

Shabbat Shalom from Temple Sinai!

This is the Kabbalat Shabbat service
for Friday, June 24, 2022.

Please follow along using these slides
if you don't have a copy
of *Mishkan T'filah*, our siddur.

Shabbat Shalom!

* Rabbi Sara Zober * Rabbi Benjamin Zober *

* Rabbi Emerita Myra Soifer *

NIGGUN

a wordless melody

as we center ourselves for Shabbat

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

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

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

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

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

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

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.

SHIR CHADASH: PSALM 96:1

Shiru l'Adonai kol haaretz

שִׁירוּ לַיהוָה כָּל הָאָרֶץ

Shiru l'Adonai shir chadash

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ

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

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 אֱלֹהֵי הַמְּיֻחָד,
Adonai echad ush'mo echad, l'shem יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
ul'tiferet v'lit'hilah. לְשֵׁם וּלְתִפְאֵרֶת 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 דוּדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

(Verse 3)

Mikdash Melech, ir m'luchah, מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה,
kumi tz'l mitoch hahafeichah, קוּמִי צְאִי מִתּוֹךְ הַהַפְּיָכָה,
rav lach shevet b'emek habacha, רַב לָךְ שֵׁבֶת בְּעֵמֶק הַבְּכָא,
v'hu yachamol alayich chemlah. 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.*

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.

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,

כִּי בָא אֹרֶךְ קוֹמִי אֹרִי,

עֲוֹרִי עֲוֹרִי 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 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 שְׂאֲסִידִי,
וְרַחֲקוּ כָּל מְבַלְעֵיִי,
יִשַׁשׁ עָלַי אֱלֹהֵיִי,
כִּמְשׁוֹשׁ חַתָּן 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.*

לְכָה 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 וּבְצִהּוֹלָהּ,
תּוֹךְ אֲמוּנַי עִם סִגְלָהּ,
בּוֹאִי כִלָּה, בּוֹאִי כִלָּה.

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 דוּדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

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

PSALM 92

Mizmor shir,

l'yom HaShabbat.

Tov l'hodot l'Adonai

ul'zameir l'shimcha elyon.

L'hagid babokeir chasdecha,

ve-emunat'cha baleilot.

מִזְמוֹר שִׁיר

לְיוֹם הַשַּׁבָּת .

טוֹב לְהַדוֹת לַיהוָה ,

וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן .

לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ ,

וּבַלַּיְלוֹת .

A Psalm, a song for Shabbat.

It is good to praise Adonai; to sing hymns to Your name, O Most High,
to proclaim Your steadfast love at daybreak, Your faithfulness each night,
with a ten-stringed harp, with voice and lyre together.

Alei asor vaalei navel

alei higayon b'chinor.

Ki simachtani Adonai b'fo-alecha

b'masei yadecha aranein.

Mah gadlu masecha Adonai,

m'od amku machsh'votcha.

עַל־יֶ-עֲשׂוֹר וְעַל־יֶ-נָבֶל ,

עַל־יֶ הַגַּיּוֹן בְּכִנּוֹר .

כִּי שִׂמַחְתָּנִי יְיָ בְּפִעֲלֶיךָ ,

בְּמַעֲשֵׂי יָדֶיךָ אֲרָנִין .

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְיָ ,

מֵאֵד עֲמֻקּוֹ מַחְשְׁבֹתֶיךָ .

You have gladdened me by Your deeds, Adonai;

I shout for joy at Your handiwork.

How great are Your works, Adonai, how very subtle Your designs!

*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 כְרַעוּתָהּ,
וְיַמְלִיךְ מַלְכוּתָהּ
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 שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי 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,*

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ 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,

תְּשֻׁבַּתָּא וְנֶחֱמָתָא,

דְּאֲמִירוֹן 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!

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,
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 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.

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֶרְבִים.

Baruch atah Adonai, hama'ariv aravim.

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.
We will rejoice in Your Torah forever.
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.

בְּרוּךְ אַתָּה יְיָ, אֹהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah Adonai, oheiv 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 כְבוֹד

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 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, וְהֵייתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם,
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם, לֵהֵיוֹת 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,

נֹרָא 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,
בוֹקֵעַ יָם לְפָנֵי 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: 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 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.*

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 ,

עִם מְקוֹדְשֵׁי שְׁבִיעִי ,

כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ ,

וְהַשְׁבִּיעִי 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.

Pray as if everything depended on God.
Act as if everything depended on you.

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.

בְּרוּךְ 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.

הַאֵל 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 וּמַגִּין.
Baruch atah Adonai, בָּרוּךְ אַתָּה יְיָ,
magein Avraham v'ezrat Sarah. מַגִּין אַבְרָהָם וְעֲזֵרַת 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.*

Morid hatal.

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

מֹרֵיד הַטַּל.

You are forever mighty, Adonai;
You give life to all (revive the dead).
and have a great ability to save.
You rain dew upon us.

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.

