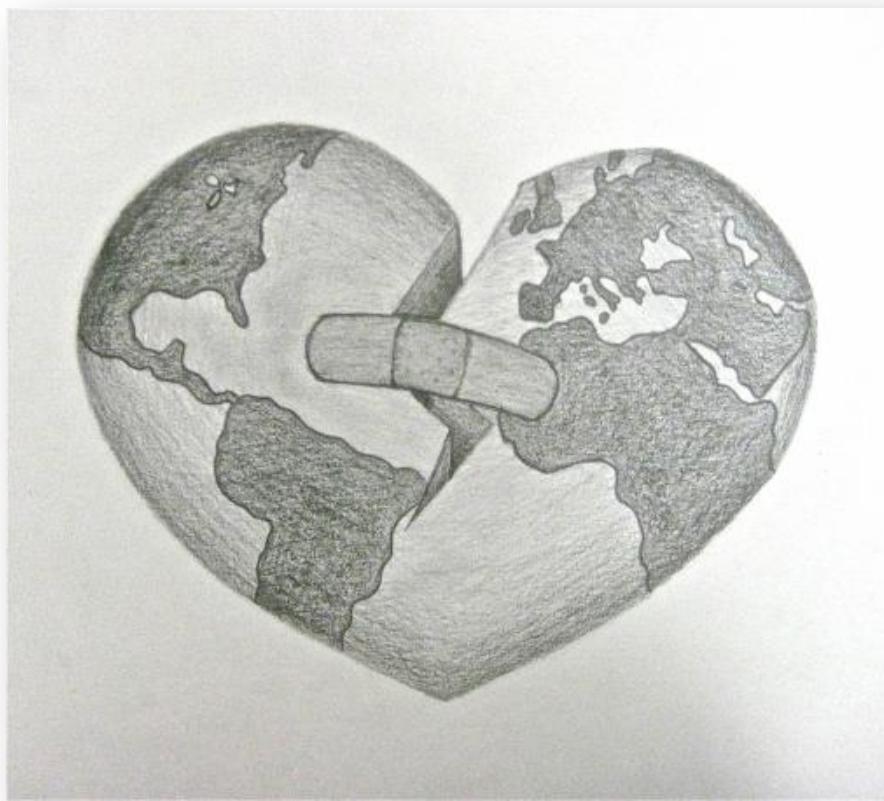


# TIKKUN OLAM



## 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 מָה טֹב וּמָה נָעֵם  
שְׁבַת אֲחִים גָּם יִחְדָּה

*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

אני וְאַתָּה נְשִׁנָּה אֶת הָעוֹלָם  
אני וְאַתָּה אָז יָבוֹאוּ בָּרָכָם.

(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

אמְרוּ אֶת זֶה קֹדֶם לִפְנֵי  
לֹא מִשְׁנָה  
אני וְאַתָּה נְשִׁנָּה 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

אני וְאַתָּה נְנִסָּה מִהְתְּחִלָּה.  
יהִיָּה לְנוּ רָע, אִיּוֹ דָּבָר זֶה לֹא נָזָר.

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 לִי בְּכָל הָאָרֶץ  
שִׁירוּ לִי 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.*

(Psalm 96)

## OR ZARU'A

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

אור זרע לאציג  
וילישרי 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-sher kid-sha-nu b'-mitz-vo-tav  
v'-tzi-va-nu l'-had-lik ner shel Sha-bat.

ברוך אתה ייְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קָדַשְׁנוּ בְמִצְוֹתָיו וְצִוּנוּ  
לְהַדְלִיק נֵר שֶׁל שְׁבָת.

*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.)*

## SHEHECHYANU

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.

ברוך אתה ייְהוָה מלך העולם  
שְׁהִחְנִינוּ וּקְיֻמְנוּ וּהֲגִיעְנוּ לַזָּמֵן 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.*

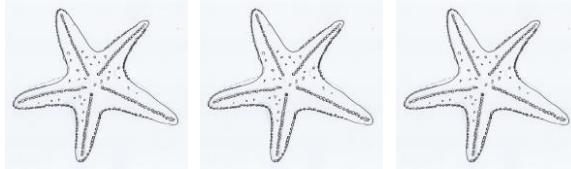
Say little and do much, for by your deeds shall you be judged.

## 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.

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.

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

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

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

לְכָה דָּוִדִּי לְקַרְאַת פֶּלֶה  
פָּנִי שְׁבָת נְקַבְּלָה.

