitzei Torah,  
udvar Adonai miY'rushalayim.*

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,  
וּדְבַר יְיָ מִירוּשָׁלַיִם.

From out of Zion will come the Torah,  
and the word of Adonai from Jerusalem.

*Baruch shenatan Torah  
l'amo Yisrael bikdushato.*

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ  
יִשְׂרָאֵל בְּקִדְּשׁוֹ.

Blessed is God who in holiness gave  
the Torah to the people Israel.

*Sh'ma Yisrael, Adonai Eloheinu,  
Adonai Echad!*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,  
יְיָ אֶחָד.

Hear, O Israel, Adonai is our God,  
Adonai is One.

*Echad eloheinu,  
gadol Adoneinu,  
kadosh sh'mo.*

אֶחָד אֱלֹהֵינוּ,  
גָּדוֹל אֲדוֹנֵנוּ,  
קָדוֹשׁ שְׁמוֹ.

Our God is One,  
Adonai is great,  
holy is God's name.

*Gadlu l'Adonai iti,  
un'rom'mah sh'mo yachdav.*

גִּדְלוּ לִי אֱתִי,  
וְרוֹמְמָה שְׁמוֹ יַחְדָּו.

Exalt Adonai with me,  
let us extol God's name together.

*L'cha, Adonai, hag'dulah,  
v'hag'vurah, v'hatiferet,  
v'haneitzach, v'hahod—  
ki-chol bashamayim uvaaretz.  
L'cha, Adonai, hamamlachah  
v'hamitnasei, l'chol l'rosh.*

לְךָ, יְיָ, הַגְּדֻלָּה  
וְהַגְּבוּרָה, וְהַתְּפִאָּרֶת,  
וְהַנִּצָּחַת, וְהַהוֹד,  
כִּי־כָל בַּשָּׁמַיִם וּבָאָרֶץ.  
לְךָ, יְיָ, הַמַּמְלָכָה  
וְהַמִּתְנַשֵּׂא, לְכָל לְרֹאשׁ.

Yours, Adonai, is the greatness, might, splendor, triumph,  
and majesty—yes, all that is in heaven and on earth;  
To You, Adonai, belong sovereignty and preeminence above all.

*Al sh'loshah d'varim*

*haolam omeid:*

*al HaTorah v'al haavodah*

*v'al g'milut chasadim.*

עַל שְׁלֹשָׁה דְּבָרִים

הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה

וְעַל גְּמִילוּת חֲסָדִים.

The world is sustained by three things:

Torah, worship and loving deeds.

*Bar'chu et Adonai ham'vorach.*

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

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

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Baruch atah, Adonai*

בָּרוּךְ אַתָּה, יְיָ

*Eloheinu, Melech haolam,*

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

*asher bachar banu mikol haamim,*

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

*v'natan lanu et Torato.*

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

*Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has chosen us from among the people, and given us the Torah.

Blessed are You, Adonai, who gives the Torah.

<sup>1</sup>The Eternal One said to Abram,  
 “Go forth from your land, your  
 birthplace, your father’s house, to the  
 land that I will show you. <sup>2</sup>I will make  
 of you a great nation, and I will bless  
 you; I will make your name great, and  
 it shall be a blessing. <sup>3</sup>I will bless those  
 who bless you, and I will pronounce  
 doom on those who curse you; through  
 you all the families of the earth shall be  
 blessed.” <sup>4</sup>So Abram went forth as the  
 Eternal had told him, and Lot went  
 with him. Abram was 75 years old  
 when he left Haran.