וְנֶאֱמַן 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).

Days pass and the years vanish, and we walk sightless among miracles.
God, fill our eyes with seeing and our minds with knowing;
let there be moments when Your Presence, like lightning,
illuminates the darkness in which we walk.
Help us to see, wherever we gaze, that the bush burns unconsumed.
And we, clay touched by God, will reach out for holiness,
and exclaim in wonder:
How filled with awe is this place, and we did not know it!

בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

Baruch atah Adonai, ha'El hakadosh.

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 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, 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 תֵּיצֵא 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 אֲדוֹנֵינוּ,
קָדוֹשׁ שְׁמוֹ.

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

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

גְּדֹלוֹ לַיְיָ אֱתִי,
וְנִרְוֶמְמָה 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
Click to add text
Click to add text
v'hamitnasei, l'chol l'rosh.*

לְךָ, יְיָ, הַגְּדֹלָה
וְהַגְּבוּרָה, וְהַתְּפִאָּרֶת,
וְהַנִּצָּחַת, וְהַהוֹד,
כִּי-כֹל בַּשָּׁמַיִם וּבָאָרֶץ.
לְךָ, יְיָ, הַמַּמְלָכָה
וְהַמִּתְנַשֵּׂא, לְכֹל 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.

Hal'lu ...

Kol han'shamah t'haleil Yah,

Hal'lu, hal'lu Yah!

הַלְלוּ . . .

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה,

הַלְלוּ, הַלְלוּ-יְהוָה.

Let all that breathes praise God. Hallelujah!

Bar'chu et Adonai ham'vorach. בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.
Baruch atah ham'vorach l'olam va-ed. בָּרוּךְ אַתָּה 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.

¹The Eternal One spoke to Moses, saying, ²“Send emissaries to scout the land of Canaan, which I am giving to the Israelite people; send one representative from each of their ancestral tribes, each one a chieftain among them.” ³So Moses, by the Eternal’s command, sent them out from the wilderness of Paran, all of them being notables, leaders of the Israelites.

1 וַיְדַבֵּר יְיָ אֶל-מֹשֶׁה לֵאמֹר:
 2 שְׁלַח-לְךָ אַנְשִׁים וַיִּתְּרוּ
 אֶת-אֶרֶץ כְּנָעַן אֲשֶׁר-אֲנִי נוֹתֵן
 לְבְנֵי יִשְׂרָאֵל אִישׁ אֶחָד אִישׁ אֶחָד
 לְמִטֵּה אַבְתָּיו תִּשְׁלְחוּ כֹל נְשִׂיא
 בָּקָהִם: ³ וַיִּשְׁלַח אֹתָם מֹשֶׁה
 מִמִּדְבַּר פָּאֲרָן עַל-פִּי יְיָ כָּל־
 אַנְשֵׁי רָאשֵׁי-בְנֵי-יִשְׂרָאֵל הֵמָּה:

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,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכָנוּ.

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 שֶׁבֵרַךְ 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.

בְּשֵׁכַר זֶה הַקְּדוֹשׁ בְּרוּךְ הוּא

יִשְׁמְרֵהוּ/יִשְׁמְרֶהָ

וַיַּצִּילֵהוּ/וַיַּצִּילֶהָ

מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה,

וַיִּשְׁלַח בְּרַכָּה 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 שֶׁבֵרַךְ 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 שֶׁבֵרַךְ 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

לְפָנֵי 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.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם:

תּוֹרָתִי. אַל-תֵּעַזְבוּ.

עֵץ חַיִּים הִיא

לְמַחְזִיקִים בָּהּ,

וְתַמְכֶיהָ מֵאֲשֶׁר.

דַּרְכֶיהָ דַּרְכֵי נֹעַם,

וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.

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.

SERMON

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 לְשַׁבֵּחַ 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.*

וַאֲנַחֲנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנַי 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,

וְיַמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעַלְמֵי 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,

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,

לְעֵלָּא מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא,

תְּשׁוּבַתָּא וְנֶחֱמָתָא,

דְּאֲמִירוֹן 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 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

24-25 June 2022 / 26 Sivan 5782

// Friday, June 24//

-- 7:30 pm Kabbalat Shabbat Service (in-person and livestreaming)

Thanks to Crystal Rhodes and Marilyn and Ken Roberts for co-hosting this week's Oneg in celebration of Crystal's 20-year Bat Mitzvah Anniversary and Marilyn and Ken's Wedding Anniversary. Thanks to this week's greeter, Jen Wulf (Board Member-at-Large) and also to Tova McGilvray (Board 1st VP) for running the livestream tech.

If you are interested in joining the Shabbat livestream tech team, please contact Michael Gorden (president@sinaireno.org).

-- Oneg (for those who are in person at Sinai)
Join us after service for challah and juice in the social hall. There are plenty of great opportunities to host an oneg, whatever your occasion: birthdays, anniversaries, you name it. Sign up by the Temple kitchen or online at SinaiReno.org/Oneg.

