

SABBATH EVENING SERVICE

2

WELCOMING THE SABBATH קבלת שבת

(The Congregation will stand)

וְקראתָ לַשַּׁבָּת עֲנוּ.

'You shall call the Sabbath a delight.' These lights we kindle are a symbol of joy. May their brightness lift our spirits, and fill our hearts with happiness and peace.

We praise You, Eternal God,
Sovereign of the universe: You
sanctify us by Your command-
ments, and enjoin us to kindle
the Sabbath lights.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוֵּנוּ לְהַדְלִיק נֵר שַׁבָּת.

(The Congregation will sit)

The Sabbath has descended to enfold us in its mantle of peace. It brings to us the precious gift of time: time to embrace family and friends, to reflect more deeply on the meaning and purpose of our lives, and to worship in the beauty of holiness. May our Sabbaths always be sanctuaries of love and devotion, bringing contentment to our hearts, happiness to our homes and blessing to our people.



שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיּוֹן,
 מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא.
 בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
 מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא.
 בָּרְכוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
 מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא.
 צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
 מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא.

Peace be to you, ministering angels, messengers of the
 Most High, of the supreme Sovereign,
 the Holy One,
 ever to be praised.

Enter in peace, O messengers of the Most High, of
 the supreme Sovereign, the Holy One,
 ever to be praised.

Bless us with peace, O messengers of the Most High, of
 the supreme Sovereign, the Holy One,
 ever to be praised.

Depart in peace, O messengers of the Most High, of
 the supreme Sovereign, the Holy One,
 ever to be praised.

Let the righteous rejoice in
You,

and give thanks to Your holy
name.

Soul's Beloved, Source of mercy,
draw Your servant to Your will.
Let me leap like a deer
to stand in awe before Your
glory.
Your love is sweeter
than the taste of honey.

Show Yourself, Beloved, and
spread over me
the shelter of Your peace.
Illumine the world with Your
presence,
and we will rejoice and be glad
in You.
Hurry, Loved One, the holy day
has come;
be gracious to us as in days of
old.

שִׂמְחוּ צְדִיקִים בִּיהוָה,

וְהוֹדוּ לְזִכְרֵךְ קָדְשׁ.

יְדִיד נַפְשִׁי, אָב הַרְחֵמֵנִי,

מְשִׁיךְ עַבְדְּךָ אֶל רְצוֹנְךָ.

יְרוּץ עַבְדְּךָ כְּמוֹ אֵיל,

יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרָךְ.

יַעֲרֵב לִי יְדִידוֹתֶיךָ

מִנּוּפֶת צוּף וְכָל־טַעַם.

הַגִּלָּה נָא, וּפְרוֹשׁ, חֲבִיבִי,

עָלֵי אֶת־סִכַּת שְׁלוֹמְךָ.

תֹּאִיר אֶרֶץ מִכְבוֹדְךָ,

נְגִילָה וְנִשְׁמָחָה בְּךָ.

מִהֵרָ, אֲהוּבִי, כִּי בָא מוֹעֵד,

וְחַנּוּנוֹ כִּימֵי עוֹלָם.

(We continue with the Shema and its Benedictions on page 92)

SABBATH EVENING SERVICE 5

AND CONTINUATION OF SERVICES 1-4

WELCOMING THE SABBATH קבלת שבת

(The Congregation will stand)

הָעָם הַחֲלָכִים בַּחֹשֶׁךְ רָאוּ אֹרֶךְ גָּדוֹל.

'The people who walked in darkness have seen a great light.' In the past week some have known sorrow or disappointment, and for some the future looks far from bright. Let this Sabbath be an oasis of quietness. To the lonely may it bring companionship; to the sorrowing, comfort; to the dispirited, courage; to all of us, peace of mind and hope for the future.

We praise You, Eternal God,
Sovereign of the universe: You
sanctify us by Your command-
ments, and enjoin us to kindle
the Sabbath lights.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

(The Congregation will sit)

There are days when we seek material things, and measure failure by what we do not own.

On the Sabbath we wish not to acquire but to share.

There are days when we exploit nature with reckless greed.
On the Sabbath we stand in wonder before the mystery of creation.
 There are days when we think only of ourselves.
On the Sabbath we open our hearts to the needs and rights of others.

From Psalm 92

A PSALM FOR THE SABBATH DAY

It is good to give thanks to the
 Eternal One,
*to sing hymns to Your name, O
 Most High;*

To tell of Your love in the
 morning,
*and Your faithfulness in the
 night;*

To the sound of lute and harp,
and to the music of the lyre.

