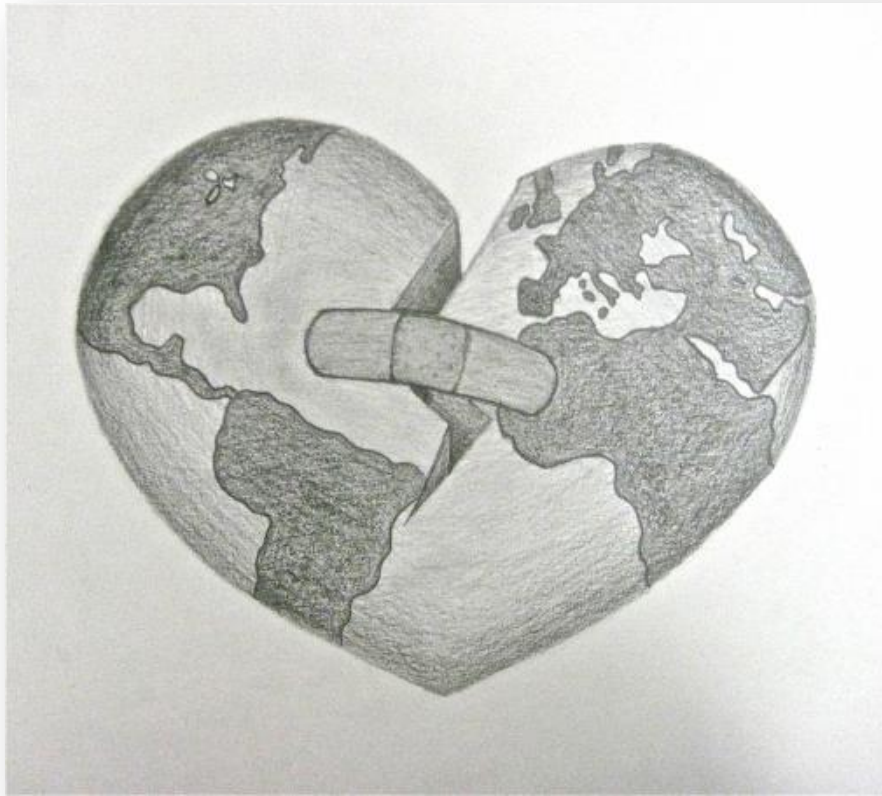


TIKKUN OLAM



SHABBAT SERVICE

CREATED BY RABBI AHUVA ZACHES

WHAT IS TIKKUN OLAM?

Tikkun Olam is a Hebrew phrase that means “repairing the world.” This phrase does not appear in the Torah, but it does appear in the Mishnah (the foundational text of rabbinic Judaism completed around the year 200 C.E.). The Mishnah uses the phrase Tikkun Olam in reference to Jewish laws that provide extra protection to vulnerable people, such as slaves and divorcees.

Over time, the term Tikkun Olam also took on a mystical meaning. A famous sixteenth century rabbi named Isaac Luria emphasized the idea of Tikkun (“rectification”) in his new form of Kabbalah or Jewish mysticism. Rabbi Luria essentially taught that divine sparks are trapped in the broken pieces of this world and that doing mitzvot releases this divine energy, which results in Tikkun Olam or a cosmic healing of the world. Due to the popularity of Lurianic Kabbalah, this mystical meaning of Tikkun Olam became the dominant one for several centuries.

However, in the twentieth century, the meaning of the term Tikkun Olam evolved once again. In the 1950’s, the phrase Tikkun Olam began to refer more broadly to social action work. Today Tikkun Olam includes everything from tzedakah (charitable giving) and g’milut *chasadim* (acts of kindness) to progressive Jewish approaches to social issues. Overall, Tikkun Olam refers to our responsibility as Jews and as human beings to fix what is broken or wrong with the world.

PIECES COMING TOGETHER

One part of Judaism is called Tikkun Olam.
It says that the world has been broken into pieces –
All this chaos, all this discord.
And our job – everyone’s job – is to try to put the pieces back together.
To make things whole again.
Maybe we’re the pieces. Maybe what we’re supposed to do is come together.
That’s how we end the brokenness.

(Rachel Cohn & David Levithan)

HINEI MAH TOV

Hi-nei mah tov u-mah na-im,
She-vet a-chim gam ya-chad.

הִנֵּה מַה טוֹב וְיָמָּה נְעִים
שְׁבֵת אַחִים גַּם יַחַד

How good it is and how pleasant when we come together in unity.

(Psalms 133:1)

CHANGING THE WORLD

Never doubt that a small group of thoughtful, committed, citizens can change the world.
Indeed, it is the only thing that ever has.

(Margaret Mead)

ANI V'ATA

(Verse 1)

A-ni v'-ah-ta, n'-sha-neh et ha-o-lam
A-ni v'-ah-ta, az ya-vo-u k'-var ku-lam

אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם
אָנִי וְאַתָּה אַז יָבוֹאוּ כְּבָר בָּלָם.

(Chorus)

Am-ru et zeh ko-dem l'-fa-nai
Lo m'-sha-neh
A-ni v'-ah-ta, n'-sha-neh et ha-o-lam

אָמְרוּ אֶת זֶה קוֹדֵם לְפָנַי
לֹא מִשְׁנֶה
אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.