<sup>1</sup> וַיֹּאמֶר יְיָ אֶל-אַבְרָם לֵךְ-לְךָ  
 מֵאֶרֶצְךָ וּמִמּוֹלֶדְתְּךָ וּמִבֵּית אָבִיךָ  
 אֶל-הָאָרֶץ אֲשֶׁר אֲרָאָה: <sup>2</sup> וְאֶעֱשֶׂהָ  
 לְגוֹי גָּדוֹל וְאֶבְרַכְךָ וְאֶגְדָּלָה שְׁמִי  
 וְהָיָה בְרָכָה: <sup>3</sup> וְאֶבְרַכָּה מְבָרְכֶיךָ  
 וּמִקְלָלֶיךָ אֶאָר וְנִבְרַכּוּ בְּךָ כָּל  
 מִשְׁפְּחוֹת הָאָדָמָה: <sup>4</sup> וַיֵּלֶךְ אַבְרָם  
 כַּאֲשֶׁר דִּבֶּר אֵלָיו יְיָ וַיֵּלֶךְ אֶתּוֹ לוֹט  
 וְאַבְרָם בֶּן-חֲמִישׁ שָׁנִים וְשִׁבְעִים  
 שָׁנָה בָּצֵאתוֹ מִחָרָן:

*Baruch atah, Adonai*

*Eloheinu, Melech haolam,*

*asher natan lanu Torat emet,*

*v'chayei olam nata b'tocheinu.*

*Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

*Mi shebeirach avoteinu v'imoteinu,*

*Avraham, Yitzchak v'Yaakov,*

*Sarah, Rivkah, Rachel v'Lei-ah,*

*hu y'vareich et [name] ben/bat [parents]*

*baavur she-alah/she-altah*

*lich'vot HaMakom, lich'vod haTorah.*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אַבְרָהָם, יִצְחָק וְיַעֲקֹב,

שָׂרָה, רִבְקָה, רָחֵל וְלֵאָה,

הוּא יְבָרֵךְ אֶת [name] בֶּן/בַּת [parents]

בְּעִבּוּר שֶׁעָלָה/שֶׁעָלָתָה

לְכָבוֹד הַמָּקוֹם, וְלְכָבוֹד הַתּוֹרָה.

May the One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless [name] son/daughter of [parents], since he/she has come up to the Torah in honor of God and Torah.

*Bis'char zeh HaKodosh Baruch Hu*

*yishm'reihu/hishm'rehah*

*v'yatzileihu/v'yatzilehah*

*mikol tzarah v'tzukah umikol nega umachalah,*

*v'yishlach b'rachah v'hatzlachah*

*v'chol maaseh Yadav/yadeha,*

*im kol Yisrael. V'nomar: Amen.*

בשׁכַר זֶה הַקֹּדוֹשׁ בָּרוּךְ הוּא

יִשְׁמְרֵהוּ/יִשְׁמְרֶהָ

וַיַּצִּילֵהוּ/וַיַּצִּילֶהָ

מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה,

וַיִּשְׁלַח בְּרָכָה וְהַצְלָחָה

בְּכָל מַעֲשֵׂה יָדָיו/יָדֶיהָ,

עִם כָּל יִשְׂרָאֵל. וְנֹאמַר: אָמֵן.

May he/she merit from the Holy One of Blessing protection, rescue from any trouble or distress, and from any illness, minor or serious; may God send blessing and success in his/her every endeavor, together with all Israel, and let us say, Amen.

*Mi shebeirach avoteinu*

*M'kor hab'rachah l'imoteinu.*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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 habrachah laavoteinu.*

מִי שֶׁבִּרַךְ אִמּוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

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

*V’zot HaTorah*

*asher sam Mosheh*

*lif’nei b’nei Yisrael,*

*al pi Adonai b’yad Mosheh.*

וְזֹאת הַתּוֹרָה

אֲשֶׁר שָׂם מֹשֶׁה

לִפְנֵי בְנֵי יִשְׂרָאֵל,

עַל פִּי יְיָ בְּיַד מֹשֶׁה.

This is the Torah which Moses placed  
before the people of Israel,  
God’s word through the hand of Moses.

When Torah entered the world, freedom entered it.  
The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.  
What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.  
Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,  
And making peace: these are our highest duties.  
But the study of Torah is equal to them all,  
Because it leads to them all.

Let us learn in order to teach.  
Let us learn in order to do!