Your deeds fill me with glad-
 ness,
Your work moves me to song.

How great are Your works,
 Eternal God!
How very deep Your thoughts!

The righteous shall flourish
 like the palm,
*grow tall like the cedar of
 Lebanon.*

מְזִמֹּר שִׁיר לַיּוֹם הַשַּׁבָּת.

טוֹב לְהַדוֹת לַיהוָה, 

וּלְזַמֵּר לְשִׁמְךָ עֲלִיּוֹן,

לְהַגִּיד בַּבֶּקֶר חֶסֶדְךָ,

וְאִמּוֹנָתְךָ בַּלַּיְלוֹת;

עַל־עֲשׂוֹר וְעַל־נֶבֶל,

עַל הַגִּיטָּה בְּכִנּוֹר.

כִּי שִׁמְחַתְּנִי, יְהוָה, בַּכִּנּוֹר,

בַּמַּעֲשֵׂי יְדֶיךָ אֲרָנִי.

מִהֲגִדְלוֹ מַעֲשֵׂיךָ, יְהוָה!

מֵאֵד עֲמָקוֹ מַחֲשַׁבְּתֶיךָ.

צִדִּיק כְּתָמָר יִפְרַח,

כְּאַרְז בְּלִבְנוֹן יִשָּׁגָה.

Planted in the house of the
Eternal One,

*they shall flourish in the courts
of our God;*

They shall still bear fruit in
old age,

*they shall ever be fresh and
green,*

Proclaiming that God is just,
*my Rock, in whom there is no
flaw.*

שְׁתוּלִים בְּבֵית יְהוָה,

בַּחצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנּוּבִין בְּשִׁיבָה,

דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ,

לְהַגִּיד כִּי־יָשָׁר יְהוָה,

צוּרִי, וְלֹא־עוֹלָתָהּ בּוֹ.

Psalm 93

The Eternal One reigns,
in grandeur robed,
robed and girded with strength.

The world stands firm,
it shall not be moved.

Your throne is established
from of old,
for You are everlasting.

The oceans roar, Eternal God,
the thundering oceans roar,
the thundering oceans rage;

יְהוָה מֶלֶךְ, גָּאוֹת לְבָשׁ,

לְבָשׁ יְהוָה, עֹז הַתְּאֵזָר.

אֶף־תִּכּוֹן תִּבֵּל,

בְּלֹת־תִּמּוֹט.

נִכּוֹן כְּסֹאֲךָ מֵאֶז,

מֵעוֹלָם אֵתָּה.

נִשְׁאָו נְהָרוֹת, יְהוָה,

נִשְׁאָו נְהָרוֹת קוֹלָם,

יִשְׁאָו נְהָרוֹת דִּכְיָם;

Yet greater than the roaring
waves, mightier than the break-
ing seas,

You stand supreme on high!

Sure are the proofs of Your
power, O God,

*and holiness adorns Your house
for ever.*

מקלות מים רבים,

אדירים משבריים,

אדיר במרום יהוה!

עדתך נאמנו מאד,

לביתך נאווה קדש,

יהוה, לארך ימים.



לכה דודי לקראת פלה, פני שבת נקבלה.

*Come, my friend, the bride to meet,
the Sabbath day in joy to greet.*

'Observe!', 'Remember!'—one
command,
God taught us both in single
phrase.

Our God is One, and One,
God's name,
In fame, in glory, and in praise.
Come, my friend...

שמור וזכור בדבור אחד,
השמיענו אל המיחד. "אחד,
ושמו אחד, לשם ולתפארת
ולתהלה.

לכה דודי לקראת פלה,
פני שבת נקבלה.

To greet the Sabbath let us go,
For from her endless blessings
pour:

Conceived before Creation's
dawn,
The final act, thought long
before.
Come, my friend...

לקראת שבת לכו ונלכה, כי
היא מקור הברכה מראש
מקדם נסוכה, סוף מעשה,
במחשבה תחלה.

לכה דודי לקראת פלה,
פני שבת נקבלה.

Arouse yourself, arouse
yourself!

Your light has come! Rise, shine
anew!

Awake, awake, break out in
song!

God's glory is revealed to you.

Come, my friend...