(Verse 2)

A-ni v'-ah-ta, n'-na-she mei-hat-cha-lah
Yi-h'-yeh la-nu ra
Ein da-var, zeh lo no-ra

אָנִי וְאַתָּה נִנְשֶׂה מִהַתְחָלָה.
יְהִיָּה לָנוּ רָע, אֵין דְּבַר זֶה לֹא נוֹרָא.

Chorus, Verse 1, Chorus

*You and I will change the world.
First, just you and I. Then everyone will join us.
It's been said before, but it doesn't matter,
You and I will change the world.*

*You and I will start from the beginning.
It may be difficult, but it's not too hard.
You and I will change the world.*

SHIR CHADASH

Shi-ru la-Ado-nai kol ha-ah-retz
Shi-ru la-Ado-nai shir cha-dash

שִׁירוּ לַיהוָה כָּל הָאָרֶץ
שִׁירוּ לַיהוָה שִׁיר חָדָשׁ

*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.*

(Psalm 96)

OR ZARU'A

Or za-ru-a la-tza-dik
Ul-yish-rei lev sim-cha.

אור זרע לצדיק
ולישרי לב שמחה

Light is sown for the righteous, and joy is for the upright in heart.

(Psalm 97)

ENGLISH READING

Beneath a broken street lamp
Shards of glass and remnants of humanity
Linger on the sidewalk.
A hungry child cries out for food.
A widow walks with tears in her eyes.
But in her heart, there is still hope for peace.

“When will the fighting end?”
Her children ask wearily. She answers patiently,

“When anger gives way to compassion.
When hatred gives way to love.
When darkness gives way to light.

Promise me one thing, my children,
Promise me that you will always act in ways
That fill the world with compassion, love, and light.”

(Rabbi Ahuva Zaches)

CANDLE LIGHTING

Ba-ruch at-ah A-do-nai eh-lo-hei-nu me-lech
ha-oh-lam, ah-sheer kid-sha-nu b'-mitz-vo-tav
v'-tzi-va-nu l'-had-lik ner shel Sha-bat.

ברוך אתה יי אלהינו מלך העולם
אשר קדשנו במצותיו וצונו
להדליק נר של שבת.

*Blessed is Adonai, our God and Power of the Universe, who gives us the opportunity
to make our lives more sacred with mitzvot, including the mitzvah of lighting Shabbat candles.*

KAVANAH FOR SHABBAT

May these hours of rest and renewal
Open our hearts to joy and our minds to truth.
May all who struggle find rest on this day.
May all who suffer find solace.
May all who hurt find healing on this day.
May all who despair find purpose.
May all who hunger find fulfillment on this day.

SHABBAT BLESSING FOR FAMILY

Dear God,
In whatever way it comes into our lives,
We give thanks for the blessing of family.

For our children:
May you be who you are.
May you be blessed in all that you are.

And for each of us:
May we be who we say we are.

SIMCHA SHARING

(Anyone present can share exciting news or anything they are grateful for this week.)

SHEHECHEYANU

Ba-ruch at-ah A-do-nai eh-lo-hei-nu
me-lech ha-oh-lam, she-heh-che-ya-nu v'-
ki-y'-mah-nu v'-hi-gi-ah-nu laz-man ha-zeh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהֵחַיָנוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לַזְמַן הַזֶּה.

*Blessed is Adonai, our God and Power of the Universe, who has given us the gift of life,
sustained us, and enabled us to reach this moment.*

WE CANNOT MERELY PRAY

We cannot merely pray to God that wars should be ended;
For we know that the world is made in such a way
That we must find the path to peace
Within ourselves and with our neighbors.

*We cannot merely pray for God to end starvation;
For we already have been given the resources
With which to feed the entire world,
If we would only use them wisely.*

We cannot merely pray to God to root out prejudice;
For we have already been given the insight
With which to see the good in all people,
If we would only view them with understanding.

*We cannot merely pray for God to end despair;
For we have already been given the power
To give help to the helpless and hope to the hopeless
If we would only use our power justly.*

We cannot merely pray for God to end disease;
For we have already been given minds
With which to search out cures and healings,
If we would only use them constructively.

*Therefore, we pray instead
For strength, determination, and will power
To do instead of only to pray
To become instead of merely to wish.*

(Jack Reimer)

THE IMPORTANCE OF ACTION

Be wise not only in words, but also in deeds:
Mere knowledge is not the goal, but rather action.

*Though it is not incumbent upon you to complete the work,
You are not free from doing all you possibly can.*

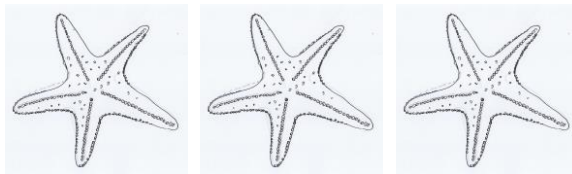
Say little and do much, for by your deeds shall you be judged.

THE SOAP STORY

A rabbi and a soap-maker once went for a walk together. The soap-maker said to the rabbi: "What good is Judaism? After thousands of years of teaching about goodness, truth, justice, and peace, after all the study of Torah, and all the fine ideals of the Prophets, look at all the trouble and misery in the world! If Judaism is so wonderful and true, why should all this be so?"