*Ki lekach tov natati lachem,*

*Torati al taazovu.*

*Eitz chayim hi lamachazikim bah,*

*v'tom'cheha m'ushar.*

*D'racheha darchei no-am,*

*v'chol n'tivoteha shalom.*

*Hashiveinu Adonai eilecha v'nashuvah,*

*chadeish yameinu k'kedem.*

כִּי לָקַח טוֹב נָתַתִּי לָכֶם:

תּוֹרַתִּי אֶל תַּעֲזֹבוּ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,

וְתַמְכֶּיהָ מֵאֲשָׁר.

דַּרְכֶּיהָ דַּרְכֵי נֹעַם,

וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,

חַדֵּשׁ יָמֵנוּ כְּקֵדֶם.

For I have give you good instruction; do not abandon My Torah.

It is a Tree of Life for those who hold fast to it,

and all its supporters are happy.

Its ways are ways of pleasantness, and all its paths are peace.

Return us to You, Adonai, and we will return; renew our days as of old.



# D'var Torah

Rabbi Benjamin Zober

*Aleinu l'shabei-ach laadon hakol,*

*lateit g'dulah l'yotzeir b'reishit,*

*shelo asanu k'goyei haaratzot,*

*v'lo samanu k'mishp'chot haadamah.*

*Shelo sam chelkeinu kahem,*

*v'goraleinu k'chol hamonam.*

עֲלֵינוּ לְשִׁבֵּחַ לְאֲדוֹן הַכֹּל,  
לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,  
וְלֹא שָׂמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה.  
שֶׁלֹא שָׂם חֵלְקֵנוּ כִּהֶם,  
וְגָרְלָנוּ כְּכָל־הַמּוֹנִם.

Let us now praise the Sovereign of the universe, and proclaim the greatness  
of the Creator who has set us apart from the other families of the earth,  
giving us a destiny unique among the nations.

*Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech  
mal'chei hamlachim  
HaKadosh Baruch Hu.*

וַאֲנַחֲנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לִפְנֵי מֶלֶךְ,  
מַלְכֵי הַמְּלָכִים  
הַקָּדוֹשׁ בָּרוּךְ הוּא.

We bend the knee and bow,  
acknowledging the supreme Sovereign,  
the Holy One of Blessing.

Let the time not be distant, O God,  
when all shall turn to You in love,  
when corruption and evil shall give way to integrity and goodness,  
when superstition shall no longer enslave the mind,  
nor idolatry blind the eye.

O may all, created in Your image,  
become one in spirit and one in friendship,  
forever united in Your service.

Then shall Your realm be established on earth,  
and the word of Your prophet fulfilled:  
“Adonai will reign for ever and ever.”

*V'ne-emar, v'hayah Adonai*

*l'Melech al kol Haaretz.*

*Bayom hahu yih'yeh*

*Adonai echad ush'mo echad.*

וְנֵאמַר, וְהָיָה יְיָ

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai  
will be Sovereign over all the earth.  
On that day, Adonai will be one,  
and God's Name will be one.”

*Zichronam livrachah —*

— זְכוֹרָנוּם לְבִרְכָּה

May their memories be a blessing.

*Yitgadal v'yitkadash sh'meih raba,*

*b'alma di v'ra chiruteih.*

*V'yamlich malchuteih*

*b'chayeichon uvyomeichon,*

*uvchayei d'chol-beit Yisrael,*

*baagala uvizman kariv.*

*V'imru: Amen.*

*Y'hei sh'meih raba m'varach*

*l'alam ul-almei almaya.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעַלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

*Yitbarach v'yishtabach v'yitpaar*

*v'yitromam v'yitnasei*

*v'yit-hadar v'yitaleh v'yit-halal*

*sh'meih d'kudsha, B'rich Hu,*

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma.*

*V'imru: Amen.*

יְתַבְּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאִמְירוּ בְּעֵלְמָא.

וְאָמְרוּ: אָמֵן.

*Y'hei sh'lama raba min sh'maya,  
v'chayim aleinu v'al kol-Yisrael.  
V'imru: Amen.*

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

*Oseh shalom bimromav,  
hu yaaseh shalom aleinu  
v'al kol-Yisrael  
V'imru: Amen.*

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

May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. Amen.