הַתְּעוֹרְרִי, הַתְּעוֹרְרִי, כִּי בָא

אוֹרְךָ! קוּמִי אוֹרִי, עוֹרִי עוֹרִי,

שִׁיר דְּבַרְנוּ כְּבוֹד יְיָ עֲלֶיךָ

נִגְלָה.

לָכָה דוּדִי לְקִרְאָת פִּלָּה,

פָּנֵי שַׁבָּת נִקְבְּלָה.

O come in peace, Creation's
crown!

Let joy and gladness now
abide.

Refresh God's people and its
faith!

Come in, O bride! Come in, O
bride!

Come, my friend...

בּוֹאִי בְּשָׁלוֹם, עֲמֻרָת בַּעֲלָה,

גַּם בְּשִׂמְחָה וּבִצְחָלָה. תּוֹךְ

אֲמוּנֵי עַם סִגְלָה, בּוֹאִי כָלָה!

בּוֹאִי כָלָה!

לָכָה דוּדִי לְקִרְאָת פִּלָּה,

פָּנֵי שַׁבָּת נִקְבְּלָה.

(The Congregation will stand)

שְׁמַע וּבְרָכוֹת י' הַ THE SHEMA AND ITS BENEDICTIONS

בָּרְכוּ אֶת־יְיָ הַמְּבָרָךְ.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Praise the One to whom our praise is due.

*We praise the Eternal One
to whom our praise is due
for ever.*

(The Congregation will sit)

We praise You, Eternal One, our God, Sovereign of the universe, whose word brings on the evening, whose wisdom opens heaven's gates, whose understanding changes times and seasons, and whose will sets the stars in their courses in the sky. You make day and night, rolling light away from darkness, and darkness from light; You make day pass and bring on the night, and separate day from night: You rule the hosts of heaven.

We praise You, O God, whose word makes evening fall.

Unending love have You shown Your people, the house of Israel: Torah and Mitzvot, laws and precepts have You taught us. When we lie down and when we rise up, we will reflect on the meaning of Your laws, and rejoice in the words of Your Torah and in Your Mitzvot for ever. On them we will meditate day and night, for they are our life and the length of our days. May Your love never depart from us.

We praise You, O God: You love Your people Israel.

ברוך אתה יי, אלהינו מלך
העולם, אשר בדברו מעריב
ערבים, בחכמה פותח שערים,
ובתבונה משנה עתים, ומחליף
את הזמנים, ומסדר את
הכוכבים במשמרותיהם בקיע
כרצונו. בורא יום ולילה, גולל
אור מפני חשך וחשך מפני
אור, ומעביר יום ומביא לילה,
ומבדיל בין יום ובין לילה,
יי צבאות שמו.

ברוך אתה יי, המעריב ערבים.

אהבת עולם בית ישראל עמך
אהבת. תורה ומצות, חקים
ומשפטים אותנו למדת. על-כן,
יי אלהינו, בשכבנו ובקומנו
נשים בחקך, ונשמח בדברי
תורתך ובמצותיך לעולם ועד.
כי הם חיינו ואורך ימינו, ובהם
נהנה יומם ולילה. ואהבתך אל-
תסור ממנו לעולמים.

ברוך אתה יי, אהב עמו
ישראל.

(The Congregation will stand)

שִׁמְעֵה יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

**Hear, O Israel: the Eternal One is our God,
the Eternal God is One.**

בָּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתָו לְעוֹלָם וָעֶד.

Praised for ever be God's glorious majesty.

You shall love the Eternal One, your God, with all your heart, with all your soul, with all your might. Let these words, which I command you this day, be always in your heart. Teach them diligently to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be like frontlets between your eyes; inscribe them on the doorposts of your house, and on your gates.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-
לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי
מְצַוְךָ הַיּוֹם עַל-לִבְּךָ: וְשִׁנְתָּם
לְכִנִּיךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבִלְכֻתְךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאֹזֶן עַל-
יָדְךָ וְהָיוּ לְטַפָּחַת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוּזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

(The Congregation will sit)

Be mindful of all My commandments, and do them: so shall you be consecrated to your God. I, the Eternal One, am your God who led you out of Egypt to be your God; I, the Eternal One, am your God.

All this we hold to be true and sure: You alone, Eternal One, are our God, and we are Israel Your people. You have freed us from oppressors, and delivered us from tyrants; You led us out of Egypt, for ever to serve You in freedom. When we witnessed Your power, we praised Your name and gave thanks; willingly we accepted Your rule; then, full of joy, we sang together:

Who is like You, Eternal One, among the gods people worship? Who is like You, glorious in holiness, awesome in splendour, doing wonders?