The rabbi said nothing. They continued walking until he noticed a child playing in the gutter. The child was filthy with soot and grime. "Look at that child," said the rabbi. "You say that soap makes people clean, but see the dirt on that youngster. What good is soap? With all the soap in the world, that child is still filthy. I wonder if soap is of any use at all."

The soap-maker protested and said, "But, Rabbi, soap can't do any good unless it is used!" "Exactly!" cried the rabbi. "So it is with Judaism. It isn't effective unless it is applied in daily life and used!"



THE STARFISH STORY

Once upon a time, there was an old man who used walk along the beach every morning before breakfast. He enjoyed this solitary exercise each day.

But one morning during his walk, he noticed a small boy in the distance. As the boy walked closer, the old man could see that every so often, he bent down to pick up an object and throw it into the sea.

When the boy was only a few feet away, the old man cried out, "Good morning! May I ask what it is that you are doing?"

The young boy paused, looked up, and replied, "Throwing starfish into the ocean. The tide has washed them up onto the beach, and they can't return to the sea by themselves. When the sun gets high, they will die, unless I throw them back into the water."

The old man looked down at the beach, which was littered with starfish as far as the eye could see, in both directions. Then he said to the boy, "There must be tens of thousands of starfish on this beach. I'm afraid that you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish, and threw it as far as he could into the ocean. Then he turned, smiled and said, "It made a difference to that one!"

(Adapted from Loren Eiseley)

THE SHOEMAKER STORY

Rabbi Israel Salanter once spent the night at a shoemaker's home.

Late at night, he saw the man working by the light of a flickering candle.

"Look how late it is," the rabbi said. "Your candle is about to go out. Why are you still working?"

The shoemaker replied, "As long as the candle is burning, it is still possible to mend."

For weeks afterward, Rabbi Salanter was heard repeating the shoemaker's words to himself:
"As long as the candle is burning, it is still possible to mend."

As long as the candle burns – as long as the spark of life still shines – we can continue our sacred work of mending and healing this world.

YOUR POWER TO HEAL

If you believe that you can damage, then believe that you can fix.
If you believe that you can harm, then believe that you can heal.

(Rabbi Nachman of Breslov)

THE CAROB TREE STORY

One day Honi was journeying, and he saw a man planting a carob tree.

Honi asked, "How long does it take for this tree to bear fruit?"

The man replied: "Seventy years."

Honi asked him: "Are you certain that you will live another seventy years?"

The man replied, "I found carob trees in the world, as my ancestors planted those for me, so now do I plant for my children."

(Talmud, Ta'anit 23a)

L'CHA DODI

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

לָכָה דּוֹדִי לְקִרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה.

Shamor v'zachor b'dibur echad,
Hish'mi-anu El ham'yuchad,
Adonai echad, ush'mo echad,
L'sheim ul'tif'eret v'lit'hilah.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד,
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה.

Lik'rat Shabbat l'chu v'neil'chah,
Ki hi m'kor hab'rachah,
Meirosh mikedem n'suchah,
Sof ma-aseh b'machashavah t'chilah.

לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָּה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשׁ מִקֶּדֶם נְסֻיָּכָה,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

Hitor'ri, hitor'ri,
Ki va oreich, kumi ori
Uri uri, shir dabeiri;
K'vod Adonai alayich nig'lah.

הִתְעוֹרְרִי הִתְעוֹרְרִי,
כִּי בָּא אֲוִיךָ קוּמִי אֲוִרִי,
עוֹרִי עוֹרִי שִׁיר דְּבִירִי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Bo-i v'shalom, ateret ba'lah;
Gam b'simchah uv'tzoholah
Toch emunei am s'gulah,
Bo-i chalah! Bo-i chalah!

בּוֹאִי בְּשָׁלוֹם אֶטְרֵת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצִהְלָה,
תּוֹךְ אֶמּוּנֵי עַם סִגְלָה,
בּוֹאִי כָלָה, בּוֹאִי כָלָה

Come, my beloved, to greet the bride; let us welcome the Sabbath!

*The only God caused us to hear "keep" and "remember" in one utterance;
The Eternal is One and God's name is One, for honor and glory and praise.*

*Come, let us go to greet the Sabbath, which is the source of blessing.
From its opening, it is pouring as from the Beginning;
It was the first to be thought of, but the last to be created.*

*Wake up! Wake up! For your light has come! Rise up, my light! Awake! Awake!
Sing! The Eternal's glory is revealed to you!*

*Enter in peace, O Crown of Your husband; enter in joy and exultation.
Come, O Bride! Come, O Bride! To the faithful people of a treasured nation.*

A SINGLE MOMENT

How wonderful it is that nobody need wait a single moment
Before starting to improve the world.

(Anne Frank)

A REGULAR BASIS

So you want to improve the world?
Then do it!
To the next person who crosses your path,
Say something kind, do something generous, perform a simple act of service.
By doing this on a regular basis, you will indeed improve the world.

(Richelle E. Goodrich)

MAKE IT HAPPEN

Don't just wish for a better world. Rise up and make it happen.

BARECHU

Ba-r'-chu et A-do-nai ha-m'-vo-rach
Ba-ruch A-do-nai ha-m'-vo-rach
L'-oh-lam va-ed.