שְׁמֹור וְזָכֵר בְּדָבָר אֶחָד  
הַשְׁמִיעָנוּ אֶל הַמִּיחָד,  
יְהָוָה אֶחָד וְשַׁמוֹ אֶחָד,  
לִשְׁמָה וְלִתְפָּאָרָת וְלִתְהַלָּה.

לְקַרְאַת שְׁבָת לְכָה וְגַלְכָה,  
כִּי הִיא מִקּוֹר הַבְּרָכָה,  
מִרְאָשׁ מִקְדָּם נְסֹכָה,  
סֹעֵף מַעֲשָׂה בְּמַחְשָׁבָה תְּחִלָּה.

הַתְּעוֹרֶרֶי הַתְּעוֹרֶרֶי,  
כִּי בָּא אָזְרָךְ קְוֹמֵי אָזְרָךְ,  
עִירִי עִירִי שִׁיר דְּבָרִי,  
כְּבָוד יְהָוָה גַּלְכָה.

בָּוָאי בְּשָׁלוֹם עַטְרוֹת בַּעַלְהָ  
גַּם בְּשִׁמְחָה וּבְצִחְלָה,  
תְּנוֹךְ אָמֹנוֹנִי עַם סְגִילָה,  
בָּוָאי בַּלָּה, בָּוָאי בַּלָּה

*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.

ברכו את יי' המברך.  
ברוך יי' המברך לעולם ועד.

*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

בָּרָא יוֹם וְלַיְלָה  
גּוֹלֵל אוֹר מִפְנֵי חַשָּׁךְ  
וְחַשָּׁךְ מִפְנֵי 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 מֶלֶכְתּוּ לְעוֹלָם וְעַד.

*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-sher 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-sher 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.

וְאֶחֱבָתְ אֶת יְיָ אֱלֹהִיךְ, בְּכָל לִבְבֶּךְ,  
וּבְכָל נְפָשֶׁךְ, וּבְכָל מַאֲדָךְ. וְהִי  
הַדָּבָרִים הָאֱלֹהִים אֲשֶׁר אָנֹכִי מִצְרָךְ  
הַיּוֹם, עַל לִבְבֶּךְ. וְשָׁנִינְתָּם לִבְנִיְךְ,  
וְדִבְרָתְךָ בָּם, בְּשִׁבְטָתְךָ בְּבִיתְךָ, וּבְלִכְתָּתְךָ  
בְּדֶרֶךְ, וּבְשִׁכְבָּתְךָ, וּבְקִוְמָךְ. וְקִשְׁרָתָם  
לְאוֹת עַל יְדֶךָ, וְהִי לְטַטְפָּת  
בֵּין עֵינֶיךָ. וְכִתְבָּתָם עַל מִזְזֹת בַּיִתְךָ  
וּבְשִׁעְרֵיךָ.

לְמַעַן תִּזְקְרוּ וְעָשִׂיתָם אֶת כָּל מִצְוָתִי,  
וְחִיִּתְם קָדְשִׁים לְאֱלֹהִיכֶם. אַנְי  
יְיָ אֱלֹהִיכֶם, אֲשֶׁר הָזָאתִי אֲתֶכָם  
מֵאָרֶץ מִצְרָיִם, לְהִזְמִין לְכֶם לְאֱלֹהִים,  
אַנְיָ יְיָ אֱלֹהִיכֶם.

*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)*

## 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 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-chah,  
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!

מַי קָמְכָה בְּאֶלְמִים יְיָ? מַי קָמְכָה  
נָאָדָר בְּקָדְשׁוֹ, נֹרָא תְּהִלָּתְךָ, עֲשָׂה  
פָּלָא.

מֶלֶכְוִתְךָ רָאוּ בְּנִיךָ, בָּזְקָעִים לִפְנֵי  
מֹשֶׁה וּמִרְיָם, זֶה אָלִי עֲנוֹ וְאָמְרוּ:

יְיָ יְמַלְךָ לְעוֹלָם וְעַד.

*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.

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.

וְשִׁמְרֹו בְּנֵי יִשְׂרָאֵל אֶת הַשְׁבָּת, לְעֹשֹׂת  
אֶת הַשְׁבָּת לְדָרְתָּם בְּרִית עוֹלָם.