# Announcements

// Friday, October 23 //

-- 7:30 pm Kabbalat Shabbat Service



**Sacred Words & Open Doors**

The beauty of our sanctuary is sustained by the dedication of those who share our sacred traditions and welcome us with open arms.

This week, we offer our heartfelt gratitude to **Jeff Gingold** for chanting Torah and enriching our worship, and to **Michael Cohen** for greeting everyone at our doors. Our thanks also go to **Tova McGilvray** for anchoring our livestream tech so our home community stays connected, and to our **anonymous Oneg Challenge donor** for generously sponsoring this week's Oneg Shabbat. *Yasher koach* to all who lend their voices, time, and hearts to Temple Sinai!

-- Yism'zoom (for those who are online)

Virtual Oneg with live video on Zoom after service. Visit [SinaiReno.org/LIVE](https://SinaiReno.org/LIVE) for details to participate.

To host an in-person Oneg at Temple Sinai, sign up at [SinaiReno.org/Oneg](https://SinaiReno.org/Oneg).

// Saturday, October 24 //

-- 10:00 am Torah Study via Zoom  
with Rabbi Sara Zober (Register:  
[SinaiReno.org/TorahStudy](https://SinaiReno.org/TorahStudy))

// Sunday, October 25 //

-- 9:30 am Sinai School & Weekday Family  
T'filah

# Announcements

(Continued)

// Friday, October 30 //

- 7:30 pm Kabbalat Shabbat Service with the Oneg Shabbat hosted by Heron Baumgarten in celebration of their baby naming

// Saturday, October 31 //

- 10:00 am Torah Study via Zoom

// Sunday, November 1 //

- Daylight Saving Time Ends (Clocks fall back)
- 9:30 am Sinai School & Weekday Family T'filah
- 10:00 am Parent Schmooze

// Tuesday, November 3 //

- 12:00 pm Lunch with the Rabbi

// Wednesday, November 4 //

- 6:00 pm The Gift of Life: A Faith-Based Conversation

// Friday, November 6 //

- 5:30 pm Tot Shabbat Service (in person only)
- 6:00 pm Shabbat Potluck Dinner (Sign up at [SinaiReno.org/Potluck](https://SinaiReno.org/Potluck))
- 7:30 pm Kabbalat Shabbat Service

# Announcements

(Continued)

// Saturday, November 7 //

-- 10:00 am Torah Study via Zoom

// Sunday, November 8 //

-- 9:30 am Sinai School & Weekday Family  
T'filah

// Wednesday, November 11 //

-- 7:30 pm Board Meeting (Sinai members  
welcome)

// Friday, November 13 //

-- 7:30 pm Kabbalat Shabbat Service

// Saturday, November 14 //

-- 10:00 am Torah Study via Zoom

// Sunday, November 15 //

-- 9:30 am Sinai School & Weekday Family  
T'filah

-- 1:00 pm Who Nu? "Mental Health and  
Judaism: Healing Through Relationships  
and Community" featuring Shay Rian

# Announcements

(Continued)

// Volunteers Needed //

Volunteer to chant Torah at our Shabbat service! No experience needed. Practice recordings available. Contact **Laura Smith** ([jpc@sinaireno.org](mailto:jpc@sinaireno.org)) to sign up.

// Livestream Tech Team //

If you are interested in joining the Shabbat livestream tech team, please contact **Michael Gorden** ([vp@sinaireno.org](mailto:vp@sinaireno.org)).

// Renewal Oneg Challenge //

Accept our “Renewal Oneg Challenge” and sign up to host or sponsor an Oneg Shabbat. Visit [SinaiReno.org/Oneg](http://SinaiReno.org/Oneg) for details.

// Sinai Library //

To browse the collection, please visit [SinaiReno.org/Catalog](http://SinaiReno.org/Catalog). To access our virtual collection or browse our upcoming events, visit [SinaiReno.org/Library](http://SinaiReno.org/Library). Questions? Email [Library@SinaiReno.org](mailto:Library@SinaiReno.org).