-- Yism'zoom (for those who are online)
Join us on Zoom for a virtual Oneg with live video after service. Visit SinaiReno.org/LIVE for details to participate.

// Saturday, June 25 //

-- 10:00 am Torah Study via Zoom starting at Genesis 41:57. We are studying the Torah, verse by verse. Join us at SinaiReno.org/TorahStudy, no prior experience is necessary; all are welcome.

Announcements

(Continued)

// Sunday, June 26 //

-- 2:00 pm Special Sisterhood Event for the Jewish community in the Temple Sinai (social hall). Sisterhood will provide coffee, purchased pastries, and paper goods with featured guest author, Henry Michalski. Click the promo ad at SinaiReno.org for details.

// Friday, July 1 //

– 5:30 pm Tot Shabbat Service (in-person only) at Callahan Park in South Reno. If you've got little ones, bring them out for some songs and prayers, and maybe a story from Rabbi Benjamin???. And if you're a little older (kid or not)... at Callahab Park, Galena (south Reno).

-- 6:00 pm Shabbat Under the Stars (in-person only) Outdoor Shabbat Service and Bring-Your-Own Picnic at Callahan Park in South Reno. We live in such a beautiful

place, so let's celebrate Shabbat together and enjoy the outdoors. Bring something to eat and join the rabbis for dinner.

// Weekend of July 8 //

-- The B'nei Mitzvah of Noah and Ari Frydman

The family will be sponsoring the oneg on Friday July 8, and then on July 9, the boys will each become a bar mitzvah at 10:00 AM.

// Sunday, July 10 //

-- 10:00 am Sinai School and Temple Sinai Social Action Committee Mitzvah Day. ALL HANDS ON DECK! We will need heavy lifters AND people to do lighter projects, as we give the school a deep clean and rearrange stuff in anticipation of the Fall semester (lunch provided).

Announcements

(Continued)

Support Us by Donating via...

- Credit Card: 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 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 and click the link to add your name.

Become a Temple Member...

- Email our Membership Chair at Membership@SinaiReno.org
- Visit our Membership page at: SinaiReno.org/Membership
- Rabbi Benjamin Zober - 775-629-6011, rabbibenjamin@sinaireno.org
- Rabbi Sara Zober - 775-629-6159, rabbisara@sinaireno.org
- Michael Gorden, President – 775-453-6880, president@sinaireno.org
- Mike Stombaugh, Temple Administrator - 775-747-5508, admin@sinaireno.org

Additional information can be found online at:

www.SinaiReno.org

ADON OLAM

Adon olam asher malach,

b'terem kol y'tzir nivra.

L'eit naasah v'cheftzo kol,

azai Melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֵרֵם כּוֹל יִצְרֵר נִבְרָא.

לְעֵת נַעֲשָׂה בְּחִפְצוֹ כּוֹל,

אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

You are our Eternal God,
who reigned before any being had been created;
when all was done according to Your will,
then You were called Ruler.

V'acharei kichlot hakol,

I'vado yimloch nora.

V'hu hayah, v'hu hoveh,

v'hu yih'yeh, b'tifarah.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נֹרָא.

וְהוּא הָיָה, וְהוּא הוֹבֵה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

And after all ceases to be, You alone will rule in majesty.

You have been, are yet, and will be in glory.

V'hu echad v'ein sheini.

L'hamshil lo l'hachbirah.

B'li reishit b'li tachlit,

v'lo hoaz v'hamisrah.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַחֲלִית,
וְלֹא הָעֵז וְהַמְשָׁרָה.

And You are One; none other can compare to or consort with You.

You are without beginning, without end.

To You belong power and dominion.

*V'hu Eli v'chai go-ali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li
m'nat kosi b'yom ekra.*

וְהוּא אֱלֹהֵי וְחַי גְּאֲלִי,
וְצוּר חֶבְלֵי בְּעֵת צָרָה.
וְהוּא נִסִּי וּמָנוֹס לִי
מִנַּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

And You are my God, my living Redeemer,
my Rock in times of trouble and distress.
You are my standard bearer and my refuge,
my benefactor when I call on You.

*B'yado afkid ruchi,
b'eit ishan v'a-irah.
V'im ruchi g'viyati,
Adonai li v'lo ira.*

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעֱרָה.
וְעִם רוּחִי גְוִיָּתִי,
יְיָ לִי וְלֹא אֵירָא.

Into Your hands I entrust my spirit,
when I sleep and when I wake,
and with my spirit my body also;
Adonai is with me and I shall not fear.

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 מִצְרַיִם,
כִּי בָנוּ בְחַרְתָּ וְאוֹתָנוּ
קִדְשְׁתָּ 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.

HAMOTZI

Baruch atah, Adonai Eloheinu,

Melech haolam,

hamotzi lechem min haaretz.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

מֶלֶךְ הָעוֹלָם,

הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ.

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

SHABBAT SHALOM

from Temple Sinai!

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