בֵּין וּבֵין בְּנֵי יִשְׂרָאֵל אֶזֶת הִיא לְעוֹלָם,  
כִּי שְׁשַׁת יְמִים עָשָׂה יְהוָה אֶת הַשְׁמִימִים  
וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְׁבִּיעִי שְׁבָת וַיַּנֶּפֶשׁ.

*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.*

אָדָנִי שְׁפַתִּי תִּפְתַּח  
וְפִי יְגִיד תְּהִלְתָּךְ

*(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-mei-vi 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.

ברוך אתה יי' אלהינו ואלהי  
אבوتינו ואמותינו, אלהי אברהם  
אליהו יצחק, אלהי יעקב. אלהי  
שרה, אלהי רבקה, אלהי לאה,  
ו אלהי רחל. ה אל ה גדול הגבור  
והנורא, אל עליון, גומל חסדים  
טובים, וקנעה הפל, וזכור חסדי  
אבות ואמהות, וمبיא גאות לבני  
בניהם, למען שמו באהבה.

מלך עוזר ומושיע ומגן. ברוך  
אתה יי', מגן אברהם ועוזרת שרה.

*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.

אתה גיבור לעוֹלָם אָדָנִי, מִחְיָה  
הַפְּלָאָתָה, רַב לְהֹשִׁיעַ.

מִכְלָלָל חַיִם בְּחֶסֶד, מִחְיָה הַפְּלָאָתָה  
בְּרַחְמָמִים רַבִּים, סְזָמָךְ נֹפְלִים,  
וּרְזָפָא חֹלִים, וּמְתִיר אָסִירִים,  
וּמִקְיָם אֶמְוִינָתוֹ לִישְׁנֵי עַפְרָה, מֵי  
כְּמֹזֵךְ בָּעֵל גְּבוּרוֹת וּמֵי דָזְמָה לְךָ,  
מֶלֶךְ מִמְּנִית וּמִחְיָה וּמִצְמִימָה  
ישועה.

ונאנו אתה למחיות הפל. ברוך  
אתה יי', מחייה הפל.

*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.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְקָתְשִׁים  
לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אָדוֹן לְכָל  
שָׁלוֹם. וְטוֹב בְּעִינֵיכֶם לְבָרֵךְ אֶת עַמְקָתְשִׁים  
יִשְׂרָאֵל בְּכָל עַת וּבְכָל שָׁעה בְּשָׁלוֹם.

בָּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמְקָתְשִׁים  
יִשְׂרָאֵל וְאֶת כָּל הָעָםִים 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 לְرָצׁוֹן אָמְרֵי פִי וְהַגִּיּוֹן לְבִי  
לְפָנֵיכֶם, יְיָ צָוֵרִי וְנוֹאֵלִי

*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 שָׁלוֹם בְּמִרוּמֵיכֶם  
הָוּא יְעַשֵּׂה שָׁלוֹם עַלְלֵינוּ  
עַל כָּל יִשְׂרָאֵל, וְאָמְרֵי 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.

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

כִּי מֵצִיאוֹן תְּצַא תֹּרַה,  
וְדָבָר יְיָ מִירוֹשָׁלַים.

בָּרוּךְ שֶׁנָּתַן תֹּרַה  
לְעַמּוֹ יִשְׂרָאֵל בְּקָדְשָׁתוֹ.

*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.

גָּדַלְוּ לִי אֱתָי,  
וְגָרוּמָמָה שְׁמוֹ יִחְדֹּו

*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 הַגְּדָלָה וְהַגְּבוּרָה וְהַתְּפָאָרָת  
וְהַגְּאַחַת וְהַחַזְׁדָה, פִּי כָּל בְּשָׁמִים  
וּבָאָרֶץ, לְךָ יְיָ הַמֶּמְלָכָה, וְהַמְּתַנְשָׁא  
לְכָל קָרָאשׁ.

*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

וְתַהַר לְבָנָנוּ  
לְעַבְדָךְ בְּאֶמֶת.

*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.

Ba-ruch at-ah A-do-nai eh-lo-hei-nu me-lech  
ha-oh-lam, ah-sher 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.

ברכו את יי' המברך.  
ברוך יי' המברך לעולם ועד.

ברוך אתה יי' אלהינו מלך העולם,  
אשר בחר בנו מכל העמים ונתן  
לנו את תורה. ברוך אתה יי', נוֹתָן  
התורה.

*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-sher 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.