# Announcements

(Continued)

## Support Us by Donating via...

- Credit Card: [SinaiReno.org/Donate](http://SinaiReno.org/Donate)
- Check: Temple Sinai, 3405 Gulling Road, Reno, NV 89503

## Staying In Touch...

As always, you can contact Temple Sinai and stay in touch through the Temple Office, email, our website, on Facebook, and on Instagram.

Contact Mike in the Temple office at [admin@sinaireno.org](mailto:admin@sinaireno.org) or 775-747-5508 to have a name added to our Mi Shebeirach list. Also, contact Mike if you are not already on our email list and would like to receive our updates, or visit [SinaiReno.org/newsletter](http://SinaiReno.org/newsletter) and click the link to add your name.

## Become a Temple Member...

- Email our Membership Chair at [Membership@SinaiReno.org](mailto:Membership@SinaiReno.org)
- Visit our Membership page at: [SinaiReno.org/Membership](http://SinaiReno.org/Membership)
- Rabbi Benjamin Zober - 775-629-6011, [rabbibenjamin@sinaireno.org](mailto:rabbibenjamin@sinaireno.org)
- Rabbi Sara Zober - 775-629-6159, [rabbisara@sinaireno.org](mailto:rabbisara@sinaireno.org)
- Tova McGilvray, President – 775-223-9519, [president@sinaireno.org](mailto:president@sinaireno.org)
- Mike Stombaugh, Temple Administrator - 775-747-5508, [admin@sinaireno.org](mailto:admin@sinaireno.org)

Additional information can  
be found online at:

**[www.SinaiReno.org](http://www.SinaiReno.org)**

## Y’DID NEFESH

*Y’did nefesh, av harachaman,  
m’shoch avd’cha el r’tzonecha.  
Yarutz avd’cha k’mo ayal,  
yishtachaveh el mul hadarecha.*

יְדִיד נֶפֶשׁ, אָב הַרְחָמָן,  
מְשׁוֹחַ עֲבָדְךָ אֶל רְצוֹנְךָ.  
יָרוּץ עֲבָדְךָ כְּמוֹ אֵיל,  
יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרְךָ.

Heart’s delight, Source of mercy, draw Your servant into Your arms:  
I leap like a deer to stand in awe before You.

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*borei p’ri hagafen.*

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*asher kid’shanu b’mitzvotav*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

Praise to You, Adonai our God, Sovereign of the universe,

Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe who,

finding favor with us, sanctified us with mitzvot,

*V'ratzah vanu,*

וְרָצָה בָּנוּ,

*V'shabbat kodsho b'ahavah*

וְשַׁבַּת קֹדֶשׁוֹ בְּאַהֲבָה

*Uv'ratzon hinchilanu*

וּבְרָצוֹן הִנְחִילָנוּ

*Zikaron l'maaseh v'reishit,*

זִכָּרוֹן לַמַּעֲשֵׂה בְּרֵאשִׁית,

*Ki hu yom t'chilah*

כִּי הוּא יוֹם תְּחִלָּה

*L'mikra-ei kodesh,*

לְמִקְרָאֵי קֹדֶשׁ,

In love and favor,  
You made the holy Shabbat our heritage  
as a reminder of the work of Creation.  
As first among our sacred days,

*Zeicher l'tzi-at Mitzrayim,  
Ki vanu vacharta v'otanu  
Kidashta mikol ha-amim,  
V'shabbat kodsh'cha b'ahavah  
Uv'ratzon hinchaltanu.  
Baruch atah Adonai  
M'kadeish hashabbat.*

זֵכֶר לִיצִיאַת מִצְרָיִם,  
כִּי בָנוּ בְחֶרֶת וְאוֹתָנוּ  
קִדְשָׁתָּה מִכָּל הָעַמִּים,  
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנֵּחְתָּנוּ.  
בָּרוּךְ אַתָּה יְיָ,  
מְקַדֵּשׁ הַשַּׁבָּת.

It recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

## HAMOTZI

*Baruch atah, Adonai Eloheinu,*

*Melech haolam,*

*hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

מֶלֶךְ הָעוֹלָם,

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.



SHABBAT SHALOM

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