

## CANDLE BLESSING

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

*Baruch atta Adonai, Elohaynu melech ha-olam, asher kid-sha-noo  
be-mits-vo-tav ve-tsee-va-noo le-had-leek ner shel Shabbat.*

Blessed are you, Adonai our God, Ruler of the universe, who commanded us to kindle the lights of Shabbat.



## BAR'CHU: THE CALL TO JOIN IN PRAYER (Please Rise)

בָּרְכוּ אֶת יי הַמְּבָרָךְ!  
בְּרוּךְ יי הַמְּבָרָךְ לְעוֹלָם וָעֶד!

*Bar'chu et A-do-nai ha-me-vo-rach!  
Baruch Adonai ha-me-vo-rach le-olam va-ed!*

Praise the Eternal to whom praise is due!  
Praised be the Eternal to whom praise is due, now and forever.



## SH'MA: HEAR O ISRAEL

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

*Sh'ma Yisrael Adonai Elohaynu Adonai Echad.  
Baruch shem k'vod mal-choo-toe l'o-lam va-ed.*

Hear, O Israel: the Lord our God, the Lord is One!  
Praised be God's sovereignty forever and ever!

**V'AHAVTA: AND THOU SHALL LOVE**

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת  
בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*Ve-a-hav-ta et Adonai Elo-he-cha b'chol l'vav-cha, oov-chol naf-she-cha oov'echol  
me-o-de-cha. Ve-ha-yoo ha-d'vareem ha-ay-le asher anochee m'tsav-cha ha-yom al l'va-ve-cha.  
V'shee-nan-tam l'va-ne-cha v'dee-bar-ta bam b'shiv-te-cha b'vay-te-cha, oov-lech-te-cha  
va-de-rech, oov-shoch-be-cha oov-koo-me-cha, Ook-shar-tam l'ot al ya-de-cha ve-ha-yoo  
le-to-ta-fot bayn ay-ne-cha. Ooch-tav-tam al mezuzot bay-te-cha oo-veesh-are-e-cha.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יי  
אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיוֹת לְכֶם לֵאלֹהִים, אֲנִי יי  
אֱלֹהֵיכֶם.

*L'ma-an tiz-k'ru va-a-see-tem et kol Mits-vo-tye, vee-h'yee-tem k'do-sheem la-lo-hay-chem.  
Anee Adonai Elo-hay-chem, asher ho-tsay-tee et-chem may-erets Mitsrayim, lih'yot la-chem  
lay-lo-hay-chem, Anee Adonai Elo-hay-chem.*

*Numbers 15:40-41*

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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.  
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.  
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.

### MI CHAMOCHA: WHO IS LIKE YOU

מִי כְמוֹכָה בָּאֱלֹם יְיָ, מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלַּת עֲשֵׂה פְלֵא.  
מְלֻכּוֹתֶיךָ רָאוּ בְנִיָּדָה, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְאִמְרוּ,  
יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד!  
וְנֹאמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וַיִּגְאֹלוּ מִיַּד חֲזַק מִמֶּנּוּ. בָּרוּךְ אַתָּה יְיָ, גֹּאֲלֵי יִשְׂרָאֵל.

*Mee cha-mo-cha ba-ay-leem Adonai? Mee ka-mo-cha ne-dar ba-kodesh? Nora te-hee-lot o-say fe-le.*

*Mal-choo-te-cha ra-oo va-ne-cha, bo-kay-a yam lif-nay Moshe oo-Miryam, ze-Ay-lee anoo ve-amroo:*

*Adonai yimloch le-o-lam va-ed.*

*Ve-ne-e-mar: Kee fada Adonai et Ya-akov, oo-g'a-lo mee-yad chazak mee-me-nu. Baruch atta Adonai, ga-al Yis-ra-ayl.*

Who is like You, O God, among the gods that are worshipped?  
Who is like You, gloried in holiness, extolled in praises, working wonders?  
Your children witnessed Your sovereign might as they stood with Moses and Miriam, the sea splitting;  
“This is our God!” they cried.  
“The Eternal will reign forever and ever!”  
Thus it is said, ‘Adonai redeemed Jacob, from a hand stronger than his own.’  
Praised are you Adonai, for redeeming Israel.



