

# Shabbat Shalom from Temple Sinai!

This is the Shabbat service for  
Friday, January 8, 2021.

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of *Mishkan T'filah*, our siddur.

## **Shabbat Shalom!**

\* Rabbi Sara Zober \* Rabbi Benjamin Zober \*  
\* Rabbi Emerita Myra Soifer \*

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 mystery of creation.

There are days when we act as if we  
cared nothing for the rights of others.

On Shabbat, we remember that justice is  
our duty and a better world our goal.

So we embrace Shabbat:  
day of rest, day of wonder, day of peace.

*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.

## 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 נְרַנְּנָה לַיהוָה ,

נְרַיְעָה לְצוּר יִשְׁעֵינוּ .

נִקְדְּמָה פָּנָיו בְּתוֹדָה ,

בְּזִמְרוֹת נְרַיְעֵ לּוֹ .

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.*

לְכָה 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,* , שְׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד ,  
*hishmianu El ham'yuchad,* , הִשְׁמִיעֵנוּ אֵל הַמְּיֻחָד ,  
*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.*

לְכָה 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.*

לְקִרַּאת שַׁבָּת לָכוּ וְנִלְכָה ,

כִּי הִיא מְקוֹר הַבְּרָכָה ,

מֵרֵאשׁ מִקֵּדֶם נְסוּכָה ,

סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תְּחִלָּה .

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.*

לְכָה 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.*

הִתְעוֹרְרִי הִתְעוֹרְרִי ,

כִּי בָא אֹרֶךְ קוֹמִי אֲוִרִי ,

עָוִרִי עָוִרִי 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.*

לְכָה דוּדִי 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 וּבְצִהּלָהּ ,  
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּהּ ,  
בּוֹאִי כַלָּה , בּוֹאִי כַלָּה .

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.*

לְכָה 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.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעַלְמָא דִּי בְרָא כְרַעוּתֵהּ,  
וַיְמַלִּיךְ מַלְכוּתֵהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזַמַּן 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 שֵׁמִיָּה רַבָּא מְבָרַךְ  
לְעַלְמֵי וְלְעַלְמֵי עַלְמֵיָא.

*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  
וְיִתְרוֹמַם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שֵׁמִיָּה דְקֻדְשָׁא בְרִיךְ 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.*

לְעַלְמָא מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא,

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאֲמִירוֹ בְּעַלְמָא,

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!*

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

בְּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

Praised be Adonai to whom praise is due,

now and forever!

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?

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֲרָבִים.

*Baruch atah Adonai, hama'ariv aravim.*

*Ahavat olam beit Yisrael*

*amcha ahavta, Torah umitzvot,*

*chukim umishpatim*

*otanu limad'ta.*

*Al kein Adonai Eloheinu,*

*b'shochbeinu uv'kumeinu*

*nasiach b'chukecha,*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל  
עִמָּךְ אַהֲבָתָּה, תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים

אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יְיָ אֱלֹהֵינוּ,

בְּשׁוֹכְבֵינוּ וּבְקוּמֵנוּ

נִשְׁיַח בְּחֻקֶיךָ,

Everlasting love you offered Your people Israel by teaching us Torah and mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and Your commandments.

*v'nismach b'divrei Torat'cha*

*uv'mitzvotecha l'olam va-ed.*

*Ki heim chayeinu v'orech yameinu,*

*uvahem neh'geh yomam valailah.*

*V'ahavat'cha al tasir*

*mimenu l'olamim.*

*Baruch atah Adonai,*

*ohav amo Yisrael.*

וְנִשְׂמַח בְּדִבְרֵי תוֹרַתְךָ

וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם תַּיִינוּ וְאָרְךָ יָמֵינוּ,

וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה.

וְאַהֲבַתְךָ אֵל תִּסִּיר

מִמֶּנּוּ לְעוֹלָמִים.

בָּרוּךְ אַתָּה יְיָ,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

We will rejoice in Your Torah for ever. Day and night we will reflect on them for they are our life and doing them lengthens our days. Never remove Your love from us. Praise to You, Adonai, who loves Your people Israel.