The Eternal God shall reign for ever and ever!

לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־
מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיוֹת
לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

אָמֵת וְאִמּוֹנָה כָּל־זֹאת, וְנִקְיָם
עָלֵינוּ, כִּי הוּא יְיָ אֱלֹהֵינוּ,
וְאֵין זִוְלָתוֹ, וְאִנְחֵנוּ יִשְׂרָאֵל עִמּוֹ.
הַפְּדוּנוֹ מִיַּד מְלָכִים, הַגּוֹאֲלֵנוּ
מִכַּף כָּל־הָעֲרִיצִים, וַיּוֹצֵא אֶת־
עַמּוֹ יִשְׂרָאֵל מִמִּצְרַיִם לְחֵירוֹת
עוֹלָם. וְרָאוּ בָנָיו גְּבוּרָתוֹ, שִׁבְּחוּ
וְהוֹדוּ לְשִׁמּוֹ, וּמְלָכוּתוֹ בְּרָצוֹן
קִבְּלוּ עָלֵיהֶם. לֵךְ עֲנֵי שִׁירָה
בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָּל־ם:

מִי־כַמֻּכָּה בָּאֵלִם, יְהוָה? מִי
כַמֻּכָּה, נָאֲדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּתוֹ, עֲשֵׂה פֶלְאָה?
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד!

And it has been said: 'The Eternal One has delivered Jacob, and redeemed us from the hand of one stronger than ourselves.'

*We praise You, O God,
Redeemer of Israel.*

וְנֹאמַר: כִּי פָדָה יי אֶת־עַמְּךָ,

וְנִצְּלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בְּרוּךְ אַתָּה יי, גֹּאֲלֵי יִשְׂרָאֵל.

Grant, Eternal God, that we may lie down in peace, and let us rise up to life renewed. Spread over us the shelter of Your peace; guide us with Your wise counsel and, for Your name's sake, be our help. Shield us from sickness and war, from famine and distress, and keep us from wrongdoing. Shelter us in the shadow of Your wings, for You are our Guardian and Deliverer, a gracious and merciful God. Guard our going out and our coming in, that, now and always, we may have life and peace.

*We praise You, O God: may
Your sheltering peace descend on
us and all who dwell on earth.*

הַשְׂכִּיבֵנוּ, יי אֱלֹהֵינוּ, לְשָׁלוֹם,
וְהַעֲמִידֵנוּ, מִלְּכֻנוּ, לְחַיִּים. וּפְרוּשׁ
עָלֵינוּ סֶכֶת שְׁלוֹמְךָ, וְתַקְּנֵנוּ
בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ
לְמַעַן שְׁמֶךָ, וְחֵן בְּעֵדֶנּוּ. וְחַסֵּר
מֵעָלֵינוּ אוֹיֵב דָּבָר וְחָרָב וְרָעָב
וְגִזּוֹן; וְחִרְחַק מִמֶּנּוּ עֵוֹן וּפֶשַׁע.
וּבְצֵל כְּנָפֶיךָ תַּסְתִּירֵנוּ, כִּי אֵל
שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל
מֶלֶךְ חֲנוּן וְרַחוּם אַתָּה. וְשָׁמֹר
צִאתָנוּ וּבֹאֵנוּ לְחַיִּים וּלְשָׁלוֹם
מִעַתָּה וְעַד עוֹלָם.

בְּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ סֶכֶת
שְׁלוֹם עָלֵינוּ וְעַל־כָּל־יֹשְׁבֵי
תֵּבֵל.

ת פ ל ה THE DAILY PRAYER

(The Congregation will stand)

אדני שפתי תפתח, ופי יגיד תהלתך.

Eternal God, open my lips, that my mouth may declare Your praise.

We praise You, Eternal One, our God and God of our ancestors: of Abraham, Isaac, and Jacob; of Sarah, Rebekah, Rachel and Leah; great and mighty, awesome and exalted God. You deal kindly with us and embrace us all. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name. You are our Sovereign and Helper, our Redeemer and Shield.

We praise You, O God, Shield of Abraham and Protector of Sarah.

Unending is Your might, Eternal One; You are the Source of eternal life; great is Your power to redeem.