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Bless Adonai, the Source of Blessing.
Blessed is Adonai, the Source of Blessing, forever and ever.*

ROLL INTO DARK

Roll into dark
Roll into light
Night becomes day
Day turns to night

Bo-rei yom va-lai-lah
Go-leil or
Mip-nei cho-shech
V'-cho-shech mip-nei or

בּוֹרָא יוֹם וּלְיָלָה
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ
וְחֹשֶׁךְ מִפְּנֵי אוֹר

TWO WORLDS

We live in two worlds: the one that is, and the one that might be.
Nothing is ordained for us: neither delight nor despair, peace nor war.
We can change the world that is into the world that may come to be.
The world may laugh at our dreams, but no matter, we still believe.

WE BELIEVE

We believe in tomorrow.

We believe that we have the power to make tomorrow different from today.

We believe that poverty need not be permanent, and that we need not learn war forever.

We believe in humanity, despite all that we know about it.

We believe that there can yet be a time of peace, of justice, and of love for all who live on earth.

We believe we can share in bringing that day closer by the way in which we live.

Let people everywhere be sure that every deed counts, that every word has power.

And that we all can do our share to redeem the world,

In spite of all its absurdities and frustrations and disappointments.

Let us remember to build a life as if it were a work of art.

GOD'S REALITY

Our responding to life's unfairness with sympathy and with righteous indignation,
God's compassion and God's anger working through us, may be the surest proof of all of God's reality.

(Rabbi Harold Kushner)

SHEMA

Sh'-ma Yis-ra-eil:
A-do-nai eh-lo-hei-nu, A-do-nai e-chad.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Ba-ruch sheim k'-vod mal'-chu-to
l'-oh-lam va-ed.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel: Adonai is our God, Adonai is one. (Deuteronomy 6:4)
Blessed is God's glorious majesty forever and ever.

V'AHAVTA

V'-a-hav-ta eit A-do-nai eh-lo-he-cha b'-chol l'-vav'-cha uv'-chol naf-sh'-cha, uv'-chol m'-oh-deh-cha. V'-ha-yu ha-d'-va-rim ha-ei-leh a-sheer a-no-chi m'-tza-v'-cha ha-yom al l'-va-veh-cha. V'-shi-nan-tam l'-va-neh-cha v'-di-bar-ta bam, b'-shiv-t'-cha b'-vei-teh-cha uv'-lech-t'-cha va-de-rech uv'-shoch-b'-cha uv'-kumeh-cha uk-shar-tam l'-ot al ya-deh-cha v'-ha-yu l'-to-ta-fot bein ei-neh-cha. uch-tav-tam al m'-zu-zot bei-teh-cha u-vish-ah-re-cha.

L'-ma-an tiz-k'-ru va-ah-si-tem et kol mitz-votai vi-h'-yi-tem k'-do-shim lei-lo-hei-chem. Ah-ni A-do-nai eh-lo-hei-chem a-sheer ho-tzei-ti et-chem mei-eh-retz mitz-ra-yim li-h'-yot la-chem lei-lo-him. Ah-ni A-do-nai eh-lo-hei-chem.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. All these words, which I command you on this day, shall be upon your heart. And you shall teach them diligently to your children. You shall speak of them when you sit in your house, when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand. And they shall be for frontlets between your eyes. You shall write them on the doorposts of your house and upon your gates. (Deuteronomy 6:5-9)

So that you will remember and do all My commandments and be holy to your God. I am Adonai your God who led you out of Egypt to be your God. I am Adonai your God (Numbers 15:40-41).

(From Deuteronomy 6:4-9 and Numbers 15:40-41)

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ,
וּבְכָל נַפְשְׁךָ, וּבְכָל מַאֲדְךָ. וְהָיוּ
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ
הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבָנֶיךָ,
וְדִבַּרְתָּ בָם, בְּשֹׁבְתְךָ בְּבֵיתְךָ, וּבִלְכַתְךָ
בְּדֶרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם
לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת
בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

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

THE ONLY CEMENT

Love is the only cement that can hold this broken community together.

When I am commanded to love,
I am commanded
To restore community,
To resist injustice,
And to meet the needs of my brothers.

(Dr. Martin Luther King, Jr.)

INTERPRETIVE V'AHAVTA

Hear O Israel.
Just as God is One, so are we!
Just as you shall love your God
With all your heart, with all your soul, and with all your might,
So shall you love all people.

Teach love, compassion, and understanding to your children
When you sit in your home, while you walk on your way,
When you retire and when you arise.

Bind these words as a sign upon your arm
So that you may fight against prejudice,
Between your eyes so that you may not be blind
To the suffering of others,
And write them on the doorposts of your homes and gates
So that you remind yourself and others that
Intolerance will not be tolerated
Within these walls.

LET US ACT

When evil darkens our world, let us be bearers of light.
When fists are clenched in self-righteous rage, let our hands be open for the sake of peace.
When injustice slams doors on the ill, the poor, the old, and the stranger, let us pry the doors open.

Where shelter is lacking, let us be builders.
Where food and clothing are needed, let us be providers.
Where knowledge is denied, let us be champions of learning.

When dissent is stifled, let our voices speak truth to power.
When the earth and its creatures are threatened, let us be their guardians.
When bias, greed, and bigotry erode our country's values,
Let us proclaim liberty throughout the land.

In the places where no one acts like a human being,
Let us bring courage;
Let us bring compassion;
Let us bring humanity.