*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.*

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

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.*

וּשְׁנַנְתֶּם לְבָנֵיכֶם, וּדְבַרְתֶּם

בָּם, בְּשִׁיבְתְּכֶם בְּבֵיתְכֶם,

וּבְלֶכְתְּכֶם בַּדֶּרֶךְ,

וּבְשֹׁחַבְכֶם, וּבְקוּמְכֶם.

וּקְשַׁרְתֶּם לְאוֹת עַל יָדְכֶם, וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֵיכֶם. וּכְתַבְתֶּם

עַל מְזוֹזוֹת 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 hem 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, וְהֵייתֶם קְדוֹשִׁים

לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם,

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ

מִצְרַיִם, לִהְיוֹת 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.

In a world torn by violence and pain,  
a world far from wholeness and peace,  
give us the courage to say, Adonai:

There is one God in heaven and earth.

The high heavens declare Your glory;  
may the earth reveal Your justice and love.

From bondage in Egypt, we were delivered;  
at Sinai, we bound ourselves to Your way.

Inspired by prophets and instructed by sages,  
time and again, we overcame oppressive forces.

Though our failings are many and our faults are great,  
it has been our glory to bear witness to our God,  
keeping alive in the dark ages  
Your vision of a world redeemed.

Let us continue to work for the day  
when the nations will be one and at peace.  
Then shall we rejoice as Israel did,  
singing on the shores of the Sea:

*Mi chamochah ba'eilim, Adonai,*

*Mi kamochah nedar bakodesh,*

*nora t'hilot, oseih fele!*

מִי כְּמֹכָה בְּאֱלֹהִים יְיָ,

מִי כְּמֹכָה נְאֻדָּר בְּקֹדֶשׁ,

נוֹרָא תְהִילֹת, עֹשֶׂה פִלְא.

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!*

מִלְכוּתְךָ רָאוּ בְּנֵי יִשְׂרָאֵל,  
בוֹקַעַי יָם לְפָנַי מִיָּשָׁה,  
זֶה אֱלֹהֵי עַמּוֹ וְאָמְרוּ:  
יְיָ יְמִלֹךְ 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:* וְנֵאמָר:  
*ki fadah Adonai et Yaakov,* כִּי פָדָה יי אֶת יַעֲקֹב,  
*ug'alo miyad chazak mimenu.* וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.  
*Baruch atah, Adonai, gaal Yisrael.* בָּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל.

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

Praised are You, Adonai, for redeeming Israel.

Let me sink down

Let me fall asleep

Let me close my eyes

Let me shut out the world

Let me cover my eyes

Hold me tight in my sleep

Hide me from my wants and needs

Hover over my slumber

Let my shoulders relax

Keep me warm and fed

Carry me with you

Caress me with dreams and defeats

Let me give up now

Let me go home now

Let me sleep

Let me go

Allow me a moment of rest

A night of sleep

A night of forgiveness

A night of retreat

Tomorrow, my God,

I will rise again

I will shoulder my burdens

I will race towards You



For now, my God,  
I will rest within myself  
I will rest under Your wings  
I will rest under Your feet

*Hashkiveinu*, my God,  
Let me sleep.

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.*

*Yism'chu v'malchut'cha*

*shomrei Shabbat v'korei oneg.*

*Am m'kad'shei shvi-i,*

*kulam yisb'u v'yitangu mituvecha.*

*V'hashivi-i ratzita bo v'kidashto,*

*chemdat yamim oto karata,*

*zecher l'maaseh v'reishit.*

יִשְׂמְחוּ בְּמַלְכוּתְךָ

שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֵג ,

עַם מְקַדְשֵׁי שְׁבִיעִי ,

כֻּלָּם יִשְׂבְּעוּ וַיִּתְעַנְּגוּ מִטוּבְךָ ,

וְהִשְׁבִּיעִי רְצִיתְךָ בּוֹ וְקִדַּשְׁתּוֹ ,

חֶמְדַּת יָמִים אוֹתוֹ קָרָאת ,

זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית .

Those who keep Shabbat by calling it a delight will rejoice in Your realm.

The people that hallow Shabbat will delight in Your goodness.

For, being pleased with the Seventh Day, You hallowed it  
as the most precious of days, drawing our attention to the work of Creation.