ברוך אתה יי, אלהינו ואלהי
אבותינו ואמותינו: אלהי
אברהם, אלהי יצחק ואלהי
יעקב: אלהי שרה, אלהי
רבקה, אלהי רחל ואלהי
לאה; האל הגדול הגבור
והנורא, אל עליון. גומל
חסדים טובים וקונה הכל,
וזוכר חסדי אבות ואמהות,
ומביא גאולה לבני בניהם,
למען שמו באהבה. מלך עוזר
ומושיע ומגן.

ברוך אתה יי, מגן אברהם
ועזרת שרה.

אתה גבור לעולם, אדני, מחיה
מתים אתה, רב להושיע.

You cause the wind to blow
and the rain to fall, the sun to
shine and the dew to descend.

In Your love You sustain the
living; in Your compassion You
grant us eternal life. You
support the falling and heal the
sick; You free the captive and
keep faith with those who
sleep in the dust.

Who is like You, Source of all
strength? Who is Your equal,
sovereign Author of life and
death, whose will it is that
goodness shall prevail?

Trusting in You, we see life
beyond death.

*We praise You, O God, Source
of eternal life.*

You are holy, awesome is
Your name; we have no God
but You.

*We praise You, Eternal One,
the holy God.*

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְזַרֵּחַ הַשֶּׁמֶשׁ וּמוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בַּחֲסֶד, מַחֲיָה
מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר
אֲסוּרִים, וּמְקִים אֲמוּנָתוֹ לִישְׁנֵי
עָפָר.

מִי כְמוֹךָ, בּוֹעֵל גְּבוּרוֹת, וּמִי
יוֹמֵה לָךְ, מַלְךְ מִמִּית וּמַחֲיָה
וּמַצְמִיחַ יְשׁוּעָה?
וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים.
בְּרוּךְ אַתָּה יְיָ, מַחֲיָה הַמֵּתִים.

קָדוֹשׁ אַתָּה וְנוֹרָא שְׁמֶךָ, וְאֵין
לָנוּ אֱלֹהִים מִבְּלַעֲדֶיךָ.

בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

(The Congregation may sit)

We thank You, O God, for this Sabbath day, which calls us to a
closer communion with You. Though You are near to us at all
times, You reveal Your presence most clearly when we direct our

thoughts towards You in worship and meditation. In You, O God, our humanity is exalted; You are our life. From You come its greatness, its power, its beauty. Establish in us, we humbly pray, a devotion to You that shall be firm in all the circumstances of life. May this service renew in our hearts the sense of Your presence, and bring us peace.

The people of Israel shall keep the Sabbath, observing the Sabbath in every generation as a covenant for all time. It is a sign between Me and the people of Israel for ever. For in six days, I, the Eternal One, made heaven and earth, but on the seventh day I ceased from work, and rested.

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם
בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אֹתָהּ הוּא לְעוֹלָם. כִּי־
שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־
הַשָּׁמַיִם וְאֶת־הָאָרֶץ, וּבַיּוֹם
הַשְּׁבִיעִי שָׁבַת וַיָּנַח.

or

Those who keep the Sabbath and call it a delight know the joy of redemption. The people who hallow the seventh day delight in Your goodness. For it pleased You to set this day apart, that we may cherish it above all other days, and pause to remember that the world is Your creation.

יִשְׁמְחוּ בַּמְלֻכּוּתְךָ שׁוֹמְרֵי שַׁבָּת
וְקוֹרְאֵי עֲנִי. עִם מְקַדְּשֵׁי שְׁבִיעִי
כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּנוּ מִטּוֹבָךְ.
וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וּמְקַדְּשָׁהּ.
חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ, זִכָּר
לַמַּעֲשֵׂה בְּרֵאשִׁית.

Guide us in Your world with good companions and good intentions. When we rise up in the morning, may we find our hearts ready to revere You, and may our deepest longings be fulfilled for good.

O my God, guard my tongue from speaking evil and my lips from telling lies. Even when others curse me, may my soul be silent, and humble as the dust to all. Open my heart to Your Teaching, and make me eager to do Your will. Dissuade those who seek to harm me, and let not their plans prevail.

May the words of my mouth, and the meditation of my heart, be acceptable to You, O God, my Rock and my Redeemer.

טוב ויִצָּר טוב בעוֹלָמְךָ,
וְנִשְׁכִּים וְנִמְצָא יְחִיד לְבַבְנוּ
לִירְאָה אֶת־שְׁמֶךָ, וְתִבּוֹא לְפָנֶיךָ
קֹרַת נַפְשֵׁנוּ לְטוֹבָה.