### V'SHAMRU: THE COVENANT OF SHABBAT

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתֵם בְּרִית עוֹלָם. בֵּינֵי וּבֵין  
בְּנֵי יִשְׂרָאֵל אוֹת הַיָּא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

*Ve-shamroo v'nay Yisra-ayl et ha-Shabbat. La-a-sot et ha-Shabbat le-do-ro-tam b'reet o-lam.  
Bay-nee oo-vayn b'nay Yis-ra-ayl ot hee le-o-lam. Kee shay-shet ya-meem assa Adonai et  
ha-sha-ma-yim ve-et ha-a-rets. Oo-va-yom hash-vee-ee sha-vat va-yi-na-fash.*

And the children of Israel will protect Shabbat, making Shabbat for all time, an eternal bond between Me and the children of Israel. It is a sign forever that in six days the Eternal made heaven and earth and on the seventh day God rested and was refreshed.

## T'FILAH (Please Rise)

אֲדַנִּי שְׁפֹתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתֶךָ:

*Adonai se-fa-tie tif-tach oo-fee ya-geed t'hee-lo-te-cha.*

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

## AVOT V'IMAHOT: GOD OF ALL GENERATIONS

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:  
מִלְּךָ עֹזֵר וּמוֹשִׁיעַ וּמִגֵּן: בָּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

*Baruch ata Adonai, Elohaynu vay-lo-hay avo-tay-nu v-eemo-tay-nu. Elohay Avraham, Elohay Yitschak vay-lo-hay Yaakov, Elohay Sara, Elohay Rivka, Elohay Rachel vAy-lo-hay Leah. Ha-el ha-gadol ha-gibor v'ha-no-ra Ayl elyon, go-mel cha-sa-deem to-vim v'ko-ne ha-kol v'zo-cher chas-day avot v'imahot u-may-vee ge-u-la liv-nay v-nay-hem le-ma-an sh'mo b'a-ha-va. Melech ozer u-mo-shee-a u-ma-gayn. Baruch ata Adonai ma-gayn Avraham ve-ezrat Sara.*

We praise You, Eternal One, our God and God of our ancestors: God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Rachel, God of Leah; great and mighty, awesome, 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.

## GEVUROT: GOD'S POWER

אַתָּה גִּבּוֹר לְעוֹלָם יי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ: \* מְכַלְכֵּל חַיִּים בְּחֹסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי כְמוֹד בַּעַל גְּבוּרֹת וּמִי דְּזוֹמָה לָךְ, מִלְּךָ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: וְנִאֶמֶן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה יי, מְחַיֶּה הַכֹּל:

*Ata gibor le-o-lam Adonai, me-cha-yay ha-kol Atta rav l-ho-sheea.\* Me-chal-kayl chayim be-chesed, me-cha-yay ha-kol be-ra-cha-meem ra-beem. Somaych nofleem v'ro-fay choleem, oo-ma-teer a-soo-reem, oo-m'ka-yaym e-moo-na-toe lee-shay-nay afar. Mee cha-mo-cha ba-al ge-voo-rot oo-mee do-me lach, Melech may-meet oo-me-cha-yay oo-mats-mee-ach ye-shoo-a. Ve-ne-e-man atta le-ha-cha-yot ha-kol. Baruch atta Adonai, me-cha-yay ha-kol.*

Unending is Your might, Eternal One. You are the source of eternal life. Your power to redeem is great. You cause the wind to blow, the rain to fall, the sun to shine, 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 breathe hope into those who lie 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.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכֹל יוֹם יְהַלְלוּךָ סֵלָה. בָּרוּךְ אַתָּה יי, הָאֵל  
הַקָּדוֹשׁ.