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

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,  
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 חַסְדִּים טוֹבִים,

וְקוֹנֵה הַכּוֹל, וְזוֹכֵר

חַסְדֵי אָבוֹת וְאִמּוֹת,

וּמְבִיא גְאֻלָּה לְבְנֵי 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.*      מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
*Baruch atah Adonai,*      בָּרוּךְ אַתָּה יְיָ,  
*magein Avraham v'ezrat Sarah.*      מַגֵּן אַבְרָהָם וְעֶזְרַת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,  
Blessed are You, Adonai,  
Sarah's Helper, Abraham's Shield.

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

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

*Mashiv haruach  
umorid hagashem.*

מִשִּׁיב הַרְוּחַ  
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 (מֵיָתִים)

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).*

וּמְקַיִם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כְמוֹךָ 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 הַכּוֹל (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,

וְקָדוֹשִׁים 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.

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

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

May the One who makes peace in the high heavens make peace for us,  
for all of Israel and all who inhabit the earth. Amen.

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, when do not yet know it, hear,  
that they, too, may learn to revere Adonai your God.

*Baruch atah, Adonai,*

*Eloheinu melech haolam,*

*asher kid'shanu b'mitzvotav,*

*v'tzivanu laasok b'divrei Torah.*

בָּרוּךְ אַתָּה, יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to engage with words of Torah.

18So the king of Egypt summoned the midwives and said to them, “Why have you done this thing, letting the boys live?” 19The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women: they are vigorous. Before the midwife can come to them, they have given birth.” 20And God dealt well with the midwives; and the people multiplied and increased greatly. 21And [God] established households for the midwives, because they feared God. 22Then Pharaoh charged all his people, saying, “Every boy that is born you shall throw into the Nile, but let every girl live.”

18 וַיִּקְרָא מֶלֶךְ-מִצְרַיִם לַמִּיֻּלְדֹת וַיֹּאמֶר  
 לָהֶן מַדּוּעַ עָשִׂיתֶן הַדָּבָר הַזֶּה וַתַּחַיֶּינָן  
 אֶת-הַיֻּלְדִים: 19 וַתֹּאמְרוּן הַמִּיֻּלְדֹת  
 אֶל-פַּרְעֹה כִּי לֹא כַנְּשִׁים הַמִּצְרַיִת הָעֶבְרִיֹת  
 כִּי-חַיֹּת הֵנָּה בְּטֶרֶם תָּבוֹא אֲלֵהֶן הַמִּיֻּלְדֹת  
 וַיָּלְדוּ: 20 וַיִּיטֵב אֱלֹהִים לַמִּיֻּלְדֹת וַיַּרְבּ הָעָם  
 וַיַּעֲצֶמוּ מְאֹד: 21 וַיְהִי כִי-יֵרָאוּ הַמִּיֻּלְדֹת  
 אֶת-הָאֱלֹהִים וַיַּעַשׂ לָהֶם בָּתִּים: 22 וַיִּצַו  
 פַּרְעֹה לְכָל-עַמּוֹ לֵאמֹר כָּל-הַבֶּן הַיְלֹוד  
 הַיְאָרָה תִשְׁלִיכֶהוּ וְכָל-הַבַּת תַּחַיֶּינָן:



*Mi shebeirach avoteinu*

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ

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

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*

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ

*M'kor habrachah laavoteinu .*

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.

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!



*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.*

עָלֵינוּ לְשִׁבֵּחַ לְאֲדוֹן הַכֹּל,

לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,

וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.

שֶׁלֹא שָׂם חֵלְקֵנוּ כִּהֵם,

וְגָרְלָנוּ כְּכֹל-הַמּוֹנִים.

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.*

וַאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לְפָנֵי מֶלֶךְ,  
מַלְכֵי הַמְּלָכִים  
הַקָּדוֹשׁ בְּרוּךְ 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 —*

— זְכוֹרֹנָם לְבִרְכָה

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 כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעַלְמֵי עָלְמַיָּא.

*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.*

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵיהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָא מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא,

תְּשֻׁבְתָּא וְנַחֲמָתָא,

דְּאִמְרוּן בְּעֵלְמָא.

וְאָמְרוּ: אָמֵן.

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

*V'imru: Amen.*

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.