אֱלֹהִי, נִצֵּר לְשׁוֹנֵי מַרְעֵי, וּשְׁפָתֵי
מִדְבַּר מַרְמָה. וְלִמְקַלְלֵי נַפְשִׁי
תְּדוּם וְנַפְשִׁי כְּעָפָר לְכָל תְּהִיָּה.
פֶּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ
תִּרְדֵּף נַפְשִׁי. וְכָל־הַחוֹשְׁבִּים
עָלַי רָעָה, מִהֲרֵה הַפֵּר עֲצָתָם
וּמְקַלְקַל מַחֲשַׁבְתָּם.

יְהִי לְרָצוֹן אֱמִרֵי־פִי, וְהִגִּיוֹן
לִבִּי לְפָנֶיךָ, יְהִנֶּה צוּרִי
וְגֹאֲלִי.

or

May the Most High, Source of perfect peace, grant peace to us, to all Israel, and to all humanity.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־
יִשְׂרָאֵל וְעַל כָּל־בְּנֵי־אָדָם.

(The service may continue with the 'Prayers and Readings on Various Themes')

29. LIFE AND DEATH

You shall keep My statutes
and My ordinances, for the
doing of them makes for life.

וּשְׁמַרְתֶּם אֶת־חֻקֹּתַי וְאֶת־
מִשְׁפָּטַי, אֲשֶׁר יַעֲשֶׂה אִתְּם
הָאָדָם וְחַי בָּהֶם.

From its beginning Judaism has been a life-affirming faith. It prizes life almost above all other values. When we drink a toast, we drink it *l'chayyim*, 'to life!'

I call heaven and earth to
witness against you this day
that I have set before you life or
death, blessing or curse; there-
fore choose life, that you and
your descendants may live.

הַעֲיֵדְתִי בָכֶם הַיּוֹם אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ: חַיִּים וְהַמּוֹת נָתַתִּי
לִפְנֶיךָ, הַבְּרָכָה וְהַקְלָלָה;
וּבְחִרְתָּ בַחַיִּים, לְמַעַן תַּחְיֶה
אַתָּה וְזַרְעֲךָ.

*Thus says the Eternal One to the
house of Israel: Seek Me and live.*

כִּי כֹה אָמַר יְהוָה לְבֵית
יִשְׂרָאֵל: דְּרֹשׁוּנִי וְחִי.

As I live, says the Eternal
God, I do not desire the death
of the wicked, but that they
turn from their way and live.

חַי־אֲנִי, נֹאם אֱלֹהֵי יְהוָה, אִם־
אֲחַפֵּץ בְּמוֹת הָרָשָׁע, כִּי אִם־
בְּשׁוּב רָשָׁע מִדֶּרֶכוֹ וְחָיָה.

*For why should you want to die,
O house of Israel?*

וְלָמָּה תִּמָּתוּ, בֵּית יִשְׂרָאֵל?
לֹא הַמָּתִים יִהְלְלוּ־יָהּ, וְלֹא
כָּל־יֶרֶדֵי דוֹמָה. חַי, חַי הוּא
יִוֹדֶךָ, כְּמוֹנֵי הַיּוֹם.

The dead cannot praise God,
nor any who descend into si-
lence. The living, the living
shall praise You, as I do this
day.

לֹא אָמוּת, כִּי־אֲחִיָּה וְאֲסַפֵּר
מַעֲשֵׂי יְהוָה.

*I shall not die, but live to tell of
God's deeds.*

It is for this reason that only one human being was created in the beginning: to teach us that anyone who destroys a single soul is considered by Scripture as if they had destroyed a whole world, and anyone who saves a single soul as if they had saved a whole world.

The duty to save life overrides the Sabbath.

Indeed, no obligation takes precedence over the saving of life, except the laws forbidding idolatry, incest and murder.

And when there is a chance to save a human life, we do not go by the majority opinion or the balance of probability.

Though Judaism affirms and celebrates life, it does not deny death, but asks us to accept it as part of God's wise ordering of the course of nature.

We are strangers before God, and sojourners, as all our ancestors were;

our days on earth are like a shadow, and there is no abiding.