ברוך אתה יי' אלהינו מלך העולם,  
אשר נתנו לנו תורה אמת, וחיי עולם  
ניטע בתוכנו. ברוך אתה יי', נוֹתָן  
התורה.

*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.*

מי שברך אבותינו  
מקור הברכה לאמותינו

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.*

מי שברך אמותינו  
מקור הברכה לאבותינו

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-sher sam mo-she  
lif-nei b'-nei yis-ra-el,  
al pi A-do-nai b'yad mo-she.

וזאת התורה אשר שם משה  
לפניהם בנים ישראל  
על פיו יי' ביד משה.

*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

על שלשה דברים העולם עומד: על  
התורה ועל העבודה ועל גמилות  
חסדים

*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-zim 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-me-i-nu k'-ke-dem.

עץ חיים היא למחזיקים בה  
וtmp; מאשר.  
דרכי דרכי נעם  
וכל נתיותה שלום.  
בשיבנו יי' אליך ונשובה,  
חידש ימינו בקדם.

*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.

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.

עָלֵינוּ לְשִׁבָּח לְאָדוֹן הָכֹל, לְתִתְ  
גְּדֹלָה לִיוֹצָר בִּרְאָשִׁית, שֶׁלֹּא עָשָׂנוּ  
כְּגֹויִי הָאָרֶצֶת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאָדָמָה, שֶׁלֹּא שָׁם  
חָלַקְנוּ כְּהָם, וְגַרְלַנּוּ בְּכָל הַמּוֹנוֹם  
וְאַנְחָנוּ כּוֹרְעִים וּמְשֻׁתְּחִווּם  
וּמוֹדִים, לִפְנֵי מֶלֶךְ מֶלֶכִים הַמְּלֻכִּים,  
מִקְדּוֹשׁ בָּרוּךְ הוּא.

וְנִאָמֵר, וְהִיא יְיָ לְמֶלֶךְ עַל  
כָּל הָאָרֶץ, בַּיּוֹם הַהוּא  
יְהִיא 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.

זכורם לברכה

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-triv,  
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

וַתִּגְדֹּל וַתִּקְדֹּשׁ שְׁמָה רַבָּא.  
בַּעֲלָמָא דִּי בָּרָא כְּרוּוֹתָה,  
וַיִּמְלִיךְ מִלְכֹוֹתָה בְּחִיכָּוֹן  
וּבְיוֹמָיכָּוֹן וּבְחִיכָּי דְּכָל בֵּית  
יִשְׂרָאֵל, בְּעֲגָלָא וּבְזָמָן קָרִיב,  
וְאִמְרוּ אָמֵן.

יְהָא שְׁמָה רַבָּא מַבְרָךְ לְעַלְםָם  
וְלְעַלְמָי עַלְמִיא.

וַתִּבְרָךְ וַיִּשְׁתַּבְחָחַ וַיִּתְפָּאַר  
וַיִּתְרוּםַ וַיִּתְנִשָּׂא וַיִּתְהַדֵּר  
וַיִּתְעַלֵּה וַיִּתְהַלֵּל שְׁמָה דְּקָדְשָׁא  
בְּרִיךְ הָוּא, לְעַלָּא מִכְלָ בְּרִכְתָּא  
וּשִׁירְתָּא תְּשִׁבְחָתָא וּנְחַמְּתָא,  
דָּאִמְרוּ בַּעֲלָמָא, וְאִמְרוּ אָמֵן.

יְהָא שְׁלָמָא רַבָּא מִן שְׁמִיא,  
וּמִים עַלְינוּ וְעַל כָּל יִשְׂרָאֵל,  
וְאִמְרוּ אָמֵן.

עֲשָׂה שָׁלוֹם בְּמַרְוְמִיו, הַוָּא  
יְעֲשָׂה שָׁלוֹם עַלְינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאִמְרוּ 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.

לֹא יִשְׂא גּוֹי אֶל גּוֹי חֶרֶב  
וְלֹא יִלְמְדוּ עוֹד מַלחְמָה

*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 שָׁלוֹם עַלְינוּ  
וְעַל כָּלָם  
סָלָם  
עַלְינוּ 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 עַלְיךָ מִפְלָאכָה לְגַמּוֹר  
וְלֹא אַתָּה בָּנוּ חֹרֵין לְבַטֵּל מִמְּנָה

*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 יְהָוָה  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שָׁנָתָנוּ לְנוּ הַזְּדָמָנוֹת  
לִפְקֹד אֶת הָעוֹלָם

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