*Oseh shalom bimromav,  
hu yaaseh shalom aleinu*

*v'al kol-Yisrael*

*V'imru: Amen.*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם 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

Parashat Sh'mot (Names) -- פְּרַשְׁת שְׁמוֹת

8-9 January 2021 / 25 Tevet 5781

- Friday, January 8 -  
7:30 pm **Kabbalat Shabbat Service** via Live Stream  
Visit **SinaiReno.org/Live** for links to watch us live on our website, Facebook, and YouTube.  
**Immediately AFTER Service Yism'zoom**  
(Live virtual Oneg. Use Zoom meeting ID: **819 6303 8475.**)
  - Saturday, January 9 -  
10:00 am **Torah Study** via Zoom  
Torah Study will begin at **Genesis 18:1.**  
Instructions on joining us via Zoom are at **SinaiReno.org/Live .**
  - Sunday, January 10 -  
9:30 am **Sinai School Resumes** via Zoom
-

# Announcements

(Continued)

- Wednesday, January 13 –  
7:00 pm **Temple Sinai Board Meeting** via Zoom  
(All Temple Sinai members are welcome to attend. Contact the Temple office for Zoom details.)
  - Friday, January 15 -  
5:00 pm **Tot Shabbat Service** via Zoom (At their new time!)  
7:30 pm **Kabbalat Shabbat Service** via Live Stream  
Visit **[SinaiReno.org/Live](https://SinaiReno.org/Live)** for links to watch us live on our website, Facebook, and YouTube.
  - Saturday, January 16 -  
10:00 am **Torah Study** via Zoom  
Instructions on joining us via Zoom are at **[SinaiReno.org/Live](https://SinaiReno.org/Live)** .
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# Announcements

(Continued)

- Sunday, January 17 –  
**No Sinai School** (MLK Jr. Weekend)  
2:00 pm **Hebrew High** via Zoom  
5:00 pm **35th Interfaith MLK Jr. Memorial Service**  
(Search for “Nevada Interfaith Association” on YouTube or Facebook to join in.  
Visit the Nevada Interfaith Association’s page on Facebook for details.)
  - Friday, January 22 -  
4:00 pm **Torah for Tots** via Zoom  
7:30 pm **Kabbalat Shabbat Service** via Live Stream  
Visit **SinaiReno.org/Live** for links to watch us live on our website, Facebook,  
and YouTube.
  - Saturday, January 23 -  
10:00 am **Torah Study** via Zoom  
Instructions on joining us via Zoom are at **SinaiReno.org/Live** .
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# Announcements

(Continued)

## Support Us by Donating via...

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

## Become a Member of Temple Sinai...

- Visit our Membership page at: [SinaiReno.org/Membership](https://SinaiReno.org/Membership)

## Temple Sinai's Multi-level Reopening Plan

- **We are at Level One...**  
Visit [SinaiReno.org/Reopening](https://SinaiReno.org/Reopening) to learn more about Level One and our criteria for moving to Level Two in our reopening plan.
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# Announcements

(Continued)

## Staying In Touch...

As always, you can contact Temple Sinai and stay in touch through 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.

- Mike Stombaugh, Temple Administrator - 775-747-5508, [admin@sinaireno.org](mailto:admin@sinaireno.org)
- Michael Gorden, President - 775-453-6880, [president@sinaireno.org](mailto:president@sinaireno.org)
- 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)

Additional information can be found online at: [\*\*www.SinaiReno.org\*\*](http://www.SinaiReno.org)

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## YIGDAL

*Yigdal Elohim chai v'yishtabach,*

*nimtza v'ein eit el m'tziuto.*

*Echad v'ein yachid k'yichudo,*

*nelam v'gam ein sof l'achduto.*

יְגַדֵּל אֱלֹהִים חַי וְיִשְׁתַּבַּח,

נִמְצָא, וְאֵין עֵת אֶל מְצִיאוֹתָיו.

אֶחָד וְאֵין יָחִיד כְּיִחֻדּוֹ,

נֶעְלָם, וְגַם אֵין סוֹף לְאַחְדוֹתָיו.

Magnified and praised by the living God;

God's existence is Eternal.

God's unity is infinite; God is unfathomable,

and God's Oneness is unending.