Do not fear the summons of

לְפִיכָךְ נִבְרָא אָדָם יְחִידִי:
לְלַמֶּדְךָ שְׁכַל־הַמַּאֲבֵד נֶפֶשׁ
אַחַת מֵעֵלָה עָלָיו הַכָּתוּב
כָּאֵלּוּ אֶבֶד עוֹלָם מְלֵא, וְכָל־
הַמָּקִים נֶפֶשׁ אַחַת מֵעֵלָה עָלָיו
הַכָּתוּב כָּאֵלּוּ קַיָּם עוֹלָם מְלֵא.

פְּקוּחַ נֶפֶשׁ דּוֹחָה שַׁבָּת.

אֵין לְךָ דְּבַר שְׁעוּמָד בִּפְנֵי
פְּקוּחַ נֶפֶשׁ חוּץ מֵעֲבוּדָה זָרָה,
וְגֵלּוּי עֲרִיּוֹת וְשִׁפְיֻכּוֹת דָּמִים.

אֵין הוֹלְכִין בְּפְקוּחַ נֶפֶשׁ אַחֵר
הָרֹב.

כִּי־גֵרִים אֲנַחְנוּ לְפָנֶיךָ,
וְחוֹשְׁבִים, כְּכָל־אֲבוֹתֵינוּ.

כָּצֵל יָמֵינוּ עַל־הָאָרֶץ, וְאֵין
מִקְוָה.

אַל־תִּפְחַד מִמּוֹת חֶקֶךְ; זִכֵּר כִּי

death; remember that past and
future generations are with
you.

ראשונים אחרונים עמך.

This is God's decree for all flesh.

זה חלק כל-בשר מאל.

How suddenly it comes, this last today;
Tomorrow seems so far away when we are young,
Then it is here;
The end of now.
There was a time when, if I could, I would have forced the
door to yesterday,
To live again the joys of early love,
To feel once more the thrust of time into tomorrow's
endlessness.
But I am older now, and know that there is a last today,
And that the sun will not more rise
To wash with light my clouded eyes.
Tomorrow...? Who knows where I shall be?
Perhaps in some eternity
Where all time gone and still to be are one.
How beautiful is death...
How gratefully I go...

*The lesson Judaism draws from the fact of death is that it underlines
our duty to use life well, to use it in God's service, and so to give it
enduring value.*

Rabbi Eliezer said: Repent
one day before your death.
When his disciples asked him,
But does one know when one
will die?, he answered: All the

שוב יום אחד לפני מיתתך.
שאלו תלמידיו את-רבי
אליעזר, וכי אדם יודע באיזה
יום ימות שיעשה תשובה?
אמר להם: כל-שכן שיעשה

more should we repent today,
in case we die tomorrow!

*All must die, and death must
come to all. Happy, therefore, are
those who depart this world with a
good name.*

The days of a good life are
numbered, but a good name
endures for ever.

The great use of life is to spend it for something that will outlast it.

On that condition, that we do our best to use well the time
allotted to us, we need not fear death; we may even welcome it,
when the time comes, as a friend. But until that time comes, let us
prolong and enhance life, for ourselves and for our fellow human
beings. So may we draw guidance from our faith to sanctify life,
and to make it joyful.

*When we are dead, and people weep for us and grieve, let it be because
we touched their lives with beauty and simplicity. Let it not be said that
life was good to us, but, rather, that we were good to life.*

We praise You, Eternal God,
Sovereign of the universe, that
You have kept us alive,
sustained us, and enabled us to
reach this season.

תשובה היום, שְׁמָא יָמוּת
לְמָחָר

הַכֹּל לָמוּת וְהַכֹּל לְמִיתָה,
וְאֲשֶׁרֵיו לְאָדָם שֶׁיֵּצֵא בְּשֵׁם טוֹב
מִן הָעוֹלָם.

טוֹבֵת חַי יְמֵי־מִסְפָּר, וְטוֹבֵת
שֵׁם יְמֵי־אֵין מִסְפָּר.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁהַחַיִּי וְקִיָּמִי
וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה.

ALEYNU עלינו

(The Congregation will stand)

Let us now praise the
Sovereign of the universe and
proclaim the greatness of its
Creator, whose unity it is our
mission to make known,
whose rule it is our task to
make effective.

We bow in awe and
thanksgiving before the
supreme Sovereign, the Holy
One, ever to be praised,

Who spread out the heavens
and established the earth,
whose glory fills the highest
heavens, whose might extends
throughout all space, who
alone is our God, for no other
exists, who in truth is our
Sovereign, for there is none
else; as it is written: 'Know
then this day and take it to
heart: the Eternal One is God
in the heavens above and on
the earth below; there is no
other.'