COURAGE

Courage is the strength to stand up
When it's easier to fall down and lose hold.
It is the conviction to explore new horizons
When it's easier to believe what we've been told.

*Courage is the desire to maintain our integrity
When it's easier to look the other way.
It is feeling happy and alive, and moving forward
When it's easier to feel sorry for ourselves and stay.*

Courage is the will to shape our world
When it's easier to let someone else do it for us.
It is the recognition that none of us are perfect
When it's easier to criticize others and fuss.

*Courage is the power to step forward and lead
When it's easier to follow the crowd; their pleas resound.
It is the spirit that places you on top of the mountain
When it's easier to never leave the ground.*

The foundation of courage is solid,
The rock that doesn't roll.
Courage is the freedom
Of our mind, body, and soul!

FREEDOM

Freedom is never voluntarily given by the oppressor;
It must be demanded by the oppressed.

(Dr. Martin Luther King, Jr.)

THE MIXED MULTITUDE

They weren't Israelites,
Our neighbors down the way,
But they were slaves like us.

I asked their son if he could keep a secret.
He nodded, so I told him what my mother told me.
We're leaving Egypt tomorrow. All of us.
Pharaoh has abused us long enough,
And we're not gonna to take it anymore!

I've already packed my bag.
There's actually nothing in it, except a day's supply of matzah.
We don't have time or money for anything more.

Can I come, too? asked the neighbor boy.
I'll ask my mom, I said.
Instead of a simple yes or no, I got a whole lecture.
But my mother is right.
Your freedom is the same as my freedom.
Yes, we are all in this together.
We cannot march to the Promised Land alone.

(Rabbi Ahuva Zaches)

MI CHAMOCHA

Mi *cha-mo-chah* ba-ei-lim A-do-nai?
Mi *ka-mo-chah*, ne'-dar ba-ko-desh,
No-ra t'-hi-lot, oh-seh fe-leh?

Mal-*chu-t'-cha* ra-u va-neh-*cha*,
Bo-kei-a yam lif-nei Mo-sheh u-Mir-yam;
Zeh Ei-li! a-nu v'-am-ru:

A-do-nai yim-loch l'-oh-lam va-ed!

מִי כְמוֹכָה בְּאֵלִים יְיָ? מִי כְמוֹכָה
נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּתוֹ, עֲשֵׂה
פֶּלֶא.

מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי
מִשְׁחָה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְאָמְרוּ:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

*Who is like You, Adonai, among the things that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, and doing wonders? (Exodus 15:11)*

*Your children witnessed Your sovereignty splitting the sea before Moses and Miriam. "This is my God!"
They responded, "Adonai will rule forever and ever!" (Exodus 15:11,18)*

THE POWER

In each human hand and heart is the power to renew life:

*To see dignity where there is brokenness and defeat;
To know and cherish the image of God in every human face;*

To open eyes that have closed in despair;
To shelter the weak and shield the helpless;

*To give strength to the weary,
Hope and comfort to those who feel pain;*

To care for the earth like an old friend;
To give to its oceans, rivers, and forests our selfless love;
To treat ponds and tide pools, the sky and the mountains
As sacred living beings.

In each of us is the power to renew life.

V'SHAMRU

V'-sham-ru v'-nei yis-ra-el et ha-sha-bat, la-ah-
sot et ha-sha-bat l'-do-ro-tam b'-rit oh-lam.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת
אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.

Bei-ni u-vein b'-nei yis-ra-el ot hi l'-oh-lam.
Ki shei-shet ya-mim ah-sah A-do-nai et ha-sha-
ma-yim v'-et ha-ah-retz.
U-va-yom ha-sh-vi-i sha-vat va-yi-na-fash.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

The children of Israel shall keep the Shabbat, observing Shabbat as an eternal covenant for all generations. It is a sign forever between Me and the people of Israel, for the Eternal One made the heavens and earth in six days, but on the seventh day, God rested and was refreshed. (Exodus 31:16 -17)

SACRED WORK

Do your work of transformation little by little.

(Jamal Rahman)

REFLECTION

Pray as if everything depends on God.
But act as if everything depends on you.
Those who rise from prayer better persons,
Their prayers are answered.

AMIDAH

A-do-nai, s'-fa-tai tif-tach,
u-fi ya-gid t'-hi-la-teh-cha.

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

אֲדֹנָי שְׁפָתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ

(Psalms 51:1)

AVOT

Ba-ruch ah-tah A-do-nai, eh-lo-hei-nu vei-lo-hei a-vo-tei-nu v'-i-mo-tei-nu, eh-lo-hei av-ra-ham, eh-lo-hei yitz-chak, vei-lo-hei ya-a-kov, eh-lo-hei sa-rah, eh-lo-hei riv-kah, eh-lo-hei le-ah, vei-lo-hei ra-chel. Ha-el ha-ga-dol ha-gi-bor v'-ha-no-ra, el el-yon. Go-meil cha-sa-dim to-vim, v'-ko-neih ha-kol, v'-zo-cheir chas-dei ah-vot v'-i-ma-hot, u-meiv g'-u-lah liv-nei v'-nei-hem, l'-ma-an sh'-mo b'-a-ha-va.