*Ein lo damut haguf v'eino guf,*

*lo naaroch eilav k'dushato.*

*Kadmon l'chol davar asher nivra,*

*rishon v'ein reishit l'reishito.*

אֵין לוֹ דְמוּת הַגּוּף וְאֵינוֹ גּוּף,

לֹא נֶעְרַוֵּךְ אֵלָיו קִדְּשָׁתוֹ.

קַדְמוֹן לְכֹל דְבַר אֲשֶׁר נִבְרָא,

רֵאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ.

God has neither form nor body; God is incorporeal;

God's holiness is beyond compare.

God preceded all creation;

God is the first and uncreated.

*Hino adon olam l'chol notzar,  
yoreh g'dulato umalchuto.*

*Shefa n'vuato n'tano, El  
anshei s'gulato v'tifarto.*

הַנּוֹ אֲדוֹן עוֹלָם לְכֹל נּוֹצֵר,  
יּוֹרֵה גְדֻלָּתוֹ וּמַלְכוּתוֹ.  
שֵׁפַע נְבוּאָתוֹ נְתָנוּ, אֵל  
אֲנָשֵׁי סְגֻלָּתוֹ וְתַפְאֲרָתוֹ.

Behold the Eternal, who reveals greatness  
And sovereignty to every creature.  
God inspired with the gift of prophecy  
Those chosen to make known God's glory.

*Lo kam b'Yisrael k'Moshe od,  
Navi u'mabit et t'munato.  
Torat emet natan l'amo El,  
Ad yad n'vio ne-eman beito.*

לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד,  
נָבִיא וּמַבִּיט אֶת תְּמוּנָתוֹ.  
תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ אֵל,  
עַל יַד נְבִיאָו נֶאֱמַן בֵּיתוֹ.

Never has there been a prophet like Moses,  
Whose closeness to God is unmatched.  
A Torah of truth did God give our people,  
Through this prophet, this faithful servant.

*Lo yachalif HaEl v'lo yamir dato,*      לֹא יַחַלֵּיף הָאֵל וְלֹא יִמְיֵר דָּתוֹ,  
*L'olamim l'zulato.*                              לְעוֹלָמִים, לְזוֹלָתוֹ.  
*Tzofeh v'yodei-a s'tareinu,*              צוֹפֶה וְיֹדֵעַ סִתְּרֵינוּ,  
*Mabit l'sof davar b'kadmato.*              מִבֵּיט לְסוֹף דְּבָר בְּקִדְמָתוֹ.

God does not change; God's teaching will not be supplanted;

God will always be the same.

God watches us and knows our secret thoughts;

God perceives the end of every matter before it begins.

*Gomeil l'ish chesed k'mifalo,*

*Notein l'rasha ra k'rishato.*

*Yishlach l'keitz yamin p'dut olam,*

*Kol chai v'yeish yakir y'shuato.*

גוֹמֵל לְאִישׁ חֶסֶד כְּמִפְעָלוֹ,

נוֹתֵן לְרָשָׁע רָע כְּרִשְׁעָתוֹ.

יִשְׁלַח לְקֵץ יָמָיו פְּדוּת עוֹלָם,

כָּל חַי וְיֵישׁ יִכְיֶיר יְשׁוּעָתוֹ.

God deals kindly with those who merit kindness  
And brings upon the wicked the evil consequences of their deeds.  
At the end of days, God will send an everlasting redemption;  
All that lives and breathes will witness God's deliverance.

*Chayei olam nata b'tocheinu,*

*Baruch adei ad shem t'hilato.*

חַיֵּי עוֹלָם נִטְעַ בְּתוֹכֵנוּ,  
בְּרוּךְ אֲדֵי אֶד נִשְׁמ תְּהִלָּתוֹ.

God has implanted eternal life within us,  
Blessed is God's glorious Name to all eternity.



*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 פְרֵי 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,*

זְכוֹרֹן 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.*

זְכוֹר לִיצִיאַת מִצְרָיִם,  
כִּי בָנוּ בְחַרְתָּ וְאוֹתָנוּ  
קִדְשָׁתָּ מִכָּל הָעַמִּים,  
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנַּחְתָּנוּ.  
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.

SHABBAT SHALOM

from Temple Sinai!

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