עלינו לשבח לאדון הכל,
לתת גדלה ליוצר בראשית,
אשר שם חלקנו ליחד את-שמו,
וגורלנו להמליך מלכותו.

ואנחנו כורעים ומשתחוים
ומודים לפני מלך מלכי
המלכים, הקדוש ברוך הוא,

שהוא נוטה שמים ויוסד ארץ,
ומושב יקרו בשמים ממעל,
ושכינת עוז בגבהי מרומים.
הוא אלהינו, אין עוד. אמת
מלכנו, אפס זולתו, כפתוב
בתורתו: יודעת היום והשבת
אל-לבבך, כי יהיה הוא
האלהים בשמים ממעל ועל
הארץ מתחת, אין עוד.

Trusting in You, Eternal God, we hope soon to behold the glory of Your might, when false gods will vanish from our hearts, and idolatry cease for ever. Help us to perfect the world by bringing it under Your unchallenged rule, when all will invoke Your name, relinquish evil, and turn to You alone.

May all who dwell on earth come to know that to You every knee must bend and every tongue swear loyalty. Before You, let them humble themselves, and to Your glorious name let them give honour. Let all submit to Your sovereign rule; may that time come soon, and last for ever.

For ultimate sovereignty is Yours, and to all eternity You will reign in glory, as it is written: The Eternal One shall reign for ever.

And it has been said: The Eternal God shall rule over all the earth; on that day the Eternal God shall be One, and known to be One.

על-פֶּן נִקְנָה לָךְ, יְיָ אֱלֹהֵינוּ,
לְרֹאוֹת מַהֲרָה בְּתַפְאֲרַת עֲזֶךָ,
לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ,
וְהָאֱלִילִים כָּרוֹת יִכְרֹתוּן, לְתַקֵּן
עוֹלָם בְּמַלְכוּת שְׁדֵי, וְכָל-בְּנֵי
בָשָׂר יִקְרְאוּ בְּשִׁמְךָ, לְהַפְנוֹת
אֵלֶיךָ כָּל-רִשְׁעֵי אָרֶץ.

יִכִּירוּ וַיִּדְעוּ כָּל-יֹשְׁבֵי תֵבֶל כִּי
לָךְ תִּכְרַע כָּל-בָּרָךְ, תִּשָּׁבַע
כָּל-לָשׁוֹן. לְפָנֶיךָ, יְיָ אֱלֹהֵינוּ,
יִכְרְעוּ וַיִּפְּלוּ, וְלִכְבוֹד שִׁמְךָ
יִקָּר יִתְנֶנּוּ, וַיִּקְבְּלוּ כָּל־אֶתְעַל
מַלְכוּתְךָ, וְתִמְלֹךְ עֲלֵיהֶם מַהֲרָה
לְעוֹלָם וָעֶד.

כִּי הַמַּלְכוּת שְׁלֹךְ הִיא,
וּלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד,
כַּכְּתוּב בְּתוֹרָתְךָ: יְהוָה יִמְלֹךְ
לְעֹלָם וָעֶד.

וְנֹאמַר: וְהָיָה יְהוָה לְמֶלֶךְ עַל-
כָּל-הָאָרֶץ; בַּיּוֹם הַהוּא יְהִיָּה
יְהוָה אֶחָד וְשִׁמוֹ אֶחָד.

KADDISH קדיש

Magnified and sanctified be the great name of the One by whose will the world was created. May God's rule become effective in your lives, and in the life of the whole House of Israel. May it be so soon, and let us say: Amen.

May God's great name be praised to all eternity.

Blessed and praised; glorified, exalted and extolled; lauded, honoured and acclaimed be the name of the Holy One, who is ever to be praised, though far above the eulogies and songs of praise and consolation that human lips can utter; and let us say: Amen.

May great peace descend from heaven, and abundant life be granted, to us and all Israel; and let us say: Amen.

May the Most High, Source of perfect peace, grant peace to us, to all Israel, and to all humanity, and let us say: Amen.

וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא
בְּעֻלְמָא דִּי־בְרָא כְרַעוּתָהּ,
וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בְּעֻגְלָא וּבְזֶמַן קָרִיב,
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר
וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְּקוּדְשָׁא,
בְּרִיךְ הוּא,

לְעָלָא מִן־כָּל־בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאִמְרִין
בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל
וְעַל כָּל־בְּנֵי־אָדָם, וְאָמְרוּ: אָמֵן.