Me-lech o-zeir u-mo-shi-a u-ma-gein. Ba-ruch ah-tah A-do-nai, ma-gein av-ra-ham v'-ez-rat sa-rah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה,
וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקֹנֵה הַכֹּל, וְזוֹכֵר חֲסִדֵי
אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְאוּלָּה לְבָנָי
בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ
אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

Praised be our God, and the God of our ancestors, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah, and God of Rachel. Great, mighty, awesome and supreme over all, God bestows love and kindness on all, remembers the devotion of our ancestors and, in love, brings redemption to their children's children for the sake of God's name. Our Ruler and Helper, Redeemer and Protector – we praise You, Adonai our God, Shield of Abraham and Protector of Sarah.

G'VUROT

Ah-tah gi-bor l'-oh-lam, A-do-nai, m'-chai-yeih ha-kol ah-tah, rav l'-ho-shi-a.

M'-chal-keil chai-yim b'-che-sed, m'-chai-yeih ha-kol b'-ra-cha-mim ra-bim, so-meich nof-lim, v'-ro-fei cho-lim, u-ma-tir a-su-rim, um'-kai-yeim eh-mu-na-to li-shei-nei a-far. Mi cha-mo-cha ba-al g'-vu-rot, u-mi do-meh lach, me-lech mei-mit um'-chai-yeh u-matz-mi-ach y'-shu-ah?

V'-ne-eh-man ah-tah l'-ha-cha-yot ha-kol.
Ba-ruch ah-tah A-do-nai, m'-chai-yeh ha-kol.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מַחֲיָה
הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחֲיָה הַכֹּל
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי
כְמוֹד בַּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ,
מֶלֶךְ מִמִּית וּמַחֲיָה וּמַצְמִיחַ
יְשׁוּעָה.

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ
אַתָּה יְיָ, מַחֲיָה הַכֹּל.

You are eternally mighty, Adonai. You give life to all. You sustain life through love and great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, Sovereign of life, who causes deliverance to spring up and faithfully gives life to all? Blessed are You, Adonai, who gives life to all.

(TIME FOR QUIET PRAYER OR REFLECTION)

Adonai, Source of all creation,

Let my lips sing the praise of the goodness surrounding me,
While leaving me unaffected by the evil that is so rampant.

Let my heart fill with love for people who show me affection,
And acceptance for those who do not.

Give me strength to continue the things which I do best,
So that I may add even just a bit to the transformation of the world.

Grant me the spark to ignite others, and the wisdom to choose the causes
That I should support so that I may join others in making the Earth a better place to live.

SHALOM RAV

Sha-lom rav al yis-ra-el am-cha ta-sim
l'-oh-lam. Ki a-tah hu me-lech a-don
l'-chol ha-sha-lom. V'-tov b'-ei-ne-cha
l'-va-reich et am-cha yis-ra-el b'-chol
eit uv'-chol sha-ah bish-lo-me-cha.

Ba-ruch a-tah A-do-nai, ha-m'-va-reich
et a-mo yis-ra-el v'-et kol ha-a-mim
ba-shalom.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תָּשִׂים
לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל
שְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמָּךְ
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ
יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים בְּשָׁלוֹם.

*Grant an abundance of peace upon Your people Israel,
for You are Ruler and Master of all peace.
May it be good in your eyes to bless Your people Israel
at all times, at every hour with Your peace!*

Blessed are You Eternal One, who blesses Israel and all peoples with peace.

YIH'YU L'RATZON

Y'-h'-yu l'-ra-tzon im-rei fi v'-heg-yon
li-bi l'-fa-ne-cha, A-do-nai, tzu-ri v'go-a-li.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי
לְפָנֶיךָ, יְיָ צוּרִי וְגֹאֲלִי

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

(Psalms 19:15)

OSEH SHALOM

Oh-seh sha-lom bim-ro-mav
hu ya-a-seh sha-lom ah-lei-nu
v'-al kol yis-ra-eil, v'-im-ru: A-mein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

*May the One who makes peace in the heavens above cause peace to
descend upon us and upon Israel and all of the world. And let us say: Amen.*

TORAH SERVICE

(Invite children to help open the ark and be part of the Hakafah.)

Ki mi-tzi-yon tei-tzei to-rah,
ud'-var A-do-nai mi-ru-sha-la-yim.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,
וְדָבַר יְיָ מִירוּשָׁלַיִם.

Ba-ruch she-na-tan to-rah
l'-a-mo yis-ra-el bik-du-sha-to.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בִּקְדוּשָׁתוֹ.

The Torah shall come forth from Zion, and the word of Adonai from Jerusalem. (Isaiah 2:3)
Blessed is Adonai who has given the Torah to Israel in holiness.

Gad-lu la-ah-do-nai i-ti,
un-ro-m'-ma sh'-mo yach-dav.

גִּדְּלוּ לַיְיָ אֱתֵי,
וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.

Exalt God with me, and we shall elevate God's name together.

(Psalm 34:4)

HAKAFAH

L'-cha A-do-nai ha-g'-du-lah v'-ha-g'-vu-
rah v'-ha-tif-eh-ret v'-ha-nei-tzach v'-ha-
hod, ki chol ba-sha-ma-yim u-va-ah-retz, l'-
cha A-do-nai, ha-mam-la-cha v'-ha-mit-na-
sei l'-chol l'-rosh

לְךָ יְיָ הַגְדֵּלָה וְהַגְבוּרָה וְהַתְפָּאָרַת
וְהַנִּצָּח וְהַהוֹד, כִּי כָל בְּשָׂמַיִם
וּבָאָרֶץ, לְךָ יְיָ הַמְּמֻלָּכָה, וְהַמְּתִנָּשָׂא
לְכָל לְרֹאשׁ.