*Atta kadosh ve-shim-cha kadosh, oo-ke-do-sheem be-chol yom ye-ha-le-loo-cha selah. Baruch  
Atta Adonai, ha-ayl ha-kadosh.*

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

(Please be Seated)



### SHALOM RAV: PEACE

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכֹל הַשָּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֹךְ אֶת עִמָּךְ יִשְׂרָאֵל בְּכֹל עֵת וּבְכֹל שָׁעָה בְּשִׁלּוּמֶךָ. בָּרוּךְ אַתָּה יי,  
הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*Sha-lom rav al Yisrael am'cha ta-seem le-o-lam, kee Atta hoo melech adon le-chol ha-shalom.  
Ve-tov bay-e-ne-cha le-va-raych et am'cha Yisrael be-chol ayt oov'chol sha-a- bish-lo-me-cha.  
Baruch Atta Adonai, ham'va-raych at ammo Yisrael ba-shalom.*



### MI SHABEIRACH: PRAYER FOR HEALTH AND HEALING

מִי שִׁבְרֵךְ אֲבוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

*Mi sh'bay-rach a-vo-tay-noo me-kor ha-b'racha l'-ee-mo-tay-noo*

*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.*

מִי שִׁבְרֵךְ אֲמוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Mi sh'bay-rach ee-mo-tay-noo me-kor ha-b'racha la-a-vo-tay-noo*

*Bless those in need of healing with R'fuah sh'lay-ma (perfect healing)*

*the renewal of body, the renewal of spirit, and let us say, Amen.*

**ALEINU: CONCLUDING PRAYERS**  
**(Please Rise)**

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ כְּהֵם, וְגִרְלָנוּ כְּכֹל הַמוֹנָם.  
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ  
הוּא.

*A-lay-nu le-sha-bay-ach la-a-don ha-kol la-tayt g'doo-law le-yo-tsare be-ray-sheet. She-lo  
a-sa-nu ke-go-yay ha-a-ra-tsot ve-lo sa-ma-nu ke-mish-pe-chot ha-a-da-ma. She-lo sam  
chel-kay-nu ka-hem v'go-ra-lay-nu k'chol ha-mo-nam  
Va-a-nach-nu kor-eem oo-mish-ta-cha-veem oo-mo-deem lifnay melech mal-chay ham-la-cheem  
ha-ka-dosh baruch hu.*

Let us adore the ever living God and render praise unto Adonai who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is apparent throughout the world. Adonai is our God; there is none else.

We bow the head in reverence and worship Adonai our God, the Holy One.

וְנֵאמַר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וְשִׁמוֹ אֶחָד:

*Ve-ne-e-mar ve-ha-ya Adonai le-melech al kol ha-a-rets ba-yom ha-hoo yih-ye Adonai echad  
oo-sh'mo echad.*

And it is said: God will rule over all the earth and on that day God will be acknowledged as One and God's name will be known as One.

## MOURNERS KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזָמַן קָרִיב וְאִמְרוּ אָמֵן:  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא:  
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ  
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְּאִמְרוּ  
בְּעֵלְמָא, וְאִמְרוּ אָמֵן:  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

*Yit-ga-dal ve-yit-ka-dash sh-may rabba. Be-al-ma div-ra chee-roo-tay v'yam-leech mal-choo-tay  
be-cha-yay-chon oov-yo-may-chon oov-cha-yey de-chol bayt Yis-ra-ayl ba-a-ga-la oo-viz-man  
ka-reev ve-eemru: Amen.*

*Ye-hay sh-may rabba me-va-rach, le-a-lam ool-al-may al-ma-ya.*

*Yit-ba-rach ve-yish-ta-bach ve-yit-pa-ar ve-yit-ro-mam ve-yit-na-say ve-yit-ha-dar ve-yit-a-le  
ve-yit-ha-lal sh-may di-kood-sha b'reech hu. Le-ay-la min kol bir-cha-ta ve-shee-ra-ta  
toosh-be-cha-ta ve-ne-che-ma-ta da-a-mee-ran be-al-ma ve-eemroo: Amen.*

*Ye-hay sh-lama rabba min sh-ma-ya ve-chayim a-lay-noo ve-al kol Yis-ra-ayl ve-eemru: Amen.*

*Ose shalom bim-ro-mav hu ya-a-say shalom a-lay-nu ve-al kol Yis-ra-ayl ve-eemru: Amen.*

Magnified and sanctified be the great name of the One by whose will the world was created.  
May God's rule become effective in our 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, honored 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.