*Yours, Adonai, are greatness, might, splendor, triumph, and majesty –
yes, all that is in heaven and on earth; to You, Adonai, belong sovereignty and preeminence above all.*

(1 Chronicles 29:11)

V'TAHEIR LIBEINU

V'-ta-heir li-bei-nu
l'-ov-d'-cha be-eh-met

וְטַהֵר לִבֵּנוּ
לְעִבְדֶּךָ בְּאֵמֶת.

Purify our hearts to serve You in truth.

BLESSING BEFORE THE TORAH READING

Ba-r'-chu et A-do-nai ha-m'-vo-rach.
Ba-ruch A-do-nai ha-m'-vo-rach l'-oh-lam
va-ed.

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Ba-ruch at-ah A-do-nai eh-lo-hei-nu me-
lech ha-oh-lam, ah-sheer ba-char ba-nu mi-
kol ha-ah-mim v'-na-tan la-nu et to-ra-to.
Ba-ruch at-ah A-do-nai, no-tein ha-to-rah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן
לָנוּ אֶת תּוֹרָתוֹ. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה.

*Bless Adonai, the One to be blessed.
Blessed is Adonai, the One to be blessed forever and ever. Blessed are You, Adonai our God,
Power of the universe who has chosen us from among all peoples to receive this Torah.
Blessed are You, Adonai, Giver of the Torah.*

BLESSING AFTER THE TORAH READING

Ba-ruch at-ah A-do-nai eh-lo-hei-nu me-lech
ha-oh-lam, ah-sheer na-tan la-nu to-rat eh-met
v'-cha-yei oh-lam na-ta b'-to-chei-nu. Ba-ruch
at-ah A-do-nai, no-tein ha-to-rah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם
נָטַע בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה.

Blessed are You, Adonai our God, Power of the universe, who has given us a Torah of truth and implanted eternal life within us. Blessed are You, Adonai, Giver of the Torah.

MI SHEBEIRACH

*Mi she-bei-rach a-vo-tei-nu
M'-kor ha-b'-ra-chah l'-i-mo-tei-nu.*

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

*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 she-bei-rach i-mo-tei-nu
M'-kor ha-b'-ra-chah la-a-vo-tei-nu.*

מִי שֶׁבִּירַךְ אֲמוֹתֵינוּ
מְקוֹר 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.*

RETURNING THE TORAH TO THE ARK

(Invite up the Torah lifter and Torah dresser.)

V'ZOT HATORAH

V'-zot ha-to-rah ah-she sam mo-she
lif-nei b'-nei yis-ra-el,
al pi A-do-nai b'yad mo-she.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל
עַל פִּי יְיָ בְּיַד מֹשֶׁה.

*This is the Torah that Moses gave to the Children of Israel by the word of God through Moses.
(Deuteronomy 4:44)*

AL SHLOSHA D'VARIM

Al sh-lo-sha d'-va-rim ha-oh-lam o-meid:
al ha-to-rah v'-al ha-a-vo-dah v'-al g'-mi-lut
cha-sa-dim

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד : עַל
הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת
חַסְדִּים

*The world stands upon three pillars: the Torah, sacred work, and acts of love and kindness.
(Pirkei Avot 1:2)*

EITZ CHAYIM HI

Eitz cha-yim hi la-ma-cha-zi-kim bah
V'-to-m'-che-ha m'-u-shar.
D'-ra-che-ha dar-chei no-am
V'-chol n'-ti-vo-te-ha sha-lom.
Ha-shi-vei-nu A-do-nai
Ei-leh-cha v'-na-shu-va.
Cha-deish ya-mei-nu k'-ke-dem.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ
וְתִמְכֶּיהָ מֵאֲשֶׁר.
דְּרָכֶיהָ דְּרָכֵי נֵעַם
וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

*It is a tree of life to those who hold fast to it, and all of its supporters are happy.
Its ways are ways of pleasantness, and all of its paths lead to peace.
Cause us to return to You, O God, and we shall return to You. Renew our days as in days of old.
(Proverbs 4:2, 3:18, 3:17 and Lamentations 5:21)*

D'VAR TORAH, STORY, OR DISCUSSION

ALEINU

A-lei-nu l'-sha-bei-ach la-a-don ha-kol,
la-teit g'-du-lah l'-yo-tzer b'-rei-sheet,
she-lo a-sa-nu k'-goy-yei ha-a-ra-tzot, v'-
lo sa-ma-nu k'-mish-p'-chot ha-a-da-
mah; she-lo sam chel-kei-nu ka-hem, v'-
go-ra-lei-nu k'-chol ha-mo-nam. Va-a-
nach-nu kor-im u-mish-ta-cha-vim u-mo-
dim lif-nei me-lech mal'-chei ha-m'-la-
chim, ha-ka-dosh ba-ruch hu.

עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל, לְתֵית
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ
כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ
כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׂם
חֻקֵּנוּ כֶּהֱם, וְגָרְלָנוּ כָּכָל הַמוֹנִם
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.

V'-ne-eh-mar: v'-ha-yah A-do-nai l'-
melech al kol ha-a-retz; ba-yom ha-hu
yih-yeh A-do-nai e-chad, ush'-mo e-
chad.

וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל
כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
יְהִי יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

*It's on us to praise the Source of everything and return some of the greatness to the Creator.
We bow in grateful acknowledgement of God, the Power of all powers, the Holy One of Blessing.
And it has been said: The Eternal One shall rule over all the earth; On that day the
Eternal shall be One, and God's name shall be One (Zechariah 14:9).*

A VISION FOR THE FUTURE

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again.

LIFE'S PURPOSE

Strange is our situation here upon earth.
Each of us comes for a short visit,
Not knowing why, yet sometimes seeming to devise a purpose.
From the standpoint of daily life, however, there is one thing we know:

That Man is here for the sake of other Men.
Above all, for those upon whose smile and well-being our own happiness depends,
And also for the countless unknown souls with whose fate we are connected by a bond of sympathy.

Many times a day I realize how much my own outer and inner life
Is built upon the labors of my fellow men, both living and dead,
And how earnestly I must exert myself
In order to give in return as much as I have received.

(Albert Einstein)

THERE ARE STARS

There are stars up above
So far away we only see their light
Long, long after the star itself is gone.
And so it is with people we loved—
Their memories keep shining ever brightly
Though their time with us is done.
But the stars that light up the darkest night,
These are the lights that guide us.
As we live our days, these are the ways
We remember.

(Hannah Senesh)

REMEMBERING LOVED ONES

Zich-ro-nam liv-ra-chah.

זְכוֹרֵנוּם לְבִרְכָּה

May their memories be a blessing.

MOURNER'S KADDISH

Yit-ga-dal v'-yit-ka-dash sh'-meih ra-ba.
b'-al-ma di-v'-ra chir-u-teih, v'-yam-lich mal-chu-teih b'-chai-yei-chon uv-yo-mei-chon uv-chai-yei d'-chol beit yis-ra-eil, ba-a-ga-la u-viz-man ka-riv, v'-im-ru: a-mein.

Y'-hei sh'-meih ra-ba m'-vo-rach l'-a-lam ul'-al-mei al-ma-ya.

Yit-ba-rach v'-yish-ta-bach v'-yit-pa-ar v'-yit-ro-mam v'-yit-na-sei v'-yit-ha-dar v'-yit-aleh v'-yit-ha-lal sh'-meih d'-kud-sha, b'-rich hu, l'-ei-la mi-kol bir-cha-ta v'-shi-ra-ta tush-b'-cha-ta v'-ne-che-ma-ta da-a-mi-ran b'-al-ma, v'-im-ru: a-mein.

Y'-hei sh'-la-ma ra-ba min sh'-mai-ya v'-chai-yim a-lei-nu v'-al kol yis-ra-eil, v'-im-ru: a-mein.

Oh-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom ah-lei-nu v'-al kol yis-ra-eil, v'-im-ru: a-mein

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל, בְּעָגְלָא וּבְזֶמַּן קָרִיב,
וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא
בְּרִיךְ הוּא, לְעָלָא מְכַל בְּרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,
דְּאָמְרוּ 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, וְאָמְרוּ אָמֵן.

Let the glory of God be extolled and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen.

Let God's great name be praised for ever and ever. Beyond all praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: Amen.

For us and for all Israel, may the blessing of peace and the promise of life come true, and let us say: Amen.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and all the world, and let us say: Amen.

LO YISA GOY

Lo yi-sa goi el goi *che*-rev,
V'-lo yil-m'-du od mil-*cha*-mah.

לא יִשָּׂא גוי אֶל גוי חֶרֶב
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה

Nation shall not lift sword against nation, nor ever again shall they learn war.
(Isaiah 2:4)

OD YAVO

Od ya-vo sha-lom ah-lei-nu
V'-al ku-lam
Sa-laam
A-lei-nu v'-al kol ha-oh-lam

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ
וְעַל כּוֹלָם
סָאָלָם
עָלֵינוּ וְעַל כָּל הָעוֹלָם

Peace will come upon us and upon everyone. Salaam upon us and upon all of the world.

LO ALECHA

Lo ah-le-*cha* ha-m'-la-*cha* lig-mor
V'-lo a-tah ben *cho*-rin l'-hi-ba-tel mi-meh-na

לֹא עָלֶיךָ הַמְלָאכָה לְגִמּוֹר
וְלֹא אַתָּה בֶּן חוֹרִין לְבָטֵל מִמֶּנָּה

*You are not expected to complete the task,
but neither are you free to avoid it.*
(Rabbi Tarfon in Pirkei Avot 2:16)

NA NA SONG

Na Na
Ba-ruch at-ah A-do-nai
Eh-lo-hei-nu me-lech ha-oh-lam
She-na-tan la-nu hiz-dam-nut
L'-ta-kein et ha-oh-lam.

נָא נָא
בָּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שָׁנַתָּנוּ לָנוּ הִזְדַּמְנוּת
לְתִקּוֹן אֶת הָעוֹלָם

Blessed are You God, Power of the universe, who has given us the opportunity to repair the world.
(Dan Nichols)